

Siddha Therapeutic Management of Varmam Therapy for Attention Deficit Hyperactivity Disorder (ADHD) In Children- A Review

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Abstract:

Siddha system is originated in southern part of India, which is one of the ancient traditional systems of medicine. This system has its own unique methodology of treatment for various ailments. Varmam is one among such therapies used to treat multiple ailments, especially related to musculoskeletal and neurological deficits. Attention Deficit Hyperactivity Disorder (ADHD) is one of the most common neurobehavioral disorder of children.

Varmam is a siddha science that aims to fulfill the cultural, spiritual and medical needs of humanity. Life energy circulates human body in three forms like Vatham, Pitham and Kabam. In our Siddha paediatric text the symptoms of ADHD is related to Sanninnoi especially in Alathidu Sanni, which is due to raised or altered function of Vatham, Pitham and Kabam.

These particular Varma point Thilarthavarmam, Natchathiravarmam and Pidarivarmam was stimulate to regulate the derangement of Vatham, Pitham and Kabam. This may work by regulating the neuro transmitter flow, synaptic transmission and signal pathways.

Key words: Siddha external therapy, Varmam, Attention deficit hyperactivity disorder.

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I. Introduction:

Siddha system is originated in southern part of India, which is one of the ancient traditional systems of medicine. This system has its own unique methodology of treatment for various ailments. In Siddha system, a lot of unique Therapies like Varmam, Thokkanam, Podi Thimiral, Kombu katta etc are available. Varmam is one among such therapies used to treat multiple ailments, especially related to musculoskeletal and neurological deficits.

Attention Deficit Hyperactivity Disorder (ADHD) is one of the most common neurobehavioral disorder of childhood, one of the most prevalent chronic health conditions affecting school aged children, and most extensively studied mental disorder of childhood.^[1]

Varmam is a siddha science that aims to fulfill the cultural, spiritual and medical needs of humanity. Life energy circulates human body in three forms like Vatham, Pitham and Kabam.

ADHD is a syndrome of inattentive, restlessness, and impulsive child behaviour. In our Siddha paediatric text the symptoms of ADHD is related to Sanninnoi especially in Alathidu Sanni, which is due to raised or altered function of Vatham, Pitham and Kabam.

Varmam therapy is purely anatomical and is introduced by Siddhars for the human's wellbeing. Specific anatomical complex parts of the body are stimulated in Varmam treatment. These points are manipulated over superficial nerves, vessels, bony prominence, soft tissues, or their junctions.^[2]

II. Methods:

Varmam points in the body can be determined by anatomical location, proportional measurement, graphical measuring method, locating by reference to adjacent varmam points, location by classification, finger breadth measurement method, and thread - measurement method.^[3]

Varma points are stimulated either by giving pressures in circular manner or in pointing way constantly. Here Pulling certain muscles and tendons, blows, punch over certain areas of the body are executed.^[4]

Proper stimulation of Varmam points helps in treatment of diseases. One who knows to apply varmam in a proper method by analysing the Vatham, Pitham and Kabam imbalance can treat diseases.^[5]

CLASSIFICATION:

There are two kinds of classification. One is based upon region wise distribution (Kandam -5) and the other is based upon Chakraas (Aadharam- 6). In both kinds, the total number of Varmam points is said to be 108 in number. The number of Varmam points located in upper limb is 15, lower limb is 14, below the navel is 9, above the navel is 45 and above the neck is 25.^[6] Most of the Varmam texts enlist 108 Varmam points of which 12 are Paduvarmam and 96 are Thoduvarmam.

VARMA POINTS IN ADHD:

- Thilarthavarmam
- Natchathiravarmam
- Pidarivarmam

1. THILARTHA VARMAM:

It was located in Nasal arch of the frontal bone situated between the two eyebrows.^[7] This Thilarthavarmam is indicates about SuzhumunaiNaadi (KabaNaadi).^[8] Therefore, stimulation of Thilarthavarmam improves attention, concentration and Blurting things out symptom of ADHD.



Figure 1: Thilartha Varmam

2. NATCHATHIRA VARMAM:

It was situated from outer canthus of the eye.^[7] This Natchathiravarmam is indicates about PingalaiNaadi (PithaNaadi).^[8] Therefore, stimulation of Natchathiravarmam improves Impulsivity, Aggressive, talking nonstop and Mood swing symptom of ADHD.



Figure 2: Natchathira Varmam

3. PIDARI VARMAM:

It was situated at the junction of the posterior aspect of the head and neck. It lies on external occipital protuberance.^[7] This Pidarivarmam is indicates about EdakalaiNaadi (VathaNaadi).^[8] Therefore, stimulation of Pidarivarmam improves Hyperactivity, frequent jumping from one task to another task, Trouble sitting still symptom of ADHD.



Figure 3: Pidari Varmam

III. Discussion:

ADHD can make everyday life difficult especially for those at school. Treating ADHD is very challenging work of their parents. Parents need more help than the ADHD children. In western medicine many parents worry about side effects and want to exhaust every other option before they put their child on medicine. Parents often ask if they can try other treatments. The Siddha system is one of the options for ADHD treatment. In ADHD, the Vatham, Pitham and Kabam was deranged. These particular Varma point Thilarthavarmam, Natchathiravarmam and Pidari varmam was stimulated to regulate the derangement of Vatham, Pitham and Kabam. This may work by regulating the neuro transmitter flow, synaptic transmission and signal pathways.

IV. Conclusion:

Varmam, a vital point manipulation technique helps to correct the subtle things of the body. Varmam is an eminent external treatment, which is a branch of Siddha Medicine. It is a precious boon for Public by the Siddhars. Varmam treatment is cost effective and could be done to serve public wherever the health condition. The Siddha therapeutic management of Varmam therapy was giving a possible improvement of the children and improve their quality of life and give a happy life to the ADHD children and their parents.

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