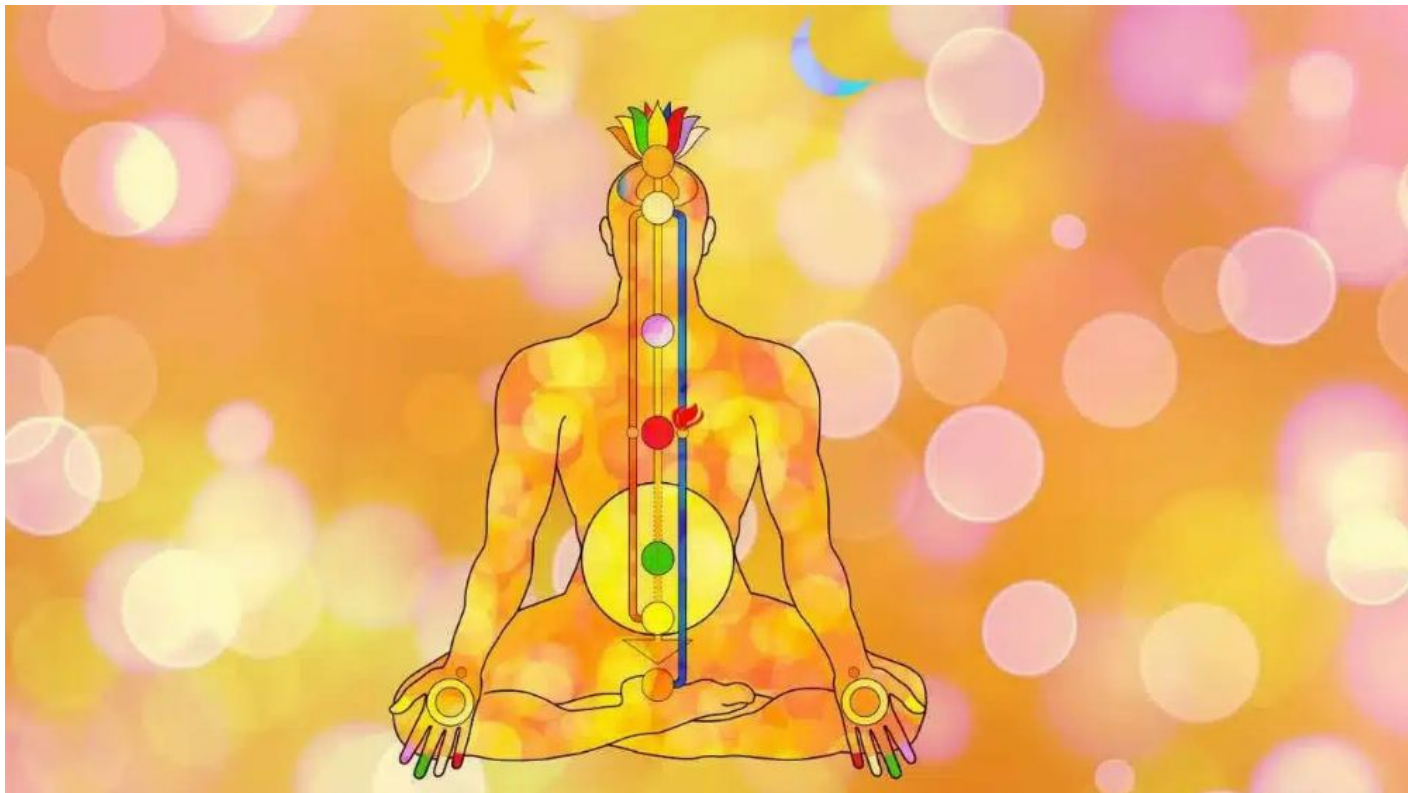


Varmam Therapy

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About Varmam Therapy:

- It is a unique and **traditional healing modality** within the **Siddha system of medicine**, and has long been revered for its effectiveness in treating various health conditions.
- Varmam therapy is a **drugless, non-invasive, simple therapy** used in pain management.
- Varmam is the vital life energy point located in the human body and was identified as 108 points by the Siddhars.
- It is particularly renowned for its ability to provide rapid relief for **musculoskeletal pain, injuries, and neurological disorders**.
- It is a scientifically grounded therapeutic practice used to treat acute and chronic diseases, including stroke, arthritis, and trauma-related injuries.
- **Significance of the achievement:** It serves as a testament to the growing global recognition of Siddha medicine and its healing potential.

Key points of Siddha Medicine

- It is a traditional system of **healing that originated in South India** and is considered to be one of India's oldest systems of medicine.

- Literary evidence of the Sangam Era states the origin of this system to around 10,000 BC.
 - The system was **built on the work of Siddhars**, who were mostly from Tamil Nadu. It is called the Siddha medical system because of this.
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Q1: What is a therapy?

It is a form of treatment that aims to help resolve mental or emotional issues. Many types of therapy are available, such as cognitive behavioral therapy, exposure therapy, and psychodynamic therapy.

News: National Institute of Siddha Sets Guinness World Record for Mass Varmam Therapy

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