Chapter - VI
SUMMARY OF FINDINGS, SUGGESTIONS AND CONCLUSION
Tourism is a multi-product industry with strong linkages to other economic sectors. Mass Tourism has been a bane to the hosting communities, specially the third world countries, where adverse environmental impacts have been documented by social scientists as well as ecologists. Some such studies have brought to light cultural shocks, demonstration effect, irreversible damages to fauna and flora, crime and prostitution besides other similar dehumanizing influences.\(^1\) Kalarippayattu, being heritage tourism, has its own strong foundations which contribute to the social and cultural fabric of the society. Considering the importance of our tradition, The Kerala State Higher Education Council has directed five Universities in Kerala to develop programmes in Kalarippayattu and Ayurveda to attract foreign students as part of its India study Semester initiative. Phillip B. Zarrilli, after long-term research and practice in Kerala, teaches Kalarippayattu as part of the B.A. and M.A. (Theatre Practice) degrees at the University of Exeter, the U.K.

Major objectives of the study are: -to study the regional disparity in the spread of Kalari units in Kerala, to examine the problems faced by Kalari units in Kerala, to examine the recent trend in Kalari treatment, to assess the cost-

\(^1\) Cultural tourism and heritage Management, Shalini Singh(1994)
effectiveness of Kalari treatment, to examine the contribution of Kalari activities to Health Tourism, and to propose measures to revive Kalari units in Kerala.

**Hypothesis of the study**

H1 : There is no regional disparity in the spread of Kalari in Kerala.

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.

The present study examines the problems faced by Kalari in Kerala and analyses the perception of Gurukkal (Practitioners), students and tourists towards this Health generating centre. Financial problem is the most important one faced by any Kalari in Kerala as it restricts their development and diversification. The minimum finance required for the construction of a Kalari with practicing and massage area is Rupees twenty lakhs (Lakshmanan Gurukkal, Hindustan Kalari, Calicut). It includes the cost of wooden and metal weapons. Realizing the research gap from the review of literature on empirical studies conducted in the Kalari field, the study has been undertaken.

The present study is empirical in nature and has used both primary and secondary data. Primary/Secondary data were collected from 246 active Kalari in the three districts of Kerala, namely Thiruvananthapuram, Kannur and Kozhikode with highest frequency of Kalari. At the time of data collection 548 Kalari students and 202 tourists (domestic and foreign) were also selected for primary
data collection. Tourists were in the Kalari for Martial Art as well as treatment. Secondary data were collected from the magazines, newspapers, websites etc.

For descriptive analysis of the collected data, statistical techniques like ratios, percentages, averages, Chi-square tests and F-tests are used.

6.1 Chapter-wise Summaries

The first chapter covers the evolution of Kalarippayattu, Role of Kalarippayattu in Buddhism, statement of the problem, Scope and Significance of the Study the objectives, hypothesis of the study, sources of data collection analysis and limitations of the study.

An earnest attempt is made in the second chapter to collect literature about health tourism, prevailing types of tourism, martial arts and its uses, Kalarippayattu and Kalari treatment.

The purpose of the third chapter is to introduce the strength and beauty of ‘Kalari’, a Kerala Heritage. The main contents of the third chapter are historical importance of Kalari and its role in protecting and empowering body, structural features of Kalari, how heritage tourism is blended with Kalarippayattu, significance of Kalaripayattu, Kalari Treatment and influence of Kalari on Kathakali.

Contribution of Kalari to Health Tourism is dealt with the fourth chapter. The responses of Tourists to Kalari is analysed in this chapter. The benefits of cultural heritage tourism and Push and Pull Factors in Health Tourism are also explained in this chapter.
The fifth Chapter discusses the responses of Kalari Gurukkal, students and practitioners for whom the level of consumer satisfaction from Kalari is attained through increased beauty, fitness, stress management, power, analytical intelligence and value-orientation. This chapter analyses the data collected from 246 Kalari and 548 students with different statistical tools such as t-test, chi-square test, correlation and mean score.

Chapter-wise Summaries - Findings, Suggestions and Recommendations are included in the sixth Chapter. Suggestions to Kalari Gurukkal and to Government are recorded separately.

6.2 Findings

Cultural resources include places that provide for entertainment, health, sports, and religion. Health spas, centers for physical fitness, weight reduction and special medical treatment become travel objectives for many travelers. Tourism development can be measured with government statistics but the forecast may not be accurate. Tourism is a multi-faceted variable and so difficult to measure and make decisions. As per the Kerala Kalarippayattu Association/ Kerala Sports Council records, 549 registered Kalari existed in Kerala as on 31st March 2011. Out of these 373 (67.94%) Kalari are active and 176 Kalari are non-functioning on that date. Sample size constitutes 246 out of 549 Registered Kalari in Kerala. Sample Kalari were from Thiruvananthapuram, Kannur and Kozhikode districts which have the highest frequency of Kalari in Kerala.
Hypothesis H1 is rejected as the Correlation coefficient between the percentage of Kalari and percentage of population is low (33.8%) between spread of Kalari and population percentage (Table 5.26). The Hypothesis H2 is accepted since the data collected establishes the fact that Kalari activities contribute towards Health Tourism. (Table 5.9.1). Mean score and Textual sources support the hypothesis.

Analysis of data reveals that Kalari treatment is cost-effective when compared to Ayurveda and Allopathy forms of treatment (Table 5.24) and hence the Hypothesis H3 is rejected. Kalari treatment is proved to be cost-effective as it uses Marma treatment as well as Uzhichil.

Hypothesis H4 is rejected (Table 5.19), there is significant difference in overall opinion about Kalarippayattu among male and female students.

In Kalari, Male Female ratio is 77: 23. Now the number of women practitioners and students is gradually increasing as Kalarippayattu is a self-defence technique. 75 per cent of students belong to the average age-group of 21-30. 65 percent of Kalarippayattu students have higher secondary or Degree as their basic educational qualification. Kalarippayattu is a value-oriented martial art as it enhances physical, spiritual and mental health of the practicing student. Bondage between students and teachers, so enthusiastic in their profession, result in tolerance of low pay by the Gurukkal. The separation of pay satisfaction from job satisfaction is the result.² The dedication of the numerous masters of Kalarippayattu is well appreciated by their disciples. On an average a term of five

years is taken to learn all aspects of Kalarippayattu. But the mental alertness of a student and the expertise of a Guru to teach unreservedly are the prime factors.

Nearly three-fourth (74%) students in the sample inherit Kalarippayattu from their fathers. Kalarippayattu and treatment are learnt in the family background and easily applied in the family Kalari. Brothers and sisters get involved in Kalari profession and this will result in added advantage. The children can start learning from an early age and become a full-fledged Gurukkal at the age of 25 years. Some can acquire the knowledge within months through constant ‘daily’ practice.

Physical fitness and self-defence are the two important reasons for choosing Kalarippayattu. Students practice in wooden weapons as well as metal weapons. Nearly half of the students are of the opinion that Kalarippayattu gives relaxation to the mind as well as body. 58 per cent are satisfied with Kalarippayattu as a martial art. Cent per cent students in the sample are definite that Kalarippayattu is the best Martial Art for body-mind-intellect integration. Kalari students assert that Relaxation, Rejuvenation and Stress-relieving programmes are enjoyed by domestic as well as foreign tourists according to their period of stay in Kerala. All these will contribute towards the perceptible surge in the Health tourism front. Kalari, together with Ayurveda therapy, has resulted in the emergence of a unique stream noted for its most efficacious formulations, treatment protocols, therapies and procedures.

6.2.1 Gurukkal Responses

Establishment of Kalari is a costly affair. Government subsidy is not provided either for promotion or renovation of Kalari. The reduction in the
number of establishment of Kalari in the last decade [2001-2012] from 84 to eight kalari is notable (Table 5.27). The main activity of a Kalari unit is Uzhichil, Manufacture of Medicine, Martial Art and Marma Treatment. 66 per cent of Kalari concentrate on Uzhichil. Around four-fifth (79%) of Kalari manufacture and market medicine. Martial Art, being the most important activity in a Kalari, 77 per cent of Kalari has Martial Art coaching. At present domestic students and foreign students are in the ratio 63:7.

More performing students [55.69%] enter Kalari to acquire physical flexibility because dancers, actors and Kathakali artists find it beneficial to master Maithozhil within one or two years. *Kalarippayattu provides an ideal holistic education model with the body at the centre.* It instills a sense of discipline in its students and practitioners. 60 per cent of Kalari provide rejuvenation therapies, medical and marma treatment. Yoga and meditation training is given in 74 per cent of Kalari. 67 per cent of Kalari give coaching in schools and treatment at Marma hospitals. Vyasa Vidhypeedom, Kallekad, Palghat, Mookambika Vidya Nikethan, Mannarcad are prominent among the schools. Special Marma Treatment hospitals are Sreerangom C.V.N Kalari Hospital, Chambakkara, Kottayam, Jai Sankar KJV Kalari & Ayurvedic Research Centre, Kottayam and V.K.M Ayurjyothi, Akkikavu, Thrissur. In 97 per cent of Kalari, Gurukkal give more importance to Kalarippayattu as a security measure. Many districts in Kerala are coming forward with Martial Art technique which makes girls and women competent in self-defence. Foreign tourists in Kerala also admit that Kalarippayattu is a wonderful self-defence mechanism.
6.2.2 Responses of Tourists

Nearly two-fifth (38%) of tourist respondents were students. They are eager to learn this powerful martial art which can be applied in many fields. Dancers, performing artists and people who need flexibility of the body practice Kalarippayattu in order to make their profession extra-ordinary and exemplary. 72.77 per cent of students belonged to domestic category. Foreign tourists need security and hygienic conditions. Kerala Tourism Department targets to attract 30 lakhs foreign tourists and 180 lakhs domestic tourists to the State by 2021.

Half of domestic/ foreign tourists visit South India, especially Kerala, to learn about Kerala heritage. Ayurveda treatment, Yoga, Kalarippayattu and many festivals make the land of Kerala a wonderful heaven, truly God’s Own Country. 30 per cent tourists explain their purpose of visit to Kerala as to learn Kalarippayattu as a Martial Art. Performers and dance/ drama artists learn this martial art for physical fitness and find it highly useful in their art-forms. Many specialty treatments form part of Kalari treatment such as Arthritis, Spondylitis, Sports injuries, neurological problems and general weakness. Kalari can be profitably used in all rejuvenation/ spa centres. Many Kalari masters want to introduce this basic martial art of Kerala as a part of school curriculum. These findings assure that Kalari has far-reaching impact on the society. Quality and capacity of air, road, rail and water access and connectivity infrastructure is substandard and services unreliable; urban environmental infrastructure at tourism destinations is poor; tourist infrastructure such as toilet, parking, lighting, directional signage and interpretation at major cultural heritage sites is largely
absent, and site conservation practices are non-existent. The above mentioned factors delay the development of Health Tourism in Kerala.

6.2.3 Major Findings

1. **The society is accepting Kalaripayattu as a major Martial Art for Health care**

   To realize one’s own personality through the moving body, in interaction with others, seems to be the most important benefit of Kalaripayattu by actors and acting students. Physical and mental health can be improved through Kalaripayattu. Shadadhara Chakras are related to the hormone producing glands in the body. Kalari Uzhichil augments the secretion of these glands, thus improving the function of Chakras in the human body.

2. **Kerala society is emerging as a good destination for tourists**

   The Kerala State has been named as one among the world’s 10 best destinations for taking the family for a holiday in 2014. The Lonely Planet award for the Best Family Destination was bestowed upon Kerala at the World Travel Mart in London. (The Hindu dated 9-11-2013). This will provide a significant opportunity to target higher growth figures for Kerala Tourism in the coming years. Most of the Gurukkal opined that their activities are not funded and not even encouraged by Government departments. Many tourists are coming to Kerala mainly to learn Kalaripayattu. Countries like Singapore and Malaysia are providing Tourism maps and CDs to the tourists at the point of entry /airport or Tourism Information Centre so that they can decide on destinations. However, this is not done at the International Airports in Kerala. Lack of information is an impediment in the promotion of Health Tourism. Now Kerala Tourism got tied up
with GOAIR. Memorandum of Understanding (MOU) with GOAIR for discounted fairs for tours to Kerala launched.

3. **Kalarippayattu has a direct bearing on development of Kerala’s art and culture**

   It is obvious that Kalarippayattu, as a highly developed martial art and as an extremely popular physical-cultural activity, had a direct bearing on the development of Kerala’s art and culture. It is an age-old tradition, martial and healing art, now used by dancers and performers. The influence of this Martial art is seen in almost all performing arts and many foreigners are coming to learn Kalarippayattu as a method of self-defense, choreography and health tourism. Festivals are social and cultural stages for traditional arts like Kalari demonstration. Kalari culture heritage can be seen in almost all performing arts of Kerala such as Theyyam, Thira, Kanyarkali, Velakali, Kummattikali, Margamkali, Kathakali, Patayani and Mutiyettu which have strong relationship with Kalarippayattu. **Poorakali**, a traditional folk dance form, prevalent in the extreme north of Malabar, has two distinct and diverse aspects – one intellectual, the other related to dance and physical culture. The direct influence of Kalarippayattu exercises is evident in the movements of the poorakali artists. This performance requires good physical control which can be acquired only through Kalari training.

   Most of the early performers of Kathakali were well-versed in payattu. They were the most preferred natural choice as they had already developed the stamina required for the all-night performance of Kathakali. A Kathakali practitioner should have physical flexibility acquired through regular practice.
olden days, Kathakali artists were selected from soldiers well trained in Kalarippayattu.3

The ritualistic folk art forms of Theyyam and Thira which are peculiar to Malabar have deified some exponents of payattu including Payyamballi Chandu, Thacholi Othenan and Kaari Gurukkal. The foundation of Theyyam rests completely on Kalarippayattu. Theyyam and Thira focus on the cultural rather than the physical aspect of payattu. Theyyam heroes appear with weapons like sword and shield and urumi. They can perform hero characters only after acquiring sufficient flexibility with uzhichil at a very early age and master maipayattu and martial art from a Kalari.

The vibrant yet graceful movements of Kolkali bear striking resemblance to those of payattu. While dancing to the tune and rhythm of music, the kolkali performers wield the short-staff just like payattu. Their forward and backward movements, the way they lift their legs and body movements are identical to Maithozhil. Recorded evidence show that Kolkali was once practiced inside the Kalari in Payyannur (Malabar).

4. Kalari has great importance in medical treatment

Treatments have a great importance in the Kalari system as the training in Kalari can cause accidental injuries because of the use of weapons. The Kalari teachers are well versed with ‘Uzhichil’ (Massage, Ayurveda, Marma treatment, preparation of Herbal medicines and oil preparation). Many people go to Kalari Gurukkal with their health problems. Gurukkal treat fractures, dislocations, bruises and swellings. Kizhi is an effective treatment with hot

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3. Dr.K.P.Narayana Pisharodi (1989)
pouches containing herbal powder applied on the body. This procedure is mainly used for treating arthritis, swelling, Spondylitis, sports injuries, etc. Kizhi in the treatment can be of different types such as Podikizhi, Manjalkizhi, Elakizhi and Navarakizhi. Many tourists are coming for Marma treatment and Uzhichil mainly from the U.S.A and U.K. The U.K is among the most important markets for Kerala Tourism with tourist arrivals from the country touching 1.5 lakh in 2012.\textsuperscript{4} According to Dr.Augustine of Lakeshore hospital, Cochin, the costs are at least less by 30 per cent across the board. This cost advantage makes Kerala a powerful Health Tourism destination.

5. **Kalari has significantly contributed to various dances and performing arts**

Kalariippayattu has contributed to various dance forms of Kerala. The Classical dance-drama Kathakali is so much indebted to Kalariippayattu. In the modern times – many Indian choreographers have relied on Kalariippayattu training and use its vocabulary as an inspiration for their work. The health benefits of Kalariippayattu include flexibility and consciousness to the body. Wearing a kachā is important for breadth control and control of the body’s energy. Kalariippayattu, which is a neutral form, has contributed as such to other performance forms. There are many postures and movements in Kathakali, which are recognizable as elements from Kalariippayattu. *The transformation of these ingredients from a neutral form into the performance form of Kathakali or other performances occurred when a new principle was introduced into the*

\textsuperscript{4} The Hindu dated 9-11-2013, page-8
Kalarippayattu form. Every contemporary artist is looking forward to an endless exploration of Kalarippayattu for theatre practice.

Almost all dancers have been injured on the dance floor at some point or another in their dancing life. When a dancer does not know which movement causes strain on what muscle, or does not know how much to push the body, or indeed is unaware of how to use his or her body while experimenting with a new vocabulary, then injuries are likely. Dances like Bharatnatyam, Mohiniyattam, Ballet all need flexibility attained through Kalarippayattu and Uzhichil which take the dancer to perfection.

6. **Kalari can be used effectively for the promotion of sports**

The study revealed that no Kalari Gurukkal is accompanying during sports events for treatment even though countries such as China, South Korea, Brazil and U.K effectively use it. Kalari treatment originated mainly for keeping the physical fitness of students and practitioners inside the Kalari and as a first-aid for injuries. This can be extended to sportsmen in India by providing on the spot first-aid and send him back to the field. The problem of Indian sportsmen regarding lack of confidence and core competency can be solved with Kalarippayattu.

7. **It is necessary to promote the Kalari culture with more emphasis on school children**

Children are the assets of any nation. They should get proper nourishment at the very young age. The Kalarippayattu is considered as a system of health and physical fitness for students. Spiritual health, mental health and emotional health can be achieved through the practice of Kalarippayattu. For the development of

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Veenapani Chawla, Adishakti, performing artist.
Kalarippayattu and the related tourism, the Kalari Gurukkal and the Government should make a combined effort to standardize the techniques and medicine. Present generation of students and Gurukkal are working together for the development of Kalarippayattu.

8. **It increases the power of self-defence**

The Mararikulam region in Alapuzha district of Kerala State is setting a model for the State by making women and girls capable of self-defence. In March 2013, the Kudumbasree’s State leadership has appreciated the programme and it will be introduced in panchayats across the State soon. The proposal was to include Kalarippayattu or Karate in the programme, according to the reports in The Hindu. In the Mararikulam south Panchayat, where the programme is being implemented in a more extensive way, 2,600 girls from five schools from the upper primary to Plus Two levels have been trained in taekwondo, a martial art. This training has improved the confidence of participants.

9. **It increases the physical, spiritual and mental faculties**

Marma Chikilsa in Kerala is centuries old. Marma treatment is done by Kalari Gurukkal. Marmas are the pressure points within the body usually close to the skin surface, where important nerves form junctures with muscle fibres, veins, bones and joints. Kalari masters are of the opinion that full understanding of the vital spots is possible only with knowledge of astrology. The heart of the vital spots is time and time is ultimately controlled by the stars. One’s prana-vayu is constantly circulating throughout the body with Amrita nila, in accordance with the waxing and waning of the moon. Due to the life-threatening nature of

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6. The Hindu dated March 9, 2013
knowledge of Marma (vital spots), such knowledge has always been secretive, taught last in training, and given only to students in whom the master has complete trust. Due to its deadly nature, Marma chikilsa (treatment) is not widespread in Kerala. Marma Therapy contributes to increase or recharge physical, mental and spiritual energies. On the physical level it helps to revitalize the body tissues; at cellular level, it improves the vital functions like digestion, respiration, blood circulation and excretion. On the psychological level it improves the mental faculty by directing it in the positive direction. On the spiritual level, reasoning of mind, regulation and transformation of thoughts in positive direction helps to concentrate towards the ultimate goal of life. Yogasanas have specific effect on the Marma points in the body.

10. **There is less effort for integrated work**

The Kalarippayattu Association and Sports Council are not taking adequate measures for the promotion of Kalari in Kerala. The Organizations are not taking effective measures for the integrated working of Kalari system.

11. **Students find it difficult to practice Kalarippayattu**

Students find it difficult to attend Kalarippayattu practice every day because of their enormous syllabus at school. That is the reason for increase in the percentage of drop-outs. Even then, considering the importance, Kalarippayattu is becoming a popular Martial Art.

12. **Trainers are not properly trained due to technical reasons**

Some Kalarippayattu trainers are not properly trained. They get Kalari training for a short period and start classes of their own, which will impair the
quality of Kalarippayattu. Kalarippayattu Gurukkal should be like an ideal student eager to understand Marma treatment, Medicine, Ayurveda and Mantras.

13. Kalari can solve psychological problems of students

The present nuclear family system affects the quality of family relationship which is dangerous for the character development of children. They lack will-power, mental control, security, psychological satisfaction and readiness to help others. Kalari students could acquire all these qualities through avid relationship with Gurukkal, which is not found in our present educational system. Kalari students hardly take any intoxicants and hence the chances of development of bad habits connected with them are reduced. This has a good impact on the development of the character of students.

14. Kalari is a good destination for Health Tourists

Most of the Kerala Tourism websites and tourism destinations are not designed in an effective manner to attract tourists with the information regarding health practices inside the Kalari. Relaxation, Rejuvenation and treatment therapies such as Sukha thirummu, Kacha thirummu and Raksha thirummu imparted in the Kalari provide a total health solution for lymphatic system parallel to blood circulation.

15. Timing of training is chosen based on health grounds

Normally Kalarippayattu is practiced during early morning and evening when sunlight is available inside the Kalari and is not severe. This is to prevent skin diseases like fungus and make the Kalari floor disinfectant. Students cannot change the timing according to their need as classes should be completed before it becomes hot.
16. **Kalari reduce obesity which is a chronic problem**

Kerala State stands second in obesity. This affects the efficiency of the people adversely. Fat reducing measures in the Kalari is a specialty treatment for this purpose. Obesity is usually reported in terms of body mass index (BMI) and abdominal obesity in terms of waist circumference. Obesity reduction is imperative in school children, police and people who lack exercise.

17. **Kalarippayattu insulates against personal insecurity**

Kalarippayattu, being a self-defence mechanism, provides insulation against the fear of insecurity. With the turbulence produced by the outgoing senses, the mind will naturally lose its peace and stability. Instead of allowing the senses to over power it, the mind must be equipped to overwhelm the senses. Then only the fear will be under control which can be attained through Kalarippayattu practice.

### 6.3 Suggestions

Government of Kerala should come forward with various measures to protect Kalari as a heritage. The Kalari practice in Kerala contributed many heroes to our society like Kottakal Kanaran Gurukkal, C.V.Narayanan Nair and Chirakkal Sreedharan Nair. These masters contributed to our Martial art, Kalarippayattu, and Treatment therapy which triggered development in the health tourism sector.

#### 6.3.1 Suggestion to Kalari Gurukkal

a. Kalari should improve their structure. Most of the Kalari have thatched roof which requires maintenance every year. Gurukkal find it difficult to get time and money for repairs of this kind of
temporary structure. A structure which lasts at least for five years without maintenance is necessary.

b. First aid should be provided inside the Kalari for any accident such as fractures, bruises, injuries and dislocation during Kalarippayattu training. Most of the minor injuries and dislocations are treated by the Gurukkal. This will increase the confidence and security feeling of the students coming to the Kalari for practice. The risk associated with Kalari training may reduce the number of student enrolment.

c. Medicine should be standardized. All Kalari medicines should have the label with composition or formation in order to increase the acceptability and export.

d. Gurukkal should have proper knowledge in all aspects of Kalari. Some Kalarippayattu practitioners are not genuine or authentic and they have no acceptability as a good teacher/performer. However, unlike in Kerala, a martial art practitioner in U.S should have complete knowledge about Marma points and get an eligibility to conduct classes there.

e. The Kalari Martial Art should be popularized with more advertisement and clean practice area. Massage area with hot/cold water taps, neat toilets and spa facility will increase the number of foreign tourists. The future of Kalari is dependent on traditional system combined with more infrastructure and clean practice area. A picnic spot can also be provided near the Kalari.
f. Kalari wing to be started with hospitals - Many hospitals in Kerala have Ayurveda wing. Kalari massage and Marma treatment can be provided in hospitals profitably. Integration of Kalari- Yoga- Ayurveda in hospitals will bring synergy to the institution and more health tourists can be attracted. A sports hospital at Thrissur with state-of-the-art facilities including MRI scan, synthetic track and library is under construction. Kalari marma treatment also should be part of such treatment as it is the best sports medicine. Effective treatment available in Kalari for health and fitness problems can be utilised by Government hospitals as sports injury treatment is a specialty in Kalari.

g. Institutions like temples can start Kalari- Many Kalari in Kerala are established near temples. Although the Kalari system was an offshoot from the Hindu way of life, it was shared by all people, irrespective of caste and religion, as a common legacy. Worship Kalari remaining in Kerala can be transformed into Martial Art centres.

h. Kachakettal is part of Kalari training. Gurukkal should see that this is followed by new generation students as Kacha is believed to be the protector of one’s prana, the life force. A person who is seriously wounded will succumb to death only on the removal of kacha.

i. During 1804-1947, the possession and use of weapons were banned by the British which resulted in denial of Kalarippayattu
to the men and women who lived during that period. The slow journey of its revival started with the Swadeshi Movement and efforts of K.Kelappan and payattu masters like Kottakal Kanaran Gurukkal and C.V.Narayanan Nair. It is the duty of present Gurukkal to revive non-functioning Kalari units and integrate this Martial Art with foreign technology. The attack-defense methods used in karate and kung-fu can be easily studied with Kalarippayattu knowledge.

6.3.2 Suggestion to Government

1. Pension scheme for all Kalari Gurukkal to be introduced.
2. Recognition such as ‘Veerasree Award’ for deserving Gurukkal to be declared by the Government.
3. Kalarippayattu in school/college curriculum will help the student to develop good culture, discipline and physical fitness. Necessary steps should be taken to start martial arts courses at both graduate and post graduate levels in Universities in tune with what is followed in University of Exeter, U.K. Theatre performance, Dance-drama and cultural demonstrations can be added as optional subjects. Uplifting Kalari to International standards with new technology and integration with foreign Martial arts is imminent.
4. Good teachers to be appointed and approved with ample remuneration. Kalari masters should know all aspects of
Kalarippayattu. This is only to keep away unqualified persons from becoming Masters and spoiling the martial art.

5. Training to Kalari teachers should be given since training is mandatory in teaching of any art/subject.

6. Publicity required - Future projects to be undertaken include faculty and student exchange programmes, institutional collaborations for teaching and research, exposure to diverse teaching-learning models and enhanced use of Information and Communication Technology (ICT).

7. Standardizing the fees of Kalari Students - Standardization always leads to quality and trust in the system. Kalari fees from poor students should be waived and the government should reimburse the same.

8. Financial aid very important - The government should provide financial aid to Kalari just like providing financial aid to schools. Finance is required at the time of starting, renovation and diversification of Kalari. The World Travel Mart, London showcased the Kerala State as ‘Home of Ayurveda’ and hundreds visited the pavilion during the four-day event. Kalarippayattu and Marma Treatment also should be displayed in the WTM pavilion so that many health tourists can be attracted to Kerala.

9. Government should take all efforts to include Kalari in the World Heritage List just like Western Ghats. This will enable the Kerala Government to receive funds from UNESCO which can be used
for the development of Kalari in Kerala. Kalari in Kerala promote
Martial art Kalarippayattu, physical fitness for performing artists
and Marma treatment. This will ultimately improve the health and
reduce medical expenses from Government exchequer.

10. Girl students in Wynad (Pulpally Kalari) get stipend for
Kalarippayattu classes. This can be extended to all the girl
students in Kalari in other districts also. During these days of
increased violence against women the girl child learning a self
defense mechanism through Kalarippayattu is definitely good.

11. Government regulation to be enacted on fixing the minimum
qualification required for starting a Kalari by the Gurukkal.
Unregulated Kalari system is a danger to the society. Kalari
Gurukkal should have adequate knowledge in payattu as well as
treatment. Otherwise it will affect the dignity and reliability of the
system.

12. The Bluetooth Kiosks proposed to be set up by the Government
of Kerala Tourism Department should include route map to
important Kalari. The new technology like the gesture-controlled
feature on the web-site plays an important role in linking
destinations with the people. The website can highlight the
powerful movements of Kalarippayattu and different treatments
available even before they arrive here.

13. Kalari demonstrations are being staged during Onam festival and
cultural attractions with annual Kalari festival. Keralotsavam
conduct districtwise competitions for Kalarippayattu. Kalarippayattu, being the tradition of Kerala State, can be profitably used by Kerala Tourism to attract foreigners, for general and specific advertisement on health products. This can be extended to monthly or quarterly Kalari Festivals so that many tourists get attracted to the event. Competitions can be arranged by the Sports Council of India in order to motivate the participants. District/ State/ National level tournaments should be arranged for every item in payattu.

14. Martial Arts are effectively used in the promotion of Sports by other countries such as China, South Korea, Brazil, U.S.A, U.K and Russia. India also has to make use of ‘Kalari’ (the Mother of Martial Arts) in the promotion of sports since it enhances mental power, self defence and concentration.

15. Kalari tours can be conducted to Heritage sites for the development of tourism circuit. Karinthalam (Neeleswaram), Cheerappanchira, Mayyazhi, Kuruvakav and Dharmadam can be included in this tour.

16. Kalari can influence the production of action and historic films. Bruce Lee films in English, ‘Oru Vadakkan Veera Gadha’ and ‘Urumi’ in Malayalam could create an immediate impact at some kalari in the number of students beginning training. Similarly, Animations films using Kalarippayattu will attract the children
and create enthusiasm to learn more about different fighting styles in Kalari.

6.4 Healthy Practices in Kalari

- Sree Bharath Kalari established in 1948 in Valappattanam, Kannur, gives training to many school children and thus makes the younger generation healthy and disciplined. It participates in the Kalarivathikkal temple festivals. It is worth mentioning in this context that

- Hindustan Kalari Sangam Puthiyara, Kozhikode gives Ayurveda, Marma, Massage therapy for orthopedic and sports medicine ailments. This Kalari was founded in 1962 by Late Veerasree Sami Gurukkal.

- CVN Kalari, Nadakav, has sixty years of Ayurveda and Kalarippayattu tradition and combines Kalari massage with Ayurveda treatment. They have represented India in many international events on various occasions like festival of India in U.K, France, U.S., Russia, Germany, Switzerland, and Italy.

- Veda Kalari run by Suvrathan Gurukkal at Mullassery, Thrissur gives training including Yoga practice to many young students.

- Jai Sankar KJV Kalari & Ayurveda Research Centre run by Dr. Baiju Varghese Gurukkal at Puthuppally, Kottayam has Resident Ayurveda Doctor and Herbal Garden. Uncompromised purity of herbal medicines in the right quality and quantity makes the Kalari renowned in Ayurvedic field.
Thalassery C.V.N. Kalari started in 1926 by Kottakal Kanaran Gurukkal is still in existence with treatments like Panchakarma, sprain and back pain.

6.5 Recommendations

- All the Universities in Kerala can introduce Kalarippayattu in their curriculum. These measures make Kalarippayattu more popular among the foreign and domestic students. Globally compatible academic credit systems and curricula internationalization are under consideration. These steps are to be augmented.

- There is a special thrill of going to a new environment in a foreign country with the learning experience of different cultures. The charm of a new society is missing in a local situation. A visit abroad is highly entertaining. That is why many foreign tourists are coming to Kerala to experience our heritage. Kalari students can visit other countries for cultural interactions and study of Martial art.

- Ottakol and other weapons that are used in Kalari should be marketed through sports goods shops.

- Difficulty to study Martial Art along with school curriculum. Students find it difficult to attend Kalarippayattu practice everyday because of their huge syllabus at school. So this can be introduced in their school syllabus.

- Kalarippayattu, being the Mother of all Martial Arts, should be included in State and National events. It should be a part of the sports of other States. Then only it will get recognition as a national event. This can be
included as an Olympic event only when the Game is conducted in India.

- At the college and university level, the Government should start performing arts departments that offer practical and theoretical modules for Kalarippayattu. A Kalarippayattu wing can be attached to the institution in order to increase the body flexibility and concentration of the mind. Five Universities in Kerala are expected to launch Kalarippayattu/Ayurveda courses by the academic year 2014-15.

- Extremely restricted diets may cause nutritional deficiencies and the person cannot be productive. Some valuable time is to be spent on improving the self along the way. Physical fitness can help us experience and participate in life more fully. Respecting our body, treating it well, nourishing it and exercising it properly pays its own dividends. It instills discipline, creates body awareness and improves body intelligence and self-confidence.7

- The massage/uzhichil given in the Kalaris can be used for health tourism but it should not be misused for spas and sex tourism. Only Gurukkal with proper qualification should engage in Uzhichil.

### 6.6 Areas of Further Research

1. Kalari medicine can have innovative uses. This treatment provides widespread benefit for many diseases. New areas of Kalari treatment can be explored.

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7. The Hindu 18th August 2013.
2. Kalari and performing arts-- Kalari can be profitably used in the field of Drama and other performances. The possibilities of Kalarippayattu can be seen in New Generation Drama performances. Many vibrant dance forms can be created with basic Kalari steps.

3. Areas where Kalarippayattu can be used as a security/ self-defense technique.

4. Kalarippayattu as a Sports Medicine to improve the physical and mental calibre of sportsmen.

6.7 Conclusion

The Kalarippayattu rules and techniques can be kept in a common database, properly validate and place it on a central repository that can be accessed by interested persons. The data can be stored and updated by an authority like The Cultural Department for Tourism, Government of Kerala. Health Tourism with Kalarippayattu and Marma treatment is an important area in which technology can be combined for synergy. Kalari Uzhichil can be effectively used to improve the health of Indian sportsmen. For a Kalari practitioner, the physical vigor is contributed by Maipayattu and Kolthari. Angathari is mainly used for demonstration. Kalari masters and the Kerala Government should understand the way in which other physical art forms attained international heights, learn lessons from them, which the Mother of Martial Art, Kalari cannot dream even now.

We have millions of obese and overweight urban school children. Childhood obesity growing at an enormous rate needs urgent attention. Most of the children lack exercise and take the food in front of Television. Kalarippayattu
should be introduced in school curriculum and then only our young generation gets value-addition with formal education. Kerala state was at the second place in 2007 regarding male and female obesity. 24.3 per cent of male and 34 per cent of female fall under this category. 8

Health is provided by strength of internal organs, not by medicines or by food. Medicines and food can supplement Kalari practice. In a country with low capital formation and lack of investment facility of heavy funds in giant health projects, the Kalari system is the most suitable in terms of cost-effectiveness, low level of heavy investment and ease of starting with minimum infrastructure facilities. Further the personal, family, community, social and national values generated by Kalari through the Guru-Sishya relation is the urgent requirement in a State like Kerala where its cultural basis is damaged by the present system of education and liberal values.

In brief, Kalari provides a Total Personality Development of each individual in terms of physical, mental and intellectual faculties. Therefore it is extremely necessary for the Government and social organizations in Kerala to provide a deserving attention for the Kalari, encourage Kalari institutions in every village, include Kalarippayattu in the curriculum of educational institutions, promote Research and Development in Kalari techniques, Kalari medicines and Kalari systems of treatment. The need of the time is for the Government to finance the growth of Kalari adequately and ensure that the Kalari system is not misused by unscrupulous elements.

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8. Obesity in India from Wikipedia (2007 National Family Health Survey)