

## **Pain relieving technique through *Varma* Therapy in knee joint ailments by Traditional Physician**

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Siddha Medicine means medicine that is perfect. Traditional physicians are gathering traditional knowledge from their fore fathers and from gurus. *Varma* therapy is a good healing system. Medicine, massage and stimulate the vital points are the components of *Varma* therapy. In Siddha *Sullukku*, *Mulankal vatham*, *Moodu vatham*, *Narithalai vatham*, *Murivu* and *Netivu* are the ailments of knee joint. This study is about the *Varma* treatment given by the traditional physician to relieving pain in knee joint ailments. In traditional practice ache, pain, swelling and restricted movements in knee considered as *Mullankal vatham*, joints swelling including in knee joint, body ache, thirst, malaise and difficult to walk considered as *Moodu vatham*, pain couldn't feel without any movement, limited movement, ache and pain in knee considered as *Sullukku*. Diagnosed *Mulankal vatham* is considered as Osteoarthritis and *Sullukku* is considered as Sprain with modern medicine. In this research 15 patients were selected who were suffering from the Knee joint ailments. Out of 15 patients, 20% of male and 26.67% of female patients were affected by *Mullankal vatham* and 49% of male and 13.33% of female patients were affected by *Sullukku*. *Mullankal vatham* 11.11% of male and 22.22% of female patients complained only pain and 44.47% of male and 22.22% of female patients complained pain and swelling. In *Sullukku* 16.7% of male patients complained only pain and 50% of male and 33.3% of female patients complained pain and swelling. Treating a patient with Knee joint ailment depends on the strength of patient, ailment and the strength of medicine. Gave internal medicine, oil application, massage and press on vital points of knee to relief pain. If the disease condition of the patient seems to be better than former condition by 70% within 5 visits in alternate days took it as success. 66.67% of *Mulankal vatha* patients got success and 33.33% of patients not get success. Got some experiences how *Varma* therapy cures the knee joint ailments along with the internal medicine. Patients satisfied that they were cured from the Knee joint ailments by the treatment along with *Varma* therapy.

**Keywords:** Knee joint ailments, Traditional physician, *Mullankal vatham*, *Moodu vatham*, *Sullukku*, *Varma* therapy.