

CENTRAL COUNCIL OF INDIAN MEDICINE

SIDDHA MARUTHUVA PERARINGNAR (M.D. (SIDDHA) COURSE

SYLLABUS FOR VARMA MARUTHUVAM (VARMA MEDICINE) SPECIALITY

[UNDER THE INDIAN MEDICINE CENTRAL COUNCIL (POST GRADUATE SIDDHA EDUCATION) REGULATIONS, 2016.]

GOALS:

- Establishing the Varmam therapy of Siddha System of medicine as a cost effective drugless therapy for treating various ailments.
- Developing the Varmam therapy of Siddha system of medicine as a part and parcel of global healthcare delivery.

OBJECTIVES:

- To create potent resources for the development of Varmam science of Siddha System of Medicine.
- Developing professional therapeutic expertise in Varmam techniques for academic and research aspects.
- Developing the academic knowledge of Varmam for clinical practice.
- Scientific study of Varmam points and their therapeutic applications in treating various ailments.
- To provide World class hands on training and practice in Varmam for treating various ailments.
- To open doors for research of successful clinical practice of Varmam in line of global scientific research.
- To equip a graduate with the scope for independent practice of Varmam for treating various ailments.
- To establish the Varmam therapy in treating the challenging diseases and getting global acceptance.
- To Explore and establish the same technique for future scientific interpretation and application.
- To study the interrelation of Varmam science with the neurological, orthopaedic modern medical sciences extensively.
- Broaden the scope of Siddha Varmam science in emergency health care management.
- To establish and develop the pharmacopeia and various siddha medications of varmam therapy.
- Implementation of role and importance of Varmamtherapy in National Health Programs.

FIRST YEAR (Preliminary Examination)					
S.NO	SUBJECT	THEORY	PRACTICAL/CLINICAL	VIVA	TOTAL MARKS
1.	PAPER –I Research Methodology and Bio or Medical Statistics	100	Minor Project - 100(Submission of report - 60 marks, Publication/Presentation- 20 marks, Oral-20 Marks)	--	200
2.	PAPER–II Basic Principles of Varma Maruthuvam and Applied Neurology	100	--	50	150
SECOND YEAR					
	Essential: Obtain CME credit points through Seminars/Workshops/Conferences(National/International) Desirable: Publication/ Visits or internship at Industry / Lab / Research institute / other AYUSH Institutions/ Journal club/ Teaching under graduate Students				
THIRD YEAR (Final Examination)					
S.NO	SUBJECT	THEORY	PRACTICAL/CLINICAL	VIVA	TOTAL MARKS
1.	Paper –I Varma Maruthuvam	100	100 (Clinical 70+Oral 30)	50	250
2.	Paper –II Varma Therapeutic Techniques	100	100 (Clinical 70+Oral 30)	50	250
3.	Paper –III Varma Kaaya Iyal (Traumatology In Varma Medicine)	100	100 (Clinical 70+Oral 30)	50	250
4.	Paper –IV Essentials in Orthopaedics and Traumatology	100	100 (Clinical 70+Oral 30)	50	250

Dissertation: Maximum marks will be 100 and Minimum marks for passing will be fifty percent.

FIRST YEAR

PAPER- I RESEARCH METHODOLOGY AND BIO-MEDICAL STATISTICS

CLINICAL RESEARCH METHODS UNIT-I

- Measures of disease frequency
- Measures of association/impact in clinical research
- Measurement errors in clinical research
- Validity in clinical research
- Bias in clinical research
- Descriptive bio-statistics
- Inferential bio-statistics
- Formulating research question
- Descriptive studies
- Analytical studies
- Pre-clinical studies
- Experimental studies
- Sampling and sample size estimation
- Survival analysis

CLINICAL RESEARCH METHODS UNIT-II

- Bio-medical literature search / Organization of Literature search (Zoteroetc)
- Developing data collection instruments/Case Record Form (CRF)
- Developing analysis plan
- Use of statistical software for data analysis
- Writing protocol: Principles and Guidelines
- Ethics in clinical research (Siddha, International/National)
- Scientific writing/ Writing the Dissertation (Including University Guidelines)
- Scientific presentation (oral/visual/poster)
- Case report writing / presentation
- Journal critique
- Writing research grants
- Comparative study of traditional medical systems (specifically Chinese, Ayurveda, Homeopathy, Unani)
- Mentorship
- Pedagogic methods

CLINICAL RESEARCH METHODS UNIT-III

- Introduction to National health programmes/health system including AYUSH
- Indian health/medical research systems/bodies including AYUSH ICMR, CCRAS, CCRS, Clinical Trials Registry of India etc
- Orientation to National clinical research guidelines/regulatory bodies CDSCO/DCGI/NABH/QCI Indian GCP for ASU
- Drug standardization as per Pharmacopoeial Laboratory for Indian Medicine (PLIM)
- International guidelines ICH-GCP; WHO guidelines for traditional medicine; WHO/OECD guidelines for animal studies

CLINICAL RESEARCH METHODS UNIT-IV (MINOR PROJECT)

- Cross-sectional study (Hospital-based)
 - Patients; Care-takers; Physicians
 - Cross-sectional study (Community-based)
 - Local traditional health traditions, including traditional bone-setting
 - Community (including tribal populations)
 - Studies using qualitative research methods
 - Clinical epidemiological studies (Hospital-based)
 - Secondary data analysis of clinical data with report
 - Case report/Case-series writing
 - Systematic review
 - Literary research
 - Comparative study of traditional medical systems
 - Report on visit to industry / entrepreneurship ideas
- Publication of any of the above work will get 20 marks

References:

S.No.	Name of the book, Language, Publishers & Year of publication	Author
1	Health research methodology: A Guide for Training in Research Methods, (English), Second Edition, World Health Organization, Manila, 2001	World Health Organization
2	General Guidelines for Methodologies on Research and Evaluation of Traditional Medicine, (English), First Edition, World Health Organization, 2000	World Health Organization
3	Designing clinical research. (English), Third Edition, Philadelphia: Lippincott Williams and Wilkins; 2013	Hulley SB, Cummings SR, Browner SR, Grady D, Newman TB
4	Biostatistics – Principles and Practice, (English), Elsevier, 2017	B Antonisamy, Solomon Christopher, Prasanna Samuel

PAPER - II BASIC PRINCIPLES OF VARMA MARUTHUVAM AND APPLIED NEUROLOGY

1. INTRODUCTION OF VARMAM

2. What is varmam- role of varma in medicine- varma and human body-various kinds of body point therapies- faculties of varma -Uniqueness of varmam

3. DEFINITION & SYNONYMS

Various definitions and synonyms of varma – Marma, Eedu, kalai, pranana, saram, vasi, sivam, yogam, puravi, swaasam, vaayu, kaatru etc.,

4. HISTORY AND EVOLUTION OF VARMAM

Meaning of varma- varma- a Tamil medicine- evolution of varma medicine- ancient history of varma medicine - qualification of varma students and teachers- educational system of varma medicine- varma studies and research works- varma texts.

5. UDAL THATHUVAM & UDAL KOORUGAL

96 Thathuvams: Iympootham (Five primordial elements) – Iym Pori (Five sense organs)- Iympulan (Functions of the sense organs 5)-Kanmenthiriyam (Motor organs-5)- Kanmavidayam (Functions of the motor organs- 5)-Karanam (Intellectual faculties 4).- Arivu (Self realisation-1)-Dhasa Naadi (Vital channels-10)-Dhasa Vaayu (Vital force-10)-Aasayam (visceral Cavities-5)-Kosam (Systems or sheath- 5)- Aatharam-6 (Psychophysical centers -6)-Mandalam (vital regions-3)-Malam(Mental Bindings-3)-Dhosham (Life humours-3)-Aedanai (Physical bindings-3)-Gunam (Qualities 3) -Vinai (Acts-2)-Raagam (Passions-8)-Avasthai (State of consciousness-5)-Udal Kattugal (Physical constituents) –Udal Vanmai (Body strength)-Malam(body excretion)-Udal thee (Digestant)- Vegam-14 (Natural urges-14)-Sarapazhakkam-karuurpathiyil vasiyogam-vazhnaal vivaram.

6. PULSE DIAGNOSIS IN VARMAM

Pulse (naadi)- pulse of varma patients(varma naadi)- diagnosis on the basis of pulse variation- signs and symptoms of different kinds of pulses-pulses and diseases- guru naadi- marana naadi

CLASSIFICATION OF VARMAM POINTS

- Medical classification- pathogenic varmam- therapeutic varmam
- Traumatic classification- physio - traumatic varmam- psycho traumatic varmam
- Aetiological classification- anatomical varmam- physiological varmam
- Regional classification- classification on the basis of the test book of varma beerangi- 100- the test book of gurunool- the test book of varma saari-205- the test book of varma vidhi-67
- Classification on the basis of naadi- suzhumunai naadi varmam- pingalai naadi varmam- idakalai naadi varmam- sikuvai naadi varmam- purudan naadi varmam- kanthari naadi varmam- atthi naadi varmam- alampudai naadai varmam- sangini naadi varmam- guku naadi varmam- vyshini varmam visulotana naadi varmam
- Classification on the basis of aatharam – moolathara varmam- suvadhithana varmam- manipooraga varmam-anagata varmam- visuti varmam- aakinai varmam
- Tridosa system of classification- vatha varmam- pitha varmam- kapha varmam-

vatha thonta varmam- pitta thonta varmam-kapha thonta varmam

- Classification on the basis of pancha bootha (five Elements)
- Prognostic classification- curable varmam- incurable varmam
- Qualitative classification- asadhya pranakar varmam-kalantara pranahara varmam- vishalyaghra varmam- vaikalykar varmam- rujakar varmam
- Structural classification- mamsa varmam- sira varmam- double varmam
- Alavai vagaippaadu
- Single Multiple classification- single varmam- multiple varmam
- Gender classification – male varmam- female varmam
- Single and group classification
- Classification on the basis of nomenclature- classification on the basis of location- signs and symptoms- morphology- miscellaneous
- Classification on the basis of body plane

7. ETIOLOGY OF VARMAM INJURIES

- Natural causes of varma injury - varmainjury due to external forces- aetiology of varmaminjuriesin male and Female- instruments causing varmainjury
- Padu varmas and its prognosis- thodu varma and its prognosis- fatal varma points (18)- incurable varma points (28)- dangerous varma points
- Clinical features of varma injury- signs and symptoms of paduvarmam- signs and symptoms thoduvarmam- signs and symptoms of suryakalai varmam- signs and symptoms of chandrakalai varmam- signs and symptoms of idakalai and pingalai varmam- signs and symptoms of amirtha nilai varmam-clinical features of vatha varmam, pitha varmam and kapha varmam- clinical features of the varma injuryof head and neck, thorax & abdomen, abdomen and pelvis, upper and lower limbs- signs and symptoms of massive varma attack- signs and symptoms for curable varma diseases- signs and symptoms for the incurable varma diseases signs and symptoms for the fatal varmas- signs and symptoms or chronic varma diseases- forces of varma injuryand its symptoms- placement of the poison of varma injuryand its symptoms- tetanus (kayavettu)- kinds of tauma and its symptoms - varma injuryand its symptoms and vilvisai trauma

8. VARMA MUTHIRAI

Types of muthirai, procedures of muthirai, therapeutic efficacy of muthirai - varma muthras used in head and neck- varma muthras used in thorax and abdomen- varma muthras used in upper limbs- varma muthras used in lower limbs – varma muthras used in important adangal

9. VARMA MATHIRAI AND IRAI (UNIT OF VARMA PRESSURE IN TERMS OF FORCE AND DEPTH)

Varma attacking force- varma attacks and mathirai used in various varma points- training for varma attacks in banana tree- affection of varma trauma in various varma- therapeutic applications of varma maathirai and irai for various diseases

10. VARMAM - MARTIAL ART

Kalari- silambam-role of varmam in the martial art of silambam- varma defence methods

11.VARMAM - THERAPEUTIC APPLICATION

Regional basis, signs and symptoms basis, Naadi basis, Disease basis, Adangal basis

12.ANAESTHETIC VARMA POINTS

Based on the therapeutic effect classified as anaesthetic, analgesic and energetic points

13.VARMAM PRACTICE – LIFE STYLE

Varmam practice based on the social, cultural and religious practices for the wellbeing of humans and disease prevention.

14.BIO MECHANISM OF LIFE ENERGY (VAASI) IN VARMAM

15.Discussion about energy – celestial energy, life energy (Vaasi), pancha bootha energy.

16.CONTRA INDICATIONS FOR VARMAM APPLICATIONS

17.OTHER TRADITIONAL SYSTEM COMPARED WITH VARMAM

APPLIED NEUROLOGY

- Introduction to neurology
- Applied neuro anatomy
- Applied neuro physiology
- Approach to the Patient with Neurologic Disease.
- Video Atlas of the Detailed Neurologic Examination
- Neuroimaging in Neurologic Disorders
- Atlas of Neuroimaging
- Electrodiagnostic Studies of Nervous System Disorders: EEG and EMG

CLINICAL MANIFESTATIONS OF NEUROLOGICAL DISEASES

- Pain: Pathophysiology and Management
- Headache
- Back and Neck Pain
- Syncope
- Dizziness and Vertigo
- Fatigue
- Neurologic Causes of Weakness and Paralysis
- Numbness, tingling, and Sensory Loss
- Gait and Balance Disorders
- Video Library of Gait Disorders
- Confusion and Delirium
- Coma; Examination of the Comatose Patient
- Dementia, Aphasia, Memory Loss

DISEASES OF THE NERVOUS SYSTEM

- Biology of Neurologic Diseases
- Seizures and Epilepsy
- Cerebrovascular Diseases
- Migraine and Other Primary Headache Disorders
- Alzheimer's disease and Other Dementias
- Parkinson's disease and Other Movement Disorders
- Ataxic Disorders

- Classification of the Spinocerebellar Ataxias
- Amyotrophic Lateral Sclerosis and Other Motor Neuron Diseases
- Prion Diseases
- Focal cerebral disorders
- Sleep Disorders
- Disorders of the Eye
- Video Library of Neuro -Ophthalmology
- Disorders of Smell and taste
- Disorders of Hearing
- Disorders of the Autonomic Nervous System
- Trigeminal Neuralgia, Bell's palsy, and Other Cranial Nerve Disorders
- Diseases of the Spinal Cord
- Multiple Sclerosis and Other Demyelinating Diseases
- Meningitis, Encephalitis, Brain Abscess, and Empyema
- Chronic and Recurrent Meningitis
- HIV Neurology
- Primary and Metastatic tumors of the Nervous System
- Paraneoplastic Neurologic Syndromes and Autoimmune Encephalitis
- Anterior Pituitary tumor Syndromes
- Disorders of the Neurohypophysis
- Peripheral Neuropathy
- Guillain-Barré Syndrome and Other Immune-Mediated Neuropathies
- Myasthenia Gravis and Other Diseases of the Neuromuscular Junction
- Muscular Dystrophies and Other Muscle Diseases
- Polymyositis, Dermatomyositis, Inclusion Body Myositis
- Chronic Fatigue Syndrome
- Neuropsychiatric Illnesses in War Veterans

References:

S.No.	Name of book, language, publisher & year of publication	Author
1.	Varma Maruthuvathin Adipadaigal (Tamil) A.T.S.V.S. Siddha Medcial College & Hospital (May 2007)	Dr.T.Kannan Rajaram
2.	Varma Maruthuvam (Tamil) Siddha Maruthuva Nool Veliyettalar (2011)	Dr.T.Kannan Rajaram
3.	Giramapura Varma Maruthuvam (Tamil) Institute of Traditional Health (Dec. 2016)	Dr.V.Ganapathy
4.	Varma Ariviyal Paada Nool (Tamil) Power Publication (2017)	Dr.T. Rajenderan
5.	Treasure of Varma Science (English) Power Pulication (Nov. 2017)	Dr.T. Rajenderan
6.	Varma Odivu Murivu Sara Soothiram-1200 (Tamil) A.T.S.V.S. Siddha Medcial College & Hospital (June 2009)	Dr.T.Mohanraj
7.	Varma Odivu Murivu Saari-1500 (Tamil) A.T.S.V.S. Siddha Medcial College & Hospital (June 2009)	Dr.T.Mohanraj

8.	Varma Soodamani Panicheekarana Pinnal-1500 (Tamil) Amma Pathippagam (Sep. 2004)	Dr.Nisi Wilson
9.	Varma Kannadi-500 (Tamil) Muthu Pathippagam (2000)	Dr.A. Mariya Joseph
10.	Urpathi Narambarai (Tamil) A.T.S.V.S. Siddha Medcial College & Hospital (June 2010)	Dr.T.Mohanraj
11.	Pathinen Siddhar Naadi Sasthiram	
12.	Nedumsilamba Kalai	Thiru.P.Ramasamy Aasan
13.	Applied Anatomy and Physiology of Yoga	Simon Borg-olivier, Bianca Machliss
14.	Gray's Anatomy For Students Second Edition	Richard L.Drake A.Wayne Vogladam W.M. Mitchell
15.	Gray's Anatomy 39 th edition	Susan Standring Phd DSc
16.	Starting Physiology (Applied Physiology)	Samon and Wright
17.	Principles of Anatomy and Physiology	Tortora & Grabowski
18.	Inderbir Singh's Textbook of Human Neuroanatomy	

THIRD YEAR

PAPER I - VARMA MARUTHUVAM

1. Methods of locating Varmam points
2. Detailed study of Classification of Varma points
3. Location of Varmam points
4. Signs and Symptoms of Varmam points
5. Varma Ilakku murai (Varmam relief techniques)
6. Specific treatments
7. Dietary regimen
8. Medical advices for Varmam injury
9. Therapeutic effects of Varma points

1. Varma Points in the head :

Munnaudichu Varma – Thalaipaagi Varmam – Rathavarmam-Poruthu Varmam – Karunai Varmam – Nethi Varma – Nema Varmam – Patchi Varmam-Pacchi Varmam – Mungari Varmam – Prurva Varmam – Sothira Varmam –Laada Moorthi Varmam – Thilatha Varmam – Anga Varmam – Kanmani Varmam –Kumbidu Varmam- Minvetti Varmam – Bala Varmam – Choodigai Varmam –Manthiri Varmam – Natchathira Varmam – Kannaadi Varmam – Mookku Chuzhi Varmam – Moorthi Varmam – Kampothiri Varmam – Komperi Varmam - Annam Varmam - Pinvetti Varmam - Suzhumunai Varmam – Meladappu Varmam - Anna Varam – Keeladuppu Varmam – Urumi Varmam – Amirthalanthi Varmam – Ottu Varmam – Nadaiyadi Varmam – Gandhi Varmam – Chennai Varmam - Mel Poottu Varamam – Kan Kalangi Varmam –Poigai Varmam – Chevi Kutti Varamam- Chevi Thandu Varmam - Kathadakki Varmam – Aasami Varmam –Kabala Varmam-Kurunthu Kutti Varman – Netti Varmam – Alavadi Varmam – Visa Narumbu Varmam – Kavala Varmam – Kona Channi Varnmam – Kondai Kolli Varmam– Chunnambuvarmam-Manjalvarmam-

Vettilaivarmam – Poruthuvarmam –Utruthira Varmam – Sorna Varmam –Kathir Kama Varmam – Pottellu Varmam –Kandakala Varmam – Anamigai Varmam – Suruthi Varmam – Porchai Varmam –Kutti Varmam – Seerum Kolli Varmam – Pin Mudichu Varmam – Pidarivarmam-Kondi Naranpu Varmam – Kaaya Varmam – Mudi Soodi Varmam

2. Varma points in the neck :

Mundirukki Varmam – Urakka Varmam – Uthira Varmam –Kokki Varmam – SanguMudichu Varmam – NakkuThalli Varmam – KannuThalli Varmam-Thummi Varmam – Narambu Varmam – Pingala Varmam- Vilangu Varmam-Kuliyaanai Varmam – Sumai Varmam – Pakka Nadukkku Varmam-Kadakkatti Varmam – Paenkuli Varmam - Aga Pura Thaari Varmam – Suliyaadi Varmam- Perunarambu Varmam - Pin Nadukku Varmam – Valai Mudintha Vramam-Killi Mega Varmam.

3. Varma Points in the chest :

Puya Varmam - Malar Varmam – Thivalai Varmam – Eanthi Vramam-Maarapu Varmam – Maattan Varmam – Thirumi Varmam – Pirathaarai Varmam - Kathir Varmam – Kathir Narambu Varmam – Kaanthaari Varmam –Arangu Varmam – Chithira Varmam – Kombukutii Varmam – Kuthu Varmam –Kaareeral Varmam – Athi Kannthaari Varmam – Kathir Kama Varmam – Puthi Varmam –Anuman Varmam –Thudi Varmam - UI Puttu Varmam – Satti Varmam –Mulai Varmam – Thusiga Varmam – Valai Varmam – Velleeral Varmam –Thilantha Varmam – Pidi Varmam – Kulivu Varmam – Kazhadai Varmam – Naer Varmam-Ellu Varmam –Adappu Varmam – Poottellu Varmam – Vaari Elumbu Varmam-Udal Surukki Varmam.

4. Varma Points in the abdomen :

Ellurikkui Varmam – Kurruppu Varmam – Kolunthu Varmam –Koombu Varmam – MarriVarmum – Adappa Varmam – Anna Varmam – Urumi Varmam – Pallai Varmam – Amathu Varmam –Villu Varmam-Mundellu Varmam – Ellidai Varmam – PeriyaAthiSurukki Varmam –SaradayanthaVramam – Unthi Varmam – Munusaruthi Varmam – Siriya Athi Surukki Varmam – Kathir Nilai Varmam – Pinsaruthi Varmam – Moothira Varmam – Mothira Varmam – Aanthai Varmam – Pathyppu Varmam – Ani Varmama – Ariappu Varmam – Nadukku Varmam – Thandu Varmam – Thandinadi Varmam – Valampuri-Edarmpuri Varmam – Vallurumi / Vellurumi Varmam – Naangu Kutti Varmam – Anda Varmam – Vithu Varmam – Kundalini Varmam – Adakka Yoga Varmam – Moola Varmam – Mukkoona Thenkaai Kan Varmam – Thumbu Varmam – Karppa Varmam.

5. Varma points in the pelvis:

Kathir Nilai Varmam – Pinsaruthi Varmam – Moothira Varmam – Mothira Varmam – Aanthai Varmam – Pathappu Varmam – Kurinchi Varmam – Ani Varmam – Araiappu Varmam – Nadukkuvarmam –Thandu Varmam – Thandinadyvarmam – Valamouri Edampuri Varmam – Vallurumi Vellurumi Varmam – Naranhu Kutti Varmam – Anda Varmam – Vitthu Varmam Kundaly Varmam – Adakka Yoka Varmam – Moola Varmam – Mukkona Thenkaykan Varmam – Thumpu Varmam – Karpa Varmam.

6. Varma Points in the back:

Ettu Varmam – Ettellu Varmam – Kilippira Varmam – Ponool Varmam – Sadappira Varmam – Kaikoottu Varmam – Nadukku Varmam Marukalam – Kai Ketti Varmam – Male

Sanguthiri Varmam – Viri Kadi Varmam – Chippi Varmam – Naer Varma Maru Kalam – Thumbi Varmam – Kombari Varma Maru Kalam – Nattellu Varmam – Urumi Varma Maru Kalam –Chippi Thongu Sathai Varmam – Pallai Varmam – Elankuruthu Varmam – Ellu Sulntha Varmam – Pandi Varmam – Vayu Varmam – Katchai Varmam – Naravu Ellu Varmam – Aaya Kaala Varmam – Naieruppu Varmam – Kukunthara Varmam – Kael Sangu Thiri Varmam – Iruppu Varmam – Villu Varmam – Moottu Varmam – Thandellu Varmankal – Muthugu Varmam.

6. Varma Points in the Upper Limbs:

Kai-Puja Pooruthu Varmam – Asaivu Varmam – Sulukku Varmam – Thundu Varmam – Ulogitha Varmam – Kotchu Varmam – Kaiviral Madakku Varmam –Agathu Varmam – Thgiruneettu Varmam – Mundaga Varmam – Uri Varmam – Miya Varmam – Muttu Varmam – Puratharai Visai Narambu Varamam – Moottu Pathaippu Varmam – Polivu Varmam – Maganthira Varmam – Visha Manibanda Varmam –Thilartha Varmam – Gurunaadi Varmam Anthai Varamam - Thuthikkai Varmam - Monibanda Varmam Varmam - Purakannu Varmam - Agakannu Varmam - Mudichu Varmam - Patcha Varmam - Vellai Varmam - Bala Chakkara Varmam - Sundothari Varmam - Nerukku Varmam - Peru Viral Mozhiporuthu Varmam - Peruviral Pathakkalai Varmam - Peruviral Puratharai Varmam - Peruviral Agatharai Varmam - Sorna Thatchanai Varmam - Thatchanai Varmam - Kai Thurukuna Narambu Varmam - Kavali Varmam - Moli Varmam - Soondothari Varmam - Mothira Varmam - Nagakannu Varmam.

7. Varma points in the lower limbs:

Cheppu Varmam - Kannu Varmam - Thodai Poruthu Varmam - Pathaikkal Varmam - Aka Urulaivisai Narampu Varmam - Melthodai Akatharai Varmam - Aamai Varmam - Cochu Varmam - Chuzhukku Varmam- Thundu Varmam-Keezhthodai Puratharai Varmam - Muttu Varmam - Santhi Varmam - Siraddai Varmam - Mozhiporuthu Varmam - Asaivu Thirikannu Varmam - Pathaippu Varmam - Naithalai Varmam - Kanapathigathiga Varmam - Vayiruthi Varmam- Manipantha Varmam - Karandai Varmam - Mudichi Varmam - Kannupugai Varmam

Pathachakra Varmam - Viruthi Varmam - Surubi Varmam - Kavali Varmam - Chuzhukku Varmam -Chundothari Varmam - Kundigai Varmam -Sirukannu Varmam -Thida Varmam - Poomi Varmam -Kuthikal Varmam - Konachanni Varmam - Thaddai Varmam - Uppuguthi Varmam - Vezhzhai Varmam

VARMAM THERAPY FOR VARIOUS DISEASES

- Varmam For Neurological Disorders
- Varmam for Musculoskeletal Disorders
- Varmam for Cardiovascular Disorders
- Varmam for Respiratory Disorders
- Varmam for Digestive Disorders
- Varmam for Genito Urinary Disorders
- Varmam for Endocrine Disorders
- Varmam for Congenital Disorders
- Varmam for Haematological Disorders
- Varmam for Geriatric Diseases
- Varmam for Paediatric Diseases
- Varmam for ENT diseases
- Varmam for Psychiatric Disorders

- Varmam for Disease Prevention
- Varmam for Rejuvenation

VARMAM IN PAIN MANAGEMENT

Headache, Migraine, Cervical pain and shoulder pain, Radiculopathy, Low back pain, Joint pain, inflammatory and traumatic pain Abdominal colic, Renal colic, Sciatica etc.

References:

S.No.	Name of book, language, publisher & year of publication	Author
1.	Varma Pulligalin Iruppidam (Tamil) A.T.S.V.S. Siddha Medcial College & Hospital (May 2007)	Dr.T.Kannan Rajaram
2.	Varma Maruthuvam (Sirappu) (Tamil) A.T.S.V.S. Siddha Medcial College & Hospital (May 2007)	Dr.T.Kannan Rajaram
3.	Varma Maruthuvam (Pothu) (Tamil) A.T.S.V.S. Siddha Medcial College & Hospital (June 2008)	Dr.T.Kannan Rajaram
4.	Varma Maruthuvam (Tamil) Siddha Maruthuva Nool Veliyettalar (2011)	Dr.T.Kannan Rajaram
5.	Varman-108 (Tamil) Siddha Maruthuva Nool Veliyettalar (2010)	Dr.T.Kannan Rajaram
6.	Varma Maruthuva Kaiyadakkam (Tamil) Power Publication (2012)	Dr.T. Rajenderan
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30.	Varma Nidhaanam-500	--
31.	Varma Beerangi Noorukku Thiravukol-16	--
32.	Ponnusi Thiravukol-16	--

PAPER- II VARMA THERAPEUTIC TECHNIQUES

VARMA MEDICINES: INTERNAL MEDICINES FOR VARMA INJURY (AGAMARUNDHUGAL)

1. Surasam
2. Saaru
3. Karkam
4. Adai
5. Kudineer / Kashayam / Kiyazham/Vaatru
6. Chooranam / Podi
7. Legiyam
8. Rasayanam
9. Nei
10. Ennai/ Thylam
11. Kuligai/Kavalam
12. Mezhugu
13. Kuzhambu
14. Parpam
15. Chenduram
16. Kanji

EXTERNAL MEDICINES AND EXTERNAL THERAPEUTIC PROCEDURES FOR VARMA INJURY (PURA MARUNDHUGAL):

1. Thalam
2. Pochu
3. Thuvaalai
4. Otradam
5. Kizhi / Pottanam
6. Thaarai
7. Pugai
8. Oodhal
9. Naasigaabaranam
10. Nasiyam
11. Kalikkam

12. Pasai
13. Kulineer

VARMA THERAPEUTIC TECHNIQUES:

VARMA ADANGAL TECHNIQUES AND CLASSIFICATIONS:

- Regional classification
- Structural classification
- Terminological classification
- Numerical classification
- Classification on the basis of single and group
- Classification on the basis of effectivity
- Classification on the basis of site of life energy
- Classification on the basis of stability
- Classification on the basis of types
 - Classification on the basis of groups
 - Paduvarma adangal - 12
 - Peradangal - 13
 - Ubadesa adangal - 16
 - Kai kanda adangal - 51
 - Sitradangal - 51
 - Adangal - 51
 - Adangal - 56
 - Adangal - 64
 - Adangal - 224
 - Thogupu Adangalkal

PRESSURE METHODS IN ADANGAL:

1. Unit of pressure
 - a. Varma unit of force of pressure
 - b. Varma unit of depth of pressure
2. Duration of pressure
3. Direction of pressure
4. Organs which stimulate adangal

ANATOMICAL LOCATIONS OF ADANGAL:

HEAD AND NECK:

Thilartha adangal-Athiveera sankara adangal-Prakaasa adangal-Kann adangal-Kunri muthu adangal-Iru vizhi adangal-Kothanda adangal-Bala Chandra adangal-Vinotha sinthai adangal- Thuriya adangal- Itchai adangal-Mantha adangal-Siddha adangal-Kuri adangal-Amathadangal-Pagutharivu adangal-Visuvaasa adangal-Pathi adangal-Chooradangal-Uyir naadi adangal-Pidari adangal-Paen kuzhi adangal-Sushi adangal-Pura sarvaanka adangal-Pidarikuzhiyora adangal-Mudi soodi adangal-Pancha narambadangal-Karakkadangal-Poigai adangal-Aasaamai adangal-Pini narambu adangal-Mael adangal-Sevikutri mulai adangal-Sevi pinnadangal-Kuruthadangal-Alagu sennadi adangal-Kona sanni adangal-Mun naadi adangal-Naadi kuzhi adangal-Oondangal-Vaai vazhi adangal-Udhira adangal-Kuzhi adangal-Kaval soodi narambadangal-Ravi madhi adangal-Kabala adangal-Kaval periya adangal-Alavu kaamboori adangal-Monadangal-Suzhhi munai adangal-Gnanodhaya adangal-Sodhanai adangal-Mummoorthi adangal-Nalliruppu adangal-Amirtha adangal-

Aadhaara adangal-Sarvaanga adangal-Mel sarvaanga adangal-Keezh sarvaanga adangal-Naaku sarvaanga adangal-Naakadangal-Solladangal-Pootadangal-Ulladangal-Kadaichatti pal adangal-Aindhaam satti pal adangal.

TRUNK OF THE BODY (MUNNUDAL ADANGALKAL):

Agatharai adangal-Nenju kadhir narambu adangal-Aendhi adangal-Kori adangal-Kootadangal-Manmadha adangal-Sangili adangal-Kuzhi narambu adangal-Kalai adangal-Thattadangal-Uyir nilai adangal-Paiyadangal-Koradangal-Vaaradangal-Naa vaari adangal-Ul madai adangal-Mundellu adangal-Mundellu maththiyadangal-Undhiyadangal-Mun – aayakaala adangal-Kadhirnilai adangal-Moothirakaala adangal-Amarthaladangal-Poruthadangal-Madhipirai adangal-Malaasaya salaasaya adangal-Kallidai adangal-Urpaththi adangal-Linga adangal-Latchumi adangal-Yoni adangal-Poovadangal-Ul moolaththadangal-Nooladangal

BACK OF THE BODY (PINNUDAL ADANGALKAL):

Pura tharai adangal-Mel sanguthiri adangal-Sippichakkara adangal-Nattellu adangal-Keezh sanguthiri adangal-Ilankuruthu adangal-Naavaari adangal-Malai adangal-aangana pootadangal- Pin aayakaala adangal-Seeva kalai adangal- Pancha vaasal adangal

UPPER LIMBS (KAI ADANGALKAL):

Kaikuzhi adangal-Ul choothira adangal-Pura choothira adangal-Sulukadangal-Kai narambu adangal-Kai muttadangal-Kochadangal-Vettadangal-Madakadangal-Kai kadhir narambu adangal- Guru adangal- Mudichadangal-Kundadangal- Kai manikattu monadangal-Kai kavali adangalkal (Kai peruviral kavali adangalb. Thoondu viral kavali adangalc. Nadu viral kavali adangald. Aniviral kavali adangal- Sorna vetrilai adangalkal(Nadu viral sorna vetrilai adangal,Ani viral sorna vetrilai adangal,Siru viral sorna vetrilai adangal)-Kai vellai adangalkal(Nadu vellai adangal, Peru vellai adangal,Siru vellai adangal)- Sorna dhatchanai adangal-Dhatchnai adangal- Baala chakkara adangal- Visa narambu adangal- Nagakan adangal(Peruviral nagakan adangal,thoondu viral nagakan adangal)-Kai viral mozhiadangal- Kai patthuviral adangal.

LOWER LIMBS (KAAL ADANGALKAL):

Thodai poruthadangal-Putti poruthadangal-Keezh tharai adangal-Mudhugadangal-Villai adangal-Keezh thodai adangal-Kaal muttukuzhi adangal-Mulankaal muttadangal-Sadhuradangal-Mulankaal kathir narambadangal-Veeradangal-Aadhi siva adangal-Mulankaal adangal-Sadhaasiva adangal-Kudhi adangal-Vala pingalai adangal-Sakthi kooradangal-Manjaadi adangal-Kunri adangal-Paattadangal-Kotai adangal-Padai adangal-Padangaal kadhir narambadangal-Kaal kavali adangal-Viruthi adangal-Puliyamuthu adangal-Amirtha yoga adangal-Paadha adangalkal(a. Ullangaal vellai adangal,Uppukuththi adangal, Viraladi adangal)- Boomiththaana adangal-Kaal arivippu adangal-Kaal viral mozhi adangal

REGIONWISE ADANGAL VARMA PRESSURE METHODS:

Adangalkal for head problems, eye problems,tongue problems,nose problems, ear problems, mouth problems,penile problems, vaginal problems, urinary bladder problems, micturition and defaecation problems.

ADANGALKAL FOR VARIOUS DISEASES:

Adangalkal for vomiting, hiccups, small intestinal problems, dyspnoea related problems, delirium, fainting problems, intolerable pain due to head injuries, bone and joint problems, to stop bleeding from wounds and haemorrhoids.

VARMA ILAKKU MURAIGAL:

GENERAL PROCEDURES OF ILAKKU MURAIGAL:

1. For adults

2. For pregnant women
3. For lactating mothers
4. For children and adolescents
5. For infants
6. For neonates

SPECIAL PROCEDURES OF ILAKKU MURAIGAL:

1. Ilakku muraigal for different regions of the body
2. Specific procedures of ilakku muraigal

VARMA THADAVU MURAIGAL:

- History of varma thadavu muraigal
- Massage techniques in various medical systems around the world
- Varma thadavu murai techniques
- Postures of varma thadavu muraigal
 - a. Sitting posture
 - b. Lying down posture
- Procedures Varma thadavu muraigal
 - a. Sarvaanga varma thadavu murai
 - b. Aekaandha varma thadavu murai
 - c. Podhu varma thadavu murai
 - d. Adangal varma thadavu murai
 - e. varma thadavu murai for lethargy
 - f. Varma thadavu murai for tiredness
 - g. Varma thadavu murai for fainting
 - h. Paduvarma varma thadavu murai

VARMA PINNAL MURAIGAL:

Narambu pinnal muraigal

- a. Pinnal muraigal for internal organs
- b. Pinnal muraigal on the basis of 12 channels (Naadigal)
- c. Pinnal muraigal for various diseases
- d. Adverse effects due to improper Narambu pinnal muraigal
- e. Things to be avoided while doing pinnal muraigal

VARMA THIRAVUKOL:

Ten techniques of varmaani thiravukol

VARMA CHAVUTTU MURAIGAL

VARMA THATTU MURAIGAL

VARMA AMARTHAL MURAIGAL

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PAPER - III VARMA KAAYA IYAL (TRAUMATOLOGY IN VARMA MEDICINE)

INTRODUCTION TO VARMA KAAYA IYAL

1. Enbugalum Murivugalum (Bones and Fractures)
2. Moottugalum Vilakalgalum (Joints and Dislocations)
3. General Principles of the Treatment of Fracture and Dislocation
4. Soft tissue injuries & Management
5. Equipments recoverd for Fracture Management

IMPORTANT VARMA MEDICINES USED IN VARMA KAYANGAL

Odivu murivugalukkaana Ennaikal (Oil)

1. Odivu murivugalukkaana poochukal
2. Odivu murivugalukkaana thuvaalaigal

3. Odivu murivugalukkaana otradangal
4. Odivu murivugalukkaana kizhigal
5. Odivu murivugalukkaana thaaraigal
6. Odivu murivugalukkaana pasaigal

VARMA MANAGEMENT FOR REGIONAL INJURIES

1. Kai-kayangal (Injuries to the Upper limb)

- a. Kaarai Enbu Murivu (Fracture of the Cleivicle)
- b. Chippi Mozhi Kaarai Poruthu Kaayangal (Injuries of the Acromio clavicular joint)
- c. Nenju-kaarai Poruthu Kaayangal (Injuries of the Sterno clavicular joint)
- d. Chippi Enbu Kaayangal (Injuries of the Scapula)
- e. Thol-poruthu Vilagal (Dislocation of Shoulder joint)
- f. Puya Enbu-Maelmunai Kaayangal (Proximal Humeral Fractures)
- g. Puya Enbu alias Mundakkai Elumbu Murivu (Fracture of the Shaft of the Humerous)
- h. Mulankai Moottu Vilagal (Dislocation of Elbow)
- i. Mulankai Elumbu Murivu (Fracture of the forearm)
- j. Manikkattu Kaayangal (Injuries of the Wrist joint)
- k. Ankai Kaayangal (Injuries of the Hand)
- l. Kai-viral Kaayangal (Injuries of the Phalanx)

2. Kaal Kaayangal (Injuries of the Lower limb)

1. Iduppu Poruthu Vilagal (Discolation of the Hip joint)
 - Nangana Kundu Naluval
 - Kundumani Vilagal
 - Urulai Poottu Vilagal
2. Thodai Nadu Murivu (Fracture of the Shaft of the Femur)
3. Mulankaal Muttu Kaayangal (Injuries of the Knee)
 - Chirattai Elumbu Murivu (Fracture of the Patella bone)
 - Chirattai Vilagal (Dislocation of Patella bone)
 - Mulankaal Muttu Chavvu Kaayangal (Injuries to the Ligaments of the knee)
4. Mulankkal Elumbu Murivu (Fracture of the Shafts of tibia and fibula)
5. Kanukkaal Kaayangal (Injuries of the Ankle)
 - Kaalkannu Vilagal (Dislocation of Ankle joint)
 - Kaal Karandai Naluval (Subluxation of the ankle joint)
 - Kuthi Elumbu Murivu (Fracture of the Calcaneum)
6. Kaal Kundumani Vilagal (Dislocation of the Tarsal Bones)
7. Padankaal Viral Odivu (Injuries of the Metatarsophalageal joint)
8. Padankaal Nadu Murivu (Fracture of the Metatarsal bones)
9. Kaal Viral Murivu (Fracture of the phalanx)
10. Viral Poruthu Vilagal (Dislocation of Interphangeal joints)

3. Atchu-Elumbu Kaayangal (Injuries of the Axial Skeleton)

1. Kaluthu Nattellu Kaayangal (Injuries of the Cervical spine)
2. Maarubu Nattellu Kaayangal (Injuries of the Thoracic spine)
3. Iduppu Nattellu Kaayangal (Injuries of the Lumbar spine)
4. Keel-Vaasi Mudam (Traumatic Paraplegia)
5. Mael-Vaasi Mudam (Traumatic Quadriplegia)
6. Veena Thandu Murivu (Spinalcord Injury)
7. Chil-Elumbu Murivu (Fracture of the Ilium)

8. Nankana-poruthu Naluval (Subluxation of Sacro-iliac joint)
9. Moonaara Kaayangal (Sacral Injuries)
10. Nattallu-Naduppoottu Vilagal (Subluxation of the Lumbo Sacral joint)
11. Kathir-moolam Kaayangal (Injury of the Coccyx)
12. Vaari-Ellu Murivu (Rib Fracture)
13. Vaari-poonell Murivu (Fracture and dislocation of the Caosto vertebral joints and costotransverse joints)
14. Sankuthiri Elumbu Murivu (Fracture of Hyoid Bone)
15. Nenju Elumbu Kaayangal (Injuries of the Sternum)

4. Thalai Kaayangal (Head injuries)

1. Kabala Kaayangal (Injuries to the Skull)
 - a. Kabala Murivugal (Skull fractures)
 - b. Mandai Utchi Elumbu Murivugal (Parietal bone fractures)
 - c. Pidari Elumbu Murivu (Occipital bone fracture)
 - d. Kathalivana Eadu (Craniocerebral Trauma fracture)
 - e. Lada Maiya Norunkal (Brain Damage)
2. Muga Kaayangal (Injuries to the face)
 - a. Thilartha Poruthu Murivu (Fracture of Nasal Notch)
 - b. Nasi Elumbu Murivu (Fracture of Nasal bone)
 - c. Aakirana Bala Kaayam (Injuries to the Nasal Bridge)
 - d. Alavellu Murivu (Fracture of Mandible)
 - e. Keel-Alavu Vilagal (Dislocation and Subluxation of Mandibular Artipulation)

VARMA MANAGEMENT FOR NERVE INJURIES

Peesa Narambu - Uthira Narambu - Uri Narambu - Ethir-nirai Narambu - Vil Narambu - Keeri Narambu - Mudichu Narambu - Uthiram parathi Narambu - Akkini Narambu - Kootchal Narambu - Kambi Narambu - Thaamarai Narambu - Villu Narambu - Pusal-thiri Narambu - Vuir Narambu - Mael-uri Narambu - Neer Narambu - Pagalozhi Narambu - Pathini Narambu - Guru-Boga Narambu Kunukkellu Narambu - Thaarai Narambu - Therai Narambu - Kundisangal Narambu - Surakaari Narambu - Uthira-Janni Narambu - Karumanthi Narambu - Kuyil Narambu - Kottai-kai Narumbu- Varna Narambu - Kannoli Narambu - Ilaval Narambu - Eakaasi Narambu - Kukkuda Narambu - Karu-manthi Narambu - Varna Narambu - Karual-Virithaan Narambu - Paaloonti Narambu - Kuil Narambu - Seetha Narambu - Pootha Narambu - Kozhuthu Narambu - Koombu Narambu - Poonthurumbal Narambu - Peru Narambu - Oodu Narambu - Manthiri Narambu - Maran Narambu - Kudukkai Narambu - Mundirukki Narambu - Thudi Narambu - Poovalasan Narambu - Neer-pisi Narambu - Mayir-kootchai Narambu - Kural Narambu - Suvaasappal Narambu - Thivalai Narambu - Vuural Narambu - Thaaku Narambu - Thivaara Narambu - Ul-kodi Narambu - Athi-sara Narambu - Vaasal Narambu - Saaya Narambu - Kathir-pasi Narambu - Sira-thara Narambu - Kozhu-Naadi Narambu - Neer-koori Narambu - Erai-maali Narambu - Pidari Narambu and Peripheral Nerve Injuries

VARMA MANAGEMENT FOR SOFT TISSUE INJURIES

Injury of the Abdominal Musele - Injury to the spleen - Injury to the Kidney - Injury to the testis - Injurier to Inter Metacarpal bones and varma treatment - Kozhikudaran varmam - pagarchai varmam - Theeneri varmam - Thiralai varmam - Vittil varmam -

Koocheheli varmam - Thiralu varmam - Parellu varmam - Eeral varmam - Ulkuttu varmam - Pathi - virathai varmam - Punal varmam - Pira - Veetchu varmam - Arana - vaal varmam - Chenthanal varmam - Thirivisal varmam - Karal - kalangi varmam - Etchi varmam - Inthiriya varmam - Koombiyangi varmam - Neruppu varmam - Kuda-kaari varmam - Thilartha varmam - Kavali varmam - Alagar varmam - Kathir - vaalai varmam.

VARMA MANAGEMENT FOR SPORTS INJURIES

This includes difference types of sports injuries, management of pain by varma therapy, varma redtrival techniques, massage techniques, medications and rehabilitation

1. Contusion or bruise
2. Wound
3. Strain - ACL Tears
4. Sprain - ACL Sprains - Ankle sprain
5. Muscle cramps
6. Muscle strains
7. Shin splints
8. Bone fracture
9. Spinal cord injury
10. Head injury
11. Runner's knee
12. Tennis Elbow
13. Tendinosis etc.,

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PAPER- IV ESSENTIALS IN ORTHOPAEDICS AND TRAUMATOLOGY

ORTHOPAEDICS: GENERAL

1. Musculo-skeletal system
2. Congenital deformities
3. Developmental disorders of bone
4. Infections of Bone and Joint
5. Bone and joint tuberculosis
6. Generalised diseases of bones
7. Diseases of joints
8. Avascular necrosis of bones and epiphyseal osteochondritis
9. Tumors of bones
10. Neurological and muscular disorders
11. Regional conditions of neck and upper limb
12. Regional conditions of spine and lower limb
13. Radiological Examination of Fracture
14. Physical Medicine
15. Traction procedures

TRAUMATOLOGY

1. Injuries to bones and joints
2. Injuries of the shoulder and arm
3. Injuries of the elbow, forearm and wrist
4. Injuries of the hand
5. Injuries of the hip and thigh
6. Injuries of the knee and leg
7. Injuries of the ankle and foot
8. Injuries of the spine
9. Fractures of the pelvis
10. Polytrauma
11. Compound fractures
12. Pathological fractures:
13. Soft tissue injuries including sports injuries
14. Nerve injuries
15. Vascular injuries
16. Healing of Injury
17. Repair of fracture
18. Repair of ligament injuries
19. Rehabilitation after fractures and Joint injuries
20. Systemic response to injury
21. Early management of the injured
22. Ununited fractures
23. Fractures in children

CLINICAL KINESIOLOGY:

- Introduction
- Mechanical Principles
- Kinematics
- Osteokinematics
- Orthokinematics
- Clinical applications

PHYSICAL MEDICINE:

I.Exercise Therapy:

Active and Passive movement - Technique of Mobilising Joints- Technique of Strengthening and relaxing Muscles- Neuromuscular Co-ordination- Posture- Walking Aid

II.Massage Therapy :

Massage techniques -Effects and Contra indications for Massage

III.Physiotherapy:

a. Physiotherapy in Rheumatology :

Osteoarthritis: Basic Issues – Assessment in Osteoarthritis – Physiotherapy for People with Osteoarthritis – Osteoarthritis: a Case Study – Rheumatoid Arthritis: Basic Issues – Assessment in Rheumatoid Arthritis – Physiotherapy for People with Rheumatoid Arthritis – Osteoporosis: Basic Issues – Assessment in Osteoporosis – Physiotherapy for People with Osteoporosis – Osteoporosis: a Case Study.

b. Physiotherapy Management of Ankylosing Spondylitis :

Aims of Physiotherapy Management – Posture – Pain in Ankylosing Spondylitis – Exercise in Ankylosing Spondylitis – Physiotherapy Assessment – Effective Physiotherapy for AS – Ankylosing Spondylitis: a Case Study – Home Checks – Useful Addresses.

c. Upper and Lower Limb Joint Arthroplasty :

Introduction – Part I: Upper Limb Arthroplasty – Shoulder Arthroplasty – Metacarpophalangeal Joint Replacement – Examples of Other Upper Limb Arthroplasties – Part II: Lower Limb Arthroplasty – Total Hip Replacement (THR) – Total Knee Replacement (TKR) – Total Ankle Replacement (TAR).

d. Neurological Physiotherapy :

Introduction – Neurological Dysfunction: Basic Issues – Approach to Physiotherapy – Outcome Measures and Goal-Setting – Stroke (Cerebrovascular Accident) – Parkinson's Disease and Parkinsonism – Multiple Sclerosis – Motor Neurone Disease – Traumatic Brain Injury – Glossary of Terms – Further Reading – References – Appendix – Physiotherapy Assessment.

References:

S.No.	Name of book, language, publisher & year of publication	Author
1.	Textbook of Orthopaedics and traumatology	M. Natarajan
2.	Essential Orthopaedics Including Clinical Methods	J Maheshwari
3.	Text book of orthopaedics	John Ebenezer
4.	Orthopaedics and Traumatology	Apley
5.	Adam's - Orthopaedics and Traumatology	
6.	Text book of Orthopaedics and Traumatology	Kulkarni
7.	Essentials of Orthopedics	RM Shenoy
8.	Fractures	Saurabh Garg
9.	Essentials of Orthophysiotherapy for Upper and Lower Limb	
10.	Tidy's Physiotherapy	edited by Stuart porter
11.	The Principles of Exercise Therapy	M.Dena Gardiner
12.	Massage for Therapists	Margaret hollies
13.	Physical medicine and rehabilitation	Sullivan
14.	Clinical Kinesiology	Brunnstrom's
15.	Manual Of Structural Kinesiology	R.T Floyd
16.	Biomechanical Analysis Of Fundamnetal Human Movements	James Smith
17.	The Principles of Exercise Therapy, Published by CBS Publishers & Distributors, 4596/1 A, 11-Daryaganj, New Delhi - 110 002	

DISSERTATION

Kindly refer the regulation 11 of IMCC (Post-Graduate Siddha Education) regulations, 2016.