INSTITUTE OF VARMANIAM

DIPLOMA IN VARMANIAM MASSAGE THERAPY (D.V.M)

SYLLABUS

PAPER –I VARMANIAM

Chapter 1


Chapter 2

Introduction to Knoinilai: signs and symptoms –pulse reading-diagnosis-medicines.

Chapter 3

Introduction to kaya nilai: varmam(paduvarmam 12, thoduvarmam 96……..)-energy(flow of aattal)-ilakkumurai-adangal-suthiram.

Chapter 4

Introduction to odivumurivu: bones, muscles, blood vessels, nerves, ligaments, joints-management-treatment-types of bandages.

Chapter 5

Psychological concepts of varmaniam: meditation(for patients and therapists)-yoganilai-diagnosis of psychological disorders –treatment (nokkuvarmam and suthiram).
PAPER -II ANATOMY AND PHYSIOLOGY (MODERN & SIDDHA)

PAPER –III POTHU THADAVAL ADANGAL MURAI:

Part I Theory:

Selection of patients-preparation of patient and therapist before treatment-precautions to be followed before, during & after the treatment-selection of herbal medicine before, during & after the treatment-food and habits to be followed before, during & after the treatment for patient and therapist- procedures of thadavalmurai.

Part II Theory and practical:

Chapter 1:
Thadavalmurai for head (22 steps)-thadavumurai for neck (14 steps).

Chapter 2
Thaduvalmurai for trunk-sitting position (front and back-38 steps).

Chapter 3
Thadavalmurai for lying supine posture (18 steps)-thadavumurai for lying prone posture (14 steps).

Chapter 4
Thadavalmurai for upper limb (6 steps).

Chapter 5
Thadavalmurai for lower limb (12 steps).
PAPER - IV SPECIALTHADAVAL MURAI:

Theory cum Practical

Chapter 1
Specialthadavalmurai for shoulder joint- elbow joint- wrist joint- joints of the phalanges.

Chapter 2
Specialthadavalmurai for hip joint- knee joint- ankle joint- joints of the phalanges.

Chapter 3
Panchaboothathadavalmurai and selection of thadaval methods in therapeutic uses.

Chapter 4
Fine movements-pressure techniques-finishing techniques

Chapter 5
Preparation of medicine.