



Varmam

Vol - II

AN INSIGHT INTO THE ANCIENT SYSTEM OF HEALING

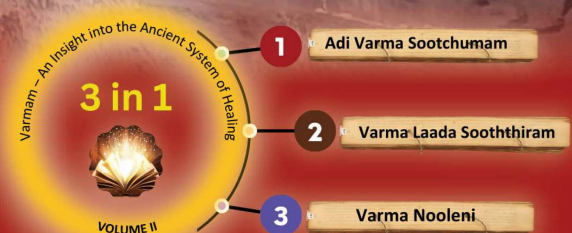
RE-PRESENTING HISTORY WITH DIGITIZED MANUSCRIPTS AND SYMPOSIUM



Preview Only

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Varma Kalpa Rejuvenation Center





1

Adi Varma Sootchunnam
500 SONGS

2

Varma Laada Sooththiram
300 SONGS

3

Varma Nooleni
200 SONGS

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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 the 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.



Our first Siddhar Poojai which allows each one to worship on their procedure of its first kind on behalf of our Varmam Vol 2 book release



Post Siddhar Poojai all our family, friends and well-wishers witnessed our book release and showered their blessings.



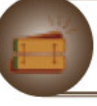
Book Release Function.

From left to right Dr. Saradha, Dr. Manjula Jagadeesh, Dr. Umashankar and Dr. Hariharan



With the blessings of Siddha, this book was delivered to us through the hands of our Friends and well-wishers and first reading is happening.

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 ariyavaiyththa guruvin paatham kaapu
Manitharul manitharaai, Irayul iraiyaai
Manithanul iraiyaai, Irayul manithanaai
Padaippatharkku manamaara emmai munnozhintha nin paatham kaappu
Aruvil aruvaay sudaril mucchurdaraai vazhi thonruthalaai emmudan
Eppozhuthum irunthu karunai kaakkum kanthan arulae kaappu.

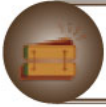
Meaning

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 wholeheartedly chose me to compose this, you being a human among humans, God within the god, human within the god

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



INTRODUCTION

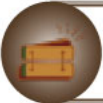
Multitasking and cooperation are beautifully exemplified by the human body. It's incredible to contemplate how the human body's 72,000 nerves, trillions of veins, 208 bones, countless muscles, and systems comprised of several organs can work so harmoniously to maintain good health. The answer to this astounding interweaving of all the tasks that together make up this incredible complex system called the human body is, division of labour. The human body is amazingly built such that even the most complex functions, like turning food into energy and blood, is being carried out by specialised cells within the body.

For our bodies to function properly, it is crucial that each cell carry out its designated function and relay the results to the appropriate cells in the body. For example, the liver is responsible for removing potentially hazardous compounds from the blood before sending the purified, oxygenated blood back to the heart. Everything that happens inside the body, from the circulation of fluids and energy to the digestion of food, is coordinated by an extraordinary system of information exchange. Illness or disease is defined as anything that disrupts the body's normal or desired pattern of functioning.

The human body's normal functioning is mildly to severely disrupted by obstacles that can be triggered by both external and internal factors. Under such circumstances, Varmam is helpful in restoring the free flow of life force energy throughout the body.

Although Varmam has been a system of healing that has been well documented and being practiced by several people for more than 5000 years, when observed closely, we can understand that it is an innate, embedded system within every human and has been intended and designed to heal the self in a natural way unique to the creation itself. Varmam is an intrinsic system woven within us from the time of coming into existence right in the womb. Almost every human being at some point or the other applies varmam on self or on another person without the knowledge of what they are doing. Varmam is so integrated with one's total being, the body, mind and the soul.

Take for instance, when you are sad, a warm touch on the back, gives a consolation and you feel completely peaceful from within. Whereas a hit on the back of the head aggravates anger. This can be scientifically and spiritually correlated too.



Varmam, for conventional references in the healing methodology are marked as special locations in our body having relevance to health and are identified as 108 in number. These locations in the body are again further classified into two categories based on the intensity of health disturbances that it can induce when injured at these locations. Namely, Paduvarmam and Thoduvarmam.

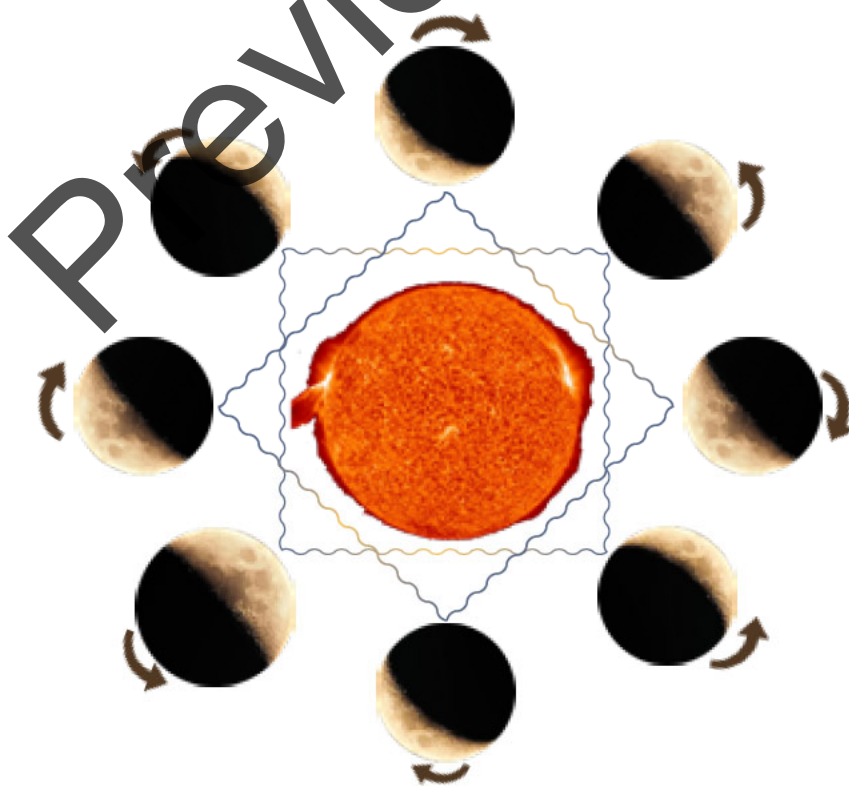
Paduvarmam - 12

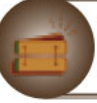
Paduvarmam are Varmam that are major locations which when attacked with a certain force can cause injury that could prove fatal. Each paduvarmam is a junction of 8 thoduvarmam hence stimulating a paduvarmam is equivalent to stimulating all the 8 thoduvarmam locations. When examining in more detail, we can even see that these 12 paduvarmam are related to the 12 raasis.

Thoduvarmam - 96

Thoduvarmam is 96 in numbers, which is distributed across the entire body and is important for healthy living. A few of them may prove fatal if injured in these locations even if they are not paduvarmam. Each Paduvarmam is connected to 8 thoduvarmam. Hence $12 * 8 = 96$.

Sun represents Paduvarmam and Moon represents Thoduvarmam.





PRESENTATION OF THE COMPOSITIONS

Symposium is a wonderful technique that we have incorporated to discuss the aspects of varmam as per the knowledge presented in ancient manuscripts. This is our second effort towards bringing Varmam to the table for discussion. Varmam is an ocean and the amount of detail and depth mentioned in the books also sometimes feels to be shallow when we see people with vast experience and wisdom in Varmam. There is much more to be researched and we are working on starting with what is best available on the table from the existing manuscripts and texts. Once this is clearly understood, then we can look into a more detailed version and explanation and even a beautiful engagement can be taken up further to entangle many more secrets of this subject. This is just an initiation and again we want the inputs and thoughts from you all to dive deep into the depth of the subject.

This part of the symposium dealt with this book of varmam as per the knowledge shared in literary works, Adi Varma Sootcham – 500, Varma Laada Soothiram – 300 and Varma Nooleni – 200 composed of songs which describe varmam.

Note: We will be using the following abbreviations for references from the current and previous texts.

- Varma Bheerangi – 100 (VB-100)
- Varma Kannaadi – 500 (VK-100)
- Adi Varma Sootcham – 500 (AVS-500)
- Varma Laada Soothiram – 300 (VLS-300)
- Varma Nooleni – 200 (VN-200)

All varmam books talk about 108 varmam locations and all the compositions described have roughly around 70 – 80 common locations sometimes with different names.

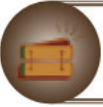


ADI VARMA SOOTCHUMAM – 500

Adi Varma Sootchumam manuscript comprises 500 songs and is laid out in such a way that an entire walkthrough about the varmam, its traumatology, avathi, relieving methods, any internal medication and chanting of certain mantras at the time of ilakkumurai that may be used in certain cases are all woven well into these songs. Apart from the individual relieving method for a varmam injury, this book also explains the common adangals and relieving methods that can be used for any injury in various zones of the body.

The songs relevant to varmam from this composition are presented for your reference followed by a 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.
209 - 214	Description for each of the six ulvarmam



MANUSCRIPT

This is the digitalised copy from the original manuscript of Adi varma sootchumam 500 provided by Dr.Mohanraj.

1

L. 42.5 B. 3.2 NO.L 5,6

Handwritten text in Tamil script, organized into four vertical columns. The text is densely packed and includes several circular symbols (possibly representing the letter 'O') interspersed within the lines. A large, semi-transparent watermark reading "Preview Only" is overlaid diagonally across the entire page.



WHO CAN TREAT

தமிழ்

English

வற்திக்க வேணுமென்றால் நல்ல மனசு வேணும்
மனம் தனிலே தெய்வத்தின் வாசம் வேணும்
விற்தியுடன் குருவருளை நினைக்க வேணும்
மேதினியில் பொருளாசை வெறுக்க வேணும்
அற்திக்க நல்குணங்கள் பெருக வேணும்
அப்பனே மனதில் இருள் அகற்ற வேணும்
கீற்தியாய் நல்ல சென்மம் எடுக்க வேணும்
கிடைத்தினால் எத்தொழிலும் கெட்டியாமே

கெட்டியாம் வகையேது சொல்லக் கேளு
குறிப்பாய் வரம் குறிகுண மறிந்து
அட்டியாம் நரம்பு நிலை அசைவறிந்து
அணுகியதோர் எலும்பு நிலை சாத்தியம் அசாத்தியம்
ஒட்டியே முறிவினுட உறுதி கண்டு
உடலளவு தொண்ணூற்றாறென்றறிந்து
மட்டியே மெய் தீண்டா காலம் கண்டு
வெற்றியென்ற பச்சிலையும் விரைந்து பாறே

பாரப்பா உலகத்தில் உற்ற மாந்தர்
பல உயிரும் தன்னுயிர் என்று எண்ணிடாமல்
சீரப்பா நிச்சயமில்லாமல் அதட்டி
செயலான தோசமதும் செய்திடாமல்
சாரப்பா சற்குருவை பணிந்து போற்றி
சண்டாள பாவமது செய்திடாமல்
ஆரப்பா முறையறிந்து செய்திட்டாலே
அதுபோல அவர்க்கும் அனுபவம் உண்டாமே

Vartikka vēṇumenṛāl nalla maṇacu vēṇum
maṇam taṇilē teyvattiṇ vācam vēṇum
vīrtiyuṭaṇ kuruvaruḷai niṇaikka vēṇum
mētiṇiyil poruḷācai verukka vēṇum
artikka nalkuṇaiṅkaḷ peruka vēṇum
appaṇē maṇatil iruḷ akārṛa vēṇum
kīrtiyāy nalla ceṇmam eṭukka vēṇum
kiṭaittaṇṇāl ettoliḷum keṭṭiyāmē.

Keṭṭiyām vakaiyētu collak kēlu
kuṛippāy varma kuṛikuṇa maṛintu
aṭṭiyām nāraṇṇu nilai acaivarintu
aṇukiyatōr elumpu nilai eṭṭiyam acāṭṭiyam
oṭṭiyē muriviṇṇuṭa uṇṇi kaṇṇu
uṭalalavu tonṇuṛāreṇṇarintu
maṭṭiyē mey ṭiṇṭā kālam kaṇṇu
veriyēṇṇa paccilayum viraintu pārē.

Pārappā ulakattil uṛṛa māntar
pala uyirum taṇṇuyir eṇṇu eṇṇiṭāmal
cīrappā niccayamillāmal ataṭṭi
ceyalāṇa tōcamatum ceṭṭiṭāmal
cārappā caṅkuruvai paṇintu pōṛṛi
caṇṭāḷa pāvamatu ceṭṭiṭāmal
ārappā muṛaiyarintu ceṭṭiṭṭālē
atupōla avarkkum aṇupavam uṇṭāmē.

Interpretation

As per the verses above, any person who wishes to treat using varmam should have the following qualities:

- He/she should be one with a pure mind and good intentions of helping others in pain.
- The Supreme should reside in the heart of the individual who is treating.
- He/she should be blessed by the Guru and should always remember the blessings.
- He/she must be detached from materialistic bindings.
- Healing should not be done only with commercial intentions.
- There should be purity of thought and discard any bad intentions.
- Darkness in the mind should be eliminated and filled with light.
- One with a blessed birth can only do this treatment.

In addition to this, the person who is treating should know the symptoms, the movement of the energy, condition of the pulse (naadi), structure and strength of the bone, its current state as to whether it is broken or brittle etc., identify if it is curable or not possible, fix the breakage if any, identify the 96 varmam and use the Mei Theendaa Kaalam and see the possibility before treating. Only with the presence of these abilities, can a person treat a varmam injury using Varmam maruthuvam.

Knowledgeable people in the world when they consider others' lives as more precious than their own and with the blessings of their Guru and complete surrender, when they do the needful procedures properly without any error and without having committed any of the 5 disastrous crimes as mentioned in the religious texts, that stands as an experience for them.

ADI VARMA SOTCHUMAM

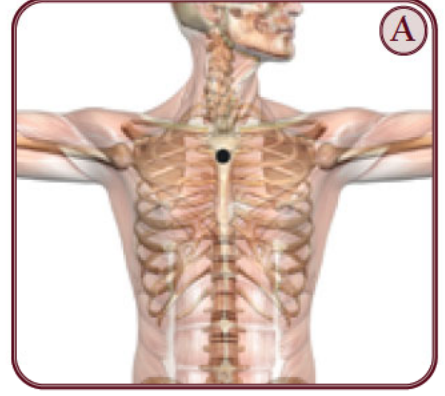
21 VARMA LOCATION

தமிழ்

தானேதான் கழலாடி வர்மம் கேளு
தன்பமொடு புகை போலே தொண்டை கட்டும்
மானே தான் கண் சுழன்று வருமே பாரு
மதி மோசம் ஆகாது காலம் தானும்

English

Tānētān kalalāṭi varmam kēlu
taṅpamoṭu pukai pōlē toṅṭai kaṭṭum
māṇē tān kaṅ cuḷaṅru varumē pāru
matī mōcam ākātu kālam tāṅumvvv



Reference by varmam

- Single varmam.
- 2 finger-breadth above the Kathir Varmam.
- 2 finger-breadth below the Sumai Varmam.

Stimulation

Keep the middle three fingers horizontally, with the middle finger on the varmam location and give a gentle rub in the left and right direction.

Tramatology

The throat chokes with a smoky feel and with pricking pain, and dizziness without unconsciousness.

Location

- In the suprasternal notch / fossa jugularis sternalis / jugular notch.
- 2 finger-breadth below the dip in the throat on the sternum bone.

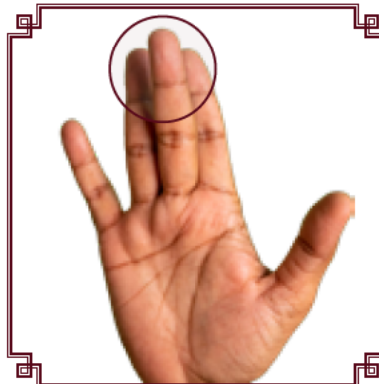
Ilakkumarai

Mild press on the bone sideways and gently relax the spine.

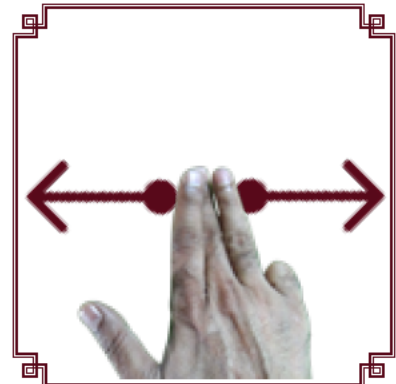
Posture



Fingers



Actions



தமிழ்

என்றிந்த கால்வரம் பதினைந்தாகி
இசைத்து குறிகுணமதுவும் சாத்தியம் அசாத்தியம்
நின்றிந்த பின்தவ பதினைந்திற்கும்
நிலைக்குமடா முறையதனை செப்பக்கேளு
குன்றிந்த விங்கத்தின் அடியை தொட்டு
குணமாக கீழ் இறக்கிதவி கீழ் மேல்
மன்றிந்த முட்டிடையில் குழியிருத்தி
மகத்தான கையெடுத்து தடவிக் கொண்டே.

கொண்டதொரு படம் வரைக்கும் பதித்துவாங்கி
குணமாக நரம்பிளக்கி தடவிவிட்டு
விட்டதொரு விரலெல்லாம் நெட்டைவாங்கி
வேறு உள்ளம் காலை மெள்ள கையால் குத்தி
கண்டதொரு கால்படத்தை பிடித்து தாக்கி
கருணையொடு தான் அசைத்து படம் ஒதுக்கி
வண்டதொரு கால் மடக்கி நீட்ட செய்து
வருகியே தடவிவிட வரிசைப்பாரே.

English

Enr̥inta kāl varmam paṭṭinaṅtāki
icaittu kuṛi kuṇamatuvum cāttiyam acāttiyam
niṅr̥inta piṅ taṭava paṭṭinaṅtīrkum
nilaikkumaṭā mur̥aiyataṅai ceppakkēlu
kuṅr̥inta liṅkattin aṭiyai toṭṭu
kuṇamāka kīl irakki taṭavi kīl mēl
maṅr̥inta muṭṭiṭaiyil kuḷiyirutti
makattāṅa kaiyeṭuttu taṭavik koṅṭē.

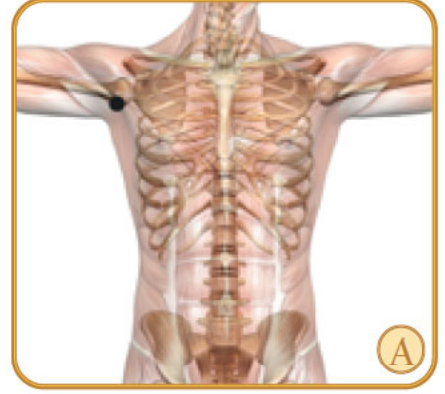
Koṅṭatoru paṭam var̥akkum patittu vāṅki
kuṇamāka narampilakki taṭavi viṭṭu
viṭṭatoru vir̥alellām neṭṭai vāṅki
vēru uḷḷam kālai meḷḷa kaiyāl kutti
kaṅṭatoru kalpaṭattai piṭṭittu tākki
karuṅaiyotu tāṅ acaittu paṭam otukki
vaṅṭatoru kāl maṭakki niṭṭa ceytu
varukiyē taṭavi viṭa varicaip pārē.

Procedure

- Make the injured lie down flat on his back with the head firmly placed against a base.
- Gently touch the location in between the location of moolamantra Om (location between the anus and vagina for women and anus and the bottom of the testicles for men) with a gentle stroke, massage downwards to the leg and give a mild press in the dip at the junction of the knee.
- Move towards the Pada Varmam at the base of the foot and gently massage the nerves at this junction.
- Relieve the stiffness in the toes by cracking the knuckle.
- Give a mild punch in the center of the foot at the Ullangaal Vellai Varmam using the anterior side of the foot.
- Relax the leg by holding the foot and giving it a nice flexible movement and move the foot front and back.
- Destress the legs by stretching out the legs with a mild force.

தமிழ்

கடந்தாலும் சாத்தியமாய் இருந்திட்டாலும்
கடினமாய் ஆனந்த வாய்வின் கூறாம்
அடர்ந்தாலும் ஆராய்ந்து மருந்து செய் நீ
அறிவுடனே செய்திடவும் திறத்தாலாச்சு
தொடர்ந்துடனே கழுக்கூட்டின் இருவிரலின் கீழே
தொடர்வான உள்ளூருருக்கி காலமாகும்
படர்ந்துடனேபட்டவுடன்தொனியடைக்கும்
பலமாகில் குறிகுணங்கள் அதிகமாகும்



English

Kaṭantālum cāttiyamāy iruntiṭṭālum
kaṭinamāy ānanta vāyvin kūṛām
aḍarntālum ārayntu maruntu cey nī
arivutaṇē ceytiṭavum tirattā lāccu
toṭarntuṭaṇē kamukkūṭṭin iruviralin kilē
toṭarvāṇa uḷḷurukki kāla mācum
paṭarntuṭaṇē paṭṭavuṭaṇ toni yaṭaikkum
palamākil kurikuṇaṅkaḷ atika mācum.

Reference by varmam

- Near the Enthi Kaalam.
- In between the Agasoothira and Pirasoothira Adangal.

Location

- Twin varmam
- 2 Finger-breadth below the armpit.

Stimulation

Use the thumb and pull the strong nerve in the outward direction and give a mild press.

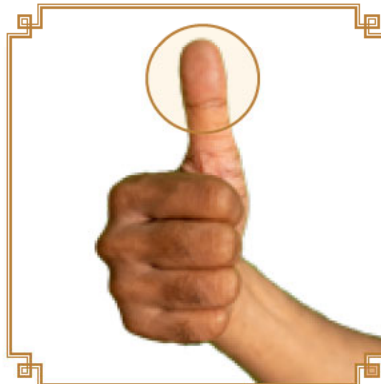
Tramatology

The voice gets choked instantly.
Multiple signs and symptoms may manifest after a serious injury.
Persistent pain in the stomach coupled with dyspepsia.
Ilakkumurai has to be done to avoid getting diseased,
blindness might occur along with other health disturbances if left untreated.

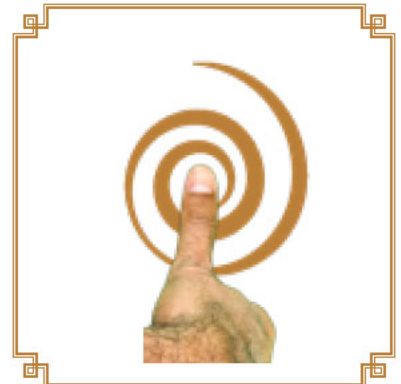
Posture



Fingers



Action



Learning and Education platform:

Varma Kalpa Rejuvenation Center conducts has designed and launched an LMS an education platform bringing healing and healthy living a complete lifestyle program to lead a healthy life. This has several courses which can be learnt in both modes, online and offline. There are several free courses, standalone courses and combo programs. The variety of courses includes self-healing to healing others catering to the needs of every set of people from a novice level to an expert. There is a strong handholding provided at each step and a lifetime bond built between the student and the teachers with support from all aspects of life in the healing domain for opting for a career and establishing themselves. Out of the several courses that we are constantly planning and upgrading, here is the list of a few already available ones.

Unpaid knowledge resources:

- Introduction to Varmam – a free course
- A free Varmam or Marma touch healing
- Life to live – a free solution to healthy living
- Vaasi Yogam – Unleash the microcosm.

Paid knowledge resources:

- Varmam Retreat Program
- Panchapakshi – Influence your personality
- Pain management through Varmam in day to day life (Hindi)
- Varmam – A combo package for self healing and healing others
- Lal Bhaiyya's – Towel therapy
- Saram – A complete guide to travel the spiritual dimension for anyone.
- Varmam Therapist Diploma – A recognised therapist program for building your career.

Currently offline courses:

- Boss your brain
- Lifestyle with Varmam for special kids.
- Culture and health
- Yoga and Varmam
- Autism and Varmam
- Caregivers course
- Cope up with challenges in health – Epilepsy
- Healthy eating
- Fertility – a grave issue on the platter
- Art – a healthy way to release stress
- Psychology and Varmam
- Varmam for Paralysis
- Ackanna Energy
- Varmam for Spine recovery.
- Varmam for Ophthalmic problems
- Varmam and other healing techniques

For more details you can visit our learning platform at <http://thewayoflifehub.com>

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