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Temple.AI Knowledge Base · Parihara Series

♥ CARDIAC & HEART DISORDERS

# Hridayaleeswarar Temple

*Thirunindravur, Tiruvallur District, Tamil Nadu (32–35 km from Chennai)*



☪ Lord of the Heart · Poosalar Nayanar Legend · Monday Prayers · Maragadambikai

Primary Source: Abhyudaya Foundation – K Nanda Kishore Reddy

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

Pavan Kumar Rachumallu, AI Solution Architect · Omni Neural Nets Pvt Ltd · Living Document

## Understanding Heart Disease in Ancient Wisdom

Heart disease — encompassing coronary artery disease, heart failure, arrhythmias, and cardiomyopathy — is described in Ayurveda as **Hridaya Roga** (heart disease). The Charaka Samhita dedicates a specific chapter (*Hridroga Chikitsa*) to heart conditions, identifying five types based on the predominant dosha. The heart (Hridaya) is considered the seat of Prana (life-force), consciousness (Chitta), and the essence of Ojas (vital immunity).

Among all temples dedicated to healing the heart, **Hridayaleeswarar Temple** at Thirunindravur is singular — its very name means *Lord (Iswar) who resides in the Heart (Hridaya)*. This is the only known Shiva temple in Tamil Nadu bearing the name "Hridayaleeswarar," making it the natural parihara sthalam for all cardiac conditions.

**Theological Significance:** In Shaiva philosophy, the heart is the innermost shrine of the Divine — the *Hridaya Guhara* (cave of the heart) where Lord Shiva eternally resides in every being. Hridayaleeswarar manifests this profound teaching physically: the deity is the external form of the Divine already present within every human heart.

## About the Temple

### TEMPLE NAME

Hridayaleeswarar Temple

### LOCATION

Thirunindravur, Tiruvallur Dist., Tamil Nadu

### PRESIDING DEITY

Hridayaleeswarar (Lord of the Heart)

### GODDESS CONSORT

Maragadambikai / Maragatha Valli (faces south)

### VIMANA STYLE

Gaja-brushta (elephant-back) Vimana

### FROM CHENNAI

32–35 km (45-60 min drive)

### TIMINGS

6:30 AM–12:30 PM · 4:30–8:30 PM

### DISTRICT

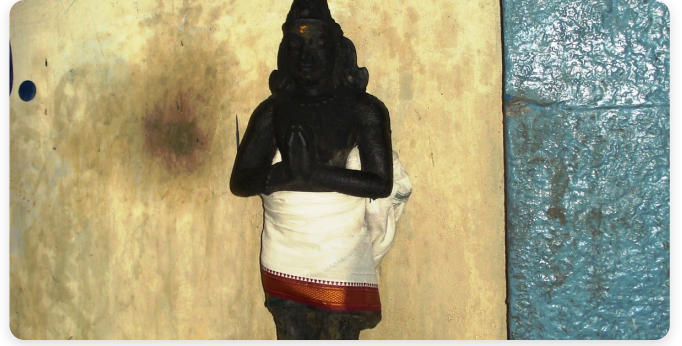
Tiruvallur (near Avadi/Chennai)

### BUILDER

Pallava King Rajasimha (7th–8th c. CE)

### LEGEND

Poosalar Nayanar — Temple in the Heart



Left: The Poosalar Nayanar/Ganesh shrine at Thirunindravur with the board reading "நின்றஹர் பொல்லாப்பிள்ளையார்." Right: Statue of Pallava King Rajasimha who built the physical temple.

## The Extraordinary Legend of Poosalar Nayanar

**The Temple Built in the Heart:** Poosalar Nayanar was a Brahmin devotee of Shiva who wished to build a temple for his Lord. Being very poor, he could not afford to construct a physical structure. Instead, he spent years building an entire temple *in his heart* — visualizing every stone, every sculpture, every ritual, every puja — with such complete and unwavering mental focus that in the subtle realm, his inner temple was indistinguishable from a physical one. He conducted mental puja there daily with absolute sincerity.

Simultaneously, the Pallava King Rajasimha — one of the most powerful monarchs of his era — completed building a magnificent physical temple at Thirunindravur and planned an elaborate consecration ceremony, inviting sages and priests from across Tamil Nadu for the grand event.

On the night before the grand consecration, **Lord Shiva appeared in a dream to Rajasimha** and declared: "I cannot attend your temple consecration tomorrow — I have already committed to attend Poosalar's consecration in the village nearby." The astonished king investigated and discovered the humble devotee — finding that the Lord had honored the temple of the heart above the temple of stone.

King Rajasimha then built a physical temple at the spot associated with Poosalar Nayanar and installed a statue of Poosalar inside the sanctum alongside the Lingam — an extraordinary honor acknowledging that the truest temple is within the human heart. The Lord Shiva who resides in this temple is therefore called **Hridayaleeswarar** — Lord of the Heart.

## The Sacred Parihara (Remedial) Protocol

### Ritual 1 — Monday Heart Prayers

Mondays (Shiva's sacred day) are the most powerful day for prayers at Hridayaleeswarar. Devotees with cardiac conditions — or whose family members have heart disease — perform a 12-Monday (3-month) vrat, visiting each Monday for special abhishekam and archana dedicated to Hridayaleeswarar.

1

Complete a 12-Monday vrat with visits each Monday. Begin with full temple darshan (main sanctum, Poosalar statue, Maragadambikai).

2

Sponsor a special abhishekam on Monday mornings — milk, rose water, and Bilva leaves are traditional for cardiac healing.

3

Circumambulate the temple 9 times (9 = the number of Shiva's cosmic mantras in Tamil tradition) while chanting "Om Hridayaleswaraya Namah."

## Ritual 2 — Maragadambikai (Goddess of Emerald) Darshan

The Goddess at this temple — **Maragadambikai / Maragatha Valli** — is particularly associated with cardiac health. "Maragatha" means emerald (the green gem associated with Mercury and heart chakra), and the Goddess is worshipped with green-colored offerings. She faces south — the direction of Yama (death's lord) — symbolizing her power to hold death at bay for those suffering from life-threatening cardiac conditions.

## Ritual 3 — Cardiologists' Blessing Tradition

**Cardiologists from Chennai and surrounding districts** have been documented visiting Hridayaleeswarar Temple to pray for their critically ill cardiac patients. This tradition — of medical professionals invoking divine assistance for patients — is especially strong here given the temple's explicit cardiac focus. This cross-validation lends unique credibility to the parihara tradition.

### *Healing Mantra of Hridayaleeswarar:*

*"Om Hridayaleswaraya Namah · Hridaya Roga Vinashanaya · Maragadambikai Sahitha · Poosalar  
Nayanar Anugrahena Svaha"*

*(Salutations to the Lord of the Heart · destroyer of heart disease · with Maragadambikai · by the grace of  
Poosalar Nayanar)*

## Frequently Asked Questions

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### Q: Is Hridayaleeswarar exclusively for cardiac patients?

No. While the temple is specifically associated with heart conditions through its name and legend, it is a functioning Shiva temple accessible to all devotees for all purposes. The cardiac parihara is its most distinctive tradition, but general blessings, prosperity, and other health prayers are equally appropriate here.

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### Q: What is the significance of Poosalar Nayanar's story for heart patients?

The legend teaches that the most powerful healing happens in the inner temple of the heart — through faith, visualization, and unwavering devotion. For cardiac patients, this is a profound message: the heart itself is the temple of God, and healing prayers addressed to that divine presence within may be as powerful as any external ritual.

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### Q: Why does Maragadambikai face south?

In temple architecture, south-facing deities are associated with powerful protective energy — Yama (god of death) rules the south, and a south-facing goddess represents the divine power that defends devotees against death itself. For heart disease — which carries constant risk of sudden death — this protective aspect is particularly relevant.

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### Q: How do I reach Thirunindravur from Chennai?

Thirunindravur is approximately 32–35 km northwest of Chennai on the Chennai–Tiruvallur road. By car: 45–60 minutes. By train: Thirunindravur railway station is on the Chennai suburban network (MRTS/suburban line toward Avadi direction). Auto-rickshaws available from the station.

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### Q: What is the best offering for cardiac healing at this temple?

Traditional offerings: white lotus flowers (heart purification), milk abhishekam (clarity), Bilva (Bel/Aegle marmelos) leaves — standard for all Shiva temples but particularly potent here. Green items for Maragadambikai: green bananas, green coconut, green cloth offering. Avoid red items at the main sanctum.

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### ► Video Reference — Abhyudaya Foundation

K Nanda Kishore Reddy · Abhyudaya Foundation · SumanTV Devotional World

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

Search: "Hridayaleeswarar Temple Thirunindravur" in the playlist for the dedicated episode.

## References & Sources

1. Abhyudaya Foundation – K Nanda Kishore Reddy, Temple Research Series (SumanTV Devotional World)

2. Periyapuranam (Sekkizhar) – Poosalar Nayanar life story (12 Nayanmars biography, 12th century)
3. Tamil Nadu Tourism – Tiruvallur District temple documentation (Hridayaleeswarar)
4. Charaka Samhita, Chikitsa Sthana – Chapter on Hridroga (Heart Diseases)
5. Tamil Nadu HR&CE Department – Temple heritage records
6. Archaeological Survey of India – Pallava-era temples of Tamil Nadu

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