

Joint Event on  
14<sup>th</sup> International Conference on  
**FRONTIERS IN ALTERNATIVE & TRADITIONAL MEDICINE**  
and  
World Conference on  
**PHARMACEUTICAL CHEMISTRY & CLINICAL RESEARCH**  
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## The ancient treatment system of Tamil Siddhars

**V. Murugathas (Doctor Murugan)**

*World YogaSiddhi Organization (WYO), Sri Lanka*

The mission of World YogaSiddhi Organization is to distribute the original tradition of yoga and Marma arts worldwide. The organization holds different kind of programs and courses for different categories of people to share the ancient knowledge, which can bring the humanity to the state of healthy bodies and peaceful minds, releasing depression, curing almost all-scale diseases. Yoga has become enormously popular nowadays, great variety of styles and proprietary schools. Modifying and trying to adapt traditional yoga techniques to the conditions of modern life, we are facing the fact that the techniques are losing their power and often cause side effects. Siddhar Murugan (Doctor of yoga, Marma and Siddha-Ayurveda) is a living carrier of the yoga tradition, whose original techniques have not been changed for centuries. With the blessing of his great teachers, he passes the knowledge of Yoga and Marma all over the world, cultivates a new generation of successors of the tradition, personally built a traditional ashram in Sri Lanka and has started the construction of a yoga ashram in Russia. Each year Siddhar Murugan introduces the traditional art of yoga and Marma at local and international conferences and festivals. Enormous worldwide experience in Marma and Siddha-Ayurveda treatment and his more than 35 years personal experience in yoga and meditation shows the colossal positive results, changing the destinies of the humans.

### Biography

Murugathas Vipulanathan – Doctor of Marma and Siddha-Ayurveda with the international recognition, Master of Yoga with over 25 years of teaching experience and over 35 years personal sadhana, the holder of the world record assigned for the Guinness Record book (02/02/2019, Shivaganga, India). Head of World YogaSiddhi Organization with a wide-scale international activity, head of Marma-centers of Dr Murugan in Russia with 10 branches registered. The respected member of National Association of Traditional Medicine (Russian Federation). The respected member of Traditional Medicine Council (India). The author of the book «Marma: the art of secrets points». The holder of the world record in performing 1,5 hour yoga-sadhana on ice with 61 minutes headstand variations (Feb.2, 2019, Shivaganga, India).

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