

Research Article



Excavating the Scientific Approach and Efficacy of Kavuli Kalam and Savvu Varmam in Treating Epilepsy

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ABSTRACT

In recent days, Siddha system of medicine has emerged as an arena for research especially in *varma*. Nearly 14.5 lakhs estimated number of people are reported to be affected with epilepsy in India every year. Researchers have concluded that stimulation of *kavuli kalam*, *savvu varmam* has powerful effects on epilepsy. The primary objective of this review was to describe the scientific approach and efficacy of *kavuli kalam* and *savvu varmam* in treating epilepsy. To treat epilepsy, the electrical disturbances in nerve cell have to be regulated. Stimulation of *kavuli kalam* and *savvu varmam* has powerful effect on autonomic nervous system and thereby regulating the sympathetic and parasympathetic nervous activation which leads to balancing the abnormal electrical activity. The effect is also related to muscle, nervous system and blood supply. This review article critically explores the novelty behind the stimulation of *kai kavuli kalam*, *nadu kavuli* and *savvu varmam* for the effective management of epilepsy.

Keywords: Epilepsy, Kai Kavuli kalam, Nadu kavuli, savvu varma, autonomic nervous system, brain dysfunction.

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INTRODUCTION

Epilepsy is a neurological disorder in which brain activity becomes abnormal, causing seizure or periods of unusual behavior, sensation and sometimes loss of awareness¹.

Seizure can affect the brain coordination. The signs and symptoms may include temporary confusion, a staring spelt, uncontrollable jerking movements of the arms and legs, loss of consciousness or awareness, psychic symptoms such as fear, anxiety etc. partial and generalized epilepsies alter autonomic function during ictal, postictal and interictal states.

All aspects of autonomic function can be affected including the parasympathetic, sympathetic and adrenal medullary systems. Autonomic changes are the most common cause of simple partial seizure but may go unrecognized².

Seizure typically activate sympathetic nervous activity increasing the heart rate and blood pressure, although parasympathetic activation or sympathetic inhibition may predominate during partial seizure. Seizure induced

cardiovascular dysfunction, pulmonary edema and postictal depression of autonomic respiratory reflexes and cardiovascular function may contribute to sudden unexplained death in epilepsy³.

Inhibited gluconeogenesis due to hepatic congestion as well as decreased nutritional intake and reduced gastrointestinal absorption, leads to intestinal hypoxia causes seizure⁴.

The stimulation of *kai kavuli*, *nadu kavuli* and *savvu varmam* helps in regulating the intestinal and liver, metabolism and has a powerful effect on autonomic nervous system. It helps in reequating, heart rate variability, nervous system, regulates vagus nerve stimulation and blood supply⁵.

Objective

The primary objective of this review is to describe the correlation of intestinal malabsorption and hypoxia which leads to nervous circulatory and respiratory deterioration resulting in seizure and the effectiveness of *kai kavuli kalam*, *nadu kavuli* and *savvu varmam* in treating seizure.



METHOD

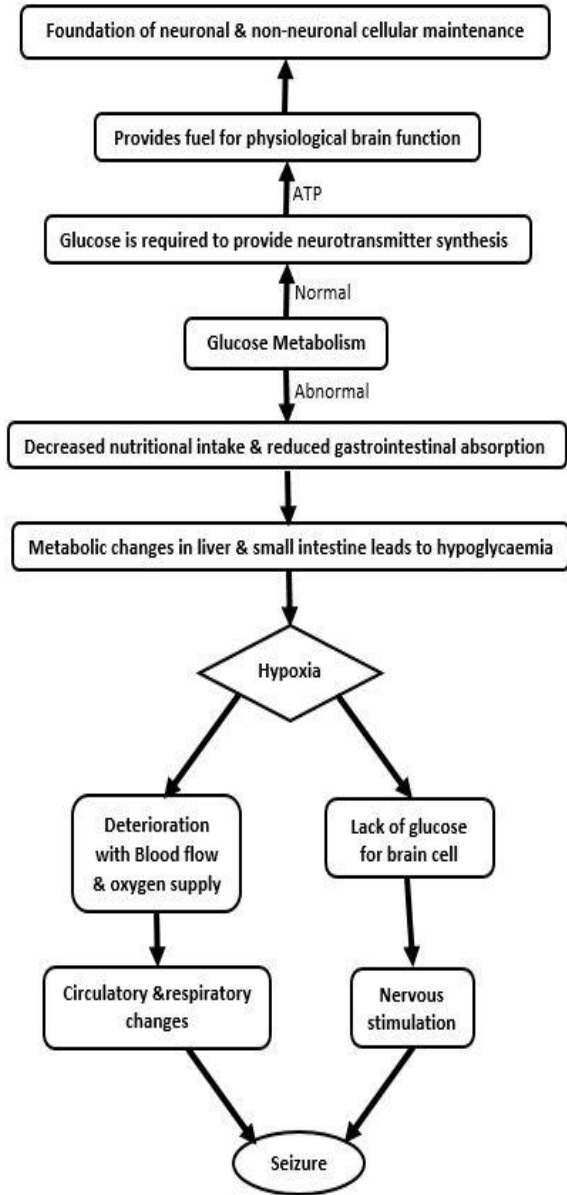


Figure 1: Sequential flow of seizure

The above figure shows the step by step happenings of seizure. In siddha concept, facts behind *varma* points in treating epilepsy described as,

Soothiram 9:
Thavaramal nurettu thalamum
Kandu kolamudan vaguthuraitha
Beerangi nootril koorumathu kaalathin
Gunangal thannai

Figure 2: Varma and Electromagnetic field mentioned in siddha literature

In figure 2 *thalam* refers to electromagnetic field. *Varma* points are the places where the *vaasi* energy residue and activate both body and life energy⁶.

Adangal are the places where the *vaasi* energy can be stagnated according to its disturbances.

Proper functioning of *vaasi* with *naadi* and electrical impulse is essential to maintain the proper metabolic function in the body.

Thanthiram 7 Adhigaram 24:
Manthiram 1988
Erikathir nyayiru minpani sorum
Erikathir soman ethirninrerippa
Virikathirullae viyangum en aavi
Orukathi ragil uvaavathuvaamae

Figure 3: Electrical impulses with the targeted organ mentioned in thirumandhiram

In figure 3 *minpani* refers to the electrical impulse helps in regulating the *prana sakthi* to targeted organs.

Seizure is caused by malabsorption and deterioration with small intestine, liver leads to improper functioning of *thasa vaayu*⁷.

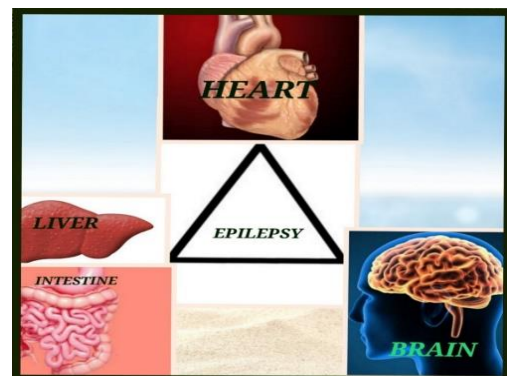


Figure 4: Organ collusion related to epilepsy

Here on stimulating the *nadu kavuli* along with *alampudai naadi* which balances the electrical impulse to the small intestine, large intestine thereby regulating the gastrointestinal disturbances.

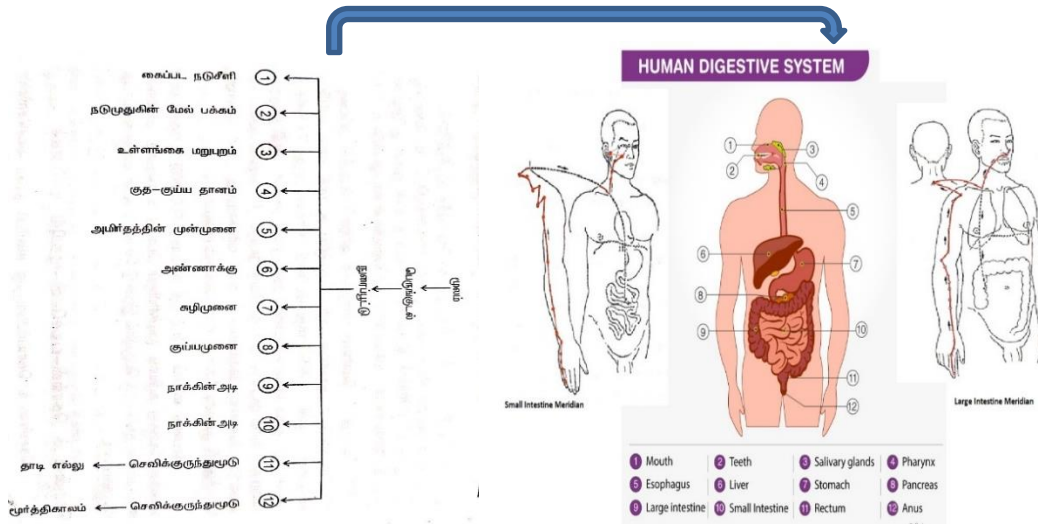


Figure 5: Comparison of alampudai naadi pathway with intestinal meridians

Nadu kavuli also stimulates the pneumogastric nerve there by regulating the nerve impulse to brain, heart and other organs.



Figure 6: *Nadu kavuli*

*Vithiyaana kavali munai kavaliyadangal
Virithuraippen munpinnum nalukivittu
Mathiyana maiyamathu thaakkupothu
Mainthanae sannivittu elunthu pesum
-V.S.Panjikaranapinnal*

Figure 7: *Kavuli adangal*

Stimulation of *kai kavuli adangal* helps in relieving the *prana thekam* thereby maintaining the *thasa vayukal* ^{8,9}, thus treats epilepsy.



Figure 8: *Kai kavuli*

Varma sootcham, verse 969:
*Pujathodu kamukkoodu sergindra uraivaanayidathil nidru
Kaiyinpin agampatri melnokki pirivunaalam
Naalathin idaiyil varmam koorugindren
Kai asaivirku utrathoru narambingae*

Figure 9: stimulation of *kai kavuli*

Kai kavuli and *savvu varmam* on stimulation has a powerful effect in regulating autonomic nervous system, heart rate variability which helps in regaining consciousness and relieving stiffness ^{10,11}.



Figure 10: Stimulation of *Kai kavuli* and *savvu varmam*

RESULTS

This article deals with the correction of gastro intestinal disturbances *prana thekam* and *thasa vaayu* deterioration by stimulating varma points such as *kai kavuli*, *nadu kavuli* and *savvu varmam* for the effective management of epilepsy. According to the site of *prana thekam* the physician also have to stimulate the corresponding points in addition to this for effective result.

CONCLUSION

This review critically explores the novelty behind the stimulation of *kai kavuli*, *nadu kavuli* and *savvu varmam* for effective management of epilepsy. It is also to be noted that there is no scientifically approved diagnostic tool to measure the effect of *varma* stimulation. Its invention is essential part for further future development. It is difficult for physician to explain the particular *varma* for targeted disease because the energy block varies from patient to patient even with similar disorder.

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