



VARMAM & YOGA



An Insight into the Ancient Systems of Healing

On

Saturday the 16th of December between 4.00 pm and 7.30 pm

Chief Guest:

Padmashri Dr John Ebnezer, Ph.D (Yoga), MD (Ortho Hons), MBBS

Leading Orthopedic Surgeon, Medical Superintendent,
CV Raman Hospital, Indra Nagar, Bengaluru

Presided by

Dr Chandrasekhar, MBBS, BAMS, DYN

Secretary, Arogya Bharathi, Karnataka

Guests of Honor:

Dr Ahalya Sharma, BAMS, MD

Joint Director, Dept. of AYUSH, Govt. of Karnataka

Dr Vetrivendan, BSMS, MBYR, M.Sc (Yoga),

Siddha Medical Officer, Govt of Tamilnadu

Seminar presented by

Varma Aasaan Sri Ramesh Babu S

Founder, Varma Kalpa Rejuvenation Center

Prof Subramanian.A

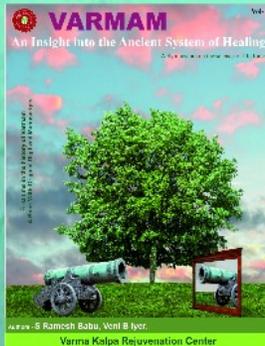
Director, Adhyatma Yoga, Bengaluru

and

Varmam Book Launch

First time in the history of Varmam

A Comprehensive Book With Original Digitized Manuscripts



Book Title

VARMAM - An Insight into the Ancient System of Healing

Book Authors

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Organised by

ADHYATMA YOGA

#1534/1, 26th Main, 9th Block, Jayanagar, (Near
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VARMA KALPA REJUVENATION CENTER

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About Varmam

- Varmam - Naming your attitude
- Inherent embedded by the creator himself
- Few Examples:
 - After a heavy food, you roll your palms on the stomach in clockwise direction.
 - You press the sides of the forehead when you get a headache
 - You press the sides of the nostrils when you feel irritated near the nose or stuffy in the nose, etc.
- Any subconscious activity without thinking is Varmam
- Varmam interlinks the Vayus, Naadis
- Connects the body, mind and the soul
- Adangal increases energy in the body,
- Adangals are energy reservoirs
- Varmam depends on:
 - Elixir state (Amirtha Nilai) and Poisonous state (Visha Nilai)
 - Valar Pirai (Waxing of the moon) and Thei Pirai (Waning of the moon)
- Note: Healing results of Varmam stimulation vary based on the above dependencies.
- We have 96 Tatvas or principles in our body. Each one handles a principle in our system and in turn is controlled by each varmam and it is grouped by 8 and each of 8 is controlled by 1 varmam called Padu varmam. So we can say 12 places where all 12 (3 kalai * 4 mathirai) will be energizing these sub varmas.

Varmam and Yoga

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- Few Examples:
 - After a heavy food, you roll your palms on the stomach in clockwise direction.
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- Any subconscious activity without thinking is Varmam
- Straight, bend and twist, Aaha huu and maa of Om
- Varmam is more on saram and its path and yoga is more of energising and strengthening.
- In spiritual travel, health is the first step, body should be kayakalpa.
- Every posture done is pull and push by self and by gravitation, stretch inward and outward in Yoga and even in varmam we do all this through varmam,
- Varmam stimulating by self is Yoga and by others is varmam system

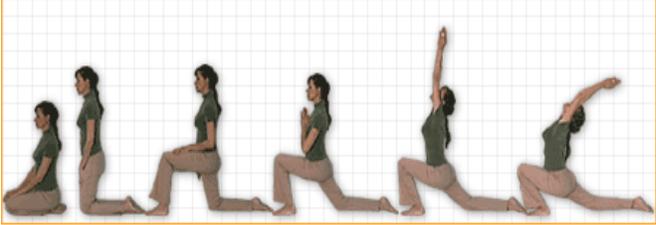
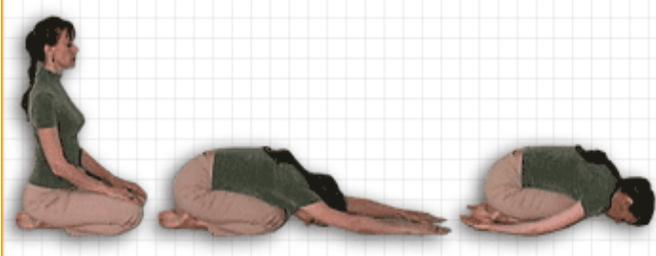
- Dasa vaayu and dasa naadi stimulation is more in Yoga varmam. So we can say 12 places where all 12 (3 kalai * 4 mathirai) will be energizing these points.

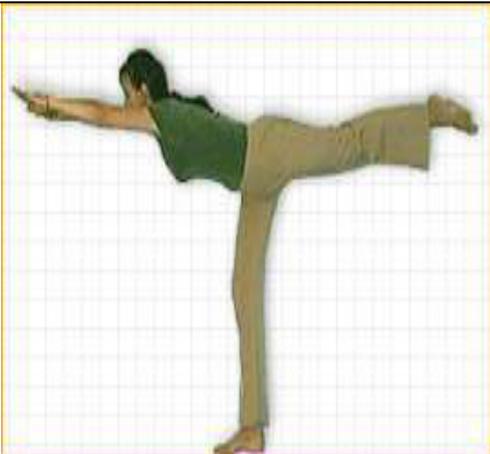
Need for Varmam and Yoga Integration

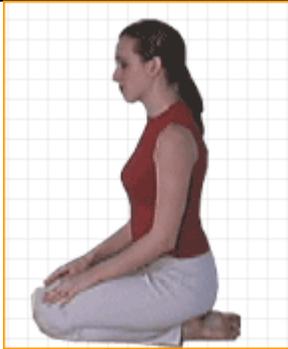
- In any posture of yoga
- The Saram gets activated,
- Chakra gets energized and uses the gravitational force and your breath to move up and down.
- Yoga will give more of energy when it comes to healing, to make the body a Kayakalpa,
- We can integrate both Varmam and Yoga which will take care of the body rigidity before initiating yoga practice heavily.
- Yoga and Varmam are natural system of taking yourself to the higher level.
- Varmam needs stimulation by someone else instead of doing it by Self
- Varmam has limitations as a self healing system.
- Another individuals' Vaasi is needed to heal, since when touched, the other individual induces his/her energy into the healing location through the Varmam points.
- With Yoga self healing is possible and when it comes to healing, concentration can be applied in some location and the Soul in the concentrated area enjoys it just like how we when someone is watching or encouraging, we put in all the energy to do a certain task with more focus, in a similar way, the soul likes the focus and starts inducing the needed energy for correcting and healing the self
- When channels and adangals are focused on, they get activated, goes to highest activity and initiates the auto healing..
- Here going to path of spirituality, the body needs to be a Kayakalpa which Yoga can support similarly, Healing needs lot of energy and Saram which Varmam contributes.

Yogasanas and Relevant Varmam:

| Aasana & Benefits | Varmam Points | Image |
|-------------------|---|--|
| Vajraasana | Varmam Uppku kutri Kuthikal Varmam KuthiAdangal Varmam Urumi Varmam Kaari Varmam Kaal muttu Varmam Kaal vellai Varmam Kaal pada Kaal kundikai Kai vellai |  |

| | | |
|-----------------|---|--|
| | <p>Adangal</p> <p>Kai Vellai Adangal MuttAdangal SadurAdangal Kaal kathir Adangal VeerAdangal</p> | |
| Anjaneya Aasana | <p>Varmam</p> <p>Uppku kutri Kuthikal Varmam (KuthiAdangal) Mani pirai Varmam Urumi Varmam Kaari Varmam Kaal muttu Varmam Kaal vellai Varmam Kaal pada Kaal kundikai Mundellu Munsaruthi</p> <p>Adangals</p> <p>MutAdangal SadurAdangal Kaal kathir Adangal VeerAdangal Villai Adangal MuthukAdangal Ullangai Adangal Yenthi Adangal Kai vellai- Kai vellai Adangal</p> |  |
| Baalaasana | <p>Varmam</p> <p>Baala Varmam Nema Varmam Kai vellai vermamam All Varmam points relevant to Varja Aasana * Yetiral Varmam Pallai Varmam Munsaruthi Varmam Doosika Varmam Munkamundan Varmam</p> <p>Adangals</p> <p>Thodai poruthAdangal MuthukAdangal VillaiyAdangal</p> |  |

| | | |
|----------------|---|--|
| | KorAdangal Ullmadai Adangal PootAdangal | |
| Chakraasana | Varmam Undhi Varmam Ullangai Varmam Ullangaal Varmam |  |
| Dharuraasana | Undhi Varmam Ullangai Varmam Kaal Kona Janni Komberi Varmam Urumi Varmam Moothiria Varmam Palla Varmam Chiriyai, Periya Atthi Churukki Ani and Aandai Varmam |  |
| Eka Paadaasana | Kaal Vellai Varmam |  |
| Garudaasana | Varmam Kai Aandhai, Visha Mani Bandha Manibandha Ullankai Vellai Mudakku Mundaga Kaal Urumi, Kaari, Vaayurithi, Mulunkaal Mootu Pathaipu, Karandai Mozhi Poruthu, |  |

| | | |
|---|--|--|
| | <p>Patha Chakkara, Thodai Aga Maiya Varmam</p> <p>Adangals</p> <p>Mudugu Adangal Villai Adangal Ullangai Adangal Vala Pingalai Adangal Ida Pingalai Adangal MuttAdangal and many more Adangals.</p> | |
| Gomukhaasana – the cow faced pose | Thodai Maiya Varmam |  |
| Padmaasana – the lotus pose | Urumi Varmam Daskhinai Kaalam Choolumunai Naadi |  |
| Siddhaasana | <p>Varmam</p> <p>Uppku kutri Kuthikal Varmam KuthiAdangal Varmam Urumi Varmam Kaari Varmam Kaal muttu Varmam Kaal vellai Varmam Kaal pada Kaal kundikai Kai vellai</p> <p>Adangal</p> <p>Kai Vellai Adangal MuttAdangal SadurAdangal</p> |  |

| | | |
|--|------------------------------------|--|
| | Kaal Kathir Adangal VeerAdangal | |
|--|------------------------------------|--|

Varmam – Natural Healing System of Treatment for:

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| Paralysis | Sciatic pain |
| Migraine | Tremors/Parkinsons |
| Diabetic neuropathy | Muscular twitching & cramps |
| Trigeminal Neuralgia | Facial or Bell's palsy |
| Urinary incontinence | Lumbar Spondylitis |
| Lumbar Spondylolisthesis(Disc bulge or prolapse) | Cervical Spondilitis |
| Cervical Spondylolisthesis(Disc bulge or prolapse) | Frozen shoulder (periarthrits) |
| Carpal tunnel syndrome Muscular and joint pain | Frozen joints |
| Muscular strain | Respiratory conditions |
| Digestion and elimination problems | Nervous system disorders |
| Headaches and migraines | Glandular tissues |
| Anxiety and depression | General aging problems |
| Stress response, fears and phobias | Confusion, memory loss and mental focus |
| Low energy and fatigue | Fertility |

Contact Us:

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