

The first exposition of Marma (varmam) knowledge

Lord Shiva and his wife Goddess Parvathi witnessed a tribal forest dweller fall from a tree and became unconscious. Lord Shiva continued his journey pretending that he did not see this. Then devi Parvathi entreated him not leave the poor man this way. Shiva said there are two types of vital points in the body, called varmam (deadly point) and adangal. With the stick in his hand Shiva hit the **adangal (anti vital) point** and the man regain the consciousness and sat up.

On reaching Kailasa the abode of Lord Shiva, Parvathi expressed her curiosity to know the basics of this art. Shiva settled down happily and explained this science in detail. Parvathi, in due course pass this learning on to son Lord Kartikeya. Sage Agasthya got this knowledge from Lord Kartikeya. From Agasthya this knowledge was passed down to disciples, generation after generation.

To preserve the purity and efficacy and secrecy of this system even while this was written up it was made into two parts - *nool* (book) and *thuravu nool* (key book). The science become complete only with these two parts put together. One who knows the first part knows only the varmam position and their effects. But the release technique will be in the *thuravu nool* (key book).

Marma & Adangal

According to Agasthya's theory there are 108 marma / varmam (vital) points and 51 adangal (anti vital) points in human body. Whereas, in Ayurveda, according to its Acharyas such as Charaka, Sushruta and Vakhata, the number of marma point is 107; and there is no mention about anti-points. Anti-vitals are points which an adept practitioner can use to bring back a person to normalcy from a life-threatening situation caused by injury in a *marmam*, without recourse to any medication. The masters have given various definitions to *marma* ; but the siddhas pointed out that *marmas* are secret energy points in the body and any impact on it can result in disabilities and even death. This makes clear the vital relation between marma and life.

One becomes unconscious by an impact on *varmam* because of the bio-chemical reactions in human body. Our ancestors had done extensive absorption and found out and recorded the various changes in that occur in plants and animals during full moon days, solar eclipse and lunar eclipse. Agasthyar describes in his ' amrutha kalai njanam ' the changes that occur in 15 prana points in the human body during the days from new moon to full moon.

Marmas are life centres : Impacts on marma disturb the natural flow of life force that results in unconsciousness. Such impacts if not corrected, will result in physical disability and even untimely death.

Siddha System of Medicine

The Siddha System of medicine is the oldest traditional treatment system generated from Dravidian culture (Dravid is peninsula). Siddha system of medicine is believed to be the oldest medical system in the known universe. The system is believed to be developed by 18 Siddhas in the south India they are called *siddhar*. They are ancient spiritual saints of India whose master was Lord Shiva who taught the medication technique.

Siddha - The Saga of Tradition

Siddha medicine concept is that a healthy soul can only be developed through a healthy body. So they developed methods and medication that are believed to strengthen their physical body and thereby their souls.

The word Siddha comes from the word Siddhi which means an object to be attained perfection or heavenly bliss. Siddha focused to "Ashtamahasiddhi" that is the eight supernatural power. Those who attained or achieved the above said powers are known as Siddhars. There were 18 important siddhars in olden days and they developed this system of medicine. Hence, it is called Siddha Medicine.

The Siddhars wrote their knowledge in palm leaves, fragments of which were found in different parts of South India. It is believed that some families may possess more fragments, but keep them solely for their own use. There is a huge collection of Siddha Manuscripts kept by Traditional Siddha Families.

Today there are recognized Siddha Medical Colleges, run under the government universities where Siddha medicine is taught. But they are running the course with average syllabus compare to the knowledge of Traditional Vaidyas. In Siddha Vaidyam there are many toxic drugs and heavy metals are using for manufacture bhasmas and chindooras. Lack of proper purification will cause major draw-backs in health. Traditional Siddha Physicians are doing effective purification process. But they hide it as traditional secret and transfer only to the next generation.

Benefits of Traditional Siddha Medicine

- Traditional Siddha medicine upholds balancing and eliminating the pathogens as the main principles of treating diseases and maintaining health.
- Traditional Siddha Medicine plays a good role in the fight against viral diseases, chronic inflammation, functional disorders, endocrine disorders and other diseases.
- Traditional medicine stresses "prevention before diseases rather than treating diseases". Siddha Medicine give equal importance in prevention and curing.
 - According to the Siddha medicine, various psychological and physiological functions of the body are attributed to the combination of seven elements
 - According to the siddha medicine system, diet and lifestyle play a major role, not only in health but also in curing diseases
 - Internal medicine was used through the oral route and further classified into 32 categories based on their form, methods of preparation, shelf-life, etc
 - External medicine includes certain forms of drugs and also certain applications (such as nasal, eye and ear drops), and also certain procedures (such as leech application). It also classified into 32 categories.

Benefits of Traditional Siddha Studies

Siddha medical science of life & beauty is a philosophy that covers every aspect of being: health, food spirit, occupation, defense and relationship. It teaches how to live in the harmony with your inner self and with the world around you. It is a combination of Siddha Vaidyam, Kayakalpa, Kalarippayattu and Prana Yoga and Tantra.

Many times this knowledge and ancient wisdom has helps patients is forsaken by modern medicine.

Benefit of Marma Kalari

Human body is an asset worth many billions, imagine a person without proper function of kidneys and he spends a fortune for dialysis on regular basis and kidneys are gift from nature same can be said about every organ we have. Therefore it is a person's duty to stay healthy and know art of self defense.

We can hinder the attack of diseases through our way of life, through medicines or through rejuvenation by Siddha and Ayurvedic treatment. But we can confront the attack from enemies or ferocious animals only through scientific and systematic martial arts. Varma Vidya which contains the rules of counter attack not only help us to resist the attacks from enemies but they also help us to resist the attack from diseases.