

MONTHLY NEWSLETTER OF EARTH INDIA SIDDHA

Breath

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Mulaipal Theerttham: A Sacred Site of Perennial Grace



The greenish waters of the Theerttham



A board at the entrance describes how the Theerttham was bestowed by Parvati Devi



Directions for nearby sites of spiritual significance



EIS at the Kaliamman temple

Tucked away on the southern side of the Arunachala hill, behind the *Pey Gopuram* tower of the Tiruvannamalai temple, lies one of the region's many mysteries — the Mulaipal Theerttham. This quaint pond, with its color-changing waters, has quietly drawn saints and seekers over the centuries, including revered figures like Ramana Maharishi and Gugai Namacchivayar.

We had heard much about the significance of this sacred site and decided to visit it ourselves. The Theerttham is located next to a small *Kaliamman* temple — the Sannidhi of Devi Parvati — where water from the tank is offered to devotees as *Theerttham* (sacred water offering). Speaking with the temple priest, we learned that although many stories exist, the origins of the name "Mulaipal Theerttham" remain uncertain to this day.

According to the Arunachala Puranam, there are 360 *Theerttha Sthalams* (sites of holy water) around the sacred Hill, and Mulaipal Theerttham is one that continues to guide and nourish devotees to this day. Its formation remains a mystery, but local lore says it was a divine gift to Gugai Namacchivayar from Parvati Devi herself.

In the 16th century, when Namacchivayar came to reside in a nearby cave (*Gugai*) with nearly 300 disciples, he is said to have carved out four Theertthams to meet their needs — one of which is the Mulaipal Theerttham.

Many saints who lived in Tiruvannamalai were known to frequent this pond. Bhagavan Ramana Maharishi, during his time at the *Palaamara Gugai* nearby, regularly bathed here. Even in the intense summer months, he visited Mulaipal Theerttham, drawn by its perennial springs that keep it filled year-round.

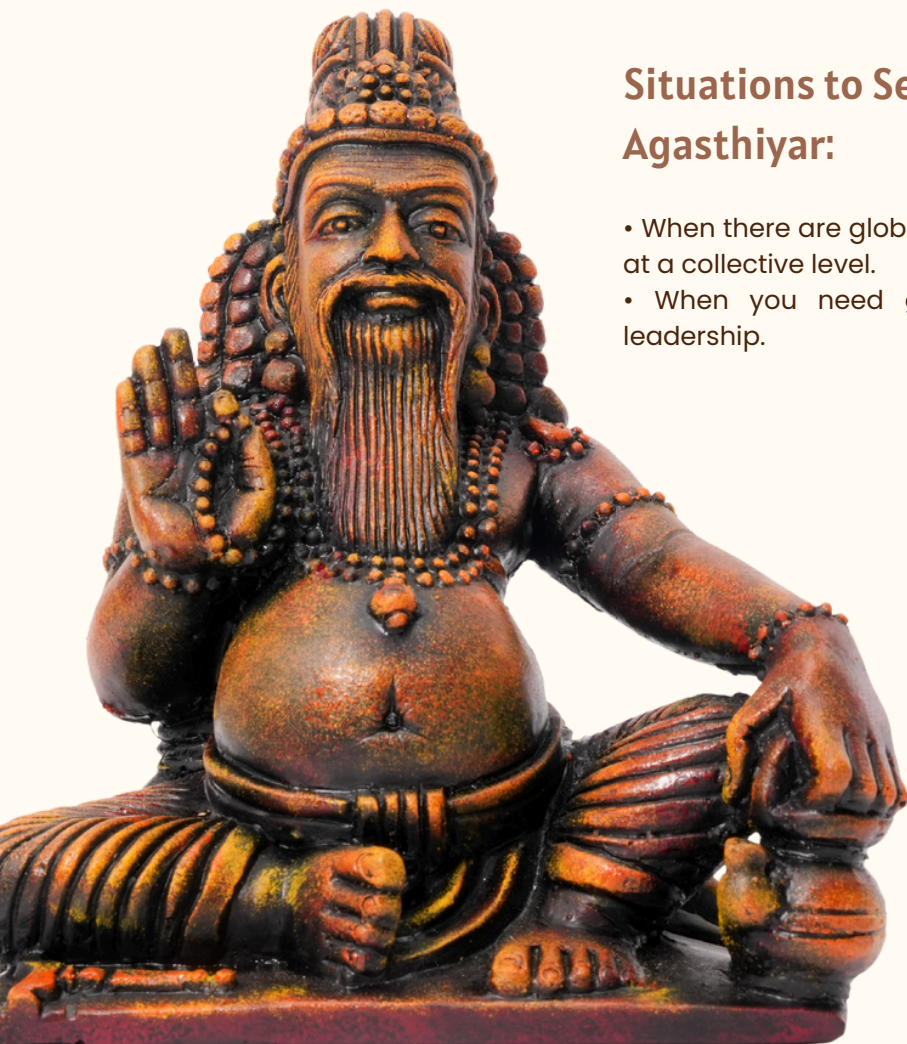
Yet many mysteries linger. Why does the water change color? How did the pond receive its name? We searched ancient texts, spoke with locals, and consulted temple historians, but answers eluded us.

Still, the sense of motherly care and quiet nurture we experienced here remains unforgettable. Perhaps some places are not meant to be understood, only felt — and Mulaipal Theerttham is surely one of them.

Agasthiyar: The Global Mastermind

This famous story of Siddha Agasthiyar portrays his strength and magnanimous presence, which was equivalent to that of the rest of the world. It was the day of Lord Shiva's wedding, and the whole world gathered at Mount Kailash to witness this divine event. Worried that the world would tip under the weight of such a large gathering, Lord Shiva sent Agasthiyar to the southern tip of ancient India to balance it out.

Sage Agasthiyar has always been a mastermind at planning and execution. The story of the Shiva-Parvathi wedding shows his compassion, as he puts the wellbeing of the world, over his own needs. His approach to problems always involved playful strategy, whether it's this story or the one where he tricked the demon Vathapi by consuming him. He is also known for organizing large assemblies and events to teach the divine significance of the Tamil language to other poets. Agasthiyar tackled such global issues with compassion for the world, utilizing his sharp intellect.



Situations to Seek Guidance from Siddha Agasthiyar:

- When there are global issues, and things seem out of hand at a collective level.
- When you need guidance in business strategy and leadership.

STATUE OF
AGASTHIYAR

Siddhars' Expertise in Minerology/Medicine

A clinical study on Appiraga Chenduram by Dr. Tejasri Joseph

Minerals play a critical role in a human's daily life. They are essential to maintain our body's physiological processes. Among the vast number of minerals, 13 of them are essential for health purposes. Though required in trace quantities, their deficiency will cause adverse health effects if not properly attended.

Ironically, our modern lifestyle is in favor of serious loss of essential minerals. It can be due to any one of the following reasons - poor diet, malabsorption, body's inability to utilise the minerals. Though the cause may vary, the impact of mineral loss remains the same. Common consequences include Osteoporosis, Anaemia, muscle cramps, weakness, enamel loss, etc. In many diseases of unknown etiology, mineral loss is seen to be one of the root causes.

Psychological stress is also a major cause for multiple mineral deficiencies. Using mineral supplements has become a widespread trend nowadays, especially Calcium, Magnesium and

Zinc. Each mineral needs one supplement, and we end up taking multiple supplements to balance the loss. What if one single medicine works as a supplement to many minerals and in addition treats many important diseases including Diabetes mellitus?

Appiragam (Mica), is a mineral compound, widely used in Siddha system of medicine since many centuries. It consists of Silicon, Selenium, Magnesium, Calcium, Potassium, and Aluminum in almost similar ratios. After proper purification process, *Appiragam* is made into *Parpam*, *Chendhuram* and *Kalangu*, which are different forms of medicine in Siddha. Being subjected to a series of methods of purification and incineration, 'Appiraga Chendhuram' is made, in an easily absorbable form.

The dosage for Appiraga Chendhuram is 100-150mg, twice a day. It is used to treat Diabetes mellitus, which is one among the most common and most prevalent lifestyle disorders. Not only Diabetes, it treats all the 21 types of *Megha Noi* which is an important classification of diseases in siddha pathology.

The Appiraga Chendhuram sample (manufactured by Earth India Naturals), was studied using advanced methods of Scanning Electron Microscopy (SEM), Energy dispersive X-ray Spectroscopy (EDS) and X-ray Diffraction (XRD), and the results proved the same. SEM analysis shows us that the medicine has nano dimensions. EDS analysis shows us that the compound consists of Calcium, Magnesium, Aluminium, Iron, Oxygen and Silicon. XRD pattern reveals to us that the average particle size is around 34.43 nm. We can conclude that the effectiveness of the medicine is high.

Appiraga Chendhuram is indeed a wonder medicine of Siddha system, and Siddha Medicine possesses so many such wonders.

Health benefits of certain minerals are:

- **Selenium** – supports thyroid function, boosts immune system, acts as antioxidant
- **Magnesium** – maintains blood pressure regulation and bone health
- **Calcium** – bone and teeth health
- **Potassium** – crucial to heart function and muscle contraction
- **Iron** – haemoglobin production, metabolism, immune functions

In Rhythm with Nature, in Tune with Ourselves

How Our Ancestors Fought Seasonal Viruses

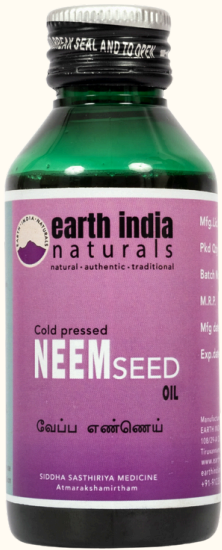
The Siddhars, revered ancient Tamil sages, viewed the human body as a microcosm mirroring the universe (macrocosm). They believed that its homeostasis is influenced by seasonal changes. They divided the year into six seasons and prescribed specific dietary and lifestyle practices for each, enabling the body to adapt.

According to their classification, the current season is *Ilavenil Kaalam*, during which the *Piththam* humour tends to aggravate with rising temperatures. Sudden summer rains of this season can also disturb the *Kapham* humour, and the combination of these vitiated humours can weaken the body, making it vulnerable to seasonal illnesses, especially viral infections.

To manage this, Siddhars recommended consuming natural coolants like *ragi* (Finger millet) porridge, ash gourd, green gram, ghee, *nungu* (ice apple), and sandalwood, along with regular oil baths to balance *Piththam*.

In cases of viral conditions like chicken pox, they advised a 10–15 day traditional quarantine called *Kaapukattal*, where the patient was isolated and given a liquid diet including tender coconut water and buttermilk. Activities like shaving, sun exposure, and oil bath were avoided to stabilise the humours and promote speedy recovery.





Cold Pressed Neem Seed Oil

PHARMACY IN A BOTTLE

Due to its **antioxidant** and **anthelmintic** properties, application of Neem Seed Oil provides:

- Antiseptic action on wounds
- Fungicidal action on rashes
- Insect repulsion from homes
- sleep regulation
- Instant warmth on application

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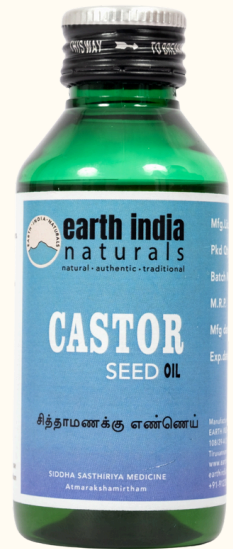
Castor Seed Oil

NATURE'S MOTHERLY NUTURER

Being a powerful **anti-inflammatory agent**, Castor Seed Oil provides:

- Relief from pain and burning sensations in the body
- Improved complexion
- Cleansed bowel
- Relief from eye irritation

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"There can be satisfaction only when you reach the source; otherwise there will be restlessness"

-Bhagavan Sri Ramana Maharishi

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