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## Varma Kalai Techniques Pdf 12

Kattu Varmam( Tamil: - Paddi Varmam ) The master should whisper the Bhrngae, narameen, the sound of Aum in the ears of the patient, while blowing the breath out from the left side of the face. The master also must blow the little air / sound from the tip of his finger. The master should move the finger slowly towards the top of the ear and strike the earring with the end of his finger, or directly strike the ear and softly blow into the ear from the side of the eardrum. The master also blows between the eyes. Ancient Indian Science Siddhars published and practiced the Varma Kalai to remove the negative energy or negative prana in the body. They also published the Varma Kalai as reference material and they are no match to modern high tech gadgets. Since 2014, our organization took several initiatives to educate the Siddha Medicine ( Tamil : ) application through the practice of health and physical exercise as part of the Indian traditional arts education program of Silambam Arts, Traditional Yoga, and Varma Kalai. This is to create public awareness and promote the importance of Siddha medicine to use as home remedies in daily life (as early prevention from diseases) rather than apply as disease treatment (after diagnosed). In a simple form, we can say that there are about 150-200 marmas (touch points), and 30 Padu Varma which cover the internal organs and muscles in the body, as well as, the hand, the head, and the face. He recognizes over 300 Marma points, primarily the harmam, named after the eldest member of the seven generation of Thirukoshtiyar. These penetrate into the boundaries of the body, including the vital organs; so that all the limbs and vital points can receive beneficial effects. He makes these points at the junctions of 12 Vayu Nadesam and 48 Ida Nadesam; the locations of the 24 main Nadesam and the points of Causal Body on the Chidambaram Nadesam. The remaining 12 Chidambaram and 24 main points also have therapeutic values. Many people who are troubled by a variety of diseases are assisted by the treatment of many of these Marmas. Traditionally, knowledge of the Varma Kalai points has been restricted and kept secret for a large number of years and even today only a few people possess the true knowledge about this ancient art. The government also believed in this art and then kept the secret.

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Varma Kalai is not only limited to male gender, but also the same art forms can be practiced by female. Women can change and remove vayu from the varmam points. Usually, vayu is difficult to remove from the heart and lungs because that is where the blood enters. Since women are smaller than men, they can easily control the pressure on the varmam points and remove the vayu at a much faster rate. That makes women varma kalai specialists. The easiest and most basic way to discover a varmam point, is to note where your body pain is and not on the center of the main body. Note it on the point that has the maximum discomfort. Initially, one varmam point is selected for each session. Varma kalai is an ongoing process and one should constantly check on the progress of removing the vayu. Performing varmam with an image or instrument, on living targets. This image is pressurized to the target and using this to hurt the target. In the past, images of Peedukatti (18 kalai) and pathaka (4 kalai) have been used. Odi Varma ( Tamil : - Odi Varmam ) is when a penetrating force is imparted on the points of the body through the fingers. This art was performed in olden days by Asan, using a spear in the earth, a bamboos or only the finger. The tip of the finger was used to knock on the crown chakra ( the centre of gravity ) and to awaken the living body. It is said, after the completion of varmam, if one causes a much harder pressure on the vital points than the one that was normally applied, the changes will be permanent, or even death itself. The term for this is panumai varam. It is performed by holding a heavy object and pressing hard on the area. Such Varma was taught by lord Murugan and Parvathi to their son Lord kalamurai, upon their wish, and this was taught to others as well. Narada is also associated with the art. It seems, that in the ancient times Asaan and Narada practised this art together. Sec8ef588b

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