

MONTHLY NEWSLETTER OF EARTH INDIA SIDDHA

Breath

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Pambatti Siddhar Cave Temple

Located to the left of the Marudhamalai Arulmigu Subramanya Swami Temple, down a few flights of steps, is the cave where Pambatti Siddhar lived and meditated in the 12th century. Although his *jeeva samadhi* lies in Sankarankoil, it was here that his remarkable transformation unfolded, and where he later sculpted the Murugar idol worshipped in the hill temple above. Today, the cave houses a peaceful meditation *mandapam* with a statue of Pambatti Siddhar, drawing countless devotees seeking his blessings.

Once a young snake charmer, Pambatti went on a hunt in the forest. He came upon a huge snake hill and inserted his arm in, hoping to find a snake. Judging by the size of the hill, he knew he would be sure to find a *ratna* (gem) in it as well. But what touched his hand felt like a peculiarly strong electric current, making him quickly withdraw in reflex.

In that very moment, the snake hill vanished and a sage sat in its place, asking him why he was disturbing the snakes. The confused Pambatti answered that it was his livelihood. Explaining that he should not mess with snakes as they are a cursed species, the wise sage then asked, “do snakes only live outside?” – urging Pambatti to capture the snake within. With this profound teaching, Pambatti siddhar’s search turned inward, marking the beginning of his spiritual journey.

The Marudhamalai hills derive their name from the abundance of *marudham* trees that flourish across the region. Pambatti Siddhar chose to perform intense penance in a cave beneath one such tree. Pleased by his devoted penance, Lord Murugar appeared before him along with Valli and Deivanai, blessing him with their divine *darshan*. Filled with devotion, Pambatti Siddhar sculpted the Murugar idol that is worshipped in the Marudhamalai temple today. Local tradition also speaks of a secret underground passage connecting the cave and the hill temple, through which Pambatti Siddhar continues visiting Murugar each day.

Devotees flock to this sacred cave seeking relief from illness, suffering, and life’s many hardships. During our visit, we felt Pambatti Siddhar’s guiding presence permeating the space, still reverberating with life.



ENTRANCE TO THE CAVE TEMPLE

LOCATION DETAILS



MEMBERS OF EIS AT THE TEMPLE

Lymphatic Detox Drink



An important, but often overlooked tissue system in our body is the lymphatic system. 'Lymph' is a fluid that circulates all over the body, much like blood. Its function include removing waste products, fighting disease, and transporting nutrition. It circulates through the lymphatic system, which is formed of tiny lymph reservoirs called lymph nodes.

Looking at its functions, we can understand why it is important for lymph to circulate constantly and not stagnate anywhere along its path. If it does pool, it leads to chronic swelling, or the formation of tissue masses.

Lymph tends to thicken and stagnate after a viral attack. Since the lymphatic system does not have an organ to pump it out throughout the body, it is particularly prone to stagnation. Hence, lack of physical movement is another major cause of lymphatic swelling.

The following is a traditional Siddha recipe to aid lymph movement and in doing so, it aids detoxification. It is specially recommended for those suffering from chronic renal disease, obesity, swelling between the knee and ankle, long-term drug usage, and post-viral recovery.

INGREDIENTS

- Coriander seeds (Dhaniya) - 5g
- Cumin (Jeera) - 5g
- Dry ginger (Sukku) - 5g
- Water - 400 ml

PREPARATION

1. Take a vessel with water and add the other 3 ingredients to this
2. Over mid flame, boil the mixture and reduce to 100ml of water
3. Filter out the solid ingredients and allow the decoction to cool
4. Serve when it attains a drinkable temperature

INSTRUCTIONS

Recommended to take twice a day for those with swelling and other symptoms.

For detox: once a day

Siddha Konganavar

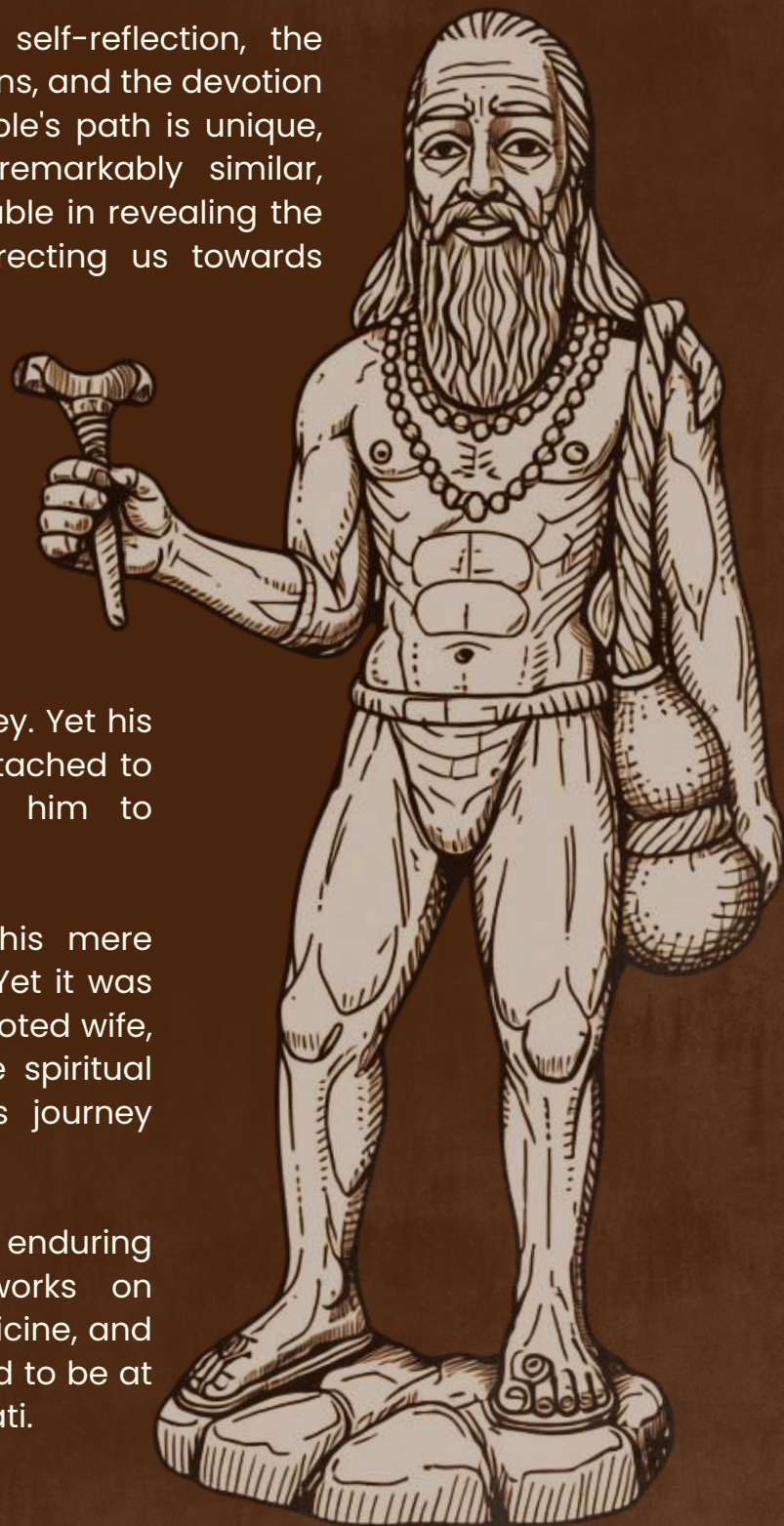
THE ARCHETYPAL DISCIPLE

The spiritual journey demands deep self-reflection, the humility to recognise one's own limitations, and the devotion to transform them. Though every disciple's path is unique, the challenges they encounter are remarkably similar, making the Guru's guidance indispensable in revealing the patterns that bind us and gently directing us towards lasting transformation.

The life of Siddha Konganavar beautifully embodies this archetype of discipleship. Though born into wealth and comfort, he renounced his former life in search of spiritual truth. A disciple of Siddha Bogar and later Siddha Agathiyar, he encountered many guiding influences throughout his journey. Yet his ambition and growing ego kept him attached to practices his Gurus had instructed him to relinquish.

His mastery became so great that his mere glance burned a flying stork to ashes. Yet it was the humble words of Thiruvalluvar's devoted wife, Vasuki, that awakened him to his true spiritual state, marking a turning point in his journey towards humility and clarity.

Siddha Konganavar went on to make enduring contributions through his literary works on kayakalpam, philosophy, alchemy, medicine, and divine worship. His jeeva samadhi is said to be at the Venkatachalapathy Temple in Tirupati.



Tridoshic Approach – Siddha Precision Medicine

Modern medicine is increasingly recognizing that patients do not all respond to treatment in the same way. Chronic diseases remain difficult to manage, individual responses to medicines vary considerably, and even long-established drugs continue to reveal previously unrecognized adverse effects. In response to these challenges, modern medicine has developed 'precision medicine', a genome-based personalized approach to healthcare. Its goal is to deliver the right treatment to the right person at the right time, overcoming many of the limitations of the conventional rigid approach to treatment.

However, there is still a long way to go. Precision medicine faces significant challenges, including high costs, the need for vast and complex datasets, specialized manpower, and concerns surrounding privacy. Despite the promise, its applications remain limited, with the greatest success currently seen in conditions such as cancer and certain rare diseases. Even in these cases, outcomes are not guaranteed.

While precision medicine is a recent development in modern medicine, the underlying principle was recognized in the Siddha system thousands of years ago. The Siddhas observed that every individual is unique. Suitable foods, response to climate, sleep patterns, emotional tendencies, and even the response to medicines vary from person to person. Consequently, a medicine that produces complete relief in one patient may offer only limited benefit to another, even when both suffer from the same disease. This understanding made it clear that no single treatment could be expected to produce identical results in every individual.

To address this challenge, the Siddhas developed a simple phenotype-based classification that groups individuals into three constitutional types: *Vatham*, *Pitham*, and *Kabam*, collectively known as the three *doshas*. Diseases are understood through the same framework. Siddha literature describes 4,448 diseases, each arising from the aggravation or depletion of one or more *doshas*. Regardless of the disease, it can be broadly interpreted in terms of *Vatham*, *Pitham*, and *Kabam*, allowing treatment to be tailored according to the affected *dosha*.

The affected *dosha* is identified using the Siddha system's eight diagnostic methods, including *Naadi*, together with the patient's signs and symptoms. Medicines are likewise classified according to their action on the three *doshas*. This enables physicians to select the treatment best suited to the individual's constitution and disease pattern.

This way, the Siddhas have developed a simple system – which is not dependent of any instrument, is more affordable, more accurate, more successful and ultra-simple. This approach continues to form the foundation of Siddha practice today.

powerful

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LET'S CHAT!

"There are no rules of worship; He will hear the voice of every heart that is simple and sincere"

-Rumi

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