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Exploring the Effectiveness of Kaikavulivarmam on Pain Management of Cervical Radiculopathy

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Abstract: Varmam technique is known for its uniqueness. It is the greatest bequest of our siddha system of medicine which cannot be denied. Cervical radiculopathy is a disease process marked by nerve compression from herniated disk material or arthritic bone spurs. This impingement typically produces neck and radiating arm pain or numbness, sensory deficits, or motor dysfunction in the neck and upper extremities. Kaikavulivarmam is a prominent one which possess a uniqueness compared to others. It is one among 96 thoduvarmam and it can also act as an Adangal. In our OPD, we have noticed that this single point can reduce the radiating pain drastically within a few seconds. The objective of this study was to explore the effectiveness of kaikavulivarmam on the pain management of cervical radiculopathy. In this study, 8 subjects who are diagnosed with cervical radiculopathy are selected from the OPD of Varmamaruthuvam of arigneranna government siddha hospital. All the patients were treated with a kavulivarmam. The severity of the symptoms was recorded using Numerical Pain Scale (NPS). There is a substantial reduction in the severity of pain after the application of the kavulivarmam to the affected person. From this study we conclude that every single Varmam points has unique specifications and valuable uses. The literature provides different methods to perform each varmam points. Hence, there is a need for standardisation of the techniques. These types of commenced work may lead to acceptance among the scientific community.

Keywords: Siddha, Varmam, Cervical radiculopathy, Kavulivarmam

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Introduction

Varmam technique is meant for its uniqueness. It is the greatest bequest of our siddha system of

medicine which can not be denied. Cervical radiculopathy is a disease process marked by

nerve compression from herniated disk material or arthritic bone spurs. This impingement typically produces neck and radiating arm pain or numbness, sensory deficits, or motor dysfunction in the neck and upper extremities (Eubanks, 2019). The average annual incidence rate of cervical radiculopathy is 83 per 100 000 for the population in its entirety, with an increased prevalence occurring in the fifth decade of life (203 per 100 000).

Varmam shows a promising result in the pain management of musculoskeletal disorder. Among 96 thoduvarmam, Kavulivarmam is a prominent one which possess uniqueness compared to others. It can travel along both sides (i.e., same point can be used to strike someone and also to rescue them). It is one among 96 thoduvarmam and it can also act as an Adangal. It is most delicate and formidable point among 96 thoduvarmas. Hence, it should be handled very carefully when compared to other Varmam points. If the pressure on kavuliVarmam exceeds more than 1 mathirai it may lead to Varma kayam. As per literature reference, injury to this KavuliVarmam may cause symptoms like fever, delirium, coma and after 90 days it may even lead to a death (Radhakrishnan, 1994, Kannan, 2015).

In our OPD, we have noticed that this single point can reduce the radiating pain drastically within a few seconds. From textual reference and by experience we have noticed a drastic reduction in cervical radiculopathy cases. So, we would like to reveal our experience about the significance of kavuli varmam. From this study, we noticed that favourable results were seen in 90% of the cases. The objective of this study was to explore the effectiveness of kaikavulivarmam on the pain management of cervical radiculopathy.

Materials and Methods

In this study, 10 subjects who are diagnosed with cervical radiculopathy are selected from the OPD of Varmamaruthuvam of arigneranna government siddha hospital. The patients are selected on the basis of positive signs for any of the following examinations - Spurling test, upper

limb tension test and cervical distraction test. All the patients were treated with a kavuliVarmam only once in a time and the reduction of pain noted immediately after the application of the Varmam point. Kavuli Varmam located on the web area in between the thumb area and index finger. By using thumb finger the upward pressure was given over that area for 30 sec. The pressure given for this Varmam point should not exceed ½ maathirai. The severity of the pain before and after the treatment was recorded using a Numerical pain rating scale (NPRS). The result was derived from Microsoft Excel software and the significant value was obtained by using the Paired t-Test.

Results

Varmam therapy is purely based on the rectification of pranic energy. The stagnation of pranic energy at particular point is known as Varmam points. Among those Varmam points certain points possess the sheer amassment of pranic energy and they are called as adangal points. Kavuli Varmam is one among adangal points. Clinically kavulivarmam is used in many pathological conditions. These Varmam points shows a promising result in 90% of the cervical radiculopathy cases. The result obtained was based on the pain intensity before and after the application of kavuli varmam using a Numeric pain rating scale (Tables 1, 2).

The values obtained from Paired t-Test indicated the high significant value. From this we can conclude that kavuli Varmam shows promising result in the reduction of pain in cervical radiculopathy cases.

Discussion

Kavulivarmam was a unique Varmam which possess many unique characteristics. KavuliVarmam is a single point with different application method. Each application method is used for different purposes. Our siddhars were the greatest anatomist as well as mathematician of that era. Their way of locating each Varmam points were so unique. According to them,

Table 1: Pain Intensity Total Score

S.No.	BT	AT	Percentage	
1	8	4	50	Significant improvement
2	8	3	62.5	Significant improvement
3	5	0	100	Clinically controlled
4	9	5	44.44	Significant improvement
5	6	4	33.33	Significant improvement
6	7	2	71.42	Clinically controlled
7	9	4	55.55	Significant improvement
8	6	0	100	Clinically controlled
9	9	4	55.55	Significant improvement
10	7	2	71.42	Clinically controlled
Median	7.4	2.8	64.42	

Table 2: T-test: Paired Two Sample for Means

	<i>BT</i>	<i>AT</i>
Mean	7.4	2.8
Variance	2.044444	3.066667
Observations	10	10
Pearson Correlation	0.789872	
Hypothesized Mean Difference	0	
Df	9	
t Stat	13.53201	
P(T<=t) one-tail	1.38E-07	
t Critical one-tail	1.833113	
P(T<=t) two-tail	2.75E-07	
t Critical two-tail	2.262157	

kavulivarmam point is located five fingers width from the tip of the thumb, three fingers below from the wrist joint. In modern perspectives it is located in the first inter-phalangeal joints. As per literature, the same point can be used for both therapeutic and defence purpose (Kannan Rajaram, 2011). Kavulivarmam is the most delicate point if the pressure exceeds more than 1 mathirai it will lead to varmakaayam. When this Varmam point get injured it causes symptoms like fever, delirium, coma and after 90 days it may

lead to death. As per literature, kavulivarmam was therapeutically used for epilepsy, neurological disorder, neck pain, upper extremities pain, mensural disorder, constipation and body pain (Kannan Rajaram, 2011).

Accupunture is similar to varmam in that it is a form of traditional medicine that involves stimulating certain points on the body through the insertion of thin needles. Instead of a needle, the bare hand is used to stimulate the point in varmam. The location of kavulivarmam shares the

same location as Li4 (Large intestine 4 or Hegu). According to TCM this unique point has ability to reduce pain and a study conducted in Boston has validated this particular point for cervical pain (Kwon and Lee, 2018). The study showed that the Li4 point had a positive effect on the participants in terms of reducing their pain intensity. So, the kavulivarmam may also be beneficial for treating pain as it shares the same location as the Li4 point.

Conclusion

Every single Varmam points has some specification and valuable uses. This study may help in flourishing of this technique. From this study we conclude that every single Varmam point has unique specifications and valuable uses. The literature provides different methods to perform each varmam points. Hence, there is a need for standardisation of the techniques. These types of commenced work may lead to more acceptance among the scientific community.

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