

# Thirumoolar Varmalogy Institute

## Medical Varmalogy (Varma Chikitsa / Marma Chikitsa)

Varmam in Tamil is the same as Marmam in Malayalam. Both signify flow of vital energy in the body. Junctions of this energy are called varmam points. Varmalogy is a systematic study of varmams in the body. These varmams are located on nerves, nerve joints, bones, muscles, ligaments and internal organs. Each varmam has its own width, height, depth. Proper vibration or tuning of these varmams by experts promotes health.

Varmalogy is an indigenous Indian art, as evident from literatures available from as early as 5<sup>th</sup> century A.D. Varmalogy is a well documented science. The original texts on varmalogy are available in Tamil and Malayalam languages, in the form of palm leaf and paper manuscripts containing nearly 30,000 verses. Till date, recovered varmalogy manuscripts are found under 120 different titles, containing enough material to publish 50 books of 1,000 pages each.

Varmalogy is connected with various disciplines like Ayurveda, Siddha, Yoga, Therapeutic Massage, Astrology, Psychology, Sociology, Martial Arts (Kalari Payattu), etc.

Medical varmalogy can be used to treat various diseases like that of the nervous system and other organ systems, vertebral and joint diseases, diabetes, etc. It can bring clinical improvements even in genetic and congenital diseases like autism, cerebral palsy, etc.

### **Unique features of varmalogy are:**

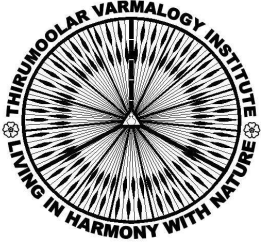
- Medicine-less treatment.
- Can be used in conjunction in other medical treatments and medical systems.
- No adverse effects or side effects.
- Cost effective.
- Minimum time spent by the clinician to administer the therapy.
- No extra infrastructure required to practice.

During the 3 day workshop, the participants will learn:

- Origin of varmalogy and its basic concepts.
- Location, application methodology and medical benefits of nearly 70 varmam points, with the help of power point presentation with photos and videos.
- Around 10 varmalogy techniques that can be used to revive a person who is unconscious after an injury.
- Varmalogy techniques that can be used to cure day-to-day ailments such as headache, migraine, sinusitis, leg pain, etc.

Workshop participants will be given the opportunity to feel the varmam location in their body directly, as the teaching faculty shall individually demonstrate the application methodology by applying on participant's body.

More than 3,500 medical professionals have learnt this art and are using its techniques successfully in their practice.



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## Medical Varmalogy

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### Workshop Dates:

20<sup>th</sup>, 21<sup>st</sup> and 22<sup>nd</sup> November 2015

Timings: 9.00 A.M to 5.00 P.M.

### Town:

Sri Sri College of Ayurvedic Science and Research Hospital,

The Art of Living International Ashram,

21<sup>st</sup> KM, Kanakapura Road,

**Bangalore**, Karnataka.

### Course Fees:

Indian Citizens - Rs.6,000/- (Indian Rupees Six Thousand Only)

Foreign Citizens & NRI - Rs.12,000/- (Indian Rupees Twelve Thousand Only)

In addition to course content, the above fee includes tea and snacks twice a day.

### Registration Details:

Step 1: Entire course fees have to be deposited in the following bank account.

Step 2: Photocopy of the bank deposit challan along with the attached registration form has to be sent to our institute, either send through post or scanned copy can be sent through email at [ThirumoolarVarmalogy@gmail.com](mailto:ThirumoolarVarmalogy@gmail.com)

### Bank Details:

Name: Thirumoolar Varmalogy Institute

Bank: ICICI Bank (Branch: Coimbatore – Trichy Road)

IFSC Code: ICIC0000016

Account No: 0016-05-012367

### Contact Information:

Contact person from TVI: Mr. Kathiravan +91-94422-39293

Contact person from AOL: Dr. Sharika Menon +91-95918-45109

([charuandguru@gmail.com](mailto:charuandguru@gmail.com))

To enquire about experience sharing with ayurvedic medical professionals who have completed course, contact Dr. Sreejith @ +91-94473-49992, Dr. Rajesh @ +91-94460-63657 and Dr. Jayachandran @ +91-99473-88111.

For any queries, you can also email us at [ThirumoolarVarmalogy@gmail.com](mailto:ThirumoolarVarmalogy@gmail.com)

**From,** Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_  
Name: \_\_\_\_\_  
Address: \_\_\_\_\_ Mobile: \_\_\_\_\_  
Town: \_\_\_\_\_ District: \_\_\_\_\_  
State: \_\_\_\_\_ PIN Code: \_\_\_\_\_

**To,**  
M/s. Thirumoolar Varmalogy Institute, **Email:** ThirumoolarVarmalogy@gmail.com  
No.10-I, Balan Nagar, **Web:** www.varmam.org  
Behind RGP Marriage Hall, **Mobile:**  
Kavundampalayam Post, +91-94422-39293  
Coimbatore – 641030. +91-94422-49293  
Tamil Nadu, India.

Dear Sir,

Sub: Registration for Medical Varmalogy Workshop – Bank deposit details – reg.

Herewith, we wish to inform that we like to attend the Medical Varmalogy Workshop and the deposit details are as follows:

Workshop to be conducted at: \_\_\_\_\_  
Workshop Dates: \_\_\_\_\_  
Amount Deposited: Rs. \_\_\_\_\_ Deposited on (Date): \_\_\_\_ / \_\_\_\_ / \_\_\_\_  
Deposited at ICICI Branch: \_\_\_\_\_  
Mode of payment: Cash / Cheque / Demand Draft / Online

| No. | Participant Name | Sex | Place | Mobile |
|-----|------------------|-----|-------|--------|
| 1.  |                  |     |       |        |
| 2.  |                  |     |       |        |
| 3.  |                  |     |       |        |
| 4.  |                  |     |       |        |
| 5.  |                  |     |       |        |

Kind Regards,

(Signature)

**Attachment:** Photocopy of the bank challan.

**Bank Details:**

Name: Thirumoolar Varmalogy Institute  
Bank: ICICI Bank IFSC Code: ICIC0000016  
Branch: Coimbatore – Trichy Road Account No: 0016-05-012367

**\* Registration form can be either send through post or scanned copy can be sent through email.**  
**\* Original bank challan or printout of online transfer has to be shown on the first day of the workshop during registration process.**