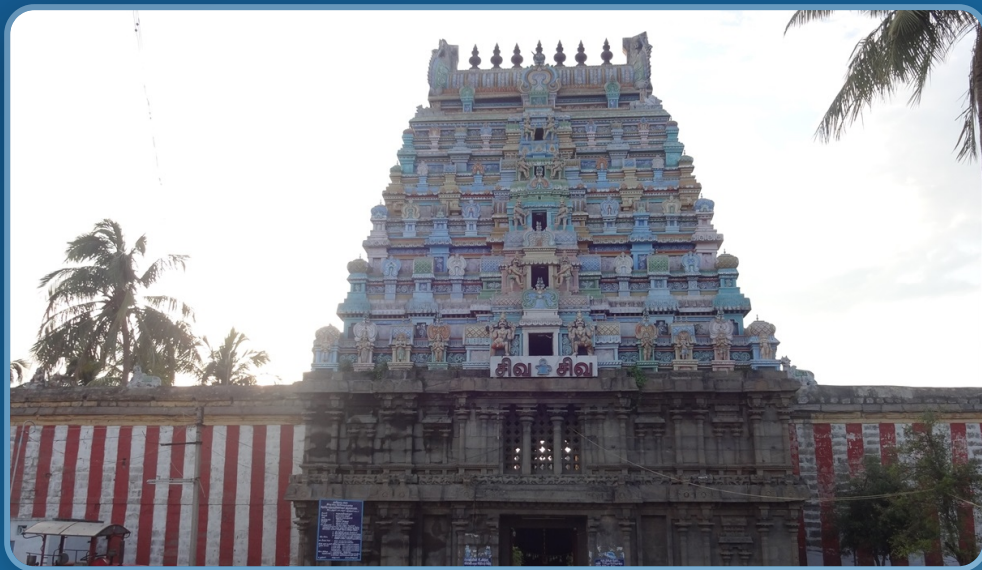


🍷 KIDNEY DISEASE (VRUKKA ROGA)

SRI SUDDHA RATNESWARAALAYAM

Oottathur, Perambalur District, Tamil Nadu



🕉️ Brahma Theertham • Swayambu Ruby Lingam • Vetiver Garland • 48-Day Water Protocol

UNDERSTANDING KIDNEY DISEASE IN ANCIENT WISDOM

Kidney disease — known in Sanskrit and Ayurvedic traditions as **Vrukka Roga** or **Mutravaaha Srotas Vikara** (diseases of the urinary channels) — encompasses a range of conditions including chronic kidney disease, kidney stones (Ashmaree), nephrotic syndrome, and renal insufficiency. The Ashtanga Hridayam of Vagbhata dedicates detailed chapters to these conditions.

Among the ancient Shiva temples of Tamil Nadu, **Sri Suddha Ratneswaraalayam** at Oottathur holds a singular place as a parihara center for kidney-related afflictions — primarily through its miraculous *Brahma Theertham* (sacred spring water) and the rare Swayambhu Ruby Lingam associated with purification.

The Name's Significance: "Suddha Ratna" = Pure Gem (Ruby); "Iswar" = Lord Shiva. The presiding Lingam here is a Swayambhu (self-manifested) lingam made of pure red ruby-like stone. The scar mark on the Lingam is said to be from Brahma's act of digging to find its base — confirming its divine origin. The "purity" inherent in the deity's name aligns with kidney functions of blood filtration and bodily purification.

ABOUT THE TEMPLE

TEMPLE NAME

Sri Suddha Ratneswaraalayam

ALSO KNOWN AS

Suddha Rathneswara Temple

LOCATION

Oottathur, Perambalur Dist., Tamil Nadu

PRESIDING DEITY

Suddha Ratneswarar (Lord Shiva)

GODDESS CONSORT

Periyanayaki Amman

LINGAM TYPE

Swayambhu — Natural Ruby-Red Stone

ANTIQUITY

Ancient Chola Era (50+ inscriptions)

GOPURAM

Five-tiered Rajagopuram

TIMINGS

CONTACT

6:00 AM–12:30 PM • 4:00–8:30 PM

+91 97880 62416

FROM TRICHY

39–47 km via Perambalur

FROM PERAMBALUR

23 km



Sri Suddha Ratneswaraalayam, Oottathur — The ancient Chola-era temple with its five-tiered Rajagopuram

THE SACRED PARIHARA (REMEDIAL) PROTOCOL

RITUAL 1 — BRAHMA THEERTHAM — THE SACRED SPRING

The Legend of Brahma Theertham: According to temple tradition and puranic accounts, Lord Brahma (the Creator) dug this spring by combining waters from all sacred rivers of India — Ganga, Yamuna, Saraswati, Godavari, Narmada, Kaveri, and more. The resulting water, carrying the essence of all holy tirthas, is believed to be uniquely effective in purifying the body's fluid-processing systems, making it the primary parihara for kidney diseases.

RITUAL 2 — 48-DAY SACRED WATER PROTOCOL

- 1 Devotees collect water from the Brahma Theertham (sanctified by temple priests with appropriate mantras) at the beginning of the 48-day course.
- 2 This water is consumed daily in the morning on an empty stomach — typically 50–100 ml — along with prayer to Suddha Ratneswarar.
- 3 The 48-day period spans three Mandala cycles (16 days each) — a traditional Shaivite period considered sufficient for deep cellular purification.
- 4 Devotees from across Tamil Nadu who have completed this protocol report improvements in kidney function markers (creatinine, urea), reduced swelling, and restored urine output.

RITUAL 3 — VETIVER GARLAND TO PANCHANADHANA NATARAJA

A distinctive and unique parihara at this temple involves offering a **garland woven from vetiver (khus-khus/Andropogon muricatus)** to the Panchanadhana Nataraja (Dancing Shiva) enshrined here.

Vetiver (Tamil: Vetiver/Khus) is scientifically known for its powerful detoxification properties — its roots purify water, its fragrance cools the body, and in Ayurveda it is prescribed for mutravikara (urinary and kidney disorders). The act of garlanding Nataraja with vetiver combines temple ritual with the healing plant's energy.

- 1 Procure fresh or dried vetiver roots/grass from vendors near the temple (usually available at market stalls).
- 2 Have the garland prepared and blessed by temple priests before offering to Panchanadhana Nataraja.
- 3 Receive the offered vetiver as prasadam — it can be boiled in water and the infusion consumed as a Ayurvedic drink.

RITUAL 4 — SWAYAMBHU LINGAM DARSHAN & ABHISHEKAM

Seeking darshan of the Swayambhu Ruby Lingam — noting the divine scar mark where Brahma's instrument struck — is itself considered highly auspicious. Special abhishekam with milk, honey, and Brahma Theertham water is performed on devotees' behalf by priests.

Healing Invocation for Kidney Afflictions:

*"Om Suddha Ratneswaraya Namah · Vrukka Roga Vinashanaya · Brahma Teertha Prasadena · Deha
Suddhi Pradaya Namah"*

*(Salutations to the Pure Gem Lord · destroyer of kidney disease · bestower of bodily purity through
Brahma Theertham)*

FREQUENTLY ASKED QUESTIONS

Q: Is the Brahma Theertham water available to all visitors?

Yes. The Brahma Theertham is accessible to all devotees during temple hours. Priests sanctify it with mantras during puja times. Best collected during morning puja (6:00 AM–9:00 AM). Contact: +91 97880 62416.

Q: What does the scar on the Swayambhu Lingam signify?

Temple tradition holds that Lord Brahma attempted to find the top of the infinite Shiva Lingam by digging downward — striking it with his tool in the process, leaving a mark. This scar represents the Lingam's self-manifested (Swayambhu) nature — not carved by human hands — making it exceptionally sacred.

Q: Why vetiver specifically for kidney problems?

Vetiver (Khus) is classified in Ayurveda as a *mutravirajaniya* (urinary purifier). Its roots filter water, it is diuretic in effect, and it cools pitta-related inflammation in kidney tissues. The ritual use aligns perfectly with its Ayurvedic applications.

Q: How do I reach Oottathur?

From Trichy (39–47 km): take NH-45 toward Perambalur, then branch off to Oottathur. From Perambalur town (23 km): auto-rickshaws and buses available. Nearest railway: Trichy Junction or Perambalur station.

Q: Can dialysis patients undertake this parihara?

Yes, with medical consultation. The parihara is complementary to medical care. Many dialysis patients' families undertake prayers on their behalf. The spiritual dimension provides hope, peace, and may support overall healing conditions — never as a replacement for dialysis.

► VIDEO REFERENCE — ABHYUDAYA FOUNDATION

K Nanda Kishore Reddy · Abhyudaya Foundation · SumanTV Devotional World

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

Search: "Suddha Ratneswarar Oottathur Kidney" in the playlist for the specific video episode.

REFERENCES & SOURCES

1. Abhyudaya Foundation – K Nanda Kishore Reddy, Temple Research Series (SumanTV Devotional World)
2. Aalayam Kanden Blog – "Suddha Ratneswara: The Purest Gem" (temple visit documentation, 2013)
3. Marvelmurugan Travel Blog – Oottathur temple visit and Brahma Theertham documentation

⚠ 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 regional cultural sources. It does not constitute medical advice. Always consult a qualified medical practitioner for health concerns. The temple practices described are matters of faith and personal devotion. Omni Neural Nets Pvt Ltd does not make any medical or therapeutic claims.

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Parihara Series — Where Ancient Wisdom Meets Modern Wellness

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Abhyudaya Foundation – K Nanda Kishore Reddy

SumanTV Devotional World

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

This is a living document. Updated periodically as new research is gathered.

Pavan Kumar Rachumallu, AI Solution Architect

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