

REVIEW ARTICLE

Documentation of *Varmam* Points Located in 9 Abdominal Region Based on *Siddha Varmam* Literatures-A Literature Review

S.Baggiyavelan^{*1}, V.P Gaayathri², N.J.Muthukumar³, P.Samundeswari⁴

^{1,2}Department of Varma Maruthuvam, National Institute of Siddha, Chennai. TN

³. Director General, Central Council for Research in Siddha, Chennai. TN

⁴. Assistant professor, Department of Varma Maruthuvam, National Institute of Siddha. Chennai, TN

***Corresponding author: S.Baggiyavelan**

Email: baggiyavelan@gmail.com

ABSTRACT

The *Siddha* system of medicine, rooted in ancient Tamil tradition, is based on Ninety-Six *Thathuvas* that govern human life. *Varmam* therapy, a key *Siddha* specialty, involves 108 vital energy points used to treat neurological, musculoskeletal, and trauma-related conditions. The abdomen, a central region for digestion and metabolism, holds significant importance in both modern anatomy and *Varmam* practice. This review compiles abdominal *Varmam* points from classical *Siddha* texts, highlighting their therapeutic relevance to abdominal organ health and overall well-being. This study lays the groundwork for future clinical validation and integrative therapeutic uses. The practice of *Varmam* therapy in treating gastrointestinal, gynecological, and metabolic illnesses may be explored by future research and standardization of these issues, which would reinforce the place of *Siddha* medicine in comprehensive healthcare.

Keywords: Siddha, *Varmam* therapy, Abdominal *Varmam* points.

Received 24.01.2026

Revised 03.03.2026

Accepted 20.05.2026

How to cite this article:

Baggiyavelan S, Gaayathri V.P, Muthukumar N.J, Samundeswari P. Documentation of *Varmam* Points Located in 9 Abdominal Region Based on *Siddha Varmam* Literatures-A Literature Review. Adv. Biores. Vol 17 [5] May 2026. 345-354

INTRODUCTION

The Tamilians in the southern part of India have developed a medicinal system called the *Siddha* system of medicine which, in its characterisation of ailments and development of treatment methodologies, shows a remarkable sophistication that reflects and endorses the belief that the Tamilnadu had a very ancient and sophisticated civilisation. Fundamental of *Siddha* system of medicine is ninety-six *Thathuvas* which include elements, humours, matter, energy, mind, soul etc., that support the humans in the process of life. *Varmam* medicine is one of the foremost specialties of *Siddha* system of medicine, The six-foot human body is divided into five regions for the purpose of treatment of impact at nerve centres. The first region is the upper part of the neck. From the bottom of the neck to the navel is the second region. From the navel down to the anus is the third region. The upper limbs and lower limbs make the fourth and fifth region respectively. There are 108 important life centres (*Varmam*). They are 12 *Paduvarmams* and 96 *Thoduvarmams*, (medium life centres) vital life centres, that spread along all the five regions [1]. Its ability to provide prompt relief from neurological disorders, injuries, and musculoskeletal pain has earned it particular recognition. This therapeutic method is used to treat both acute and chronic conditions, including stroke, arthritis, and trauma-related ailments [2-4]. According to *Siddha* literature, *undhi kalam* (navel) where *manipooragam* is located which is one of the six aatharam. Anatomically, the *Manipuragam* corresponds to the thoracic region of the spinal cord. Nerve fibers from this region, in conjunction with those from the sympathetic nervous system—specifically the *Ida* and *Pingala* nadis converge to form the solar plexus (celiac plexus), often referred to as the "*Manipuragam* " in *siddha* texts. This plexus is a critical network of nerves that innervates most of the alimentary canal, including vital digestive organs such as the stomach, liver, pancreas, intestines, and gallbladder [5]. The abdomen is a vital region in both

modern anatomy and traditional *Varmam* medicine According to siddha literature Activation and balance of this chakra enhance willpower, confidence, and metabolic function, aligning spiritual energy with bodily health. Proper care and attention to this region can help prevent various health issues and maintain overall well-being [6]. Hence, this review focuses on the compilation of the abdominal *Varmam* points mentioned in various *Siddha Varma* literatures and the *Varma* points which acts on the abdominal organs.

MATERIAL AND METHODS

This Literature review was conducted between September 2023 and February 2024 by visiting various libraries namely SCRI library, Chennai; Government Siddha medical college library, Chennai; National Institute of Siddha library, Chennai; Connemara public library, Egmore; Roja muthaiah research library, Taramani.

RESULTS

Table 1 : Abdominal *Varmam* Points Mentioned in *Siddha Varmam* Literature [4-8]

VARMA TEXTS	VARMA POINTS
<i>Adivarma sootcham</i>	1. <i>Mundellu varmam</i> 2. <i>Periyaathisuruki varmam</i> 3. <i>Koombu varmam</i> 4. <i>Pandri varmam</i> 5. <i>Adapa varmam</i> 6. <i>Ner varmam varmam</i> 7. <i>Aanthai varmam</i> 8. <i>Siriya athisuruki varmam</i> 9. <i>Moothiram varmam</i>
<i>Varma beerangi</i>	1. <i>Urumi varmam</i> 2. <i>Moothiram varmam</i> 3. <i>Palla ivarmam</i> 4. <i>Koombu varmam</i> 5. <i>Ner varmam</i> 6. <i>Panri varmam</i> 7. <i>Adapa kaalam</i> 8. <i>Munsaruthi varmam</i> 9. <i>Ani varmam</i> 10. <i>Aanthai varmam</i>
VARMA TEXTS	VARMA POINTS
<i>Varma laada soothiram</i>	1. <i>Anna kaalam</i> 2. <i>Vilurumi varmam</i> 3. <i>Ani varmam</i> 4. <i>Aanthai varmam</i> 5. <i>Adapa kaalam</i> 6. <i>Athisuruki varmam</i> 7. <i>Siriya athisuruki</i> 8. <i>Mun saruthi varmam</i> 9. <i>Koombu varmam</i> 10. <i>Ner varmam</i> 11. <i>Panri varmam</i> 12. <i>Moothira kaalam</i>
<i>Varma soothiram</i>	1. <i>Ner varmam</i> 2. <i>Adapa varmam</i> 3. <i>Urumi varmam</i> 4. <i>Periyaathisuruki varmam</i> 5. <i>Siriyaathisuruki varmam</i> 6. <i>Koombu varmam</i> 7. <i>Moothira kaalam</i>
<i>Paduvarma thathuva kattalai</i>	1. <i>Valiya athisuruki varmam</i> 2. <i>Siriya athisuruki varmam</i> 3. <i>Adapa kaalam</i> 4. <i>Ner varmam</i> 5. <i>Urumi varmam</i>
VARMA TEXTS	VARMA POINTS
<i>Varma kanadi -2</i>	1. <i>Anna kaalam</i>

	2. <i>Mun saruthi</i> 3. <i>Pin saruthi</i> 4. <i>Panri varmam</i> 5. <i>Athi suruki</i> 6. <i>Ner varmam</i>
<i>Varmam Kandi</i>	1. <i>Ner varmam</i> 2. <i>Urumi varmam</i> 3. <i>Athi suruki</i> 4. <i>Siriya athisuruki</i>
<i>Varma saathiram</i>	<i>Valiya athisuruki varmam</i>
<i>Varma muthirai</i>	1. <i>Moothira varmam</i> 2. <i>Urumi varmam</i>
<i>Varma Oli</i>	<i>Pallai varmam</i>

TABLE 2 : *Varmam* Points Located in Nine Abdominal Regions [17, 18]

ABDOMINAL QUADRANTS	ANATOMICAL RELATIONS	VARMA POINTS
EPIGASTRIUM	Muscles • External oblique • Internal oblique • Transversus abdominis • Rectus abdominis • Pyramidalis Blood Supply • Superior epigastric artery • Inferior epigastric artery • Intercostal arteries • Subcostal artery • Musculophrenic artery • Superior epigastric vein • Inferior epigastric vein Nerve Supply: • Lower thoracoabdominal nerves • Iliohypogastric nerve (L1)	1. <i>Ner varmam</i> 2. <i>Koombu varmam</i>
ABDOMINAL QUADRANTS	ANATOMICAL RELATIONS	VARMA POINTS
HYPOCHONDRIUM	Muscles • External oblique • Internal oblique • Transversus abdominis BLOOD SUPPLY • Intercostal arteries (7th–11th) • Subcostal artery • Musculophrenic artery • Branches from: ○ Superior epigastric artery ○ Inferior epigastric artery ○ Splenic artery ○ Hepatic artery proper and cystic artery • Intercostal veins, subcostal vein • Portal vein • Inferior vena cava Nerve Supply • Thoracoabdominal nerves (T6–T9) – sensory and motor • Subcostal nerve (T12)	1. <i>Maari varmam</i> 2. <i>Adapa varmam</i> 3. <i>Pallai varmam</i> 4. <i>Mundelluvarmam</i> 5. <i>Villu varmam</i>

ABDOMINAL QUADRANTS	ANATOMICAL RELATIONS	VARMA POINTS
LUMBAR	Muscles • External oblique • Internal oblique • Transversus abdominis BLOOD SUPPLY • Lumbar arteries • Iliolumbar artery • Branches of the inferior epigastric artery • Renal arteries • Lumbar veins • Renal veins Nerve Supply • Thoracoabdominal nerves (T10–T12) • Iliohypogastric nerve (L1) • Ilioinguinal nerve (L1) • Lateral cutaneous branches	1. <i>Periyaathisuruki varmam</i> 2. <i>Siriyaathisuruki varmam</i> 3. <i>Munsaruthi varmam</i> 4. <i>Amathu varmam</i>
ABDOMINAL QUADRANTS	ANATOMICAL RELATIONS	VARMA POINTS
UMBILICAL	MUSCLES • Rectus abdominis • Pyramidalis • External oblique • Internal oblique • Transversus abdominis BLOOD SUPPLY • Superior epigastric artery • Inferior epigastric artery • Umbilical artery remnant • Small mesenteric branches from: ○ Superior mesenteric artery (SMA) • Periumbilical veins • Superior/inferior epigastric veins • Portal–systemic anastomosis via the paraumbilical veins NERVE SUPPLY • Thoracoabdominal nerves (T10) • Iliohypogastric (L1)	1. <i>Urumi varmam</i> 2. <i>Unthi varmam</i> 3. <i>Saradayandha varmam</i> 4. <i>Kathirnilai varmam</i>
ABDOMINAL QUADRANTS	ANATOMICAL RELATIONS	VARMA POINTS

HYPOGASTRIUM	MUSCLES • RECTUS ABDOMINIS) • External oblique • Internal oblique • Transversus abdominis BLOOD SUPPLY • Inferior epigastric artery • Deep circumflex iliac artery • Branches of internal iliac artery: ○ Superior and inferior vesical arteries ○ Uterine artery ○ Middle rectal artery • Superior rectal artery Veins: • Inferior epigastric vein • Vesical veins, uterine vein, rectal venous plexus • Internal iliac vein tributaries NERVE SUPPLY • Thoracoabdominal nerves(T12) • L1: ○ Iliohypogastric nerve ○ Ilioinguinal nerve	1. Moothira varmam 2. Moathira varmam 3. Aanthai varmam 4. Villurumi–vellurumi varmam 5. Idampuri–valampuri varmam 6. Ani varmam 7. Kalladai varmam 8. Pathaipu varmam 9. Kurunji varmam
--------------	--	--

Table 3 : Fatal and Non- Fatal Varma Points [12-15]

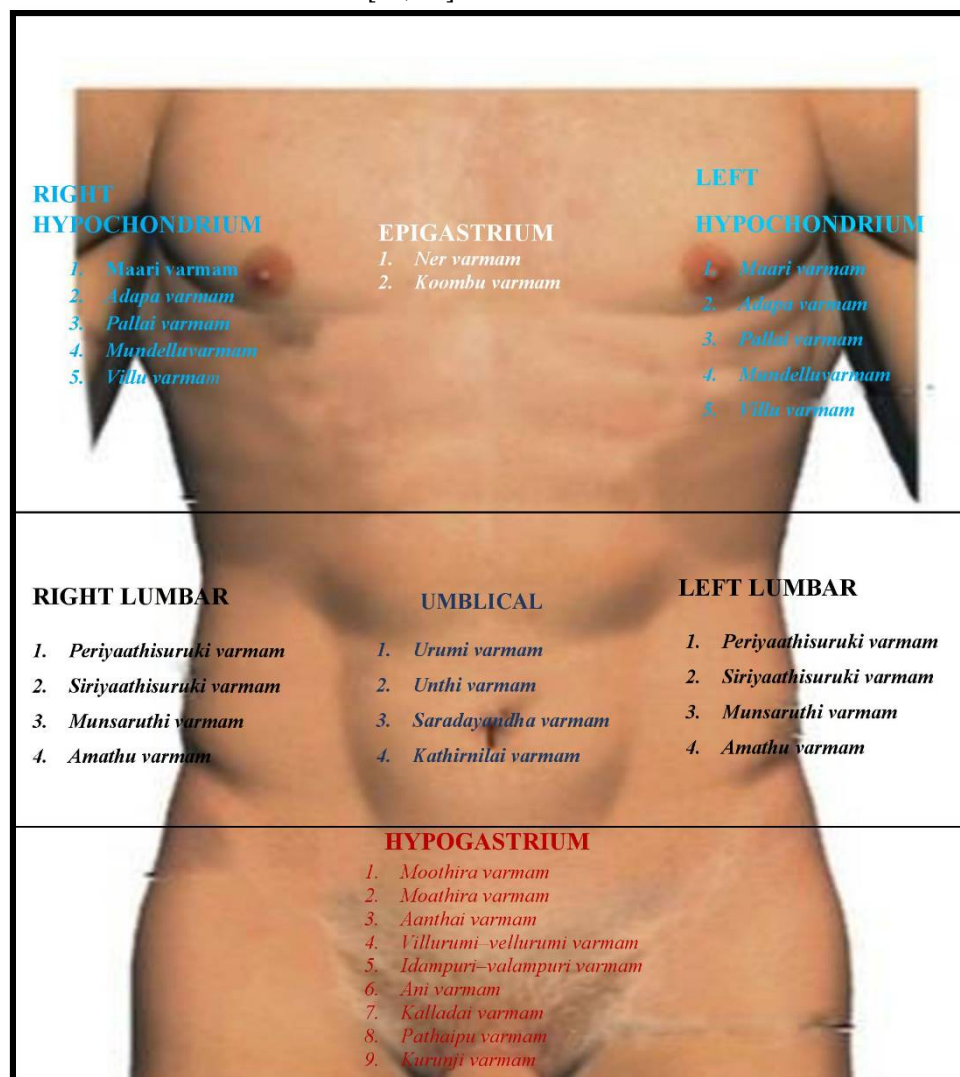
FATAL VARMA POINTS	NON-FATAL VARMA POINTS
1. Koombu varmam 2. Ani varmam 3. Periyaathi suruki varmam 4. Pallai varmam	1. Maari varmam 2. Adapam varmam 3. Mundellu varmam 4. Munsaruthi varmam 5. Ner varmam 6. Urumi varmam 7. Kurunji varmam 8. Unthi varmam 9. Saradayantha varmam 10. Kathirnilai varmam 11. Moothiram varmam 12. Aanthai varmam 13. Moathira varmam 14. Villurumi varmam 15. Vellurumi varmam 16. Valampuri varmam 17. Idampuri varmam 18. Kalladai varmam 19. Siriya athi suruki varmam

DISCUSSION

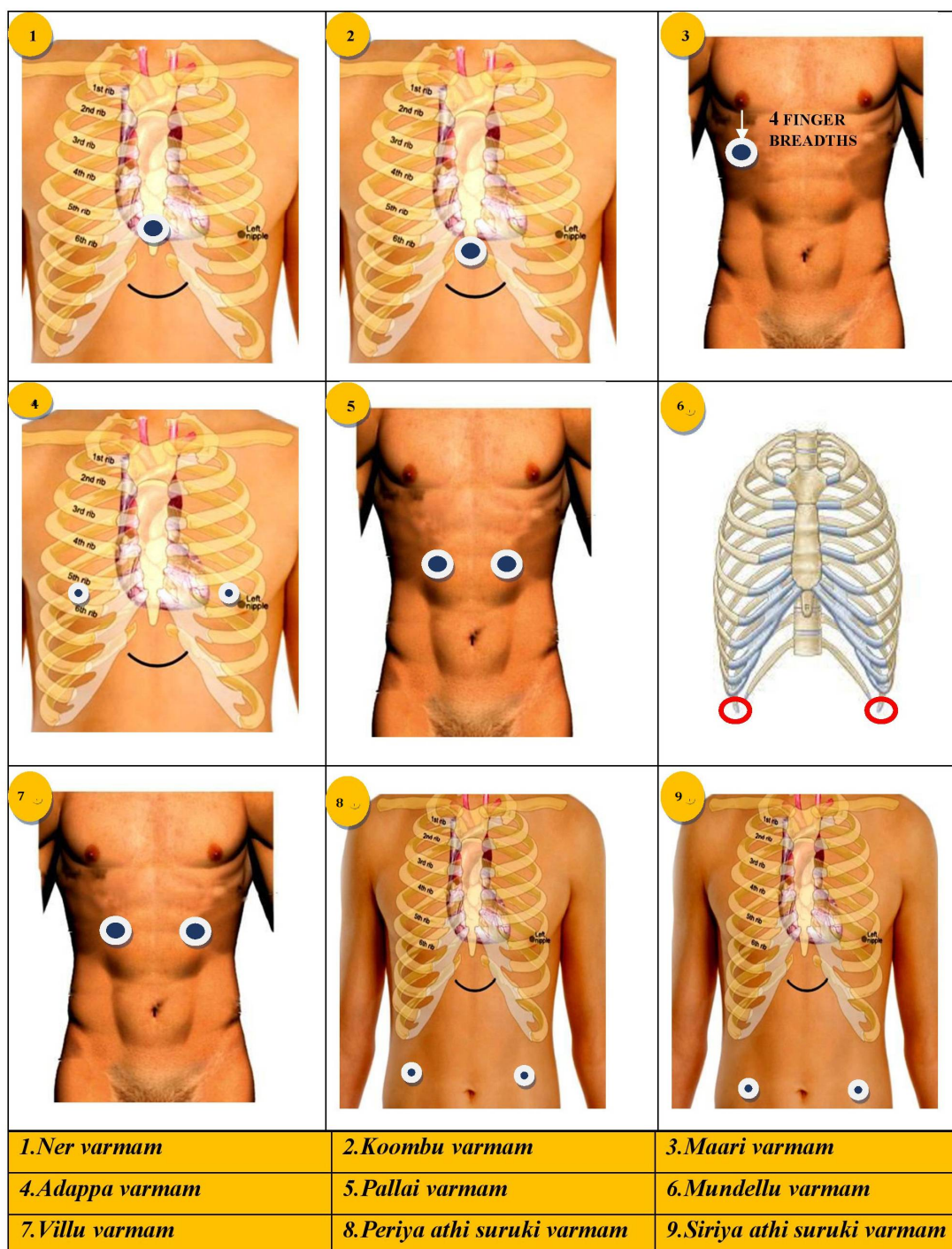
This review focused on *Varmam* located on abdomen and has impact on abdomen region, highlighting the significance of maintaining balance and health in this area. Understanding the *Varmam* points in the abdomen can provide insight into how to promote overall well-being and prevent potential health issues in this vital region.

It reveals many text on *Varmam* related to abdominal region and *Varmam* points stimulate abdominal organs. A total of 24 abdominal *Varmam* points were collected by analysing 21 varmam text. The *Varmam* Literatures were collected from Libraries of National Institute of Siddha, Govt. Siddha medical college Chennai, Siddha Central Research Institute Chennai Roja Muthiah Research Library Chennai. Among the nine abdominal regions, the hypogastric region has the highest number of varmam points [9 points], And also from this review, *Varmam* points in other areas that stimulate the abdominal organs are explored. This review highlights and identified 24 abdominal *Varmam* its locationand indication. Notably, each

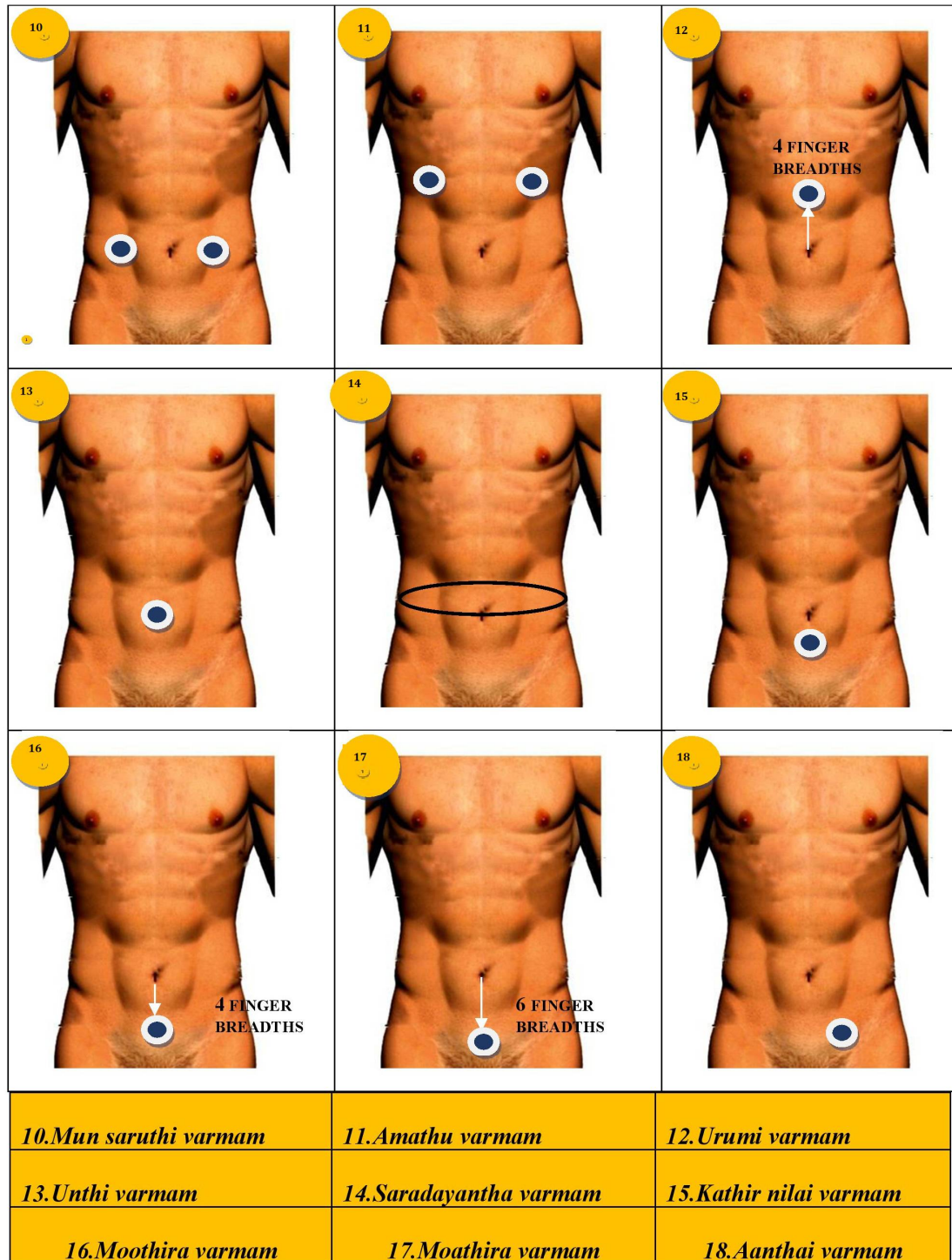
Varmam point has various indications ranging from mild abdominal discomfort to serious ailment. Framing a protocol is the initial step in utilizing *Varmam* points for therapeutic purposes, which involves identifying the specific points to be stimulated and the appropriate method of stimulation. Understanding the potential benefits and risks associated with *Varmam* therapy is essential for safe and effective treatment. This review serves as a comprehensive guide for treating *Varmam* therapy in treating gastrointestinal, gynecological, and metabolic illnesses using *Varmam* therapy. By following the protocol and considering the indications for each *Varmam* point, practitioners may optimise the therapeutic benefits of this ancient healing practice. The interesting fact is that while analysing the various *Varmam texts*, it is brought to the lime light that 18 *Varmam* points located other than abdominal regions has an impact on abdominal diseases. Hence, further research may undertake to explore the potential mechanisms behind these distant *Varmam* points and their specific effects on abdominal disorders. Understanding these connections may lead to more targeted and effective treatment strategies for patients with various abdominal diseases [16, 17].



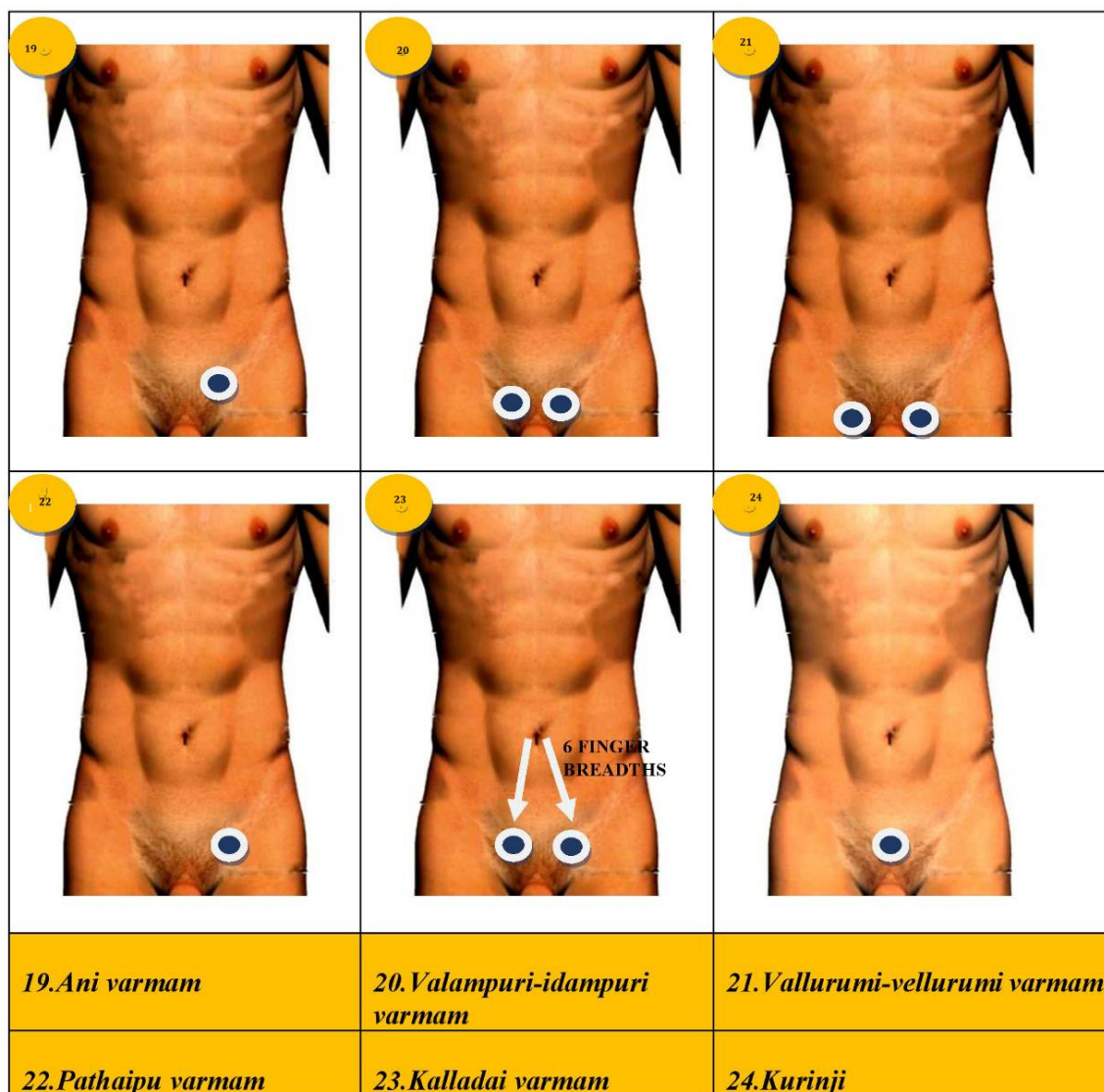
PICTURE NO 1 : *Varmam* points in 9 abdominal regions



PICTURE NO 2: Location of abdominal *Varmam* points



PICTURE NO 3: Location of abdominal Varmam points



PICTURE NO 4: Location of abdominal *Varmam* points

CONCLUSION

Abdominal Varma points are crucial in Siddha medicine and are closely linked to vital organs and the flow of life energy (pranan). The study emphasizes how important these points are for pain management, therapeutic healing, and bridging the gap between traditional knowledge and contemporary anatomical understanding for integrative healthcare. Because of their advantageous position in the abdomen, they are particularly important for controlling the reproductive and digestive processes. In order to promote both preventive and curative health measures, a greater comprehension and appropriate application of these concepts might increase the success of Varma therapy.

REFERENCES

1. Kannanrajaram, T. (2007). *Varma maruthuvathin adipadaikal* (1st ed.). A.T.S.V.S. Siddha Medical College and Hospital.
2. Thiyagarajan, R. (1985). *Siddha maruthuvam sirappu* (1st ed.). Department of Indian Medicine and Homeopathy.
3. Mohanaraj, T. (2009). *Sathuramani suthiram-600* (1st ed.). A.T.S.V.S. Siddha Medical College and Hospital.
4. Mohanaraj, T. (2010). *Varmaladasoothiram (Varmamnool thokuthi-1)* (1st ed.). A.T.S.V.S. Siddha Medical College and Hospital.
5. Mohanaraj, T. (2010). *Varma soothiram-100 (Varmamnool thokuthi-1)* (1st ed.). A.T.S.V.S. Siddha Medical College and Hospital.
6. Mohanaraj, T. (2010). *Varma beerangi-100 (Varmamnool thokuthi-1)* (1st ed.). A.T.S.V.S. Siddha Medical College and Hospital.

7. Mohanaraj, T. (2013). *Varma kannadi-500 (Varmamnool thokuthi-2)* (1st ed.). A.T.S.V.S. Siddha Medical College and Hospital.
8. Mohanaraj, T. (2014). *Varmani-16 (Varmamnool thokuthi-3)* (1st ed.). A.T.S.V.S. Siddha Medical College and Hospital.
9. Kannanrajaram, T. (2007). *Varma maruthuvam (sirappu)* (1st ed.). A.T.S.V.S. Siddha Medical College and Hospital.
10. Kannanrajaram, T. (2007). *Varma pullikalin iruppidam* (1st ed.). A.T.S.V.S. Siddha Medical College and Hospital.
11. Mohanaraj, T. (2014). *Ulsoothiram-32 (Varma nool thokuthi-3)* (1st ed.). A.T.S.V.S. Siddha Medical College and Hospital.
12. Mohanaraj, T. (2014). *Varmatheerppu-32 (Varma nool thokuthi-3)* (1st ed.). A.T.S.V.S. Siddha Medical College and Hospital.
13. Mohanaraj, T. (2014). *Varmabeerangi-100 (Varma nool thokuthi-3)* (1st ed.). A.T.S.V.S. Siddha Medical College and Hospital.
14. Mohanaraj, T. (2014). *Urpatti narambarai-100 (Varma nool thokuthi-3)* (1st ed.). A.T.S.V.S. Siddha Medical College and Hospital.
15. Mohanaraj, T. (2010). *Varmasoothiram-50 (Varma nool thokuthi-1)* (1st ed.). A.T.S.V.S. Siddha Medical College and Hospital.
16. Mohanaraj, T. (2014). *Varmakandi-60 (Varma nool thokuthi-3)* (1st ed.). A.T.S.V.S. Siddha Medical College and Hospital.
17. Appleton, J. (2018). The gut-brain axis: Influence of microbiota on mood and mental health. *Integrative Medicine (Encinitas, Calif.)*, 17(4), 28–32.
18. Chaurasia, B. D. (2013). *Human anatomy (Vol. 3, 6th ed.)*. CBS Publishers & Distributors.
19. Singh, I. (2004). *Atlas of human anatomy* (1st ed.). Jaypee Brothers Medical Publishers.

Copyright: © 2026 Author. This is an open access article distributed under the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.