



Breath

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Arulmigu Pachaiamman Thirukovil: A Sacred Gem in Tiruvannamalai

Nestled in the northeastern corner of the sacred Arunachala Hill, the Arulmigu Pachaiamman Thirukovil is an ancient temple rich in history and spiritual significance. This hallowed site is believed to be one of the places where Goddess Ambal did intense penance in the form of Pachaiyamman.

Within the temple, you will find deities of Ambal's consort, Mannarsami, and her Guru, Gowthama Maharishi. The temple holds a special place as the family deity for many villages in the region. It attracts countless devotees visiting Arunachala, who come here seeking blessings and spiritual solace.

The temple has a fascinating connection to Bhagavan Ramana Maharishi, who once stayed here for six months and regularly did *Ennai Kuliya* (oil bath) in the sacred temple Theertham.

The temple priest is known for performing rituals to remove occult influences and black magic, while devotees worship Kathayee Amman here to receive blessings for having children.

During our visit to the temple, we experienced a unique sense of joy and innocence, reminiscent of how we felt during childhood. Truly, it was a deeply blessed and uplifting experience.



Members of EIS after a divine Dharisanam at the temple



Temple Theertham where Bhagavan Ramana Maharishi would visit



Siddha Healing for Tiruvannamalai's Elderly

Members of EIS participated in an initiative by Earth India Naturals to provide regular, free Siddha medicine and Varmam treatment to the inmates of an old age home in Tiruvannamalai. This home is run by Mr. Ramana Samy and is located in the Girivalam path



"Beautifully shared. The author's experience shows that seeking guidance from the "Mahaangal" during negative emotions naturally leads us to the spiritual path, helping us rise above them, and move beyond."

-Mouliswari S

Siddha Selections

A devotee's search for a Guru

The first to a series on the journey of a devotee. Filled with childhood curiosity, search, and a mighty hill.

This blog is written in the Tamil language. To read this in English, please select the translate feature on your browser.



PREVENTION OF SEASONAL VIRAL INFECTIONS – A SIDDHA WAY

Since December of last year, we have transitioned into the winter season here in India. The Siddha system recognises the natural impact of seasonal changes on the body. With each changing season, there is a possibility of disease. This is why the Siddhas have recommended *Kaala Ozhukkam* (Seasonal lifestyle modifications).

Viral outbreaks have become common in the recent years. This winter, it has been associated with symptoms like fever, runny nose, cough, body pain, fatigue, and headache.

According to Siddha, the more toxins accumulated in the body, the more symptoms we experience. Accumulated waste in the body melts in the warmth of the *Thai* (mid January to mid February) month. If this is not expelled, it leads to symptoms like respiratory infections or skin allergies.

In Siddha philosophy, health is the balance of body and mind. Follow these practices to stay healthy and avoid viral infections this season.

Do's

- Suitable mild purgatives like *Siddhadhi Ennei, Agathiyar Kadugu Rohini pills* may be taken as prescribed by a Siddha physician. This expels toxins that attract harmful viruses.
- To balance the temperature changes in the body, take oil baths on sunny days. Suitable days for men: Saturday, women: Friday.
- Sleep by 10 PM to enhance immunity.
- Eat only as per appetite to prevent digestive strain.

To Avoid

- Avoid milk, curd, sour fruits, and processed sweets. They increase *Kabam*, resulting in the formation of phlegm.
- Limit non-vegetarian food as it takes more time to digest.
- Reduce fried foods as they take longer to digest
- Reduce screen time and spend quality time with loved ones to counteract the negative effects of *Kabam*.

Remedies

- Combat emotional changes (fear, anxiety) caused by cold weather by using *Lavangadhi Chooranam* under medical advice.
- Drink *ajwain-jeera water* (1 tsp each boiled in 3L water, reduced to 2L) throughout the day.
- Have ginger tea in the morning, dry ginger powder at noon, and *Haritaki powder* at night to boost immunity.

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Upcoming Events

On the 15th of February, we are conducting a Siddha Brioception Access (SBA) program for the faculty of PSG College of Pharmacy, Coimbatore.



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WANT US TO CONDUCT A PROGRAM AT YOUR LOCATION?

Text us on 62 62 717 717, or click below to reach out via E-mail.

LET'S CHAT!

"The key to liberation is compassion to all living beings"

-Saint Ramalingam

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