

MONTHLY NEWSLETTER OF EARTH INDIA SIDDHA

Breath

JUL 2026



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Table of Contents

ATHULYA NADHESWARAR TEMPLE.....3

PANCHAMUTTI KANJI.....4

THE HALLMARKS OF SIDDHA MEDICINE: AN INTRODUCTION
.....5

THE JOURNEY OF A SIDDHA STATUE.....6



Athulya Nadheswarar Temple

The [Athulya Nadheswarar-Soundara Kanagambigai temple at Arakandanallur](#) holds a profound place in Shaivait history and mysticism. Strategically perched on a massive rocky hill, the temple has served as a sacred vantage point from which seekers have beheld Arunachala.

Standing atop this hill, Saint Thirugnanasambandar gazed upon Arunachala as the living form of Shiva. When he began his journey towards the holy Hill, the ground before him revealed itself as a continuous expanse of Shiva lingams - *"adikku oru lingam"* (a lingam at every step). Refusing to tread upon them out of deep reverence, he worshipped Arunachala from this very spot, pouring forth his celebrated *Thevaram* hymn, *'Unnamulai Umayalodu'*. His footprints remain etched into the rock at this temple to this day.

Centuries later, this same temple served as a spiritual catalyst for Bhagavan Ramana Maharishi. In 1896, while travelling to Tiruvannamalai, the seventeen-year-old Ramana stopped here. As he stood within the temple, he experienced a brilliant vision of divine light that enveloped the entire shrine, affirming the irresistible spiritual call that drew him towards Arunachala. The temple now holds a separate shrine dedicated to Bhagavan.

The town itself carries a history as rich as its sacred traditions. It was originally known as Araianinallur: *Arai* meaning rock, *ani* meaning ornament, and *nallur* meaning a good village. The name reflects the landscape itself, where the land was strewn with rocky outcrops, as though the village had been adorned with ornaments of stone. Over time, owing to the renowned generosity of kings such as Vel Paari and Thirumudi Kaari, it came to be known as "Aram Kanda Nallur". Here, *aram* means charity or righteousness, while *kanda* means "the one who received," referring to how it benefited from the kings' generosity. Like many ancient sacred towns, Arakandanallur carries several traditions explaining the origin of its name.

From the ecstatic devotion of Saint Thirugnanasambandar to the transformative vision of Bhagavan Ramana Maharishi, the Athulya Nadheswarar Temple continues to unite ancient Puranic devotion with modern spiritual awakening.



CARVED FOOTPRINTS OF THIRUGNANASAMBANDHAR, FROM WHERE HE STOOD WITNESSING ARUNACHALA



LYRICS OF THE TIRUVANNAMALAI THEVARAM BY SAMBANDAR, CARVED IN THE TEMPLE WALL



MEMBERS OF EIS AT THE TEMPLE

Panchamutti Kanji

Although India is witnessing a surge in lifestyle disorders driven by sedentary living and overconsumption, diseases at the opposite end of the spectrum remain equally prevalent. Malnutrition, particularly among children and rural populations, continues to pose a significant challenge for healthcare providers.

Among plant-based foods, legumes are widely recognised as valuable sources of protein and play an important role in addressing protein malnutrition. However, they are relatively deficient in sulphur-containing amino acids, which are essential for balanced nutrition.

Our ancestors addressed this challenge through Panchamutti Kanji, a traditional Siddha preparation used to combat fatigue, malnutrition, and reduced immunity.

The recipe combines legumes with rice, which complements their amino acid profile by providing the sulphur-containing amino acids they lack. Rather than consuming the ingredients in their entirety, the preparation extracts their nourishing essence, making it light and easily digestible. To further support weakened digestion, carminatives such as cumin and black pepper are added to stimulate digestive function and enhance metabolic energy, which is often diminished in individuals suffering from malnutrition.



INGREDIENTS & MATERIALS

- Toor dal - 2.5g
- Urad dal - 5g
- Moong beans - 5g
- Chana dal - 5g
- Parboiled rice - 5g
- water - 500 ml
- Cumin - 1 pinch
- Black peppercorn - 1 pinch
- Kora cloth - 1 small
- Thin string - around 10 cm

PROCEDURE

1. Grind the dals and raw rice coarsely in a blender
2. Spread the clean kora cloth and transfer the ground powder onto its centre
3. Join the four ends of the cloth and tie them together to form a purse like bundle
4. In a vessel with water, place the cloth bundle and boil
5. When the water appears slightly turbid, turn off the stove
6. Remove the cloth bundle and discard
7. Add cumin seeds and pepper corn to the gruel and allow it to soak
8. After a few minutes, filter out the solids
9. Consume the drink as soon as it cools to a drinkable temperature

The Hallmarks of Siddha Medicine: An Introduction

In recent times, almost every aspect of our lifestyle has changed tremendously at an unprecedented pace. Our homes and workplaces, food preferences, ways of communication, education, entertainment, and modes of travel have all transformed. Likewise, our approach to health has changed completely. Antibiotics, hormones, nutrient replacements, surgeries, and medicines that suppress symptoms, block neurological pathways, or simply mask pain have become an inseparable part of our lives, often beginning in childhood itself.

The global health scenario has evolved in a similar manner. While infectious diseases were the major burden during the early twentieth century, chronic lifestyle disorders became increasingly prevalent from the 1980s onward. Today, both share the disease burden, with newly emerging infections, such as the recent COVID-19 pandemic, adding to the challenge. Despite the tremendous advances in medicine, which are said to have significantly increased human lifespan, the overall quality of health and individual wellbeing has, in many ways, declined.

Amidst these rapid changes, one age-old medical system—Siddha Medicine—continues to remain relevant and applicable to both infectious and lifestyle diseases, as witnessed during the COVID-19 pandemic.

Health has always been the most precious aspect of human life, and every civilisation has developed its own ways of restoring health from illness. The Tamil civilisation, however, ventured far beyond this universal pursuit. It sought not only to preserve health, but to transcend it through the quest for immortality. Its system of wellness – Siddha Medicine, is the offspring of that extraordinary quest.

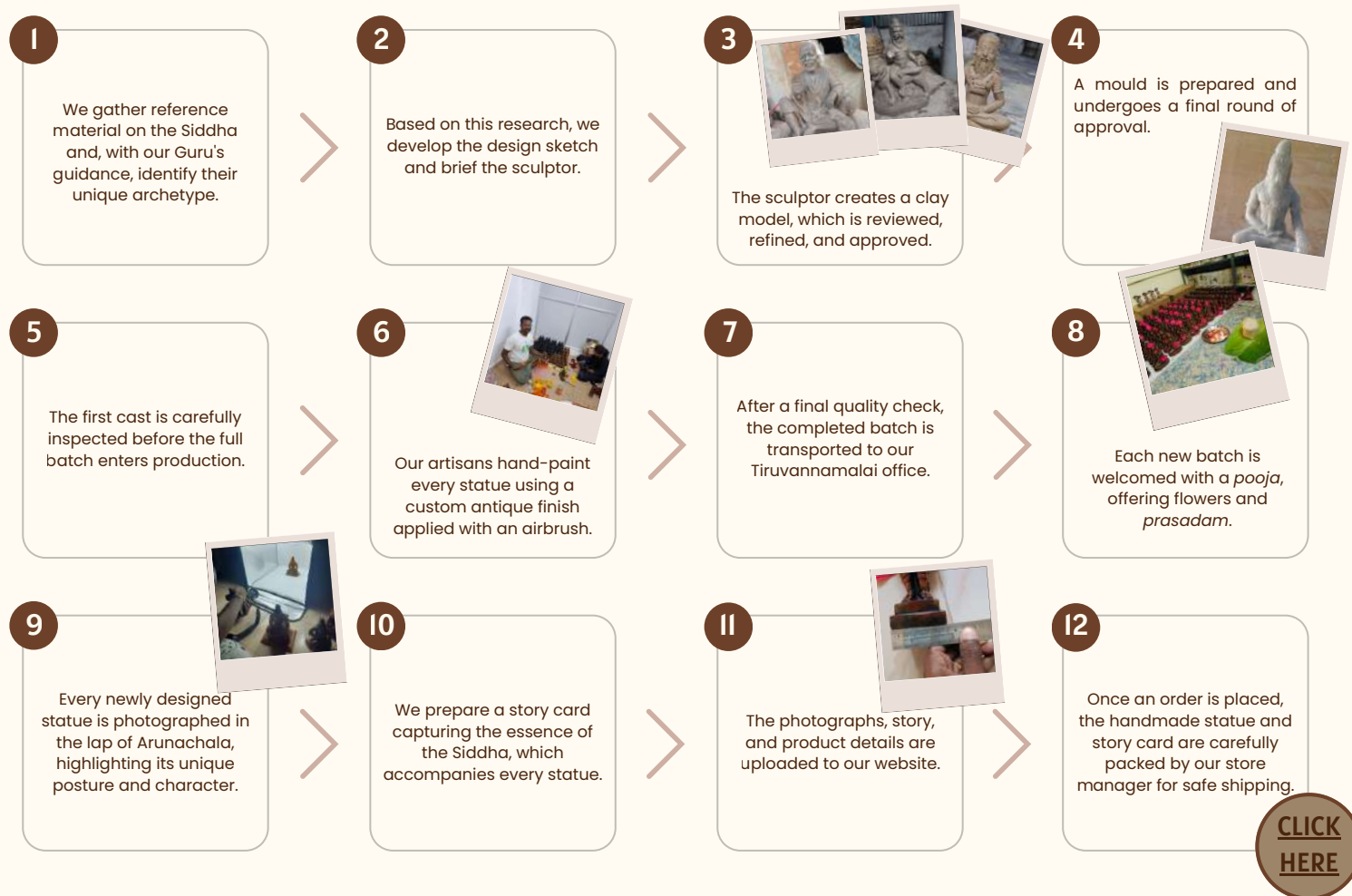
Anyone who explores the history and unique aspects of Siddha Medicine inevitably encounters moments of awe. Built upon the timeless principles of *Panchaboothangal* (the five basic elements of creation), *Muththodangal* (the three vital humours), and *Arusuvaigal* (the six tastes), this millennia-old medical system continues to remain relevant despite the unprecedented technological advances of recent decades that have strongly favoured modern biomedicine. In fact, the post-pandemic era may well be regarded as a renaissance of Siddha Medicine.

Since the beginning of the Information Age, medical science has undergone revolutionary changes unlike any other period in human history. Yet the Siddhas' achievements in chemistry, pharmaceuticals, metallurgy, alchemy, pathology, diagnosis, therapeutics, and many other fields continue to appear remarkable even today. Their accomplishments are a source of pride not only for the Tamil people but for humanity as a whole. Though the Siddhas emerged from the Tamil civilisation, they never confined themselves to race or place. They proclaimed, more than two thousand years ago, "*Yathum Oore; Yavarum Kelir*"—"The whole world is my place, and every human being is my kin." Such was the breadth of their vision, and such are the values they left behind.

In this series of micro-articles, we will explore some of the hallmarks and unique strengths of Siddha Medicine, while drawing meaningful parallels with contemporary scientific concepts such as nano medicine, personalised medicine, and other emerging frontiers of healthcare.

The Journey of a Siddha Statue

FROM CONCEPTION TO YOUR HANDS



At Earth India Siddha, we strive to bring Siddha wisdom to the world in an authentic form. When we observed modern portrayals of the Siddhas, we were saddened to see that they all looked indistinguishable. Each Siddha's individual personality and unique approach had been replaced with identical features, postures, and expressions.

Under the guidance of our Guru, Palpandian Ayya, we set out to change this image. We discussed the unique stories of each Siddha and identified the archetype that defined them. We began by creating rough sketches of our vision, then set out on a mission to find the right sculptor who could bring these ideas to life.

Siddha statue making is both a spiritual and an artistic tradition, bringing together devotion, craftsmanship, and symbolism. Each statue is created to faithfully express the unique personality, archetype, and spiritual path of a Siddha. Rather than simply representing the physical likeness of a historical figure, it communicates the Siddha's essence without words, allowing the observer to connect with the qualities they embodied. The posture, facial expression, and symbolic details all contribute to this experience, enabling the sculptor to bring the idol to life.

By the grace of the Siddhas, who blessed us to begin this journey in the first place, we finally found the native clay sculptors who could capture their unique features. It was through that same grace that the very people we had been searching for were found within our own surroundings.

Today, our designs have been trademarked and are loved by people around the world.

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-Rumi

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