

Inculcation of Siddhar Yogam and Siddha Varmam for Managing the Learning Disorders in Adolescents via RBSK Scheme - a Proposal

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Abstract

The RBSK scheme or the Rashtriya Bal Swasthya Karyakram is a scheme that has been introduced by the Ministry of Health and Family Welfare, Govt of India with the aim of providing comprehensive care to all the children in a community. The scheme is primarily directed at the screening and free treatment of the children from birth to 18 years of age for four Ds- Defects at birth, Diseases, Deficiencies and Development delays, spanning 32 common health conditions.

Siddhar Yogam and Siddha Varmam are the branches of Siddha System of medicine which are specifically effective in the management of conditions that require prolonged/ lifelong treatment.

Of the 30 health conditions, some are in the dire need for surgical intervention. The other conditions could only be managed. Not treated. Grossly speaking, developmental delays could never be

completely treated and the patients are on drugs/ treatments throughout their life. The administration of Siddhar Yogam and Siddhar Varmam methods could boost up the results of the pre existing treatments. One major setback that such students face in their day to day life is the learning disorder- a condition where the child has difficulty in one or more areas of learning, even when overall intelligence or motivation is not affected. These may include processing of phonetics, language, memory etc.

Siddhar Yogam and Siddha Varmam techniques include the self manipulation of certain Varma points and the practicing of Ashtaanga Yogam techniques to bring down the severity of such conditions. These have proven to have a better stand in managing such conditions, when coupled with the pre existing treatment techniques. This paper proposes how these cost effective yet easily administrable techniques could be inculcated in the RBSK scheme.

Key words: Learning disorders, RBSK Scheme, Siddhar Yogam, Siddhar Varmam.

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Introduction:

Rashtriya Bal Swasthya Karyakram (RBSK) is a new initiative aimed at screening over 27 crore children from 0 to 18 years for 4 Ds - Defects at birth, Diseases, Deficiencies and Development Delays including Disabilities. Children diagnosed with illnesses shall receive follow up including surgeries at tertiary level, free of cost under NRHM. The task is basically aimed at achieving health for all, chiefly children under the age of 18, so that the Nation would be free from the onset of diseases and other health conditions.

Child Health Screening and Early Intervention Services envisage to cover 30 identified health conditions for early detection, free treatment and management through dedicated mobile health teams placed in every block in the country. The teams will carry out screening of all children in the pre-school age enrolled at Anganwadi centers at least twice a year besides screening of all children studying in Government and Government aided schools, whereas the newborns will be screened for school attendance.

birth defects in health facilities by service providers and during the home visits by ASHAs¹.

RBSK- Importance²:

Out of every 100 babies born in this country annually, 6 to 7 have a birth defect. In Indian context, this would translate to 1.7 million birth defects annually and would account for 9.6 per cent of all newborn deaths. Various nutritional deficiencies affecting the preschool children range from 4 percent to 70 percent. Developmental delays are common in early childhood and affect at least 10 percent of the children. These delays, if not intervened timely, may lead to permanent disabilities with regard to cognition, hearing and vision. There are also groups of diseases which are very common in children e.g., dental caries, otitis media, rheumatic heart disease and reactive airways diseases which can be cured if detected early. It is understood that early intervention and management can prevent these conditions to progress into more severe and debilitating forms, thereby reducing hospitalization and resulting in improved

Target Groups and the Number of Children approximately involved³:

Target Group under Child Health Screening and Intervention Services		
Categories	Age group	Estimated Coverage
Babies born at public health facilities and home	Birth to 6 weeks	2 crores
Preschool children in rural areas and urban slums <i>(Data Source: CCEA release 24th Sept, 2012)</i>	6 weeks to 6 years	8 crores
Children enrolled in classes 1st to 12th in Government and Government aided schools <i>(Data Source: Elementary Education in India, 2012, DISE 2010-11: Flash Statistics, NUEPA & DSEL, MoHRD, GOI. and State Report Cards: 2010-11 Secondary education in India, NUEPA)</i>	6 to 18 years	17 crores

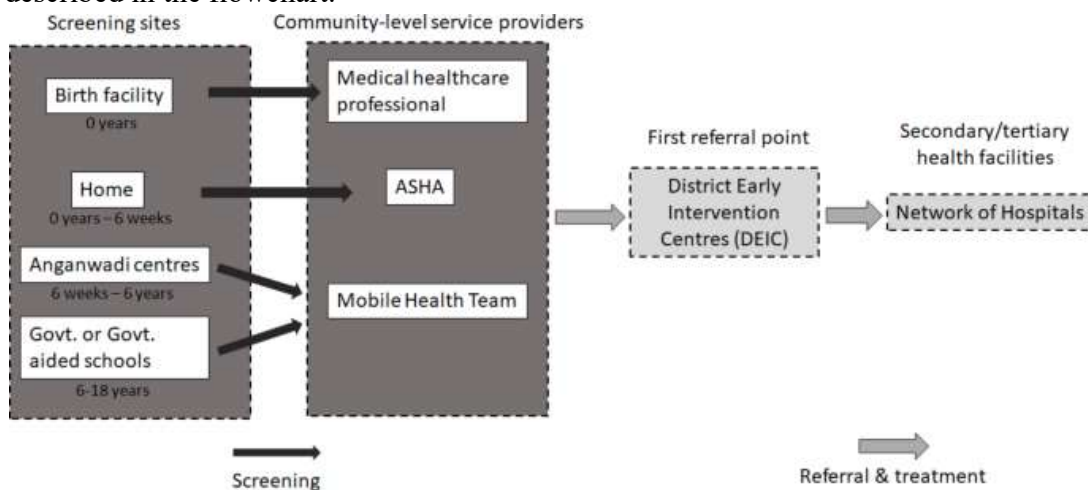
Health Conditions Screened by RBSK Scheme:

A total of thirty conditions are usually screened via the RBSK Scheme. These are categorized into four categories as:

Identified Health Conditions for Child Health Screening and Early Intervention Services	
<p>Defects at Birth</p> <ol style="list-style-type: none"> 1. Neural Tube Defect 2. Down's Syndrome 3. Cleft Lip & Palate / Cleft Palate alone 4. Talipes (club foot) 5. Developmental Dysplasia of the Hip 6. Congenital Cataract 7. Congenital Deafness 8. Congenital Heart Diseases 9. Retinopathy of Prematurity 	<p>Deficiencies</p> <ol style="list-style-type: none"> 10. Anaemia especially Severe Anaemia 11. Vitamin A Deficiency (Bitot spot) 12. Vitamin D Deficiency (Rickets) 13. Severe Acute Malnutrition 14. Goiter
<p>Childhood Diseases</p> <ol style="list-style-type: none"> 15. Skin conditions (Scabies, Fungal Infection and Eczema) 16. Otitis Media 17. Rheumatic Heart Disease 18. Reactive Airway Disease 19. Dental Caries 20. Convulsive Disorders 	<p>Developmental Delays and Disabilities</p> <ol style="list-style-type: none"> 21. Vision Impairment 22. Hearing Impairment 23. Neuro-Motor Impairment 24. Motor Delay 25. Cognitive Delay 26. Language Delay 27. Behaviour Disorder (Autism) 28. Learning Disorder 29. Attention Deficit Hyperactivity Disorder
<p>30. Congenital Hypothyroidism, Sickle Cell Anaemia, Beta Thalassemia (Optional)</p>	

Screening and Selection Of Patients For RBSK Scheme⁴:

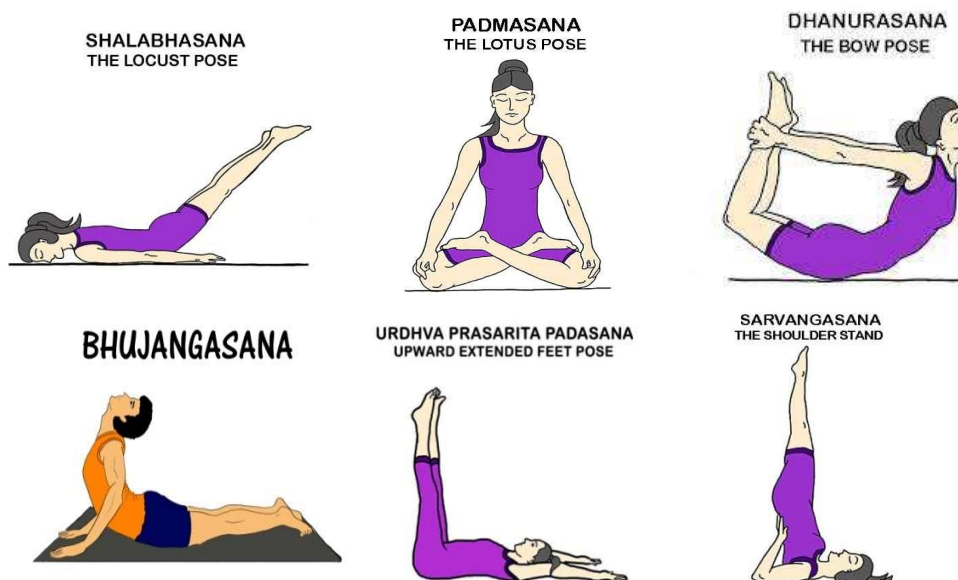
The cycle of events that take place in the proper screening and evaluation of the patients is as described in the flowchart.



However, for the condition of learning disorder, there has always been little scope of improvement. In order to overcome such conditions, the children who are screened at the Govt Schools or the Govt aided Schools could easily be introduced to Siddhar Yogam and Siddhar Varmam practices by self- the methods of which could be introduced to the students via simple pamphlets. This paper is chiefly concerned on the introduction of these practices, which are both cost effective and need not much supervision.

Siddhar Yogam for Learning Disorders⁵:

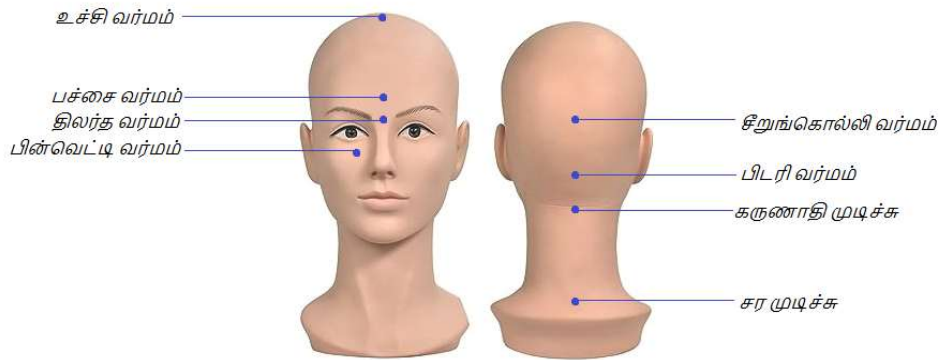
- **Dhanurasana and Padmasana** are important in enhancing memory among asana mentioned in Hatha yoga Pradeepika.
- **Sarvangasana** or the shoulder-stand works on the sympathetic and parasympathetic nervous systems, and creates healthy brain and spine by increasing blood flow to the scalp and brain. This pose has also been clinically observed to promote vitality and increase memory and IQ.
- **Salabasana** improves the nervous system functioning by improving the focus.
- **Dhanurasana** increases blood circulation to the head region. It also helps the respiratory system, which on working properly will allow the mind to be clear and light instead of drowsy and heavy.
- **Urdhva Prasarita Padasana** is good for circulation of blood from heart to head and is used as the preparatory step for **Sarvangasana**.
- **Bhujangasana** is a rejuvenating asana and it is also beneficial for improving memory power. The effectiveness of Yoga on the memory of Learners at the secondary level has already been studied and reported. The images of these poses have been added for further reference.



Siddhar Varmam for Learning Disorders⁶:

ஆக்கினை சக்கரம் : பதைப்பு வர்மம், உச்சி வர்மம், சீறுங்கொல்லி வர்மம், பொருத்து வர்மம், பின்வெட்டி வர்மம், திலர்த வர்மம், பச்சை வர்மம்
விசுத்தி சக்கரம்: பிடரி வர்மம், ஆராய்ச்சி வர்மம்
பாலச்சக்கரம்: பாலச்சக்கர வர்மம்
முடிச்சு: கருணாதி முடிச்சு, சர முடிச்சு.

Location Of The Varmam Points That Should Be Manipulated In Students With Learning Disorders



Method of Inculcation of Siddhar Yogam and Varmam in the Day To Day Lives of Students With Learning Disability:

A simple trial was made among the students of a Higher Secondary School Students at Tiruchendur.



The inference made from the demo/ trial was that these methods could be used for training the students about Siddhar Yogam and Siddhar Varmam for Learning Disabilities:

- ✓ Conduction of simple training sessions for the students by the doctors who visit schools for RBSK Scheme Screening.
- ✓ Training the teachers who can help the students in case they come across some difficulty during the self practice period.
- ✓ Providing pamphlets for students to refer for future use.

- ✓ Simple demos can be made in the form of live recorded sessions to the students.

Benefits of Including Siddhar Yogam and Siddhar Varmam in RBSK Scheme:

A feedback was received from the students and teachers who attended the session and the following could be considered as the benefits, as expressed by them.

- ✓ Inculcates the importance of Siddhar Yogam and Siddhar Varmam in day to day life at the basic student level.
- ✓ Easy to implement at the basic level.
- ✓ Cost effective, but with proven results.
- ✓ Needs lesser man power- the doctors visiting the Schools would be sufficient to teach the techniques.
- ✓ Can be done by self- No dependence/ inferiority complex will be felt by the students.

Conclusion:

Thus, it could be understood that the inclusion of Siddhar Yogam and Siddhar Varmam are two of the most cost efficient and effective methods which could be included in the RBSK scheme for the betterment of the students with learning disorders.

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