

**VARMANIAM FOUNDATION**

**INSTITUTE OF VARMANIAM**

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

**SYLLABUS**

**VARMANIAM FOUNDATION**

**Kombavilai**

**Agastheeswaram Post - 629701**

**Kanyakumari District**

**Tamilnadu, India.**

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### **SYLLABUS**

#### **PAPER –I VARMANIAM**

##### Chapter 1

Introduction –history-divisions of varmaniam-philosophy: 96 thathuvangal-kalaigal-saram-panchasuthiram-panchapatchi.

##### 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

Thadavalmurai 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 SPECIALTHADAVAI MURAI:**

Theory cum Practical

### Chapter 1

Specialthadavaimurai for shoulder joint- elbow joint- wrist joint- joints of the phalanges.

### Chapter 2

Specialthadavaimurai for hip joint- knee joint- ankle joint- joints of the phalanges.

### Chapter 3

Panchaboothathadavaimurai and selection of thadavai methods in therapeutic uses.

### Chapter 4

Fine movements-pressure techniques-finishing techniques

### Chapter 5

Preparation of medicine.