

MONTHLY NEWSLETTER OF EARTH INDIA SIDDHA

Breath

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The Sacred Arunagirinadhar Temple of Tiruvannamalai

The Arulmigu Arunagirinadhar Temple is located on Iyyangula Street, about a kilometer from the Annamalaiyar Temple in Tiruvannamalai. As shared by the temple *kurukkal* (priest), the name comes from Arunagiri—referring to the sacred hill—and nadhar, meaning Lord Shiva. Thus, this temple honors the Lord of Tiruvannamalai as Arunagirinadhar.

This sacred site is one of three highly revered temples in Tiruvannamalai:

- The Annamalaiyar Temple, with Goddess Unnamulai Thaayaar,
- Adi Annamalaiyar Temple, with Goddess Abitha Gujalambal, worshipped by Lord Brahma, and
- Arunagirinadhar Temple, with Goddess Gnanambikai, worshipped by Lord Vishnu

The temple is especially significant as Lord Vishnu is believed to have worshipped Lord Shiva here, while seeking His *Thirupadham* (holy feet). Twice a year, during the 'Theerthavaari Utsavam', Lord Annamalaiyar visits this shrine, affirming its place within the living spiritual traditions of the region.

The temple is known for its powerful blessings, especially for marriage, childbirth, health, and wealth.

The deities here mirror those of the Annamalaiyar Temple:

- Ganapathy, Subramaniyar
- Gukai Dakshinamurthy, Lingothbhavar
- Panjakoshtam, Swarnabhairavar
- Chandikeshwarar, Durga Sannidhi
- Krishna shrine behind the *moolavar* shrine

A rare and divine feature here is the presence of the Navagraha deities (denoting the 9 celestial bodies), with their Dharmapathinis (divine consorts)—a configuration seldom seen elsewhere.

In 1896, upon reaching Tiruvannamalai, Bhagavan Ramana Maharishi bathed in the temple's Indira Theertham, removed his sacred thread (Yajnopavitham), and dropped his remaining money in the *theerttam*. After this he attained *Gnanam*, declaring, "Everyone is equal."

From there, he went directly to the Annamalaiyar Temple and meditated in the 'Pathala Lingam' sanctum. According to the *kurukkal*, it was after this experience that he came to be called "Maharishi".

The Arunagirinadhar Temple continues to bless all who visit with its grace, history, and stillness.



MEMBERS OF EIS AT THE TEMPLE



SIGN AT THE ENTRANCE OFFERING REMEDIES FOR MARRIAGE AND CHILD BIRTH



INDIRA THEERTHAM, THE SITE WHERE BHAGAVAN BATHED

Vallanadu Siddhar: The Man Who Stopped War

On Deepavali day in 1922, under the *Chithirai* star of the Tamil month *Aippasi*, Vallanadu Sadhu Chidambara Swamigal was born in Vallanadu, Thoothukudi district, to Thiru. Shanmuga Sadhu and Thirumathi. Ulagammai.

From an early age, Swami showed deep compassion to all beings. With this spirit, he practiced herbal medicine and offered *annadanam* (free community meal) using his own resources. He collected herbs from nearby hills spent his personal wealth making medicines and treating the sick at no cost.

At a time when social community divisions were staunchly followed, Swami did not approve of it and saw everyone as equals. It was a time of starvation in the country. At times, he would go begging for alms, when he would visit the houses of all communities, without distinction. With the alms he received, he would arrange free Annadanams for the needy.

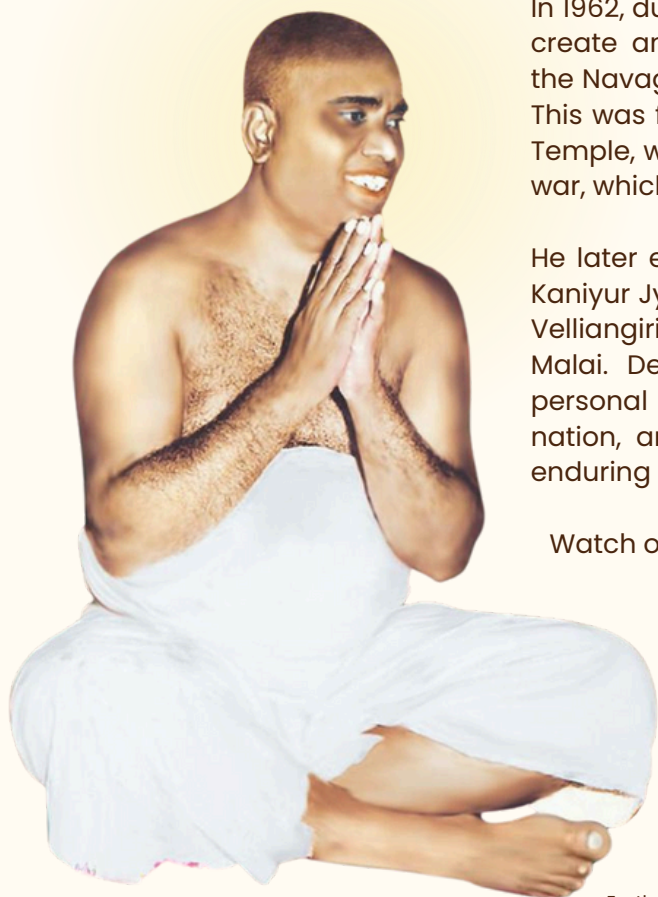
In this path of compassion, Swami was drawn to Arutperum Jothi tradition of Vallalar Swami. At that time, he came across the system called 'Chidambara Chakra Upasana. This technique was only being taught to disciples of Siddha lineages, who would use it to rectify others' sufferings, as well as to prosper communities. Swami wanted to bring this as a worship methodology which would be accessible to the general public.

Upon the command of Arutperum Jothi Aandavar, he brought it into a physical form that would be accessible to all. Swami lit 1008 lamps on the Chakra and devotees circled it in prayer, often witnessing personal and environmental advancement.

In 1962, during the Indo-China war, Swami was inspired to create an advanced three-dimensional version of this: the Navagraha Stupi, where no planetary paths intersect. This was first established in Vallanadu Thirumoolanathar Temple, with the aim of protecting the nation and ending war, which was achieved shortly thereafter.

He later established these stupis in sacred sites like the Kaniyur Jyothi Temple, the Kaveri River in Kalamangalam, Velliangiri Nathar Temple in Coimbatore, and Chinna Ivar Malai. Devotees continue to experience healing from personal ailments, prosperity of towns, flourishing of the nation, and world peace, through these structures—an enduring testament to Swami's boundless grace

Watch our [YouTube video](#) on Swami to hear more from the people close to Swami Himself.



Bogar: The Compassionate Alchemist

Siddha Bogar is renowned for his remarkable achievements in the realm of medicine and health. His expertise in alchemy allowed him to perform miraculous feats, in challenging situations. One story tells of his rejuvenative alchemical pills, which miraculously restored his students'

youth and strength, enabling them to climb an entire mountain effortlessly. Perhaps his most legendary creation, the Gagana Guligai, granted him the ability to soar across the globe, akin to a true superhero.

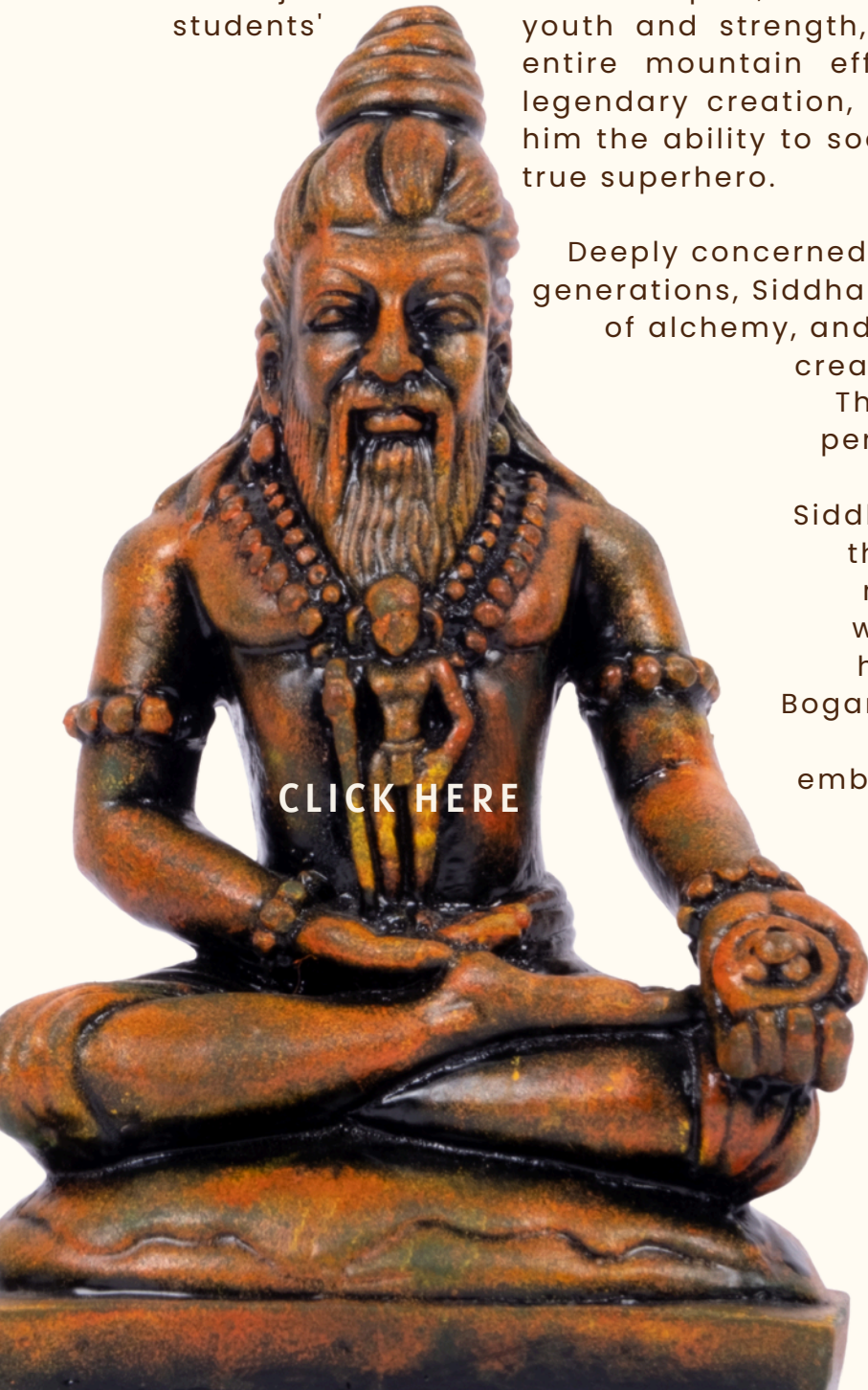
Deeply concerned about the wellbeing of future generations, Siddha Bogar channeled his mastery of alchemy, and devotion to Lord Muruga into creating the Navapashana statue.

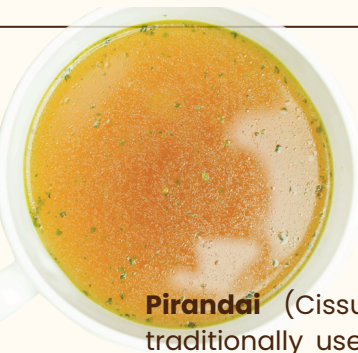
This compassionate Siddha was personally invested in the health and wellbeing of all of us. The Siddha tradition regards health as the harmonious alignment with nature. Taking charge of one's wellbeing and preserving inner harmony is attribute to Siddha Bogar himself. His legacy serves as an enduring guide for those embarking on careers in medicine and healthcare.

[CLICK HERE](#)

SITUATIONS TO SEEK GUIDANCE FROM SIDDHA BOGAR

- When facing health challenges.
- Seeking support for maintaining good health or pursuing rejuvenation.
- For medical professionals dealing with complex cases.
- During times of disease outbreaks.





Detoxifying Vajjiram Soup

By Dr. Ria Venkat

Pirandai (*Cissus quadrangularis*) has been traditionally used in our cuisines for centuries. Our elders knew this herb to have the potential to treat any ailment, ranging from hypocalcemia to cancerous pathology. Apart from its rich nutritional profile, Pirandai has the ability to digest and eliminate *aamam*.

Aamam is the toxic stagnant remains of undigested/partially digested food in our gut. This *aamam*, over time, is known to cause oxidative stress and lead to a number of ailments in our system.

When we consume Pirandai, which is rich in antioxidants and dietary fibres, it acts on the toxic *aamam*, promoting its digestion, as well as eliminating its toxic remnants. With this, it also improves our *Agni* (digestive fire)

Let us look into the detoxifying Vajjiram soup, named after its chief ingredient: Pirandai, a.k.a Vajjiravalli.

Ingredients for Vajjiram Soup:

1. Pirandai - *Cissus quadrangularis* (50 g)
2. Inji - *Zingiber officinale* (50 g)
3. Nookal/Kohlrabi - *Brassica oleracea* (50 g)
4. Peerkangai - *Luffa acutangula* (50 g)
5. Others: tomato, pepper, jeera, turmeric, salt



The other ingredients in this soup are also rich in vitamins and natural minerals, and aid in digestion and tissue rejuvenation

Preparation

1. Chop 50g of Pirandai and soak it in buttermilk/curd for 30 minutes (or) Fry Pirandai in Sesame seed oil or ghee
2. Wash and chop 50grams each of ginger, ridge gourd, and kohlrabi into small pieces.
3. Cook the chopped vegetables in a pressure cooker with half a liter of water for 5 whistles.
4. Allow the pressure cooker to cool, then grind the cooked vegetables into a fine paste and strain it.
5. In a pot, combine the strained extract with tomatoes, pepper, cumin seeds, turmeric, and salt.
6. Boil the mixture until the raw flavor diminishes, ensuring all ingredients are well mixed.
7. Filter and drink

Dosage:

- 60-100ML, given between 10 AM to 2 PM
- Can be given to anyone above the age of 3

Frequency:

- For general wellbeing: weekly once
- In diseased conditions with reduced appetite for solid foods: daily afternoon (10 AM to 2 PM)

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