MONTHLY NEWSLETTER OF EARTH INDIA SIDDHA

Breath

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Adi Annamalaiyar Temple

Nestled in the foothills of Arunachala, the Adi Annamalai temple enshrines a Lingam consecrated by Lord Brahma himself. Its unique geography makes the temple appear as though it is adorned by the surrounding hills like a jewel, giving it the name “Ani Annamalai,” meaning Annamalai adorned by the hills. The name is said to have colloquially evolved into “Adi Annamalai” over time. Thus, the temple’s connection with Arunachala is inseparable.

The origins of the Hill itself is captured in the story where Lord Brahma and Lord Vishnu set out on a mission to find the beginning and end of Lord Shiva, only for Shiva to reveal himself as an endless column of brilliant luminosity. This column now stands as the Arunachala Hill, a manifestation of Lord Shiva himself. The origin of the Adi Annamalaiyar temple is tied to another episode involving Lord Brahma. Seeking repentance, Brahma was instructed by Shiva to consecrate a Shiva Lingam at Adi Annamalai and worship it. Thus began the sacred shrine that stands here today.

The temple has been praised by the Saiva saints Appar and Manickavasagar, while Arunagirinathar sang of the Lord as the One who resides in Adi Arunachalam. Tradition also associates this sacred region with Manickavasagar’s composition of the Thiruvempavai.

The temple is home to the Brahma Theertham, with the Mahilam tree as its *Sthala Vriksham*. Having recently undergone Kumbhabhishekam, the temple echoed with a settled sense of stillness. Away from the crowded buzz of the town, we found a deep sense of calm when we visited this ancient shrine.



DISPLAY AT THE TEMPLE DETAILING ITS HISTORY



MEMBERS OF EIS AT THE TEMPLE

LOCATION DETAILS

Patthiyam

WHAT ARE WE HOLDING ON TO?

We know the Siddha system is based on memory. In fact, it derives from the word *chit,* the faculty that retains memory within our system. The Siddhas were those who mastered their *chittham*. Yet, we rarely pause to understand the significance of these words.

What is memory? It is a function through which we store experiences, along with the responses they evoke, so that we can draw upon them in the future. It influences almost everything we do, the way we think, the choices we make, and what we associate ourselves with. Every interaction we consciously or unconsciously have with the world through our five senses, leaves an imprint in memory. So, the next time we encounter something similar-whether its food, an activity, an emotion, we may already have an opinion, even a strong reaction, before we have truly understood what is before us.

Over time, this association between memory and response forms a pattern. These patterns etch themselves deeper into the chittham, becoming increasingly established and fortified. This is what we call *pattru* in Tamil. Its verb form, *pattruthal*, means to hold on or become attached. The very nomenclature is interesting, because it places the responsibility with us: what are we holding on to?

There are patterns that nourish us, and patterns that limit us. Every pathology, in this sense, is a disease-causing pattern. The Siddha system offers a means to break these patterns that consume and drain our life force. To do so, two things must happen: we must remove or change the causative input, and we must transform the response it triggers within us. This principle is deeply explored through *Patthiyam*.

The system therefore calls us to look inward and recognise our own limiting *pattrus*. It could be the biriyani that always gives you heartburn, the coworker who constantly undermines you, or the song that brings back the memory of a toxic relationship. The Siddhas remind us that we do not have to remain victims of these patterns. We can take responsibility for undoing them.

When we create distance from the trigger and transform the response it evokes within us, we create the possibility of experiencing life beyond the limitations of our conditioning.

Click here to watch our video with Dr. Arunvanan, where we discuss the science of *Patthiyam* in more detail.

Guru Pournami at Arunai

Every year, devotees of the AgaGuru path gather at Tiruvannamalai to seek the blessings of Arunachala. The event and its arrangements are coordinated by Thiruvarunai Thiruvadiyar Charitable Trust, Tiruvannamalai.

This year, the gathering featured special guest speakers Thiru. Pandiyan Panaiyeri and Thiru. Ilamaaran, organic farming and environmental activists. They led an engaging and interactive session that brought awareness to the importance of palm trees and the right methods of caring for them.

The evening continued with devotees sharing personal experiences of devotion and offering their prayers to the Guru. Members came together to chant the Aksharamanamalai, share heartfelt conversations, and partake in soulful meals lovingly provided by the Trust.

This annual gathering is one that devotees eagerly look forward to each year, offering an opportunity to meet, connect, exchange heartfelt experiences, and revel in devotion. We at Earth India Siddha were grateful for the opportunity to participate alongside around 250 members who came together from across the world.

Catch a few glimpses of this beautiful celebration in the video below.



Nanomedicine

Particle size has always been a crucial factor in determining the action of a drug. The finer the particle, the greater its solubility, absorption and bioavailability, and the better its action. Finer particles can also allow more specific organ targeting, reduce toxicity, protect the drug from enzymatic degradation, increase shelf life, provide sustained release into the bloodstream and reduce the required dosage.

The emergence of nanomedicine has opened up possibilities that were once considered impossible, particularly in treating serious illnesses such as cancer. Although the term nanotechnology was coined only in 1974, it is estimated that ancient man had been using nanoparticles as early as the 4th century AD, without knowing their actual size.

Siddhas described the minuteness of *jeevan* (life force), as one in 10 billion times the thickness of a human hair: approximately 0.000008 nm. This understanding of extreme minuteness is also reflected in several higher-order Siddha medicines, prepared from metals and minerals through unique herbal processes, which have been found to possess nanoparticles.

These medicines, classified as Parpam, Chendhuram, Chunnam, Pathangam and Kattu, are also traditionally described as having remarkably long shelf lives: 75 years for Chendhuram, 100 years for Parpam, 500 years for Chunnam and endless years for Kattu. Their preparation involves multiple, elaborate stages beginning with the purification of the minerals. Researchers are now studying their physical, chemical and pharmacological properties using techniques such as XRD, SEM, EDAX, IR and TEM.

These specialised medicines have been used for thousands of years when diseases do not respond adequately to herbal medicines. This is reflected in the Siddha saying:

"Ver paaru, thazhai paaru, minjinakkaal mella mella parpa chendhuram paaru."

That is, first treat with roots and leaves; if the condition persists, gradually move towards Parpam and Chendhuram, which possess much greater potency.

Even decoctions, with a shelf life of only about three hours, possess nanoparticles, which could explain their rapid action in bringing down symptoms.

What is remarkable is that the preparation of these nano-medicines is simple and affordable, making them accessible even to individual Siddha physicians. The Siddhas' vision was so far ahead of its time that their pharmaceutical methods continue to remain relevant, offering possibilities for addressing even the new and severe ailments of modern man.

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"Be wise among the wise, but pretend to be dull among the fools"
-Thiruvalluva Naayanaar

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