

**GOVERNMENT OF INDIA
MINISTRY OF AYUSH**

**RAJYA SABHA
UNSTARRED QUESTION NO. 802
TO BE ANSWERED ON 11TH FEBRUARY, 2025**

Integration of Varmam Therapy into mainstream medical practices

802 Shri Brij Lal:

Will the Minister of *Ayush* be pleased to state:

- (a) whether any measures are being taken to integrate Varmam Therapy into mainstream medical practices or healthcare systems in the country;
- (b) If so, the details thereof; and
- (c) the manner in which the Ministry of AYUSH plans to further research, training, and public awareness about Varmam Therapy?

ANSWER

**THE MINISTER OF STATE (IC) OF THE MINISTRY OF AYUSH
(SHRI PRATAPRAO JADHAV)**

(a) & (b): Yes Sir. Ministry of Ayush has established the autonomous bodies viz. National Institute of Siddha (NIS), Chennai and Central Council for Research in Siddha (CCRS) to promote and preserve the Siddha system of medicine in the country.

Varmam Therapy is one of the special treatment methods in the Siddha system of medicine and is useful in the treatment of neuro-musculo-skeletal disorders and joint disorders like Cervical spondylosis, Lumbar spondylosis, Osteoarthritis, Hemiplegia, Paraplegia, Sciatica, Spinal cord injury/disease, Cerebral palsy, Seizure disorders, Muscular dystrophy etc.

Specialized treatments are being provided to the public through Varmam OPD functioning at the peripheral institutes/units of CCRS. NIS is also providing Varmam Therapy to patients attending OPD/IPD in its attached Ayothidoss Pandithar Hospital (NABH accredited).

Further, NIS is conducting postgraduate program in eight specialties of the Siddha System, including M.D. (Siddha) in Varmam Maruthuvam. The M.D. (Siddha) Varmam Maruthuvam program has been started in the year 2017-18 at NIS. NIS is also conducting Ph.D. program in Varmam Maruthuvam since the year 2022-23.

(c): CCRS has granted three Intra Mural Research (IMR) projects for research in Varmam Therapy, which are in progress.

CCRS has published a book titled “Guidelines for Practice of Siddha Varma Therapy”. In addition to this, in collaboration with the Traditional and Complimentary Division, Ministry of Health, Malaysia, CCRS has published a book titled “Practice Guideline on Varmam Therapy”.

CCRS & NIS have been conducting various seminars/workshops/conferences to disseminate the Varmam Therapy. CCRS has initiated programs for popularizing Varmam Therapy among the general public on the social media platforms (YouTube, Twitter and Facebook).

In Arogya Melas/exhibitions, IEC materials related to Varmam Therapy and its benefits are exhibited by CCRS & NIS.

To enhance public awareness of Siddha Varmam Therapy, NIS achieved a Guinness World Record for the "Most People Receiving Siddha Varmam Therapy Simultaneously" on 18th December 2024, as part of the 8th Siddha Day Celebrations. This milestone event was organized to highlight the global relevance and efficacy of Siddha Varmam Therapy. On this occasion, 567 trained Varmam Therapy providers administered Siddha Varmam Therapy.
