

Tamil Nadu Physical Education and Sports University

Chennai

Directorate of Distance Education

Department Of Yoga

Name of the course	Diploma in Varma and Thokkanam (Massage) Sciences
Eligibility	+2 passed
Stream	Distance Education
Duration	One Year
Medium	English
Attendance	Minimum 80%
Year	2018-2019 onwards

Diploma in Varma and Thokkanam (Massage) Sciences

Scheme of Examination:-

Paper Code	Name of subject	Internal	External	Total
	Theory: Foundations of Varma and Thokkanam	25	75	100
	Varma and Thokkanam practices	25	75	100
	Introduction to Traditional Indian systems of Medicine and therapies	25	75	100
	Practicals: Practical training in Varma and Thokkanam	25	75	100
	Village Placement Programme	100	-	100
	Total	200	300	500

FOUNDATIONS OF VARMA AND THOKKANAM

Unit – I

Health: Adhi and Vyadhi, Kleshas, Koshas, Doshas, factors affecting health, dimensions of health, causes of ill-health, diseases, pillars of health, fitness, wellness, biological clock.

Nutrition: Macro and Micro nutrients, balanced diet

Unit – II

Varma and Thokkanam: Meaning, definitions, Need, Nature and Scope – Principles and Philosophy, different names, origin and history, Modern developments, Guru worship. Texts in Varma – Patanjali and Thirumoolar's views on body and mind. Texts based on Agatiyar, Bohar, Ramadevar, Theraiyar.

Unit – III

Types of Varma: Padu Varmam, Thodu Varmam, Thadavu Varmam, Thattu varmam, Nakku Varmam, Nokku Varmam, OothuVarmam. Padu Varmam in texts.

Unit –IV

Five body parts (5 kandams), Six Adharam, Vayus, Utkaruvi (intrinsic factors) – Purakaruvi (Extrinsic factors) – Three Mandals, Three hormones – Nadigal (Nerves) – Dasa nadi (Nadi used in Diagnosis) – Chakras –curable condition.

Unit – V

Methods of Adangal – General adangal Methods – Rationale behind Varma – Nomenclature – Place of Varma – Quality of Varma – departures in Varma.

References:

- 1) Gokulakumar (2012) Medical Varmalogy Coimbatore: Arts Research institute
- 2) Rajamony (2012) Varma The Healg touch Chennai: World varma foundation & St.Antony's Charitable Trust
- 3) Thottam (2011) Varmathin Marmam Chennai : Thottam publishers
- 4) Rajendran (2012) Handbook of Varma therapy Moolachal: Varma science research centre
- 5) Thirunarayanan (2012) Introduction to Siddha Medicine Chennai: Centre for Traditional Medicine and Research
- 6) Ponnapan (2005) Varmakalai ennum Maruthuvakalaii Chennai: Puththaga poonga
- 7) Sivakumar (2017) Varmam Marmam Alla Chennai: Yogalayam and varmalayam
- 8) Shanmugam (2012) The foot prints of Medical varmalogy Coimbatore: Arts Research Institute
- 9) Pushparaj, Tamil Maruthuva Thokkana Muraigal, Parakkundru: Ravanan Publications
- 10) Akhonry Gourag Sinha (2001) Principles and practices of Therapeutic massage, New Delhi: Jaypee Brothers
- 11) Penny Rich (1994) Massage for common ailments, London: Parragon Book Service Ltd
- 12) Thirugnanam (2009) Mooligai Maruthuvam Trichy : Selvi Publications
- 13) Appan (2011) Eyarkai Unave Nooi Theeruum Marunthu, Chennai: Sri Hindu Publications
- 14) Varma Cuttiram, Dr.Shu Hikosala, Prof. Norinaga Shimizu, Dr.G.John Samuel, Dr.P.Subramaniam, Institute of Asian Studies
- 15) Varma Medicine (General & Special), Fundamental of Varma Medicines, Prof. Dr.T.Kanna Rajaram
- 16) Babaji's Kriyaa hatha Yoga, Thiru.Yogi Ramsunthaar
- 17) Nature cure, Thiru H.Lindhadr.M.D
- 18) Practical Nature cure. Thiru.K.Lakshmana Sarma
- 19) Siddha Varmalogy, Thiru T.Vasanth Kumar
- 20) Art of Massage: J.H.Kellog
- 21) Murugesu Mudaliar, Gunapadam
- 22) Imcos – Herbal Medicine Preparation
- 23) Prof. Dr.Prema, Tamil University Siddha medicine Professor's books

- 24) Dr.Rengarajan's Books
- 25) S.Somasundaram Books and Dr.M.Shanmugavelu's Books
- 26) Kannan Rajaram (2011) Varma Maruthuvam Pudukadai: siddha Medicine Book publisher
- 27) Nisiwilson (2004) varma Choodamani Karungal: Amma Padipagam
- 28) Chidambara Danu Pillai (1970) Varma Sutcham, Chennai: Siddha Maguda Prasuram
- 29) Ramachandran (1998) varma suthiram Chennai: Thamarai Noolagam
- 30) Subramaniam (2007) Varma Chuthiram Chennai: Institute of Asian Studies
- 31) Manimaran (2015) Varmam Tirunelveli: Renuga Publications
- 32) Sunil Kumar Joshi (2010) Marma Science and Principles of Marma Therpa, Delhi : Vani publications
- 33) Kannan Rajaram (2015) Varma Maruthuvam I & II Kanyakumari: Varma maruthuva Ayvu Maiyam
- 34) Chidambaradhanu Pillai (2015) Varma Vimanam Chennai: International Institute of Thanuology
- 35) Maria Joseph (2013) Varma Kannadi – 500 Manalikai: Muthu Noolagam & publications
- 36) Mohana Raj (2009) Varma odivu Murivu chara choothiram – 1200 & Chaduramani Choothiram – 600, Pudukarai: A.T.S.V.S Siddha Medical College and Hospital
- 37) John Selvaraj (2009) Varma Choothiram Chennai: International Institute of Tamil Studies
- 38) _____ (2007), Varma thoguppu Chennai: Indian Medicine & Homeopathy
- 39) Mohan (2006) Siddharkalin Varma Choothirangal Chennai: Thamarai Noolagam
- 40) Madialagan (2007) Siddha Medicine, Chennai: Tamil Valarchi Kezhagam

VARMA AND THOKKANAM PRACTICES

Unit – I

Diagnosis – Root of energy ways (vassakal), Energy receiving points (mudichukal), Nadi Parikcha

Padu varma points – varma points in Head, Neck, chest, stomach, hip, back hands, legs - chakras

Unit – II

Treatment of Varma – Varma Kanji, Varma thylam -Nasiyam – Food (Gruel) – Marundu – Othadam (fermentation) – Types of Medicine – Lehyam, Kudneer, Gulikai, Chooram, Thylam (oils and Ghee) Melpucchu, varma and thokkanam for life style diseases

Unit – III

Massage: Siddha Massage, Varma Massage, Meaning, Target tissues, forms of Massage, Materials for massage – precautions – Modes of manipulation in massage – Benefits of massage: General, physiological, mechanical, Therapeutical

Unit –IV

Medicinal benefits of Herbs:

Herbs: name & family: Categories of Herbs – Types of herbs

Amaranthus tritis, ocimum tenuiflorum, Acalypha indica, centella asiatica, Trigonella foenum, Solanum nigrum, altermanthera sessilis, Leucas aspera, Solanumtrilobatum, Zingibu officinate, Andrographis paniculate, cynodon dactylon, phyllanthus amarusschum, Eclipta prostrata, Phyllanthus emblica, Aegle marmelos, Pergularia daemia, Mukia Maderaspatana, Furcraea foetida, Kurunthotti- growth places, Taste, usable parts, Medicinal values and usage.

Unit – V

Herbal medicine – Preparation and uses

Herbal suranam, Herbal Thailam, Herbal wax preparation, Herbal wax massage, herbal legiyam, Herbal Kasayam, Herbal powders, Herbal tooth powder, Herbal kalimbu, Herbal tea, Herbal soap, Herbal food.

References:

- 1) Gokulakumar (2012) Medical Varmalogy Coimbatore: Arts Research institute
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INTRODUCTION TO TRADITIONAL INDIAN SYSTEMS OF MEDICINE AND THERAPIES

Unit I: History of yoga therapy- Essence and Principles of Yoga therapy- Physiology and pathology in the yoga- Shatra- koshas- doshas- Pancha prana- Application of Yoga and its types – Methodology in Yoga Therapy – Factors (Heyam, Hetu, Hanam and Upayam) – Methods (Darsanam, Sparsanam, Prasanam, Nadi Pariksa) Examination of Vertebra, joints, muscles, Abdomen and Nervous system and therapeutic yoga practices- Modification of yogic practices – Yogic diet - Yogic diet for Human systems– Nadis and chakras

Unit II: Application of traditional Indian medical systems and therapies:
Ayurveda – Doshas, Dinacarya, Ayurvedic diet, Panchakarma therapy
Siddha – Five elements theory, physical constituents, pathology (Kayakalpa, Kitchen, Herbal and other types of medicine), Exercise therapy, Cryo therapy, Acupressure, Acupuncture, Chromo therapy, Magnet therapy, Music therapy, Pranic healing, Magentotherapy, Naturopathy and Modalities of Naturopathy

Unit III: Therapeutic applications for High blood pressure, Obesity, Diabetes Mellitus, Asthma, Sinusitis, Migraine, Arthritis, Back pain, Thyroid problems, constipation, impotency, infertility, stroke, Epilepsy, Parkinson’s disease, sleep disorders, skin diseases, insomnia, Anaemia

Unit IV: Therapeutic applications for psychological disorders:
Neurosis: stress, depression, eating disorders, suicide, hysteria
Psychosis: Schizophrenia, autism, Bipolar disorders, dementia
Personality disorders: Paranoid, histrionic, drug addicts- Smoking, Alcoholism, Gambling – Anti social activities

Unit V: Therapeutic applications for the problems of women- Amenorrhea, Dysmenorrhea, menorrhagia, metrorrhagia, Hypomenorrhoea, oligomenorrhoea, polymenorrhoea, leucorrhoea, uterus related problems, miscarriage, pregnancy- Pre and post natal care, PCOS

References:

1. Balkrishna Acharya (2006) Ayurveda its principles and Philosophies, Haridwar: Divya Prakashan
2. Atharale V.B. (1980) basic principles of Ayurveda, Bombay: Pediatric clinics
3. Frawley David (2000) Yoga and Ayurveda Delhi: Motilal banarsidass Publishers Pvt Ltd,
4. Balkrishna Acharya (2012) A practical approach to the Science of Ayurveda, Haridwar: Divya Prakashan
5. Frawley David and Sandra Summerfield kozak (2011) Yoga for your type New Delhi: New Age Books,
6. Vasant Dattatray Lad (2007) Secrets of the pulse The Ancient art of Ayurvedic Pulse Diagnosis Delhi: Motilal Banarsidass Publishers Pvt.Ltd
7. Ashwini yogi (2011) Sanatan Kriya. The Ageless Dimension, New Delhi: Dhyan Foundation
8. Stiles Mukunda (2009): Ayurvedic yoga therapy New Delhi: New age books
9. Sivananda Swami (2006): Practice of Ayurveda Shivanandanagar: The Divine Life Society
10. Atreya (2000) Ayurvedic Healing for women, Delhi, Motilal Beharsidass
11. Joshi Rajani (2007) Health tips from the Vedas Haridwar: Shri Vedmata Gayathri trust
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13. Bakhru (2011) The complete Hand book of Nature cure, Mumbai: Jaico publishing House
14. Gala DR, Dhiren Gala and Sanjay gala (2008) Nature cure for common diseases, Ahmadabad: Navneet publications (India) Ltd.,
15. Murthy Chidananda (2010) yogic and naturopathic treatment for common ailments, New Delhi: Central council for research in Yoga and Naturopathy
16. Basavaraddi Ishwar (2012) Important therapeutic modalities used in Naturopathy, New Delhi. Central council for Research in Yoga & Natruopathy,
17. Murthy Chidananda(2011) Yoga and Naturopathy New Delhi: central council for Research in yoga and Naturopathy.

PRACTICAL TRAINING IN VARMA AND THOKKANAM

Unit – I

Diagnosis – Root of energy ways (vassakal), Energy receiving points (mudichukal), Nadi Parikcha

Padu varma points – varma points in Head, Neck, chest, stomach, hip, back hands, legs - chakras

Unit – II

Preparation for the Treatment of Varma – Varma Kanji, Varma Thylam, Nasiyam – Food (Gruel) – Marundu – Othadam (formentation) – Types of Medicine – Lehyam, Kudneer, Gulikai, Choornam, Thylam (oils and Ghee) Melpucchu, varma and thokkanam for life style diseases

Unit – III

Practices of Massage: Target tissues, forms of Massage, Materials for massage – Modes of manipulation in massage

Unit –IV

Identify *Amaranthus tritis*, *ocimum tenuiflorum*, *Acalypha indica*, *centella asiatica*, *Trigonella foenum*, *Solanum nigrum*, *altermanthera sessilis*, *Leucas aspera*, *Solanumtrilobatum*, *Zingibu officinate*, *Andrographis paniculate*, *cynodon dactylon*, *phyllanthus amarusschum*, *Eclipta prostrata*, *Phyllanthus emblica*, *Aegle marmelos*, *Pergularia daemia*, *Mukia Maderaspatana*, *Furcraea foetida*, Kurunthotti.

Unit – V

Herbal medicine – Preparation

Herbal suranam, Herbal Thailam, Herbal wax preparation, Herbal wax massage, herbal legiyam, Herbal Kasayam, Herbal powders, Herbal tooth powder, Herbal kalimbu, Herbal tea, Herbal sope, Herbal food.

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- 40) Madialagan (2007) Siddha Medicine, Chennai: Tamil Valarchi Kezhagam

VILLAGE PLACEMENT PROGRAMME

Duration	:	Five Days
Mode of Evaluation	:	Internal Assessment
Maximum Marks	:	100
Subject	:	Varma and Thokkanam
Nature of Programme	:	To bring awareness and to teach, train and practice Villagers