

Review Article



Compendium of Internal Medicine Mentioned in Various Siddha Varmam Literature - A Literature Review

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Received: 06-07-2025; Revised: 18-10-2025; Accepted: 25-10-2025; Published online: 20-11-2025.

ABSTRACT

Siddha system of medicine is one of the ancient indigenous medical systems originated from India which has a vast repository of various treatment methods which includes *varmam* therapy. *Varmam* is a unique therapeutic method of *siddha* system of medicine. Where it involves junctions of muscles, nerves, tendons, blood vessels, bones and joints vital energy remains concentrated are called *varmam* points. *Varmam* therapy plays a vital role in prevention and management of various diseases along with medicinal formulation. Besides the unique manipulating technique, *varmam* therapy also features vast medicinal formulation which are more effective in treating various disease condition, in combination with internal medication and external application, *varmam* therapy is highly efficacious. There are different types of internal medicine described in *siddha* text along with these, few unique medicines also mentioned in *varmam* literature which are classified as *choornam* (medicated powder), *kashayam* (decoction), *Nei* (medicated ghee), *Ennai* (medicated oil) including solid, liquid and semisolid forms etc., as well as their sources also such as plant, animal and mineral origin. These internal medications mainly act as a supportive treatment to strengthen the patient who is diseased by *varma* injury. Hence the internal medication has been compiled from various traditional *varmam* literatures which are used to treat symptoms of *varmam* injuries and other diseased conditions.

Keywords: Siddha, Varmam, medicine, literature review.

INTRODUCTION

Siddha medicine is one of the earliest traditional medicine of India and it is the part of Tamil culture. In *Siddha* System of Medicine, *Varma maruthuvam* is a unique speciality holds high potential in healing many diseases.¹ In *varmam* therapy, Stimulation or manipulation of *Varma* points along with medicines share equal importance, by regulating the pathway by *Varma* therapy along with internal and external medicines, the disease may be managed according to the severity². The most commonly prescribed *varmam* formulation are *Kudineer* (decoction), *Chooranam* (medicated powder), *Nei* (medicated ghee), and *kanji* (porridge) and *Ennai* (medicated oil). These medicines can enrich the *Udal Thathukkal* which is vitiated in the specific *varmam* injury³. The intake of medicines along with *Varmam* therapy plays a major part in regaining the normal functioning of the *Saram* that was damaged by the *Varmam* injury. *Varmam* is defined as the flow of vital energy in the body. If there is any block in the vital energy pathway it causes the disease.

The purpose of *varma* treatment is to restore the energy flow of our body. Energy flow can not only be restored by the manipulation of *varmam* points, it can also be mended by the intake of internal medications. It is administered according to the condition and convenience of the patient⁵. Internal medicines are prepared by a combination of various herbal, mineral and animal products. In *siddha varmam* literature there is a description of different form of

internal medicine which have been explained several years ago. Hence this study will focus on compilation and documentation of list of medicines which are given internally from various *varma* literature.

Rationale:

The importance of compilation of various forms of internal medicine in *siddha varmam* literature helps to bring knowledge about the vast availability of medicinal formulations and different kind of medicines available in *varma* maruthuvam. It will be used as a reference for further study related to medicine preparation. It is also helps to pave a path for the pharmaceutical development in *siddha varma maruthuvam*. This compilation also brings out many *varmam* literature and manuscripts from various libraries.

Methods

Its is a descriptive study in which classical *varmam* literatures were reviewed, documented and summarized from the collected data through visiting various libraries including ATSVS college library-Munchirai, GSMC Chennai library, National Institute of *Siddha*, GSMC Palayamkottai etc, nearly 32 *varmam* textbook have been collected for this study.



RESULT AND OBSERVATION

These are the list of reviewed *varmam* literature and number of medicines collected from various *varmam* literature.

The current study is a comprehensive review and documentation of medicines which is used internally in

varmam literature. In this study author had chosen 32 *varmam* literatures and reviewed through the knowledge of the author. 355 medicines were revealed from various *varmam* literature and is mentioned with the indications, and some unique internal medicine were collected.

Table 1: Collection of reviewed *varmam* literature

S.NO	Book Name	No of Internal Medicine Reviewed
1.	<i>varma soothiram</i>	9
2.	<i>varma odivu murivu sari</i>	58
3.	<i>varma odivumurivu sarasoothiram</i> 1200	20
4.	<i>varma thiravukol</i>	5
5.	<i>varma gurunool</i>	6
6.	<i>thoduvvarma nithanam</i>	2
7.	<i>varma beerangi vaithiya soothiram</i>	6
8.	<i>varma kandi</i>	10
9.	<i>paduvvarma nithanam</i>	1
10.	<i>varma kannadi 500</i>	14
11.	<i>sadhuramani soothiram</i>	16
12.	<i>varma ngyana odivu murivu sarasoothiram</i>	45
13.	<i>varma soodamani panjeekarana pinnal</i>	48
14.	<i>varma muthirai-200</i>	5
15.	<i>varma aani soothiram</i>	6
16.	<i>varma nooleni-200</i>	6
17.	<i>varma odivu murivu ngyanam</i>	12
18.	<i>varma beerangi soothiram</i>	3
19.	<i>varmakalai kalanjiyam</i>	2
20.	<i>urpathi narambarai</i>	3
21.	<i>varma odivu murivu saari nigandagarathi</i>	23
22.	<i>varma villum visaiyum</i>	2
23.	<i>varma soodamani -boga varma thirattu</i>	4
24.	<i>varma saari</i>	13
25.	<i>angathi pathanool</i>	1
26.	<i>theraiyar paanda vaippu nool</i>	8
27.	<i>laada soothiram 300</i>	1
28.	<i>varma beerangi 100</i>	3
29.	<i>varma saari 250</i>	2
30.	<i>adivarma sootcham</i>	1
31.	<i>varma gyana odivu murivu sarasoothiram</i> 2200	19
32.	<i>varma odivu murivu sarasoothiram 1500</i>	1

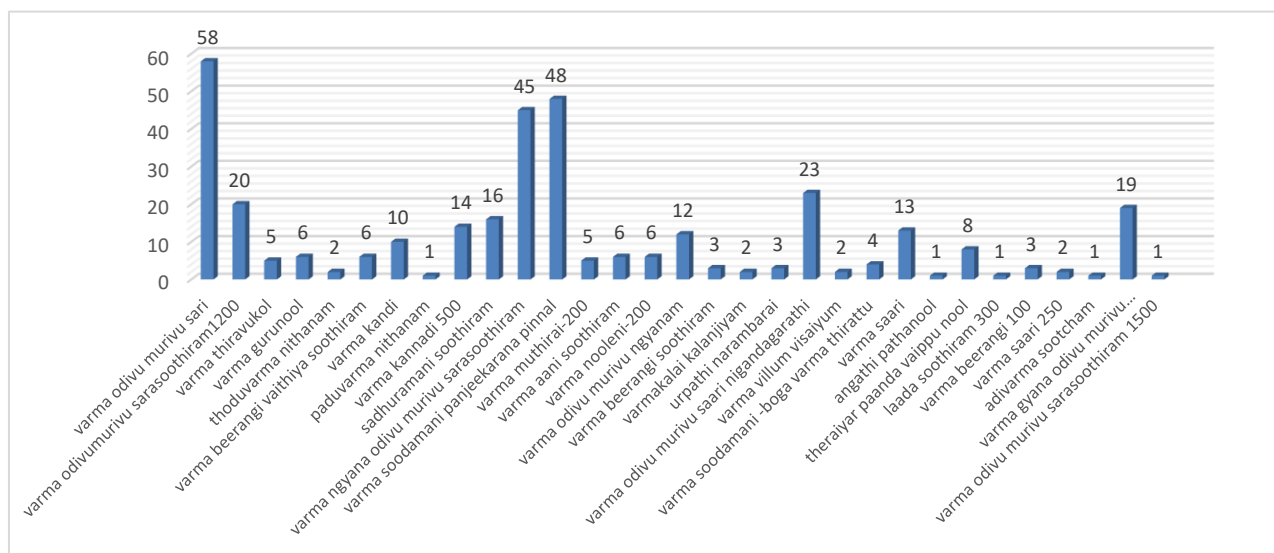


Figure 1: Number of reviewed *varmam* literature



1. Total number of internal medicines mentioned in various *varmam* literature

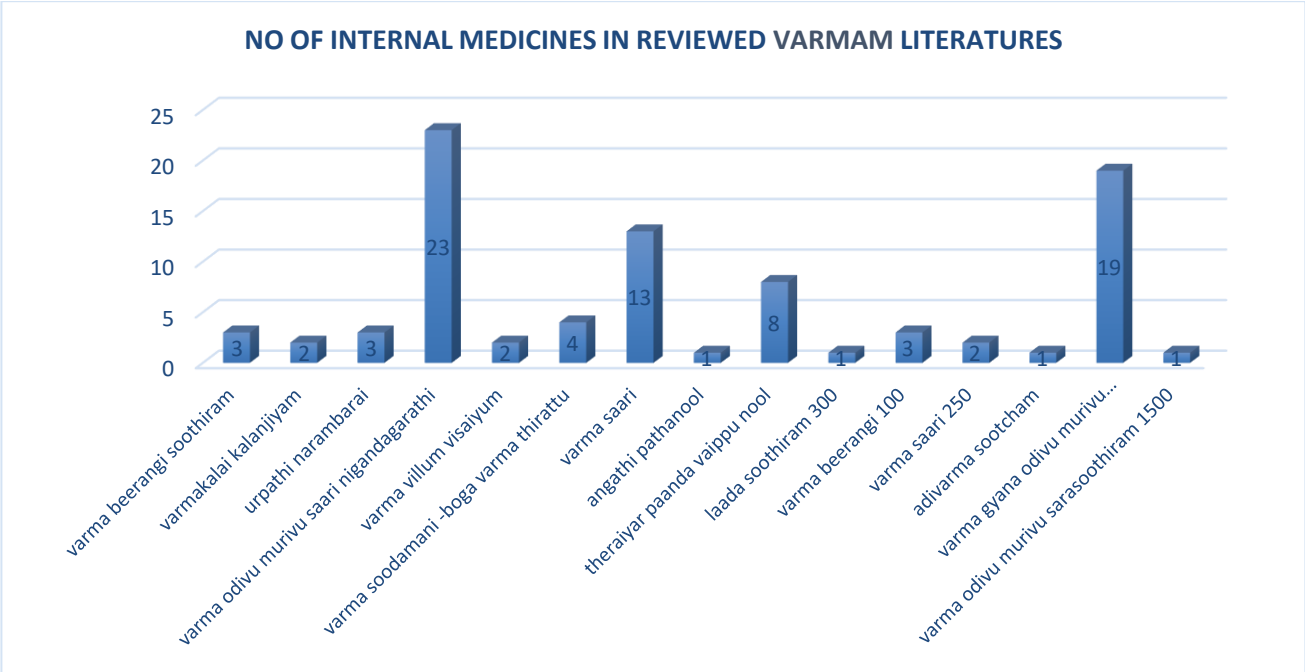


Figure 2: Number of medicines in reviewed literature.

The bar diagram illustrates the number of internal medicines reviewed across various *Siddha Varmam* literatures. Each bar represents a specific text, showcasing the count of internal medicines documented in that literature. Key observations include:

Among 32 reviewed *varmam* literature,

- **Varma Odivu Murivu Sari:** Contains the highest number of internal medicines reviewed (58), indicating its comprehensive coverage of therapeutic formulations.
- **Varma Soodamani Panjeegarna Pinnal:** Features 48 internal medicines, making it another significant source.
- **Varma Ngyana Odivu Murivu Sarasoothiram:** Includes 45 internal medicines, highlighting its importance in *Varmam* therapy.
- Other texts, such as **Varma Kannadi 500** has 14 medicines and **Sadhuramani Soothiram** has 16 medicines, contribute moderately to the compilation.
- Some texts, like **Paduvarma Nithanam** and **Angathi Pathanool**, have 1 internal medicine reviewed which reflecting their focus on medicinal formulations.

2. In this review, various internal medicines were reviewed from selected *varmam* literature these are as follows:

The maximum number of internal medications are comprised of plant, mineral and animal origin. Plant origin is present in the majority of internal medications, only the medicated oil and ghee have some animal and mineral component.

Table 2: list of internal medicines and their total counts

S.no	Internal medicines	Total number
1.	Choornam	29
2.	Nei	85
3.	Kashayam	65
4.	Kanji	17
5.	Mathirai	10
6.	Legiyum	21
7.	Kuzhambu	9
8.	Vatru	22
9.	Mezhugu	1
10.	Ennai	94

Table 2 shows total number specific internal medicine mentioned in reviewed literature.

Table 3: list of internal medicine *Choornam* (powdered herb) and its reference

S.NO	CHOORNAM	Reference
1.	Adhimadhura Churnam	Varma Odivu Murivu Saari ,Varma Soodamani Panjeekarana Pinnal,Varma Ngyana Odivu Murivu Sarasoothiram ⁸
2.	Arugona Varma Podi	Varma Odivu Murivu Sarasoothiram ⁵

3.	<i>Dhevadhara Choornam</i>	<i>Varma Odivu Murivu Saari, Varma Soodamani Panjeekarana Pinnal, Varma Ngyana Odivu Murivu Sarasoothiram</i> ⁸
4.	<i>Irumal Podi</i>	<i>Sadhuramani Soothiram</i> ¹⁷
5.	<i>Karungoli Choornam</i>	<i>Varma Muthirai-200-Varma Kandi</i> ¹³
6.	<i>Koduveli Choornam</i>	<i>Varma Ngyana Odivu Murivu Sara Soothiram</i> ¹⁶
7.	<i>Kudal Varma Podi</i>	<i>Varma Odivu Murivu Sarasoothiram</i> ⁸
8.	<i>Kurosani Oma Podi</i>	<i>Varma Ngyana Odivu Murivu Sara Soothiram, Varma Kannadi, Sadhuramani Soothiram</i> ⁸
9.	<i>Mavilangu Churnam</i>	<i>Varma Odivu Murivu Saari, Varma Soodamani Panjeekarana Pinnal, Varma Ngyana Odivu Murivu Sarasoothiram</i> ⁸
10.	<i>Nallamilagu Podi</i>	<i>Varma Odivu Murivu Sarasoothiram</i> ⁸
11.	<i>Narunandri Churnam</i>	<i>Varma Odivu Murivu Saari, Varma Ngyana Odivu Murivu Sarasoothiram</i> ⁸
12.	<i>Nilavagai Podi</i>	<i>Varma Odivu Murivu Sarasoothiram</i> ⁸
13.	<i>Sayachoornam</i>	<i>Varma Kannadi, Varma Beerangi Soothiram</i> ¹⁸
14.	<i>Sayakaya Podi</i>	<i>Varma Odivu Murivu Sarasoothiram</i> ⁸
15.	<i>Sayasurathi Podi</i>	<i>Thoduvarma Nithanam, Varma Soothiram</i> ¹⁷
16.	<i>Seeraga Podi</i>	<i>Varma Kannadi, Varma Beerangi Soothiram</i> ¹⁸
17.	<i>Sundai Ver Podi</i>	<i>Varma Odivu Murivu Sarasoothiram</i> ⁸
18.	<i>Thippili Podi</i>	<i>Varma Odivu Murivu Sarasoothiram</i> ⁸
19.	<i>Thirikadugathi Podi</i>	<i>Varma Ngyana Odivu Murivu Sarasoothiram, Varma Aani Soothiram</i> ¹⁶
20.	<i>Thirisadhi Podi</i>	<i>Varma Thiravukol</i> ⁵
21.	<i>Urithratcha Podi</i>	<i>Varma Odivu Murivu Sarasoothiram</i> ⁸
22.	<i>Varma Choornam</i>	<i>Varma Soothiram, Varma Odivu Murivu Saari</i> ¹⁷
23.	<i>Venkundri Choornam</i>	<i>Varma Odivu Murivu Saari, Varma Soodamani Panjeekarana Pinnal, Varma Ngyana Odivu Murivu Sarasoothiram</i> ⁸

Table 4: list of Internal medications *NEI* (medicated ghee) and its reference

S.NO	NEI	Reference
1.	<i>Adathodai Nei</i>	<i>Varma Beerangi Vaithiya Soothiram</i> ¹⁸
2.	<i>Amukkara Nei</i>	<i>Varma Odivu Murivu Sara Soothiram</i> ³
3.	<i>Anil Nei</i>	<i>Varma Odivu Murivu Saari, Varma Soodamani Panjeekarana Pinnal, Varma Ngyana Odivu Murivu Sarasoothiram</i> ⁸
4.	<i>Elathy Nei</i>	<i>Odivu Murivu Saari, Varma Soodamani Panjeekarana Pinnal, Varma Ngyana Odivu Murivu Sarasoothiram</i> ⁸
5.	<i>Isangu Nei</i>	<i>Odivu Murivu Saari, Varma Soodamani Panjeekarana Pinnal, Varma Ngyana Odivu Murivu Sarasoothiram</i> ⁸
6.	<i>Karungurunji Kirutham</i>	<i>Odivu Murivu Saari, Varma Soodamani Panjeekarana Pinnal, Varma Ngyana Odivu Murivu Sarasoothiram, Varma Odivu Murivu Saari Nigandagarathi</i> ¹⁵
7.	<i>Kayasarvangam Kozhi Nei</i>	<i>Varmakalai Kalangiyam, Varma Beerangi 100</i> ¹⁷
8.	<i>Kovvai Kirutham</i>	<i>Odivu Murivu Saari, Varma Soodamani Panjeekarana Pinnal, Varma Ngyana Odivu Murivu Sarasoothiram, Varma Odivu Murivu Saari Nigandagarathi</i> ¹⁸
9.	<i>Kozhi Nei</i>	<i>Varma Saari, Varma Odivu Murivu Sara Soothiram</i> ¹⁸
10.	<i>Kulakkozhi Kirutham</i>	<i>Odivu Murivu Saari, Varma Soodamani Panjeekarana Pinnal, Varma Ngyana Odivu Murivu Sarasoothiram, Varma Odivu Murivu Saari Nigandagarathi</i>
11.	<i>Kukkudadhi Nei</i>	<i>Varma Kannadi, Varma Odivu Murivu Sara Soothiram</i>
12.	<i>Kandangathari Nei</i>	<i>Varma Kannadi, Varma Beerangi Vaithiya Soothiram</i> ¹⁷
13.	<i>Kukkuda Nei</i>	<i>Varma Kannadi, Varma Thiravukol, Sadhuramani Soothiram, Varma Odivu Murivu Saari, Varma Odivu Murivu Sara Soothiram</i>
14.	<i>Kumari Nei</i>	<i>Odivu Murivu Saari, Varma Soodamani Panjeekarana Pinnal, Varma Ngyana Odivu Murivu Sarasoothiram, Varma Odivu Murivu Saari Nigandagarathi, Varma Soothiram</i>
15.	<i>Kumngumapoo Kirutham</i>	<i>Odivu Murivu Saari, Varma Soodamani Panjeekarana Pinnal, Varma Ngyana Odivu Murivu Sarasoothiram</i>

16.	Kurundhotti Kirutham	Odivu Murivu Saari,Varma Soodamani Panjeekarana Pinnal,Varma Ngyana Odivu Murivu Sarasoothiram,Varma Odivu Murivu Saari Nigandagarathi
17.	Kuruvichi Kirutham	Varma Ngyana Odivu Murivu Sarasoothiram,Varma Odivu Murivu Saari-1500
18.	Muyal Kirutham	Odivu Murivu Saari,Varma Soodamani Panjeekarana Pinnal,Varma Ngyana Odivu Murivu Sarasoothiram,Varma Odivu Murivu Saari Nigandagarathi
19.	Naalpamara Nei	Varma Saari
20.	Naval Pazha Kirutham	Odivu Murivu Saari,Varma Soodamani Panjeekarana Pinnal,Varma Ngyana Odivu Murivu Sarasoothiram,Varma Odivu Murivu Saari Nigandagarathi
21.	Neduvai Nei	Varma Odivu Murivu Sara Soothiram,Varma Kannadi
22.	Padhiriver Nei	Odivu Murivu Saari,Varma Ngyana Odivu Murivu Sarasoothiram,Varma Odivu Murivu Saari Nigandagarathi
23.	Panandhalai Nei	Odivu Murivu Saari,Varma Soodamani Panjeekarana Pinnal,Varma Ngyana Odivu Murivu Sarasoothiram,Varma Odivu Murivu Saari Nigandagarathi
24.	Poondhalai Nei	Odivu Murivu Saari,Varma Soodamani Panjeekarana Pinnal,Varma Ngyana Odivu Murivu Sarasoothiram
25.	Rasanga Kirutham	Odivu Murivu Saari,Varma Soodamani Panjeekarana Pinnal,Varma Ngyana Odivu Murivu Sarasoothiram,Varma Odivu Murivu Saari Nigandagarathi
26.	Sippi Nei	Varma Saari-250 ¹⁷
27.	Thalisapathiri Nei	Varma Odivu Murivu Sara Soothiram
28.	Thasanei	Varma Muthirai-200 ¹³
29.	Thodaiver Kirutham	Varma Odivu Murivu Ngyanam
30.	Thoodhuvelai Nei	Odivu Murivu Saari,Varma Soodamani Panjeekarana Pinnal,Varma Ngyana Odivu Murivu Sarasoothiram,Varma Odivu Murivu Saari Nigandagarathi
31.	Utthamathali Nei	Odivu Murivu Saari,Varma Soodamani Panjeekarana Pinnal,Varma Ngyana Odivu Murivu Sarasoothiram
32.	Varmasaya Nei	Varma Saari ¹³
33.	Vallarai Nei	Odivu Murivu Saari,Varma Soodamani Panjeekarana Pinnal,Varma Ngyana Odivu Murivu Sarasoothiram,Varma Odivu Murivu Saari Nigandagarathi
34.	Veliparuthi Nei	Varma Saari
35.	Vellarugu Kirutham	Odivu Murivu Saari,Varma Soodamani Panjeekarana Pinnal,Varma Ngyana Odivu Murivu Sarasoothiram,Varma Odivu Murivu Saari Nigandagarathi

Table 5: list of internal medications ILAGAM (electuary) and its reference

S.NO	LEGIYUM/ ILAGAM	Reference
1.	Anil Legiyum	Varma Odivu Murivu Ngyanam ⁴
2.	Arimedhai Ilagam	Varma Odivu Murivu Saari,Varma Soodamani Panjeekarana Pinnal,Varma Ngyana Odivu Murivu Sarasoothiram ¹⁸
3.	Aruguver Legiyum	Varma Odivu Murivu Ngyanam
4.	Kandangathiri Ilagam	Varma Aani Soothiram ¹¹
5.	Karisalai Ilagam	Varma Odivumurivu Sara Soothiram
6.	Kummatikai Legiyum	Varma Soodamani -Boga Varma Thirattu ¹⁰
7.	Nannari Ilagam	Varma Odivu Murivu Saari,Varma Soodamani Panjeekarana Pinnal,Varma Ngyana Odivu Murivu Sarasoothiram
8.	Nellikai Legiyum	Varma Soodamani -Boga Varma Thirattu ¹⁰
9.	Paal Ilagam	Varma Odivu Murivu Sara Soothiram
10.	Sadhaveri Legiyum	Angathi Pathanool ¹¹
11.	Sitramuti Ilagam	Varma Ngyana Odivu Murivu Sarasoothiram
12.	Thazhambu Ilagam	Varma Odivu Murivu Saari,Varma Soodamani Panjeekarana Pinnal,Varma Ngyana Odivu Murivu Sarasoothiram ¹⁹
13.	Vellarugu Ilagam	Varma Odivu Murivu Saari,Varma Soodamani Panjeekarana Pinnal,Varma Ngyana Odivu Murivu Saari Nigandagarathi ¹⁸
14.	Vellattu Ilagam	Varma Ngyana Odivu Murivu Sarasoothiram

Table 6: Internal medications KASHAYAM (herbal decoction) and its reference.

S.NO	KASHAYAM	Reference
1.	Adathodai Kashayam	Varma Kandi, Varma Beerangi Vaithiya Soothiram ¹⁵
2.	Adivayiruvama Kashayam	Varma Nooleni-200 ⁹
3.	Amukkara Kashayam	Varma Odivu Murivu Sarasoothiram
4.	Adhimadhra Kashayam	Varma Kandi ¹⁹
5.	Aruganver Kashayam	Varma Kandi ⁶
6.	Avarai Kashayam	Varma Ngyana Odivu Murivu Sarasoothiram, Varma Odivu Murivu Ngyanam
7.	Errulli Kashayam	Varma Beerangi-100 ¹⁸
8.	Guru Varma Kashayam	Varma Soothiram ⁴ , Varma Nooleni-200 ⁴
9.	Kaal Varma Kashayam	Varma Nooleni-200
10.	Kombarakku Kashayam	Varma Muthirai-200-Varma Kandi ⁷
11.	Kozhikashayam	Varma Beerangi Vaithiya Soothiram, Varma Odivu Murivu Sarasoothiram, Angathi Paadha Nool ⁶
12.	Kukkuda Kashayam	Varma Kannadi, Varma Beerangi Soothiram ⁶
13.	Kukkuda Kudineer	Varma Kandi, Sadhuramani Soothiram, Varma Odivu Murivu Ngyanam
14.	Kukkuda Baranirasa Kudineer	Varmakalai Kalanjiyam ⁷
15.	Kurunthoti Kashayam	Varma Kannadi, Varma Aani Soothiram, Varma Odivu Murivu Sarasoothiram, Varma Kandi, Varma Odivu Murivu Saari ¹⁷
16.	Kudalvarma Kashayam	Varma Odivu Murivu Sarasoothiram
17.	Kothamalli Kashayam	Varma Odivu Murivu Saari, Varma Soodamani Panjeekarana Pinnal, Varma Ngyana Odivu Murivu Sarasoothiram ¹⁸
18.	Kandangathiri Kashayam	Varma Aani Soothiram, Varma Odivu Murivu Saari,
19.	Kadalaadi Kashayam	Varma Odivu Murivu Saari, Varma Soodamani Panjeekarana Pinnal, Varma Ngyana Odivu Murivu Sarasoothiram ¹⁹
20.	Nilavagai Kashayam	Varma Odivu Murivu Saari, Varma Soodamani Panjeekarana Pinnal, Varma Ngyana Odivu Murivu Sarasoothiram, Varma Odivu Murivu Saari Nigandagarathi, Sadhuramani Soothiram ⁹
21.	Panampul Kashayam	Varma Nooleni-200
22.	Periya Pavu Kashayam	Varma Kalaikalangiyam ¹⁹
23.	Sayavaratchai Kashayam	Varma Ngyana Odivu Murivu Sarasoothiram
24.	Sangankuppi Kashayam	Varma Odivu Murivu Saari, Varma Soodamani Panjeekarana Pinnal, Varma Ngyana Odivu Murivu Sarasoothiram
25.	Senthengu Kashayam	Varma Soothiram ⁶
26.	Sukku Kashayam	Urpatti Narambarai, Varma Ngyana Odivu Murivu Sarasoothiram, Varma Aani Soothiram ²⁰
27.	Thasamoolathy Kashayam	Varma Odivu Murivu Saari, Varma Soodamani Panjeekarana Pinnal, Varma Ngyana Odivu Murivu Sarasoothiram, Varma Soothiram-100 ⁵
28.	Thetripoo Kashayam	Varma Odivu Murivu Ngyanam, Varma Odivu Murivu Sarasoothiram, Varma Ngyana Odivu Murivu Sarasoothiram
29.	Thirikadugu Kashayam	Varma Kalaikalangiya ⁹
30.	Thirumeni Kashayam	Varma Odivu Murivu Ngyanam
31.	Udalvarma Kashayam	Varma Nooleni-200
32.	Vellarugu Kashayam	Varma Odivu Murivu Saari, Varma Soodamani Panjeekarana Pinnal, Varma Ngyana Odivu Murivu Sarasoothiram, Varma Odivu Murivu Saari Nigandagarathi ¹⁵
33.	Varma Kashayam	Varma Villum Visaiyum, Varma Gurunool
34.	Vallarai Kashayam	Varma Odivu Murivu Saari, Varma Soodamani Panjeekarana Pinnal, Varma Odivu Murivu Saari Nigandagarathi, Sadhuramani Soothiram ²⁰

Table 7: internal medications KUZHAMBU (medicated viscous mixture) and its reference.

S.NO	KUZHAMBU	References
1.	Eshwari Kuzhambu	Varma Soodamani -Boga Varma Thirattu ¹⁰
2.	Karuvelanguzhambu	Varma Odivu Murivu Saari, Varma Soodamani Panjeekarana Pinnal, Varma Ngyana Odivu Murivu Sarasoothiram
3.	Kombarakku Kuzhambu	Varma Saari ¹³

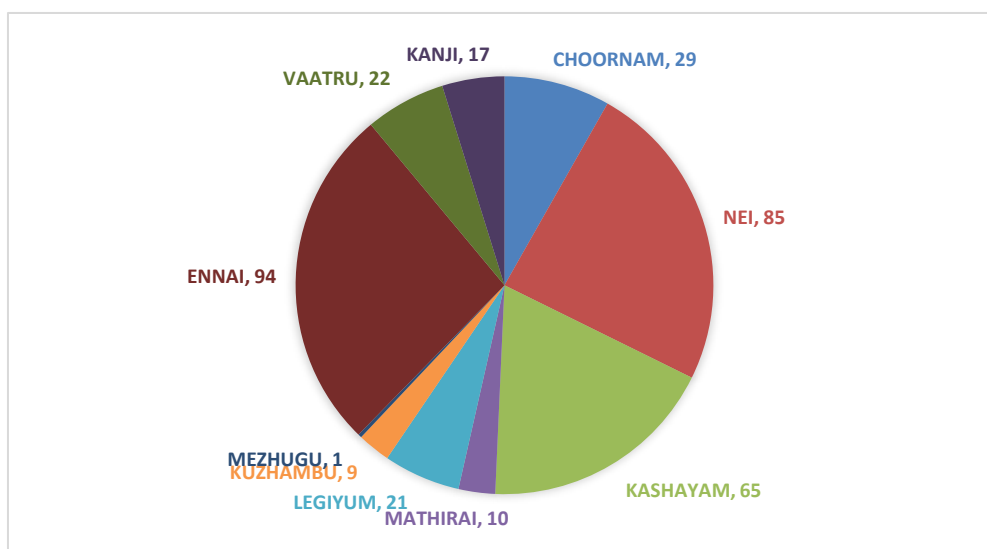
4.	Kummatikai Kuzhambu	Varma Soodamani -Boga Varma Thirattu
5.	Muttai Kuzhambu	Urpathi Narambarai, Varma Odivu Murivu Sara Soothiram ¹⁶
6.	Naalpamara Kuzhambu	Varma Saari
7.	Saya Kuzhambu	Varma Odivu Murivu Sara Soothiram ⁸

Table 8: internal medications (MEZHUGU) and its reference

S.NO	MEZHUGU	Reference
1	Varma Sanni Mezhugu	Varma Soothiram Odivu Murivu Saari ¹⁸

Table 9: internal medications KULIGAI/MATHIRAI (pill) and its reference.

S.NO	KULIGAI/MATHIRAI	Reference
1.	Korosanai Kuligai	Varma Muthirai-200 ^{9j}
2.	Navachara Kuligai	Angathi Padha Nool ¹¹
3.	Rasakarpoora Kuligai	Varma Odivu Murivu Sara Soothiram
4.	Rasanga Kuligai	Varma Odivu Murivu Saari, Varma Ngyana Odivu Murivu Sarasoothiram ⁸
5.	Soori Mathirai	Varma Muthirai-200
6.	Varma Mathirai	Varma Villum Visaiyum ⁹
7.	Varmani Kuligai	Varma Soothiram, Varma Ngyana Odivu Murivu Sarasoothiram, Sadhuramani Soothiram ²⁰
8.	Varmasanni Kuligai	Varma Soothiram

**Figure 3:** Number of Internal Medicines in Reviewed Literature**INFERENCE:**

This pie chart visually emphasizes the dominance of *Ennai* and *Nei* in *Siddha Varmam* formulations, followed by *Kashayam*, while other forms like *Mezhugu* and *Kuzhambu* are less frequently mentioned.

3. Common indications that are managed by internal medication as per *varmam* literature were reviewed these are as follows:

INFERENCE:

This bar diagram represents the common indications that are managed by internal medications as documented in

Siddha Varmam literature. Each bar corresponds to a specific symptoms, showcasing the frequency of its management using internal medicines. Key observations include:

- **Varmam:** Managed most frequently 177 mentions, indicating its prominence in *Varmam* therapy.
- **Respiratory problems:** Documented 95 times, highlighting its significant focus in treatment.
- **Injuries:** Managed 84 times, showcasing the role of internal medicines in addressing traumatology related issues.



- **Musculoskeletal disorders:** Mentioned 78 times, reflecting its importance in treating bone, joint disease and soft tissue injuries
 - **Fever:** Managed 67 times, emphasizing the therapeutic use of internal medicines
 - **Circulatory disorder:** Documented 42 times, showing moderate attention in the literature.
- Highlights the diverse range of symptoms addressed by internal medications in *Varmam* therapy, with *varma* injuries, musculoskeletal and respiratory disorders being the most frequently managed conditions. This underscores the holistic approach of *Siddha* medicine in treating various ailments.

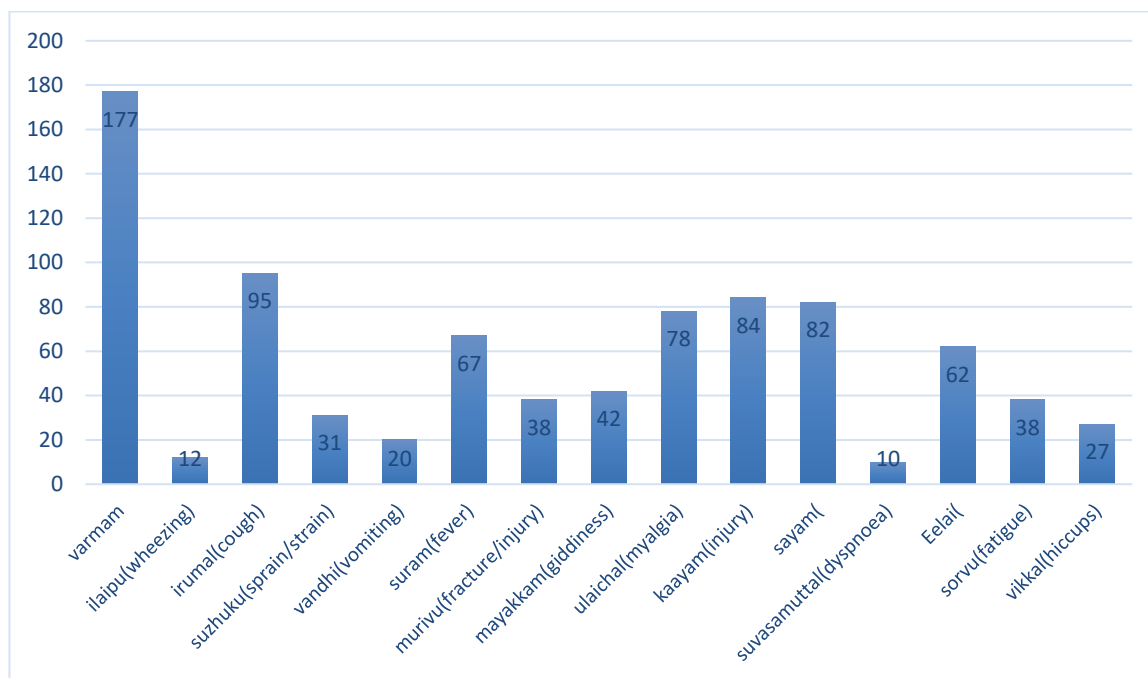


Figure 4: Indications Mentioned in *Varmam* Literature to be managed by Internal Medication

4. Unique internal medication and their uses

Apart from 32 internal medicines given in *siddha* literature ² and other internal medicine mentioned in *varmam* literature, *vatru* and *kanji* is the two unique internal medication which is mentioned only in *varmam* literature.

VAATRU (Fermented herbal tonic)

- *Vaatru* is prepared by adding powdered raw drugs with/without alcohol allow it to ferment for 3 days or the drugs are boiled with water and placed in a sand pit which allowed to stay for 48 days (1 *mandalam*).
- This medicine is used to manage respiratory, gastrointestinal problems and other symptoms of *varma* injury.

Table 10: list of internal medicine (*vaatru*) and its reference

S.NO	VAATRU	Reference
1.	Elathy Vaatru	Varma Ngyana Odivu Murivu Sarasoothiram ⁸
2.	Kabakayarasa Vatu	Varma Saari, Theraiyar Paanda Vaippu Nool ¹⁹
3.	Kabasagara Vatu	Varma Saari, Theraiyar Paanda Vaippu Nool
4.	Karungkadai Vatu	Varma Saari, Theraiyar Paanda Vaippu Nool
5.	Kozhi Vatu	Varma Saari ²⁰
6.	Kukkuda Vaatru	Varma Saari, Theraiyar Paanda Vaippu Nool
7.	Muttai Vatu	Urpathi Narambarai ¹⁶
8.	Muyal Kukkuda Vatu	Varma Saari, Theraiyar Paanda Vaippu Nool
9.	Sayakulandhagan Vatu	Varma Saari, Theraiyar Paanda Vaippu Nool
10.	Sengaluneer Vatu	Varma Saari, Theraiyar Paanda Vaippu Nool
11.	Vadhakaya Vatu	Varma Saari, Theraiyar Paanda Vaippu Nool
12.	Valiya Koduveli Vatu	Laada Soothiram-300 ¹⁶
13.	Varma Kandi Vatu	Varma Ngyana Odivu Murivu Sarasoothiram
14.	Vembu Pattai Vaatru	Varma Nooleni-200 ¹³

INFERENCE:

The maximum number of *vaatru* is mentioned in the literature such as *theraiyar panda vaippu nool*, *varma saari* and few are mentioned in *varma nooleni 200* & *Varma Ngyana Odivu Murivu Sarasoothiram*

KANJI (Herbal porridge)

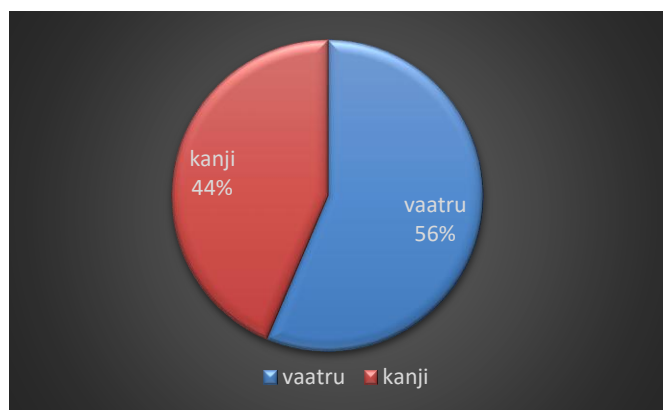
- Marundhu kanji / Herbal Porridge which is made using of rice eg; *Saamai Arisi* and herbs which are tied into a pouch, well boiled in milk and then the extracted milk is taken²
- Kanji is given to boost metabolism, improve immunity and also taken as diet for *varma* injury.

Table 11: list of internal medicines (kanji) and its reference

S.NO	KANJI	Reference
1.	Adathodai Kanji	Varma Odivu Murivu Sarasoothiram-1200
2.	Elakanji	Varma Thiravukol ¹⁴
3.	Karunchundai Kanji	Varma Odivu Murivu Sarasoothiram-1200
4.	Kondrai Kanji	Varma Gurunool
5.	Kurundhottiver Kanji	Varma Odivu Murivu Sarasoothiram-1200 ³
6.	Kuruvai Arisi Kanji	Varma Gurunool ⁴
7.	Narunandri Kanji	Varma Odivu Murivu Sarasoothiram-1200
8.	Paal Kanji	Varma Gurunool
9.	Panjamoola Kanji	Varma Odivu Murivu Sarasoothiram-1200
10.	Samaiarisi Kanji	Thoduvarma Nithanam
11.	Sittramutti Kanji	Varma Beerangi Vaithiya Soothiram, Varma Kandi ¹⁸
12.	Thinai Arisi Kanji	Paduvarma Nidhanam ²⁰
13.	Thippili Kanji	Varma Ngyana Odivu Murivu Sarasoothiram, Varma Thiravukol
14.	Thirikadugu Kanji	Varma Soothiram, Varma Ngyana Odivu Murivu Sarasoothiram
15.	Thoodhuvelai Kanji	Varma Kannadi -500 ¹⁹
16.	Uzhingai Kanji	Varma Kannadi-500, Varma Thiravukol, Sadhuramani Soothiram ¹⁵
17.	Vendhaya Kanji	Varma Gurunool

INFERENCE:

The *Varmam* literature such as *Varma Odivu Murivu Sarasoothiram-1200*, *varma thiravukol* & *varma gurunool* has most of the *kanji* formulation

**Figure 4:** Two unique internal medicines mentioned in *varmam* literature

INFERENCE:

This shows that the unique internal medicine *vaatru* is present in maximum numbers than the *kanji* from the reviewed literature.

DISCUSSION

The unique feature of *siddha* medical system is its vast and complex pharmacology. *Siddha* medicine focuses on using natural remedies and techniques to treat various ailments, including various symptoms caused by *varma* injury. The intricate knowledge of pharmacology in *Siddha* medicine allows for effective and holistic treatment options for patients. The raw materials used in *Siddha* medicines are of plant, metal, mineral and animal origin. Apart from this, *varmam* is a unique therapy of the *Siddha* system and has its own medicinal formulations. This review provides valuable insights into the traditional practices of *Siddha* medicine and the role of *varmam* therapy in treating specific health conditions. By exploring the medicinal formulations derived from *varmam* literature, researchers and practitioners can further enhance their understanding of this ancient healing system.

Almost thirty two *varmam*-related works of literature were examined in this study. Most of the literature reviewed in this study is attributed to the great sage *Agathiyar*, *Theraiyar*. But there is no original text; only the classical *Varmam* text, which is paraphrased and published by various authors, is available. The lack of original texts poses a challenge for researchers seeking to delve deeper into the

ancient wisdom of *varmam* therapy. Despite this limitation, the insights gained from studying these paraphrased texts can still provide valuable information on the traditional practices of *Siddha* medicine and the therapeutic benefits of *varmam* therapy.

This review is focused on areas like medicines that are used for internal application with their literature evidence. The internal medicine extracted from the texts was 355. The list of medicine that are provided is reviewed from the literature: *varma odivu murivu gnanam*, *varma soothiram*, *varma kandi*, and *varma soodamani pancheegarana pinnal etc*, The findings suggest that there is a wealth of knowledge in ancient medicinal practices that can be integrated into modern healthcare for more holistic treatment approaches. It is important for healthcare providers to continue exploring these traditional methods in order to provide comprehensive care to patients.

Among these medicinal formulations, there are a few unique medicines mentioned in *varmam* literature. These unique medicines may hold potential for treating various ailments and should be further studied for their effectiveness and safety. Integrating traditional *varmam* practices into modern healthcare could lead to more personalised and effective treatment options for patients.

Several peculiar internal preparations were explored during this review. *Varma maruthuvam* not only concentrates on medication; it also encompasses many simple preparations called *kanji* for an array of ailments. It is a simple dietary regimen that involves the use of easily available ingredients to prepare herbal concoctions. These *kanji* recipes are believed to have therapeutic benefits and are an integral part of *Varma maruthuvam* practices. The *Varma Saari* and *theraiyar panda vaippu nool* mentions the maximum number of *vaatru*, while the *Varma Odivu Murivu Sarasoothiram-1200* mentions *kanji*.

The most exceptional feature observed during this review was that most of the preparation contains animal products and local herbs that are confined to southern part of Tamil Nadu. The preparation methods are also unique and have been passed down through generations. Further research is needed to explore the potential benefits in traditional healing practices.

This review highlights the importance of preserving and further studying these unique therapeutical medicine to ensure they are not lost to future generations. Additionally, it emphasizes the need for more research and documentation in the field of *varmam maruthuvam* to fully understand its potential benefits and applications.

CONCLUSION

Medicines which are given internally are profoundly found in *varmam* literatures are revealed. In this study author had choosen 32 *varmam* literatures and reviewed through the knowledge of the author. 355 medicines were revealed from various *varmam* literature. It will be an initiative to disclose various medicines available in the classical *varmam*

literatures. This study report is prepared and submitted as a booklet. *Varmam* literature has stated various internal and external medications, this review highlights and compiled only the internal medication as it is vast and easy for practioners, students to search for the literature and medication available in the classical *varmam* literatures.

Future scope:

This review will be a basic source for future studies about the effectiveness of *varmam* medicines and will be evaluated by experts for academic purpose. There are several *varma* literatures that are yet to be disclosed and published. Like this compilation of internal medication will help for future studies, academic purposes and clinical application.

ACKNOWLEDGEMENT:

I extend my profound sense of gratitude to Prof Dr. N.J.Muthukumar MD(S), former HOD, Varma maruthuvam, National Institute of Siddha, for his support and timely advice. I would like to thank Dr.P.Samundeswari Md(S) Assistant professor, Department of varma maruthuvam, NIS, Chennai, for her insightful comments and constructive criticisms at different stages of my research that helped me to focus on my ideas. I extend my sincere thanks to Dr.G.Nivetha MD(S) former Assistant professor, Department of Varma maruthuvam, NIS, Chennai for helping and guiding me to compile my research work and lastly I would like to thank librarian from various libraries I have visited, special thanks to ATSVS Siddha Medical College, Munchirai and my friends & family.

Source of Support: The author(s) received no financial support for the research, authorship, and/or publication of this article

Conflict of Interest: The author(s) declared no potential conflicts of interest with respect to the research, authorship, and/or publication of this article.

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