

*Chapter - I*  
**INTRODUCTION**

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### **1.1 Introduction**

Tourism is a genuinely powerful and unique force for change in the community. The tourist has been described as a temporarily leisured person who voluntarily visits a place away from home for the purpose of experiencing a change. Tourism planning requires a holistic approach in terms of protection of ecosystem, infrastructure facilities and management of tourism product. Tourism serves as a link between society and the political system and cuts across the limits of culture, environment and socio-economic parameters of human life. Tourism is very much a part of the globalization process. In essence, globalization involves the exchange and flow of economic and intellectual items in terms of goods, knowledge, values and images, as well as people, on a global scale.

The inter-disciplinary character of tourism is universally accepted and thus approaching the problem from different angles can develop new perspectives. For tourism to succeed in an area, the tourists, the businesses, the Government and the host community must have a positive attitude towards the industry. Tourism has its bearing on society, economy, culture, history and development. Besides, travel is the language of peace.

Tourism is the fastest growing industry in the world in terms of employment and revenue. International tourist arrivals grew by 4 per cent in 2012

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to reach 1.035 billion, according to the latest UNWTO World Tourism Barometer.

<sup>1</sup> Comparatively, foreign tourist arrival to India is far less than that to other countries.<sup>2</sup> The number of International tourists during 2011-12 was only 6.3 million for India whereas they were 62.7 million for U.S.A, 29.3 million for U.K and 82 million for France. The Top 10 International tourism destinations in 2012 were France, the U.S, China, Spain, Italy, Turkey, Germany, the U.K, Russia and Malaysia (WTO).

Tourism has the following features which <sup>3</sup> contribute towards the foreign exchange earnings in any society.

1. Health
2. Relaxation
3. Pleasure
4. Participation in sports
5. Curiosity and culture.
6. Ethnic and family.
7. Spiritual
8. Professional or business.

The current global trend towards a more integrated world is challenging our understanding of public health. In recent years, more and more patients have decided to seek medical treatment in countries where they are not resident. Affluent patients might search for the highest possible quality of healthcare, whereas others might be looking for less expensive treatment abroad.

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<sup>1</sup> UNWTO

<sup>2</sup> WTO website

<sup>3</sup> Dynamics of Historical, Cultural and Heritage Tourism, Ratandeep SIngh (2000) KANISHKA PUBLISHERS, NEW DELHI

That is why Health came up to the first position in the above listing. Health is defined as the general condition of a person's mind and body, usually meaning to be free from illness, injury or pain.

## 1.2 India - A Healthcare Destination

Health tourism relates to travel associated with medical treatment, rejuvenation and undergoing wellness therapies. Though tourism is not to be evaluated only in terms of the money involved, it is definitely concerned about joy, peace and leisure. *It has so many categories like Medical Tourism, Ayurveda Tourism, Dental Tourism, Cosmetic Tourism, Spa Tourism, and Yoga/Meditation Tourism and Kalari / Martial Arts Tourism.* A visit abroad is different from a visit to another part of one's own country since it requires much more planning, time and money. The differences in culture and tradition, customs and food make a foreign country a totally different experience- a veritable paradise.<sup>4</sup> In fact, the first visit abroad is a 'cultural shock!'

## 1.3 Martial Arts of the World

Martial arts are systems of codified practices and traditions of training for combat. They may be studied for various reasons including combat skills, fitness, self-defense, sport, self-cultivation/ meditation, mental discipline, character development and building self-confidence or any combination of the above. Martial arts were developed for self-defense, tournaments and health.

The most important Martial arts practiced in the world are given below.

1. Karate (Japan)
2. Tae Kwon Do (Korea)
3. Judo (Japan)
4. Sumo (Japan)

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<sup>4</sup> Shalini Modi, (2001), Tourism and Society

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|---------------------------------|----------------------------|
| 5. Jiu-Jitsu (Japan)            | 6. Aikido (Japan)          |
| 7. Brazilian Jiu-Jitsu (Brazil) | 8. Kung-Fu (China)         |
| 9. Krav Maga (Israel)           | 10. Jeet Kune Do (China)   |
| 11. Wing-chun (China)           | 12. Shorinji Kempo (Japan) |
| 13. Wushu (China)               | 14. Kendo (Japan)          |
| 15. Capoeira (Brazil)           | 16. Muay Thai (Thailand)   |
|                                 | 17. Kalaripayattu (India)  |

### **1.3.1 Karate (Japan)**

Karate is actually a Japanese word meaning “empty hand.”(Nakayama 80) This means that no weapons other than the hands are needed to attack or defend. Karate is categorized into four parts — physical conditioning, self-defense, mental conditioning, and sport. A typical Karate tournament would include demonstrations of breaking, weapons use, self-defense techniques, tradition and open forms and the most exciting competition, sparring.

Nobody is quite sure when Karate had its origin, but we do know that an Indian priest, Daruma, a brilliant doctor, Hua To, and a popular general of the Sung Dynasty, Yuen Fei, are considered its forefathers. We also know that it was developed in Okinawa islands from Chinese techniques and local innovations as a system of self-defense. In the 1920's, Gichin Funakoshi, an Okinawa school teacher taught a method of karate to Japan which caught on. Karate is one of the more popular martial arts. There are many different styles within Karate. Karate took its origin from South India from an art still in existence, known as Kalaripayattu.

This art was conveyed by the travels of the Indian prince Bodhidharman, from the South India across the Himalayas to China. There he established the famous Shaolin Temple, where he taught his students training methods in order to build endurance and physical strength required to carry out the rigid discipline that was part of their religion. The origin of Karate, therefore, dates back more than a thousand years. In China, Karate manifested itself as the various systems of Kung-fu, which took their names from the fighting styles of animals which they copied and translated into effective fighting forms taught by the monks in the Shaolin monasteries. Karate spread its wings into the Far-East, developing into Taekwondo in Korea and Karate in Okinawa.

### **1.3.2 Tae Kwon Do (Korea)**

In the Korean language it is translated as “The way of hand and foot”. Originated in Korea and the national sport of South Korea, Taekwondo means the way of the foot and the fist. It is an Olympic sport. You will need strength, stamina, speed as well as flexibility to master this art full of kicks.

### **1.3.3 Judo (Japan)**

Literally, judo means “the gentle” way.<sup>5</sup> Dr.Kano, the father of Judo, found that there was no theory or understanding of work. It was a trick or a secret passed on from teacher to pupil. It can be described as a fun sport, an art, a discipline, a recreational or social activity, a fitness program, a means of self-defense or combat, or a way of life. Judo is best known for its spectacular throwing techniques but also involves considerable grappling on the ground utilizing specialized pins, control holds, arm locks, and Judo choking techniques.

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<sup>5</sup>. The Founder of Judo

According to Kano “ there should be one pervading principle governing the whole field , and that principle should be the highest or the most efficient use of mental as well as physical energy directed to the accomplishment of a certain definite purpose or aim. Once the real import of this principle is understood and applied it will enable one to lead the highest and the most rational life.”

Judo develops self-discipline and respect for oneself and others. It provides the means for learning self-confidence, concentration, and leadership skills, as well as physical coordination, power, and flexibility developing complete body control, fine balance, and fast reflexive action. Training gives a person an effective self-defense system if the need arises. Skill, technique and timing, rather than the use of brute strength, are the essential ingredients for success in Judo. Judo was founded from feudal Japan in 1882 from art of jujitsu. It was introduced to the Olympic Games in 1964. There are separate weight divisions for men and women and boys and girls.

#### **1.3.4 Sumo (Japan)**

Sumo in its early days tended to be violent with no holds barred. During the reign of Emperor Saga (r. 809-23) the practice of sumo was encouraged as a martial art and rules were established and techniques cultivated. It is impossible to determine whether the art of sumo is a completely native sport or whether similar forms of grappling from other parts of Asia and Eurasia influenced it. Grappling is a rather basic, instinctive sport practiced mostly by men. In fact, the first grappling match ever described went as so, “lowly mortals grappled for quite a while until one finally rendered some devastating kicks to the

other's stomach and solar plexus. The one who was kicked was mortally wounded, and the victor went cheered.”(Newton 103)

### **1.3.5 Jiu- jitsu (Japan)**

Jujitsu is a 3,000-year-old martial art. It originated from a blending of native sumo and fighting techniques in Japan with the soft aspects of Kung Fu from China. Jujitsu incorporates empty hand defense and offense as well as bone setting and healing techniques for use by the instructor to fix any injuries occurring during training. It is also the predecessor of Aikido and Judo.

One popular style of jujitsu is Danzan Ryu (the Cedar Mountain System.) Seishiro Okazaki founded Danzan Ryu Jujitsu. He got tuberculosis and sought to build his strength in martial arts. Affecting a cure due to the 6 days per week workout, massage and healing by his sensei, he dedicated his life to study of Budo and healing.

Another style of jujitsu is injitsu which is the art of invisibility. Along with its jujitsu background, it can also be traced back to Chinese spying techniques. Ninjas were used in the sixth century to gain information about the enemy and sabotage his operations. However, we now call ninjas anybody who practices this art. Ninjas can be both male and female, but must possess three abilities. They must be a hunter, a wizard and a warrior. As with many Eastern martial arts, there is an emphasis on meditation in order to cultivate the mind and body. Ninjas place as much importance on spiritual and mental aspects of their art as on the physical.

### **1.3.6 Aikido (Japan)**

Aikido was developed from Jujitsu. It is said to be founded from Prince Teijun, the sixth son of Emperor Seiwa. From here, many generations later, in 1868, Sokaku Takeda began teaching the art to people outside the family. Takeda's most outstanding pupil was Morihei Ueshiba, who added his own techniques from other arts and became the founder teacher of Aikido. He was one of the greatest martial artists in Japanese history. World War II spread Aikido greatly as soldiers were taught techniques and brought them back to their own countries. Aikido owes its development to teachers and practitioners who risked their lives developing new techniques. One major principle of Aikido is that strength consists of a straight but flexible mind and a body tempered by hard practice. Through aikido, one can become perfectly attuned to his opponent. He transformed the art of combat into a way of peace and harmony, while still maintaining the bright edge of the warrior's mind. One can sense his intentions and turn his movements to one's own advantage.

### **1.3.7 Brazilian Jiu-jitsu (Brazil)**

This hybrid mixes (Mix of Martial arts) Jiu-jitsu's standing throws and strikes with ground fighting, which emphasizes joint manipulation and overall control of the opponent, effectively ending a fight very quickly.

### **1.3.8 Kung Fu (China)**

“Skill or ability to do something”-A Chinese martial art which has deep traditions in philosophy, is based on the Zen Buddhism started by Bodhidharma. The Buddhist monk Bodhidharma, created the art to help his students concentrate during meditation. Yi-Jin-Jing, started by Bodhidharma,

analyzed the 18 hands of Buddha which formed the basis of Kung Fu. Dragon style (Long Xing) is the most important representing inner strength. Dragon has the ability to magnify or reduce at the same time and emit fire or water. Speed and precision combine in the practice to make Chinese dragon wonderful.

### **1.3.9 Krav Maga (Israel)**

It is Israel's national Martial art. It incorporates western boxing punches, Karate kicks, Greco-Roman wrestling, Brazilian Jiu-jitsu and "bursting" adapted from Wing Chun. This is a simultaneous defense/attack.

### **1.3.10 Jeet kune do (China)**

Bruce lee envisioned "a style without style" which seems nonsensical. You ought not to be thinking of anything but his attack and your response.

### **1.3.11 Wing-chun (China)**

Wing Chun Kung Fu is the art that Yip Man taught to Bruce Lee. Lee invented his own version of Wing Chun, using very fast, rapid-fire left, right punches to the attacker's chest. Specialising in close combat, Wing-Chun practitioners are taught to be efficient, practical and quick on their feet. Wing-chun practitioners also have the ability to chain attacks, making their attacks deadly if not blocked and stopped permanently.

### **1.3.12 Shorinji Kempo (Japan)**

It was originated in 1947; Founder was So Doshin lived in the Japanese town of Tadotsu. To construct a world in which everyone could live in happiness, he took the Chinese and Japanese Martial arts that he had studied and reformulated them into a single, unique technical structure, thus originating Shorinji Kempo. It is something that stops the conflicts between person and

person that contributes to peace and culture, and has a moral content which expresses the path of harmonious co-operation bringing minds into harmony and uniting efforts. It never injures an opponent carelessly, never seeks conflicts or seeks solely the goal of winning against an opponent. In this way, Shorinji Kempo is not simply a technology of self defense, but a method of cultivating one's character, and moreover a martial art that considers the happiness of people as individuals, and that can further contribute to the peace and well-being of humankind. Everything depends on the quality of the person.

### **1.3.13 Wushu (China)**

This literally means “Martial art”. It is formed from the two words (WU) meaning martial and (SHU) which translate into discipline or skill. The sport of ‘Wushu’ is both an exhibition and a full contact sport in China after 1949. In Chinese “wu” is a defensive use of combat. The Shaolin style of Wushu is regarded as amongst the first institutionalized Chinese Martial arts. Between 16<sup>th</sup> and 17<sup>th</sup> centuries no fewer than forty sources exist to provide evidence both that monks of Shaolin practiced martial arts and that martial practice became an integrated element of Shaolin monastic life.

### **1.3.14 Kendo (Japan)**

Kendo can be described as Japanese fencing. The goal of Kendo is to develop one's character, i.e. self-confidence, courtesy, and respect for others. Kendo is demanding both physically and mentally. The equipment used for Kendo is the bamboo sword (shinai) and a set of protective armor (bogu.) There are four general areas to attack, subdivided into left and right sides of the body – each worth one point. An official Kendo match is a three-point match and has a five-

minute time limit. The player who scores two points first is the winner. For practice, the repetitive practice of basic movements is stressed in order to acquire the ability of moving without thinking.

### **1.3.15 Capoeira (Brazil)**

This is a martial art form from Brazil that integrates elements of dance and acrobatics with striking low-level kicks and sweeps. Experts opine ‘Ginga’ the swaying and continuous back and forth movement involving legs and arms characterises Capoeira that lies at the heart of the martial art. It has come to Kerala as a part of physical fitness programme which can be copied in contemporary dances. Capoeira is purely unarmed combat and does not envisage the use of blunt or sharp weapons.

### **1.3.16 Muay Thai (Thailand)**

Thailand’s national sport is taking the Martial Art world by storm. Muay Thai practitioner has the prowess and ability to strike using their shins, elbows, hands and knees.

Japanese arts encourage a higher awareness of mind, body and spirit. This brings about one’s consciousness of their environment. It can also give one a stronger sense of concentration. The arts started as simple methods of attack and defense used in serious combat that consisted of primitive hand-to-hand and “stick fighting” techniques. At times, a small and comparatively weak man would overcome a bigger opponent; and when the reason for his victory was appreciated, a new method would be created. Over the years, these techniques were refined and developed and still stand today.

**1.3.17 Kalaripayattu (India)**

In Sanskrit the word Khaloorika denotes a place where weapon training is practiced. It is believed that it was from the Sanskrit term Khaloorika that the word Kalari came into use in Malayalam language. One of the oldest forms of Martial arts in existence, Kalaripayattu originated from Kerala in South India. It appeared more than four thousand years ago in the state of Kerala, related to the sacred writing Dhanurveda. It is Dravidic Art that belongs to the Dravidians, the native population of South India. In ancient times it was used by the Rajas (kings) in combats and wars, but also its movement system can be found in the origin of all artistic disciplines of this zone, like Kathakali or Bharatanatyam.

Martial arts like Kalaripayattu are systems of codified practices and traditions of training for combat. They may be studied for various reasons including acquiring combat skills, fitness, self-defense, sport, self-cultivation/meditation, mental discipline, character development and building self-confidence or for any combination of the above. Kalari is a place of training whereas 'payattu' means exercise. Along with the physical exercise, meditation and massage involved, there are many other important aspects of Kalaripayattu training. The teachings of Buddha want us to develop the benevolent side of our inner potential in our daily life. Bodhidharma, a Buddhist monk took Kalaripayattu to China.<sup>6</sup> He settled in Shaolin temple (A.D 475-557) and started his classes there. Bodhidharma asked people to keep a steady mind, one that is not

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<sup>6</sup> Mahesh Kidangil, (2012), The State Institute of Languages, Kerala pp 18-19

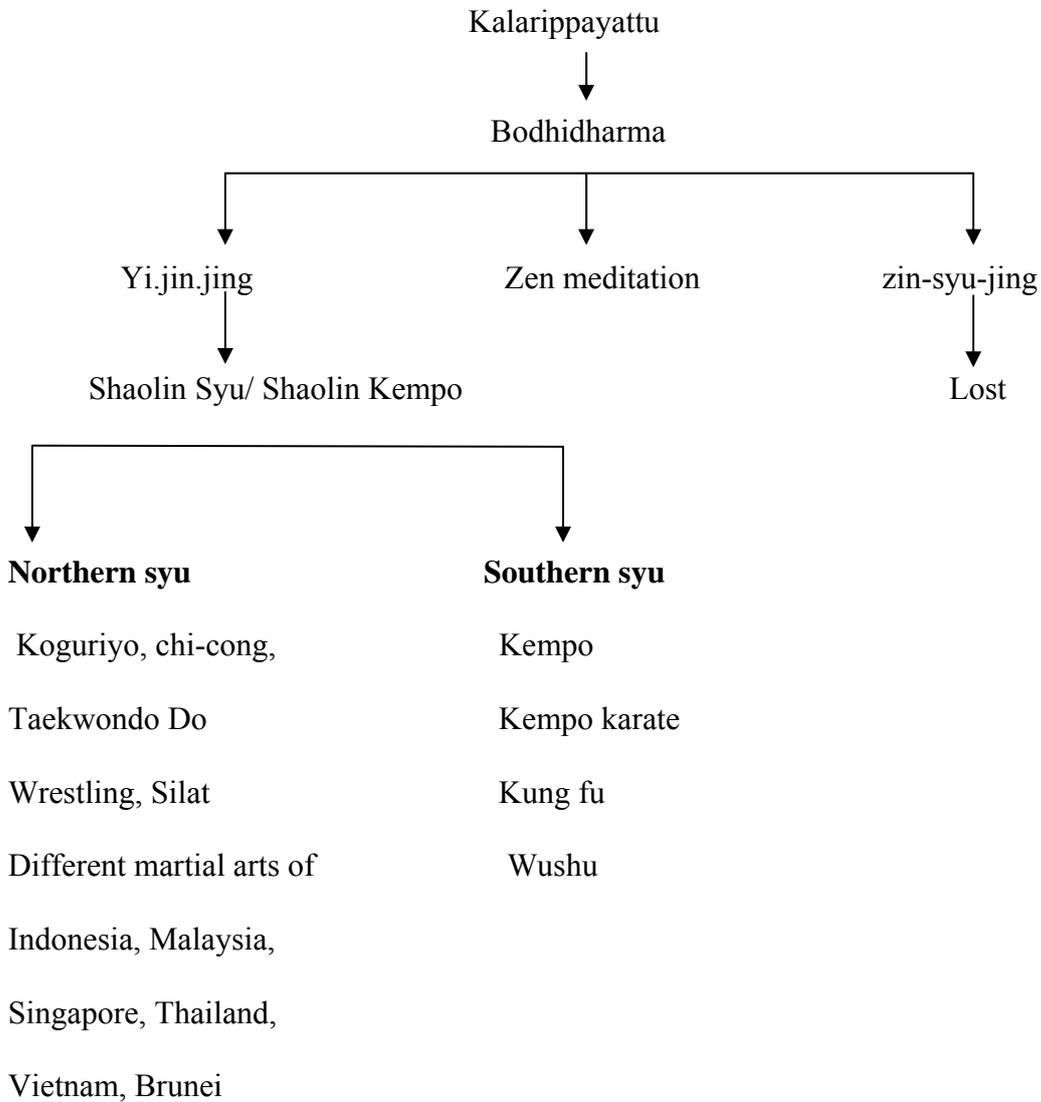
swayed by circumstances. He advised Buddhist monks to practise Kalaripayattu, Raja yoga and Prajnayoga.

Bodhidharma took the initiative to flourish Zen Buddhism, started *dhyana* meditation, yoga and Kalaripayattu for physically weak Shaolin monks. They were so weak that they tended to fall asleep during meditation lessons. His emphasis was said to be the cultivation of intrinsic bioenergy (called *ki* in karate) through breath control. Meditation and physical exercises promoted spiritual and physical capabilities of Shaolin monks. He familiarized them with the eighteen Adavus in Kalaripayattu and Marma Vidya (Acupressure). These 18 Adavus are called Ci-baa-lohan-shu. He travelled in Malaysia, Thailand, the Chinese province and Vietnam to popularize Zen Buddhism.

The Shaolin temple was constructed in Zong Mountains in China by The Emperor Siyavo-ven and he dedicated to an Indian monk Batvo in A.D.495. Buddhism believes in the ultimate evolution of Budha as the knower of the three times-Past, Present and Future. This evolution is helped by the power of Meditation. Shaolin Temple developed into a full-fledged Martial art centre by blending Zen Buddhism, Kungfu and Meditation.

Bodhidharma is thought to have been born in Kanchipuram, near Madras, as the third son of a local king, Simhavarman. His teacher, Prajnatarā, changed the boy's name from Bodhitara to Bodhidharma. Following his father's death, Bodhidharma served Prajnatarā for many years spreading Buddhism. Upon Prajnatarā's death Bodhidharma left his monastery in India to follow his master's last wish that he go to China and spread the teaching.

The evolution of Kalaripayattu outside India is depicted in the diagram<sup>7</sup>



Yi.jin.jing is considered as the record of Martial Art, believed to be brought from India by Bodhidharma, which was left behind by him in Shaolin Temple in China when he started his journey from there<sup>8</sup>. It is strongly opined that this was the foundation for the Martial Arts developed in Shaolin Temple. Yi.jin.jing also paved the foundation for Kalaripayattu. It contains different

<sup>7</sup> Mahesh Kidangil, "Kalaripayattu" (2012)

<sup>8</sup> Mahesh Kidangil(2012)"Kalaripayattu", The State institute of languages Kerala, Thiruvananthapuram

breath control, movements and concentration. Physical fitness, speed, clarity, balancing and practicality are the features of Yi.jin.jing. Defensive movements of twelve animals can be seen in this martial art based on the knowledge and *dhyana* meditation of Bodhidharma. He remains today a prime symbol of the will-power, determination and self-discipline that are essential to success in the martial arts.

The contribution made by Phillip Zarrilli in the spread of Kalaripayattu in the U.K is worth-mentioning. Phillip Zarilli; a British practitioner well known for his teaching of Kalaripayattu, yoga and t'ai ch'uan, came to India during 1976-1993 for field research and training in Kalaripayattu. He is currently Professor in the Department of Drama at the University of Exeter U.K. He is a teacher for performers of Kalaripayattu. He has a Kalari studio in West Wales. He also takes classes for students of Theatre Practice at B.A and M.A. levels in the U.K. They have to study Kalari Art. His important books include '*When the Body Becomes All Eyes*', '*Kathakali Dance-Drama*', '*Psychophysical acting*' and '*Theatre Histories*'. Based on twenty years of research and practice in Kerala, the most powerful expression of the author about Kalaripayattu is that "in each context of its practice, presentation or representation the Kalaripayattu practitioner's body, practice, power and self are constantly being repositioned for the practitioner himself, the teacher and / or cultural consumers."

## **1.4 Kalaripayattu in India**

### **1.4.1 Role of Kalaripayattu in Buddhism**

The evolution of Asian martial arts as they are known today is thought to have originated around 500A.D, when Indian Buddhist monk named Bodhidharma arrived in China. He went from Kerala to China in 6<sup>th</sup> Century. He taught Kalaripayattu in Shaolin Temple to remove laziness of monks there. According to inscription, Bodhidharma taught Indian fighting exercises to the Chinese monks in order to improve their physical condition. Japan's ancient capital is Nara, where the largest Buddhist statue is situated. The inauguration of this statue was done by Bodhidharma. Buddha saint Bodhidharma carried Buddhism to the world outside as well as took with him the concept of scientifically arranged steps of Kalaripayattu that can be found as the base of all martial arts like Karate and Kungfu. Bodhidharma is also known as 28<sup>th</sup> disciple of Buddhist saint and priest of Mahayana Buddha saint. Bodhidharma, who enlightened the Shaolin monks with Dhyana, Yoga and Kalaripayattu, developed Zen Buddhism for the physically weak Shaolin monks. Yink Ging and Kazooya Ging are the devotional scripts illustrating Kalaripayattu and Yoga. The disciple Bodhidharma has a great knowledge of martial arts, Veda, Yoga and Philosophy. He taught Kalaripayattu for disciples who lived in the Shaolin Temple.

### **1.4.2 System in operation in Tamil Nadu**

Silambam is a weapon based Dravidian Martial Art from Tamil Nadu in South India but also practiced by the Tamil community of Sri Lanka and Malaysia. In Tamil, the word Silambam refers to the staff which is the main

weapon used in the system. It focuses on stick fighting. This is not an Olympic sport.

‘Silambam’ is a type of a fencing game more popular in the state of Tamil Nadu. Silambam begins with salutation to God, the opponent, spectators and teachers of the players. In order to be successful in Silambam, players need to possess rapid foot movements and good control over their body actions. Kalaripayattu, based on Dhanur Veda,<sup>9</sup> uses weapons which are not released from hands at the time of defense. Kalaripayattu originated from ‘Dhanurveda’. In Kerala, Astra Vidya was practiced by Brahmins and sword by Kshatriyas.

Indian Epics contain accounts of combat, both armed and bare-handed. Competitions in these were held in connection with Swayamvaras wherein a person had to prove his powers to win the hand of his beloved. Sree Rama won Sita by breaking the bow of Siva.

The 16th Chapter of Bhagwad Gita describes the Deva and Asura tendencies in man. For a Kshatriya, a military man, shooting arrows at the enemy is considered transcendental, and refraining from such a duty is demoniac. Therefore there was no cause for Arjuna (warrior) to lament. Anyone who performs the regulative principles of the different orders of life is transcendently situated. This shows that India had a tradition of physical culture. Though physical culture is considered by intellectuals as something inferior (or asuric or demoniac), it has its place in the divine order of things. It is not something to be negatively associated merely with violence and bloodshed. Fighting is sometimes

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<sup>9</sup> Kalaripayattu, P.Balakrishnan (1994)

elevating and dharmic. That is why Sri Krishna asks Arjuna not to throw up arms in the Kurukshethra war.

## **1.5 Kalarippayattu in Kerala**

In Kerala, Kalaries are more ritualistic. They worship Shiva-sakthi inside the 'kalari'. Shiva is the creator of the universe and Shakthi is the power of the God (as per Hindu mythology). Northern style is characterized by Pillathangi (also called Kadathanadan), Arappukai (Tulu) and Vattenthirippu. Arappukai, the most popular in Kerala, gives importance to Otta and Urumi. 'Dronampalli' is a system found in Southern Kerala. Kalaris which were confiscated during the British regime got revived after independence because of the individual efforts of Kottakal Kanaran Gurukkal, C.V.Narayanan Nair, C.V.Balan Nair, Chirakkal Sreedharan Nair and some other leaders in this field.<sup>10</sup> Kalarippayattu is not just the fighting system but the sweat, the blood, the culture, the tradition of the generations that lived upon this holy land of Kerala.

Varma Ati: literally, 'hitting the vital spots'. Also known as ati murai, the Tamil Martial Art closely related to Kalarippayattu which is practiced in the South Travancore Region of Kerala and Kanyakumari district, Tamil Nadu. Varma Ati is a basic set of techniques which can be directly used for self defence or for use with a variety of weapons. The basic steps and body movements learned for self defence are the basis for manipulation of all weapons in this system. There are three sets of basic techniques in Varma Ati: otta chuvadu, kuttu chuvadu and vatta chuvadu. These emphasize on lower body control, attack and defence with the hands / arms / elbows. The student is learning a system of empty hand attacks

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<sup>10</sup> Sreedharan Nair.T (2007), Westland Books Pvt. Ltd, Chennai.

and defences of the body's vital spots, a variety of kicks, blocks, hits and / or evasive moves.

The early period of the history of Kerala known as the Sangam age (upto A.D.600) was heroic in nature. To such a society, to which war was a recreation, some methodical martial training must have been necessary. The heroes of the period mastered the skills in the use of weapons. A number of Indian fighting styles remain closely connected to yoga, dance and performing arts. The period between the 7<sup>th</sup> and 9<sup>th</sup> centuries was the Brahminical Age in Kerala. The Brahmins confirmed their supremacy, influenced every sphere of the society and established temples and Salais. During the Cheran rule (8<sup>th</sup> to 11<sup>th</sup> century A.D ), Kalari groomed students belonging to the other castes and groups irrespective of caste, community, sex, religion and social status. Thus all the people of Kerala could learn Kalarippayattu. All communities, castes and classes, inherited and benefited from this physical-cum-martial art of Kerala. This is a superior martial art based on Discipline and Guru Devotion /Affection.

In the Ballads of North Malabar, there are references to well trained Kalari artistes going to Tulunad, which was famous for sword fights and Black Magic. These factors lead us to conclude that Kalarippayatt originated during the Sangam period; days of the early centuries of the Christian era and was later strengthened by the influences of Salais, Dhanurvada, Ayurveda and Yoga.

Many foreigners come to India to learn martial arts for physical fitness, for performing arts, theatre arts and as a part of culture. Portugese traveler, Duarte Barbosa was the first foreigner to give a detailed description about

Kalaripayattu.<sup>11</sup> Above all, our traditional martial art, Kalaripayattu, is an unexplored area which can be promoted as a pioneer in Health Tourism. This traditional knowledge resides with the Kalari Gurukkal in rural areas.

Notable literature in this field include the first book on Kalaripayattu published in 1937 by Chirakkal.T.Sreedharan Nair and a complete book on Kalaripayattu in 1963 by incorporating all aspects like Kolthari, Angathari and Verumkai.<sup>12</sup> ‘Society, History, Culture’, written by K.K.N.Kurup contains a notable essay on the influence of Kalaripayattu on folklore.<sup>13</sup>

The first historical interpretation of the origin of the Kalari system was given by Elamkulam Kunjan Pillai. This fighting art emerged during the 12<sup>th</sup> century from the military exigency of the hundred years of war between the Cheras and Cholas.<sup>14</sup> Kalaripayattu is Kerala’s centuries old martial art form – and probably one of the oldest in existence.

Kalaripayattu can be learned only by daily practice. ‘Daily practice’ is the phrase used with mantra- like repetition to emphasize the fact that only with repetition can the practitioner begin to develop the proper body expression. Like ‘Brahma’, the thousand eyed, the practitioner can see everything around him with increased sensing power obtained through raised Kundalini sakthi. This martial art make the practitioner well versed in the following practices.

1. Vativu, Chuvatu and Adavu
2. Kolthari – sticks like kettukari, cheruvadi, otta

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<sup>11</sup>. Dames.M.L (1918) –The Book of Duarte Barbosa, London

<sup>12</sup>. Sreedharan Nair.T, Chirakkal, (1963), Kalaripayattu, Kannur Printing Works, Kannur.

<sup>13</sup>. Kurup.K.K.N. (1990), Society, History, Culture, Poorna Publications, Kozhikode PP 96- 112

<sup>14</sup>. Elamkulam Kunjan Pillai (1970), Studies in Kerala History, Sahithya Pravarthaka Co-operative Society, Kottayam

3. Ankatari- Kattari, Kuntham, Urumi, Sword and Shield
4. Verumkai: - bare handed defence techniques.

Kalaripayattu is called the mother of Martial arts. It increases physical fitness as well as mental concentration. Kalaripayattu is best considered as a complex nexus of four interactive arenas.<sup>15</sup>

1. The literal arena of practice. This is the Kalari itself where training goes on daily. Annual competitions for recognition among peers take place here. This is also the place where public witness the demonstration.
2. Social arena – the formal associations of Kalari.
3. The arena of cultural production to arrest attention through newspaper reports, popular films, traditional cultural performances etc.
4. The arena of experience and self-formation which shapes self as well as style and interpretation of the body-in –practice.

## **1.6 Statement of the Problem**

The problem is related to the dormant but powerful existence of our heritage, Kalaripayattu, in Kerala society which can be utilized for the Health tourism development. Kalaripayattu which has served as the backbone of the militia of traditional Kerala was duly appreciated by most of the European travelers and writers. The revolt led by Pazhassi Raja in 1792 was well supported by the Nayar soldiers and Kurichya tribals of Wayanad. The British resorted to attach all available weapons, using all methods and tactics, in suppressing Kalari

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<sup>15</sup> Phillip B.Zarilli-(1998), when the body becomes all eyes. Page.9

system. This led to the elimination of Kalari institution from the military and political history of Kerala.

Kerala- India's role-model state for healthcare development, with basic health indicators is at par with many developed countries. Lack of concentration, discipline, will-power, flexibility and security are the problems with the personality development of new generation. Kalari, originated in Kerala, as a preventive health technique internally generated and developed as insulation against diseases. It takes the human body to perfection. It is a unique system of self-defense, mental discipline and total control. It is a method of self protection, protection of the community and protection of the society. With Kalaripayattu practice, the psychological problem can be reduced. Moreover, Kalari centres are excellent treatment areas for Marma therapy. Kalari, being part of the health scenario in Kerala, suffer from the problem of lack of finance, lack of modernization, integration and increase in non-functioning units. Considering the all-pervading use of Kalaripayattu in defense, dances, performing arts, health and tourism it should be given due care and attention and well protected as our strong tradition.

### **1.7 Scope and Significance of the Study**

Golden beaches, Magical backwaters, Refreshing hill stations, Rejuvenating Ayurveda, Exotic art forms, Martial arts, Colorful festivals, Delightful cuisine ---with all these Kerala is renowned the world over for its diverse and unique attraction. The National Geographic Traveler chooses the land as one of the paradises of the world. The growth of Kerala as a brand started with the positioning of the destination as 'God's Own Country' in the late 1980s.

Kerala is today the most sought after and most trusted tourism brand in India. It is sought after for its breathtaking natural splendours, Ayurveda, yoga, innovative tourism products and a long-term approach to tourists.

Kalarippayattu is called the mother of Martial arts. It increases physical fitness as well as mental concentration. Our traditional martial art, Kalarippayattu, is an unexplored area which can be promoted as a pioneer in Health Tourism. The medicinal branch of Kalarippayattu can be widely utilized by all communities. Kalarippayattu teachers in Kerala are known for their profound knowledge of the human body. Health is the most important concern of any society. At present Government is spending 4419.46 crores of rupees for health and hospitals (2013 Budget). The Kalari culture makes people health conscious and the effect can be seen even in the rural areas. The two-fold impact of Kalari is improvement in the health and reduction in Government expenditure which can be diverted to more productive areas.

India has a wealth of traditional knowledge and resources. It is our duty to protect them from infringement and theft. Security is an important concern for all especially for girls. Knowledge of Kalarippayattu has become inevitable for self-defense. Kalarippayattu leads to physical fitness, balanced mind and capable of controlling emotions. As the mind gets sufficiently strengthened, its influence will be felt on the senses.

Kerala is famous for Ayurveda as well as Marma treatment. Kalari uzchichil is effectively used in cancer patients and is a therapy for all concerned which rejuvenates the nervous and muscular systems of the body and stimulates the blood circulation. This is done before Kalarippayattu training. It is found that

even cancer can be cured by giving pressure to some points on the sole of the foot.<sup>16</sup> Jin Shin Jyutsu –an ancient Japanese touch therapy is mainly used to reduce pain. Rejuvenation therapies make Kerala a health destination. Health and medical tourism is perceived as one of the fastest growing segments in India. With Yoga, Meditation, Ayurveda, Allopathic and other systems of medicines, India now offers a unique basket of services to an individual, which is difficult to be matched by other countries.

Tourism is a powerful tool for economic development as it creates jobs, provides new business opportunities and strengthens local economies. The core idea in cultural heritage tourism is save your heritage and your culture, share it with visitors, and reap the economic benefits of tourism.

“Acceptable climate throughout the 365 days of the year, appreciable scenic beauty, many art forms, culture and Ayurveda are the specialties of Kerala. Ayurveda, yogasanas, nature cure, **kalari chikilsa** all contribute to Health Tourism in Kerala.”<sup>17</sup> Goodrich observes that hotel and tourist centers apart from their usual attractions, prominently advertise their health packages in order to attract tourists. Hence it becomes health tourism. Both for Ayurveda and Kalarippayattu (including Marma treatment), the biggest impediment to global acceptance has been the lack of credible quality control mechanisms in various areas of operation, such as formulations, treatment protocols, research and development, marketing and documentation.

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<sup>16</sup> Govindan.S.V Uzhichilinte thathvam (1985) p.104

<sup>17</sup> Vijayakumar.B

The following divisions explain the scope of the study.

### **1. Kalari and culture.**

There is an inseparable relation between Tourism and culture. Hence it is necessary to preserve Kerala's own art forms such as Kathakali, Mohiniyattam, Theyyam, Thira, Kolkali, Parichamuttukali, Mutiyettu and Patayani. Dancers and performers utilize Kalarippayattu for body flexibility and improvements on stage. Many foreigners from European countries are coming to Kerala to learn Kalarippayattu.

### **2. Kalari and Healthcare**

The Healthcare sector in India has witnessed an enormous growth in infrastructure in public and private sectors in the last few years. The healthcare sector is very efficient in South India. It is because developed IT skills and health care expertise are available in this region. World class medical facilities with competitive prices as against those available abroad and quality infrastructure and technology have increased the flow of visitors from abroad specially from the USA, the UK and other parts of Europe to India for both treatment and relaxation<sup>18</sup>

“Health and Medical” tourism is perceived as one of the fastest growing segments in India and now not only the Ministry of Tourism, Govt. of India, but also the various state tourism boards and even the private sector consisting of travel agents, tour operators, hotel companies, etc. eye health and medical tourism as a segment with tremendous potential for future growth. As per CII report India was to earn about Rs.100 billion

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<sup>18</sup> Dakshi Mohanty, Medical Tourism (2008), pp115 to 121

through medical tourism by 2012 and is expected to create about 40 million new jobs by medical outsourcing. In India, medical tourism is a sunrise sector valued at more than \$310 million. The Confederation of Indian Industry (CII) expects the sector to grow to \$2 billion by 2012.<sup>19</sup>

Kalari Chikilsa is a system of Medicine based on Ayurveda, specializing in treatment of orthopedic disorders, Sports injuries and Neuro muscular problems. Marma treatment is done by Gurukkal. The underlying principle of Kalari treatment is that an abnormality to any system of the human body such as nervous system, musculoskeletal system can happen only if anyone or more of the 107 vital spots are bruised. The treatment is all about detecting the vital spots affected and curing them to normalcy. A Thrissur based Kalari Gurukkal, Lonappan, applied Uzhichil and Kizhi on a 40 year old man, completely paralysed and abandoned by medical science. He could recover from disability and came back to active life. (Mathrubhumi, dated August 19, 2013)

Apart from incurring bruises, the physical system of man can also be damaged by over care of the body by too much of exercises and sports. Then again a stage will come when a man can be made invalid. He then gives up all exercises. The Kalari Gurukkal are of the view that in such a state a minimal amount of exercise under the supervision of a Guru accompanied by Njavarakizhi, Yoga, Marmakizhi, and Breathcontrol has to be done. Thus the patient can come back to normalcy once again and start practicing the old exercises with greater efficiency.

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<sup>19</sup> TIMES OF INDIA, APRIL17, 2011

### **3. Kalari as a Medical System**

Kalari treatment includes Marma treatment. Specialty treatments such as dislocation settings, Arthritis, Spondylitis and sports injuries are treated in the kalari massage and relaxation programme. Gurukkal treat fractures, dislocation and bruises. The health aspect of Kalari concentrates on different massages, 'chavuttiuzhichil', rejuvenation therapy and treatment for swellings that arise accidentally during Kalaripayattu training. Kalaripayattu teachers in Kerala are known for their profound knowledge of the human body. Knowledge of the vital spots was the most important part of a practitioner's training to kill or disarm the opponent and heal injuries. Gradually they extended this treatment to patients of similar problems along with Marma treatment which is a part of Kalari treatment. The medicinal branch of Kalaripayattu can be widely utilized by the wider community and can thus benefit non-practitioners.

### **4. Rejuvenation/ Relaxation**

This is attained through uzhichil or massage. Massage includes: -

- (a) Full body massage, (b) Massages that increase muscular flexibility
- (c) Physiotherapeutic massages, (d) Sport injury Massage and (e) massage to counteract the effect of Marma injury

### **5. Self-Defence technique /security power of Kalaripayattu**

Kalaripayattu is a powerful martial art, originating in Kerala and taught throughout the State. It is highly relevant now because women use it as a self-defense technique. Kalaripayattu is not just the fighting system, but the sweat, the blood, the culture, the traditions of the generations that lived upon this holy land.

## **6. Obesity-related diseases and other life style diseases can be controlled**

Integrated use of Kalaripayattu and Yoga can be effectively used to fight obesity and life style related diseases. Obesity is found in urban school children and experts say these obese children will one day face severe medical consequences. Compared to children of normal weight, obese ones face several times the risk of developing high blood pressure, respiratory complications, Type-2 diabetes, cardiovascular disease and cancer. Physical activities like football, yoga and Kalaripayattu are the only remedy for obesity in children.

## **7. Mental health**

Kalaripayattu increases physical and mental health of the practicing student which reduces criminal tendency in the student. The students of Kalaripayattu hardly take any intoxicants and hence the chances of the development of bad habits connected with them are reduced. Kalaripayattu not only benefits the mental, bodily and spiritual faculties, but it also instills a sense of discipline in its students and practitioners. It can develop one's character, that is, self-confidence, courtesy and respect for others. This martial art form which has retained sensitive cultural information-consists of a body care system as well. The rich health care system is something to be cherished.<sup>20</sup> Attakalari run by Jayachandran Palazhi at Santhinagar in Bangalore combine contemporary dances with Kalaripayattu.

## **8. Reduction of hypertension**

Kalari medicine can be effectively used to reduce hypertension. Hypertension is a leading cause of hospitalization and out-patient visits. The

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<sup>20</sup> Jayachandran Palazhy, Kalaripayattu, Gurusmrithi, pp-218-219.

World Health Organisation (WHO) states Hypertension is a major risk factor for cardiovascular diseases that killed 2.7 million people in 2004 and will result in the death of over 4 million people by 2030.

### **9. Health tourism provider**

Health Tourism is any kind of travel to make yourself or a member of your family healthier. A health and wellness tourism industry includes products and services made accessible to people travelling from their place of residence for health reasons. When it is foreign tourism, there is a special thrill of going to a new environment, change of political, social and economic climate and a confluence of many cultures.

### **10. Physical fitness**

Kalaripayattu provides an ideal holistic education model with the body at the centre. It not only benefits the mental, bodily and spiritual faculties, but it also instills discipline in students and practitioners. Physical fitness is necessary for traditional dances and performing artists. Exercises improve blood circulation in the body and ensure proper functioning of body hormones. Kalaripayattu improves the strength of spinal cord, joints and muscles and is a substitute for physical exercises.

The healing Touch Therapy and its effect on so many diseases including cancer is proved. So marma treatment by touching the 108 marma points on the human body is quite useful without medicine.

### **11. Meditation**

The masters of former times, having withdrawn to the solitude of the mountains to live in harmony with nature and to meditate, studied and observed

the movements of various animals and from these creatures they learned their main defense and attack positions. Animals are the best fighters. The eight vativus in Kalaripayattu basically develop from animal positions at the time of attack.

### **12. Sports medicine**

The vital knowledge of Kalari treatment originated from the treatment of bruises and fractures that occur during kalari practice. A strong and agile physique can be developed with maipayattu. The bare-handed defence and attack, the last stage in Kalaripayattu, can be practically used in many sports items. Kalari Gurukkal needs much support and recognition for treatment regarding the physical and mental fitness. The medicinal branch of Kalaripayattu can be widely utilized by all communities. This can be applied to sportsmen for sports injuries. Kalari uzchichil along with njavarakizhi, marmakizhi, yoga and meditation is effective in over training syndrome and tendynitis in sports athelets.

### **13. Marma treatment**

Marmas are the pressure points within the body usually close to the skin surface, where important nerves form junctures with muscles fibers, veins, bones and joints. Marmas are the vital points of the body. Prana (life energy) flows through the body channeled through marmas or vital points. Marma knowledge along with the knowledge of Ayurveda has the potential to treat all physical and mental diseases. There are total 108 marma points in the body in which 64 are considered as kulamarma (deadly points which can be used to heal or to harm the body). Kundalini, the fire inside everybody (internal electricity) is like a dormant curled snake at the bottom end of spinal cord. This is the source of

physical and mental knowledge. Chakras starting from Muladhara to Sahasrara control the energy in the body. Uzhichil with different 'Kizhi' and simple exercises can give strength to the backbone and the nerves in it.<sup>21</sup> It is reported that a bed-ridden patient got complete cure with Marma treatment and physical exercises.

#### **14. Theatre performance**

Kalaripayattu has a direct bearing on the development of Kerala's art and culture. Body flexibility can be attained through Kalaripayattu and profitably used in dance-drama performances. Many Indian choreographers have relied on Kalaripayattu training and use its vocabulary as an inspiration for their work. Cultural art forms like Kathakali, Theyyam, Poorakali, Patayani and Kolkali are influenced by Kalaripayattu steps, maipayattu, rhythm and flexibility.

#### **15. Reduces government health expenditure**

Health is the most important concern of any society. Government spent 2353.89 crores on Health in 2010-11 (14.29% of the total) while it increased to 4419.46 crores (14.25% of the total) in 2013-14 budget. Health expenditure is on an average 14.2% of the total amount spent by the Government. The Kalari culture makes people health conscious and the effect can be seen even in the rural areas. The two-fold impact is improvement in the health and reduction in Government expenditure. Thus, the public expenditure can be diverted to more productive areas.

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<sup>21</sup> Mathrubhumi, August 19<sup>th</sup>, 2013. Page-1

**16. Kalaripayattu as a Security weapon in the hands of the user**

Security is an important concern for girls and boys. Knowledge of Kalaripayattu is inevitable for self-defense. In the present economy, Personal, Family, Social and National security with Martial Arts is gaining significance. Many Gurukkal, in their Interview, revealed that Martial Art is the best method of self-defense available now-a-days.

**17. Value-orientation**

Kalaripayattu leads to Physical fitness, Spiritual health, Mental health and Emotional health, which ultimately contribute to our healthy way of life. Discipline, feeling of security and mental power are the attributes studied on the character of Kalari student/practitioner. It provides intelligence, facilitates healthy family relationship through the generation of Pheromones which is also useful for speedier and transparent communication. Kalaripayattu ensures proper functioning of body hormones, nervous systems, blood circulatory system, digestive system and blood purification. It ensures proper understanding, evaluation, interpretation and decision making.

**18. Contribution to Circus**

Many of the Indian Circus companies had their artistes and proprietors from Thalassery in Kerala. The Indian circus itself is indebted to the late Keeleri Kunhikannan teacher, a well-known Kalari Gurukkal and celebrated trainer of circus from Thalassery. The body movements and skill of the Kalari system had been incorporated in the training programme of students for circus and acrobatics. The circus artistes start training from their childhood with Kalari exercises.

## **1.8 Objectives**

1. To study the regional disparity in the spread of Kalari units in Kerala.
2. To examine the problems faced by Kalari in Kerala.
3. To examine the recent trend in Kalari Chikilsa.
4. To assess the cost-effectiveness of Kalari treatment.
5. To examine the contribution of Kalari activities towards Health Tourism.
6. To propose measures to revive Kalari units in Kerala.

## **1.9 Hypothesis**

- H1 : There is no regional disparity in the spread of Kalaris.
- H2 : Kalari activities contribute towards Health Tourism.
- H3 : Kalari treatment is not cost effective when compared to Ayurveda and Allopathy forms of treatment.
- H4 : There is no significant difference in overall opinion about 'Kalarippayattu' among male and female students.

This traditional martial art and treatment therapy highly influenced Kerala society from time immemorial. A society without Kalari is just like a human being without skeletal system. This research paper promotes internationalization of The Mother of Martial Arts, Kalarippayattu as well as treatment, which prevailed more than four thousand years ago in the State of Kerala. Some research and study were carried out on the historical aspect of Kalari but no study was conducted by linking Health Tourism with Kalari and hence this study.

**Independent variable:** - Existence of health promoting units, Kalari in Kerala from 1100 AD.

**Dependent variable:**-Inflow of tourists to Kalari for cultural interaction and promoting health.

Cultural-heritage tourism and Health tourism are dependent on Kalari in Kerala.

### **1.10 Methodology**

The study is based on primary data. A Stratified Quota Sampling method is used for data collection. There were 549 Kalaris registered under Kerala Kalarippayattu Association/ Sports Council as on 31<sup>st</sup> March 2011. The researcher found that the districts Thiruvananthapuram, Kannur and Kozhikode had the highest frequency regarding the number of Kalari. A sample of 246 Kalaris and 548 Kalari students were taken from these three districts of Kerala with priority given to concentration of Kalari in different Districts. Many of these Kalari provide treatment and oil massage. Primary data were collected during the period April 2012 – January 2013 from the Kalari practitioners/teachers, students and tourists 202 (125 Domestic and 77 Foreign) who came across at the time of visits to the Kalari with pre tested questionnaire.

*The sample is arrived at as follows:*

**Table 1.1**  
**Registered Kalari in Kerala, Active and Non-functioning,**  
**as on 31<sup>st</sup> March 2011**

Name of District	Active	Non-functioning	Total	<i>Selected in the study</i>
<b>Thiruvananthapuram</b>	<b>152</b>	<b>40</b>	<b>192</b>	<b>152 (304)</b>
Kollam	12	11	23	<i>No</i>
Pathanamthitta	8	7	15	<i>No</i>
Alapuzha	8	4	12	<i>No</i>
Kottayam	21	9	30	<i>No</i>
Idukki	8	6	14	<i>No</i>
Ernakulam	12	4	16	<i>No</i>
Thrissur	28	18	46	<i>No</i>
Palakkad	8	5	13	<i>No</i>
Malappuram	12	10	22	<i>No</i>
<b>Kozhikode</b>	<b>25</b>	<b>30</b>	<b>55</b>	<b>25 (60)</b>
Wynad	6	4	10	<i>No</i>
<b>Kannur</b>	<b>69</b>	<b>24</b>	<b>93</b>	<b>69 (184)</b>
Kasargod	4	4	8	<i>No</i>
Total	373	176	549	246
<i>Percentages</i>	<i>67.94</i>	<i>32.06</i>	<i>100</i>	<i>44.81</i>

\*Figures in bracket show number of students selected from the sample Kalaris.

Source : Kerala Kalarippayattu Association, Thiruvananthapuram.

### **1.11 Limitations of the Study**

1. Kalari in Kerala do not have structured and codified system of medicine. It is popular as a traditional system of treatment in Kerala.
2. Many of the Kalaris are unknown to the public which makes the study in this field difficult.
3. Non-availability of authentic Kalari statistics adversely affects the study in the field of Kalarippayattu.

### **1.12 Chapter Schemes**

This thesis is arranged in six chapters. Introduction chapter deals with the conceptual background of the study and research methodology. It explains scope, objectives, hypothesis and limitations of the study. A brief review of related literature is presented in the second chapter. Chapter three deals with the role of Kalari in Kerala society, importance of this martial art and comparison with other Martial Arts. Different types of Tourism and the scope of Kalari as a Health Tourism destination is analyzed in the fourth chapter. An analysis of the kalari benefits obtained by the teachers, students and kalari practitioners form the content of fifth chapter. The last chapter comprise of major findings, suggestions and conclusions. This chapter embodies the summary of research results followed by some workable recommendations to the government and Kalari Gurukkal/Kalari Organisation.

### **1.13 Operational Definitions**

1. Adavu: the basic form of martial training.
2. Angaththari: Exercises with sharp weapons.

3. Angapurappadu: Rituals connected to starting the journey for the Angam to the stage of demonstration
4. Ankam: a special form of duel to solo disputes
5. Asan: teacher
6. Bhadrakali: the violent form of the Goddess Durga.
7. Churika: the traditional double edged long sword
8. Dhanurveda: Martial art is based on Dhanurveda.
9. Gurukkal: Gurukkal represent a living embodiment of past gurus (lineage), Inside the Kalari his position as a Gurukkal is affirmed and confirmed
10. Gurutvam: having complete trust in one's master
11. Kacha: the long cloth wrapped around the abdominal /hip area to support the vital energy of the practitioner.
12. Kundalini: the serpent power understood to lie sleeping or dormant within the subtle body. This power is assumed to be present, awakened and raised through martial practice.
13. Kalari: A place of practice.
14. Kathakali: The principal classical dance form of Kerala where the characters use Mudras and facial expressions.
15. Kettukari: Exercises with the long staff.
16. Kizhi: Medicated heated cloth bags used to reduce swelling
17. Kolthari: Exercises with wooden weapons.
18. Kummattikkali: Seen during Onam festival by wearing mask which requires physical fitness.

19. Lymphatic: Mass of tissue to fight infection
20. Maipayattu: Body exercises.
21. Muchan: Exercises with the short staff.
22. Mukkoot: Oil used during Kalari practice and Kalari massage. Main components are Sesame oil and cow's ghee.
23. Mutiyettu: A ritual in temples.
24. Otta: Two feet long otta baton.
25. Payattu: with sword, churika and kuntham.
26. Pandeeran: swinging the long staff.
27. Patayani: Ritual art form lasting from five to twenty-eight days closely related to Kalarippayattu performed in the Devi Temples in Pathanamthitta.
28. Sakthi: the activate principle of power / energy.
29. Shadadhara chakra: Seven chakras in human body that control hormones.
30. Theyyam: A temple dance of northern Kerala.
31. Thira: A ritualistic folk art form of Malabar.
32. Uzhichil: massage with feet called Chavittiuzhichil and hands or bags of medicinal herbs.
33. Vativu: animal stances.
34. Varma ati: literally, hitting the vital spots.
35. Veera: literally, the heroic
36. Velakali: A folk art in Kerala.
37. Verumkai: attack the opponent barehanded with hands and legs.

38. Yoga: any ascetic, meditational or psycho-physiological technique which achieves such a binding of body mind.

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22 May 2019 - Pinterest'te BigDoctors2016 adlı kullanıcının "health tourism" panosunu inceleyin. SaġyilÄk, Endokrin sistem ve Ayak bileġi aġrÄsÄ hakkÄnda daha fazla fikir gÄrÄn. The British Tax payers are the only ones Forced to PAY by this Tory Government The Å£30million cost of health tourism in just a year. Bigdoctors.com. health tourism. Turizm SaġyilÄk BakÄm Ambalajlama TÄbbi Hindistan. Dheeraj Bojwani Consultants offers special medical tourism packages to get Effective Spine Surgery from Best Spine Surgeons in India for international patients. Bigdoctors.com. health tourism. Eye Correction Procedures in CancÄn Medical Tourism Cancun. Atlanta KalÄşalar Akuaponik Yaġlanma Geciktirici TÄbbi. The LASIK is the safest yet advanced treatment is the LASIK eye surgery. Note that the cost associated with tourism for the patient or those accompanying is not included in these figures. The amounts refer to costs for self-payers and do not cover additional examinations, lab techniques, or fees for cryopreservation of genetic material. Average costs derived from inquiries to 3-5 clinics in each country between 2011 and 2013.