

AKKANADAN'S SREECHAKRAM

KALARI PAYATTU, KALARI CHIKITSA

MAHA BHADRAKAALI TEMPLE

Puthuppally PO, Kayamkulam, Alappuzha District Kerala, India

Call: +919947473704,

Middle East: +974555810223.

N 9° 52' E 76° 17'

42^F U/G Traditional Kalari



Kalari payattu is one of the oldest living traditions of Martial Training, physical culture, self defence method in the world. The Kalaripayattu is derived from two words in Malayalam. Kalari and Payattu. Kalari means the place, where any particular art form is taught. Payattu literally means practice or exercise. Kalari payattu is the martial art form of Kerala – the southernmost state of India.



AKKANADAN'S KALARI CHIKITSA

All traditional Ayurvedic Kalari marma treatments are carried out in the special AKKANADAN way which follows the texts and documents written by the Ancient sages. These special treatments for Arthritis, Low back pain, Infertility, Polio myelitis (Paralysis & Non Paralysis), Facial paralysis, Spondylitis (Cervical & Lumber), Gastric and Lever complaints, Sinusitis, Slip Disk, Neorological complaints, Obesity, Migraine, Diabetes, Sports injury, Special Rejuvenation treatment, Epilepsy, Face & Body therapy.



A Naalpatheeradi Kuzhithara Kalari & Maha Bhadrakaali Temple

PATIENTS' CASE SUMMARY

Case : Obesity
Patients Name : Subash
Address : Akarsh Bhavanam,
Kumarapuram PO,
Haripad
Contact Number : +919847118844



Age: 38 Years, Date of Admission: 4 - Feb - 2013, Body Weight: 106.5 Kg, Waist: 44", Blood Pressure: 170/140. Subash had multiple health problems like Hyper tension, High Cholestrol level (210 Mg), Gastric problems, Lever problem, Sinusitis, Chest infection, Joints pain. At the same time the 'Tri dosha' (Kapha, Pitha & Vatha) of the body are not at harmony level (Lab report on 07-12-2012).



KERALA PATHOLOGICAL LABORATORY
ULTRA SOUND SCAN & E.C.G CLINIC

OPP. GOVT. HOSPITAL, HARIPAD, Ph: Off. 0479-2412579, Res. 0479 2349179

Name : SUBHASH
Ref.By:Dr.

Age :
Case No : 3206

Sex : M
Date : 07/12/2012

BIOCHEMISTRY REPORT

NORMAL VALUE

LIPID PROFILE

Total Cholesterol	-- 210 mgm%	(Desirable Upto :200)
	-- .	(Borderline 200 - 239)
	-- .	(High : >240 mgm%)
Fasting Blood Sugar	-- 75 mgm%	(60-110 mgm%)

LIVER FUNCTION TEST

Vanden berghs reaction	-- DIRECT POSITIVE	
S.Bilirubin Total	-- 1.3 mgm%	(0.2 - 0.8 mgm%)
Direct Bilirubin	-- 0.9 mgm%	(0.1 - 0.5 mgm%)
Indirect Bilirubin	-- 0.4 mgm%	(0.2 - 0.6 mgm%)
S. Protein	-- 6.3 grm%	(6.0 - 8.0 grm%)
Albumin	-- 4.0 grm%	(3.8 - 5.0 grm%)
Globulin	-- 2.3 grm%	(2.3 - 3.5 grm%)
S G O T	-- 70 U/L	(0 - 55 U/L)
S G P T	-- 88 U/L	(5 - 55 U/L)
Alk.Phosphatase	-- 103 IU/L	(50 - 126 IU/L)

(TEST DONE BY AUTO ANALYSER)

BD 12/12/12



(Signature)

Technologist
Mrs. MALINI VISHNURAJ
BSc MLT (RGU)

Laboratory Chief
V. RAMACHANDRAN NAIR
GRADING AFMC, PUNE CLASS I Technologist (Pathology)
Comd. PATH LAB DELHI (Microbiology)
MDTC PUNE (Cytology)

Consultant Pathologist: Dr. SREEKALA SURESH M.D. Pathology (Metropolis)

Time: 7.30 AM to 7 PM

He undertaken 14 days Kalari treatment course. In the middle stage of the treatments (After 7 days) the clinical results are as below

- Body weight : 106.5kg became 98.0 kg.
- Blood Pressure : 170/140mm became 120/80mm.
- Vanden berhs reaction : Direct positive became Negative.
- Waist size : 44" reduced to 41"

After the 14 days of the treatments


- Body weight : 80 kg. (24.88% weight loss from initial stage)
- Blood Pressure : 120/80mm Became normal level.
- Vanden berhs reaction : Direct positive became Negative.
- Waist size : 38" (13.63% reduced from intial stage)

Treatment Photographs



Udhvarthanam (Powder massage)

"Udhvarthanam kaphaharam medaha pravilayanam
shhirkaranam angaanam twak prasaadakarum param"
(Ash.hrl.2/73)



- Massage with powders such as horse gram powder and green gram powder etc.
- Done after abhyangam
- Should be done in the direction opposite to growth of hair

Benefits:

- Enhances complexion
- Provides strength & firmness to body
- Opens sweat pores
- Reduces subcutaneous fat deposits etc.

How?

- Massage with fine powder after abhyanga removes the oil applied & dead cell deposited over epidermis.

THE WAY OF TREATMENT

Udhardhanam



- Vamanam
- Virechanam
- Sneha Paanam
- Nasyam
- Marma Therapy
- Kalari Uzhichil
- Special Kalari exercise and Yoga
- Spiritual Meditation


Astrology, Manthrikam - Thanthrik Poojas, 14 days 'Nallerikka' (Resting with medication) after the 14 days of inside kalari treatment.



PATIENTS' CASE SUMMARY

Case : Non Paralysis Poliomyelitis (Pilla vatham)
Patients Name : Salil Muhammed S/o Salim
Address : Salimsha Manzil
Eruva Po
Kayamkulam 690572
Alappuzha Dist,
Kerala, South India
Contact Number : +919562444233
Age : 13 Years
Date of Admission : 5 - June - 2013
Body Weight : 35 Kg
Height : 151 cm

Symptoms :- Total Physical structure is under disorder (Neck, Back bone, Hip, Knee, Elbow, fingers and foot.) Body moment is improper and muscles are stiff, joints are completely nonaligned. Facial problems, speech problems, body imbalance. He has vatha, and kapha dosham. At the age of two years of old he undergone a heart surgery.

DEPARTMENT OF CARDIOVASCULAR THORACIC SURGERY DISCHARGE SUMMARY	
 Amrita Institute of Medical Science And Research Center	Name : B/o Sunu
	MRD NO : 76450
	Sex : Female
	Age : 2 Yrs
	Surgeon : Dr. K. Shivaprakash
Date of admission : 14/05/02	Blood group O positive
Date of surgery : 16/05/02	Weight on discharge: 8 Kg
Date of discharge : 28/05/02	
Final diagnosis:	
Tetralogy of Fallot + RPA Origin Stenosis	
Surgery done:	
Intra cardiac repair VSD closure with Gore Tex patch Infundibular resection Transannular patch	
Surgery comments and findings:	
Large cono ventricular VSD with aortic override, infundibular hypertrophy, narrow annulus, RPA 5mm, LPA 7 mm	
Approached through median sternotomy. Thymus excised. CPB established with bicaval and aortic cannulation. RA opened under cardioplegic arrest. Tricuspid leaflets retracted with traction sutures. VSD closed with Gore Tex patch using continuous prolene suture reinforced by interrupted sutures at the postero superior margin. Transatrial and transventricular resection of infundibulum done. RVOT reconstructed with transannular patch. Inadvertent tear on the RPA repaired. Vent site closed. Cross clamp released. Heart started beating in sinus rhythm. RA closed. Weaned off bypass.	
Amrita Lane, Ettimadai P.O., Cochin - 692 020, Kerala, India. Telephone: 0484 336507/339330 Fax: 0484 340801, email: aims@md2.vsnl.net.in	
FO-DIS-012	

THE WAY OF TREATMENT

Done 14 days Kalari special treatment such as

- Vamanam
- Virechanam
- Kalari Uzhichil (Hand and foot)
- Nassyam
- Pinda swetham
- Snehanam
- Swetham
- Kalari exercise, yoga spiritual meditation, astrology and thanthrik poojas.
- 14 days 'Nallerikka' (Resting with medication) after the 14 days of inside kalari treatment.

After 7 days of treatment:

His back bone, neck, hip, about more than 75% under aligned, hand and fingers' fine moment are ordered. He can walk and run properly. His body weight is 35 Kg but the height become 153 cm (2 centimetre increased).

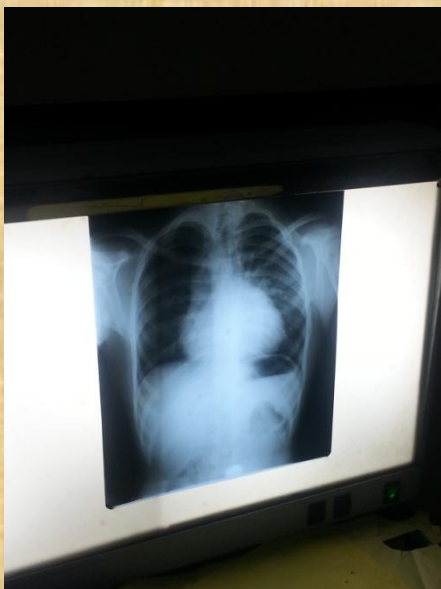
After 14 days of treatment results are below:

Body weight: 36 Kg

Height : 155 cm (2 cm Increased, totally 4 cm from his initial stage)

He can easily practise kalaripayattu and yoga. Developing strength and power, rejuvenated into life. Total changes in his life, back bone straight, cervical division ordered, movement of elbow, hip and knee are flexible. He can stand up right. Now he can wear his clothing.

X ray report: Stage 1.





Stage: 2



Stage 3:

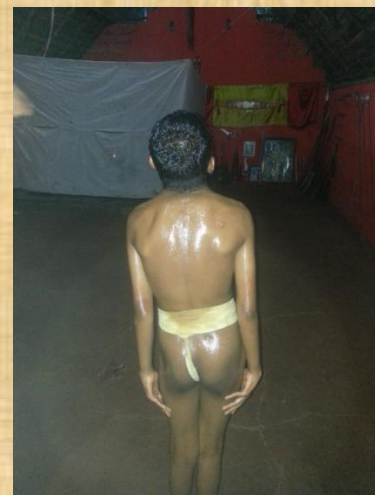


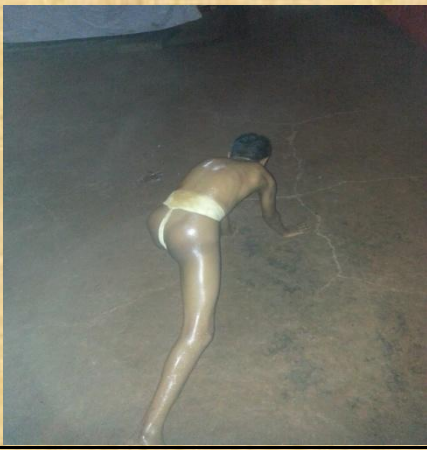
After 28 days of treatment results are below:

- Body Weight : 38 Kg
- Height : 155 cm

He is more energetic and spontaneous. Walking and running properly, speech capability and IQ level increased. In his own words: he feels more better. More than 90% of his physical disability becomes better.

Treatment Photographs





Vyayamam (Exercise)

"Laghavam karma saamarthyam deepthagni medhasahakshaya vibhaktva ghana gathratwam vyayamaath upajaayathe"
[Ash Hri 2/10]

• Exercise must be done in proper way & with in limits

How ?

• Exercise till half of the total energy reserve utilized in case of healthy individuals, those who routinely consume nourishing foods & in cold seasons.

• Appearance of perspiration along forehead, nose, joints, armpits indicates utilization of that energy.

• Strenuous exercise done at gymnasium, improper way of practicing yogic exercises are not advisable.

• By exercise, Ayurveda aims not merely muscular development but simple yogasanas & breathe control exercises (pranayama)

Benefits:

- Provides lightness of body
- Increases digestive power
- Provide sound physical health



PATIENTS' CASE SUMMARY

Case : Short sight (ophthalmology)
Patients Name : Divya sherin philip D/o Philip Daniel
Address : Kanduvilayil
Pallippad Po
Haripad
Alappuzha Dist,
Kerala, South India
Contact Number : +91479 2409260
Age : 17 Years
Date of Admission : 09 - April - 2012
Treatment Duration : 7 days

Treatment Photographs



THE WAY OF TREATMENT

- Tharppanam
- Nethra Dhara
- Nassyam
- Head & Face massage
- After 7 days of inside Kalari treatment, Nallirikka (Medication period).



Anjanam (Collyrium)

Collyrium or kajaI should be applied everyday.

"Iochane thena bhavathaha susnighdha ghana pakshmani
Vyaktha trivarnae vimale manojne sookshma darshane"
[Aah Hri 2/5]

Procedure

• Anjanam should be applied by widening the eyes with left hand and apply with right hand from inner canthus to outer canthus.

Home made collyrium

• Copper or silver bowl with a small amount of water in it, is held over a ghee lamp. The black soot which accumulates under the bowl is collected as collyrium.

Benefits

- Removes dirt & dust
- Relieves from irritation
- Relieves burning of eyes due to strain
- Increase the brightness of eyes
- Strengthens the ability to withstand bright light.

How?

- Enhances the secretion of lacrimal glands.
- Lysozymal enzyme removes dirt and dust, hence cleanses eyes.




PATIENTS' CASE SUMMARY

Case : Sports injury
Patients Name : Sreejith from Kannanakuzhy



Abhyangam (oil massage)

"Abhyangam aachareth nithyam sa jara srama vataha,
Drishti prasaada pushyayu swapna sutwaktra daardhya
krut shira sravana padeshu tham visheshena shayeth"
[Ash.Hr.2/8-9]



- Abhyangam is good for skin and one should do it every day
- Massage the body with luke warm oil in the direction of body hairs
- Must be regularly practiced on Head/Ear & Sole of foot.

How it works?

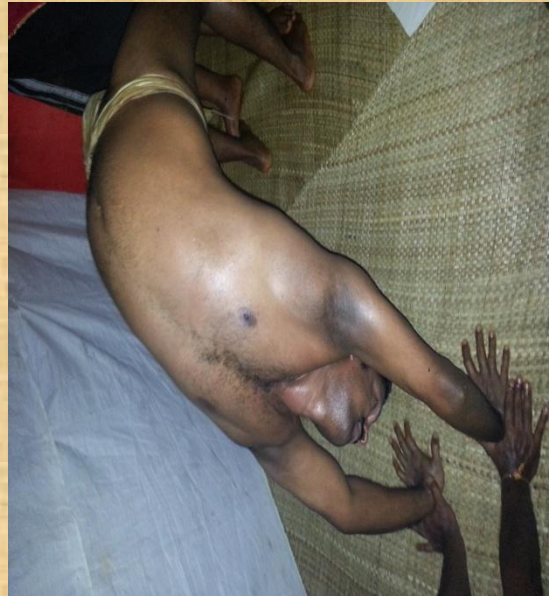
- Gingly oil applied externally nourishes epidermal cells.
- Good for skin & promotes hair growth.

Benefits:

- Daily practice delays ageing
- Cures tiredness
- Improves vision, complexion, sleep etc...

PATIENTS' CASE SUMMARY

Case : Body flexibility and rejuvenation.
Patients Name : Navas from Haripad
Age : 37 Years



THANK YOU
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