

[Back](#)

[Tamil Nadu](#)

Conference showcases efficacy of varmam

Special Correspondent

'Diseases occur only when the flow of energy is blocked'

Photo: M. Periasamy



***Making a point:* B.M. Hegde, former Vice-Chancellor, Manipal Academy of Higher Education, Manipal, speaking at the conference on 'Varmalogy 2008,' organised by Arts Research Institute in Coimbatore on Sunday. –**

COIMBATORE: A national conference on varman, described as an ancient form of treatment in the country, showcased here on Sunday its efficacy in treating various disorders. The meeting pointed out that varmam was not at loggerheads with any other form of treatment. In fact, it could work along with allopathy, Ayurveda and Siddha, speakers said.

Presiding over the conference inaugural, former Vice-Chancellor of Manipal Academy of Higher Education B.M. Hegde stressed that papers presented at this meeting and elsewhere and also the research and findings on varmam should be in a form and of standards that could be peer reviewed.

Mr. Hegde was underlining the need for peer review by experts in the field of medicine. Only then would varmam be known across the world, he said.

The conference was organised by Arts Research Institute. Its Adviser N. Shunmugom said during a presentation that varmam was one of the country's ancient systems of medicine. It involved the stimulation of vital points to set right the life force in a patient's body. It was still practiced in some deep pockets of south Tamil Nadu.

Speaking on the sidelines of the conference, its organising secretary and orthopaedician S. Yoganathan said the system basically worked on the principle of equal distribution of energy

throughout the body.

By working on the pressure points, energy was distributed evenly. Diseases occur only when the flow of energy was blocked.

Pointing out that some of the steps in bharathanatyam worked on the pressure or energy points in the body, he said even this dance form was based on the principles of varmam in order to generate energy for an entire performance.

The orthopaedician contended that varmam related to day-to-day life. As for the field of medical science, he said psychiatrists and physiotherapists should learn and practise varmam.

Dr. Yoganatham claimed that a patient could take allopathic drugs for a problem, even as the varmam treatment was on. But, the need for the drugs would gradually be eliminated, he said.

Asked why this form of treatment was not popularised, he said it had been taught to only those who demonstrated honesty in using it for the right purpose. Besides, varmam was suppressed and even sought to be eliminated during the times on invasion and colonial rule in the country. A revival, however, was on now.

On those in the field of allopathy refusing to accept varmam, paediatrician Deivapriyananth said: “It takes time for doctors to accept it. Initially, I too did not accept it. After learning it, I tried it on a boy who had seizures because of high fever. The fever subsided and the seizures stopped.”

The organisers of the conference said that varmam only sought to point out that for all the diseases, a cure was available within the human body.

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