



# Vivekananda Kendra Natural Resources Development Project Kanyakumari

Indigenous System of Medicine

## *Milestones*

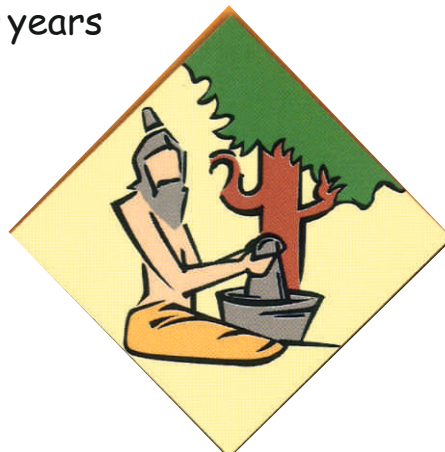




With the harmful side effects and contra-indications of synthetic medicines taking their toll, the search is on for a more humane alternative. For us Indians, long reared on mother's medicine chest, it comes as no surprise that the grandma's household herbs are proving their worth today.

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 progrmmes - 243 participants





## National Seminars:



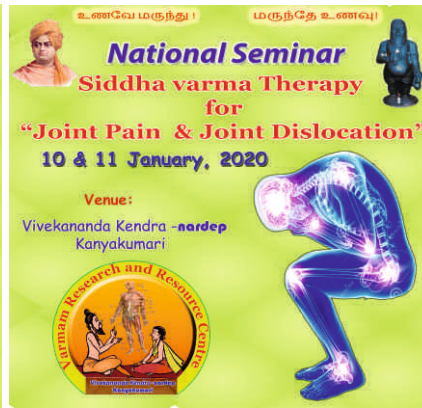
S.No	Year	Title of the Seminar	Number
1	2005	National conference on Varma therapy	300
2	2008	Varma Bone setting	113
3	2009	Seminar on "Varma points"	361
4	2010	Conference on "Siddha Varma" - 2 days	235
5	2012	Seminar on "Parampariya Bone fracture treatment	275
6	2014	Seminar on documentation of "Orthopedic 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
<b>Total</b>		<b>511</b>

### 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

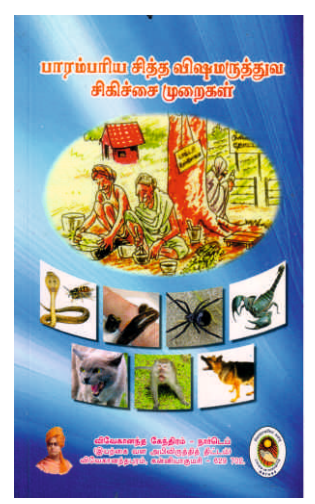
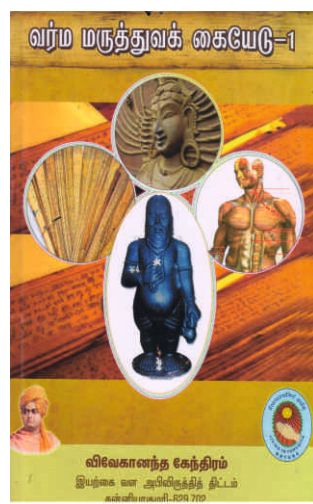
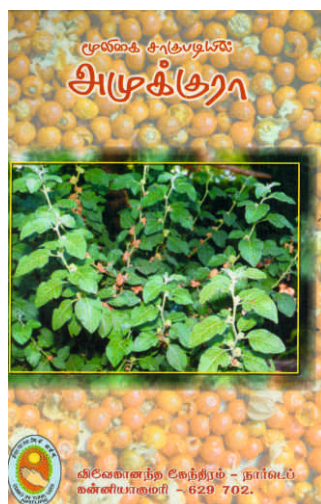
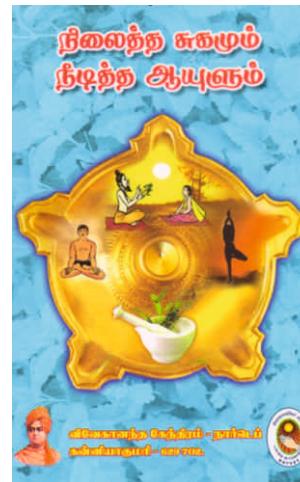
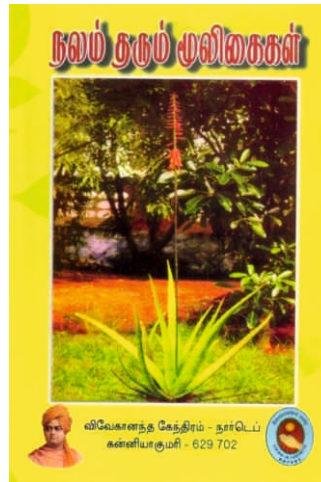
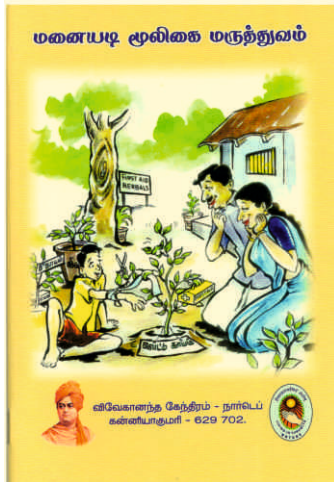




## Publications

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

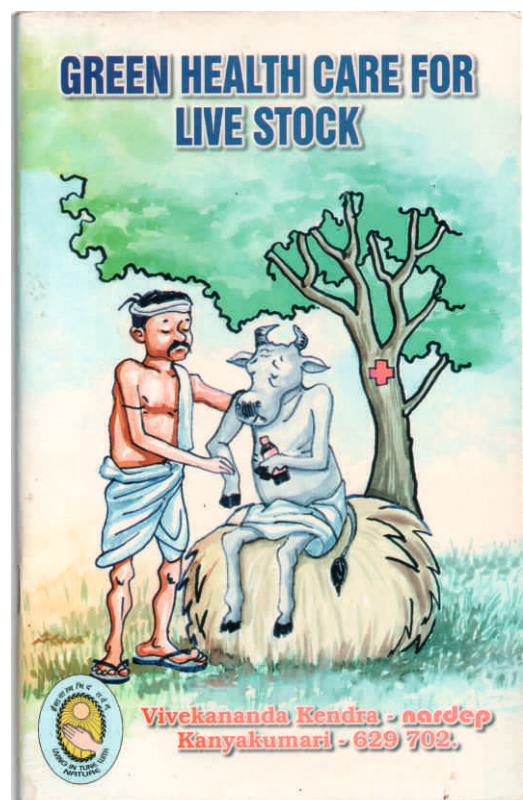


### Green care for Livestock

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





This year, we used the lock down situation to our advantage by arranging series of webinar. participants were from different parts of India as well as from Singapore and Sri Lanka. More than the lecture, question and answer sessions after the lecture were interesting

Date	Topic	Nbs.	Language
20 April 2020	Building Immunity to fight Corona by Dr.V.Ganapathy, Director, Varma Research Centre, Vivekananda Kendra	76	Tamil
21 April 2020	Productive usage of time for wellbeing by Shri.Krishnamoorthi, Senior Life Worker, Vivekananda Kendra, Kanyakumari	81	Tamil
27 April 2020	Building Immunity to fight Corona by Dr.V.Ganapathy, Director, Varma Research Centre, Vivekananda Kendra	54	Tamil
28 April 2020	Mind Development in Indian Culture by Shri.Krishnamoorthi, Senior Life Worker, Vivekananda Kendra, Kanyakumari	59	Tamil
5 <sup>th</sup> May 2020	Importance of family in the present contexts by Shri.Krishnamoorthi	49	Tamil
6 <sup>th</sup> May 2020	How to improve immunity in daily life by Dr.V.Ganapathy	43	Tamil
9 <sup>th</sup> May 2020	Building immunity with Beta-Carotene by Dr.VasantSavangikar, Nasik	41	English
11 <sup>th</sup> May 2020	De-toxifying the body to improve the immunity by Dr.V.Ganapathy	38	Tamil
12 <sup>th</sup> May 2020	Role of Rituals, Puranas and Tattvas in regulating the humans by Shri.Krishnamoorthi	48	Tamil



Date	Topic	No.	Language
16 <sup>th</sup> May 2020	Dr.Mahadevan - COVID 19 and Ayurveda	87	English
18 <sup>th</sup> May 2020	Dr.V.Ganapathy - Kayakalpa herbs	65	Tamil
19 <sup>th</sup> May 2020	Shri.N.Krishnamurthi - Raga - Dwesha - Viveka	67	Tamil
23 <sup>rd</sup> May 2020	Naturopathy and yoga as preventive measures for COVID 19 by Dr.UmaMaheswarai	72	English
25 <sup>th</sup> May 2020	Herbal medicines to improve immunity by Dr.V.Ganapathy	50	Tamil
26 <sup>th</sup> May 2020	Moral and ethical basis for all round growth by Shri.N.Krishnamurthi	68	Tamil
1 <sup>st</sup> June 2020	Varma for improving health and immunity by Dr.Ganapathy	56	Tamil
2 <sup>nd</sup> June 2020	Bhagatgita in daily life by Shri.N.Krishnamurthi	42	Tamil
4 <sup>th</sup> June 2020	Self-dependent Rameswaram by Pakshi Shiva	22	Tamil
8 <sup>th</sup> June 2020	Ethnic medicine by Dr.Ganapathy	61	Tamil
9 <sup>th</sup> June 2020	Environment in day to day life by Shri.N.Krishnamurthi	34	Tamil
10 <sup>th</sup> June 2020	Question and answers by Dr.Savangikar on beta carotene	15	English
19 <sup>th</sup> June 2020	Ayurveda for wellbeing and harmonious life Dr.L.Mahadevan, Darisanacope	64	English
27 <sup>th</sup> June 2020	Webinar - Corona and the need for new way of life - Dr. Dilip kulkarni, Maharashtra	46	English



Date	Topic	Language	Parti.
21.09.21	Virtual (online) Question and Answers session on "Traditional Siddha Varma" DST Core Support, New Delhi <b>Resource Person:</b> Dr.V.Ganapathy and his team	Tamil	43
09 & 10 .01.21	Yoga Sangamam "Nokku Varmam". Show on magic herbs. Dr.Ganapathi and his team	English	65
10 .01.21	Role of Traditional Siddha Varma Therapy for Fever Dr.Ganapathy and his team & Vice Chanchellor , Noorul Islam University, Kumarancoil as a Chief Guest	Tamil	147

Green Health Home - 44 days - 1294 patient

Varma Research and Resource center have started massage therapy from July 2019. This year 220 patients took massage treatment from the center. Due to the pandemic, the center was not running regularly.



*I am Manonmani resident of Mahadhanapuram in Kanyakumari dist. I am 69 years young but had a fall while walking on 31st January, 2020 and then had severve pain near my ankle joint. VK - Varma Research and Resource Center Doctor suggested me to apply "Vatha Varma Thylam" and "Surabhi Balm" for a couple of months. I did as per his advice alongwith pack of cloth with hot water . I received total relief. Thanks to Vivekananda Kendra,,,,,,,,,*



*Prof.Dr.R.Perumalsamy, Vice Chancellor, Noorul Islam University receiving the memento during the seminar - Role of traditional siddha varma therapy for fever*



*Tenkarai Maharaja Pillai and Dr.Ganapathy - show on magic herbs during Yoga sangamam*

*Attentive audience during the seminar*





Training programme details	Nos	participants
Green Health Home	43 Days	1105 P
Varma massage	--	291 P
Varma point treatment	--	37 P

## Workshop on "Siddha Varma Bone setting"

3 nos - 154 participated



Live Interaction with the Participants



Live Demonstraion by Dr.Ganapathi



Participants Practising Kalari in the Morning



## Mobile Dispensary for Public

Vivekananda Kendra – Nardep was dreaming for a long time to start “Mobile Dispensary for Public and Plants”. We carried out initial survey and then decided to establish the village dispensaries where we have already having a social capital. Based on these criteria, we decided to start the rural dispensaries in two villages namely Vallankumaranvilai and Peyankuzhi, where our Rural Development department is running Balwadies since few decades. We started the mobile dispensary on Saturday, 20<sup>th</sup> November, 2021 at both the places. The project is sponsored by M/s.Kishen Chand Rural Development Trust, Mumbai.

Rural dispensary - 20 days - 360 patients



## Panchagavya Chikitsa

Panchagavya Chikitsa camp was organised. Dr.Amit of Maa Gou Products Pvt. Ltd., Ramachandrapura Math, Bengaluru examined 72 patients in 3 programmes and gave medicines for one month





## National conference on “Practical Applications of Siddha Varmam Adangal method”

195 participants attended



Dr. Harilakhemendra Kumar from Mahatma Gandhi University presided over the function

## Seminar on “Muppu Rasavatham and Traditional Siddha Varmam”

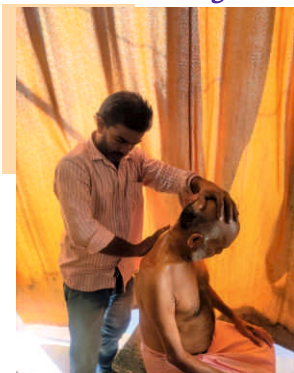
2 days -190 participants attended



Inaugural Function - “Muppu Rasavatham” Jointly organised by Muppu Rasavatham Aaviyu Kuzhu and Varmam Research and Resource Center of Vivekanandapuram



- Green Health Home – 85 days - 1546 patients
- Rural dispensary – 17 days - 59 patients
- Varma massage and Varma point treatment - 659 patients



**Free Siddha Varmam Medical camp 1 prog. -128 attended**



Local people benefited by the camp. 6 pharmacists voluntarily given the free medicines. A few siddha doctors gave voluntary service. Patients treated in Varmam massage, Varmam points stimulation etc.,



Some special case patients taken for further Varmam Research studies. Vivekananda Kendra -NARDEP thanked the Doctors and pharmacy companies for their valuable help



**“National seminar on Traditional and Scientific wisdom of herbs in Siddha system of medicine”**

**1 prog. – 54 attended**



2 days Seminar conducted at our Technology Resource center, Anjaneyapuram. Siddha, Ayurveda students and Doctors and Botany students attended the seminar and presented the scientific papers.



## Certificate Course on Varmam

One year Varmam Ilanilai Arigner ( Junior ) Certificate course conducted . Total 35 persons attended ( varmam vaidhyars, siddha and Ayurvedic students , Doctors ) for 7 capsules . Following subject covered - History of varmam medicine, Identification of Varma points and Varmam Adangal Points, Different type of massages, stimulation of varma points, Different type of Bone setting methods, Varmam Adangal, Varmam medicine preparation for particular problems, varmam Kalari.

Method of communication - Lectures, power point presentation, practical demonstration, case studies, Field visits,

Trainees has to submit assignment during the training.





## National seminar on “Traditional Siddha Varmam therapy for Child Health Care”

98 attended

“Traditional Siddha Varmam Therapy for Child Health Care” programme was conducted at Yoga Hall, Vivekanandapuram. Posters and papers were presented. Books and charts were released during the programme. Govt.Siddha College Principal, Local District Siddha Medical Officer were the main Resource persons. During valedictory function “Varma Arignar” Certificates were distributed to the students who have completed one year course.



## International Ayush Summit 2023

On 27,28 and 29 Jan 2023 International Ayush Summit was held at Vivekananda Sabhagriham, Vivekanandapuram. Vivekananda Kendra -NARDEP was one of the partners in organising the summit. 730 delegates attended including a few foreigners. During the summit, 97 posters and 130 papers were presented. 40 pharmaceutical companies exhibited their products.



VK-NARDEP Secretary Shri.G.Vasudeo welcomed the Governor and other delegates during the Valedictory function.

Shri.Arif Mohammad Khan Governor of Kerala was the Chief Guest. He distributed certificates to the Participants





## Case Study – Submucosal CA

Dr.V.Ganapathy and Muthushanthi, Varma Research and Resource Center,  
Vivekananda Kendra – Nardep, Kanyakumari.

A 60 yr old male from Anjanaeyapuram, who is reported to the varmam OPD of Siddha in Vivekanandha Kendra - Nardep on 23.12.2023.

**Present complaints:** Pain and swelling in left inner cheek, numbness, difficulty to open the mouth, swallowing difficulties and weight loss. He also had a small lump in neck since 1 year. He was mentally stressed due to intermittent pain.

**Past History:** There is no history of Tobacco and Betel nut use.

**Co-morbid conditions:** He is a Hypertensive

**Medical history:** He was previously treated with NSAIDs for 6 months with frequent intervals. Regularly taking Anti Hypertensive Medicines

**Personal history:** Lean body, Mixed diet habit and Non-alcoholic.

**Observation/ palpation:** Intra-oral examination revealed a painful normal-colored nodular lesion with smooth surface in the left buccal mucosa with small yellow papules at the surface with approximate size of 2.5 × 1.5 cm and firm in consistency. Nodular lesion seems to be cancerous although patient is not aware.

**Diagnostic focus:** By considering the characteristics of the lesion and our physical examination findings, our differential diagnosis were minor salivary gland tumors and other tumors of mesenchymal origin.

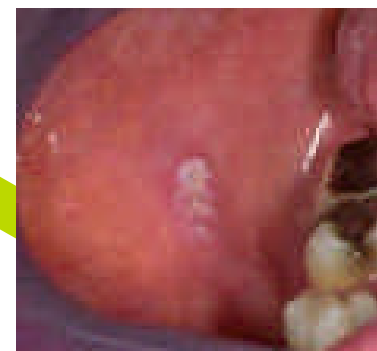
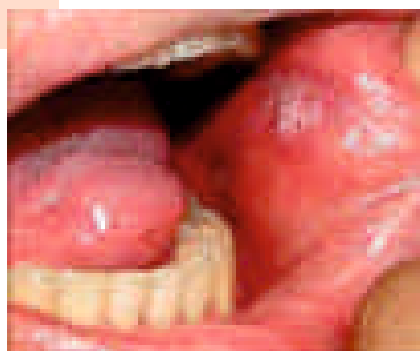
**Therapeutic focus:** Internally Arokya capsules 2 B.D, RGM Capsules 2 B.D, Parangipattai, Palagarai and Sangu Parpam in combination 2-3 gm B.D with milk, Chandamarutham Milagalavu B.D with Honey and External application of Neer kovai pills with hot water.

**Before treatment:** A single sub-mucosal and well-circumscribed nodular lesion was observed in the posterior region of the left buccal mucosa. The lesion was covered with clinically normal mucosa, measuring approximately 2.5 cm x 1.5 cm

**After Treatment:** The size of the nodule is reduced and the lesion is now 1.5 cm x 1 cm and pain also much reduced. Now there is no swallowing difficulties and he has gained 3 kg weight

**Conclusion:** Buccal mucosa cancer is a rare cancer that develops in the inner cheek of mouth. The present Siddha treatment protocol ensures the regain of the normalcy of oral mucosa. It is effective in the management of the disease without any adverse effect as well as having sustained relief in follow-up. It can be considered as a better alternative to the modern treatment in the management of Sub mucosal CA.

*Representative photos*





## 1. Planting and Semiprocessing of Medicinal Herbs - Harit Aarogya

 L&T Technology Services

L & T Technology Services sanctioned a CSR Livelihood Project for Kanyakumari district with a title Harit Aarogya. Vivekananda Kendra – Nardep is already running a Green health home and promoting herbal cosmetics and medicines with the help of women SHGs. As such we thought of introducing the following 10 herbs to women members for growing in their backyard or terrace garden with a buy-back arrangement.

Sitraththai, Vallarai, Keezhanelli, Tippili, Milagu, Tulsi, Vettiver, Karisalai, Seenthil, and Ginger.



- ▲ Organised awareness programmes to explain the scheme at 9 places of Kanyakumari with 213 participants
- ▲ During the camp, survey forms were distributed
- ▲ After scrutinizing the survey forms, interaction with the stakeholders and field visit, 60 members were selected.

5 days training was organised for this group to empower them in various aspects such as

- ▲ Medicinal plant cultivation
  - ▲ Soil and its nutrients
  - ▲ Different types of composts
  - ▲ Growth promoters
  - ▲ Pest control methods
  - ▲ Nursery techniques such as
    - (i) cutting (ii) layering (iii) grafting (iv) budding etc.
  - ▲ Herbal Magic show
- Further processing of the herbs and its usage in medicines also explained.
- ▲ The training was hands on, more practical than theoretical

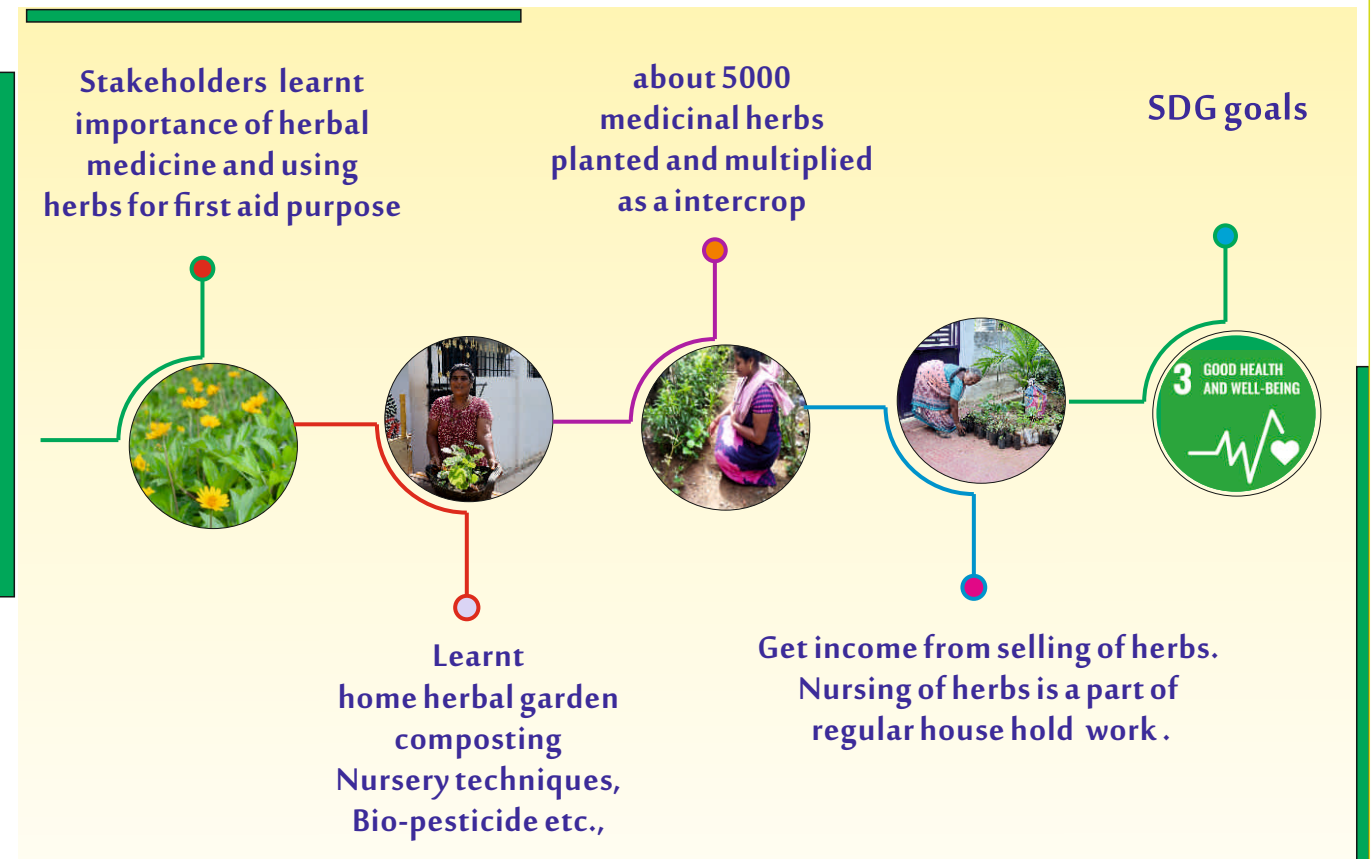




- ▲ VK-Nardep developed a beautiful mother nursery for growing and distributing the seedlings.
- ▲ After the training all the stakeholders received the tool kit which contains spade, weed remover, knife, cutter, sprayer, hose pipe and pots for growing seedlings etc.
- ▲ Members also received 10 seedlings each of different varieties along with vermi compost
- ▲ Beneficiaries planted the herbs seedling and Co-ordinator started visiting each and every house to check up the implementation of the programme.



## Impact of the Project



- ▲ Follow up programme organised<sup>31</sup> -Beneficiaries expressed their experiences of cultivating herbs and asked questions to clarify the doubts.
- ▲ During the programme, the stakeholders gave a feedback about the rain havoc in the month of November and December and damage to the plants.





**Field Visits :**

- ▲ Stakeholders are taken to Horticulture research station, Petchiparai as a part of exposure cum educational tour. Learnt different type of grafting, layering and cuttings of herbal plants



**First sale from my Garden**

I am Mariammal SHG member. I am very much interested about Garden work but I have very less land. VK-nardep was kind enough to include me in the project.

I learnt a lot of nursery techniques during the training programme

Bio composting and pesticide preparation also I learnt. After receiving the herbal seedlings and tools, planted in my garden.

I proudly say, I am the first person to sell the Manjal Karisalai herbal to Green Health Home and got Rs.450/-. Thanks for Entire team to who helped me.

**Green Health and Wealth**

Myself Akila has been a SHG member of Sri Amudha surabhi Federation which is promoted by of Vivekananda Kendra since last 20 years. Through our SHG we use to sale, first aid medicines and cosmetics. My husband is a Farmer. We have a land of 1 acre and we also take some acre of land on lease basis. We use to cultivate a few vegetables. Luckily, I had been also selected for Harit Aarogya project, thus received 10 varieties of medicinal plants along with tool kit for growing these plants in my land. Because I underwent training, I know the nursery techniques and the usage of these plants in primary health care.



Being from a farming community, we used to attend a number of training programmes of Agricultural department and thus many Govt. Officials visit our Agricultural field. They too are happy to know about Harit Aarogya project and carry some of the medicinal plants from our field for preparing "Kasayam" as well as for preparing hair oil at their home.

In my cluster, we have 11 SHG members. All are maintaining herbal plants and multiplying it for their own use as home remedies as well as for sale.



## 2. National Conference on Application of Siddha Varmam Therapy for "Primary & Common Health problems"

5 -6th January, 2024



### Major Recommendations of the Conference

A National Conference of about 50 traditional healers & experts of Varma Kalai as well as AYUSH and modern Western Science was held under the aegis of Varma Research and Resource Centre of Vivekananda Kendra – NARDEP, Kanyakumari. The conference, which was sponsored & supported by the Ministry of AYUSH, Govt. of India, discussed the status and potential of Varma in India, and brainstorming was done to evolve a strategy for its future growth. Besides plenary lectures by eminent luminaries, the conference was also blessed by Dr. Srinivasu, the Hon'ble Vice-Chancellor of Sri Chandrasekharendra Saraswathi Viswa Maha Vidyalaya and Dr. Umayur Bhagan, former Controller of Examinations of Noorul Islam University. While more than 15 papers were presented, Varma healers and experts also practically demonstrated the Art & Science of Varma Kalai.



The Conference recognizes with great pride the seminal contribution of Varma Kalai in prevention, cure as well as promotive aspects of people's health since millennia. While it continues to play an important role in public health and management of chronic as well as acute and difficult to treat diseases and impacts of Trauma and accidents, largely across Tamil Nadu & Kerala, it has great potential to offer its services across the country, nay the world.

Only about 10,000 traditionally trained healers of Varma are left today, many of whom are very old and hence the growth of this great Science is highly limited and even threatened. NARDEP of Vivekananda Kendra in Kanyakumari is also training several hundred youths every year for the last 10 years in the art as well as science of this great Health System of India. However, it is high time that immediate efforts are taken by all concerned to promote and establish this Health Science and Technology at the National level



The conference exhorted the Varma Healers and doctors to not only document the details of all the patients treated by them but also train their next generation for its further expansion beyond Kerala and Tamil Nadu. It also appealed to the State as well as Central AYUSH Departments to take urgent steps for Training and Promotion of this Great Health System which requires minimum infrastructure for its effective use in various situations.



### 3. National conference on Siddha varmam therapy for “Preventive care and Varmam Thattadangal methods”

-165 participants attended - 21st January 2024

The following subject were discussed during the seminar.

- ▲ Importance of Panchamudichithattadangal.
- ▲ Panchathattadangal for Heart Problem.
- ▲ Sacroiliac & Coccyx thattal for dysuria and constipation.
- ▲ Given detailed explanation about thattadangal while handling an emergency situation
- ▲ Thattal Muraigal of Psychiatric Diseases and Depression.
- ▲ Advantages of Thattadangal for Life saving, Energy boosting and Mental strength.
- ▲ Adappakalamthattal for – Heart, liver & Lung disease ( Dyspnoea, Hypertension, Convulsion )
- ▲ Pasamudichithattal for Constipation and Urinary Problem.
- ▲ Folklore thattalmuraigal like thottilattal, Murathilkuzhanthaiyaipottuthattal, Uruttal, Tapping method.
- ▲ EFT ( Emotional freedom technique)  
Indication : Anxiety, Phobia, Depression, Lower the Cortisol level.
- ▲ Various Emergency Thattadangal Techniques.
- ▲ Do's and Dont's



**Green Health Home**

- ◆ 165 days - 1603 patients
- ◆ Varma massage – 840 patients ( male and female)



## 4. Varmam Research and Resource Center

### First year Varma Ilanilai Aringar course

- ☞ 39 students underwent training programme
- ☞ Participants 6 nos of 2 days training programme attended alternate month
- ☞ Training includes Theory and practical



Following syllabus were taught

- ✦ Varmam Introduction,
- ✦ Human body Principles,
- ✦ Human Anatomy,
- ✦ Human Physiology,
- ✦ Human Pathology,
- ✦ Rural Varmam Treatment Methods,
- ✦ Varmam Orthopedic,
- ✦ Varmam Muthiraikal,
- ✦ Varmam Medicines preparations
- ✦ Varmam Kalari -Preliminary stage
- ✦ Varmam kalari



### 2nd year Varmam Aringar course

- ☞ 38 students underwent training programme
- ☞ Participants 6 nos of 2 days training programme attended alternate month
- ☞ Training includes Theory and practical



Following syllabus were taught

- ✦ Mode of operation of Varma.
- ✦ Principles of Varma Points
- ✦ Method of functioning of Varmam Points
- ✦ Activation Method by giving Varma Relief Techniques
- ✦ Principles of Adangal and Methods of functioning Adangal
- ✦ Varmam Relief Techniques.
- ✦ Head and Neck Varmam points.
- ✦ Head and Neck varmam Massage methods
- ✦ Clinical Anatomy of Head and Neck
- ✦ Clinical Anatomy of Chest and Abdomen
- ✦ Massage Techniques.



## 5. Free Medical Camp :

Free Siddha Varmam Medical Camp organized by Varmam Research & Resource Centre, Vivekadanda Kendra – NARDEP was held on 14th July. 122 Patients in and around Kanyakumari districts (Male – 52, Female – 70) were benefited.

- Consultation given by Dr.V.Ganapathy, Dr.M.Muthushanthi M.D (Siddha), Shri.Chinna poo Asan, Shri.Thenkarai Maharaja Pillai, Dr.Vaishnavi B.S.M.S., and Dr.God Blessy, B.S.M.S
- Free Siddha Varmam Thadaval (Massage) given by Shri.Ramesh, Smt.Kalaiyarasi, Shri.Vimal and Shri. Darwin. 30 patients received free Siddha VarmamThadaval (Massage)
- Sanjeevi, Kaviraj Pharma, AVN, Himalaya, SAV Pharmaceuticals helped the camp by providing free medicines



## 6. Awareness programme on “Medicinal plants cultivation and Home herbal garden”

One-day awareness programme on “Medicinal plants cultivation and Home herbal garden” was held at Rameswaram on 18th August. 47 participants attended this programme. The programme was sponsored by National Medicinal Plant Board, Thrissur, Kerala.

Dr.P.Sujanapal, Principal Scientist & HOD, Silvi-culture,  
Dr.U.M.Chandrashekar, Dy.Regional Director, NMPB  
Dr.P.S.Udayam, Senior Consultant, NMPB,  
Dr.P.Kamalasanan Pillai attended as a Resource persons.

## 7. Varmam Research and Resource center :

Following material documented in our VRRC .....

- ▲ Traditional Siddha varmam management for Infertility and common women’s diseases
- ▲ Traditional Varmam management for Azhal keel vayu(Osteo arthritis)
- ▲ Clinical experience on selective siddha varmam points for pain based on Varma Bheerangi
- ▲ Siddha Varmam manipulation methods and management of migraine and chest pain , Abdominal pain , Wrist and shoulder pain . Neck pain and methods and management for Lumbar
- ▲ Traditional Orthopedics basic methods and management of Humerus & wrist bone
- ▲ Selective Siddha Varmam medicines used in primary and common Health problems
- ▲ Siddha varmam management in Iraippu Noi (Bronchial Asthma)
- ▲ Simple Manipulation methods for various disease conditions and the role of siddha medicine for Varmam



## Varmam Research and Resource Center:

### First year Varma Ilanilai Aringar course

- ★ Varma 1st year course started with 35 students on 14th of June
- ★ The course has 6 capsules, each capsule has 2 days session.
- ★ Syllabus: Basics of Varmam, History of Varmam, Do's and Dont's while doing Varma treatment, Basics of Siddha medicines, Basic Anatomy and Physiology, Varma points of our body, Varma points identification, Simple varma massage for various diseases, Important Varma Medicines. Varma Silambam & Kalari .
- ★ Students submitted the assignment given to them in subsequent class after completion of course.
- ★ Training is on the Gurukula style. Starting from 5 am to 9 pm . More practical than Theory



### 2nd year Varmam Aringar course

- ★ 2nd year course started on 17<sup>th</sup> May 2024 with 31 Students.
- ★ Syllabus - Principles and functions of Varma points, Various varma stimulation methods, Varma mathirai, Pathophysiology and Clinical Anatomy of our body, Adangals, Bone setting techniques, details about paduvarmam and thodu varmam, Varma medicine- their preparation method and uses, Varma Silambam & Kalari.
- ★ 6 Assignments allotted to all students. Written and practical examination conducted
- ★ Vai Prabhu , Dr. . Balaji, . Dr. Thirunarayanan, . Vai. Arasu Raja, . Dr. Rajasekar, . Dr. Kumaresan, . Dr.Bindhuja G.Dharan and Dr.Shanmugam acted as resource persons





### Third year Varma Aasan course:

- ★ 3rd year course started on 26th April 2024 with 35 students. Total 7 classes conducted
- ★ Syllabus : Varmam and adangal manipulation methods, Varmam and adangal stimulation techniques for various pain management, Varma Saram, Varma Naadi and kalai, Varma muthiraigal, various Varma massage techniques, Different fractures and dislocation management, Varma medicines, their preparation protocol and uses, Varma Silambam and Kalari.
- ★ Written and practical exam and viva conducted after completion of the course.
- ★ Exposure visit organised for practical learning.
- ★ Participant shared their experiences, Ashram type learning, discipline, time concept, one family feeling and satvic food.



### Free Blood test and Free siddha Medical camp:

Conducted free blood test camp and siddha consultation camp at 3 places - i. Kannankulam, ii. Kottaram, iii. Vivekanandapuram.

- ★ 279 patients examined and free medicines were given.
- ★ These camps were organised with the co-operation of SUBHA Diagnostics, Dharishanacope.
- ★ In this camp Dr. Muthu Santhi, Dr. Indhumathi and Mr. Vijay and team acted as resource person





## "Therapeutic Varma Stimulation Techniques" and Varma Massage Therapy:

10th to 15th Feb.2025

6 days varmam training programme conducted in Technology Resource Center. Total 13 participants attended from various field like I.T Professional, Acupuncture Professional, Ayurveda doctor, Yoga therapist, Retired Army person.

programme covered Interactive session on Varmam, Varma Massage Techniques, Varma medicine preparation, Varma Silambam, Live Demonstration of varma massage therapy for various kind of illness, Varma points stimulation techniques for pain management. In this training they learned a lot about Varmam and Varmam massage. These kind of programme would be helpful to get the benefits and knowledge about Varmam Therapy to reach all the people.

Vai. Chinna Poo Aasan, Vai.Pal Aasan,Vai. Ramesh Kumar Aasan, Dr. Kannan Rajaram, Dr. Muthu Shanthi, Vai. Jothi Suresh , Sivayogi Sivarajan, Vai. Rajeshram Aasan, Dr.Kumaresan acted as a resource person





## National Seminar on "Varma Treatment for Neurological Disorders" :

19th January 2025.

- Held at Eknath Hall, vivekanandapuram. 150 participants including Siddha doctors, Medical students and Vaidyas attended.
- Prof. Dr.. V. Sujatha, Centre for the study of social systems (CSSS), Jawaharlal Nehru University, New Delhi was the Chief guest.
- Dr. Kannan Rajaram - MD(S), Center for Varma medicine & Research, Kanyakumari was the key resource persons.
- Shri.Hanumant Rao, Vice President, Vivekananda Kendra addressed the gathering during valedictory function
- The faculties presented research papers on Neurological disorders.
- Certificates were distributed to students who have completed the course on "Traditional Siddha Varma Bone Setting Practices"
- A delicious lunch was provided to all the participants Certificates were also given to the new Network members.





## Holistic Health:

- Green Health Home -251 days - 1591 patients
- Varma massage - 298 patients
- Steam bath - 27 patients



## Case Study

**Name:** Ajith

**Age / Sex:** 25/M

**Complaints and Duration:** Ulcer on bilateral big toe and second toe since 1 year.

**History of present illness:** Bleeding occur while walking and standing within 5 mins since 3 months.

**History of past illness:** whenever patient is walking and standing bleeding occurred.

**Occupation:** Working in Chemical industry since 2 years

**Habits:** Mixed diet

**Vital signs:** HR: 86/MIN PR: 80/MIN RR: 24/MIN BP: 110/80

**Routines:** App: Normal Sleep: Disturbed Bowl: Regular Urine: Normal

**On Examination:** Lean body built, infected wound with blood oozing present, no pus formation.

**Diagnosis:** Naalapun (Venous ulcer)

**Treatment:**

1. RGM capsules 2-0-2 (A/F)
2. Skin capsules - 2-0-2 (A/F)
3. Tab. Swasakudori 1-0-1 (A/F)
4. Parangiennai with Mathan thylam- Externally

**Varma therapy:** Mild gentle massage from thigh to foot

**Case Summary:** Venous ulcers are the most common type of foot and leg wounds and ulcers. They usually irregularly shaped, reddish, and covered with yellow fibrous tissue. They also might have discharge. The present Siddha treatment protocol is therapeutically beneficial in treating Venous ulcer. The Rasaganthi mezhugu, a unique siddha herbo mineral preparation. This formulation is also used in the treatment of all Skin diseases, piles, various kinds of neuralgic pains, glandular enlargements, and different kinds of cancerous affections. Skin capsule is a poly herbal formulation for treating all kind of skin diseases. Parangiennai with Mathanthylam used for its anti fungal and anti bacterial effect. Prescribed Varma therapy is used for improving blood circulation and enhance the healing process. It is effective in the management of the disease without any adverse effect

**Recommendation:**

- Avoid Chemical exposure
- Wash the affected area with mild soap.
- Keep the wound clean and dry.
- Change the bandages as directed.
- Take prescribed medications as directed.
- Drink plenty of fluids.
- Follow a healthy diet. Avoid non veg food for a month.
- Exercise regularly, do yoga and pranayamamum



Before Treatment



After Treatment

**Prognosis:**

- After taking medicines for a month, most of the symptoms are reduced,
- Now there is no oozing of blood while walking and standing. Wound healed.



## Planting and Semiprosseing of Medicinal Herbs

Harit Aarogya



Sponsored by:

L&T Technology Services

- ★ Organised awareness programmes to explain the scheme at 11 places of Kanyakumari 197 participants attended
- ★ During the camp, survey forms were distributed
- ★ After scrutinizing the survey forms, interaction with the stakeholders and field visits 50 members were selected.
- ★ 5 days training was organised for this group to empower them in various aspects such as (i) soil and its nutrients (ii) different types of composts (iii) growth promoters (iv) pest control methods along with nursery techniques such as (i) cutting (ii) layering (iii) grafting (iv) budding etc. Further processing of the herbs and its usage in medicines also explained.
- ★ The training was hands on, more practical than theoretical
- ★ After the training all the stakeholders received the tool kit which contains spade, weed remover, knife, cutter, sprayer, hose pipe and pots for growing seedlings etc.
- ★ Members also received 10 seedlings each of different varieties along with vermi compost
- ★ participants were taken for a one day tour to Horticulture farm and herbal garden farms
- ★ Follow up programme organised. During the programme, the stakeholders gave a feedback, and received further guidance in implementing the project.
- ★ Follow programme also organised for the earlier years batch of 50 stakeholders.
- ★ Regular visits to the houses of 100 stakeholders ensured the proper implementation of the project.





## Impact / Output:

- ★ Improvement in the knowledge of stakeholders about the herbs and herbal remedies
- ★ Many stakeholders switched over to the traditional home remedies rather than going for allopathic treatment for minor ailments
- ★ Some of the plants became the part of the daily diet such as Tulsi, Tippli, Ginger etc., which in turn improved the immunity
- ★ Many stakeholders started using the roots of the Vettiver in a water for purification, cooling as well as flavour
- ★ Maintaining the herbal plants at the backyard or on the terrace garden worked as a occupational therapy and relieved the stress of the daily chorus
- ★ Women started using Manjal karisalai in the preparation of hair oil
- ★ A few stakeholders sold a small amount of the following plants and earned extra income. (I) Tippli (ii) Manjal Karisalai (iii) Vettiver and (iv) Chittarathai
- ★ Whatsapp group formed for discussion and maintenance of the plants which empowered the stakeholders.
- ★ After knowing the benefit, Farmers started growing the plants in more areas. It also has a cascading effect as near by ladies started showing interest in growing herbs at their backyard/ terrace.
- ★ A few state holders sold their plants to Green Health Home for further processing.



Herbal gardens for Health, Nutritional security and a very good hobby for relieving the stress



## Quality Planting materials:

Regional centre of National Medicinal Plant Board (NMPB) situated at Peechi, Kerala sanctioned a project for Rameswaram – “Production and Supply of Quality planting materials”. VK-NARDEP utilised this opportunity by creating a Micro forests at Arjuna and Bhima Teerthams and planting Palm seedlings at Brahma Teertham. The details are as follows:

### Reforestation Efforts at Brahma Teertham:

On October 15, 2024, a team of dedicated volunteers gathered to initiate a reforestation effort around Brahma Teertham. A total of 3,500 palmyra seeds were planted along the bunds surrounding the water body. The palmyra palm, native to the region, was chosen for its ecological benefits and cultural significance, providing a natural reinforcement to the bunds, improving groundwater recharge, and supporting local biodiversity. Officials of HR&CE also joined in this venture.

### Creation of Micro forest at Arjuna and Bhima Teertham

Department of HR &CE participated in this project by cleaning the entire area of Traditional water bodies of Arjuna and Bhima with the help of JCB. It was fully covered with Prosopis Juliflora (Odai trees) and unwanted weeds. After the cleaning of the area Vermicompost was used in the pits where the plantation took place. The area is full of limestone and thus the plants will require more care for survival.

On 05 November 2024 Shri. Simranjit Singh IAS visited Arjuna and Bhima Teertham and started the project of establishing Micro Forests in Arjuna and Bhima Teertham.





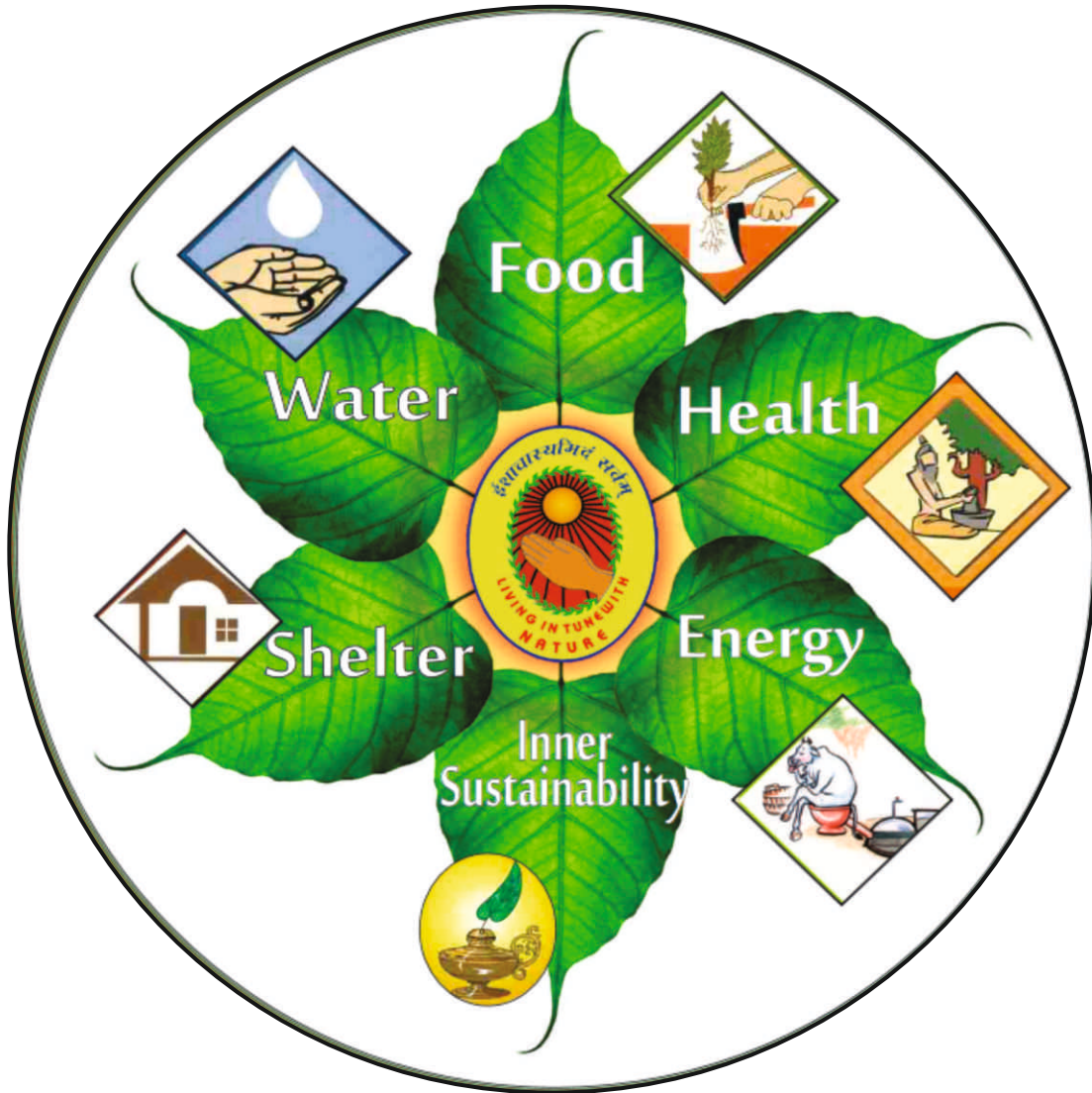
## Conference on “Munivair Agastiyar Contribution in Unifying Bharat”:

- ★ 10 college students and professors (405 nos), 25 Siddha Vaidhyas and common people attended. Total 430 nos
- ★ Tamil Scholars and siddha doctors gave presentation on Munivar Agastiyar
- ★ Participants received Munivar Agastiyar photo, Agastiya Vanam chart, Valviyal Chindhanaigal ( Tamil) , Swami Vivekananda's book and Scared Earth book as complementary.
- ★ Senior Tamil professors exclaimed - First time in our life, we are attending a conference on Munivar Agastiyar.
- ★ Participants wanted to know more about Agastyar .
- ★ Participants were thrilled to see such a beautiful Vivekananda Hall
- ★ Students realised the legacy of Munivar Agastyar as a father of Tamil language and grammar .
- ★ Students coming from Agasteeswaram block of Kanyakumari felt very proud after realizing that Munivar Agastiyar belongs to entire Nation.





# Vivekananda Kendra Natural Resources Development Project Kanyakumari.



The Secretary

Vivekananda Kendra -nardep, Kanyakumari -629 702  
Phone :04652 - 246296,298294, Email: vknardep@gmail.com  
[www.vknardep.org](http://www.vknardep.org), [www.greenrameswaram.org](http://www.greenrameswaram.org)