

Review Article



A Comprehensive Narrative Review on Thilartha Varmam in Selected Classical Siddha Literature

Manisha R^{1*}, Vanamamalai R²¹PG Scholar, Dept. of Varma Maruthuvam, Govt. Siddha Medical College, Palayamkottai, Tamilnadu, India.²Assistant Professor, Dept. of Varma Maruthuvam, Govt. Siddha Medical College, Palayamkottai, Tamilnadu, India.*Corresponding author's E-mail: manisharajendiran99@gmail.com

Received: 08-07-2025; Revised: 21-10-2025; Accepted: 29-10-2025; Published online: 20-11-2025.

ABSTRACT

Varmam therapy is a selective and subtle manipulation of vital points to stimulate dormant life energy for relief of suffering, practised within the Siddha system of traditional medicine. Among 108 Varma points, Thilartha Varmam found at the glabella, is thought to have systemic effects, but it can be risky if not applied correctly. We undertook a narrative review (June–September 2024) to clarify what classical sources say about this point and how it should be practised. Five institutional libraries—GSMC Chennai, GSMC Palayamkottai, National Institute of Siddha (Chennai), CCRS (Chennai), and ATSVS (Kanyakumari)—were hand-searched. Approximately forty Tamil and English palm-leaf and printed texts were screened using predefined variables: point location, neurovascular correlates, manipulation technique (Iyakkumurai), dose (Māthirai), indications, contraindications, adverse signs, and countermeasures. Seven themes consistently emerged: (1) point location (Iruppidam); (2) anatomical and neurovascular mapping; (3) manipulation techniques; (4) warning signs of misapplication; (5) traditional countermeasures—such as nasal blowing—flagged for modern safety caution; (6) procedural steps (Ilakkumurai); and (7) related internal and external therapies. To support consistent reporting and safer practice, we propose a minimum documentation set for clinical use: a landmark image, technique description, dose and contact time, explicit contraindications, an adverse-event log, and outcomes such as headache NRS 0–10 and HRV metrics. Classical descriptions therefore support a cautious, standardized approach to Thilartha Varmam and underscore the need for contemporary anatomical validation and prospective clinical evaluation.

Keywords: Thilartha Varmam; Siddha Medicine; Narrative Review; Energy Point; Glabella.

INTRODUCTION

Varmam is the special branch of siddha system which is originated in southern parts of the tamilnadu. It is a form of martial arts which is formerly used as a technique of self-defence as well as offence and above all now it is widely used as a therapeutic technique by siddha physicians.^{1–3} Varmam is a selective and subtle manipulation of vital points to stimulate dormant life energy for relief of suffering. It is basically non pharmacological, very quick, rapid relief has been reported for many joint related disorders and neurological conditions.⁴

Siddha classics describe a vast network of over 72,000 *nāḍi* (channels) and about 1,000 *varmam* points; of these, 108 are considered the key sites, grouped into 12 *Padu Varmam* (major) and 96 *Thodu Varmam* (minor).^{5,6} Thilartha Varmam, (one of the 12 *Padu Varmam*) found at the glabella, is a central point with far-reaching effects; classical literature caution that misapplication may have drastic consequences. Accounts of Thilartha Varmam anatomy, therapeutic applications, manipulation methods, dose (Māthirai), and indications are varied in different sources.^{7–10} In an effort to facilitate safe and standardized practice, this narrative review consolidates such varied classical descriptions into a single protocol.

Rationale & novelty

This is the first comprehensive synthesis of Thilartha Varmam protocols drawn from over forty primary Siddha

manuscripts, incorporating a range of variant readings, the evolution of techniques, and complementary therapies.

Aim and objectives

To document and standardize the therapeutic benefits and manipulation methods of Thilartha Varmam as outlined in classical Siddha literature

METHODS

Search strategy and selection criteria

A narrative review was conducted from June to September 2024. Primary Tamil and English texts were identified via on-site visits to institutional libraries (Government Siddha Medical College, Chennai & Palayamkottai; National Institute of Siddha, Chennai; ATSVS Siddha Medical College, Kanyakumari; CCRS, Chennai). Key palm-leaf manuscripts and printed editions were hand-searched. We prioritized inclusion of classical descriptions of Thilartha Varmam and excluded secondary commentaries, fragmentary excerpts, modern compilations lacking original procedural detail, and duplicates. Records were screened by the authors, with full-text review as needed and extracted anatomical landmarks, Māthirai/dose, indications/ contraindications, outcomes, and adverse events.

RESULTS AND DISCUSSION

Iruppidam (Point Location)

This section brings together point location (Iruppidam) for Thilartha Varmam; each matched with an English description to help clarify its exact anatomical location.⁶



Table 1: Point location Terms (Iruppidam) and English descriptions for Thilartha Varmam

S. No	Iruppidam (point location)	English Description	Reference
1	saramāṇa cākīraththil tilartha kālam	Thilartha point at the exact midline of the brow ^{7,8}	Paṭu Varm Vivara Tattuva Kaṭṭalai
2	sūṭcamām neṛṛi nadu puruvam tannil tūkai iraṇṭiraikku kīl tilartha varmam	Thilartha point just below the midpoint between the eyebrows ⁴	Ōṭivu Muṇivu 22
3	netṛṛi nadu puruvattil iruntu tāṇē nērāṇa nellidaikku kīlē tāṇum tilartha kālam	Thilartha point on the glabella aligned to the nasal bridge ¹¹	Varma Kaṇṭi
4	nērāṇa neṛṛi nadu puruvan tannil nellidaikku tālvāka; nārāyaṇattiṇ muḷaiyin viṭṭamē āgum	Thilartha point below the central glabella at the midpoint of the Narayana ridge ⁹	Varma Kalai Kaḷaṇciyam
5	neṛṛi nermayil tilartha kālam	Thilartha point centered on the brow line ¹²	Varma Tattuva Kōrvai Nūl
6	uṭāṇē anta kaṇṇāṭi kālaththirkum oru viral mēl tilartha varmam kaṇṭukoḷ nee	Thilartha point one finger breadth above the glabella line ¹³	Varma Ōṭivu Muṇivu Cara Cūttiram 1200
7	kaṇṇāṭi kālaththukku onraṇai viral aḷavukku mēlē tilartha kālam	Thilartha point one and a half finger breadths above the glabella ¹⁴	Varma Viral Aḷavu Nūl
8	curukkāṇa mūrtti eṇṇa kālam eṇṇar muṇṇavē soṇṇatin kīl arai iraikku muṇaiyāṇa tilartha kālam	Thilartha point anterior to the midpoint of the compact glabella prominence ¹⁵	Varma Kaṇṇāṭi 500
9	yavvīl eṭṭum iraṇṭum irukkiṛatu tāvayēṛru ... – tilartha 8; vaṭakalai – rudra ²	Thilartha point as described in Yogic tradition and Rudra centre associations ¹⁶	Varma Ṇāṇam
10	navīṇṇa yavvu iraṇḍu kaṇṇatai; tilartha – siva rudrakalam – śakti	Thilartha point between the two brows, associated with Shiva-Rudra energy centres ¹⁷	Varma Viññāṇam Aṭippaṭai Tattuvaṇkal (Sivavakkiyar Pādal)

Anatomical Location

Nerve: Infratrochlear branch of the Nasociliary (V1) Muscle: Procerus blending with medial frontalis fibers Artery: Angular artery (a branch of the facial artery) connecting with the dorsal nasal artery (ophthalmic) Vein: Angular vein (the union of supratrochlear and supraorbital veins). ^{10,18,19,20}

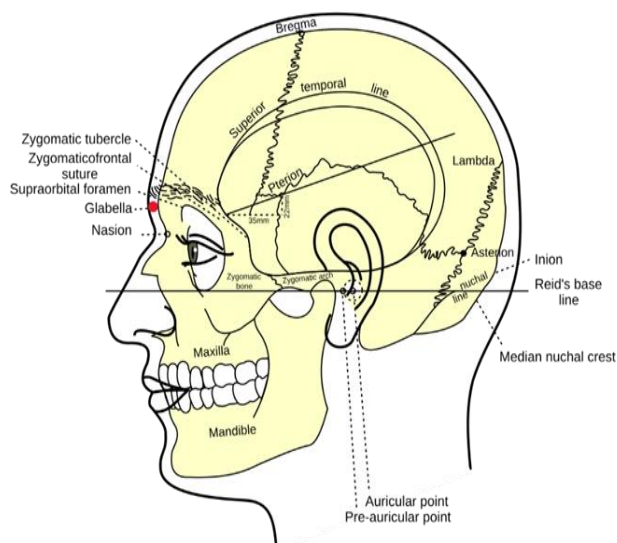


Figure 1: Thilartha Varmam (glabella)—landmark with adjacent structures. Base diagram: Gray's Anatomy, 20th U.S. ed., 1918, Plate 515. Public domain. Source: Wikimedia Commons — File: Gray515.png.

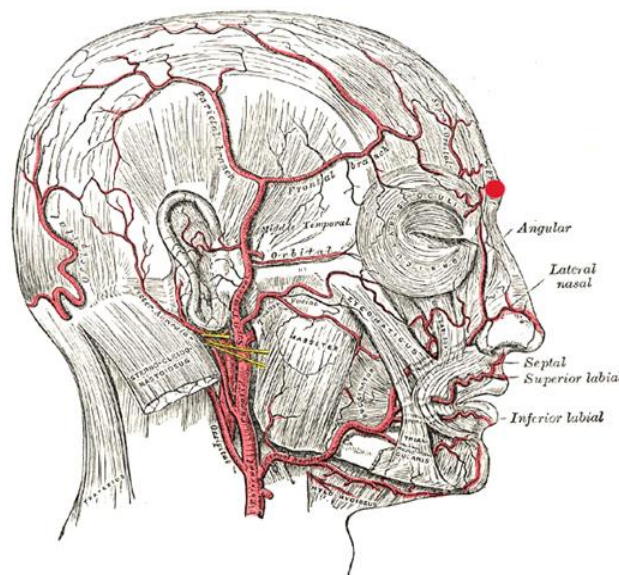


Figure 2: Facial arterial anatomy—anterolateral view (course of the facial/angular artery toward the glabella). Base diagram: Gray's Anatomy, 20th U.S. ed., 1918, Plate 508. Public domain. Source: Wikimedia Commons — File: Gray508.png.

Iyakkumuṇṇai (Manipulation Techniques)

In this section, we explore the manipulation techniques that have been traditionally used to activate the Thilartha point, along with English translations for each method.

Table 2: Iyakkumurai (Manipulation Techniques) with English Translations

S. No	Iyakkumurai (Manipulation Techniques)	English translation & technique	Reference
1.	kālmāttirai aḷuttattil toṭṭu mūṇṇu muṇai mēl nōkkit tūkki viṭavum.	Press at the pulse point, then perform three successive lifts with thumb and index fingers ²¹	<i>cīrappu nilai kuḷantaikaḷukku varma cikiccai muṇaikaḷ maruttuvam</i>
2.	valatukai naṭuviralāl toṭṭa nilaiyil mūṇṇu muṇai valac cuḷarciyum mūṇṇu muṇai iṭaccuḷarciyum ceytal vēṇṭum. avvāru cuḷarci ceytu muṭittavutaṇ atē viralai kāl māttirai aḷuttattuṇ mēl nōkkit tūkkutal vēṇṭum.	Alternate lateral and medial lifts at the glabella, synchronized to the pulse, maintaining finger contact ²²	<i>vēta cakti varma maruttuvam aṭittalaṇkaḷum cittāntaṇkaḷum</i>
3.	naṭuviralaiṇ naṭuppakutiyaḷ varma pulḷiyil vaittu ēntavum kāla aḷavu - 30 noṭi māttirai – 1/2 māttirai 30	Place the nail edge at the midpoint of the pulse, maintain static pressure for 30 seconds at half Maathirai dose ²³	Guidelines for the practice of siddha Varma therapy
4.	varma talattil naṭuviral vaittu 1-3nimitaṇkaḷukku nilaittu aḷuttam allatu viṭṭu viṭṭu aḷuttam koṭukka vēṇṭum. varma talattil peruviral koṇṭu 30 noṭikaḷ valam cuḷittu aḷuttam koṭuttu piṇṇar 30 noṭikaḷ nilaittu aḷuttam allatu viṭṭu viṭṭu aḷuttam koṭuttal vēṇṭum. tūṇṭuviral allatu naṭuviral mūlam 1-3 nimitaṇkaḷ meṇtoṭutal ceyvataṇ mūlam varmattai tūṇṭa vēṇṭum. cuyattūṇṭutal tūṇṭu viral allatu naṭuviral allatu aṇiviralāl aḷutti a nūkkiamartti tūṇṭa vēṇṭum	Apply continuous pressure for 1–3 minutes with intermittent release, then repeat, optionally with gentle tapping ²⁴	Varma maruthuvam – vol –I (Noolalavai nutpangal and thoondumuraigal)

Classical adverse signs

Here, we outline the adverse signs that can arise when Thilartha Varmam is misapplied.

Table 3: Classical adverse signs observed after misapplication of Thilartha Varmam

S. No	Adverse signs	English translation	Reference
1.	vāyṇṇantu aṇṇāntu irukkum ōraṇṇu illāmal mayaṇkum (niṇaivu irātu) uṭal kuḷirum	Mouth deviates; sudden loss of consciousness (memory lapse); body feels cold ²⁵	<i>aṭi varma cūṭcam</i>
2.	vānti vantu aṇṇāntu tāṇ iruppāṇ niṇaivu irātu varma lāṭa cūttiram	Nausea occurs; memory is impaired ²⁶	<i>varma lāṭa cūttiram</i>
3.	vāy ṇṇantu vāṇam pārkkum pōr aruḷiya	Mouth deviates; voice takes on a battle-like tone ²⁷	<i>Pōraruḷiya varma cūttiram</i>
4.	āl nimirntu aṇṇāntu vāy ṇṇakkum	Upward gaze followed by mouth deviation ²⁸	<i>varma pīraṇki</i>
5.	vāy ṇṇakkum. patai nurai taḷḷum vāṇam pārkkum mayakkamurru kiṭaikkum mayakkam, caṇṇi, cītam tapamūrccaiviyarpu uṇṭākum	Mouth deviation; tongue thrusting; altered voice; dizziness; tremors; convulsions ⁷	<i>paṭuvarma vivara tattuva kaṭṭalai</i>
6.	āl nimirntu aṇṇāntu irukkum talai kuḷaintu vām pēcātu aṇṇu aḷintu kuḷaintu pōkum	Upward gaze with mouth deviation; head tilts to the left; scattered thoughts ²⁹	<i>varma cūttirām</i>
7.	pirāḷayam pōl vērvai kapam mūrccai	Sensation like a wave; phlegm congestion ³⁰	<i>varma oṭivu muṇivu ṇāṇam</i>
8.	kaṇkaḷ iraṇṭum civantu kāṇum nākuḷarum, vilakku pēcum	Eyes redden and tear; tongue and speech become labored ³¹	<i>varmaṇi ēṭu</i>
9.	kaṇkaḷ civakkum nākkum kuṇṇum vilakku pēcum	Eyes burn; tongue cramps; speech becomes strained ³²	<i>varma cūṭamaṇi</i>



Blowing Techniques

This part discusses blowing techniques traditional (nasal-vapor therapies) that are recommended to alleviate these adverse effects.

Table 4: Blowing techniques (Nasal-Vapor Therapies) to Counteract Adverse Effects

S. No	Blowing techniques	English translation	Reference
1.	cukkai taṇ vāyil iṭṭu meṇṇu ataṇ vēkattai nōyāliyiṇ mūkkilum kātīlum ūti viṭa vēṇṭum ¹⁹	Place a small pinch of powdered ginger at the mouth of a conch shell and blow the vapors into the patient's nostrils and ears ^{7,8,9,29,33,34,35}	<i>varma cūttiram</i> <i>paṭu varma vivara tattuva kaṭṭalai</i> <i>varma tiravukōl tiraṭṭu</i> <i>varma kalaikkaḷaṇciyam</i> <i>varma muttirai</i> <i>varma mātṭirai</i>
2.	cukkai meṇṇu iraṇṭu kaṇkaḷil utavum	Blow ginger vapors into both eyes using the conch shell ³¹	<i>varmaṇi ēṭu</i>
3.	kaṇkaḷilum kātīlum ūtavum	Blow vapors into both the eyes and the ears simultaneously ³²	<i>varma cūṭāmaṇi</i>
4.	valatu nāciyilum iraṇṭu kātīlum cukkai vaittu ataṇ āviyai ūta vēṇṭuma cukku kuppaimēṇi ilaiyai vaittu kātu mūkku pakutikaḷil ūtalām	Into the right nostril and both ears: place powdered ginger on a betel leaf, ignite briefly, then blow the warmed vapor through the shell ³⁶	<i>varmakalai eṇṇum maruttuvakalai</i>
5.	cukku poṭi nāciyil ēṇṇa vēṇṭum	Pinch and lift the nostril, then blow the vapors directly into the raised nasal passage ³⁷	<i>catura maṇi cūttiram</i>

Ilakkumurai (Procedural steps)

The Ilakkumurai section details step-by-step application methods—taps, pinches, and strikes—crafted to ensure effective yet controlled stimulation of the Thilartha point.

Table 5: Ilakkumurai (Procedural steps) for Thilartha Varmam

S.no	Ilakkumurai (Procedural steps)	English translation	Reference
1.	kuṭumi piṭṭu iṇṇukki koṇṭu ucciyl taṭṭik kolḷa vēṇṭum	Grasp a skin fold at the glabella firmly between thumb and index finger, then tap sharply at the apex. ²⁹	<i>varma cūttiram</i>
2.	muṭi piṭṭu iṇṇukki tārai ceytu taṭavi viṭa vēṇṭum	Pinch the skin with fingertips, press against the underlying bone, then release in one smooth motion. ^{7,8}	<i>paṭuvarma vivara tattuva kaṭṭalai</i>
3.	nōyāliyai taraiyil eṭuttu irutti cammaṇa kāl kaṭṭi kaikaḷ iraṇṭum neṇṇōṭu cērttu aṇaittu piṭṭu niṇṇutti maruttuvaṇ taṇ puṇaṅkāḷ mutukil oru taṭṭum kaiyāl ucciyl oru oru taṭṭum kaiyāl ucciyl oru aṭiyum aṭikkavum . tilarta kālattil maṇupurattil piṭari kuliyilum iru viraliṇ uyarattil maruttuvār taṇ kaiyai muṇṇukki oru kuttu kuttavum kaiyum kālum taṭavi iṇṇakṭavum.	Place the dorsal nail edge at the midpoint of the pulse, maintain firm static pressure for 30 seconds at a half-Maathirai dose, then lift rapidly in a single strike. ³¹	<i>varmaṇi ēṭu</i>
4.	mūṇṇu viralkaḷāl aṇaṅkaḷil ūṇṇi civacakti narampai paṇṇi mātṭiraiṇṇu aḷavāka iṇṇakavum. nōyāliyiṇ ciracu muṭi tūkki tam kaiyāl piṭari pākattil caṇṇu palamāka carivāka aṭikkavum . nōyāliyiṇ iru kaikaḷaiyum piṇaintu talai mītu vaittu anta kaiyiṇ mītu maruttuvaṇ taṇ kaiyāl aṭikkavum.	Apply continuous pressure for 1–3 minutes with intermittent releases; follow with gentle tapping at the same point for another 1–3 minutes. ³³	<i>varma tiravukōl tiraṭṭu</i>
5.	nōyāliyiṇ talaimuṭiyaip piṭṭu tūkki taraiyil iruttavum mukam nāṭi piṭṭu tūkki talai mītu oru aṭi aṭikkavum uḷalaip piṭṭu taṭavi irakkamuṭaṇ neṇṇil taṭṭu oṇṇu taṭṭavum	Lift the patient's hairline at the forehead, then deliver a swift downward blow with the base of the palm at the glabella apex. ¹¹	<i>varma kaṇṭi</i>
6.	talaimuṭiyai tūkkippiṭṭu kaimēl kai piṇaintu ucciyl oru aṭi aṭṭu uṇaṇ kaḷuttinaṇi iṭattum valattum tiruppi ceviyl ūti uṇaṇ kaṭṭippiṭṭu tūkki utaṇi viṭavum.	Grasp the hairline and lift upward; thread the hand behind the ear and blow air into the auditory canal; finish by tapping the glabella once more before releasing. ³⁹	<i>varma viḷakkam</i>

Internal and External Adjunct therapies

Here, we summarize complementary internal formulations and external oil-based applications that enhance the mechanical stimulus of Thilartha Varmam.

Internal Adjuncts:

Rice gruel; medicinal congee; ginger decoction; herb-infused decoctions.

External Adjuncts:

Tirumeni ennai; Santanathi taila; steam fomentation (Varma Oli); preparatory massage oils.

Table 6: Internal and External Adjunct Therapies Used alongside Thilartha Varmam.

S. No	Internal medicine	English translation	Reference
1.	cukkittu kañci koṭukkavum	Give rice gruel with dry ginger ²⁵	<i>aṭi varma cūṭcam</i>
2.	aṇṇappāl +cukku	Give rice-gruel with dry ginger ²⁹	<i>varma cūttiram</i>
3.	cūṭāṇa kañci koṭukkavum	Give warm (hot) gruel ³¹	<i>varmaṇi ētu</i>
4.	kāñci taṇṇīr koṭukkavum	Give kanji water (rice-gruel water) ³²	<i>varma cūṭāmaṇi</i>
5.	kuṭikka vennīr koṭukka vēṇṭum	Warm water should be given to drink. ³⁹	<i>varma viḷakkam</i>
6.	kañci taṇṇīr ciṟu cūṭōṭu koṭukka vēṇṭum	Give kanji water slightly warm (lukewarm) ⁹	<i>varma kalai kaḷaṇciyam</i>
7.	kāyṉta vennīr+cukku poṭittu koṭukkavum	Give boiled warm water, adding dry ginger ³⁴	<i>varma muttirai</i>
8.	vennīr kañci koṭukkavum	Give warm rice gruel ⁵	<i>varma cuṭcam</i>
9.	nōyāliyiṇ āyācattai pōkka arici + atimatura kañci	Give rice-gruel with licorice ³⁵	<i>varma mātṭirai nūl</i>
10.	paccāi veṭṭu maruntai varmam uṟṟavarukku koṭukka vēṇṭum cantāṇāti tailattai uḷḷukku koṭukka vēṇṭum	Fresh-herb preparations (“paccāi veṭṭu” medicines) and Candanathi (Sandanathi) oil should be administered internally. ³⁸	<i>varma oḷi</i>

S. No	External medicine	English translation	Reference
1.	tirumēṇi eṇṇey tēykka tīrum eṇṇār	Apply tirumēṇi oil ¹	<i>cittarkaḷiṇ varma cūttiraṅkaḷ</i>
2.	iraṇṭu nāṭkaḷ varmamurra nilaiyaṅkaḷil vacavu eṇṇey viṭṭu naṇṟāka taṭavi viṭavum	Apply Vasavu oil and massage well ³⁹	<i>paṭuvamma nilaiya viḷakkam</i>
3.	cantāṇāti tailattai uṭalil iṭṭu uḷḷukku koṭukkavum vennīr muḷukavum taṭavum pōṭu carvāṅka tailamiṭṭu varma maruttuva muraippaṭi taṭavi iḷakka vēṇṭum.	Apply Candanathi oil over the body and also administer it internally; after a warm-water bath, apply Sarvāṅga oil and massage as per varma medical method to loosen the body ³⁸	<i>varma oḷi</i>
4.	kāyam paṭṭa iṭattil muraivāṇa varma eṇṇey tēyttu āvi piṭittu vara vēṇṭum	At the injured site, apply the appropriate varma oil and give steam fomentation ³⁶	<i>varma kalai eṇṇum maruttuva kalai</i>
5.	aruḷāti eṇṇey (talai kuḷiyal)	Arulathi oil (for head bath) ³⁴	<i>varma muttirai</i>

Classical descriptions and anatomical basis

This review consolidates accounts of the *Thilartha Varmam* point across forty traditional Siddha classics, emphasizing both the commonalities and divergences that have arisen over time. Early palm-leaf texts, including *Ōṭivu Muṟivu*, identify the point as just below the brow and describe a rapid three-finger plucking method (*mooviral*) to “unblock subtle nāḍi”. ^{4,31,32} By contrast, texts such as *Varma Nool Thoguthi I* and *II* later place the point slightly more proximal (≈1–1.5 finger breadths above the glabella) and emphasize continuous, pulse-synchronized pressure. ^{6,7,8}

Anatomically, the nasociliary (V1) infratrochlear branch is a reliable deep landmark, and the supratrochlear and supraorbital vessels are frequently noted as part of a consistent neurovascular corridor. On the surface, the intersection of procerus and medial frontalis fibers provides

a palpable landmark; care is required to avoid the angular artery and vein to minimize vascular injury. ^{10,18-20}

Therapeutic Indications & Dosage (Māthirai)

Traditional sources recommend graded *Māthirai* as follows: ⅓ *Māthirai* for issues such as poor memory, difficulty learning, low motivation, and lack of awareness; ⅔ *Māthirai* for headaches (including frontal/migraine), respiratory and ocular complaints, stress, memory loss, and doṣa imbalance; and ½ *Māthirai* for nasal congestion/rhinitis, insomnia, snoring, uterine disorders, and impotence. ^{13,14, 30, 35} Over time, indications broaden from headache/dizziness to include memory support, insomnia, nasal blockage, and uterine disease, with specific *Māthirai* pairings to guide dosing. ^{3, 6–8, 12, 13, 24}



Heterogeneity and Standardization

Despite substantial overlap, there remains variability in point location (e.g., “mid-glabella” vs “one finger breadth above”) and technique (“tapping” vs “pulse-synchronized lifts”), which complicates standardization. Future work should systematically cross-reference unpublished palm-leaf sources and correlate classical descriptions with modern imaging (e.g., high-resolution ultrasound) and anatomical studies to build reproducible, evidence-based protocols.^{5, 19, 23,}

Limitations

Translation or transliteration may introduce small errors. Dose (Māthirai) and contact time are often not stated. Adverse events are reported inconsistently. We found no controlled clinical trials specific to Thilartha Varmam. These findings are hypothesis-generating and need prospective validation with standardized methods and safety endpoints.

CONCLUSION

This review consolidates the classical observations of Thilartha Varmam into a unified reference framework (location, method, and therapeutic indications) and notes gaps due to unavailability of palm-leaf records and inconsistent nomenclature. Future research must validate these descriptions through anatomical studies and clinical trials and extend the same structured approach to other Varma points to support standardization of Siddha Varmam therapy, aided by new developments in mapping Varmam points (imaging, anatomical dissection, pilot clinical studies). To take Varmam therapy to new levels, it is important to systematically document the remaining 107 varma points so that, by combining and comparing each point, a standardized set can assist both teaching and research and protect the heritage of Siddha as a science-based holistic well-being system. From a clinical-pharmacy perspective, routine adverse-event documentation and standardized outcomes (headache NRS 0–10; HRV metrics such as RMSSD/SDNN) are recommended after establishing key anatomical and safety endpoints, together with related Siddha disciplines and suitable adjunct therapies.

ETHICS STATEMENT

As this is a review of published studies, no approval was required.

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.

REFERENCES

1. Mohan RC. Siddhargalin varma sootirangal. Chennai: Thamarai Noolagam; 2006. p. 9.
2. Kannan Rajaram T. Varma Maruthuvam (General). Kanyakumari (Tamil Nadu): A.T.S.V.S. Siddha Medical College & Hospital; 2008.
3. Kannan Rajaram T. Varma Maruthuvam (Sirappu/Special). Kanyakumari (Tamil Nadu): A.T.S.V.S. Siddha Medical College & Hospital; 2007.
4. Chidhambarathanupillai S. Varma odivu murivu gnanam. 1st ed. Chennai: International Institute of Thanuology; 1993. p. 44.
5. Chidhambarathanupillai S. Varma sootcham. 1st ed. Madras: International Institute of Thanuology; 1970 Jan. p. 19.
6. Kannan Rajaram T. Varma pullikalin iruppidam. Kanyakumari (Tamil Nadu): A.T.S.V.S. Siddha Medical College & Hospital; 2007. p. 89.
7. Mohanraj T. Paduvarma vivara thathuva kattalai (Varma nool thoguthi–I). Munchirai, Kanyakumari (Tamil Nadu): A.T.S.V.S. Siddha Medical College & Hospital; 2010. p. 441.
8. Mohanraj T. Paduvarma vivara thathuva kattalai (Varma nool thoguthi–II). 1st ed. Munchirai, Kanyakumari (Tamil Nadu): A.T.S.V.S. Siddha Medical College & Hospital; 2013. p. 30.
9. Alexander SM. Varma Kalai Kalanjiam. 1st ed. Chennai: Rathna Publications; 2006.
10. Standring S, editor. Gray’s Anatomy: The anatomical basis of clinical practice. 41st ed. London: Elsevier; 2016.
11. Directorate of Indian Medicine and Homoeopathy (Government of Tamil Nadu). Varma Kandi. Chennai: Directorate of Indian Medicine and Homoeopathy; 2007. p. 179.
12. Chidhambarathanupillai S. Varma thathukorvai nool. Chennai: International Institute of Thanuology; 1993. p. 17.
13. Mohanraj T. Varma Odivu Murivu Sara Soothiram – 1200 [Tamil]. 1st ed. Munchirai, Kanyakumari (Tamil Nadu): A.T.S.V.S. Siddha Medical College & Hospital; 2009.
14. Mohanraj T. Varma naalu maathirai (Varma nool thoguthi–II). 1st ed. Munchirai, Kanyakumari (Tamil Nadu): A.T.S.V.S. Siddha Medical College & Hospital; 2013. p. 462.
15. Directorate of Indian Medicine and Homoeopathy (Government of Tamil Nadu). Varma Kannadi—500. Chennai: Directorate of Indian Medicine and Homoeopathy; 2007. p. 138.
16. Michael T. Varma Vignanam [Tamil]. 1st ed. Chennai: [publisher unknown]; 2012.
17. Sivavakkiyar. Sivavakkiyam [“Atippadai Tattuvangal” verses; Tamil]. 2nd ed. Chennai: B. Rathina Nayakar & Sons; 1953.
18. Moore KL, Dalley AF. Clinically Oriented Anatomy. 7th ed. Philadelphia: Lippincott Williams & Wilkins; 2014.
19. Arumugam K, Muneeswaran A, Ganga NV, James N, Hemalatha M, Kalai Kumar C. Regional anatomical study of Padu Varmam points. Int J Pharm Clin Res. 2024;16(10):1353–1362. doi:10.5281/zenodo.14464452.
20. Gray H. Anatomy of the Human Body. 20th ed. Philadelphia: Lea & Febiger; 1918. doi: 10.5962/bhl.title.20311.
21. Shailaja R. Cīrappu nilai kuḷandaikaḷukku varma cikitsai muraikaḷ [Tamil]. In: Maruthuva Vethasatthi 2012: Souvenir of the National



Workshop on Varmam Therapy. Coimbatore: Arts Research Institute; 2012.

22. Arts Research Institute. Varma Maruthuvam—Aṭṭaṭaṅkaḷum Cittāntaṅkaḷum [Tamil; souvenir/compendium]. Coimbatore: Arts Research Institute; 2012.

23. Central Council for Research in Siddha. Guidelines for the practise of Siddha varma therapy. Chennai: CCRS; 2017. p. 110.

24. Kannan Rajaram T. Noolalavai Nutpangal Adipadaiyil Varma Pullikal Matrum Thoondhu Muraikal Adangiya Varma Maruthuvam. Revised 2nd ed. Tamil Nadu: Centre for Varma Medicine and Research; 2015.

25. Mohanraj T. Adivarma soottham (Varma nool thoguthi–I). Munchirai, Kanyakumari (Tamil Nadu): A.T.S.V.S. Siddha Medical College & Hospital; 2010. p. 239.

26. Mohanraj T. Varma laada soothiram (Varma nool thoguthi–I). Munchirai, Kanyakumari (Tamil Nadu): A.T.S.V.S. Siddha Medical College & Hospital; 2010. p. 75.

27. Jeevakabharathi. Bogar Aruliya Varmasūthiram [Tamil]. Chennai: Mayilavan Pathippagam; 2012. p. 90.

28. Mohanraj T. Varma beerangi (Varma nool thoguthi–I). Munchirai, Kanyakumari (Tamil Nadu): A.T.S.V.S. Siddha Medical College & Hospital; 2010. p. 414.

29. Selvaraj SJ, editor. Varma Suttiram [Tamil]. Chennai: International Institute of Tamil Studies; 1984.

30. Mohanraj T. Varma Odivu Murivu Gnanam – 2200 [Tamil]. 1st ed. Munchirai, Kanyakumari (Tamil Nadu): A.T.S.V.S. Siddha Medical College & Hospital; 2011.

31. Agathiyar. Varmāṇi—16 [Tamil]. Mohan Raj T, editor. 1st ed. Munchirai, Kanyakumari (Tamil Nadu): Siddha Maruthuva Nool Veliyittalar; 2014.

32. Chidhambarathanupillai S. Varma Soodamani. Chennai: International Institute of Thanuology; 2011. p. 19.

33. Chidhambarathanupillai S. Varma thiravu kool thiratu. Coimbatore: MS Print Shop; 1993.

34. Chidhambarathanupillai S. Varma muthirai. Chennai: International Institute of Thanuology; 1993. p. 22.

35. Chidhambarathanupillai S. Varma maathirai nool. Chennai: Gomathy Achagam; 1991.

36. Ponnappan NP. Varma Kalai ennum Maruthuva Kalai [Tamil]. 3rd ed. Chennai: Puthaga Poonga Pathippagam; 2008.

37. Mohanraj T. Sathuramani soothiram. Munchirai, Kanyakumari (Tamil Nadu): A.T.S.V.S. Siddha Medical College & Hospital; 2009. p. 356.

38. Chidhambarathanupillai S. Varma oli. Chennai: Siddha Maruthuva Nool Veliyittalar; 2010 Nov 18. p. 57.

39. Chidhambarathanupillai S. Padu varma nilaya vilakkam. Chennai: Raga Printers; 1998. p. 9.

For any questions related to this article, please reach us at: globalresearchonline@rediffmail.com

New manuscripts for publication can be submitted at: submit@globalresearchonline.net and submit_ijpsrr@rediffmail.com

