

Promoting a Robust Endocrine System via Varmam

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Abstract: *This article delves into the profound influence of the endocrine system on overall health, particularly its impact on neurological well-being. It emphasizes the significance of maintaining a healthy endocrine system and highlights the prevalence of endocrine disorders, such as diabetes and thyroid conditions. Furthermore, the article explores Varmam therapy, a traditional Siddha medicine approach, as an effective method for addressing hormonal imbalances and enhancing endocrine function. Clinical research and techniques related to Varmam therapy for conditions like hypothyroidism are discussed, showcasing its potential in promoting holistic health.*

Keywords: Endocrine health, Neurological function, Endocrine disorders, Varmam therapy, Hypothyroidism

1. Background

The human body is governed by the endocrine glands, and gaining mastery over their functioning has the potential to reshape and redefine an individual's health. Numerous health issues can be entirely prevented solely by ensuring the well-being of the endocrine system.

Endocrine glands play a crucial role in various essential functions within the body. It can be asserted that the overall well-being of an individual is influenced by the functioning of the endocrine system. When this system malfunctions, it has an impact on the physical, emotional (psychological), and intellectual health of the individual.

Endocrine disorders encompass a range of conditions caused by imbalances in the hormonal system. These disorders can manifest as either an overproduction (hyperfunction) or underproduction (hypofunction) of hormones. Common examples include diabetes, thyroid disorders (such as hypothyroidism and hyperthyroidism), and adrenal gland disorders (like Addison's disease and Cushing's syndrome).

Endocrine disorders can be manifested by various neurologic symptoms and signs ranging from headache pituitary dysfunction, thyroid dysfunction, hypoglycaemia, hormonal imbalance, poor muscle tone, instability, anxiety, imbalance due to poor muscle strength and tone, etc. It is valuable to think about 'endocrine disorder' as the cause of the neurologic impairment. Early diagnosis and treatment of hormonal imbalance may rapidly relieve the neurologic symptoms.

Neurological and Endocrine Interplay

The neuroendocrine system, focuses on the hypothalamic control to the secretion of pituitary hormones, includes multiple reciprocal interaction between the nervous system and the endocrine systems to maintain homeostasis and to respond properly to environmental stimuli through the regulated secretion of hormones, neurotransmitters, or neuromodulators. Neurons release their neurotransmitters and neuromodulators at synapses. Neurosecretory cells secrete substances directly into the bloodstream to act as hormones.

Headaches, altered mentality, abnormal muscle strength, gait, muscle tone. Cramps, developmental delays,

Varmam Therapy: An Ancient Approach to Healing

Varmam therapy, a traditional form of treatment from Siddha medicine, focuses on stimulating specific locations on the body to balance and restore energy flow. This is mainly very effective in treating health challenges relevant to the bone, nerves and the mind. The endocrine disorders often involve hormonal imbalances or dysfunctions and effect the neurological functioning of the body. By regulating energy flow and addressing imbalances at specific locations, Varmam therapy influences hormonal regulation and endocrine function.

Varmam Therapy in Treating Hypothyroidism – A Clinical Evidence and Research

A 37 - year - old woman diagnosed with hypothyroidism, with a high TSH, low T4, exhibiting symptoms like overweight, body shivering, dry skin, muscle aches, joint stiffness, intolerance to cold, obesity, and anaemia.

The patient was treated solely with Varmam stimulation of Annakkaalam, Adappakaalam, Sakthi Varmam, Nadukku Varmam and other Varmam locations, were manipulated twice a week, without any drugs, dietary changes, or conventional medical interventions for a three month period and the thyroid hormone levels normalized, and symptoms of hypothyroidism were rectified.

Non Endocrine Disorder resolved by Varmam

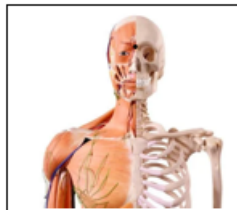
In a research, conducted on a 42 - year - old electrical engineer, who experienced a knee injury due to a road accident, leading to severe pain, swelling, and difficulty standing and diagnosed as PCL and an avulsion fracture. The patient received Siddha Varmam therapy and traditional bone setting, focusing on specific Varmam locations around the knee and ankle like Moottu Kannu Varmam, Moottu Varmam, Sirattai Varmam, etc., for a month involving sessions every three days, and resulted in the healing of the PCL avulsion fracture without surgical intervention. The patient regained normal walking ability.

2. Conclusion

Imparting formal education in the Varmam Therapy is crucial to explore and benefit from the power of our traditional system. The University of Trans Disciplinary Health Sciences and Technology (TDU) and Varma Kalpa Rejuvenation Center (VKRC) have collectively taken the efforts with to create and execute the Varmam Therapist Diploma program, running successfully the 4th batch of educating people on Varmam Traditional Healing system. Embracing and adapting this science as a career will help in spreading the abilities of the system and also in establishing Varmam as a traditional scientific approach to various health challenges and lead towards wellbeing.

Varmam stimulation can be a key contributor to health and to be in wellbeing. This can be done periodically to boost the endocrine secretions leading to best health of the body.

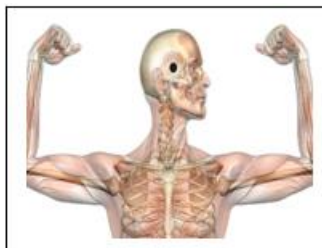
Varmam Name: Thilartha Kaalam



Location: Situated at the junction of the eyebrows where there is a small dip of the size of a rice grain.

Stimulation: Use the index finger and stimulate in clockwise direction 5 times and give a mild upward push.

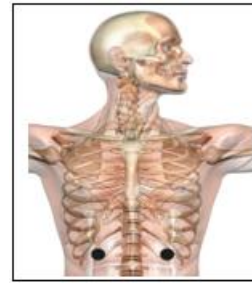
Varmam Name: Pancha narambadangal



Location: In the temple region.

Stimulation: Use the mid three fingers and give a circular rotation in inward and outward direction thrice and give a mild press.

Varmam Name: Pallai Varmam

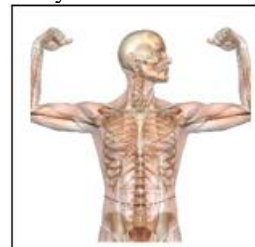


Location: Just below the last rib.

Stimulation: Use the outer edge of your palm and give a circular rotation in outward direction and give a mild push to the muscles towards the rib.

Note: Should be done only in lying down and not while sitting or standing.

Varmam Name: Sadayantha Varmam



Location: Situated around the waist region.

Stimulation: Tie a cloth around the waist just above the navel. This can be left while doing any work or through the day and remove only while having food and while sleeping.

Varmam Name: Sanguthiri Kaalam



Location: Situated on the adam's apple.

Stimulation: (self) Place the four fingers and the thumb, vertically on the throat region and give an up and down rub 3 to 5 times.

References

- [1] Journal of Ayurveda and Integrative Medicine: Siddha Varmam Therapy Case Study
- [2] Principles of Varmam Therapy in Siddha Medicine.