

Vol- I



VARMAM

An Insight into the Ancient System of Healing

A Symposium on the science of life force

First time in the history of Varmam
A Book With Original Digitized Manuscripts



Authors - **S Ramesh Babu, Veni B Iyer.**

Varma Kalpa Rejuvenation Center

Varmam - An Insight into the Ancient System of Healing

An ancient Tamilian art of healing which originated in Kanyakumari that used touch, press and even focused gaze of eyes on points of the body for regulating subtle energy fields, that impact the human system in specific ways.

A Symposium on the Science of Life force.

Authors: S Ramesh Babu, Veni B Iyer

Varmam - An Insight into The Ancient System of Healing

Symposium on the Science of Life Force

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Dedication

I dedicate this work on the Science of Varmam to my guru, aasaan, guide and mentor Dr. T. Mohanaraj. He has been my guru for several years from now and has been constantly helping me learn and explore several concepts and principles of Varmam and allied sciences related to health like pharmacology, pathology, etc. He allowed me to learn interpretation of the manuscripts and shared the invaluable collection of manuscripts and books in his possession and also introduced me to many other aasaans in the field. He has thereby helped me to visualise this great and dwindling Science in an altogether different aspect which made me end up writing this book.

Introduction to this personality would have to begin with the various organizations he is associated with. To name a few, he is currently the President of the Akila Thiruvithanore Siddha Vaidya Sangham, Munchirai. He is also the Correspondent of ATSVS Siddha Medical College and Hospital, Munchirai, President of Siddha Medical Literature Publishers, Munchirai and Advisor to the Kumari Muththamil Manram, Kaappukadu, Tamil Nadu.

Dr. Mohanraj has published 34 books (33 Tamil and 1 Malayalam) till-date, out of which many are decrypted from the manuscripts into the commonly readable scripts of Tamil and Malayalam as we know them today. His service to this kind of publishing is a continuous and ongoing process. He has already digitized more than 4000 bundles of Siddha medical literatures from palm leaf and paper manuscripts and his good work being continues even as you read this book.

A few of the recognitions he has been quoted with include, “**Narpani Chemmal**” by Kumari Muththamil Manram, Kaappukadu; “**Varma Vaidya Sastra Bhushanam**” by Sarada Mahadeva Iyer Ayurvedic Educational and Charitable Trust, Derisanacope, Kanyakumari; “**Siddha Maruthuva Chemmal**” conferred by the International Tamil Medical Council, Papanasam; “**Sree Pathinen Siddhar**” award by Vivekananda Kendra, Kanyakumari and “**Best Siddha & Varma Book Publisher**” by IIT Chennai.

He is culturally enriched to a very great extent being in possession of many of the greatest and most valuable treasures in the form of ancient manuscripts of the Siddha and Varmam system of healing and medicine, which have been passed down through generations, and many of them are the only copies existing today. He thereby holds the key to one of the important facets of our ancient culture.

I thank the Almighty for introducing him to me and dedicate my growth to him in this field of Varmam medicine. If not for him I would have not been able to reach this position from where I'm able to think of opening up the subject on a larger platform for a wider audience.

Sincerely
S Ramesh Babu

Preface

Varmam is an ancient, inherent and intuitive practice of healing that was prominent long before the advent of medicines and therapies, which arrived much later, comparatively recently. Its systematic applications have been documented by sages and gurus in ancient Tamil manuscripts. All the time, human beings perform 'varmam' stimulation of some kind or the other on themselves or on another person without conscious knowledge of what and why it's being done.

It has been experienced that Varmam can be successfully integrated and is capable of coexisting very well with any of the other healing systems that are part of the 'AYUSH' (Ayurveda, Yoga, Unani, Siddha and Homeopathy). Siddha Varmam is practiced in common. Similarities have been observed between many of the Indian or Asian Healing Systems which are speculated to have probably incubated from Varmam.

This book is the result of a synthesis carried out by the authors on the Varmam points documented in two books, 'Varma Bheerangi - 100' and 'Varma Kannaadi - 500' written by different authors.

Consolidation of these two books which are themselves derived from various manuscripts, which are very valuable treasures in the Tamil literature regarding the Varmam Therapy and system of medicine, is presented in this book. We have tried to congregate details regarding various aspects of the system like the locations or varmam points, nomenclature, signs and symptoms of injury to varmam points, relieving techniques in case of trauma or injury, time windows within which relief has to be given and after which treatment should not be tried, therapeutic benefits of each location and stimulation techniques. 'Varma Bheerangi- 100' and 'Varma Kannaadi- 500' are readable Tamil derivatives from ancient manuscripts from which we have sincerely attempted to derive and deliver details to the best possible accuracy. In case of any discrepancies we are open to any suggestions and it would be our pleasure and grateful endeavor to incorporate them in the book's next revision. Please note that the comparative study is only on the individual 'Varmam' and its definitions.

If any content within this book, provides food for thought or allows anyone to initiate a dialogue which identifies with the reader's information and previous knowledge about Varmam, they are most welcome to approach the authors with substantial evidence or proof.

By this exercise, it is meant to include all existing knowledge about this waning science as a whole, wherein their contribution would be added into the next revision of the book, with due credits, thereby enriching society's knowledge bank, and making it an error free source and authority on the subject to the society in due course of time.

Acknowledgement

We are thankful to the following persons for their help and guidance in writing this book:

Aasaan Dr. V Ganapathy, Tirunelveli for being a source of encouragement to us in bringing out our attempt at creation. He has further gone ahead and shown his gesture of appreciation by kindly writing a foreword to this book.

Padma Bhushan Dr. Darshan Shankar, Vice Chancellor, Trans Disciplinary University, Bengaluru, for taking out precious time from his busy schedule to go through our work, give valuable suggestions and also for writing the foreword to our book.

Shri. G. Vasudev Ji, Director, Vivekananda Kendra, Nardep, for initiating the gathering of Aasaans for setting up the Symposium on Varmam System of Healing and also for the opportunity to launch the book during the National Conference of Varmam 2017.

Dr. T. Kannan Rajaram has been a guide who has shown the right path to the golden gates leading to the land of the wonderful 'Varmam' healing system.

Dr. T Rajendran, Mulachal for sharing his in depth knowledge in varmam that he has acquired since his childhood from his many great Aasaans.

Dr. Mynt Mynt Than, Director (Drug and Herbal Garden), Department of Traditional Medicine, Ministry of Health and Sports, Union of Myanmar for taking time from her busy global travel schedule and acknowledging our book by reviewing it and sharing her experience with Varmam system of healing.

Dr TR. Ramanna, Formerly Professor & head Curriculum Development Centre, National Institute of Technical Teacher Training & Research Chandigarh, Colombo Plan Staff College for Technician Education Consultant to design curriculum for Technical Teachers College, Pakistan, UNESCO Consultant, Expert & Chief Technical Adviser, Technical Teacher Training & Upgrading Technical Education Projects in Somalia, Teacher Training & Didactics Adviser to GTZ Hitech Training Project, Bengaluru, for sparing his valuable time to read and produce a foreword to our work.

Gratitude

I am greatly indebted to the following persons for their contribution and help and wish to express my gratitude to them.

- Veni B Iyer, for dedicating herself and joining me in bringing out this book in the form it is in your hands today.
- Prof. Prema Mohanaraj, MSc, MPhil, for her continuous support on bringing up this creation.
- Mr. Suresh S Babu, my brother for standing next to me in all difficulties that I went through to bring this up.
- R. Geetha, my wife for decorating this book with all the art work out of her creative ideas.
- Mr. Arasu Raja, President of TSIVAHA and all other Executives and members of TSIVAHA.
- Mr. Balaji G, Salem, Mrs. Selvi Abaranjidan, Hosur - Coordinators of Varma Kalpa Rejuvenation Center for Tamil Nadu for their constant feedback in the development of this book and Mr. Abaranjidan for extending his service in my book work and design of promotional material for all the courses conducted by Varma Kalpa Rejuvenation Center.
- Dr. Chidananda K. V., Chairman, KVG Group of Medical Institution, Suliya, for providing us with access to his Institution as a platform to explore Varmam.
- Dr. UdayShankar – Professor in KVG Ayurveda College, Suliya - for integrating Ayurveda and Varma in all his research work.
- Mr. Hariram Moorthy G of FRLHT, Trans-disciplinary University, for showing us the path of widening the scope for Varmam.
- Dr. Sundarameenal, Dindugal, for her constant encouragement and putting me through to the right contacts which led me to reach out further.
- Mrs. Koperundevi, Dharmapuri, Mr. Raj Vivekanandan – Hosur, Mr. Suresh Babu – Director, Sripuram, Vellore, Dr. SP Mall, Kolkata, AruldevarVaidyar – Hosur, Glory Rosalyn - Krishnagiri, Sivakumar – Bangalore, Ackena Group.
- All my friends, students and well wishers.
- My sincere thanks to my parents, my wife Geetha, Balasubramaniam R Iyer (Veni's husband), our children, each and every individual of both our families for their support and cooperation during the time I spent in bringing out this contribution to the society. They have played a great role in boosting my morale and always motivated me in this direction. This would have not been possible without their encouragement. There are times when I have ignored them totally or was not able to do my duties on time. Thanks for being there at every point of time. I will always cherish this first experience and promise to work and improve upon myself during subsequent such endeavours.
- Criticisms often help in shaping up things better and we are grateful to people in our own circle, who encouraged us by providing positive criticism to ensure our growth and improvement .

To the Aasaans (Teachers)

To all the 'Varmam'aasaans whom I have met, learnt from, never met or unbeknownst to me yet practice(d) and have dedicated their life to varmam. I'm highly grateful and obliged, and would like to express my due respect to each one of them.

The skills and knowledge that I gathered from various aasaans and their literary works from rich and ancient manuscripts are a consolidated proof of the vast experience that they have shared with me over a period of time. My sincere thanks to all those individuals who have enriched my life with the intangible treasure of Varmam.

My sincere thanks to Dr. T. Kannan Rajaram, Dr. V. Ganapathy Aasaan, Dr. T. Rajendran Aasaan, Vai. Ramachandra Aasaan, Dr. John Christopher, Vai. Paala Aasaan, Vai. Pichumani Aasaan, Dr. Suresh Kumar, Dr. N. Shanmugom Aasaan, Vai. Jothi Aasaan, Vai. Mani Aasaan and many other Aasaans, whose list would be very long to include here.

S Ramesh Babu

I sincerely thank my Aasaan, Guru S Ramesh Babu for being my mentor and guide exploring the science of 'Varmam' and for giving me this wonderful opportunity to extend my services to the society through this book. I feel blessed and extend my gratitude to him for choosing me for this noble cause.

My gratitude and sincere prayers to the sacred Siddha saints with whose holy grace and blessings, I could initiate my humble journey of exploration of hidden treasures of knowledge in this vast field with my Aasaan himself, and for allowing me to get access about this rich 'Varmam' tradition of medicine.

I also thank the people I have met regarding this work, who are involved in this science, Dr. T. Mohanaraj, Prof. Prema Mohanaraj, Dr. John Christopher, Dr. T. Rajendran, Dr. T. Kannan Rajaram, Dr. V. Ganapathy, Vai. Jothi Aasaan, Vai. Paala Aasaan, Shri. Vasudev Ji, Director, Vivekananda Kendra, Nardep for sharing their treasure trove of knowledge on the subject and their constant appreciation and encouragement in progressing our work.

Veni B Iyer

Introduction

‘Varmam’ is an ancient art and science of healing from the land which forms present day region of Tamil Nadu in southern India, with supposed roots in the area of Kanyakumari. It uses touch, pressure, and even a focused vision on points of the patient’s body to regulate subtle energy fields, thereby impacting the human body and its systems in certain ways, and influencing it to react in favourable manner so as to heal holistically.

It is really a matter of great concern in today’s fast-paced world, that India in general has gradually lost, and severed on its own, the firm roots of many of its ancient sciences, arts, languages and traditional practices. Though the outer world has started accepting and learning many of these today, as can be seen in the hordes of westerners thronging to learn Yoga, Ayurveda and Vipassana in Mysuru, Hrishikesh, Igatpuri, Dharamshala, etc., Indians themselves are a bit skeptical about leaning towards or learning from their past, rich heritage. Application of these practices at home, which was the norm at one point of time, has come to an almost abrupt end.

It has come to a stage where ‘Varmam’, a science dealing with rejuvenation of the body, mind and soul as a whole needs rejuvenation today. Varma Kalpa Rejuvenation Center has taken upon itself the mantle of rejuvenating this science and has been operating since the last couple of years with this sole mission. Our endeavor is to revive this ancient science and bring it to not only the people of India but the entire world and showcase its prowess in healing and well-being of all mankind.

Leading as such mechanical lives, most of us lose focus as to what it is that ultimately each one of us is looking for. Happiness, health and satisfaction, which comes from the coordination between the soul, mind and body, and finally the resultant inner peace. It is due to lack of this coordination that most of us differ vastly in speech and action, planning and implementation, the list goes on.

‘Varmam’, as a science focuses on all these three aspects, with emphasis on the path traversed by the soul, which is the source of all energy across the body. It has been proved by many studies of Aasaans, past and present that, during this journey, the soul resides for some time at certain points, using these stops as bays for energizing the body. This path is traced and used for diagnosis, treatment and relieving people of their pain, through the science and practice of ‘Varmam’. It is to be noted however that, during the process, communication with the soul, if interrupted, creates health challenges.

The main objective behind bringing out this book is to enhance the reach of the science of ‘Varmam’ as much as possible, to a larger and wider audience than at present. This would enable us to learn more about ourselves, our own bodies, minds and souls, thereby presenting us better chances of coordination between our mind, body and soul thereby creating harmony with nature as a whole.

About the Authors

S Ramesh Babu

Mr. S Ramesh Babu, is a Software Engineer by profession, a teacher by passion, an entrepreneur and a researcher by nature.

Presently he is the Founder Trustee of Varma Kalpa Rejuvenation Center, Hosur, dedicated for Varmam Research and Training.



He runs his Institute known as The Art of Brain, where he trains and nurtures kids to get out of the stressful life that prevails in the present era. The main focus of Art of Brain is to work on memory skills, focus and strengthening of the brain through day-to-day activities. He conducts workshops in schools and colleges in and around Tamil Nadu and has helped a lot of children in shaping their lives.

His insatiable quest for knowledge and problem solving did not reach its desired destination in the fields of software or teaching alone. He was curiously thrust into the Varmam system of healing and medicine trying to find a solution to the knee and joint pain faced by his mother constantly. This search has consequently led to an unimaginable journey of discovery for himself as well as others in society, and thereby found his purpose of life.

Mr Ramesh Babu has learnt and mastered this art and science of 'Varmam' by investing the most valuable and prime years of life at Kanyakumari district, one of the ancient centers of 'Varmam'. He spent much of this time with great teachers or aasaans, observing, querying, attending classes, seeing the masters treat and heal patients, and learning the nitty gritty which are not generally focused on in classroom environment. Sharpening his skills is a constant thing he has been working on. The exploration only led him further to derive more concrete, scientific and valid reasons for exploring the art of 'Varmam'.

The solution he arrived at not only encouraged him to take it up further but also create a pavement for others so it would become a path of enlightenment for others. He understood the science in-depth and visualized the many treasures hidden in the 'Varmam' style of therapy. He decided to bring this out to light and initiate a symposium on how this science exists and has been there right since the evolution of the life on earth.

Not limiting his exploration just to Varmam, he is also treading into other sciences allied to healing including pulse reading, scanning of body related issues, anatomy, physiology, response to stimulus, Vaasi Yoga, spirituality, etc. He is an individual who is knowledge personified in this domain.

He is working hard on various ways of bringing out the Science of Varmam from its origin where it has been traditionally taught by Siddha or gurus in either Guru – Disciple system or by family tradition knowledge transfer from generations. The miracles that Varmam can do to the lives of people are innumerable.

He is a favorite amongst his Gurus for the sheer passion and dedication he displays in this field. He started teaching and publishing details on Varmam Medicine on the internet with blessings and permission from Siddhas. He has developed or contributed to most of the websites on Varmam Research that are live on the Internet today (roughly 95%), based on the knowledge received from his Aasaans. He has also launched, and is actively maintaining, a dedicated website for bringing the existing literary works on 'Varmam' online known as Siddha Books (www.siddhabooks.com). He is presently looking after the indexing and search engine optimisation part of the site to increase the visibility of the Gurus, authors and 'Varmam' related information.

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He is the founder President and Trustee of Varma Kalpa Rejuvenation Center at Hosur, situated at the Karnataka-TamilNadu border, actively involved in Varmam therapy to relieve many from health challenges related to mind, body and soul with the help of Siddha doctors. He is also conducting classes for Varmam enthusiasts so that miracles can happen at individual homes and people can have access to self-healing techniques instead of waiting for a special hand to arrive for help. If only each of our hands become blessed with this knowledge the need for pain relief would become minimal and can focus on healthy living. He has trained a number of people on this art of healing till-date and the number is ever increasing even as you read.

He is also working untiringly towards getting a patent and recognition for the 'Varmam' therapy and its origin which is Kanyakumari, in South India. He is part of the team conducting a research on digitizing and transcribing palm leaf manuscripts to literary forms. So we are bound to hear about him more and more in future and this is only the first step towards a larger goal.

He is also the Joint Secretary of Traditional Siddha Varma Healers Association registered in Tamil Nadu.

Veni B Iyer

By profession, she was a Lecturer in Computer Science, Software Engineer and by passion, she has been practicing nutrition and preventive healthcare for many years and adding up Varmam practice to her portfolio worked as a magical boon. She joined as a student of Mr. S Ramesh Babu at Varma Kalpa Rejuvenation Center, to learn Varmam and took up her passion for healing to an altogether different level. With the kind of magical effects the field has on her own body and mind, she has never looked back. As a combination, both nutrition and 'Varmam' together proved to give faster and better results, leading to a morale boost in addition to the satisfaction being derived from excellent results already being observed.



She is a polyglot with knowledge of many South and North Indian languages, with both oral and literary skills. Her teacher Mr. S Ramesh Babu motivated her into co-authoring this book, and thereby contribute towards making this science reach a wider audience.

Given her past experience and expertise in the field of computers and programming, she is also working with Mr.S Ramesh Babu on a website which can be used to translate Varmam content to any language in the world, using Unicoded Translation. She is also currently involved in developing a mobile app for learning and teaching Varmam and has joined hands in the challenging task of spreading the knowledge of Varmam across the world, on a much more accessible and larger scale.

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About the Title Page

The title page of this books denotes the way in which this Science of Varmam is currently prevailing in our country. The knowledge contained in the Varmam is very vast and limitless and reaches the sky, but the roots has to be strengthened so as to spread the knowledge to more and more poeple. The shade as of now is very limited since many few use or know about this system.

Varmams domains of wisdom is not limited, it represents the worldly things and in addition to the attainment of spiritual levels.

the . The greenery represents land and the effect Varmam can spread oover earth just like th ecool environment the shade under a tree soothes the mind, body and soul of a tired vagabond resting under the terer,'

The sky represents the spiritual component of Varmma

Varmam has its spread from defense to offense to attainment of the higher soul towards sprituality which is completely possible, provided the roots grow stronger for the tree to reach the sky.

Annexure Measurements

Maathirai or Force

The force with which a Varmam point is hit is known as Maathirai. Even one of the 96 Thoduvarmam points injured with a higher force is treated as a paduvarma or a dangerous injury. Maathirai are of four categories depending on the depth and intensity of pressure applied:

- $\frac{1}{4}$ Maathirai
- $\frac{1}{2}$ Maathirai
- $\frac{3}{4}$ Maathirai
- Full Maathirai

There is no much evidence or documentation to explain about the exact pressure that has to be applied but it is followed by practitioners and doctors based on the individual experience. While practising varmam, more attention need to be paid towards the patient in understanding the expressions and pressure that he is comfortable with. The eyes speak the language of pain and reflects the pain going through by the person.

Avathi or Time Duration

Avathi is defined as the time window for providing effective treatment when a person is injured at a varmam point and is measured in terms of Gadigai or Naazhigai.

- 1 Gadigai = 1 Naazhigai = 24 minutes.
- 24 hours = 60 Naazhigai.

Avathi also has few more descriptions as given below: -

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