

BHARATHIAR UNIVERSITY: COIMBAORE 641 046
CENTRE FOR COLLABORATION OF INDUSTRIES AND INSTITUTIONS (CCII)
DIPLOMA IN VARMA AND MASSAGE THERAPY
(For the CCII students admitted from the academic year 2014-15 onwards)

COURSE OBJECTIVES

1. To create an international standard of principles and practice of varma
2. To create awareness on varma to all people
3. To create awareness on health and hygiene
4. To teach Varma and Massage for students to suit their age and Maturity
6. To create Varma teachers to teach techniques for mind and positive Health and courses.

Duration: 1 Year

Eligibility: A Pass in 12th standard or its equivalent.

SCHEME OF EXAMINATIONS:

Paper	Course Title	Duration Hours	Total Marks
01.	Philosophy and Principles of Varma and Massage	3	100
02.	Applied Anatomy and Physiology	3	100
03.	Practical Paper 1: Varma Points Application	3	100
04.	Practical Paper 2: Massage Methods	3	100
		Total	400

THEORY PAPER 1: Philosophy and Principles of Varma and Massage

UNIT: 1

History of scientific origin and historical origin of varma –Fundamentals principles of varmam-Definition-Names of Varmam-Varmalogist and their characters-Merits and the Demerits of Varma study

UNIT: 2

Types of varma-Paduvarmam- Thoduvarmam- Thattuvarmam- Thadavuvarmam-Nakkuvarmam- Classification of Varmam from Siddha science and from Ayurvedhic Science-Details study of Varmam and its point.

UNIT: 3

Definitions of Massage-Classification of massage-Types of massage –Ayurvedhic massage-varma massage -Sports massage-Beauty massage-Healthy massage-Remedial massage-Physio massage.

UNIT: 4

Adankals-Definition-Classification- and the names of Adankals –Variation in records-Amirtham and Visam-Herbal(Kasaiaam , Suuranam, Lekiyam& Oil)-preparation

UNIT- 5

Basic Knowledge of Yoga- Asana, pranayama. benefits of yoga .Nadies(pulse) –types &benefits

REFERENCES:

1. Dr. T.Rajendran -2006- Varma Maruthuva Kaiadangal, Varmamum Ariviyalum-Thendral Pathipagam.-Kanyakumari. Thadavumurai (Tamil)
2. Dr.T.Rajendran-2012-Varma Maruthuvam Kaiyadakam-Power publications-Kanyakumari.(Tamil)
3. Dr.Shuhikosaka—Varma sutiram-Intrnational Institute of Asian studies.-Delhi.
4. Varmam – 108 Dr.T.Kannan Rajaram – 2010-Siddha medical literature publications, Kanyakumari
5. Varma Suthiram- 2007 –Udiyavendam- Kathiga publications – Chennai
6. Agasthiyar Varma Suthira Vilagam- 2009 -p. S.manian- Vijya Pathibagam- Kovai

THEORY PAPER 2 :Applied Anatomy and Physiology

UNIT- 1

Introduction to Human Anatomy and Physiology – Definition – Structure and function of cells and tissues. Structure and function of Bones, joints and Muscles-Musculoskeletal system

UNIT-2

Structure and function of Respiratory system -Cardiovascular structure and function of system - Digestive system-Structure and function

UNIT-3

Structure and function of Nervous System – Structure and function of Endocrine gland - Structure and function of Reproductive system -Structure and function of Urinary system

UNIT -4

Treatment of varma-Asthma, knee pain, cervical, back pain, low back pain, Shoulder pain, head ache, chest pain, gastric, leg pain,etc.,

UNIT-5

Kalari massage – Uzhichil –Dhara -Nachiam – Uthadam- Kili - Poochu – Uoothal - Pugai– Kaligam. Thokkanam-Types.

REFERENCES:

1. Beat and Taylor, Living body. Mc.Graw Hill Company, Newyork.
2. Sarathasubramanian, text of Human Physiology(2000)
3. Stuart Ira Fox ,Human Physiology(2003)
- 4 .Dr.Moni- 2001-Anotamy and physiology-M.B.Thanukrishnan Sarva Offest printer
5. Dr.Krishna Ramon-2004-A mater of health- East west books / Chennai.

PRACTICALPAPER 1: Varma Points Application

Varma points application

Varma points stimulation, Regional classification and Therapeutical applications.

Varma points in head and face.

Varma points in neck and hands

Varma points in chest,

Varma points in back.

Varma points in hip and legs, Adangals

PRACTICALPAPER 2: Massage Methods

Massage methods and steps

Steps and strokes of massage,

Varmamassage, kalari massage.

Ayurvedic massage,

Panchakarma, dhara

Swedish massage, Remedial medicines

REFERENCE BOOKS:

1. Dr. T. Rajendran -2006- Varma Maruthuva Kaiadangal, Varmamum Ariviyalum-Thendral Pathipagam.-Kanyakumari. Thadavumurai (Tamil)

2. Dr. T. Rajendran-2012-Varma Maruthuvam Kaiyadakam-Power publications-Kanyakumari.(Tamil)

3. Dr. Shuhikosaka—Varma sutiram-International Institute of Asian Studies-Delhi.