

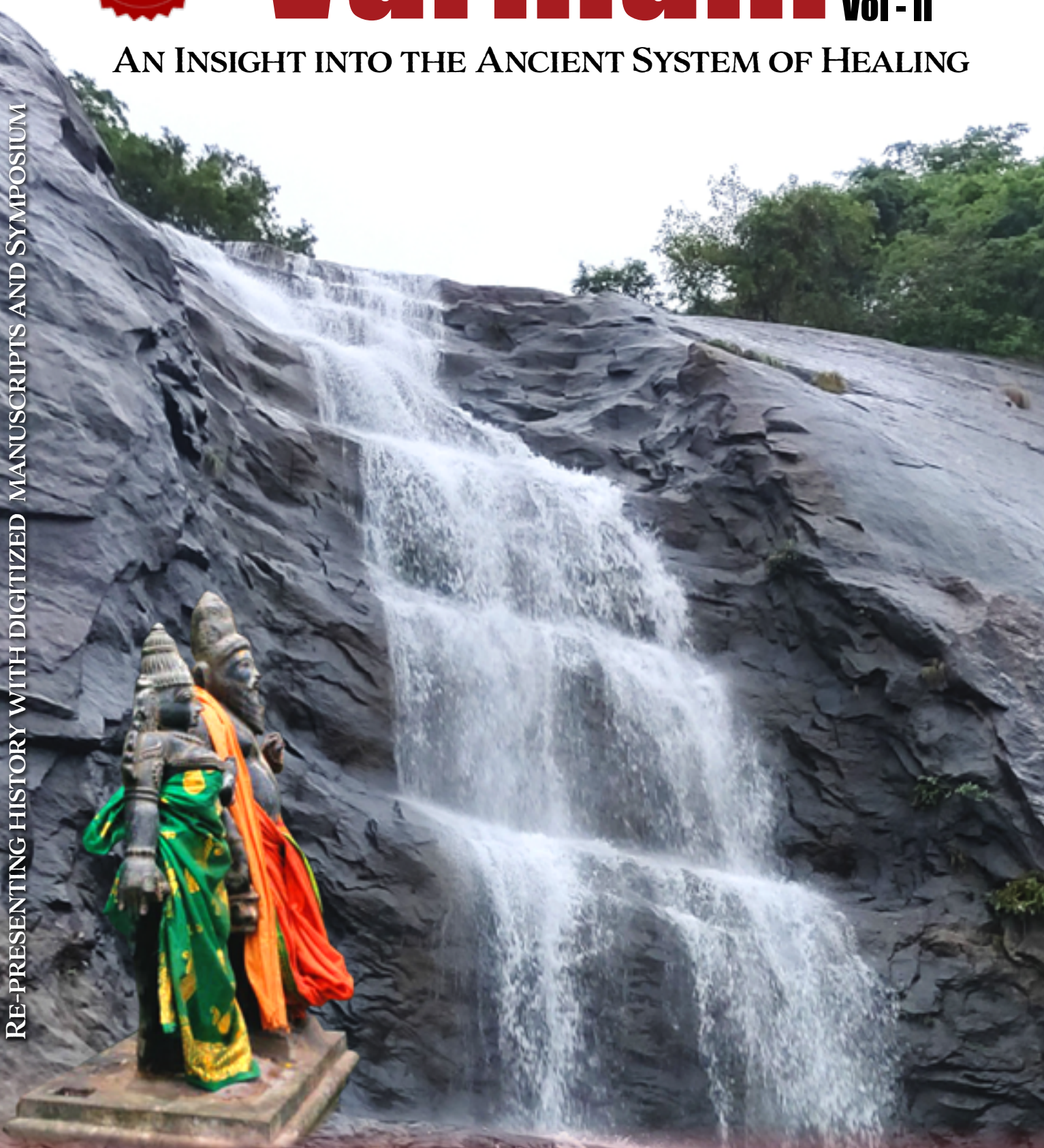


Varmam

Vol - II

AN INSIGHT INTO THE ANCIENT SYSTEM OF HEALING

RE-PRESENTING HISTORY WITH DIGITIZED MANUSCRIPTS AND SYMPOSIUM



Authors: **S. Ramesh Babu & Veni B Iyer**

Varma Kalpa Rejuvenation Center

Varmam - An Insight into the Ancient System of Healing

3 in 1

VOLUME II

- 1 **Adi Varma Sootchumam**
- 2 **Varma Laada Sooththiram**
- 3 **Varma Nooleni**

CONTENTS

7	Dedication	33	Layout of the compositions 1. AVS- 500
8	Preface	34	State of the body
9	Publishers note:	37	Reason for injury
10	Authors note	39	Relieving the Varmam
11	Gratitude	40	Who can treat
12	Personal note of Gratitude	41	Categorisation of varmam
13	About the Authors 1. Sri Ramesh Babu 2. Veni B Iyer	44	Adi Varma Sootchumam
16	Kaapu	44	1. Kazhalaadi Varmam
19	Introduction	45	2. Thirumi Varmam
21	Varmam and human body	46	3. Kuzhivu Varmam
23	Varmam sites 108 Paduvarmam - 12	48	4. AmattuVarmam
24	Thoduvarmam - 96 Measurements Unit of Distance	50	5. Andu Varmam
26	Units of pressure	51	6. Kaareeral Varmam
27	Unit of time Terminologies in varmam	53	7. Velleeral Varmam
28	Maruvarmam Ilakkumurai - Varmam Stimulation Varma Maruthuvam	54	8. Irakku Varmam
29	Symposium	56	9. EtruVarmam
		58	10. Kasa Varmam
		59	11. Kattu Varmam
		60	12. Kai Viri Kaalam
		62	13. Kaanthi Kaalam
		64	14. Peesa Kaalam
		65	15. Kannu Varmam
		67	16. Pozhivu Varmam
		68	17. Poruthu Varmam
		70	18. Naadodi Varmam
		72	19. Kondodi Kaalam
		74	20. Mudavu Varmam
		76	21. Thumbi Kaalam
		79	Adangal for varmam in head
		81	Adangal for varmam in the neck to navel region
		84	Adangal for varmam in navel to anus

DEDICATION
DEDICATED TO VARMAM ENTHUSIASTS



We dedicate this creation to the worldwide community of Varmam Enthusiasts and Protagonists who are instrumental in the system's ongoing push for greater visibility and acceptance. The initial release's contributors undoubtedly played a role in this development as well, since we are observing a dramatic increase in the number of people using Varmam than ever before. The fact that a handful of other publications have come out since our book launch is more proof that the unique transformation and search for Varmam have taken hold. We also dedicate this book to our motivators, well wishers, kith and kin. Today, we commemorate with much affection Prof. T Ramanna, a very unique person in our lives who was tremendously encouraging us throughout the writing of the first book.

PREFACE

We are glad to present our second publication, "Varmam – An Insight into the Ancient System of Healing – Vol – II" a symposium on three books, Adi Varma Sootchumam – 500, Varma Laada Soothiram – 300 and Varma Nooleni – 200. These literatures are three valuable treasures derived from ancient manuscripts in Tamil in the domain of Varmam system of medicine. We have made every effort to ensure that the information we have translated and presented to you is as accurate as possible.

You now have in your hands a symposium of accumulated knowledge presented in an orderly fashion, similar to the songs in the original composition.

The information is organized in a way that makes it easy to understand varmam, its significance, its location, synonyms, traumatology and relieving techniques in the event of a trauma or injury, the time duration that must be observed in order to perform the treatment, as well as the manipulation or stimulating technique of the varmam location..

In the event that there are any discrepancies, we welcome any recommendations or comments you may have. Please do not hesitate to communicate with us more information, such as documents found in other ancient writings, manuscripts, clinical trials, and practices, and we would be pleased to inculcate the same, fix them wherever it is found to be applicable, and include them in our future volumes of the book.

KAAPU



கந்தன் காப்பு

பூரணமாய் நிறைந்த குரு ஆதிசிவனே காப்பு
மெய்யுள் மெய்யறிய உயிருள் உயிரறிய
அறியாமையில் கிடந்தவனை
அனைத்தும் அறியவைத்த குருவின் பாதம் காப்பு
மனிதருள் மனிதராய்
இறையுள் இறையாய்
மனிதனுள் இறையாய்
இறையுள் மனிதனாய்

படைப்பதற்கு மனமார எம்மைமுன்னொழிந்த நின் பாதம் காப்பு
அருவில் அருவாய் சுடரில் முச்சுடராய் வழி தோன்றுதலாய் எம்முடன்
எப்பொழுதும் இருந்து கருணைகாக்கும் கந்தன் அருளே காப்பு



KANTHAN KAAPU

Pooranamaai niraintha guru aathi sivane kaappu
Meiyyul meyyariya, uyirul uyiraria
Ariyaamaiyil kidanthavanai,
Anaiththum ariyavaiththa guruvin paatham kaapu
Manitharul manitharaai, Irayul iraiyaa
Manithanul iraiyaa, Irayul manithanaai
Padaippatharkku manamaara emmai munnozhintha nin paatham kaappu
Aruvil aruvaay sudaril mucchurdaraai vazhi thonruthalaai emmudan
Eppozhuthum irunthu karunai kaakkum kanthan arulae kaappu.

Meaning

May the one who is complete, the first Siva, be the protector of the one who was ignorant and was seeking to know the body within the body and the soul within the soul.

May the protector be my Guru who solved the mystery of my quest for wisdom.

I bow to you, who whole heartedly chose me to compose this, you being a human among human, God within the god, human within the god

I bow to thee, Lord Murugan who being form of the smallest element of atom? Is still a powerful flame with the power of all three gods, always have been guiding me in the right path.



ADI VARMA SOOTCHUMAM – 500

The songs relevant to varmam from this composition are presented for your reference followed by the discussion on the content of the book.

SONG NO	DESCRIPTION PROVIDED IN THE SONG
1 - 2	Armour of protection
4 - 9	Effects of varmam, qualities of a healer who treats with varmam,
10 - 11	State of the body
12 - 13	Effects of varmam
15	Total number of varmam as per AVS(114)
16 - 23	Names of 108 locations
24 - 27	Varmam in the head
28 - 34	Varmam in the neck to navel
35 - 36	Navel to anus
36 - 38	Varmam in the hands
39 - 40	Varmam in the legs
41 - 60	The traumatology, avathi, relieving method, internal medication and mantras.
61	Paduvarmam 12
62 - 166	The traumatology, avathi, relieving method, internal medication and mantras.
201 - 206	Ulvarma Saathiram - special varmam in pregnant women.
207 - 208	Location of six ulvarmam.

PREVIOUS

ADI VARMA SOTCHUMAM

21 VARMA LOCATION

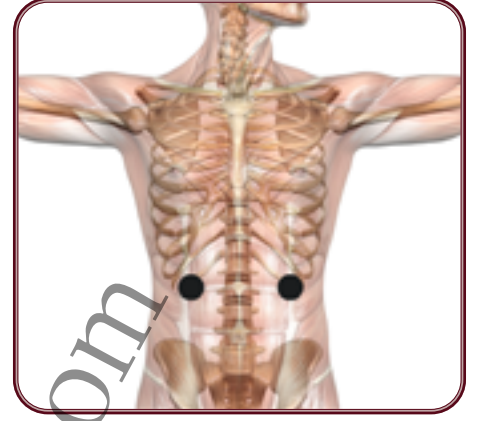
WWW.VARMACADEMY.COM

தமிழ்

தப்பாது வெள்ளீரல் சார்ந்ததனால்
தவபுரியாம் தேகத்தில் அசைவிராது
ஒப்பாது ஒருபுறத்தில் ஒதுங்கும் சீதம்
ஒருபுறமே காந்தியதாம் உலரும் தேகம்
கப்பாது சயமீளை இருமல் காட்டும்
கடினமடா காலமிது கருத்துவைக்கில்
முப்போதும் அவசதத்தால் முனிவுண்டாகும்
முறையான விதி செய்தால் முகடிதானே. (103)

English

Tappātu vellīral cārntataṇāl
tavapuriyām tēkattil acaivirātu
oppātu orupuṟattil otuṅkum cītam
orupuṟamē kāntiyatām ularum tēkam
kappātu cayamiḷai irumal kāṭṭum
kaṭiṇamaṭā kālamitu karuttuvaikkil
muppōtum avucatattāl muṇivuṇṭākum
muṟaiyaṇa viti ceytāl mukaṭitāṇē.



Synonymys

Not available

Reference by varmam

- 2 finger-breadth below the Kaareeral Varmam.
- Below the Pallai Varmam.

Location

- Twin Varmam.
- Just below the tip of the 12th floating rib.

Stimulation

Circular rotation using the palm.

Ilakkumarai

Tap thrice on the sole of the foot.
Do the Agathaarai and Pirathaarai Thadaval.
Hold the person gently along both sides with a slight hug.
Give him water to drink.

Tramatology

Body tremors, dementia, pain in one side of the body, stiffness starting with burning sensation in the legs and hands.

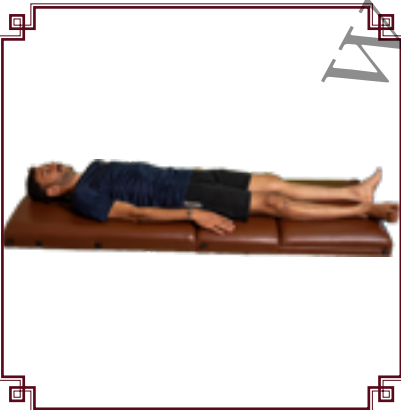
Therapeutic benefits

Beneficial for the liver.

Avathi

Loss of life in 49 gadigai

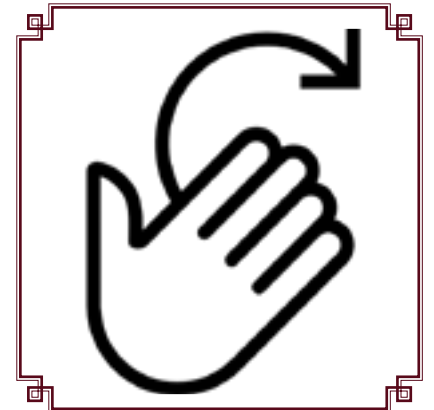
Posture



Fingers



Action



VARMAM ILAKKUMURAI BY ZONE

There are procedures mentioned in the literature for relieving varmam injuries in various zones of the body. As per this, when an injury happens in various zones of the body, the procedure mentioned below can be followed to relieve the person from the varmam injury and its traumatology.

1

ADANGAL FOR VARMAM IN HEAD

தமிழ்

English

ஓமென்ற அடங்கலது நன்றாய் கண்டு
ஓரடங்கல் ஐ அஞ்ச வர்மம் தீர
தாமென்ற மேலடங்கல் கண்டத்தின் மேல்
தாங்கு வர்மமதுக்குறுதி சார்பு பாரு
நாமென்ற உச்சிதனில் முடியை தாழ்த்தி
உள்தாரை பிறதாரை தடவியேந்தி
ஆமென்ற நாடிதனை ஏந்திகட்டி
அப்பனே பிடரியோடே ஏந்தி செய்யே.

செய்யவே செவிரண்டும் ஊதிகொள்ளு
செம்மையாய் நிமிர்த்துகால் வலித்து பின்னும்
செய்யவே உள்தலத்தில் விரலை போட்டு
பதித்து இருவிரல் போட்டு அசைவு கூட்டு
துய்யவே எல்லில்கை கொண்டு சற்றே
துயர் நீக்கி தடவி விட சீவனுண்டாம்
செய்யவே உபதேசம் நங்கூரம் தான
சிவசக்திரண்டும் துலங்கும் கண்டுபாரே.

Ōmenra aṭaṅkalatu nanrāy kaṇṭu
ōraṭaṅkal ai aṅcu varmam tīra
tāmenra mēlaṭaṅkal kaṇṭattiṅ mēl
taṅku varmamatumkuruti cārpu pārū
nāmenra uccitaṅṭil muṭiyai tālṭti
uḷṭārai pīratārai taṭaviyēnti
āmenra nāṭitaṅai ēntikaṭṭi
appaṇē piṭariyōṭē ēnti ceyyē.

Ceyyavē ceviraṅṭum ūtikolḷu
cem'maiyāy nimirttukāl valittu pinnum
ceyyavē uḷtalattiḷ viralai pōṭṭu
patittu iruviral pōṭṭu acaivu kūṭṭu
tuyyavē'ellil kaikoṅṭu carre
tuyar nikkitaṭavi viṭa civaṅṭuṭām
ceyyavē upatēcam naṅkūram tāṅ
civacaktiraṅṭum tulaṅkum kaṅṭupārē.

Procedure

The ilakkumurai method uses the following steps to relieve any trauma to the head caused due to an injury in the varmam locations in the head region. This will help to relieve the traumatology caused by the injury and also its side effects that are expected post injury.

- Stimulate the adangal located in the location of the moolamantra Om (location between the anus and vagina for women and anus and the bottom of the testicles for men) to relieve the injury due to any of the 25 varmam on the head zone.
- Hold a bunch of hair at the Uchi Varmam and make him bend forward.
- Do the Agathaarai and Pirathaarai Thadaval with the head bent forward.
- Hold both the Ottu Varmam and the Pidari using the palm and give a gentle upward jerk.
- Blow both the ears.
- Relax the legs.
- Insert a finger in the anus and give a mild jerk towards the inner side by touching the coccyx bone.



VARMA LAADA SOOTHIRAM

Varma Laada Soothiram is comprised of 300 songs out of which only those relevant to varmam have been taken for the symposium here. The song numbers along with details discussed in those verses are mentioned below.

Song No	Description
6 - 8	Names of varmam location in the head
10 - 16	Names of varmam between neck to navel
17	Names of varmam between navel to anus
18 - 19	Names of varmam in the hands
20 - 21	Count and names of varmam in the legs
22	Count of all varmam zone wise
34 - 59	Alavu Sootchumam, measured distances of varmam locations from a reference varmam
60 - 61	Paduvarmam
62 - 178	The traumatology of the injury, avathi and ilakkumurai for few varmam
179 - 180	Alternate names of varmam locations
181 - 188	Names of kaalam (alternate names)
189 - 195	Names of varmam (alternate names)
196 - 221	Unique symptoms of varmam injury
222 - 224	Thadavu Maargam
225 - 239	Adangal (13)
240 - 256	Amaththu Soothiram - Single stimulation for relieving varmam injury relevant to specific varmam

THIS IS A PREVIEW BOOK

SOON ON THE SHELVES

SCAN OR CLICK THE ICON BELOW

TO

B O O K YOUR COPY NOW



<https://vkrcacademy.mojo.page/varmam-vol-2-pre-launch-3-books-in-1>

www.varmamacademy.com



VARMA NOOLENI - 200

Varma Nooleni – 200 is a composition of 200 songs, which explains about varmam and internal medication needed for the treatment of the Varmam injury. The songs are arranged in reverse order, that is from the foot to the head like how we climb a ladder in the bottom-up direction and hence the name “Nool” meaning “book”, “aeni” meaning “ladder” in Tamil.

Layout of the book

The songs in the book relevant to Varmam are listed below with song numbers and the content delivered in those verses. The rest of them are about the various Varmam internal medicines that includes concoctions to be given, oil preparation for internal and external application, lehiyam for healing and strengthening.

SONG NO	DESCRIPTION
1 - 2	Armour of protection
3	Maathirai details
6 - 18	Legs
24 - 30	Varmam locations in the abdomen to navel
31 - 33	Adangal
38 - 82	Varmam locations in the neck to abdomen
83	Ilakkumurai
93 - 100	Varmam locations in the hand
101	Ilakkumurai
104 - 126	Varmam locations in the head

The armour for the book is to invite and seek the blessings of the one with no beginning or end, the Guru, Rishis and Lord Siva to write the book to help people to not go helpless when hit with Varmam.



Varmam

Vol - II



REPRESENTING HISTORY WITH DIGITIZED MANUSCRIPTS AND SYMPOSIUM

The Varma Kalpa Rejuvenation Center is a trust that conducts research on manuscripts and literary works about Varmam.

Vision: To bring health to everybody, spread knowledge of varmam.

Mission: Varmam research, manuscripts, and literature.

VKRC is a pioneer in developing novel perspectives and dimensions for viewing, interpreting, and learning Varmam.

Varma Kalpa Rejuvenation Center offers an excellent Gurukulam, the Centre for Excellence in Varmam, a clinical research and healing facility, a one-of-a-kind learning platform, and health franchisees.

Varmam has been identified, associated, and scientifically validated by researchers with every method of healing. In their therapeutic and healing wing, Agasthya Wellness Center, at Bangalore and Hosur, VKRC is also researching and reviewing clinical studies as part of research.

Varmam Academy, the academic wing of Varma Kalpa Rejuvenation Center, has introduced many online and offline courses via their Education Platform on **ThewayofLifehub.com**.

The publishing section of Varma Kalpa Rejuvenation Center is engaged in several translation projects and has a minimum of 10 book releases planned for this year.

Authors



S. Ramesh Babu



Veni B Iyer



978-81-961565-0-3

Varma Kalpa Rejuvenation Center

89, 2ND FLOOR, ABOVE ICICI BANK, JP NAGAR 7TH PHASE, BENGALURU, KARNATAKA 560078, INDIA