

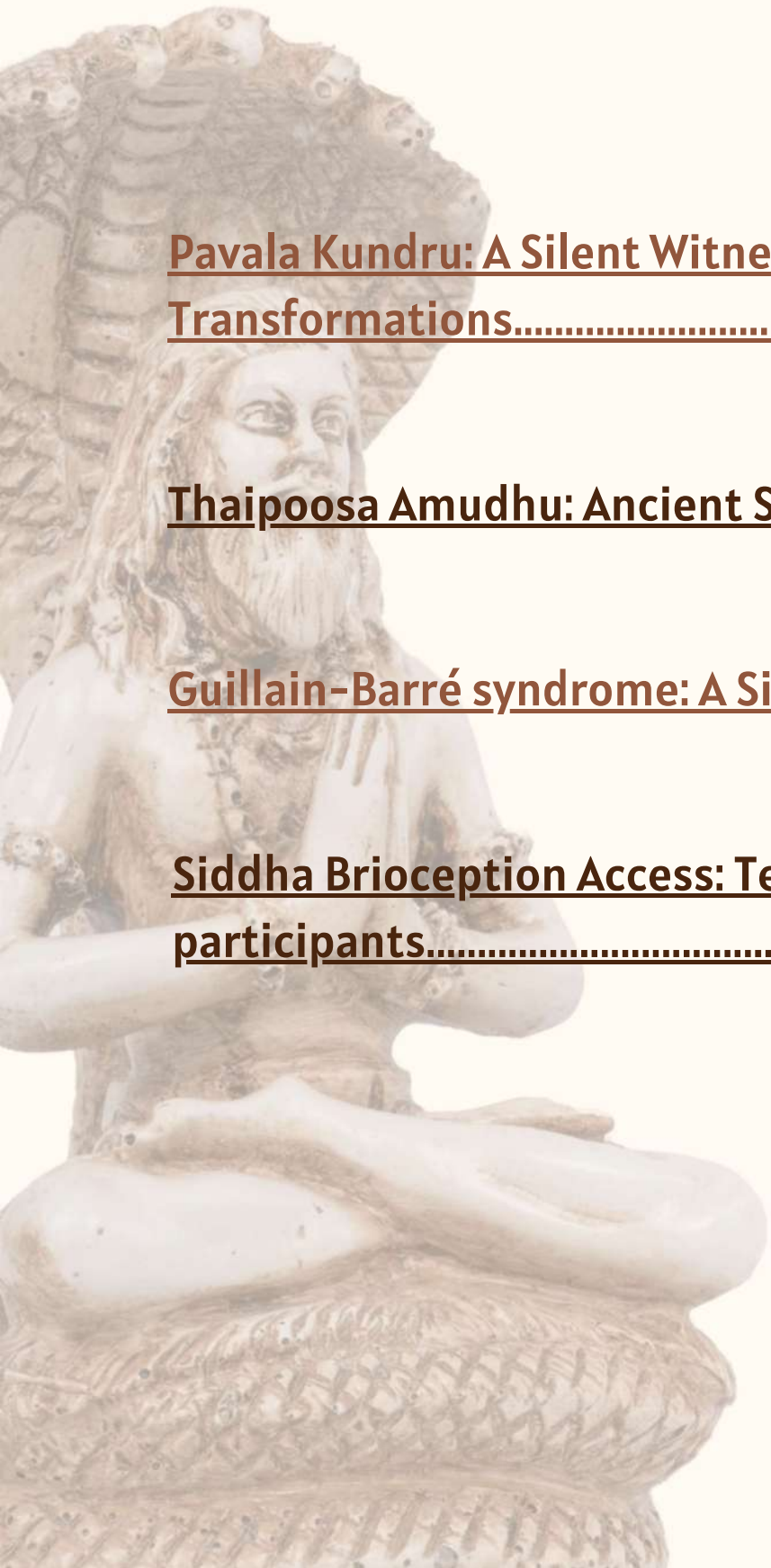
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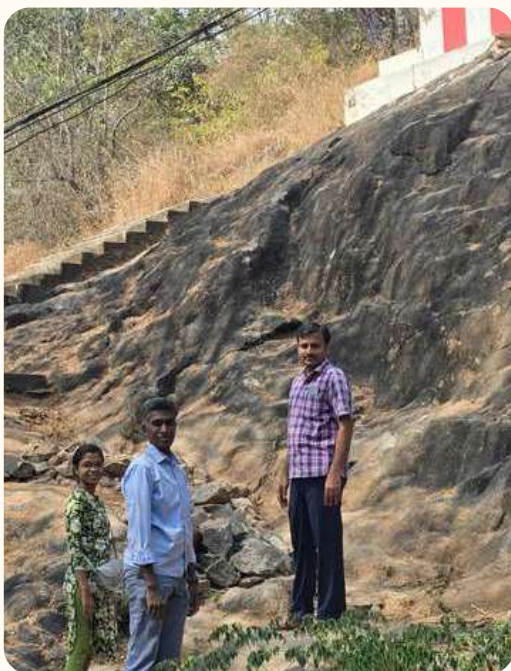
Breath

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Pavala Kundru: A Silent Witness to Sacred Transformations



members of EIS at the temple



The rocky hill leading up to the temple

Pavala Kundru, a small rocky hill in Tiruvannamalai, is located north of the Arunachaleswarar Temple, about 1 km from the main bus stand. It can be accessed through a narrow lane near the Durgai Amman Temple.

This temple is dedicated to Lord Ardhanareeswarar, the androgynous form of Lord Shiva and Parvati Devi. The sanctum houses the Ardhanareeswarar idol, Pavalagireeshwarar lingam, and the Mukthambikai shrine. This shrine features a unique cave-like space of about 3 x 3 feet. One has to crawl slowly to enter into the room. It is of the size where only three people can sit closely in lotus posture. This sacred spot is where Parvati Devi meditated. It is also where Bhagavan Ramana Maharishi meditated and imparted his first spiritual teaching to his mother in 1898. Presently, devotees are only allowed to enter this space with the permission of the temple priest.

For the devotees of Lord Shiva, it is the place of Goddess Parvati's penance to reunite with Him. Their union in the Ardhanareeshwarar form happened right here. Pavala Kundru is deeply connected to Sage Gowthama, who guided Parvati Devi in her intense meditation.

During our visit, we were guided by our Aasan, Palpandian Sir, to meditate on a rocky surface facing the Arunachala hill, to the right of the temple. It was a truly unique experience—a blend of wonder, grandeur, fulfilment, and peace.

powerful



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Thaipooasa Amudhu: Ancient Siddha Immunisation

Harnessing the Nourishing Power of Poosam in the Sacred Month of Thai



Benefits of Thaipooasa Amudhu



- Helps maintain good health
- Enhances immunity against diseases
- Improves cognition and intellect
- Enhances digestive power
- Removes bodily toxins

In Siddha medicine, there is a traditional practice of administering 'Thaipusa Amudhu' every month. This is done on the day of the *Poosam* star, starting from *Thaipoosam* in the month of *Thai*. It is a customary medicinal practice, mentioned even in ancient Sangam literature. This medicine is given to children from the age of 6 months to 12 years.

This year, during *Thaipoosam*, members of EIS participated in the administration of 'Thaipooasa Amudhu' for about 45 children. This initiative was organised by Earth India Naturals, in Dwarakamai Siddha and Varmam Clinic, Tiruvannamalai



Guillain-Barré syndrome: A Siddha Perspective

India has recently reported a surge in cases of Guillain-Barré Syndrome (GBS), raising concerns about a potential outbreak. While some reports have described it as a 'viral outbreak,' it is important to note that GBS itself is not a communicable disease and does not spread from person to person. It is a neurological condition marked by muscle weakness, pain, and, in severe cases, life-threatening complications. While its exact cause remains unknown, GBS is often linked to preceding bacterial or viral infections, medication use, and, in some cases, vaccination.

In our previous issue, we explored the seasonal patterns of viral outbreaks and their role in triggering various infections. According to the Siddha system, this season of *Vasantham* (spring) is a time where the previously melted *doshams* in our body, travel freely and reach all parts of the body. If these *doshams* are not eliminated at this time, any infection that occurs, can easily spread all over the body rapidly.

Certain lifestyle and dietary factors are believed to particularly exacerbate this pathology, including:

1. Consumption of deep fried foods
2. Intake of incompatible milk products
3. Exposure to contaminated water
4. Staying up late at night



With such factors, the pathology starts by first affecting the *Saara Thaathu* (the first of the seven bodily tissues), presenting in the body with the symptoms of fever. At this time, Siddha physicians usually advise taking medicines like [Mahasudharshana chooranam](#), or Sagalasura Kudineer if associated with body pains.

If the pathology is not broken at this juncture, it further progresses to affect the *Oon Thaathu* (muscle tissue) and the *Moolai Thaathu* (nervous tissue). This causes the manifestation of symptoms like muscle weakness, body pain, numbness, and the like, much akin to the symptoms of the currently occurring Guillain-Barré Syndrome. In such a condition, Siddha practitioners may administer more advanced therapeutics, including *parpams* and *chendurams* to treat the patient.

For those looking to safeguard their health during seasonal transitions, we encourage revisiting our [previous issue](#) for essential tips on preventing viral infections and maintaining overall well-being.



Siddha Briocception Access

Testimonials from our participants



"This looks different"

"Very much
Useful for day to
day life"

"I feel so well on
practicing the
steps and relieved
from stress about
my health"



"The class was really useful.
It has helped to reduce
stress, simple techniques,
well demonstrated and
practicing the same
everyday."

"My back
pain is gone
I am
planning to
do
everyday"

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"Whatever is destined not to happen will not happen, try as you may. Whatever is destined to happen will happen, do what you may to prevent it. This is certain."

-Ramana Maharishi

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