

SIDDHA VARMAM THERAPY FOR CHILDHOOD

NOCTURNAL ENEURESIS (Sottu Neer)

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ABSTRACT

Nocturnal enuresis (NE) is an involuntary voiding of urine in sleep otherwise called as bedwetting. It is common in children but adult too, causing social embracement. It is explained under “*Sottu Neer*” in Siddha literature. Due to psychological, false food habits and false lifestyles may influence this bed wetting. Varmam therapy is the drugless therapy and a state of art of Siddha medical system contributed by the Siddhars for promoting the human health. The vital energy or the Pranan or the vasi spread throughout the body in all its systems including flesh, bone, skin etc., is known as varmam. It is the better and easiest way for correcting this disorder by stimulating varmam points especially Valampuri and Idampuri kalam in varmam science. Since the child had difficulty in taking oral medicines the simplest external therapy will be more beneficial and it is also cost effective.

KEY WORDS

Nocturnal Eneuresis, Sottu Neer, Siddha Varmam Therapy, Literature.

INTRODUCTION

- Bed wetting or ENEURESIS is known as the inability to control urinating in the bed during day or night.
- Here we deal with involuntary urination during sleep at night medically named as “Nocturnal enuresis”
- This may occur every night or weekly twice or thrice.

- Bed wetting cannot be considered abnormal until the age of 5yrs and medical attention will be required if the problem persists over the age of 5.
- Bed wetting makes psychosocial problem to the child that the child is frequently teased by others even by parents.
- These children also face the difficulty to sleep with their friends and relatives.
- Though paediatricians do not consider this as a serious problem this is a common irritative problem in many families with anxious expectation for a cure.

COMMON CAUSES

- Bed wetting is considered as a developmental delay in the normal process of neurological control of urination.
- Genetics play a major role in this condition that majority of victims have enuretic mother or Father.
- Anti-Diuretic hormone (ADH) also known as Vasopressin is responsible to slow down the production of urine during sleep which is low in the victims causing bed wetting.
- Other causes for bed wetting include spinal cord lesions, constipation, anxiety, urinary tract infections, Diabetes, Kidney diseases, physical abnormalities like anatomically small urinary bladder.

SYMPTOMS

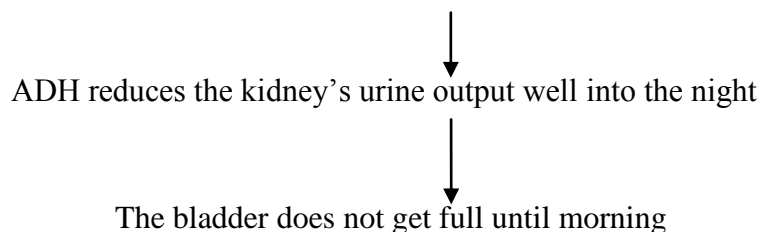
- The symptom in bed wetting is urinating in the bed at night atleast twice per month
- The child find the bed is wet while he/she wakes up

MECHANISM

Two physical functions prevent the bed wetting.

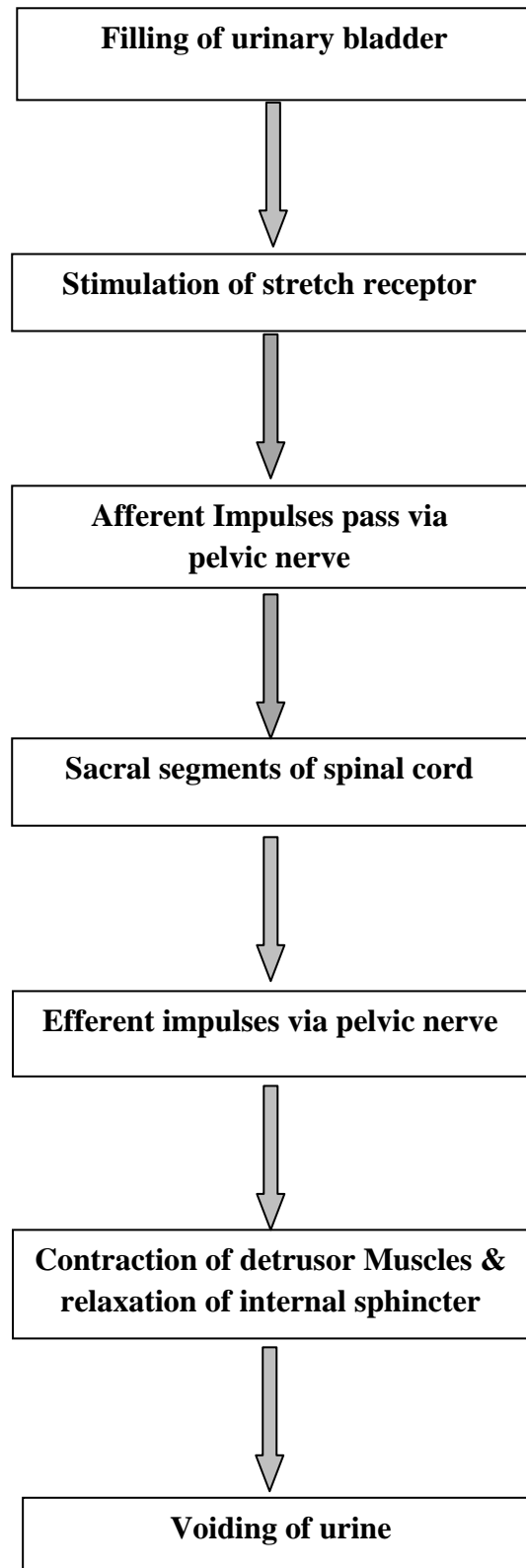
1. A hormone that reduces urine production at night.

Body releases minute burst of ADH(also known as arginine vasopressin AVP)



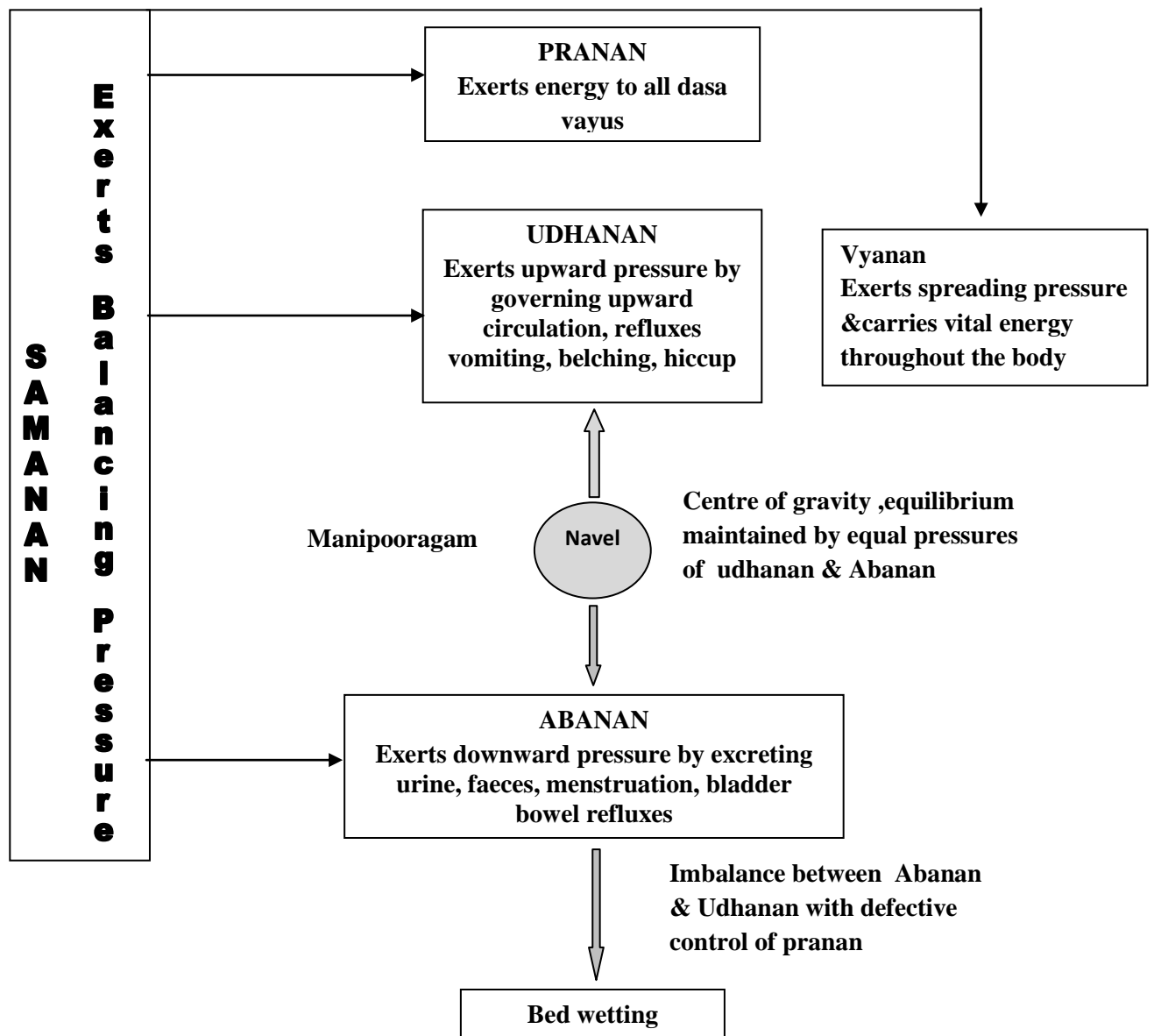
2. The ability to wake up when the bladder is full.

MICTURITION REFLEX



SIDDHAR'S PERSPECTIVES ON NOCTURNAL ENEURESIS

The process of urine formation is aided by Abanan, Pranana, Vyana with the overall control of mind. Micturition is one of the normal function of Abanan. The activities of Abanan are regulated by Pranana, Udhana, Vyana and Samana. Pranana has an overall control over the organs of sense and mind. The Abanan facilitates active excretion of urine, motion, semen, menstruation etc. After attaining a level of developmental maturity, there develops a control over these activities initiated by Pranana and Vyana. But in this condition the overall control of the activities of Abanan is not developed resulting in vitiation which in turn result in loss of control of micturition. The abnormal rhythm of Abanan verses Udhana nocturnally which is not regulated by other thasa vayus resulting in bed wetting. Mind plays an active role in voiding and controlling even during sleep. This may happen in day time also, but in night, defective control of Pranana and Vyana over Abanan the child unknowingly urinates in bed. Thus results in bed wetting (Kuzanthaikaluku kanum sottu neer).



VARMAM THERAPY ON PEDIATRIC CARE

The varma text says that the problem related to urinary bladder is under the control of sanguni nadi. Sanguni nadi & Atthinadi are originated from genital organs and moolatharam respectively and finally spread over the head and forehead respectively.

Valampuri kalam and Idampuri kalam are located in 1 inch Right and Left side from the root of penis in male and right and left inner thigh (within the urogenital triangle) close to the groin in females.

Manipulation of these points control the flow of urine gives strength to urethral sphincter muscles as well as bladder training.

THERAPEUTIC SCHEDULE

The following varmam points were stimulated one time per day for 5 consecutive sittings in two weeks. For resisted children another course may be recommended or till recovery. The pressure was mentioned in varmam literatures (Table No. 1)

Table No.1: Varma points for the treatment of NE

S.No	Varmam points	Location	Functions
1	Valampuri kalam	<ul style="list-style-type: none">➤ 1 inch Right side from the root of penis in male➤ Right inner thigh close to the groin in females	Controls the flow of urine, gives strength to urethral sphincter muscles as well as bladder training
2	Idampuri kalam	<ul style="list-style-type: none">➤ 1 inch Left side from the root of penis in male➤ Left inner thigh close to the groin in females	Controls the flow of urine, gives strength to urethral sphincter muscles as well as bladder training

LOCATION OF VARMA POINTS

Valampuri kalam

“Themendra thandil valampurikalam”

(Valampuri kalam is located in the root of the penis)

- Varma karuvi nool 500

“Pogumintha thandil Oriraikul

Valampuri kalam aache”

(According to below literature Valampuri kalam is located at 1 inch from the right side of the root of penis)

- Varma kadikara narampu suthiram

Idampuri kalam

“Vachuthe Idathupuram idampuri kalam”

(Idampuri kalam is located in left side)

- Varma kannadi

“Valampurikalathin nermarupakkathil

Idampuri kalam”

(Idampuri kalam is located in the opposite side of valampuri kalam)

- Varmakalai kalanchiam

In Females

“Kelada yoni thanile nindru idampuri valampuriyaga

Pirinthu thirikonathukulle thondridumam”

(In females Valampuri&Idampurikalam is located in the urogenital triangle)

-Varma narambarai soothiram-107

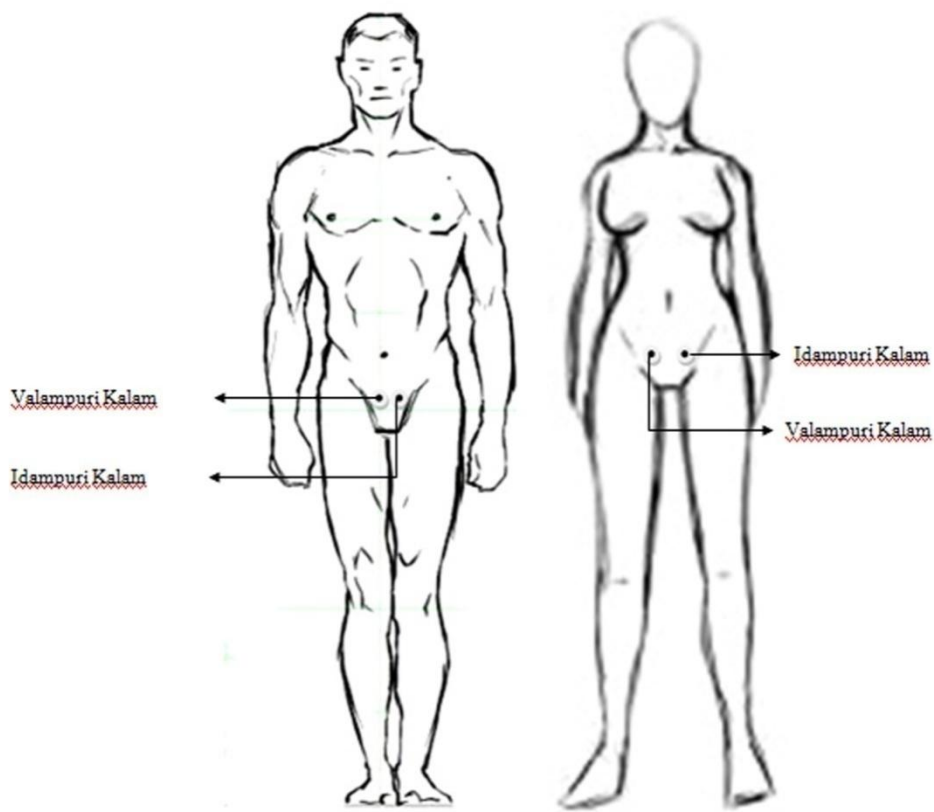


Figure No. 1 location of Valampuri kalam & Idampuri kalam

Even though Valampuri and Idampuri kalam are located in lower abdomen but the stimulation or correction of this varmam is treated by 3 inch below lumbosacral joint on either sides. Manipulation of these points by giving firm circular pressure on both external & internal rotation.

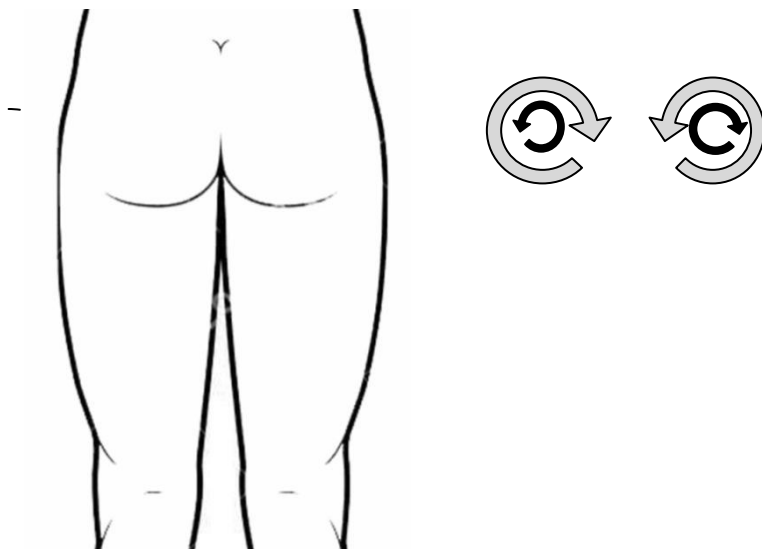


Figure.2. Site & Method of Stimulation of Valampuri kalam & Idampuri kalam

For resisted children we can add other varmam points like Kondaikolli or Uchipathapa kalam, Pin kannadi kalam, Muthira kalam, Nairuppu kalam, Adi mootu varmam.

PREVENTION

- Give moral support and assurance to your child as it is a very common problem which can be corrected in practice.
- Don't try to punish.
- Train the child for regular toileting and keep not to hold urine for long time.
- Make sure urinating before going bed.
- Avoid drinking excess fluids few hours before going to sleep but not restrict plenty of fluids in the day time.
- Reward your child for dry nights.
- Let the child to note bed wetting in a chart or diary which will help the child aware.
- Bed wetting alarms can be used. This alarm wakes the child or parent when the child start urinating which help to use toilet.

CONCLUSION

Varmam is an eminent external treatment which is a branch of Siddha medicine. It is a precious boon for public bestowed by Siddhars. Varmam treatment is cost effective and good be done serve public where ever emergency / first aid required and also to treat minor ailments. In present scenario the Varmam treatment stepped into research activities, clinical trials moving towards the mile stone successfully. This Varmam stimulation is cost effective, non invasive and is more specific and more sensitive external therapy& easiest way of application in children, during the present the present costliest medical management. Along with this varmam therapy, reassurance and repeated counseling may help in get rid out of the problem. Hence Sottu neer (Nocturnal Eneuresis) can be treated by this varmam therapy with good promising results.

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