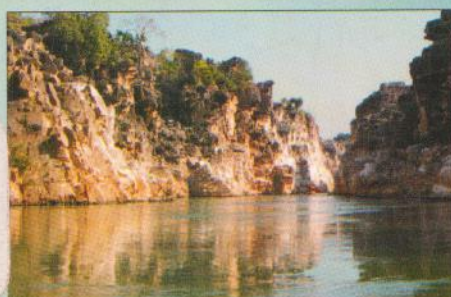
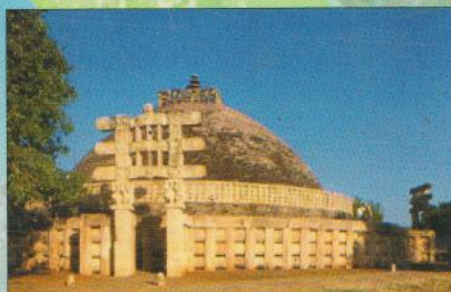
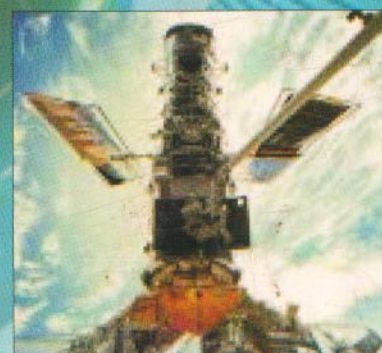


**Abstract**

# भारतीय विज्ञान सम्मेलन Bhartiya Vigyan Sammelan

23-25 November 2007,  
Bhopal



Vijnana Bharati



RGTU



## STUDY ON VARMA MEDICAL PRACTICES FOR KUMBA VATHAM AND SAGANA VATHAM

*Dr. V. Ganapathy*

Indian systems of medicine are getting more attention now for curing chronic and challengeable diseases. Of the Indian systems, Siddha Medical System (SMS) is very ancient and popular in the southern states. It has many therapeutic methods to treat various diseases. Varma Medical Practices (VMP) is one such holistic method.

VMP has flourished for ages in the districts of Kanyakumari, Tirunelveli, Thoothukudi and Virudhunagar. They are preventive, curative and health promoting. In addition, they are cost effective and readily available to all. VMP have various branches for treating dislocations, fractures, muscular pains etc., A number of Varma schools and texts on treatment exist in these districts and the practitioners are reluctant to disclose or part with them to others easily lest they misuse them.

This system has been refined by generations of practitioners located in rural areas and is in danger of being lost for want recognition. It is known only through those who were benefited not by any aggressive advertisement.

Vivekananda Kendra-NARDEP, feeling that this system needed to be popularized started conducting a number of seminars, Varma camps since 1999.

Due to various occupational hazards and strain and stress caused by change in the style of living, many people are now suffering from Kumba Vatham (Cervical spondylitis) and Sagana Vatham (Lumbar spondylitis). Western system has not been able to offer a sure cure for these and those affected by them are looking for a suitable alternative treatment.

Medication with Karuvelampattai thylam, Aalampal thylam and Kurunthotty ver churanam has been proved to be effective.

There is a unique Varma point (vital energy point) message in VMP. Massage on 6 Varma points for KV and 8 Varma points for SV with suitable fomentations are quite effective.

This paper discusses elaborately on –

- Specific medicare.
- Selective Varma points for KV & SV.
- Varma massage techniques.
- Case studies gathered from practitioners.





website : [www.bvsindia.org](http://www.bvsindia.org)