



A Case Report

EFFECTIVENESS OF VARMAM THERAPY IN THE TREATMENT OF MIGRAINE

Preetha, P.¹, S. Elansekaran², M. Ramamurthy², V. Srinivasan³ and G. J. Christian⁴

¹Siddha Physician, P.G.Alumni, Department of Noi Naadal, National Institute of Siddha

²Associate professor, Department of Noi Naadal, National Institute of Siddha

³Lecturer, Department of Noi Naadal, National Institute of Siddha

⁴Head of the department, Department of Noi Naadal, National Institute of Siddha, India.

Abstract

Migraine is a form of primary headache syndrome that causes hemi-cranial headache with or without aura. The main symptom of this disease is unilateral headache. In Siddha, it can be compared with *thalainokaadu*. In this study effectiveness of varmam therapy was observed for migraine. A 23 years old male patient visited the Outpatient Department of Ayothidoss Pandither Hospital in National Institute of Siddha, Chennai. Patient reported with the complaints of right sided hemi-cranial headache without aura which is pulsating in nature since 4 years, vomiting, Sleeplessness, the pain is intolerable and unable to do any work during the aggravation of headache. The patient was diagnosed as *thalainokaadu* (migraine) according to Siddha literature. At early stage of treatment patient was advised to follow the internal and external medications which having the tendency to relieve the migraine symptoms, but it works for some extent only. So planned for varmam therapy, after 3days of varmam therapy was done it reveals a significant response by observing its effects in declining the intensity of pain.

Key words: *Thalainokaadu, Varmam, Migraine, Headache, Siddha.*

INTRODUCTION

Migraine is a type of primary headache syndrome usually associated with or without aura and characterised by throbbing pain, nausea, vomiting, photophobia, phonophobia. Its frequency and duration is very essential for assess the intensity of pain [1]. Migrane is one of the commonest cause of headache it affects approximately 15% of women and 6% of men [2]. The International Headache Society criteria are helpful in the diagnosis of migraine [3]. The prevalence of migraine rates of between 2.6 and 21.7%, with an average of ~12%. However, migraine prevalence among neurologists is reported to be significantly higher, between 27.6% and 48.6% [4]. Siddha system is one of the ancient systems of medicine among the traditional system of medicine. It comprises of various

specialities such as Varmam, Pranayamam, Yoga and Kayakarpam[5]. Varmam is a unique branch in Siddha system of medicine, which was introduced by Siddhars through palm leaves nowadays most of the scripts are tranfered to literatures. Varmam are the energy points in our body indicated by Siddhars in various Siddha literatures. It is widely practising in Tamilnadu popularly in kanniyaumari. By manipulating those energy points produces significant effects in relieving the illness in various clinical conditions. It posses remarkable effects in curing chronic pain other than that it also having tendency to alter the subtle which produce the disease[6].

CASE PRESENTATION

A Hindu, Unmarried, 23 years old male patient visited (Jan 24, 2018) the outpatient department (OP) of Ayothidoss Pandither Hospital in National Institute of Siddha, Chennai, with a OP number J77239 for the complaints right sided unilateral headache without aura, pain is intolerable and unable to do any work during headache, nausea, vomiting, pain mildly relieved after vomiting, sleeplessness.

A history of the present illness revealed that the patient was apparently normal before 4 years. Gradually, the pain was experienced by the patient in right sided hemi-crania region. Once the appearance of headache it increases by hour-to- hour for more than 4 hours, for which the patient consulted his family physician, and was treated for 4years, but did not get complete relief. The patient was on conservative treatment during aggravation of headache by other system of medicine.

Personal history revealed that the patient was under mixed diet, disturbed sleep, and frequency of micturition 5–6 times per day, and the patient did not had any addictions. There was no genetic linkage of the disease also observed in the family history of the patient. The general examination of the patient showed normal conjunctiva and in the nails, vitals being pulse rate of 78/min, respiratory rate of 21/min, blood pressure of 110/70mmof Hg, and body weight of 67kg. Based on the clinical presentation, the patient was diagnosed as a case of *Thalainokaadu*(Migraine).

The following oral medicines and external medicines[7] were administered over a period of 6 months:

- A Siddha poly herbal formulation was given in powder form, such as *Dhrakshadhi choornam, Chundai vatrak choornam, Adhimadhura choornam*.
- *Cleome viscosa* (nalvellai) Nasiyam (nasal drops)
- *Arakku thylam* for oil bath.

The medicines were procured from the outpatient dispensing section, NIS, Chennai. On the first follow-up (after 5 days of the initiation of treatment), the patient was advised to follow the medications, after 1month of follow up the patient reported that there was reduced in the intensity of the pain. But the reoccurrence time interval is same as previous episodes. After follow up for 6 months the intensity of headache was reduced

but there is reoccurrence of headache present once in 15days regularly. Then the patient was advised for varmam therapy continuously for three days in the OPD.

Varmam done during the treatment,

- *Narambu murichal* [8]
- *Ayut kaala pinnal*[8]

Procedure

- **Narambu murichal**

Location: Over the Scalp region

Technique followed:

Step 1: Place the thumb fingers of both hand lateral to *patchi ner varmam* which is located near the frontal hairline crease and gently move the thumb fingers towards the occipital region.

Step 2: Repeat the procedure in sideways of the scalp also.

Step 3: Again place the thumb fingers lateral to *patchi ner varmam* with firm pressure move the fingers towards the ear. Continue the procedure laterally with successive move.

Step 4: Place four fingers other than thumb finger lateral to *patchi ner varmam* and move the fingers gently towards the occipital protuberance. Repeat the move on the lateral aspect of scalp successively.

- **Ayut kaala pinnal:**

Location: Around the Umbilicus.

Technique: As the patient to lie in supine position. Physician should flex the forearm and the region above the olecranon process and make a half circle in one quadrant of the umbilicus with firm pressure. Repeat the procedure in other three quadrants also.

The above said procedures done for consecutively three days. And then patient followed without any internal medication for 3 months, the patient reported that he stays without any single episodes of relapse with good sleep.

DISCUSSION

Migraine is very common in the people who were working under mental stress it interfere with the regular activities of the people by producing heavy intolerable

headache for more than 4 hours. In this case report the patient presented with the symptoms of unilateral headache, nausea, vomiting and sleeplessness. The headache present does not depend on any particular time and monsoon. So it is taken as common migraine. According to *Siddha* literature "*Neduvatha saarvathumindri soolai varadhu*"[9] *vitiated Vatha* humour and *pitham* are the causes in this case. In this study the patient's headache is reduced after vomiting it indicates the *vitiated pitha* humour. *Vali* is the main cause for pain. *Vali+vamanam = Vatham+pitham* . Based on the *mukutram* aspect given in *Siddha* literature *vatham* and *pitham* are the affected humours in this case.

By treating the case with *varmam* therapy it relieves the pain by normalize the *vitiated* humours. So its effect in relieving the pain completely is tremendous. It also improves the quality of life.

CONCLUSION

Based on the clinical signs and symptoms, the disease *thalainokaadu* can be correlated to Migraine. In this case report, *Varmam* therapy was found to be safe and effective in the management of *thalainokaadu*(migraine).

Declaration of patient consent

The authors of this case report confirm that they have obtained patient consent before starting the *varmam* therapy. The informed consent containing the clinical information of the patient was reported in the journal. Patients name, initials or any other irrelevant information will not published in the journal to ensure the anonymity of the patient, even though, the complete anonymity cannot be guaranteed fully.

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