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Temple.AI Knowledge Base • Parihara Series

⚖ OBESITY & METABOLIC IMBALANCE

SRI PIRAVI MARUNDEESWARAR TEMPLE

Thiruthuraipoondi, Tiruvarur District, Tamil Nadu



🕉 Abhishekam Jalam • Ashwini Nakshatra Parihara • Divine Metabolic Healing

Primary Source: Abhyudaya Foundation – K Nanda Kishore Reddy

► <https://www.youtube.com/playlist?list=PLwmTohjIY-gCCOWsWoHkKf0B71thMJFb3>

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UNDERSTANDING OBESITY & METABOLIC IMBALANCE

Obesity and metabolic disorders — the modern epidemic of excess accumulation and impaired metabolism — are described in Ayurvedic literature as **Sthoulya** (excessive body mass) arising from aggravated Kapha dosha, weak digestive fire (mandagni), and accumulation of ama (toxins). Ancient temple healing traditions addressed these conditions through energetic purification, ritual fasting, and deity-specific grace.

Among the rare temple traditions for metabolic disorders, **Sri Piravi Marundeeswarar Temple** stands apart with its extraordinary meaning: *Piravi Marundeeswarar* translates as "The Medicine that cures the cycle of births (Piravi)" — a deity whose very name embodies divine medicine and liberation from recurring conditions.

The Name's Significance: "Piravi" = birth/rebirth cycle; "Marundu" = medicine/cure; "Iswarar" = Lord Shiva. This temple's deity is worshipped as the *supreme cosmic physician* who administers medicine not just for the body but for the soul's recurring cycle of afflictions.

ABOUT THE TEMPLE

TEMPLE NAME

Sri Piravi Marundeeswarar Temple

LOCATION

Thiruthuraipoondi, Tiruvarur Dist., TN

PRESIDING DEITY

Piravi Marundeeswarar (Lord Shiva)

GODDESS CONSORT

Sowmiya Nayaki / Periyamayaki Amman

SPECIAL STATUS

Ashwini Nakshatra Parihara Sthalam

DAILY PUJAS

6 pujas daily (traditional Agama)

ACCESS

Thiruthuraipoondi town center

DISTRICT

Tiruvarur, Tamil Nadu



Sri Piravi Marundeeswarar Temple, Thiruthuraipoondi — Ancient gopuram with the sacred Dhwajasthamba (flag post)

THE SACRED PARIHARA (REMEDIAL) PROTOCOL

RITUAL 1 — ABHISHEKAM JALAM (SACRED BATH WATER)

The most potent parihara at Piravi Marundeeswarar is the *abhishekam jalam* — the holy water used to bathe the deity during the 6 daily puja rituals. This water, charged with mantras, turmeric, sandalwood, bilva leaves, milk, and sacred river waters, is distributed as prasadam.

- 1 Devotees receive the abhishekam jalam as tirtha (holy water) at the completion of each puja.
- 2 This is consumed with faith and devotion as divine "medicine" — consistent with the temple deity's name meaning "one who gives cosmic medicine."
- 3 Regional traditions document that those who drink abhishekam jalam from Piravi Marundeeswarar daily for 48 days report improvements in metabolism, digestion, and body composition — alongside a reduction in disease burden.

RITUAL 2 — ASHWINI NAKSHATRA PARIHARA (STAR-SPECIFIC HEALING)

Special Status: This temple is the designated *parihara sthalam* (remedial shrine) for persons born under **Ashwini Nakshatra** — the first asterism ruled by the Ashwini Devas (divine physicians of the Vedic tradition). Those born under Ashwini are advised to visit this temple for all health-related afflictions. Obesity, metabolic disorders, and slow healing are among conditions addressed through Ashwini Nakshatra parihara here.

- 1 Devotees (especially Ashwini Nakshatra born) perform a special puja on Ashwini star days (once monthly in the Tamil calendar).
- 2 Priests perform archana with the devotee's name, nakshatra, and specific intention for metabolic healing.
- 3 A specific offering of white rice (representing purified starch/carbohydrate) with ghee is made with the prayer for proper metabolism.

RITUAL 3 — 6-PUJA DAILY RHYTHM ALIGNMENT

The 6 daily pujas (Thiruvananandal, Kalaasanthi, Uchikalam, Sayaratchai, Iraandamkalam, Ardhamamam) create a continuous 18-hour cycle of divine energy at the temple. Devotees who align their meal timings with these puja timings — fasting during certain periods and eating light after specific pujas — report metabolic benefits.

RITUAL 4 — FASTING PROTOCOL (UPAVASAM)

A recommended practice for metabolic conditions: one full fast (water and fruits only) on each Monday of a month, visiting the temple at the morning puja. Over 12 Mondays (3 months), this is combined with specific Shiva Sahasranama chanting for healing of Sthoulya (obesity).

Healing Invocation:

"Om Piravi Marundeeswaraya Namah • Kapha Dosha Vinashanaya • Sthoulya Rogam Nivaranaya • Swaha"

(May the divine physician of births remove Kapha imbalance and free us from Sthoulya)

FREQUENTLY ASKED QUESTIONS

Q: Is this temple exclusively for Ashwini Nakshatra people?

No. While Ashwini Nakshatra natives are specifically assigned this temple as their parihara sthalam, all devotees can visit, pray, and receive blessings. The healing grace of Piravi Marundeeswarar extends to all seekers regardless of birth star.

Q: How does drinking abhishekam jalam help with weight issues?

From a spiritual perspective, the water carries vibrational healing from the charged ritual environment. From a Ayurvedic perspective, abhishekam waters contain trace minerals from herbs like bilva, sandalwood, and turmeric – though effects are primarily through the dimension of faith and intention.

Q: What is the significance of "Thiruthurai" in the town name?

"Thiruthurai" means "sacred ferry-crossing" in Tamil, indicating this was an ancient sacred town at a river crossing. The combination of water, divine medicine, and healing makes it particularly associated with purification traditions.

Q: Can I bring food offerings?

Yes. White pongal (rice cooked with ghee and milk) is a traditional offering here. Banana, coconut, and betel leaves are also appropriate. Rich oily foods are traditionally not offered at healing temples.

► VIDEO REFERENCE — ABHYUDAYA FOUNDATION

K Nanda Kishore Reddy · Abhyudaya Foundation · SumanTV Devotional World

<https://www.youtube.com/playlist?list=PLwmTohjIY-gCCOWsWoHkKf0B71thMJFb3>

Search: "Piravi Marundeeswarar Temple Obesity" in the Abhyudaya Foundation playlist for detailed video coverage.

REFERENCES & SOURCES

1. Abhyudaya Foundation – K Nanda Kishore Reddy, Temple Research Series (SumanTV Devotional World)
2. Ashtanga Hridayam – Chapter on Sthoulya (Obesity) and Kapha Disorders
3. Tamil Nadu Hindu Religious & Charitable Endowments Department – Tiruvarur Temple Records
4. Regional Panchang – Ashwini Nakshatra parihara temple designations

⚠ **Disclaimer:** This document is prepared for spiritual and cultural education purposes only. The information presented about temple rituals, parihara practices, and traditional beliefs is drawn from devotee testimonials, temple traditions, and

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