



Sri Adinatheshwara Alayam

Adyapady, Near Mangalore Airport, Dakshina Kannada, Karnataka



✪ Gandha Prasada · Ubbassa Theertha · Chowta Queen Cured in 12 Days · Miraculous Testimonials

Understanding Asthma & Respiratory Disorders

Asthma — classified in Ayurveda as **Shvasa Roga** (breathing disease) and **Tamaka Shvasa** (Vata-Kapha obstruction causing severe breathing attacks) — is among the most distressing chronic conditions. The Charaka Samhita identifies Shvasa as one of the five great Vata-Kapha diseases requiring sustained management through both internal medications and environmental healing.

In the temple healing traditions of coastal Karnataka (Tulu Nadu), **Sri Adinatheshwara Alayam** at Adyapady stands as the primary parihara shrine for respiratory disorders — uniquely combining a sacred sandalwood-paste prasadam (Gandha Prasada) with a medicinal spring water (Ubbassa Theertha) whose therapeutic properties have been documented through centuries of use.

Historical Royal Validation: The queen of the Chowta dynasty (a prominent medieval Tulu Nadu ruling family) suffered from severe, debilitating asthma that could not be cured by royal physicians. She sought refuge at Adinatheshwara Alayam, consumed the Gandha Prasada and Ubbassa Theertha daily for **12 consecutive days**, and was completely cured. The dynasty subsequently became major patrons of this temple, funding its renovation and expansion — a royal endorsement that spans centuries.

About the Temple

TEMPLE NAME

Sri Adinatheshwara Alayam

LOCATION

Adyapady, Dakshina Kannada, Karnataka

PRESIDING DEITY

Adinatheshwara (Primal Lord Shiva)

GODDESS CONSORT

Chandrika Devi (Moon-radiant Goddess)

SPECIAL PRASADAM

Gandha Prasada (Sandalwood Paste)

SACRED SPRING

Ubbassa Theertha (Medicinal Spring)

FROM MANGALORE

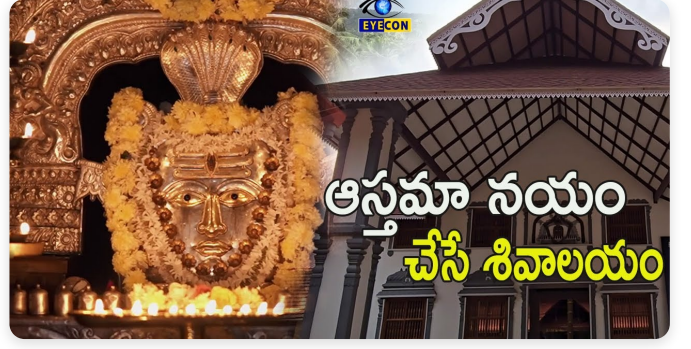
~12 km

FROM AIRPORT

3–4 km from Mangaluru Intl. Airport

TRADITION

PATRON DYNASTY



Sri Adinatheshwara Alayam, Adyapady — The deity (left: decorated for festival) and the temple exterior (right). Source: Dharma Degula Darshana, Inspire Kannada TV

The Sacred Parihara (Remedial) Protocol

Prasadam 1 — Gandha Prasada (Sandalwood Paste)

What is Gandha Prasada? Gandha (sandalwood) is ground fresh daily from high-quality sandalwood logs on a granite stone with pure water, and the resulting paste is first applied to the deity as abhishekam offering. The post-abhishekam sandalwood paste, now charged with divine energy and mantras, is distributed as *Gandha Prasada* to devotees.

- 1 Application Protocol:** Devotees apply the Gandha Prasada to their chest, throat, and forehead — the three zones of respiratory function in traditional healing. The sandalwood's natural cooling and anti-inflammatory properties act on these areas.
- 2 Daily Use:** For the 12-day healing protocol (mirroring the Chowta queen's cure), Gandha Prasada is applied daily in the morning before eating. First-time visitors should obtain the maximum prasadam possible for home use.
- 3 Scientific Note:** Sandalwood (*Santalum album*) contains santalol — a compound with documented bronchodilatory effects in pharmacological studies. Its inhalation and topical application have shown anti-spasmodic effects in pre-clinical research.

Prasadam 2 — Ubbassa Theertha (Medicinal Spring Water)

Behind the main temple, a natural spring called **Ubbassa Theertha** flows from the hillside. This water — which has been tested locally and found to contain higher mineral concentrations than regular groundwater — is the primary healing fluid distributed to asthma and respiratory patients.

- 1** The spring water is collected fresh daily by temple priests and blessed with specific Shiva mantras targeting respiratory healing.
- 2** Devotees drink 100–200 ml of Ubbassa Theertha upon arrival at the temple. For serious conditions, continuing to drink this water for 12 consecutive days is recommended.

3

The water can also be used for steam inhalation (1-2 tablespoons in hot water, inhale the steam slowly) — making the healing ritual analogous to modern nebulizer therapy.

Ritual 3 — Mathsya Teertha (Fish Spring)

A second sacred spring — **Mathsya Teertha** (Fish Spring) — also exists on the temple premises, featuring naturally occurring fish considered sacred. Drinking from Mathsya Teertha is traditionally associated with throat and lung-related healing. The presence of fish indicates naturally aerated, oxygen-rich water.

Ritual 4 — Thula Bhara Seva (Weight-Equal Offering)

Thula Bhara Seva is a ritual in which the devotee is weighed and an equivalent weight of sandalwood, rice, or jaggery is offered to the deity. This is performed as a vow completion when healing is received — a public thanksgiving for the cure of asthma.

Healing Mantra of Adinatheshwara:

"Adinatha Mahadeva Adiroga Vinashana · Adishatru Vinashaya · Adinathaya Te Namaha"

(O Primal Great Lord, destroy all primal diseases and primal enemies — salutations to the Primal Lord)

Miraculous Healing Testimonials

Beyond asthma, Sri Adinatheshwara Alayam has accumulated a remarkable body of testimonials for conditions across the spectrum of chronic disease. The following category of testimonials deserves special mention:

Cancer Testimonials — Lives Extended Beyond Prognosis: Multiple devotees who were diagnosed with cancer and given terminal prognoses (1-year survival estimate by oncologists) have documented surviving 10+ years after undertaking the parihara at Adinatheshwara Alayam. These testimonials — preserved in regional publications and shared within the Abhyudaya Foundation research — represent some of the most extraordinary healing accounts associated with this temple. While not a medically tested intervention, the pattern of such testimonials deserves serious documentation and study.

"After being told I had one year to live, I came to Adinatheshwara Alayam with full faith. I consumed the Gandha Prasada and Ubbassa Theertha daily. It has now been 10 years — my cancer markers are normalized. The doctors themselves are astonished." — Devotee testimonial (documented by Abhyudaya Foundation research)

Frequently Asked Questions

Q: How do I access Ubbassa Theertha water?

The spring is behind the main temple. Temple staff and priests guide visitors to the Theertha after darshan. It is distributed freely. For serious conditions, request priests to bless the water with specific mantras before consuming.

Q: Can I take Gandha Prasada home?

Yes. Purchase sandalwood powder from the temple shop and obtain Gandha Prasada after puja completion. The prasadam remains effective when stored properly (airtight container) for a few weeks.

Q: Is 12 days the minimum protocol duration?

The 12-day protocol mirrors the Chowta queen's cure. Those who cannot stay 12 days should at minimum complete 3 visits (prayam = 3 is sacred in Shaiva tradition). Home use of sandalwood and spring water between visits is recommended.

Q: Why is Adyapady near the airport significant?

Adyapady (also spelled Adyapadi or Adyapade) is an ancient village near modern Mangaluru. The 3-4 km distance from Mangaluru International Airport makes this temple extraordinarily accessible to devotees flying from any part of India or abroad — a practical blessing for those traveling specifically for this parihara.

▶ Video Reference — Abhyudaya Foundation

K Nanda Kishore Reddy · Abhyudaya Foundation · SumanTV Devotional World

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

Also available: Dharma Degula Darshana (Inspire Kannada TV) Episode #349 on Adinatheshwara Temple Adyapady.

References & Sources

1. Abhyudaya Foundation – K Nanda Kishore Reddy, Temple Research Series (SumanTV Devotional World)
2. Dharma Degula Darshana – Episode 349: Shri Adhinatheshwara Temple Adyapady (Inspire Kannada TV)
3. Karnataka State Gazetteer – Dakshina Kannada District (Historical temples section)
4. Charaka Samhita, Chikitsa Sthana – Chapter on Shvasa Roga (Respiratory diseases)
5. J. Pharmacol. Toxicol. – "Santalol bronchodilatory effects: pre-clinical evidence review"
6. Chowta Dynasty historical records – Regional archives, Dakshina Kannada

⚠ 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.

Temple.AI Knowledge Base

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.

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