

RESEARCH PUBLICATIONS FROM DEPT. OF VARMA MARUTHUVAM (FROM 2018)

S. NO	RESEARCH PAPER	JOURNAL NAME	PUBLICATION/PRESENTATION	PG SCHOLAR	GUIDE / CO GUIDE
1	Siddharkalum Tamil Maruthuvamum		Siddhargal Kaatum Vazhviyalum, Maruthuvamum-National conference 28.12.2018	Dr Sathya	Dr.A.Muneeswaran
2	Sanga tamizharum Siddha varma maruthuvamum		Siddhargal Kaatum Vazhviyalum, Maruthuvamum-National conference 28.12.2018	Dr S.Kavitha	Dr.S.Sujatha
3	Documentry the forms and uses of Varma mudhras practiced in tirunelveli and kanyakumari district.		25.09.2019 A State level seminar on Epidemiological evaluation of Expeditious Ethnic Siddha Medicine	Dr G.Thirunarayanan	Dr.G.Ganesan
4	Neerizhivu Kudineer Action and Biochemical analysis	International Journal of Recent Advances in Multidisciplinary Topics	Volume 2, Issuse 4, April 2021	Dr G.Thirunarayanan	Dr.S.Sujatha
5	Acute Toxicity study of Siddha Varma Formulation Neerizhivu Kudineer in Albino Wiser Rats	International Journal of Medical Science and Current Research	Volume 4, Issuse 3, May-June 2021	Dr G.Thirunarayanan	Dr.S.Sujatha
6	Description and therapeutic value of varma thadavumuraigal in siddha system –A literature review		25.09.2019 A State level seminar on Epidemiological evaluation of Expeditious Ethnic siddha medicine	Dr Abirami	Dr.S.Sujatha
7	Perception of varmam science among PG Scholars of GSMCH, Palayamkottai		22.08.19 & 23.08.19 NIS	Dr.M.Rajeswari	Dr.S.Sujatha
8	Management of kozhikazhuthu murivu (colle's Fracture) in varma maruthuvam – A		22.08.19 & 23.08.19 NIS	Dr.T.Vasanthan	Dr.A.Muneeswaran

	single case study				
9	Varmam - A Genetic impact on Tamil culture		22.08.19 & 23.08.19 NIS	Dr.Binthuja G Dharan	Dr.A.Muneeswaran
10	Forgetting or neglected practices : Myths of Pidari kaalam - A clarion call for Revival		22.08.19 & 23.08.19 NIS	Dr.Binthuja G Dharan	Dr.Ganesan
11	Biochemical Analysis of Siddha Polyherbal Drug Siddhadhi Kasayam	International Journal of Recent Advances in Multidisciplinary Topics	Volume 3, Issue 3, April 2023	Dr M.R.Samanj	Dr.S.Sujatha
12	Biochemical Analysis of Siddha Drug Seerabala Ennai	International Journal of Recent Advances in Multidisciplinary Topics	Volume 3, Issue 3, April 2023	Dr A.Priyadarshini	Dr.S.Sujatha
13	Biochemical Analysis Of Siddha Polyherbal Drug Parangi Kasayam	International Journal of Recent Advances in Multidisciplinary Topics	Volume 3, Issue 3, April 2023	Dr T .Nandhini	Dr.S.Sujatha
14	Biochemical Analysis Of Siddha Polyherbal Drug Sagajarathi Kasayam	International Journal of Recent Advances in Multidisciplinary Topics	Volume 3, Issue 3, April 2023	Dr P.Baby priya	Dr.S.Sujatha
15	Role of Varmam in Emergency care –A Literature review		22.08.19 & 23.08.19 NIS	Dr.Sathya	Dr.Chitra
16	Therapeutic effects of Varma points through Yoga Aasanamuralai		22.08.19 & 23.08.19 NIS	Dr Abirami	Dr.S.Sujatha
17	A pilot study on the Management of stress induced disorders with Siddha Varma therapy		19.12.2019 II nd Siddha day in Palayamkottai	Dr.Thirunarayanan	Dr.S.Sujatha

18	Management of Ceganavatham through Varma & Yoga- A break through		19.12.2018 Pre-Siddha day seminar	Dr. Binthuja G Dharan	Dr A.S.Poongodi kanthimathi
19	Management of kondai kolli varmam injury – A Single case study		04.07.19 & 05.07.19 MGR University	Dr.M.Rajeswari	Dr A.S.Poongodi kanthimathi
20	Effectiveness of sirappu thalai varma thadaval murai for mugavatham (Bells palsy) – A single case study		04.07.19 & 05.07.19 MGR University	Dr.T.Vasanthan	Dr Ahamed Mohideen
21	Therapeutic Effects of varma Thadavu Muraigal in the management of Thandaga vatham (Sacro ilitis) – A case study		04.07.19 & 05.07.19 MGR University	Dr.V.Abirami	Dr Mahalakshmi
22	Efficacy of varma therapy in the management of nadukku vatham		04.07.19 & 05.07.19 MGR University	Dr.G.Thirunarayanan	Dr.A.Muneeswaran
23	Management of korai vatham using ethirkaala thadaval of komberi kaala Baadhipu – A case study		04.07.19 & 05.07.19 MGR University	Dr.Binthuja G Dharan	Dr.Ganesan
24	Siddha maruthuvathin Pooneeru – Vinthayum Viyappum		Siddhargal Kaatum Vazhviyalum,Maruthuvamum-National conference 28.12.2018	Dr Mathan	Dr.A.Muneeswaran
25	A literature review on varma Nei		International conference on Literary Research and Descriptive studies in Siddha system of medicine	Dr.P.Babypriya	Dr.S.Sujatha
26	A literature review on Varma points located in Dorsal aspect of the Trunk		International conference on Literary Research and Descriptive studies in Siddha system of medicine	Dr.T.Nandhini	Dr.S.Sujatha

27	A literature review on other names of Varma points		International conference on Literary Research and Descriptive studies in Siddha system of medicine	Dr.A.Priyadharshini	Dr.S.Sujatha
28	A literature review on chooranam in Varmam literature		International conference on Literary Research and Descriptive studies in Siddha system of medicine	Dr.M.R.Sama Anjum	Dr.S.Sujatha
29	Treating stenosing Tenosynovitis with Varma Adangal & Lemon Fomentation-A single case study		National conference on Siddha Varmam 2022	Dr.P.Babypriya	Dr.A.Muneeswaran
30	Poochu(Medicinal coating) in Varma maruthuvam- A literature review		International conference on Basic and Applied Research in Siddha system of Medicine	Dr.P.Babypriya	Dr.S.Sujatha
31	A review on Varma points located in the anterior aspect of the thorax		International conference on Basic and Applied Research in Siddha system of Medicine	Dr.A.Priyadharshini	Dr.S.Sujatha
32	Effects of ottradam (Fomentation) and Kizhi(medicated bundle) in varma maruthuvam – A literature review		International conference on Basic and Applied Research in Siddha system of Medicine	Dr.M.R.Sama Anjum	Dr.S.Sujatha
33	Effectiveness of Varmam Manipulation for myopia- A case series		International conference on Basic and Applied Research in Siddha system of Medicine	Dr.S.Bhuvaneswari	Dr.S.Sujatha
34	Efficacy of Varma Manipulation on Vadha karsanam(Peripheral Neuritis)- A case Series		International conference on Basic and Applied Research in Siddha system of Medicine	Dr.S.Nithya	Dr.A.Muneeswaran
35	Ethno-medico-botanical study of Plants used as Varma medicines in kaaraiyar,Tirunelveli District		International conference on Basic and Applied Research in Siddha system of Medicine	Dr.S.Thamizh priyan	Dr.S.Sujatha

36	Multifacted role of Ilaikkarichoru in Varmam Treatment- A review		International conference on siddha diet and Nutrition for Healthy life 2023	Dr S.Bhuvanesawari	Dr.A.Muneeswaran
37	A review on the formulations and its therapeutic aspects of varma kalikham in varma medicine		IJPSSR 15.7.2025	Dr S.Thenmozhi	Dr A Muneeswaran
38	A descriptive study on varmam practice by traditional martial art trainers and varmam practitioners in southern districts of tamilnadu		International conference on evidence – based research in siddha system of medicine 16/17 Oct 2024	Dr P V Arunbalaji	Dr A Muneeswaran
39	A descriptive study on case series of varma manipulation for insomnia among patients attending opd in GSMCH Palayamkottai		International conference on evidence – based research in siddha system of medicine 16/17 Oct 2024	Dr P Gayathri	Dr A Muneeswaran
40	A comprehensive narrative review on thilartha varmam in selected classical siddha literature		International conference on evidence – based research in siddha system of medicine 16/17 Oct 2024	Dr R Manisha	Dr R Vanamamalai
41	Knowledge, attitude and practice of varmam therapy among siddha physicians in tirunelveli and kanyakumari district: a cross-sectional study		IJRAP	Dr A Deexit Thiriveni	Dr R Vanamamalai
42	Exploring the kazhichal marundhu: a siddha-based herbal anti-diarrhoeal formulation for livestock – a review on its therapeutic potential and		IJPSSR 15.7.25	Dr A Deexit Thiriveni	Dr R Vanamamalai

	pharmacological insights				
43	A descriptive exploration of varma kizhi ottral (medicated pouch fomentation therapy) and its therapeutic relevance across southern tamilnadu, india		International Journal of Pharmaceutical and Clinical Research 2024	Dr Kamali P	Dr.A.Muneeswaran
44	Regional anatomical study of thodu varma points over the upper extremity		International Journal of Pharmaceutical and Clinical Research 2025	Dr Kamali P	A. Muneeswaran
45	Management of post-traumatic cervical myelopathy with varma manipulation: a case report highlighting clinical radiological discordance		National conference on varmam treatment for neurological disorders – 19.1.25	Dr P V Arunbalaji	Dr A. Muneeswaran
46	A review on herbal preparations for karanai noi (foot and mouth disease) of cattle		International conference on "global approaches of herbal research in livestock and poultry for green animal production,healthcare and farmer's livelihood" & Second annual convention of "indian society of ethno veterinary herbal research"	Dr S Thenmozhi	Dr A. Muneeswaran
47	Documentation of ethno veterinary practices used for treatment of cattle in palayamkottai (tirunelveli dt) thuckalay (kanniyakumari dt) & kannapadi (salem dt)		International conference on "global approaches of herbal research in livestock and poultry for green animal production,healthcare and farmer's livelihood" & Second annual convention of "indian	Dr P kamali	Dr A. Muneeswaran

			society of ethno veterinary herbal research"		
48	A SIDDHA PERSPECTIVE ON EXPLORING THE UNDER EXPLORED POTENTIAL BENEFITS OF AMORPHOPHALLUS PAEONIFOLIUS'S COMPARED WITH OTHER TUBERS		ICSMP - 2025	Dr P Gayathri	Dr A Muneeswaran
49	Comparative Clinical Evaluation Of Varma Therapy And Sagajarathi Kasayam With Manjal Kizhi Ottradam In The Management Of Kumbavatham: An Integrative Siddha Approach		<i>Journal of Neonatal Surgery</i> 14	Dr Babypriya , P	Dr A Muneeswaran
50	A comprehensive narrative review on thilartha varmam in selected classical siddha literature		IJPSRR ON 20-11-2025	Dr R Manisha	Dr R Vanamamalai
51	Management of post-traumatic cervical myelopathy with varma manipulation: a case report highlighting clinical radiological discordance		22 NOV 2025 AT IJLBPR	Dr P V Arunbalaji	Dr A Muneeswaran
52	Integrative management of psychosomatic chronic low back Pain with gerd: a case report on varma therapy		National conference on role of siddha varmam therapy for psychosomatic disorders -24.1.26 vivekananda kendra kanyakumari	Dr.B.Jayasurya	Dr A Muneeswaran
53	Management of stress-induced headache with varma maruthuva		National conference on role of siddha varmam therapy for psychosomatic disorders-	Dr.S.Kesavan	Dr A Muneeswaran

	thalam and varmam point manipulation- case report		24.1.26 vivekananda kendra kanyakumari		
54	Management of insomnia as a psychosomatic disorder using varma thadaval- a case report		National conference on role of siddha varmam therapy for psychosomatic disorders- 24.1.26 vivekananda kendra kanyakumari	Dr.A.Mohideen Fathima	Dr R Vanamamalai