



To cure bed wetting children through Varma therapy – A part of Siddha

Dharshini Priya G^{1*}, Arul Mozhi. P², Meenakshi Sundaram. M³

¹PG Scholar Alumna, ²Lecturer, ³Head of the Department,
Department of Kuzhandai Maruthuvam, National Institute of Siddha, Tambaram sanatorium, Chennai-47,
Tamil Nadu, India.

***Corresponding Author: Dharshini Priya G**

Abstract

Fearing, neurological problem, lack of habit of urination before retire to bed and some psychological problems are the reasons behind bed wetting. The problem was alleviated well with Varmam Manipulation of following points: Nadukku Varmam, Cikku Varmam, Chunduviral Mozhi Varmam. Ulangal Vellai, Kanpugaichal Varmam, Kallidaikaalam and Mannai Varmam. Two to six sittings were taken for complete cure of bed wetting among children. The paper discuss the psychological problems related to bed wetting among children.

Keywords: Bed wetting, Varmam Points, Psychology, Kallidaikaalam

Introduction

Nocturnal enuresis (bed wetting) is involuntary urination during sleep in children. Process of expelling urine is known as Micturition. The urinary bladder serves as a reservoir for storage and periodic release of urine. Urine storage and release is dependent on voluntary neural mechanism that involves the co-ordination of brain and spinal cord. Visco elastic and myogenic properties of the bladder and urethra also play role in urine storage. Metabolic disorder, neurological diseases, trauma and drugs may affect the functioning of urinary bladder and its outlets. Urinary incontinence is any involuntary leakages of urine and bedwetting is a kind of urinary incontinence.

Causes for Bed-Wetting:

It is commonly seen in children around the age of 5-7 years and may continue into adolescence. There are many reasons behind it and they are:

-) Mental stress
-) Anaemia
-) Malnutrition
-) Birth defects
-) Disease of urinary bladder
-) Phobias
-) Children suffering from bronchial asthma are common.

Some specific causes of bedwetting are neurological developmental delay, attention deficit, hyperactivity, genetic and insufficient anti-diuretic hormone production.

Varma Texts:

Nadukku Varmam, Chikku Varmam, Chunduviral Mozhi Varmam, Ullangal Vellai, Kanpugaichal

Varmam, Kallidaikaalam and Mannai Varmam are selected to treat bedwetting among the children.

Nadukku Varmam (Pisini (or) Edukku Varmam):

நடுக்குவர்மம்: (பிசினிவர்மம் அல்லது இடுக்குவர்மம்)
பாம்புவிரல் அடியின் மேல் பிசினிவர்மம் கொள்ளும்
போதுகைதரிக்கும்

- Varma Kannadi Urainadai

சிக்குவர்மம் (ChikkuVarmam):
கவளிவர்மம் பெருவிரல் மத்தி இடுக்கில்
மற்றநான்குவிரல்
மத்தியில் அடுக்குவர்மம், இடுக்குவர்மம், முடுக்குவர்மம்

- Varma Viralalavu Nool

சிறுவிரலுக்கும் அதற்குஅடுத்தமோதிரவிரலுக்கும்
இடைப்பட்டகவளியில் அமைந்தது.

முடுக்குவர்மம் ஆகும். இடது கை முடுக்குவர்மம்
சிக்குவர்மம் என்று அழைக்கப்படுகின்றது.

முடுக்குவர்மத்திற்கு இரண்டுநெல்லிடைக்குமேலே கை
துர்குணநரம்பு உள்ளது. சிக்குவர்மத்தைமிதமாக
மேல்நோக்கிதடவுதல் செய்பாகமாகும்.

உள்ளங்கால் வெள்ளைவர்மம் (Ullangai Vellai
Varmam):

கீர்த்தியாம் பாதமதில் வெள்ளைவர்மம்

- Varma Oodivu Murivu Sarasoothiram -1200

கண்புகைச்சல் வர்மம் (கண்ணுபுகைக்காலம்)
(Kanpugaichal Varmam (Kannu Pugaikaalam)
அடிபடமேபடவர்மம் மேலேகண்ணுபுகையும் காலம்

- Adi Varma Sootcham-500

கல்லிடைக்காலம் (முயட்டனையைமுயட்டயஅ):
மானென்றவாசியதுபிறந்ததனம்
மகத்தானம் விரல் ஆறில் தாழ்வாக
கோனென்றகல்லிடையில் காலமாகும்

Varma Choodamani,

மண்ணைஅடங்கல் (Mannai Adangal):
கால் மண்ணை இரண்டிலும் இந்திரபதிஎன்றவர்மம்

Varma Treatment

The bed-wetting problem of the children were treated with the following varma points.

1) Nadukku Varmam - To enhance the function of pineal gland (Ananda Moolai) and energise the brain. Located two finger below the third knot of the middle finger. Press and lift by using thumb. Pineal gland controls. the water balance of the body. Brain controls the habit of urination.

2) Cikkuvaram - To regularize the function of urinary system. Enhance the function of kidney, urinary bladder and urethra. Upward mild gentle stroking manipulation.

3) Chunduviral Mozhi - Press the first and second knot of the little fingers, little finger Varmangal represents water element in Panchaboothathathuvam (Five elements). These are the best Varma points to alleviate bet-wetting among the children.

4) Ullangal Vellai - To enhance the lungs and kidney.

5) Kanpugaichal Varmam - To enhance the function of Urinary system.

6) Kallidaikallam - To regularize the function of urinary bladder and prostate gland.

7) Mannai Varmam - To enhance the function of Vilnerumbu and brain function and to achieve normal bladder function.

Psychological Problems Associated with Bed-Wetting

During counseling with the parents and their bet-wetting children the following facts behind the psychological problems related to bed-wetting were delineated from the expressions of parents and their child.

Ø Over workload in the school even from first standard results in stress.

Ø Strict teachers and parents are making more mental stress to the children.

Ø Small mistakes committed by the children in the school when known to their parents.

Ø Laziness habit of students.

Ø Lack of proper attention on children by their parents, since both of them are employed.

Ø Spending more time in watching television and mismanagement of time to carry out their studies, home works and lacking behind in preparation for regular tests.

Ø Condition of getting sign of the parent in progress reports, not up to the expectation of parents also results in bed-wetting.

Ø Beating habit of parents.

Ø Phobia to enter dark areas in night.

Ø Bad ghost dream induced by TV serial and Cinema on bad evils.

Ø Lack of care taker to receive the children from the school at home.

These are the reasons behind the psychological problem that we have identified.

Conclusion

Psychological problems and the living style of the children may also lead to bed-wetting in children, though they are normal children. It is curable in Varma therapy with counselling.

References

1. Manimaran, G (2003) NoiNeekum Kai. Renuga Publication, Tirunelveli-155p.
2. Shunmugom, N. Abdul Azees, N., Shailaja, R and Sugunthan, S (2012).
3. The foot print of Medical Varmalogy, Arts Research Institute, Coimbatore-438p.
4. Shunmugom, N (2006) Lecture notes, Three days Thirumoolar Varmakalai Payilagam,
5. Coimbatore held at Namakkal 15-17 October 2006 138p.
6. Kannan Rajaram, T (2007) Locations of Varma Points, ATSVS
7. Siddha Medical College, Munchirai, Kanyakumari, 454p.
8. Kannan Rajaram, T (2007) Varma Maruthuvam (Special) ATSVS
9. Siddha Medical College, Munchirai, Kanyakumari 446 p.
10. Adi Varma Soothumam-500
11. Varma Kannadi Urai Nadai
12. Varma Viralalavu Nool
13. Varma Odivu Murivu Sara Soothiram-1200
14. Varma Soodamani
15. Varma Sootchumam – 605

Access this Article in Online



Website:
www.ijarbs.com

Subject:
[Siddha Medicine](#)

Quick Response Code

DOI: [10.22192/ijarbs.2021.08.03.011](https://doi.org/10.22192/ijarbs.2021.08.03.011)

How to cite this article:

Dharshini Priya G, Arul Mozhi. P, Meenakshi Sundaram. M . (2021). To cure bed wetting children through Varma therapy - A part of Siddha. Int. J. Adv. Res. Biol. Sci. 8(3): 100-102.

DOI: [http://dx.doi.org/10.22192/ijarbs.2021.08.03.011](https://dx.doi.org/10.22192/ijarbs.2021.08.03.011)