



National Conference
on
Siddha Varmam - 2019
**"Exploring the Therapeutic Potentials of
Siddha Varmam"**

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Guindy, Chennai



Conference Proceedings

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SPEAKER 2: DR.V.GANAPATHY

APPLICATION OF SIDDHA VARMAM THERAPY FOR PRIMARY HEALTH CARE PROBLEMS

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INTRODUCTION:

Siddha Varmam therapy(SVT) is a holistic system of medicine and it is one among the unique treatment methodology in the Siddha system of medicine .Varmam therapy is curative,promotive-rejuvenative and self defence martial art,which is much familiar in southern parts of India.It has enough literary texts,ethno-traditional healers and various aspects of varma Guru sisya schools.Such a cost effective,easily applicable siddha varma therapy paves way for society well being.

METHODS:

Vivekanandha Kendra –NARDEP -Siddha Varmam Resource Centre (SVRC)more than 2 decades working for the promotion of siddha varma therapy particularly documentation,awareness,dissemination,clinical application, and research and with our collective field studies and clinical level experiences based on the text references.V.K.Nardep –siddha V.R.C has released number of articles about the therapeutic value of siddha V.T (SVT)particularly standardized siddha varma treatment package for both acute and chronic selected diseases.It has been published to our community. Each and every southern part of rural India has the number of special varma treatment package for our common health care problems particularly neck pain,low back pain,stomach pain,knee joint pain,shoulder pain,breathing problems,head ache, cold and fever,traumatic injuries sprain ,constipation ,and stress related problems.

SVT plays the vital role for treating the spinal cord related diseases, spinal vertebral problems (IVDP) (IVDH), degenerative disorders, auto immune diseases, musculo-skeletal disorders etc., The special method of treatment packages available and mentioned in our texts.

Sarvaanga thadaval,savattal-foot massage methods,varma points activation,special body massage manipulations,varmam kalari yogam and medicines are basic treatment pillars .It will be vary from healers to healers.Though its all maintain secret still community have existing treatment methods.

IMPORTANT VARMA THERAPEUTIC POINTS ALONGWITH VARMA MASSAGE FOR TREATING ACUTE AND CHRONIC DISEASES—some important methods will be shared

A.SIRASU ADANGAL- Useful for stress,head ache,migraine, etc

B.GOTHANDA ADANGAL- Useful for treating head ache ,blerospasm,facial palsy

C.LADA MOORTHY ADANGAL - Useful for chronic sinusitis and breathing problems.

1. PANCHA SARA MUDITCHU AND NATTELLU ADANGAL -Useful for spinal cord related vertebre –disk problem
2. KAVALI ADANGAL -Useful for epilepsy,faint
3. KADHIR MARAL THADAVAL -Useful for breathing problem-asthmatic problem
4. KOONDU ADANGAL -HEART related problem
5. UNTHI ADANGAL -Useful for constipation,urinary problem
6. THAARAI THADAVAL -Enhance to treat the all diseases
7. NARANGKUTTRI ADANGAL -Useful for easy delivery
8. MOOTHTHIRA KAALAM -USEFUL FOR renal stone
9. PALLAI ADANGAL -USEFUL for gastric disorders
10. MUNTELLU ADANGAL --Useful for constipation
11. MOONAARA THATTU AND THADAVAL –Lumbo sacral pain and uterus problems
12. KALAI ADANGAL -Useful for cardiac problems
13. KADHIR ADANKAL,MARAAPPU THADAVAL -Useful for cardiac problem
14. SADHURA ADANGAL and KOTCHU ADANGAL -Useful for knee joint problem
15. SOOTHTHIRA THADAVAL -Useful for asthmatic problem
16. NAAVARI THADAVAL- Good for stomach-pelvis pain

CONCLUSION

In this presentation,the importance of SVT for selective primary health care problems will be highlighted and shared the traditional ethano varma practices.Apart from text,collective varmam manipulations, and methods will be demonstrated during the presentation.

