



THERAPEUTIC EFFECT OF VARMAM IN THE MANAGEMENT OF KAAL KANNU ISANGAL (ANKLE SPRAIN)

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Abstract:

Physical activity is defined as any body movement produced by skeletal muscles that require expenditure. It enhances or maintains physical fitness and overall health and wellness. In physical exercises, ankle sprain is the most common musculoskeletal injuries. The ankle may twist inward as a result of sudden or unexpected movement. This causes one or more ligaments around the ankle joint to stretch or tear. This article deals with the *varmam* therapy in the management of ankle sprain without surgery and immediate remedy on the spot of sports injury.

Keywords: ankle sprain, *varmam*, ligament, massage technique, sports injury

1. Introduction

Ankle sprain also known as twisted ankle. In all sports injuries, the rate of ankle sprains ranges from 15 to 20%. The most common injury mechanism is a combination of inversion and adduction of the foot in plantar flexion. This injury mechanism can cause damage to the lateral ankle ligament.

Ligaments are a type of soft tissue that is made up mostly of collagen. Ligaments have low vascularity, which means they do not receive much blood flow.

Ligament injuries involve:

- Most commonly:
 - Anterior talofibular ligament;
 - Calcaneofibular ligament;

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- Posterior talofibular ligament.
- Less commonly:
 - Anterior inferior tibiofibular ligament;
 - Posterior inferior tibial ligament.

2. Causes

A sprain occurs when your ankle is forced to move out of its normal position, which can cause one or more of the ankle's ligament to stretch, partially tear or tear completely.

Causes of a sprained ankle might include:

- foot suddenly twisting or rolling;
- while playing sports like tennis, basketball, squash, etc.
- walking, exercising, running on uneven surfaces;
- shoes with inadequate heel support and wearing high heeled shoes;
- weak muscles / tendons / ligament that cross the ankle joint;
- returning to activity before the ligaments have fully healed may cause them to heal in a stretched position, resulting in less stability at ankle joint. This leads to chronic ankle stability.
- Another person stepping or landing on your foot during sports activity.

3. Signs and Symptoms

The signs and symptoms of a sprained ankle depend upon the severity of the injury:

- pain, especially when you bear weight on the affected foot;
- tenderness;
- swelling;
- bruising;
- warmth and redness;
- restricted range of motion;
- instability in ankle;
- popping sensation or sound at the time of injury.

4. Grading

Ankle ligament sprains are usually graded on the basis of severity:

- Grade 1 (Mild). Mild stretching of the ligaments without macroscopic rupture or joint instability.
- Grade 2 (Moderate): It is partial rupture of the ligament with pain and swelling. These are functional limitation and slight to moderate instability. Typically patients present with problems in weight bearing.
- Grade 3 (Severe): It is complete ligament rupture with marked pain, swelling, hematoma. In this, there is a marked impairment of function with instability.

Biological ligament healing can be divided into three different phases:

- 1) Inflammatory phase: until 10 days after trauma;
- 2) Proliferation phase: between the 4th to 8th week;
- 3) Remodelling or maturation phase: until 1 year after trauma.

5. Materials and Methods

In this case study, 16 patients was taken who were affected by ankle sprain and attending outpatient of Thirumoolar Varmam Research and Therapy Centre (Unit of Arts Research Institute), Coimbatore.

Patients of both gender and different age groups (15-60) are included.

- male (8 patients);
- female (8 patients).

In this, three male patients and three female patients were affected by sports injury.

Those who are remaining 10 patients were affected due to slippery fall down, doing day to day activities hastily etc. They were undergoing regular treatment in TVR & TC from November 2018 to January 2019 weekly twice.

6. Varmam

Varmam is an ancient Tamil medical system discovered and practised by Siddhars. It is a part of the Siddha medical system, which originated in south India. It is a subtle energy which flows along with the life force.

6.1 Why to apply *varmam* points?

மின்னலென்ற சத்தி நிலையங்கள்

தன்னில் செவ்வனே

தொழில் அறிந்து இயக்குவாயே

(Varma Kaandam, Verse 557)

(Reference no: 1)

This verse describes that each and every part of our body contain vital energy to improve our body function. To stimulate the energy, *varmam* points should be applied.

6.2 Treatment

This massage technique energises the ankle joint. The first song describes about the ankle joint, positioning of the injured portion and method of relaxing the surrounding muscles. The second one describes about how to reduce the dislocated joint.

தாக்குமிருந்த பாதமதும் முழங்கால் தானும் சேருகின்ற
கண்ணிசைவு பிசகிக் கண்டால்
ஆர்க்குமந்த கால்தனையே உன் காலின் மேல் தூக்கி
வைத்து பதனமதாய்த் தடவி வந்து
நோக்குமிருந்த பெருவிரலின் நேரதான உள் கால் கண்
அடிப்புறத்தில் நெருக்கிக் கொண்டு
சேர்க்குமிருந்த பிடியோடு சிறுவிரல் நேர் வெளிக்கண்ணின்
மேல் பற்றி குழியைத் தாக்கே

குழியென்ற இரு கண்ணும் ஓர் பிடியில் நெருக்கித்தாக்கி
பிறமிருந்து குதிகால் பற்றி
வழியென்ற ஒரு கரத்தால் பிடித்தபோது மறுகையால்
பாதமதை அசைத்துச் சேர்ப்பாய்
சுழியென்ற வலப்பக்கம் இடப்பக்கம் கேள்
கீழ்மேலும் அசைத்து உறுதி ஆக்கிக் கொள்ளு

(Varma Kaandam, Verses 477-78)

(Reference no: 1)

The injured person is made to stand with the affected foot placed over a thick roller like wooden piece. The foot is rolled eighteen times over the wooden piece. This verse describes the procedure like physiotherapy practised in olden days to correct the mobility of ankle joint.

வருத்தம் சற்று இருந்தக்கால் உலக்கையிட்டு
மிதிக்கவைத்துப் பதினெட்டுத் தரம்உருட்டே
(Varma Sootcham, Verse 472)

(Reference no: 2)

7. Results

Out of the 16 patients, 10 patients had quickly recovered from ankle sprain in only 2 or 3 sittings of treatment done within a week. 4 patients had moderate improvement seen in 5 or 6 sittings of treatment done within a month. 2 patients had mildly improved in 2 months. The results varied from patient to patient depend upon the age and vitality of the individual.

Table 1: Statistical analysis of prognosis of the patient

Prognosis	No. of patients
Good	10
Moderate	4
Mild	2

8. Prevention

Apart from *varmam* stimulations and manipulation techniques, *varmam* text recommends consuming simple, nutritious and commonly available energy enhancing food such as gruel made from *panicum sarmentosum* (*saamai arisi* in Tamil). This is stated in the following verse,

.... தவறுகின்ற சக்தி நிலை பெருகவேன்று
சாமையோடு அன்னப்பால் கொள்ளச் சொல்லு
(Varma Kaandam, Verse 653)

(Reference no: 1)

9. Discussion

We could interpret that ancient people used *varmam* techniques and procedures to manage the sports injuries. On deep analysis it is found that the ancient *varmam* literatures are treasures that withholding secrets to manage sports injuries such as to revive a person from unconsciousness, management of local sprain, dislocation, boosting the energy level of the sport persons and physiotherapy.

10. Conclusion

The *varmam* treatment does not involve usage of medicines on the spot and moreover consuming a short span of time for treatment. Hence, *varmam* therapy should be adopted as a main stream treatment in the management of sprain in sport injuries. Therefore, these techniques when combined with modern management of sports injuries a lot more can be achieved in the field of sport medicine.

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