

# A Study on Kalari Treatment and the Perception Difference between Local and Foreign Patients

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**Abstract** - Travel and tourism is one of the major service industries in India. This industry not only a job oriented one but also achieved the second highest foreign exchange earner too. As regards employment opportunities is concerned, it account for about nine percent of the total employment of the nation. In the recent past the industry has attained a remarkable growth by the way of multi million dollars towards its upliftment. There is evidence in the history that whenever an individual travelling out of his home country he himself have to avail the suitable medical care. Kerala has emerged as the most praised tourist destination of the country. Kalari treatment is one of the ancient health care treatments which are mostly available in Malabar region of the Kerala state for curing bone fractures and its dislocations. The head of Kalari centre is known as Kalari aashan (gurukkal) who will be an expert in nervous systems. The way in finding out the symptoms of a patient is by pressing/ touching the body particularly the wrist of the patient. Kalari treatment is more effective for any type of bone/ nervous disorders. Kerala has been earmarked as one of the ten paradises of the world for such treatment. Health care facilities in Kerala include holistic systems of medicine such as Ayurveda, Kalari, Unani, Siddha, Naturopathy, Yoga and Allopathy.

**Keywords** - Kalari treatment, Medical, Travel and tourism.

## I. INTRODUCTION

Kalaripayattu, unfolded gradually as a physical cum martial art in Kerala since centuries. It has now been expanded with the addition of physiotherapy, bone setting and marma chikitsa. Institutions practicing kalaripayattu developed in to treatment centers for marma disorders and rheumatic ailments. Medicated oils locally called as thailams is for kalari exercise. Massage (Uzhichil) is being carried out on essential part and joints of the body prior to the exercise begin to attain flexibility for the entire body. A Kalari master is normally prejudiced by the knowledge that imbibed from ayurveda medical systems. The practice and treatment attached to kalaripayattu had continuously been since centuries.

Kalari located in north, middle and south Kerala have their own rules and methods on treatment. As per Malabar/Northern methods, oil massaging prior to learning is most essential as it is good to remove fat deposit in the body.

Another treatment which is having centuries old is Marmachikitsa. Marma is "Vital point", and Chikitsa means "Treatment". This treatment had been particularly for soldiers who suffered physical injuries in wars and conflicts. Siddha system of treatment gives very important to marmachikitsa. Marma Chikitsa is carried out by specialists who are well versed with the vital (marma) spots on human body. There are a total 108 Marma points are available in a human body out of which 64 are considered as deadly points. These points could be used to heal or to harm. Pierce to any of these points could result in trauma or even death.

As per the Uzhichil treatment of Ayurveda is concerned Kalarimarma chikitsa is an advanced one. Kalari massage is a traditional one, which is being done by the therapist applying appropriate pressure by using hands and feet on vital points of the body. This is an entire body massage applying medicated oils to stimulate the marma points. Kalari massage helps the body to attain flexibility and liveliness. This enables proper blood flow and easy movements of the body for distorting. Massage relieves pains, stiffness, dislocations, injuries etc.

Kalari has come a long way since it was in force for the betterment of human being. Modern man is a victim to many diseases such as diabetes, hypertension, heart and abdominal diseases those are all only due to the change of lifestyle and lack of physical exercises. The science and technology is at its full swing. However, we have yet to see the eradication of those common diseases. Now Kalari comes set free, thereby we can control our mind and keep the diseases away. The scientifically and technologically structured arena is sacred as a temple. Both discipline and customs are properly followed while entering the Kalari. Physical purity is another requirement over there. During Kalari practice besides follow for certain diet and routine, intoxication is totally prohibited for better results.

The training is conducted in two parts. The basic practices include combination of pranayama and different various yoga practices at first stage. Different steps and movements are all accustomed to the different parts of the body. The excess is being practices to remove excess fat and regulate blood circulation. On completion of the exercise one will attain, the perfection for the second stage to handle dangerous weapons like the sword, the knife etc. After the exercise, definitely one will have proper mental alertness, quickness, accuracy and

muscular strength. At the time of practice a moment out of focus may cost one's life. A solid mind in a solid body increases his defense system. The other thing is about the treatment for the diseases that affected vital parts, such as fractures, bruises and wounds etc. The depth and seriousness of damage will be determined, and therefore start treatment using various types of oils (thailams) for three, four, seven or even forty-one days according to its severeness. Certain diseases those uncured by the allopathic medicine have also been treated here very successfully. This is relevant to remember that the ideal 'Health for all' may be fulfilled by practicing Kalari treatment.

**A. History of Kalari** -In Sanskrit language, the word Khaloorika indicates that a place where weapons training was held. It is believed that the word Kalari in Malayalam was derived from the term Khaloorika; an establishment to impart training and treatment in martial arts. The term Kalari indicates as gym for proper training/ practice. However in the present scenario, it means training in traditional way of fighting and treatment.

A Kalari Expert (Gurukkal) is fully competent to handle and treat any type of wounds fractures and disorders pertain to neuron and orthopedics. In a Kalari, apart from treatment, training is also being imparted to students. After successful completion of training, these students will be prominent in uzhihil treatment (Massage). The traditional orthopedic system of Kalari is popular particularly for displaced bones. Kalari massage is being done in 3 ways as under:

- (i) **Kacha Thirummu** This is being done getting for flexibility and strength.

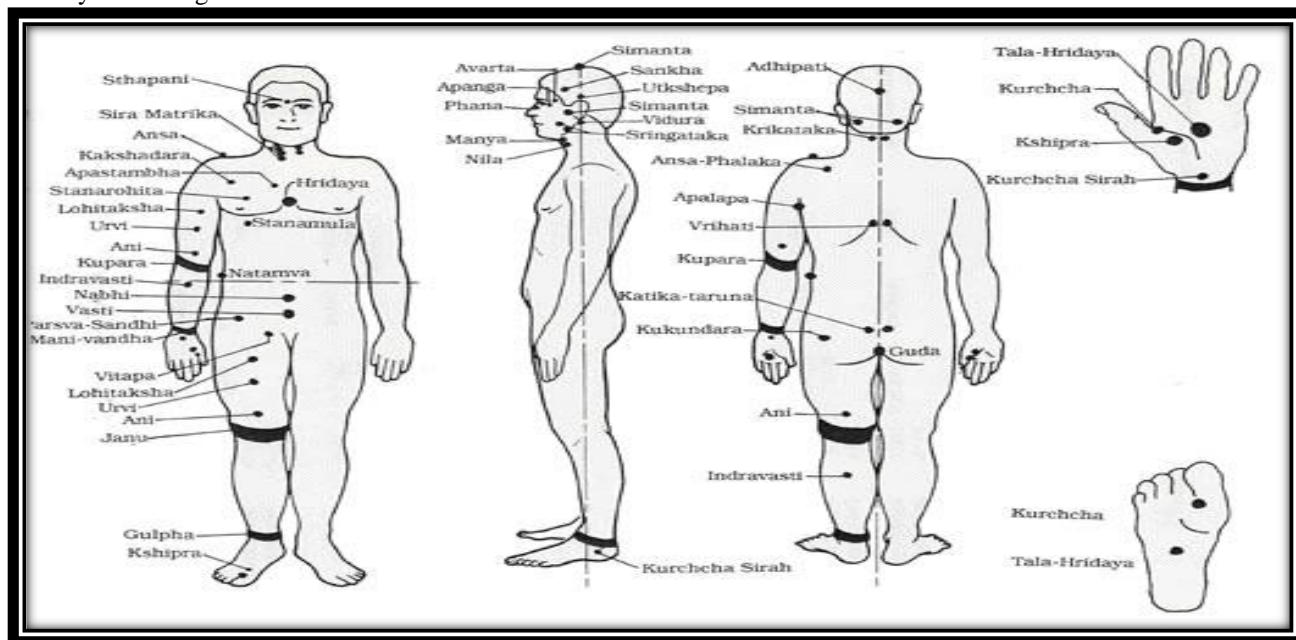
- (ii) **Rakshathirummu** - This is a disease oriented massage.  
(iii) **Sukhathirummu** - This final massage is for relaxation of mind and body.

Normally Kalari follows the ayurvedic medicine and massages. Kalari treatment is famous for uprooting the diseases related to ortho, neuro and muscular diseases such as arthritis, sports injuries, fractures of bones, spinal problems, rheumatism etc. The medicines are prepared from selected herbals, oils, animal products and minerals.

**Marmas are divided into five parts as follows:**

- (i) An injury to which cause severe pain.
- (ii) Injury to which leads to sudden death.
- (iii) Any form of injury to which leads to slow death.
- (iv) The damage of which can result in permanently handicapped.
- (v) Pulling out the thrusted dangerous objects like arrows and stones to which leads to death.

The above mentioned marma points are measured in finger units (angula) to identify their exact location. One "angula" is the width of the finger, that is, 'ani marm' is a marma point locating just above the knee, four fingers above the knee. This point relates to the small intestine, and situated on the back of the leg. If we move the hands from the front point of 'ani marma' and moved straight to the back, this marma will get stimulated. Therefore acting on marma points affects the front, sides and back. Kalari Massage is combined with Panchakarma, Meditation and easy Yoga.



**Kalari Massage Packages-**

S.No.	Days	Package Details	Duration
1	3	<b>Knowing Kalari Massage</b> Massage by hand & Herbal Steam	1.30 Hours
2	5	<b>Relaxation Kalari Massage</b> Massage by hand, Hot herbal pack massage & Herbal Steam	1.30 Hours
3	7	<b>Rejuvenation Kalari Massage</b> Massage by hand, Hot herbal pack massage, Dhara, Detoxification with herbal water & Herbal Steam	1.45 Hours
4	14	<b>Kalari Massage</b> Massage by hand & Foot, Hot herbal pack massage, Dhara, Detoxification with herbal water, Yoga, Kalari Practice & Herbal Steam	1.45 Hours

**II. RESEARCH OBJECTIVE**

The objective is to study the Kalari treatment and the perception difference of local and foreign patients towards the Kalari treatment.

**III. METHODOLOGY**

The study is descriptive in nature. The perceptions of the local and foreign tourist regarding various factors of Kalari treatment were determined and analyzed using statistical techniques.

**A. Sample Size** - The universe of the study was the patients of Kalari treatment in Kerala. The sample consisted of 60 Kalari treatment patients consist of foreign and local patients.

**B. Tools for Data Collection** - The tool employed for data collection was a questionnaire having three parts: the first part designed to determine the demographic profile of the patients in relation to the various demographic factors, the second to assess the perception of foreign and local patients and the third, statements to evaluate the hindrance factors of Kalari treatment.

**(i) Primary Data** - The primary data were collected through questionnaire from 60 respondents. Questionnaires and interview schedules were used for this.

**(ii) Secondary Data** - The study also made use of various types of secondary data including studies, reports and data collected by government and non-governmental organizations.

**C. Data Analysis Tools** - Statistical tools such as percentage, Mean score and ANNOVA Test were used for analyzing the data.

**IV. ANALYSIS AND INFERENCE****Table: 1- Demographic Profile of the Kalari medical Tourists**

Demographic distribution		Number of Respondents	Percentage
<b>Gender</b>	Male	33	55.00%
	Female	27	45.00%
Total		60	100.00%
<b>Age</b>	Less than 25 years	9	15.00%
	26 – 35 years	22	36.67%
	36 – 45 years	18	30.00%
	45 – 60 years	7	11.67%
	Above 60 years	4	6.67%
Total		60	100.00%
<b>Marital status</b>	Single	47	78.33%
	Married	13	21.67%
Total		60	100.00%
<b>Occupation</b>	Employee	16	26.67%
	Professionals	22	36.67%
	Businessmen	15	25.00%
	Retired	7	11.67%
Total		60	100.00%
<b>Income Category</b>	Rs.60,000 – Rs.1,00,000	18	30.00%
	Rs.1,00,000 – Rs.3,00,000	12	20.00%
	Rs.3,00,000 – Rs.5,00,000	13	21.67%
	Rs.5,00,000 and above	17	28.33%
Total		60	100.00%
<b>Educational qualification</b>	School	10	16.67%
	Intermediate	8	13.33%
	Higher secondary	14	23.33%
	Graduation	13	21.67%
	Post-graduation	9	15.00%
	Technically qualified	6	10.00%
Total		60	100.00%

**Inference** - Out of the 60 respondents about 55 percent of the Kalari treatment patients are men and rest belongs to female, 36 percent of the tourists are coming under the age group of 26 – 35, 78 percent patients are married, 36 percent of Kalari treatment patients are Professionals, 30 percent devotees are coming under the income category of Rs.60, 000 – Rs.1, 00,000, 23 percent of patients are educational qualification of Higher Secondary.

**Table: 2 - Analysis of the Kalari treatment factors to the foreign or local medical tourists**

Sl No.	Particulars	Local Patients	Percentage to the Total	Foreign Patients	Percentage to the Total
1	Unique treatment style	2	3.33	4	6.67
2	High concentration on rejuvenation	4	6.67	2	3.33
3	Cost of treatment	4	6.67	1	1.67
4	Availability of Kalari treatment experts	5	8.33	1	1.67
5	Less waiting time	3	5.00	4	6.67
6	Availability each stage treatment report	2	3.33	1	1.67
7	Accreditation	1	1.67	5	8.33
8	Duration of the treatment	5	8.33	3	5.00
9	Post treatment care	2	3.33	2	3.33
10	Availability of feasible packages	5	8.33	4	6.67
	<b>Total</b>	<b>33</b>	<b>55.00</b>	<b>27</b>	<b>45.00</b>

### Hypothesis-

**Ho** – There is no significant difference between the foreign or local tourists perception to the factors of Kalari treatment.

**H1**- There is significant difference between the foreign or local tourists perception to the factors of Kalari treatment.

### One Way Anova Calculation

Source	SS	df	MS	
Between Groups	1.8	1	1.8	F= 0.80597
Within-Groups	40.2	18	2.2333	
Total	42	19		

The f-ratio value is 0.80597.

The p-value is .381166. So the result is not significant at  $p < .05$ .

**Interpretation** - As per the analysis hypothesis was confirmed as there is significant difference between the perception of foreign and local kalari treatment patients to the factors of Kalari treatment.

**Table: 3 - Analysis of Indicators of Hindrance to the Development**

Sl No.	Main factors	SA	A	N	D	SDA	Total Score	Mean Score
1	High taxes	157	78	17	8	1	261	4.35
2	Absence of experts	127	111	37	3	3	281	4.68
3	Shortage of natural medicines	131	93	32	3	4	263	4.38
4	Nuisance by local people	76	89	45	12	5	227	3.78
5	Political Dependency	83	113	33	15	4	248	4.13
6	Lack of Govt. support	130	79	28	7	1	245	4.08
7	Costly to get accreditation	88	112	20	8	2	230	3.83

**Interpretation** - The result obtained from 60 respondents had been thoroughly analyzed and the output of the result had been clearly explained in this section with regards to view point of Kalari treatment patients towards the perception in regards to the hindrances to the development of Kalari treatment. As far as view point of Kalari treatment patients to the hindrances to the development 'Absence of experts' and 'Shortage of natural medicines' are the most considering factors. The least considering factors is 'Nuisance by local people' and 'Costly to get accreditation'.

### Findings -

- As per the study it is found out that foreigners and local people are depending on the Kalari treatment.
- The influencing factors of Kalari treatment are different to the local public and to the foreigners.
- According the analysis of the data which is collected from the respondents the prime indicators of Kalari treatment patients' absence of experts and shortage of natural medicines are the main factors which are adversely affecting the development of Kalari treatment.

### Suggestions -

- Kalari treatment is a unique way of treatment which is a legacy of Kerala, because of this reason government should take necessary step for the improvement.
- The factors influencing to the local public and foreigners are different, so special care to be given for both at the time of consideration and treatment.
- On the basis of analysis of indicators of development, it is suggested that the indicators like availability of experts and availability of natural medicine needs the special attention and promotion.

### V. CONCLUSIONS

It is learned that the ancient India was called as "Arshabharatha" that denote nation of monks. Prior to the coming up of the present stage of development of Science and technology, the acts pertains to the routine events were controlled as per their written guidelines. These guidelines and procedures to be implemented thereof are properly written on different materials according to their age/era such as stone, leaves, metal sheets, paper etc. Amongst these guidelines/

instructions on various events, advice towards different type of ancient and traditional treatment is a major highlight, and the Kalari treatment is one of those. The treatment is available particularly in Kerala, the state which is very suited climatically for the said treatment. Here in the state, ingredients required for making medicines such as herbals, natural oils etc are easily available. Another important fact that there is no side effect in taking this treatment. Though Kerala is a tourist hub, the treatment over here is very cheap in regard to rate of accommodation, food expenditure and cost of medicine etc. The other major factor is the availability of well experienced Kalari masters to detect the disease and treatment thereof. To conclude with, being this as an important treatment field towards the inflow of foreign exchange, the Govt. should come forward to extend more support towards the upliftment of this industry.

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