



Rooted in tradition, Poomully

Ayurveda has been an integral part of Malayalees' life for ages and they have enjoyed the benefits of this traditional practice which till recently was not availed by outsiders as they were not aware of the health benefits of this traditional system. From time immemorial, this part of the country has been known as the land of Ayurveda. In *Aithiyamala*, an anthology of anecdotes, Ayurveda, its practitioners and healing powers have been dealt with extensively. Poomully Mana figures in the stories as one of the centres of Ayurveda practitioners or vaidyars. Mana is the mansion of Namboothiris of Kerala who are traditionally temple priests, but many Namboothiri families can also claim long tradition in Ayurveda treatment, astrology etc.

In an interview with *Future Medicine*, Dr Aparna Poomully Mana, Chief Resident Doctor of Poomully, talks about the traditional way of treatments and the training provided here in tune with modern times

By Sumithra Sathyan

Could you explain the treatment system in Poomully Mana?

Here, we belong to Koodalloor Ayurvedic tradition and we follow the unique 'Poomully way' of treatments. To know 'avastha' is the important factor in Ayurveda. Ayurvedic pharmacology is based upon the concepts of Rasa, Guna, Veerya, Vipaka and Prabhava of the Dravya used to prepare the medicine. Tridosha types in Ayurveda are Vata Prakruthi, Pitha Prakruthi and Kapha Prakruthi. Sometimes, people are a combination of all the three imbalances of doshas. But, it is extremely rare to find a balanced state of all the three doshas.

What are the common diseases treated here?

We have different treatments for following diseases: Arthritis(Dhara, kashayavasthi, pizhichil,swedanam) bronchial diseases (Kashayavasthi, rasay anaseva, snehapanam, swedanam), cancer of breast and uterus (Kashayavasthi, snehapanam, thakradhara, udwarthanam, vamanam, viraechanam), ENT diseases(Karma pooranam, nasyam, gandoosham, sirodhar aviraechanam, kashayavasthi), epilepsy(Thakradhara, swedanam, vamanam, viraechanam, kashayavasthi),

infertility(Kashayavasthi, snehapanam, utharavasthi, vamanam, viraechanam), facial paralysis(Kashayavasthi, nasyam, sirodhara, sirovasthi), low back pain (Chavuttyuzhichil, elakizhi, kateetharpanam, mathravasthi, navarakizhi, podikizhi), migraine (Kashayavasthi, nasyam, sirodhara, sirovasthi, vamanam, viraechanam), neurological complaints (Sirodhara, special kashayavasthi, pizhichil), obesity(Udwarthanam, mathravasthi, swedanam, kashayavasthi), psoriasis (Kashayavasthi, navarakizhi, pizhichil, podikizhi), snehapanam, thakradhara, vamanam, viraechanam), sinusitis(Nasyam, sirovasthi, sirodhara, vamanam), slip disk(Elakizhi, kashayavasthi, kateetharpanam, mathravasthi, podikizhi), spondylitis (Elakizhi, kashayavasthi, nasyam, podikizhi, sirodhara, sirovasthi), sports Injuries (Abhyangam, chavuttyuzhichil, special managements according to the injury), stress relief (Sirodhara, sirovasthi, talapothichil, abhyangamswedanam, vasthi, yoga and meditation).

What are the rejuvenation treatments available?

Massage is done using a

Mana changing with times

combination of specially prepared Ayurvedic herbal oils to stimulate the vital points of the body called 'marma'. This is very good for the general health of the skin and prevents early ageing and relieves muscles pain. After the massage, a herbal steam bath is also given. Rejuvenation treatments are abhyangam, udwarthanam, kadeevasthi, sirovasthi, netratharpanam, sirodhara, thakradhara, ksheeradhara, pizhichil, avagaham, navarakizhi, elakizhi and podikizhi.

What about Kalar in Poomully?

The Kalarippayattu training centre, which was started by Aramthampuran 60 years ago, is functioning at mana. Poomully Aramthampuran's Kalarisangham is providing regular training to the students from all over the world. Poomully method designed by Aramthampuran is imparted here under the strict supervision and guidance of Poomully Narayanan Namboothirippad. Kalar practice stimulates all internal organs and improves the circulatory and respiratory functions. Digestive system will be stronger and mental and physical strength will increase. Meyvazhakkam (Basic flexibility exercises), Vadivuswadheenam (Basic bodily exercises and practice of postures) and Chikitsavidhi (Basic Kalar treatments) are the core components of Kalarippayattu.

What are the preferred vegetables during rainy season?

Ten leaves are thaaluella, thakaraela, chembuela, chenaela, payarela, mathanela, kumbalamela, neyyunniela, cheeraela and thavizhamaela. Some of these leaves are available only during rainy season. *Karkidakakanji* is very much suitable during the season. It can be prepared using dashamoolam, chukku, adividayam and thavizhama. Navara rice is used as it increases digestive power. Muthira is added as it warms up the body. ■

Patrons of Poomully Mana



Poomully Aramthampuran, Neelakandan Poomully, Vasudevan Poomully, Dr Aparna Poomully

Poomully is a Namboodiri family in Palakkad district having a tradition of more than 500 years. Richest among the Namboothiri families in Kerala, Poomully Mana was once considered to be a cultural centre. Members of the family were practitioners of Ayurveda, Kalar and Yoga. They were also musicians and performing artistes. Poomully Neelakandan Namboothirippad (Aramthampuran) was a famous Ayurveda practitioner and an authority in the field. Many eminent persons had undergone Ayurveda treatment under his guidance.

Today, Poomully Mana

is a heritage centre of Ayurveda, Kalar, Yoga and traditional art forms. As far as the treatments are concerned, they are authentic and sticking to traditional values and principles laid down by ancestors. Specialised treatments include treatment for stress, spondylitis, arthritis, slip disc and chronic low back pain, bronchial disease, cancer of breast and uterus, diabetes, ENT disease, epilepsy, facial paralysis, migraine, Parkinson's disease, neurological disorders, tennis elbow, obesity, toxicology, psoriasis and other skin diseases, gastric and liver problems.