

## EFFECT OF VARMAM THERAPY IN ERB'S PALSY

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### ABSTRACT

Erb's palsy, a form of brachial plexus disorder, is an injury that occurs when the nerves in a person's upper arm are damaged. It typically affects 1 or 2 of every 1000 babies. The aim is to study the effect of Varmam therapy in the management of motor development in erb's palsy.

**KEYWORDS:** Varmam therapy, naadis, Brachial plexus, Shoulder dystocia, spinal nerves.

### INTRODUCTION

Erb's palsy or duchenne palsy is a paralysis of the arm caused by injury to the upper group of arm's main nerved, specifically upper trunk C5-C6 nerves. These form part of the brachial plexus, comprising the central rami of spinal nerves C5-C8 and thoracic nerve T1.

#### Muscles

Deltoid  
Biceps  
Brachialis  
Infraspinatus  
Supraspinatus  
Serratus anterior  
Rhomboid  
Levator scapulae  
Supinator

#### Nerves

Suprascapular nerve  
Musculocutaneous nerve  
Axillary nerve

#### Causes

- Shoulder dystocia during difficult birth
- Cephalopelvic disproportion
- Breech delivery
- Forceful arm pulling
- Road travel accidents
- Trauma and injury
- Sports injury

### Types of Erb's Palsy Injuries

#### 1. Neuropraxia

Also known as 'burners' or 'stingers'. It is the most common type. These injuries typically heal on their own with in 3 months.

#### 2. Neuroma

A more serious stretch injury that damages some of the nerve fibers.it can cause scar tissue to form as it heals, which presses on the remaining healthy nerve and creates discomfort. Long term recovery of neuroma is only partial, not complete.

#### 3. Rupture

A stretch injury that occurs when the nerve itself is torn. It require surgery to splice and graft the nerve back together.

#### 4. Avulsion

The most severe type of nerve injury.It occurs when a nerve is totally torn from spinal cord. It may be possible to repair on avulsion with surgery, where healthy nerves are spliced from another part of the body and replaced, but the affected nerve cannot be reattached to spinal cord.

### Symptoms

1. The arm hangs by the side and rotated medially.
2. The forearm is extended and pronated
3. The arm cannot be raised from the side
4. All powers of flexion of elbow is lost, also supination of forearm
5. Biceps damage leads to "waiter's tip" position

## MATERIALS AND METHODS

Erb's palsy babies (N-4) are taken for study.

In this 3 babies delivered by forceps and 1 baby affected by trauma, who attended Thirumoolar Varmam Research and Therapy centre at Coimbatore.

They belonged to both sexes between 3 months to 10 years.

### Varmam

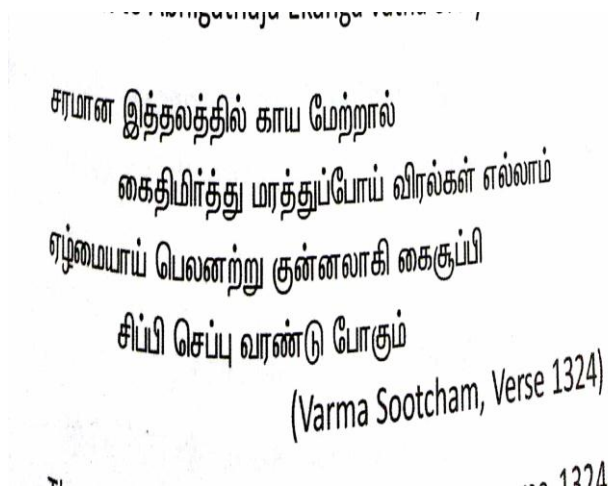
Varmam is a subtle energy which helps in the proper functioning of the body and life force. It is also referred to as varmam vaayu and varmam energy. This energy regulates proper functioning of the air, blood and heat flow in the body, thereby preventing the affliction of diseases.

### Varmam Points

Choodi varmam  
Mudichu varmam  
Kakattai kalam  
Asthi kanthari  
Chippi varmam  
Manjaadi  
Kaichulukki varmam  
Kona sannu varmam

### Choodi

It is located on the spine between the scapula in the mid back.



The above verse mentions that if choodi varmam is injured or affected it will result in numbness of the hand, weakness or paralysis of the hand and atrophy of muscles of the hand.

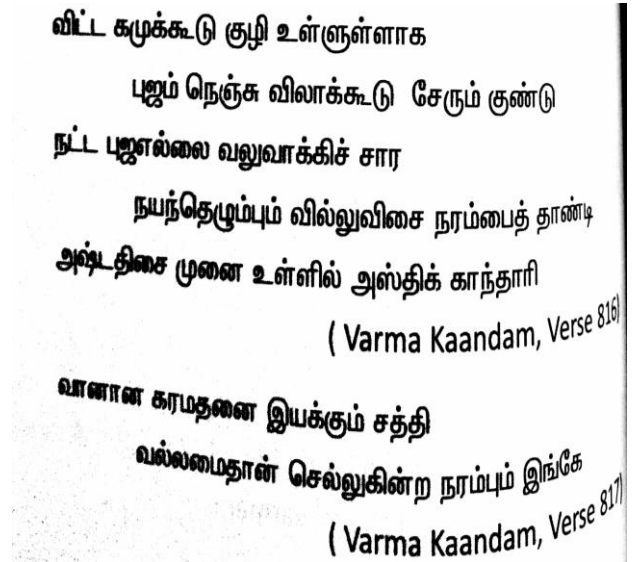
காரமாய் சூடிவார்மம் உரைக்கக்கேளு  
புறமுதுகில் கைச்சிப்பி நடுவே ஆகும்  
நேராக கழுத்தொடும் முதுகெல்லொடும்  
புஜமிணைக்கும் கட்டு நாண் இங்கே  
..... உண்டு

கூறான விரல்களையே பிடிக்கும் நாளம்  
குறிப்பாக குத்துவார்மம் காந்தாரி தொடர்ந்த நாளம்  
நாளமெல்லாம் வலுவான கட்டாகி எலும்பிச்  
செல்லும் வண்மயெல்லாம் இடமிதுவே வர்மமாச்சு  
(Varma Sootcham - 1322-1323)

So, it enhance the neck, shoulder joint and fingers.

### Asthi Kanthari

It is located at the junction of the rib cage, shoulder joint and chest.



It energises the neck and shoulder joints.

### Kakattai Kaalam

It is located at the above supraclavicular fossa.

அழகான காக்கட்டைக் காலந்தன்னில்  
வழுத்துமொரு காலிறையாய் நெருக்கிக்கொண்டு  
கீழ்ச் சுழியில் அமர்த்த நன்றாம்

(Varma Sootcham, Verse 1326)

மேல்புயத்தில் வில்லு ரண்டு விசையு மொன்று  
கோலான மறுகைக்கும் இவ்விதம் தான்

(Vil Visai, Verse 85)

சுமாள கைமடக்கில் வில்லுரண்டு  
விசை ஒன்று கைமடக்கி நேரே கோணில்

அசுமாள கைமடக்கில் நடுவிருக்கும்

வில்லெலும்பில் பிடிக்க நிமிரும் பாரு  
(Vil Visai, Verse 87)

The above verses mentioned that, there are two vil narambu and one visai narambu situated at the shoulder joint and elbow joints on both sides of the body.

Vil narambu connects with both sensory and motor function.

It stimulates wrist joint movement and corrects the waiter's tip and wrist drop.

#### Konasanni Varmam

It gives energy to limbs. It connects subtle body and physical body and also enhances the vil visai narambu.

These points were stimulated one session per day and twice a week for up to 1 year or as required and the cooperating cases were followed up after 6 months.

#### Prognosis

No. of cases	Age/sex	Before therapy	After therapy
Baby 1	3 months/ male	Difficult to lifting left upper limb Difficult to supination and pronation Restricted movement in wrist joint , ring, middle and little finger Difficult to backward flexion Difficult to hold objects Hand grip - moderate Shortening of left upper limb.	Able to lifting left upper limb Able to supination and pronation Able to move wrist joint, middle, ring and little finger Able to backward flexion Able to hold objects Hand grip- improved Shortening still present
Baby 2	21/2 yrs / female	Difficult to lifting right upper limb Difficult to supination and pronation Difficult to hold objects Grip- poor Stiffness in axillary fold Restricted movement in ring and little finger Scapular bone outward protrusion during lifting	Able to lifting right upper limb Able to supination and pronation Able to hold objects Grip - moderate Stiffness in axillary fold relieved Able to move ring and little finger Scapular bone outward protrusion reduced
Baby 3	3 yrs / female	Difficult to lifting right upper limb Difficult to supination and pronation Difficult to backward flexion Stiffness in right hand Grip, power- moderate Difficult to eating and writing Shortening of left upper limb	Able to lifting right upper limb Able to supination and pronation Able to backward flexion Stiffness in right hand relieved Grip, power improved Able to eating and writing Shortening of upper limb reduced
Baby 4	7 yrs/ female	Difficult to lifting right upper limb Difficult to supination and pronation Difficult to abduction and adduction Difficult to eating and drinking and holding objects Grip - poor Pain in the right flanks, ribs on hand movements Muscle twitching in the right little and thumb finger Low back ache on lifting the right upper limb	Able to lifting right upper limb Able to supination and pronation Able to abduction and adduction Able to eating and drinking Grip- improved Pain in the flanks, ribs decreased Muscle twitching in right and little finger relieved Low back ache relieved



After treatment



These seven steps are followed in treating erb's palsy. We get 80% result.

### CONCLUSION

Currently, erb's palsy is treated by surgical method, which does not always ensures 100 percent correction. They are unwilling to undergo surgical procedure. The four babies were treated by varmam therapy without surgery. It is simple and effective therapy.

### ACKNOWLEDGEMENT

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### DISCUSSION

In varmam therapy, erb's palsy has treated in following methods.

1. Initially we have to correct idakalai and pingkalai naadi followed by suzhumunai naadi gets corrected automatically
2. To correct kanthari naadi
3. To correct vil - visai narambu
4. Varmam points stimulation
5. To correct muscle order in hand
6. To correct bone movements
7. Thokkanam (Heat treatment)