



International AYUSH
Conference & Exhibition 2017, Dubai



Organisers



Varma (Marma) Workshop



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| Date | 11th November 2017 |
| Time | 10:00 AM |
| Venue | Hall 2 - Sheikh Maktoum Hall, Dubai World Trade Centre (DWTC) |
| Registration Fee | Free for Delegates |
| For Registration - Contact | delegate@ayushdubai.org conference@ayushdubai.org |
| Coordinator | Dr. Jomol Mariam Thomas (+971 56 1151269) |

Trainer:

- Dr.T.Thirunarayanan - Centre for Traditional Medicine & Research, Chennai - Siddha Expert

Panelists:

- Dr J.R Raju – Maharishi Ayurveda Hospital, Delhi - Ayurveda Expert
- Dr. Sureshkumar – Triveni Nursing Home, Kerala - Ayurveda Expert

Varmam or Marma are some specific points in the human body, where either bones join together or important ligaments, tendons or blood vessels are present. When particular amount of pressure is applied on these points knowingly or unknowingly they may cause symptoms like pain, swelling or loss of functions, internal trauma, and internal hemorrhage. But the same points could be used with a specific pressure by tip of finger or toes to treat certain conditions. Similarly there are methods of relaxing the traumatized points called 'Illaku murai' or regulating called 'adankal'

A proper understanding of the anatomy of each point is essential to determine the force or pressure to be applied for correcting the trauma, dislocation of joint or twist of muscle or tendon. This therapeutic method could be adopted to treat various neuro-skeletal muscular disorders. The workshop shall focus on the management of cervical spondylosis and Lumbago - locating the Varma / Marma points and to provide hands on experience in applying right pressure and treating them. The workshop shall include:

- Introduction on Marma & Varma
- Demonstration of vital points to treat - Cervical spondylosis & Lumbago
- Hands on training on pressure/force to be applied on Varma points
- Q&A session

Contact Us:

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