

**Tamil Nadu Physical Education and Sports University**

**Chennai**

**Directorate of Distance Education**

**Department Of Yoga**

Name of the course	PGD in Varma and Thokkanam (Massage) Sciences
Eligibility	Any UG Degree
Stream	Distance Education
Duration	1 Year
Medium	English
Attendance	Minimum 80%
Year	2018-2019 onwards

**PGD in Varma and Thokkanam (Massage) Sciences**

**Scheme of Examination:-**

<b>I YEAR</b>				
<b>Paper Code</b>	<b>Name of subject</b>	<b>Internal</b>	<b>External</b>	<b>Total</b>
	<b>Theory:</b> Foundations of Varma and Thokkanam	25	75	100
	Applied Anatomy and Physiology	25	75	100
	Methods of Varma and Thokkanam	25	75	100
	Applied yoga	25	75	100
	Introduction to Traditional Indian systems of Medicine and therapies	25	75	100
	<b>Practical:</b> Practical training in Varma and Thokkanam – I	25	75	100
	Yogic Practices	25	75	100
	Village Placement Programme(VPP)	100	-	100
	<b>Total</b>	<b>275</b>	<b>525</b>	<b>800</b>

## **I YEAR**

### **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, Thattu varmam, Thadavu 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 Healig 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 Maruthuvakalalai 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 Thiruum Marundhu, 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.Vasantha 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: Tamarai Noolagam
- 40) Madialagan (2007) Siddha Medicine, Chennai: Tamil Valarchi Kezhagam

## **Paper II**

### **APPLIED ANATOMY AND PHYSIOLOGY**

**Unit I:** Tissue cell: Cell structure- groups of Tissue- Epithelial tissue, muscular tissue. Connective tissue - their functions-The skeletal system- Bones, joints and muscles of the skeleton- tendons and ligaments- their functions.

**Unit II:**

The circulatory system- structure of the heart- the cardiac cycle- composition of blood- Blood pressure-Blood vessels- Hematological system-their functions- arteries, veins & capillaries. The Digestive system- alimentary canal-mouth- pharynx- esophagus- stomach- small and large intestine- the peritoneum- Liver- gall bladder- Pancreas- their functions- metabolism- physiology of digestion - The respiratory system - The respiratory passages - nose, pharynx, larynx, bronchi, lungs, their function - oxygen consumption - Physiology of respiration.

**Unit III:** The Nervous System- The central nervous system- autonomic nervous system-Brain- spinal cord- Sympathetic and parasympathetic systems- their functions-sensory organs-skin- eyes- ear- tongue- nose- their functions: Posture-active posture- inactive posture- ideal posture- control of posture.

**Unit IV:**The Endocrine system- Hypothalamus, Pituitary gland- Thyroid gland, Parathyroid glands- Thymus gland- Adrenal gland- Pineal gland- their functions. The urinary system- Kidneys, ureters, bladder, urethra, renal function.The reproductive system- puberty- menopause- testes, uterus, ovaries- their functions

**Unit V:** Impact of Varma and Thokkanam practices on the Anatomy and physiology of different systems of human body-cells, bones, joints and muscles, skin. Cardio-vascular system, respiratory system, digestive & excretory system. Hematological and immune system, glands, nervous system, body metabolism, special senses, locomotor system.

**References:**

1. Telles Shirley (2006) A Glimpse of the human body, Bangalore, Swami Vivekananda yoga prakashana
2. Shri Krishna (1988) Notes on structure and functions of human body and Effects of yogic practices on it, Mumbai : ICYHC, Kaivalyadhama.
3. Ray S Dutta (2001) Yogic Exercise: Physiologic and psychic processes, New Delhi:
4. Evelyn C peace (1997) Anatomy and physiology for nurses, New Delhi: Jaypee Brothers.
5. Leslie Kumar (2007) Yoga Anatomy, Champaign: Human Kinetics
6. Nagendra kumar (2007), Yoga Bhyasa for week days, Bangalore: OM mantra Devo Bhava.
7. Gore M.M. (2003) Anatomy and Physiology of yogic practices, Lonavala Kanchan prakshan.
8. Bruce, J. Noble (1986) Physiology of Exercise and Sport. St. Louis C.V. Mospy.
9. Shavel L.G (1981) Essentials of Exercise Physiology, New Delhi: Surjeet Publication.
10. Fax. E.L. and Mathew D.K., (1981) The Physiological basis of Physical Education and Athletics III Ed. Philadelphia W.B. Samnders.
11. Clerke D.H., (1975) Exercise Physiology, New Jersy: Prentice Hall.
12. Selvalakshmi. S (2017) Anatomy and Physiology Madurai: Shanlax Publications.



## METHODS OF VARMA AND THOKKANAM

### Unit – I

Diagnosis - Root of energy ways (vaasalkal) 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 – Lehiyam, Kudineer, Gulikai, Choornam, Thylam (oils and Ghee) Melpucchu

### Unit – III

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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- 39) Mohan (2006) Siddharkalin Varma Choothirangal Chennai: Thamarai Noolagam
- 40) Madialagan (2007) Siddha Medicine, Chennai: Tamil Valarchi Kezhagam

## APPLIED YOGA

**Unit I:** Yoga: Nature, Need, Philosophy, History and Scope of Yoga - Modern Developments - Misconceptions and clarifications of Yoga- Paths of Yoga- Ashtanga yoga- Schools of Yoga - Importance of yogic practices - Benefits of Yoga on human systems Yoga for Super-consciousness - Computer Applications in Yoga

**Unit II:** Contributions of texts to Yoga:

Vedas, Upanishads, Tantra, Bhagavad Gita, Yoga vasishtha, Prasthanatrayee, Purushartha Chatushtaya, Yoga Sutras, Thirumandiram, Yoga Yajnavalkya Samhita, Goraksataka, Hatha Yoga Pradipika, Gheranda Samhita, Siva samhita, Hatha Ratnavali, Siddha Siddhanta Paddhati, Narada Bhakthi Sutras, Yoga Rahasya

**Unit III:**

Contributions to yoga by Ramakrishna, Swami Vivekananda, Sivananda, Sri Aurobindo, Maharishi Mahesh Yogi, Swami Rama, Krishnamacharya, Swami Kavalayananda, Ramana Maharishi, Vethathiri Maharishi, Swami Dayanand Saraswati, B.K.S.Iyengar

**Unit IV:**

Spirituality- Role of yoga on Religions and Spirituality, Value Education, Values- Types of Values - Methods to promote Values and Spirituality- Methods of teaching: Lesson plans, teaching aids - usage of props- Guru-Shishya Parampara.

**Unit V:**

Yoga and Psychology - Facets of psychology and yoga - Yoga for psychological qualities - Yogic practices for various age groups - Yogic practices for various professionals - Yoga and Women - Yoga and Sports - Yoga and Mind - Nadis and chakras - Role of Yoga on personality development.

**References:**

- 1) Brahma Kumaris Jagdish Chander Mount Abu: PBK Ishwariya vishwa vidyalaya.
- 2) Desikachar (2003) Nathamuni's Yoga Rahasya, Chennai: Krishanmacharya Yoga Mandiram
- 3) Desikachar (2004) Yoga Yajnavalkya Samhita, Chennai: Krishanmacharya Yoga Mandiram
- 4) Hausthul Desikachae (2016) The Hatha Yoga Pradipika, Chennai: Madia Garuda
- 5) Meena Ramanathan (2006) Grandasamihita Lonavala: Kaivalyadhama S.M.Y.M.Samiti
- 6) Subramanian (2003) The Yoga vasishta, Chennai: Sura Books (Pvt) Ltd
- 7) Swami Gambirananda (2008) Eight Upanishads Kolkata: Advaita Ashrama
- 8) Swami Ranganathananada (2001) The message of the Upanishads, Mumbai: Bharatiya Vidhya Bhavan
- 9) Venkata Reddy (1932) Hata ratnavali, Arthameru. M.S.R.Memorial Yoga series
- 10) Elangovan R (2016) Fundamentals of Yoga, Chennai: Ashwin Publications
- 11) Eangovan R (2018) Yoga Psychology, Chennai: Ashwin publications

References:-

- Iyenger B.K.S (1976) Light on yoga. London, Unwin paperbacks.
- Sivananda Sarawathi swami (1934) Yoga Asanas Madras: My magazine of india.
- Satyanada sarawari swami (2008) Asana, Pranayama, Mudra, Bandha, munger: Yoga publications trust.
- Iyenger B.K.S (2008) Light on pranayama. New Delhi : Haper Collins publishers India.
- Chandrasekaran k (1999) Sound Health Through Yoga, Sedapatti: Prem kalyan Publications
- Vishnu Devananda Swami (1972) The complete Illustrated book of yoga, New York: Pocket Books.
- Yogeshwaranand saraswathi swami (1975) First steps to higher yoga, Gangothari: Yoga nicketan trust.
- Coulter,H David (2001) Anatomy and Hatha yoga. USA: Body and Breath Inc.
- Kirk Martin (2006) Hatha Yoha Illustrated Champaign: Humenkinetics.
- Gharote (2004) Applied yoga, Lonvla: Kaivalyadhama.
- Gharote (2004) Applied yoga, Lonvla: Kaivalyadhama.
- Kathy Lee Kappmcier and Diane M.Ambrosini (2006) Instructing Hatha Yoga, Champaign: Human Kinetics.
- Satyananda sarawati Swami (2007) Meditations from thitantras. Murgar. yoga publications Trust.

## **INTRODUCTION TO TRADITIONAL INDIAN SYSTEMS OF MEDICINE AND THERAPIES**

**Unit I:** Application of traditional Indian medical systems and therapies: Naturopathy, Modalities of Naturopathy, Ayurveda – Doshas, Dinacarya, Ayurvedic diet, Panchakarma therapy Siddha – Five elements theory, physical constituents, pathology (Kayakalpa, Kitchen, Herbal and other types of medicine)

**Unit II:** Exercise therapy, Cryo therapy, Acupressure, Acupuncture, Chromo therapy, Magnet therapy, Music therapy, Pranic healing, Magentotherapy, Reflexology

**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: Dhyana 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
12. Thirunarayanam (2012) Introduction to Siddha Medicine, Chennai: centre for Traditional Medicine and Research
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 - I**

### **Unit – I**

Diagnosis - Root of energy ways (vaasalkal) energy receiving points (Mudichukal), Nadi Parikcha

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

### **Unit – II**

Preparation for the Treatment of Varma –Nasiyam – Food (Gruel) – Marundu – Othadam (fermentation) – Types of Medicine – Lehyam, Kudneer, Gulikai, Choornam, Thylam (oils and Ghee) Melpucchu

### **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- growth places, Taste, usable parts, Medicinal values and usage.

### **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 soap, Herbal food.

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

## YOGIC PRACTICES

### **Unit I:** Loosening the joints

Surya Namskar: for children (10steps)

Bihar School of Yoga Model

Vivekananda Kendra Model

**Unit II:** Asanas: Vrksahasana, Parivrtta Trikonasana, Virabhatrasana, Garudaasana, Padahasthasana, Ushtrasana, Sirshasana, Halasana, Sarvangasana, Matsyasana, Bhujangasana, Salabhasana, Dhanurasana, Navasana, Nouhasana, Siddha yoniasana, Ardha Matsyendrasana, Paschimottanasana, Baddha Konasana, Kukutasana, Padmasana, Vajrasana, Siddhasana, Savasana

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### **Unit III:** Pranayama

Yogic Breathing

Kapalbhati, Bhramari

Ujjayi, Sheetal, Sheetkari, Bhastrika, Nadi Shodhana

### **Unit IV:** Kriyas

Jalaneti, Sutraneti

Bandhas

Jalandhara Bandha, Moola Bandha, Uddiyana Bandha

Mudras

Chin mudra, chinmaya mudra, adi mudra, Brahma mudra, Bhairava mudra, Bhairavi mudra, bhairavi mudra, Shanmuki mudra, Vipareeta karani Mudra, yoga mudra, ashwini mudra, nasiga mudra

### **Unit V:** Meditation

Yoga nidra, Rajayoga meditation, Trataka Meditation, Chakra Meditation, Nine-centered Meditation, Preksha Meditation, Mindfulness based stress Reduction Technique

## References:

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## 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

