

A COMPREHENSIVE REVIEW AND DOCUMENTATION OF VARMA ENNAIGAL (MEDICATED OILS) IN VARMAM TRADITIONAL LITERATURE

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Abstract

Background: *Varma Maruthuvam* is a branch of *Siddha* medicine which is based on vital energy that flows throughout the body. Any blockage in the flow of vital energy may result in illness which is treated by therapeutic manipulation of *Varmam* points along with the use of internal and external medications; to reconstruct the flow of vital energy in equilibrium. Hence *Varmam* literature has stated various internal and external medications, which remains scattered throughout. *Varma Ennaigal* is one of the effective preparation among them. **Aim:** To compile and document the preparation, composition and therapeutic usage of *Varma Ennaigal* in *Varmam* literature and authentication of drugs used in these preparations. **Materials and Methods:** It is a descriptive study in which classical *Varmam* literatures were summarized, reviewed and documented from the collected data through various libraries. **Results:** *Varma Ennaigal* which are profoundly found in *Varmam* literatures are revealed, out of which 54.80% are for external application, 23.90% for internal administration, 18.30% for both. For 2.90%, specific mode of administration is not mentioned. Among the documented *Varma Ennaigal*, 99.35% contains *Mooligai*, 62.46% contains *Jeevam* and 34.22% contains *Thaathu*. **Conclusion:** This review will be a basic source for future studies and will be evaluated by expert panels for Academic purpose in clinical research programs about the effectiveness of *Varma Ennaigal* in the management of various diseases. It will be an initiative to disclose various medicines available in the classical *Varma* literatures.

Keywords: *Siddha*, *Varmam*, *Varma Ennaigal*, *Medicated oil*, *Mooligai*, *Jeevam*, *Thaathu*.

INTRODUCTION

Siddha system is a unique and traditional system of medicine for the maintenance of health and for eradication of diseases. This system was bestowed by the great *Siddhars* after attaining spiritual knowledge through physical perfection & spiritual salvation. The *Siddhars* were the embodiment of divine knowledge, with which they served the people to cure diseases. This practice has been hereditarily nurtured by their successors for generations. *Siddha* system emphasizes health as a perfect state of physical, psychological, social and spiritual wellbeing. *Varmam*, *Kayakalpam* etc are unique features of *Siddha* system which help us to have a healthy life style, prevention of diseases, treatment of various illness and longevity of life. *Varmam Maruthuvam* is one of the indigenous system of medicine mostly practiced in southern part of *Tamilnadu* and *Kerala*. It is the special branch of *Siddha* system based on vital energy that flows throughout the body. It is a vital energy flow circuiting inside the body. Dwelling places of life energy are called as *Varmam* points. It is a channelized pathway of transporting the energy to various parts of the body to maintain the homeostasis. These *Varmam* points in the body can be determined by anatomical location, fingerbreadth measurements, thread measurements. The *Varmam* points are located in the junction of Nerves, Muscles, Bones and Joints etc. According to *Varma* manuscripts there are 108 main *Varmam* points present in the human body, out of which 12 are *Paduvarmam* and 96 are *Thoduvarmam*. High levels of pranic energy are concentrated in *Paduvarmam* and low levels of pranic energy are concentrated in *Thoduvarmam*. *Varma Maruthuvam* is the therapeutic manipulation of *Varmam* points in which the pranic energy remains concentrated.

Manipulation over these points with a particular pressure for the specified time will release the obstructed pranic energy. The obstruction of pranic energy may be due to assault on *Varmam* points or due to other causes. *Varma Maruthuvam* possess therapeutic approaches to cure ailments by stimulating *Varmam* points using various external manipulations as well using internal and external medicines. The purpose of *Varmam* 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 and external medications. Hence *Varmam* literature has stated various internal and external medications. *Varma Ennaigal* are one of the effective preparation among them.

Varma Ennaigal are medicated oils prepared in different methods;

- By making a *Kiyazham*, *Karkam*, juice of fresh herbs, powders of raw drugs etc and heated with gingelly oil or coconut oil or any other oil as per literature to reach the desired consistency.
- By mixing oil with dry or fresh raw drugs, herbal juices and exposing it to sunlight for a specific period of time as per literature.
- By *Thiri thailam* or *Sudar thailam* process of preparation.
- By *Kuzhi thailam* method of preparation.
- By soaking the ingredients in the specified oil for a specific period of time as per the literature.

Varma Ennaigal are profoundly used in the treatment of *Vatha* diseases and *Varma* injuries and is known for its high efficacy. Most of them are purely herbal composition. Some of them are herbo-mineral or containing animal products. Medicated oils are extensively used externally and internally in the treatment of various diseases and there are a huge number of preparations mentioned in various *Varma* literatures. Hence, this study will focus on compilation and documentation of

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various medicated oils; its composition, preparation and therapeutic usage from various *Varma* literatures. Classical literature explains about *Varmam* points and its therapeutic value, various medications in texts like *Agathiyar Varma Peerangi*, *Varma odivu murivu saara soothiram-1500*, *Varma soothiram* etc. In ancient times siddhars inscribed everything in palm scripts and later they were translated and compiled as books by some of the *Varma aasan* and *Siddha* physicians. *Tholkapium* explains about the effectiveness of *Varmam* therapy (5000 BC). *Varmam* fulfils the Cultural, Spiritual and Medical needs of humanity. As the author interested in review of Medicated oils in *Varmam* literatures for the diseases; by referring the books which is related to *Varma Ennaigal* in *Siddha* literatures with an accelerative gallery for the future references.

MATERIALS AND METHODS

It is a descriptive study in which classical *Varmam* literatures were summarized, reviewed and documented from the collected data through various libraries including Doctor Ambedkar Indian *Maruthuva Maiya* library-GSMC Chennai, Central Council for Research in *Siddha*-Chennai, ATSVS college library - Munchirai, Literatures available from Traditional *Varmavaiithiyars* and *Siddha Varma* practitioners. 44 books were identified and collected for this study.

LITERATURE REVIEW

Varma Ennaigal is one of the effective preparation in the management of *Varma* injuries, *Vatha* diseases and is known for its high efficacy. In the preparation, the oil is medicated with pure herbs, minerals, animal products or in their combinations. *Varma Ennaigal* are medicated oils prepared in different methods;

- By making a *Kiyazham*, *Karkam*, juice of fresh herbs, powders of raw drugs etc and heated with gingelly oil or coconut oil or any other oil as per literature to reach the desired consistency.
- By mixing oil with dry or fresh raw drugs, herbal juices and exposing it to sunlight for a specific period of time as per literature.
- By *Thiri thailam* or *Sudar thailam* process of preparation.
- By *Kuzhi thailam* method of preparation.
- By soaking the ingredients in the specified oil for a specific period of time as per the literature.

Medicated oils lies scattered in various books of vast *Varma* literatures thus making it difficult to comprehend it therapeutically. Hence the author decided to document various *Varma Ennaigal*, its method of preparation, ingredients, consistency, mode of administration, dosage, duration and special uses.

COLLECTION OF *VARMAM* LITERATURES REVIEWED

Sl no.	Book Name	No. of <i>Ennaigal</i> reviewed
1	<i>Varma Soothiram</i>	28
2	<i>Adi Varma Sootcham</i>	8
3	<i>Urpatthi Narambarai</i>	9
4	<i>Theraiyer Narambu Soothiram</i>	0
5	<i>Varma Peerangi- 100</i>	7
6	<i>Paduvarma Vivara Thathuva Kattalai</i>	0
7	<i>Laada Soothiram – 1200</i>	0
8	<i>Varmani Soothiram – 100</i>	5
9	<i>Narambara Nool – 12</i>	0
10	<i>Narambu Soothiram Thiravukol - 36</i>	0
11	<i>Odivu Murivu Kattumurai Saari – 110</i>	8
12	<i>Varma Pori Naadi Thiravukol - 16</i>	0
13	<i>Angaathi Patha Nool</i>	0
14	<i>Odivu Murivu Kattu Soothiram – 60</i>	5
15	<i>Thoduvarma Thiravukol - 16</i>	0
16	<i>Ul Soothiram– 16</i>	0
17	<i>Varma Soothiram– 50</i>	5
18	<i>Varmani - 16</i>	0
19	<i>Ponnoosi Thiravukol</i>	0
20	<i>Peerangi Thiravukol – 16</i>	0
21	<i>Varma Choodamani Ennum Panjeekarana Pinnal</i>	0
22	<i>Varma Kannadi – 500</i>	33
23	<i>Varma Kalai Kannadi Soothiram – 200</i>	9
24	<i>Varma Kalai Kannadi Thiravukol</i>	0
25	<i>Varma Nooleni – 200</i>	7
26	<i>Varma Kaviyam – 28</i>	0
27	<i>Varma Mutthirai – 200</i>	8
28	<i>Varma Sootchaathi Sootcham – 100</i>	1
29	<i>Varma Kandi – 60</i>	5
30	<i>Varma Kaimurai – 36</i>	1
31	<i>Thattu Varma Nithanam – 32</i>	1
32	<i>Ul Soothiram– 32</i>	0
33	<i>Varma Theerppu – 32</i>	1
34	<i>Varma Odivu Murivu Sara Soothiram 1500(Varma Saari – 205 + Varma Odivu Murivu Nigandagarathi 1200)</i>	45
35	<i>Laada Soothiram - 300</i>	0
36	<i>Varma Laada Soothiram</i>	0
37	<i>Varma Odivu Murivu Sara Soothiram 1200</i>	43
38	<i>Varma Sara Soothira Thiruvukol – 36</i>	1
39	<i>Chathuramani Soothiram – 600</i>	22
40	<i>Varma Vimanam</i>	25
41	<i>Agasthiyar Narambu Soothiram</i>	1
42	<i>Bogar Varma Soothiram - 131</i>	3
43	<i>Varma Odivu Murivu gnanam</i>	13
44	<i>Villum Vishayum Soothiram</i>	7

RESULTS

The current study is a comprehensive review and documentation of *Varma ennaigal* in *Varmam* literatures. In this study author had chosen 44 *Varmam* literatures and reviewed through the knowledge of the author. 301 preparations about *Varma ennaigal* are revealed from the literatures and is mentioned with the type of ingredients, method of preparation, consistency, mode of administration and main therapeutic usages.

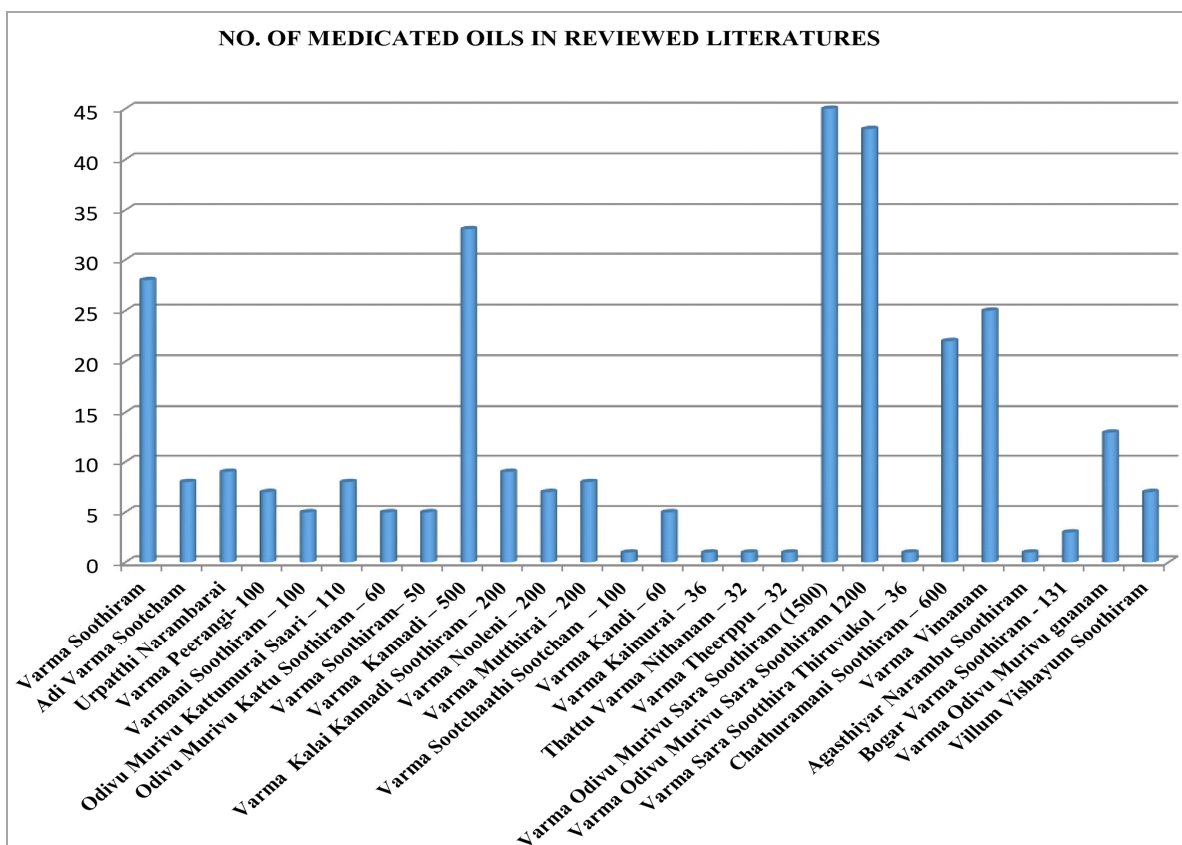
In this review, the literatures containing medicated oils are: -

- 28 medicated oils are revealed from *Varma Soothiram*,
- 8 from *Adi Varma Sootcham*,
- 9 from *Urpatthi Narambarai*,
- 7 from *Varma Peerangi*- 100,
- 5 from *Varmani Soothiram* – 100,
- 8 from *Odivu Murivu Kattumurai Saari* – 110,
- 5 from *Odivu Murivu Kattu Soothiram* – 60,
- 5 from *Varma Soothiram*– 50,
- 33 from *Varma Kannadi* – 500,
- 9 from *Varma Kalai Kannadi Soothiram* – 200,
- 7 from *Varma Nooleni* – 200,
- 8 from *Varma Mutthirai* – 200,
- 1 from *Varma Sootchaathi Sootcham* –100,
- 5 from *Varma Kandi* – 60,
- 1 from *Varma Kaimurai* – 36,
- 1 from *Thattu Varma Nithanam* – 32,
- 1 from *Varma Theerppu* – 32,
- 45 from *Varma Odivu Murivu Sara Soothiram*1500
- 43 from *Varma Odivu Murivu Sara Soothiram* 1200,
- 1 from *Varma Sara Soothira Thiruvukol* – 36,
- 22 from *Chathuramani Soothiram* – 600,

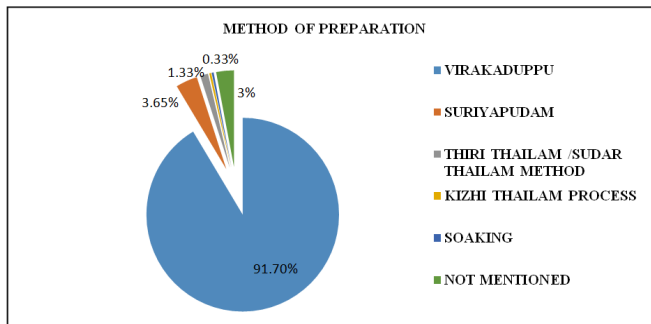
- 25 from *Varma Vimanam*,
- 1 from *Agasthiyar Narambu Soothiram*,
- 3 from *Bogar Varma Soothiram* – 131, 25. 13 from *Varma Odivu Murivu gnanam and*
- 26. 7 from *Villum Vishayum Soothiram*.
- Maximum number of medicated oils (45) are reviewed from literature *Varma Odivu Murivu Sara Soothiram* 1500 followed by 43 in *Varma Odivu Murivu Sara Soothiram* 1200.

No medicated oils are present in :-

- *Paduvarma Vivara Thathuva Kattalai*,
- *Peerangi Thiravukol* – 16,
- *Varma Choodamani Ennum Panjeekarana Pinnal*,
- *Narambara Nool* – 12,
- *Varma Kalai Kannadi Thiravukol*,
- *Ul Soothiram*– 32,
- *Laada Soothiram* – 300,
- *Varma Laada Soothiram*,
- *Varma kaviyam* – 28,
- *Varmani* - 16,
- *Ponnoosi Thiravukol*,
- *Thoduvarma Thiravukol* – 16,
- *Ul Soothiram*– 16,
- *Varma Pori Naadi Thiravukol* – 16,
- *Angaathi Patha Nool*,
- *Narambu Soothiram Thiravukol* – 36,
- *Laada Soothiram* – 1200 and
- *Theraiyer Narambu Soothiram*.
- The basic ingredients of the medicated oils are *Mooligai*, *Jeevam* and *Thaathu*. *Mooligai* is present in the majority of medicated oils reviewed except in 2 of them viz, *Ennai-3* (only *jeevam*) and *Murivennai-4* (only *Thaathu*) in *Varma Kannaadi* – 500.

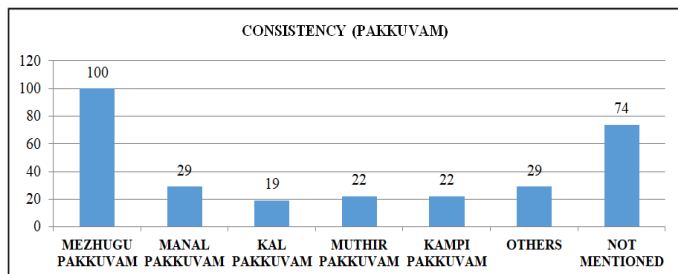


After *Mooligai*, *Jeevam* is seen in majority of medicated oils i.e. 188 comprising nearly 2/3rd of the reviewed medicated oils. *Thaathu* is seen less frequently comparing the formers, i.e. 103 comprising 1/3rd of the reviewed medicated oils. 76 medicated oils contain all the three basic ingredients. Majority of the medicated oils reviewed are prepared by heating process in *Virakaduppu* counting 276.11 are prepared by *Suriyapudam*, 4 by *Thiri Thailam* or *Sudar Thailam* method, 1 by *Kuzhi Thailam* method and 1 by soaking in oil. Specific method of preparation is not mentioned for the remaining 9 medicated oils.

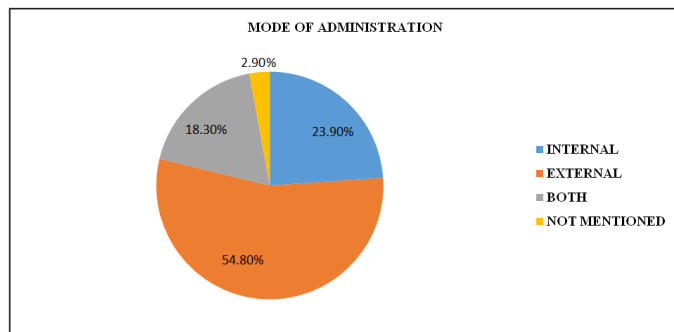


- In this review, 20 types of oil consistencies are identified ; out of which 29 medicated oils are prepared in *Manal Pakkuvam*, 100 in *Mezhugu Pakkuvam*, 19 in *Kal patham*, 22 in *Muthir Paruvam*, 22 in *Kampi Paruvam*, 4 in *Kallu Muttriya Paruvam*, 1 in *Kudal Muri Paruvam*, 6 in *Kara Patham*, 2 in *Charal Paruvam*, 7 in *Kadugu Patham*, 1 in *Ennai turning black*, 2 in *Thanga niram*, 1 in *Sivantha Patham*, 1 in *Uruvam Thelivay Kanum Paruvam*, 2 in *Ennai Thelintha Patham*, 1 in *Poriyum Paruvam* and 1 in *Ennai turns Chembu niram*.

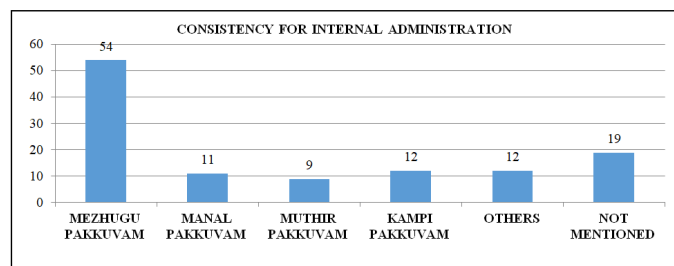
Specific consistency is not mentioned for 74 medicated oils. For some medicated oils, different consistency is mentioned with respect to mode of administration; consistency for *Natthaichoori Ennai in Thattu Varma Nithanam* – 32 is specifically mentioned as *Manal Paruvam* for External application and *Thean Mezhugu Patham* for Internal administration. For *Vaatha Sanni Thailam in Varma Odivu Murivu Sara Soothiram* 1200, *Mezhugu Patham* for Internal administration, *Manal Paruvam* for *Sanni* and *Muthir Paruvam* for External application are advocated.



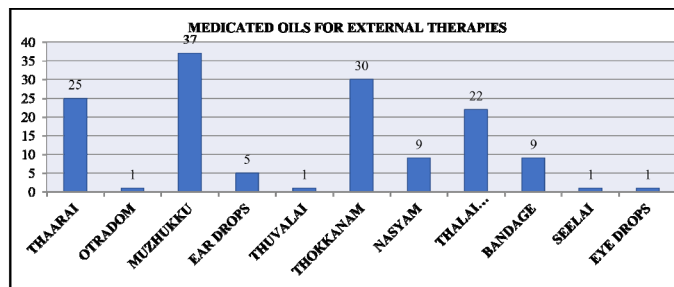
In this review two modes of administration are identified viz Internal administration and External application. 301 medicated oils are found from 44 *Varmam* literatures, out of which 72 are mentioned for Internal Administration, 165 for External Application, 55 are given both internally as well as externally. For 9 medicated oils, specific mode of administration is not mentioned.



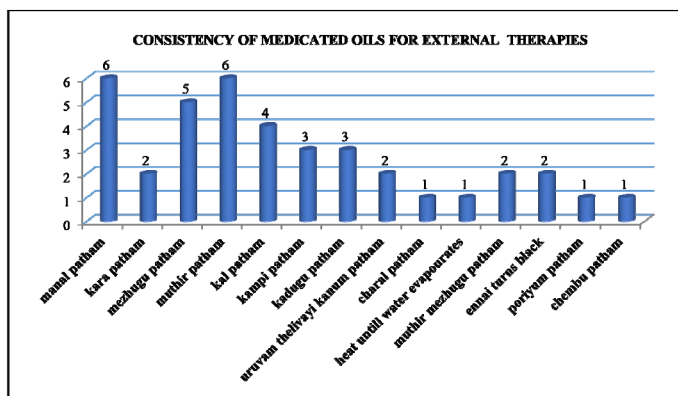
- For Internal administration majority of the medicated oils are prepared in *Mezhugu Patham* (54), 4 in *Kallu Mutrum Pakkuvam*, 1 in *Kudal Muri Paruvam*, 1 in *Then Mezhugu Patham*, 11 in *Manal Patham*, 1 in *Muthir Mezhugu Paruvam*, 2 in *Kadugu Paruvam*, 1 in *Kara Patham*, 9 in *Muthir Paruvam*, 8 in *Kal Paruvam*, 1 in *Thanga niram*, 12 in *Kampi Patham*, 1 in *Ennai Thelintha Patham* and special consistency is not mentioned for 19 medicated oils advocated for internal administration among the reviewed medicated oils



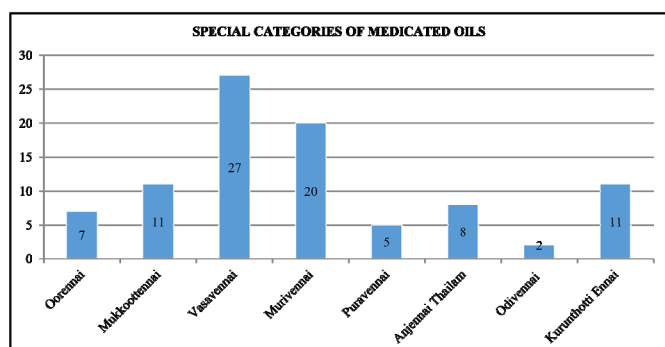
External therapies using medicated oils mentioned in the books reviewed are *Thaarai*, *Otradam*, *Muzhukku*, Ear Drops, *Thuvalai*, *Thokkanam*, *Nasyam*, *Thalai Muzhukku*, Bandage, *Seelai*, Eye Drops. Among these maximum number of medicated oils are mentioned for *Muzhukku*. 25 medicated oils are mentioned for *Thaarai*, 1 for *Otradam*, 37 for *Muzhukku*, 5 for Ear Drops, 1 for *Thuvalai*, 30 for *Thokkanam*, 9 for *Nasyam*, 22 for *Thalai Muzhukku*, 9 for Bandage, 1 for *Seelai*, 1 for Eye Drops.



- Medicated oils for external therapy are prepared mostly in *Manal paruvam* and *Muthir paruvam*. Different consistencies viz, 6 in *Manal pakkuvam*, 2 in *Kara pakkuvam*, 5 in *Mezhugu pakkuvam*, 4 in *Kal pakkuvam*, 3 in *Kampi Patham*, 3 in *Kadugu Paruvam*, 2 in *Uruvam thelivaya pakkuvam*, 1 in *Charal pakkuvam*, 1 in heat until water evaporates, 6 in *Muthir pakkuvam*, 2 in *Muthir mezhugu pakkuvam*, 2 in *Ennai turns black*, 1 in *Poriyum paruvam*, 1 in *Chembu paruvam* are mentioned in the reviewed literatures.



Certain categories of medicated oils are mentioned in most of the reviewed *Varma* literatures. Many of the different medicated oils are given the same name all through the reviewed literatures based on therapeutical usage viz, *Oorennai*, *Vasavennai*, *Murivennai*, *Puravennai*, *Odivennai*. Similarly, certain medicated oils are given same name based on the number of base oils used viz, *Mukkoottennai* and *Anjennai Thailam*. There are 7 *Oorennai*, 11 *Mukkoottennai*, 27 *Vasavennai*, 20 *Murivennai*, 5 *Puravennai*, 8 *Anjennai Thailam*, 2 *Odivennai* and 11 *Kurunthotti Ennai* revealed in the study.



- Specific dosages are prescribed for most of the medicated oils for Internal administration. In majority of medicated oils, doses advised are *kasedai*, *karandi edai*. For a very few medicated oils like *Ennai-3* in *Adi Varma Sootcham*, the dosage is left to physician's logic. This review emphasizes special diet regimens (*Pathyam*) during the course of *Karunenthira Thailam* in *Varmani Soothiram* – 100, *Karungkozhi Thailam* in *Varma Soothiram*– 50, *Chandhanaathi Thailam*, *Karpooravalli Thailam*, *Poonai Thailam*, *Elathi Thailam* in *Varma Odivu Murivu Sara Soothiram* 1500 and *Kukkidathi Thailam* in *Varma Odivu Murivu gnanam*.

DISCUSSION

This is a comprehensive review and documentation of *Varma ennaigal* in *Varmam* literatures. In this study, 301 medicated oils from 44 literatures were reviewed. Most of the literatures reviewed in the study are attributed to the great sage Agathiyar; a very few are attributed to Bogar, Theraiyar and Yugi muni. This review is based on various areas like method of preparation, ingredients, consistency, mode of administration, dosage, duration and special uses. Maximum number of medicated oils i.e 45 is reviewed from the literature *Varma Odivu Murivu Sara Soothiram* 1500 followed by 43 in *Varma Odivu Murivu Sara Soothiram* 1200. In most of the books, the number of medicated oils for external application

outnumbered that for internal administration. No medicated oil is mentioned for internal administration in *Odivu Murivu Kattumurai Saari* – 110, *Odivu Murivu Kattu Soothiram* – 60. In very few literatures like *Varma Kalai Kannadi Soothiram* – 200, *Varma Kandi* – 60, *Varma Odivu Murivu Sara Soothiram* 1500, *Villum Vishayum Soothiram* the number of medicated oil for internal administration is more than that for external application. From this review it is observed that most of the medicated oils are prepared by heating process in *virakaduppu*. Other methods like *Sooriyapudam*, *Soaking*, *Thiri thailam* / *Sudar thailam* process, *Kuzhi thailam* are used in the preparation of a minority of medicated oils reviewed. For *Aayillyam Pattai Ennai* in *Varma soothiram*, *Kurunthotti Ennai-3* in *Varma Kannadi* – 500, 3 days of heating process in *virakaduppu* is specifically mentioned. This review shows usage of a wide variety of consistencies in which majority is prepared in *Mezhugu Pakkuvam*. Special consistencies like *Kudal Muri Maruvam*, *Sivantha Patham*, *Uruvam thelvaiy kanum Paruvam* etc are mentioned. For some medicated oils, different consistencies are mentioned with respect to mode of administration. This review reveals the use of *Mezhugu Pakkuvam* for maximum number of medicated oils for internal administration. *Manal pakkuvam* and *Muthir pakkuvam* is used in maximum number of medicated oils for external therapies. In this study, various external therapies like *Otradam*, *Thaarai*, *Muzhukku*, *Thokkanam*, *Ear drops*, *Thuvalai*, *Seelai*, *Nasyam*, *Thalai Muzhukku*, *Kattu* and *Eye drops* are mentioned. Maximum medicated oils mentioned in the reviewed literatures are used for *Muzhukku* followed by *Thokkanam* and *Thaarai*. *Seelai* is mentioned only in *Puravennai* of *Varma Mutthirai*, *Eye drops* only in *Paiyyara Thailam* of *Varma Odivu Murivu gnanam*, *Thuvalai* in *Varma Vatha Ennai* of *Adi Varma Sootcham*. In majority of medicated oils for internal administration, dosages are prescribed in *kasedai* and *karandi edai*. But the type of *Karandi* to be used is not clearly mentioned. Some of the medicated oils, contains costly products like *Kasthuri*, *Punugu* etc which makes it difficult to prepare cost effectively. Preparation of some of the medicated oils are not mentioned clearly which affects its practicality. Legally banned ingredients such as *mylennai*, *kandamiriga kombu*, *Aanthai(owl)*, *Pulimandai*, *Nari mandai* etc affects its feasibility.

Conclusion

Varma ennaigal (medicated oils) which are profoundly found in *Varmam* literatures are revealed. This review will be a basic source for future studies about the effectiveness of *Varmam ennaigal*. There are several *Varma* literatures that are yet to be disclosed and published. It will be an initiative to disclose various medicines available in the classical *Varma* literatures. The study report is prepared and submitted as a booklet. This review will be a basic source for future studies and will be evaluated by expert panels for academic purpose in clinical research programs about the effectiveness of *Varma ennaigal* in the management of various diseases.

Future scope

In this study, 301 medicated oils from 44 literatures were reviewed. It is a descriptive study in which classical *Varmam* literatures were summarized, reviewed and documented from the collected data through various libraries. *Varmam* literature has stated various internal and external medications, which remains scattered throughout. *Varma Ennaigal* is one of the

effective preparation among them. This review will be a basic source for future studies and clinical research programs. It will be an initiative to disclose various medicines available in the classical *Varma* literatures. The author reviewed Medicated oils in *Varmam* literatures by referring the books which is related to *Varma Ennaigal* in *Siddha* literatures with an accelerative gallery for the future references.

Conflict of Interest: No conflict of interest exists in this study.

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