

Varma Therapy for Depression

Rushmi Kruthiga R*

Rushmi Kruthiga R, BSMS, ATSVS Siddha Medical College and Hospital, India

*Corresponding author: Rushmi Kruthiga R, BSMS, ATSVS Siddha Medical College and Hospital, Tamilnadu, India

Received:  January 08, 2020

Published:  January 21, 2020

Introduction

Depression is a serious common disorder which is characterized by mood disturbance and a variety of cognitive, psychological and physical health problems. A depressive disorder can be correlated to the symptoms of mana sorvu or mana azhutham which is stated in siddha system of medicine. Depression can occur in low mood, low self-esteem, loss of interest (in normally enjoyable activities), pain without any cause, low energy, etc.

Brief View about Depression

Depressions is associated with various conditions like generalized anxiety, ADHD (Attention Deficit Hyperactivity Disorder), posttraumatic stress disorder etc. Major depression leads to risk of neurological condition such as stroke, parkinsonism, multiple sclerosis, etc. Depression which affects millions of people all over the world, between 2-8% of adults with major depressive disorder die by suicide, 50% of people who die had depression. It is more common in women than men, there is a relative increase in pre pubertal age than chronological age between 5 to 18 [1]. People suffer 1st depressive episodes between 30 to 40 years of age and second depressive episodes between 50 to 60 years of age. However, depression is a very treatable disease. No one is to blame for your being depressed.

There are several types of depressions namely Major Depressive Disorder (MDD), Dysthymia, Bi-Polar Depression, and Seasonal Affective Disorder (SAD) [2]. MDD involves many of the symptoms which include depressed mood and loss of interest or pleasure in "usual" activities. Dysthymia is a less severe form of depression which includes signs as loss of appetite or overeating, sleeping too much or too little, lack of energy or feeling tired all the time, low self-esteem, trouble concentrating, and feelings of hopelessness. Some people may have both dysthymia and MDD at the same time, which is called double depression. Bi-Polar Depression can present as a depression, mania or a combination of both. People can have a combination of a depressed mood and drastically increased energy and agitation (manic episode). Bipolar disorder runs in families

and seems to be a disorder of the body's chemical regulation system. SAD becomes depressed in the winter due to less sunlight. Depression can also go along with many physical disorders [3]. These are called as "co-occurring disorders." Heart patients, for example, have high rates of depression.

Causes of Depression

Scientific research shows that depression affects certain centers in the brain and monitor positive and negative feelings. The causes of depression are not fully understood and may not be down to a single source. There are number of causes for depressions including:

Family or marriage problems ,Arguments with friends/ relatives ,Rejection or abandonment ,Job problems ,Major Medical illnesses or age-related deterioration, Disability, Natural disasters (fires, floods, storms),Crime victims, Lifestyle behaviors, Death or major illness of loved one, Chronic Illness such as diabetes, asthma, congestive heart failure, and COPD [4].

This paper will focus on the screening and treatment of depression. In general, depression has been linked to many negative outcomes including suicide, divorce and family discord, violence, and substance use suggesting that developing comprehensive approaches to screen, diagnose, and treat are warranted. This study to evaluate the efficacy of varma therapy in depression was carried out at different places.

General Treatment for Depression

Depression is a treatable mental illness. Counseling or therapy may help a person manage the symptoms of depression. There are three components to the management of depression.

- Support: ranging from discussing practical solutions and contributing stresses, to educating family members.
- Psychotherapy: also known as talking therapies, such as Cognitive Behavioral Therapy (CBT).

c. Drug treatment: specifically, antidepressants.

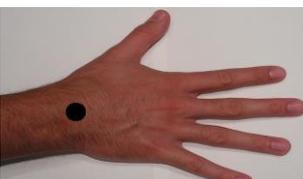
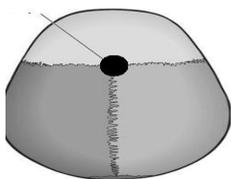
Treatment of Depression through Varma Therapy

There are 8000 varma points in our human body, but 108 points are enough to cure all types of diseases [5]. These points give energy and it is distributed throughout our human body through

dasa naadis. Each ways of manipulation have different effects. By identifying the proper varma points the flow of pranic energy like physiological and metabolic function of the organ can be restored which in turn the normal functions of the human body. The following Table1 shows important varma therapy for depression.

Table 1: Varma Therapy for Depression.

S. No	Varma Point	English Name	Anatomical Location	Method of Stimulation
1.	Thilartha Varman	Excellent varma point or sesame seed varma point	Over the nasion in between the frontal bone and nasal bone. At the junction of the frontonasal suture and internasal suture. 	Give a mild pressure using the middle finger over the varma point for about 1-3 minutes.
2.	Poo-chanthi varmam	Peace blossom varma point. or Eyebrow varma point.	It lies 2 f.b lateral to the thilartha varmam. 	Give a gentle pressure using the thumb finger over the varma point in upward/ downward/ left/ right direction. Press both the eyebrows at the same time for about 30 -60sec.
3.	Bala varmam	Forehead varma point.	At the middle of the frontal bone 2 f.b above the frontona- 	Give a mild pressure using the middle finger over the varma point for about 1-3 minutes
4.	Kak-kattai varmam	Shoulder pole varma point	Present at the super aspect of the trapezius muscle, midway between the tip of the spinous process of C7 and tip of acromian process. 	Give a mild pressure using the thumb finger over the varma point for about 30 seconds and then rotate in a clockwise direction for 1to 3 minutes.
5.	Uraka varmam	Sleeping varma point.	It is present over the carotid sinus. 	Give a mild pressure using the little finger over the varma point for about 30 second and then rotate in a clockwise direction. Both sides have to be pressed at the same time.
6.	Puja varmam	Arm point varma	It is present over of the gleno anterior aspect humeral joint. 	Give a mild pressure over the varma point for about 1 to 3 minutes using the thumb finger and rotate in a clockwise direction.

7.	Karandai mozhi poruthu varmam	Ankle joint point bone varma	It is present in anterior aspect of the ankle joint. 	Give a gentle pressure over the varma point.
8.	Koli kaluthu varmam	Hen neck varma point	It is present over the wrist joint. 	Surround the wrist joint using the thumb and middle finger and give a gentle pressure and give a gentle massage in a rotatory motion.
9.	Koli kaluthu	Hen neck varma point agatharai varmam	Present at the dorsal aspect of the wrist joint 	Give a mild pressure over the varma point using thumb finger for about 1 to 3 minute.
10.	Kondai koli varmam			Give a mild pressure over the varma point for about 30 to 60 seconds.

Conclusion

In this paper, the author tried to give information about depression, treatment for depression using varma therapy. The varma therapy is very useful in reducing the symptoms of depression. By changing your behavior, you can begin to improve your health. With treatment, many persons who have been depressed have gone on to enjoy life, be productive, and have good relationships with family and friends.

References

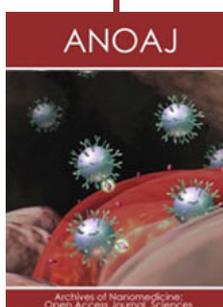
1. Kannan Rajaram, Varma techniques, which are based on verbal techniques and stimulation methods.
2. Kannan Rajaram, Location of Worm Points.
3. Thiyagarajan R, Siddha Medicine – Special.
4. <http://www.medicinenet.com/depression/article.htm4>
5. Verma Lada Sutra 1200 - Tur p (2000) Wilson, Mother Publishing, Canada.



This work is licensed under Creative Commons Attribution 4.0 License

To Submit Your Article Click Here: [Submit Article](#)

DOI: [10.32474/ANOAJ.2020.02.000135](https://doi.org/10.32474/ANOAJ.2020.02.000135)



Archives of Nanomedicine: Open Access Journal

Assets of Publishing with us

- Global archiving of articles
- Immediate, unrestricted online access
- Rigorous Peer Review Process
- Authors Retain Copyrights
- Unique DOI for all articles