



Research Article

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SIDDHA VARMAM THERAPY FOR SHOULDER IMPINGEMENT SYNDROME: A CASE REPORT

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ABSTRACT

Shoulder Impingement Syndrome is an orthopedic disorder manifesting pain in the shoulder while raising the arm above the shoulder level (i.e.) above 90°. It is otherwise termed as a painful arc syndrome. Impingement shoulder includes tears in the rotator cuff, rotator cuff tendinitis, rotator cuff tendinosis, subacromial bursitis, etc., pain occurs when the tendons of the rotator cuff gets impinged in the subacromial space. Impingement syndrome is common in athletes, but also occurs in people lifting heavy weights. Though treatments like corticosteroids, Acromioplasty, Arthroscopic subacromial decompression techniques, intralesional injections into the subacromial space are available, they are expensive, some needs surgical techniques and some has its own side effects and progress is also slow. Varmam treatment is an easily applicable, effective, non invasive and time saving external therapy in Siddha. Female with Shoulder pain and difficulty in raising the arm above the shoulder i.e 90° was included in the study who visited the Integrated AYUSH Clinic, Siddha Department, AIIA. Range of movements and clinical examination i.e Neer's test and Drop arm test was done before and after the therapy. Pain scale (VAS) was also measured. Two sittings of Varmam therapy about ten minutes each were given. After the therapy, the patient was able to raise the arm above the shoulder level and relieved out of pain.

Keywords: Varmam, Shoulder Impingement Syndrome, Rotator cuff, Painful arc syndrome

INTRODUCTION

Shoulder Impingement Syndrome is otherwise termed as a Painful arc syndrome. Here the active shoulder movement is restricted above the shoulder level, but the passive movement is preserved. Severe pain is felt on the anterior lateral side of the arm when the shoulder is flexed above 90°. ¹

Varmam treatment is an external therapy in Siddha. It's purely anatomical and is introduced by Siddhars for the human's well being. Specific anatomical complex parts of the body are stimulated in Varmam treatment. These points are manipulated over superficial nerves, vessels, bony prominence, soft tissues, or their junctions. These energy points when hit by any external forces will cause severe illness. In fact Siddhars used these energy points for curing the illness. These points are stimulated either by giving pressures in circular manner or in pointing way constantly. Here Pulling certain muscles and tendons, blows, punch over certain areas of the body are executed. Treatments like corticosteroids, Acromioplasty, Arthroscopic subacromial decompression techniques, intralesional injections into the subacromial space are available¹, but permanent cure is a difficult one or at least consumes considerable time period. The Varmam treatment is much effective in orthopedic disorders like lumbar disc problems, cervical disc problems, Shoulder Impingement Syndrome, etc. Also, Varmam therapy consumes only a minimal time and efforts. In fact Siddha Varmam treatment requires no special instruments.

Case Presentation

A 53 years old female patient, who is a home maker presenting with severe left side shoulder pain while raising the arm above the shoulder level was included in the study. The patient had the complaints since 1 year. Clinical examination was conducted

and found to have positive Neer's test, Drop Arm test, and Painful arc syndrome.²

Treatment

Siddha Varmam Points For Shoulder Impingement Syndrome

Following Varmam points are stimulated for Shoulder impingement Syndrome,

1. Panja mudichu adangal⁴ – present over the vertebrae
2. Puja Varmam⁴ – present over the anterior aspect of the shoulder
3. Kaakattai Varmam⁴ – present over the Trapezius muscle
4. Savvu Varmam⁴ – present in the medial aspect of the arm
5. Muttu Varmam⁵ – present in the anterior aspect of the elbow
6. Kavuli kaalam⁵ – present in the dorsal aspect of hand at the junction of the thumb and index finger
7. Manjaadi Varmam⁵ – present near the above Kavuli kaalam
8. Kaikuli Varmam⁵ – present in the arm pit
9. Kai suluki Varmam⁵ – present around the scapula
10. Chippi Varmam⁵ – present near Kai suluki Varmam

By stimulating these Varmam points, impinged rotator cuff get released from the subacromial space and thus symptoms are relieved. Varmam treatment takes almost 5 to 10 minutes. Patients get relief in a single sitting or sometimes take two to three sittings.

In this study patient has undergone two sittings.

DISCUSSIONS

Female patient with shoulder pain and decreased Range of movements was included in the study (3) and the following results were obtained before and after the therapy.

Name of the Test	Before treatment	After treatment
Neer's test	Positive	Negative
Drop arm test	Positive	Negative
Painful arc syndrome	Positive	Negative
Range of movement in abduction	90°	180°



Before Varmam Treatment



After Varmam Treatment

CONCLUSION

Varmam treatment is an easily applicable, effective, non invasive and time saving external therapy in Siddha. It is found to be more effective in orthopedic disorders. In Shoulder Impingement Syndrome, impinged rotator cuff is relieved and hence pain is relieved.

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Note: This is an observational Single Case study with following the CARE Guidelines. Patient Information Sheet and Consent form collected from patient for information and publication of images as per ICH-GCP Guidelines and Declaration of Helenski Guidelines.

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