



# Vivekananda Kendra Natural Resources Development Project Kanyakumari

Indigenous System of Medicine

## *Milestones*

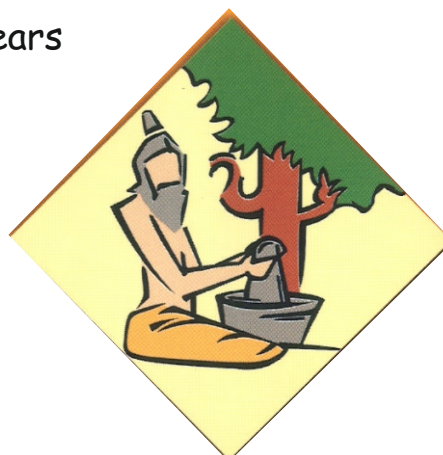




With the harmful side effects and contra-indications of synthetic medicines taking their toll, the search is on for a more humane alternative. For us Indians, long reared on mother's medicine chest, it comes as no surprise that the grandma's household herbs are proving their worth today.

Long forgotten, and once freely available, these herbs today scream for attention. Widespread deforestation has also confined their spread to a few places. The aggressive patenting and copyright of these remedies by the commercially oriented world interests make it imperative that we safeguard our age - old wisdom.

VK-NARDEP, in pursuit of the above aims, appreciates the need of proper documentation of the geographical spread and use of various herbs besides their non-commercial production. With its widespread contacts with scientific institutions, other agencies and general public, VK-NARDEP is endeavoring to establish a network of indigenous health workers and physicians since last 30 years







# Free Siddha Medical Camps

From 1997- 2019

85 places (Southern parts of Tamilnadu)

21550 patients Benefited

Supported by



- \* **Health for all .... Now** - Commune di Pistoia, Italy
- \* **DST - Core support, New Delhi**
- \* **UNICEF, Chennai**

Patients Treated.....

Mainly joint pain, skin problems,  
diabetic, High BP, Acidity, Anaemia etc.,,





## Green Health Home

Sl.No	Particulars	Year	Numbers
1	Patients Treated	1999 onwards	46936
2	Varma Massage	2019 onwards	637
3	Varma Point Treatment	2021	37
4	Rural Clinic	2021	140
5	Panchagavya camp	2021	72





## Siddha vaiyadar's camp 2000 -2005

Vivekananda Kendra - Nardep tries to empower Traditional vaidyas as well as fresh doctors by conducting training programmes every year covering the following topics.

1. Origin of indic system of medicines such as Siddha, Ayurveda etc.
2. Efficacy of herbal medicines
3. Traditional methods of diagnosis such as (i) Nadi, (ii) checking the tongue (iii) Eye etc.
4. Tridoshas - Vatha - Pitha - Kapha, Dos and Don'ts etc.
5. Aahara as a medicine and not medicine as avAahar
6. Siddha system a Way of Life etc.

Siddha vaidyars camp - 3 days camps 12 programmes - 243 participants





## National Seminars:

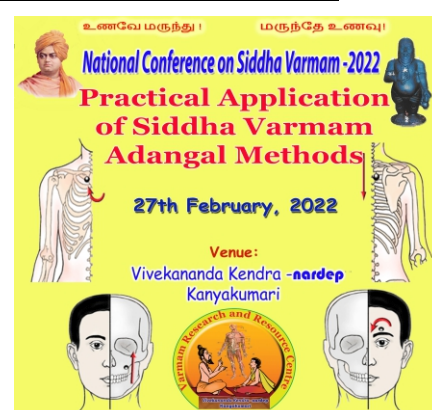
S.No	Year	Title of the Seminar	Number
1	2005	National conference on Varma therapy	300
2	2008	Varma Bone setting	113
3	2009	Seminar on "Varma points"	361
4	2010	Conference on "Siddha Varma" - 2 days	235
5	2012	Seminar on "Parampariya Bone fracture treatment	275
6	2014	Seminar on documentation of "Orthopedic practices	251





## National Seminars:

S.N	Year	Title of the Seminar	Part.
1	2015	Traditional Siddha Varma Bone Setting	288
2	2008	"Ethno Siddha Varma medical practices"	230
3	2017	"Role of Traditional Siddha Varma therapy for Paediatrics and Geriatrics health care"	126
4	2018	Siddha Varma therapy for Acute and Emergency care	215
5	2019	Traditional Siddha Varma therapy for Stress related disorders	109
6	2020	Traditional Siddha Varma therapy for Joint pain and dislocation	137
7	2021	Siddha Varma therapy for fever	147
8	2022	Traditional and Scientific Wisdom of Herbs in Siddha System of Medicine	55
9	2022	Practical Application of Siddha Varmam Adangal Methods	195



## One year course on “Varmam Bone setting” Training Programme

### Number of participants

S.N	Year	Participants
1	2013	65
2	2014	52
3	2015	60
4	2016	69
5	2017	45
6	2018	45
7	2019	35
8	2020	32
9	2021	64
10	2022	44
Total		511

### Participants learnt

- ★ Identification of 108 varma points
- ★ Different type of Varma massages
- ★ Varmam Medicine preparation.
- ★ Varma treatment methods
- ★ Basic Varma fundamentals
- ★ Traditional Varma Massage
- ★ Spinal cord related problems
- ★ Knee joint- arthritis
- ★ Hemiplegia
- ★ Primary health care problems
- ★ Varma management on bronchial and respiratory problem
- ★ Varma management on shoulder joint and colles' fracture
- ★ Varma Kalari etc.,





## One year course on “Varmam Bone setting” Training Programme

### Method of communication

- \* Lectures
- \* practical demonstrations
- \* Power point presentations
- \* Documentaries
- \* Field visits
- \* Experience by experts
- \* Discussing Research papers
- \* Assignments
- \* Practical exams
- \* Theory exams

### Out come :

- participant started varmam massages center with help of siddha doctors. Siddha doctors started separate varma unit in their hospital
- A few Doctors started varmam training centre at their respective places.





## Karappan ( Psoriasis) Disease

Psoriasis is a skin disease that causes a rash with itchy, scaly patches, most commonly on the knees, elbows, trunk and scalp. Psoriasis is a common, chronic disease . It can be painful, interfere with sleep and make it hard to concentrate. At times, water oozes from the skin. Our Green Health home is famous for treating Karappan disease by way of internal medication and applying specific oils and ointments.

1999 -2000 Workshop on awareness and standardisation of Karappan

- 3 - 71 participants





# Varmam Research and Resource center

Established in the year 2017 (15th November) with the following focus:

- ★ Documentation
- ★ Preparation of Varma medicines
- ★ Propagation of Varma Kalari and Varma massage
- ★ Application and clinical research and development
- ★ Dissemination of Varma knowledge
- ★ Publications, Audio and Visual Cds



1. "Improving health and immunity" -1 -56
2. "Ethnic medicine" -1- 61
3. Question and answers session on "Beta Carotene" -1 - 15
4. "Ayurveda for Wellbeing" -1 - 64
5. question and answers session on "Traditional Siddha Varma" 1 -43



Network - 550 members - one meeting every year

2019 -Siddha Varma Therapy - 145 participants

2020 - Conference on "Respiratory Disorders" - 158 participants



## Workshops on primary health care and Documentations

S.N	Year	Title of the programme	Total Part.
1	1999	Primary Health Herbal care	80
2	2000	Seminar on "Mooudalgal	35
3	2010	Varma therapy review meeting -2 days	140
4	2010	Documentation of Ethno herbal medicines Tamilnadu Siddha vaidhyars Sangam – 2 programme	146
5	2010	Awareness workshop on "Ethno herbal medicines" – Dept. of forest, Tamil Nadu	46
6	2011	Seminar on "Hemiplegia" (Pakkavatham)	199
7	2011	Documentation of Ethno herbal medicines	6
8	2011	Documentation on "Traditional medicinal practices" – Nadi Chikitsa -3 programme	201
9	2013	Workshop on "Ethno Medical Science" - 6 programme	365
10	2013	Workshop on "Awareness and Documentation of Ethnic Medical Practices" – 3 programme	254
11	2013	Workshop on "Awareness and Documentation of Ethnic medical practices" – Nadi Chikitsa – 3 programme	200
12	2013	Workshop on "Documentation of Ethnic medicine for community	380
13	2014	Workshop on "Awareness and Documentation of Ethnic medical practices" – Nadi Chikitsa	55





## Documentation of Visha vadiya practices and related local health Traditional practices in the Southern parts of Tamilnadu

year 2010 – 2014



S.No	Title of the Programme	Part.
1.	Importance and introduction of Ancient Agronomic practices	26
2.	Documentation of Visha vaidya practices in Southern part of Tamil Nadu	158
3.	South India level seminar on "Documentation of Visha vaidya practices"	175
4.	Community awareness programme on "Traditional Visha vaidya practices"	430
5.	Traditional Siddha Visha Vaidya practices	105
6.	Workshop on "Traditional Siddha Visha Vaidya Practices"	96





## All India Coordinated Project

### Home Herbal Garden and Livelihood security



S.N	Year	Title of the Programme	Part.
1.	2004 - 2007	Home herbal garden implementation. Home herbal remedies and livelihood security - 20 programmes	536
2.	2006	Follow up camp - Home herbal garden implementation. Home herbal remedies and livelihood security	140
3	2007	Training on "Marketing techniques of herbal products"	12
4	2007	Workshop on "Primary health care for women"	38
5	2007	Workshop on "Health and Hygiene"	67





## Herbal cosmetics and First Aid Products

S.N	Year	Title of the Programme	Part.
1.	1997 - 2002	Medicinal plants cultivation camp - 9 programs	451
2.	1998	Seminar on "Preparation and Preservation of Siddha Ayurvedic medicines"	70
3.	2001	SHG members training	178
4.	2003	Workshop on Improving quality of herbal products	135
5.	2007	Workshop on Marketing of herbal products	142
6.	2008	Workshop on "Homemade herbal product	17

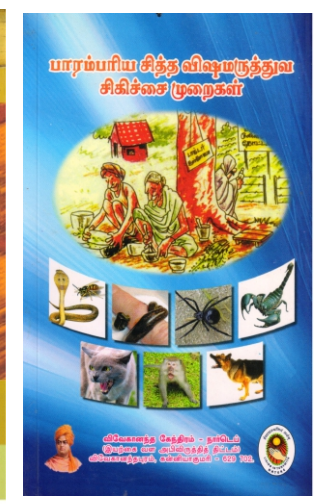
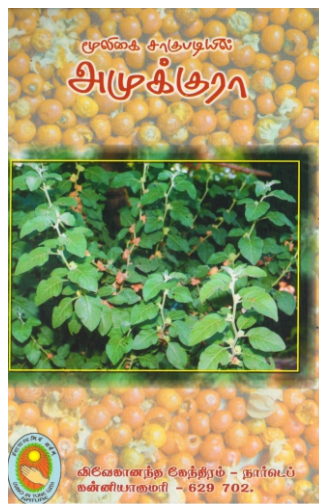
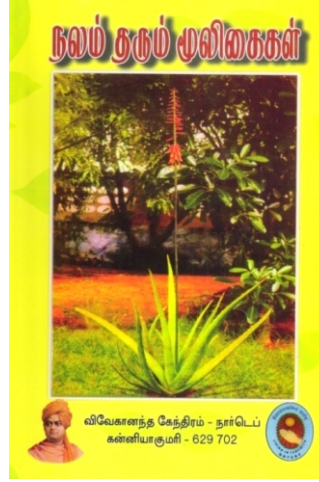
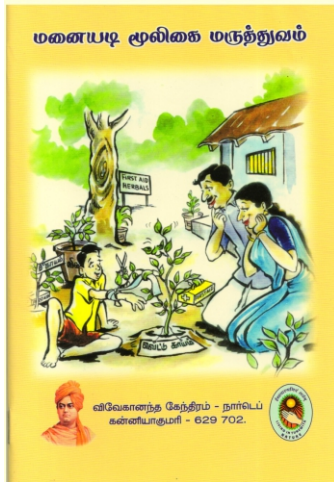




## Publications

To impart proper training and as a follow up action, we have brought out the following publications in the field of holistic health.

- ✦ Nalam tharum mooligaigal (Tamil)
- ✦ Ammukra sakupadi (Tamil)
- ✦ Varma maruthuva kaiyedu - I (Tamil)
- ✦ Varma maruthuva kaiyedu - II (Tamil)
- ✦ Gunapaduthum mooligaigal (Tamil)
- ✦ Nilaittha sugamum needitha aylum (Tamil)
- ✦ Manaiyadi mooligai maruthuvam (Tamil)
- ✦ Siddha varma sarvanga thadaval murai (Tamil)
- ✦ Parampariya maruthuvam tharum muzhumaiyana arokyam (Tamil)
- ✦ Chart on Siddha varma adangal pulligal (Tamil)
- ✦ Chart on Agastiyar vanam (Rasi, Nakshatra, plants etc.) (Tamil)
- ✦ Chart on Agastiyar vanam (Rasi, Nakshatra, plants etc.) (English)
- ✦ Book on Visha vaidya (Tamil)
- ✦ Green health care of livestock (English)





# High potency compost

## Using Traditional Agronomic Practices



DST -Core Support- Phase I - 2009 to 2014

High Potency Compost (HPC) is a special type of compost that is based on an ancient Siddha system which aims to transform ordinary herbal plant into high potency plant. VK-nardep took up the task of studying this ancient technology and formulating a scientific procedure to revive this agronomic practice in a cost-effective way with the help of DST, New Delhi. As all of us know the quality of any AYUSH medicine depends on the quality of herbs used. This quality or the potency of the plant can be increased by use of proper compost.

In this compost, the main ingredient is a Marking nut which is broken into pieces before spreading it on the soil. The trial plot is kept moist by sprinkling the water from time to time. We used two types of soils, mainly black and red. After 3 - 4 months, the marking nut decomposes and enriches the soil which is used as a compost for growing herbs.

We received excellent results and found the quality of leaves were totally different. We also tested the results in the laboratory to know the improvement in the potency. Various Parameters such as 1.Electro conductivity ,2.pH 3.Calcium Carbonate 4.Nitrogen (N) 5.Phosphorous (P) 6.Potash (K) 7.Fe 8.Mn 9.Zn 10.Cu etc., were analysed.

Traditional Physicians (Vaidyas) workshop has been conducted for the consolidation of traditional knowledge on the HPC agronomic practices. Farmers meet has been arranged for technology awareness and documentation - 2 nos - 292 participants attended



# Kayathirumeni Thylam -Herbo –Mineral medicated oil

DST -Core Support -Phase -I - 2009 to 2014

Kayathirumeni thylam is very popular in Tamil Nadu in general and Kanyakumari district in particular. It has multiple benefits. It is prepared in many ways, however VK-Nardep tried to standardise it. The thylam requires 30 different type of herbs and ingredients. VK=Nardep carried out the survey and selected different herbs before finalising the procedure. We received excellent results. We organised many training programme for awareness, method of preparation and its use in various ailments.

Following workshops were carried out

1. Documentation of Ethno herbal medicines -  
17 nos. - 925 participants
2. Workshops on Paramparia chikitsa  
- 23 nos. - 1900 participants



**Standardization of selected Varma points and Application for primary healthcare problems and Documentation of selected traditional orthopedic practices in the southern parts of Tamil Nadu**

DST Core support Phase-II - 2015 - 2020.

Varma Chikitsa is part of Ancient Siddha system of medicine. Unfortunately, it is disappearing as very few traditional vaidhyas are ready to pass on this technic to next generation for various reasons. Seeing the gap, VK-nardep decided to popularise and spread this effective method of treatment with the help of DST, New Delhi. In the five year programme , we organised various camps , workshops and seminars at District , state and National level. We carried out various activities such as

## 1. Documentation :

- Documented About 60 Traditional Varma Healers experiences
- Written Documentation Various aspects of varma therapy
- Video Documentation -Spinal cord problems, geriatric and pediatric problems and primary health care problems
- Old Literatures Documentation -Varma beeranki, Varma thiravukol thirattu,Varma pancheekarna , pinnal.
- Documentation of Selected Varma Points
- Documentation of Traditional Bone Setting Practices
- Documentation of selected Varma points for primary Health care



S.N	Year	Title of the Programme	Part.
1.	2015	Workshop on "Traditional Varma medical practices"	94
2.	2017	Workshop on "Clinical documentation and Dissemination - Varma medical practices"	37
3.	2017	Workshop on "Traditional Siddha Varma therapy for Primary Health care"	80
4.	2019	Seminar on "Muppu Rasavatham and Traditional Siddha Varma therapy"	131
5.	2019	Training on Varma Kalari	16
6.	2020	Workshop on "Traditional Siddha Varma Bone Setting"	32

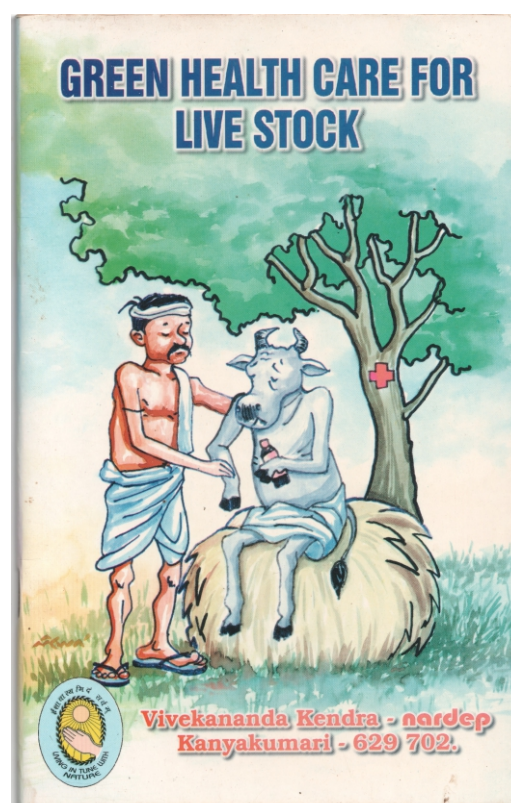


## Green care for Livestock

Vivekananda Kendra – Nardep organized a seminar with the support of National Dairy Development Board, Thiruvananthapuram and Regional Cooperative Milk Producers Union Limited on "Siddha, Ayurvedic and Ethnic Therapies in Animal Health" at Vivekananda Kendra, Kanyakumari to propagate greater use of Ethnic therapies in animal health.

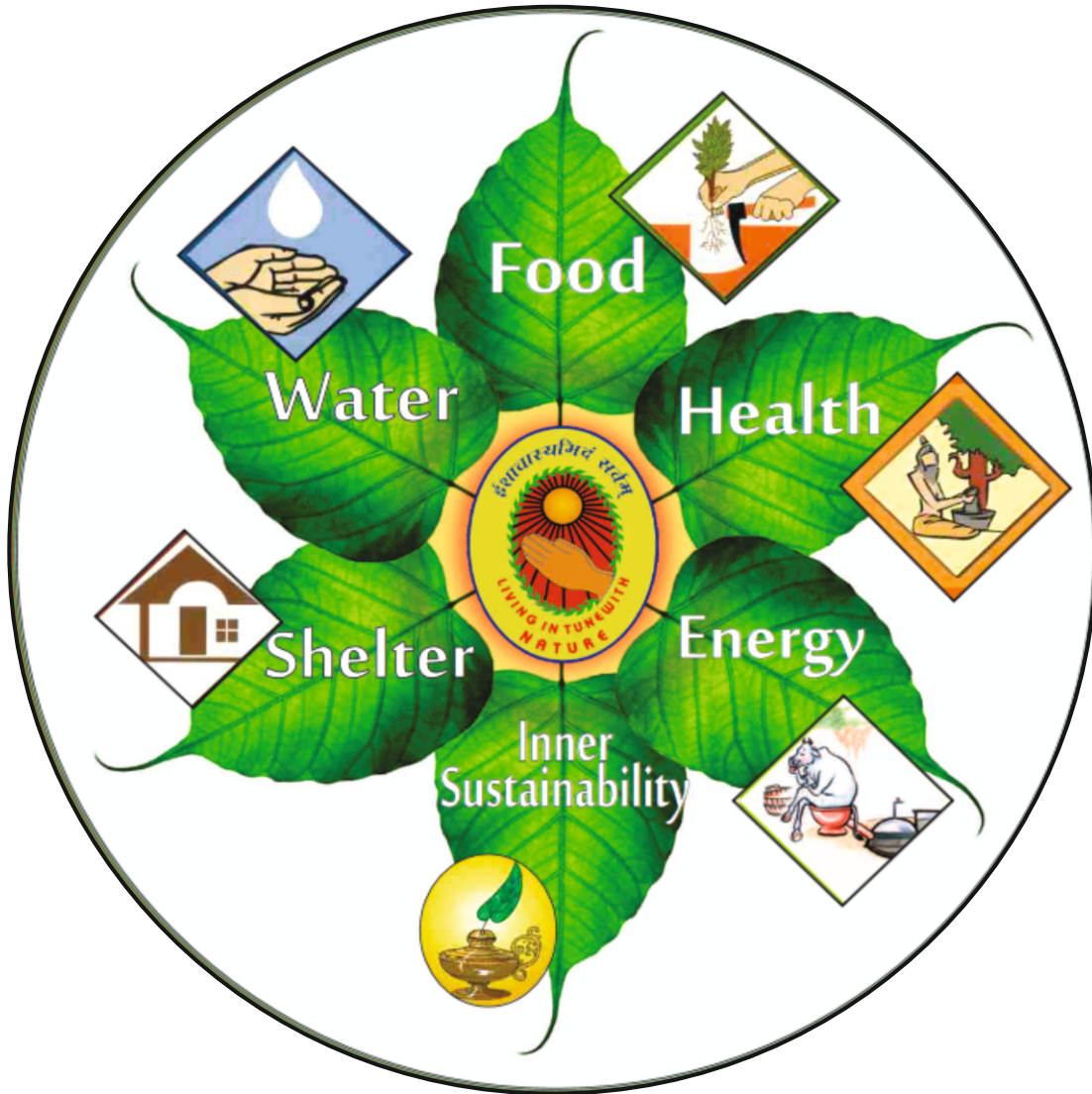
On this occasion, a hand book titled "Green Health Care for Livestock" detailing various medicines commonly used in Animal Health in Rural areas was published

2000 - Siddha Ayurvedic and Ethnic therapy systems for livestock -1 -50 participants





# Vivekananda Kendra Natural Resources Development Project Kanyakumari.



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