

TEMPLE.AI SERIES | VOLUME 3 | OMNI NEURAL NETS PVT LTD

Mind, Body & Justice Temple Remedies

Anger Management | Depression & Autism | Thyroid | Court Case Management

Research & Knowledge Base for temple.ai

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Data Source: K Nanda Kishore — Abhyudaya Foundation

YouTube: youtu.be/0U0wlwD_ngo

Version: 1.0 | **Date:** August 2026

This document will be updated as new information is discovered.



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About This Document

This document is prepared as a Research + Knowledge Base for **temple.ai** — an AI-powered temple guidance app developed by **Omni Neural Nets Pvt Ltd**. This is a **living document** and will be updated as new temple research and devotee testimonials are discovered.

When a devotee asks: *"I struggle with uncontrollable anger — which temple can help?"* or *"My child has autism — is there any spiritual remedy?"* or *"I have a long-pending court case — where should I pray?"* — temple.ai uses this knowledge base to provide compassionate, faith-based guidance rooted in temple tradition and devotee testimonials.

Primary Data Source: K Nanda Kishore, CEO — Abhyudaya Foundation

YouTube Reference: youtube.com/watch?v=0U0wIwD_ngo

Disclaimer: All spiritual remedies in this document are intended to **complement** — **not replace** — professional medical or legal advice.



The Spiritual Science of Mental & Psychological Healing

Ancient Indian temples were never merely places of prayer — they were simultaneously the original healing centers, community hospitals, and consciousness transformation hubs of their era. The Agama Shastra tradition that governs South Indian temple architecture and ritual explicitly recognizes each consecrated temple as a *Shakti Kshetra* — a

field of divine power capable of reshaping the physical, mental, and spiritual states of sincere devotees.

The NIMHANS Research Connection

Scientific Validation: Researchers studying temple-based mental health healing at India's premier psychiatric institute found that patients with chronic psychiatric disorders — including schizophrenia, bipolar disorder, and severe depression — showed measurable improvement in standardized psychiatric rating scales after 6-week residential stays at temple healing centers. The study attributed improvement to: (1) structured daily routine through six daily rituals, (2) culturally familiar and non-threatening environment, (3) tender loving care from a supportive faith community, and (4) deep psychological comfort of feeling held within a larger sacred tradition. [Source: [newscientist.com/article/dn2504](https://www.newscientist.com/article/dn2504)]

Temples as Frequency Fields for Specific Conditions

In the Shaivite and Vaishnavite traditions, anger, depression, thyroid disorders, and legal stress are understood as *energy imbalances* — disruptions in the subtle body's pranic flow — rather than merely physical or psychological events. Each consecrated deity is understood to hold a specific vibrational frequency that, through sustained devotional contact, reorganizes the devotee's own energy field. This is why specific temples are prescribed for specific conditions — the deity's energy field directly addresses the corresponding imbalance in the devotee:

- ✦ **Anger & fury:** Sarabeswarar — the pacifier of divine wrath, Thirubuvanam
- ✦ **Depression & autism:** Prasanna (serene, compassionate) Venkatachalapathi, Gunaseelam
- ✦ **Thyroid & throat:** Neelakandeswarar — the blue-throated Shiva who held poison, Thiruneelakkudi
- ✦ **Legal justice & truth:** Rakteshwari, Chamundi, Vishnumurthi — the four divine judges of Kanathur

The three primary healing vehicles — *abhisheka jalam* (energized ritual water), *prasadam* (consecrated offerings), and *theertham* (sacred water bodies) — serve as physical carriers of the temple's accumulated spiritual energy into the devotee's body. The specific durations prescribed (21 repetitions, 48 days, one-time ceremony) map to Hindu numerological, Ayurvedic, and rhythmic principles of how lasting transformation occurs in the human system.



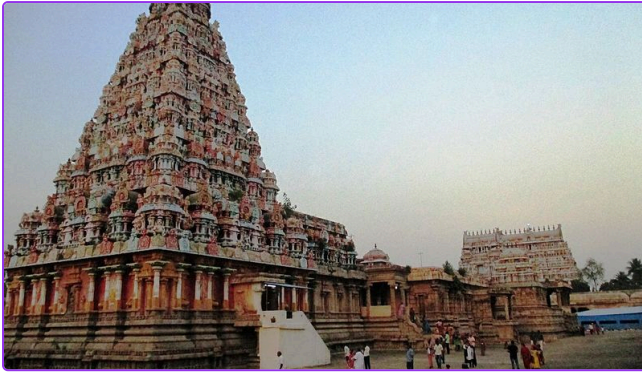
Temple 1 — Kampaheswarar-Sarabeswarar Temple, Thirubuvanam

Anger Management | Depression | Complete Grounding | Ugrashanti Kshetram

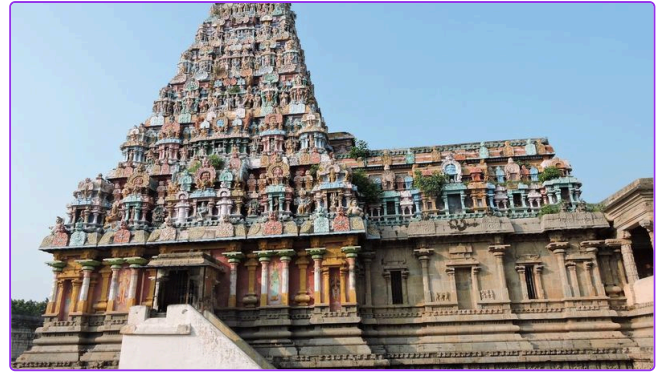


Thirubuvanam Village, ~9 km from Kumbakonam, Thanjavur District, Tamil Nadu

The Arulmigu Kampaheswarar-Sarabeswarar Temple stands as the **final masterpiece of Chola architecture** — commissioned by Chola King Kulothunga Chola III (1176–1218 CE) and distinguished by one of the rarest architectural features in all of Tamil temple construction: its *Vimana* (sanctum tower) is **taller than the entry Rajagopuram**, a deliberate inversion of the usual hierarchy symbolizing the primacy of inner transformation over outward form. The temple contains the **world's earliest Yali carvings** in Chola art and is officially classified as an **Ugrashanti Kshetram** — a Complete Grounding Center — for pacifying extreme anger, violence, and emotional turbulence.



Kampaheswarar Temple, Thirubuvanam — Final Masterpiece of Chola Architecture (12th Century)



The Sarabeswarar Shrine — world's only exclusive Sarabeswarar temple, within Thirubuvanam

Two Divine Legends — Why This Temple Heals Anger

Legend 1 — The Trembling King (Kampaheswarar)

A king haunted by a *Brahmarakshasa* (the spirit of a Brahmin he accidentally killed) suffered uncontrollable trembling, terror, anxiety, and rage. Upon worshipping Lord Shiva at this temple, the deity appeared and cured the king completely. The deity became known as **Nadukkam Theertha Nayagan** — "*The Lord who ended the trembling.*" *Kampa* in Sanskrit means "quaking/trembling" — the temple name itself means "Lord who removes all trembling and fear," making this the most direct spiritual address for anxiety, panic, and fear-driven anger.

Legend 2 — Sarabeswarar Pacifies Narasimha's Fury

After Lord Vishnu destroyed the demon Hiranyakashipu as Narasimha, his divine fury remained dangerously uncontrolled — terrifying the cosmos itself. Lord Shiva manifested as **Sarabeswarar** — a multi-limbed being combining the power of human, eagle, and lion — the only force capable of grounding divine anger. Sarabeswarar embraced Narasimha and the uncontrolled rage was completely pacified. This makes Sarabeswarar the **divine master of anger management**, and this temple holds the world's only exclusive Sarabeswarar shrine — making it the singular destination for those whose anger, aggression, or rage has become destructive.

Rituals for Anger Management — The Ugrashanti Protocol

Sunday Rahu Kalam Protocol at the Sarabeswarar Shrine

1. Visit the **Sarabeswarar Shrine specifically** — located within the temple complex (not the main sanctum)
2. Visit on **Sundays during Rahu Kalam** — the most powerful time for Sarabeswarar worship (typically 4:30–6:00 PM Sunday)
3. Circumambulate the Sarabeswarar shrine and chant his mantra **21 times**:
"*Om Sarabeswaraya Namaha*"
4. Receive the **divine lemon prasadam** given by the priest during Rahu Kalam — keep it at home as a protective talisman
5. Offer **red flowers and Vilwa leaves** to Sarabeswarar

6. For complete emotional grounding, perform **Sahasranama Archana** (1,000-names chanting)

"Om Sarabeswaraya Namaha"

Rituals for Depression & Neurological Conditions

- ✦ Perform **Sandal Abhishekam** (sandalwood paste bathing) to Kampaheswarar — sandalwood is cooling, calming, and deeply soothing to the nervous system
- ✦ Offer **Nagalinga flowers** — sacred to Shiva for neurological healing
- ✦ Perform **Rudra Abhishekam** for sustained mental peace
- ✦ Repeat visits on **Mondays and Sundays** for ongoing benefit; families report the greatest shifts after 4–6 consistent weeks of visits

Testimonials & Reported Experiences

- ✦ Devotees facing surgical anxiety and pre-operative terror report complete fear relief after receiving Sarabeswarar's lemon prasadam [Source: astroved.com]
- ✦ Families with children showing explosive anger and behavioral dysregulation report significant calming effects after 6–8 weeks of Sunday Rahu Kalam visits
- ✦ The temple is cited as a primary *Parihara Sthalam* for witchcraft, hidden enemies, and intense negative psychic energy [Source: casualwalker.com | visittemples.com]
- ✦ The unique height of the Vimana tower creates a profound "grounding" sensation immediately upon entering — reported consistently by first-time visitors
- ✦ Improvement in neurological tremors, uncontrolled movements, and anxiety attack frequency documented by devotees [Source: lightuptemples.com]
- ✦ The temple is specifically recommended by Abhyudaya Foundation (K Nanda Kishore) as the primary destination for anger management [Source: YouTube reference above]

Timings: Morning: 6:00 AM – 12:00 PM | Evening: 4:30 PM – 8:00 PM

Phone: 0435-2460760

Location: Thirubuvanam, Thanjavur District, Tamil Nadu — 9 km from Kumbakonam

Mode	Route & Details	Duration
Car/Taxi	Kumbakonam → Thirubuvanam (~9 km)	~20 min
Bus	Kumbakonam bus stand → Bus 1, 17, 27, 33, 46, 54, or 64 → Thirubuvanam	~30 min
Train	Kumbakonam Railway Station (~9 km) → auto/taxi	+20 min
Air	Trichy International Airport (~95 km)	~2 hours

Hotel (Kumbakonam)	Distance from Temple
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Quality Inn VIHA	~1 km from Kumbakonam city centre
Raya's Grand	~1 km from Kumbakonam
Mantra Koodam (CGH Earth)	~7 km (heritage property)
Hotel Atlantis / Sri Balaji Grand	~2 km from Kumbakonam

References: en.wikipedia.org/wiki/Kampaheswarar_Temple | astroved.com/astropedia | casualwalker.com | visittemples.com | lightuptemples.com | holidify.com



Temple 2 — Sri Prasanna Venkatachalapathi Temple, Gunaseelam

Depression | Autism | Mental Health | 48-Day Residential Healing Program



Gunaseelam, ~20 km from Tiruchirappalli (Trichy), Tamil Nadu



Sri Prasanna Venkatachalapathi Temple, Gunaseelam — Tamil Nadu's premier faith-based mental health healing center

The Sri Prasanna Venkatachalapathi Temple in Gunaseelam — whose very name encodes its healing purpose (*Gunam* = cure/quality + *Seelam* = place, literally "**The Place of Healing**") — holds a distinction unique in all of India: it is the only temple in the country to have a **Government of Tamil Nadu-licensed Mental Health Rehabilitation Center** operating on its premises, with a visiting psychiatrist providing weekly oversight. This official recognition by the state government makes Gunaseelam perhaps the most formally validated temple healing center in India for mental health conditions.

Lord Vishnu is worshipped here as **Prasanna Venkatachalapathi** — the serene, compassionate, blessings-bestowing form of Lord Venkateshwara — embodying the divine quality of *prasanna* (serenity and grace), which is itself the healing energy devotees seek for depression and emotional turbulence.

The 48-Day Healing Protocol — Step by Step

The Residential Temple Stay Program

1. Arrive at the temple and register for the **48-day residential program** (rooms and facilities are provided on premises)
2. Reside within the sacred temple environment for the full **48 consecutive days**
3. Participate in **six daily prayer rituals** conducted throughout the day
4. **The Core Healing Ritual:** During *Uchi Kaalam* (noon prayer) and *Artha Jaamam* (midnight prayer), the temple priest **sprinkles sacred Theertha (consecrated holy water) directly on the faces** of the residential devotees — a ritual believed to expel negative spiritual influences, clear mental blocks, and restore neurological equilibrium through sustained sacred contact
5. Continue all this for **48 consecutive days without interruption**
6. **Weekly psychiatrist visits** are available at the government-licensed on-site mental health center — blending modern medicine with spiritual healing in a model that NIMHANS researchers specifically praised

Conditions Addressed by the 48-Day Protocol

- ✦ **Depression:** Chronic sadness, hopelessness, withdrawal, suicidal ideation — addressed through both the healing environment and weekly psychiatric support
- ✦ **Autism Spectrum:** Behavioral regulation, communication barriers, sensory hypersensitivity — the structured six-ritual daily routine provides the predictability that autistic individuals often find deeply calming
- ✦ **Schizophrenia & Bipolar Disorder:** Managed through the combination of community living, ritual structure, cultural comfort, and weekly psychiatry
- ✦ **Generalized Mental Blocks:** Confusion, inability to focus, memory deterioration, fear-based paralysis, and persistent anxiety

Testimonials & Reported Experiences

- ✦ Multiple devotee families document complete remission of depression symptoms after the 48-day program, with several reporting that antidepressant dosages were subsequently reduced by treating psychiatrists [Source: isharethese.com | astroved.com]
- ✦ Parents of autistic children report significant improvement in social engagement, eye contact, and behavioral regulation after extended temple residence
- ✦ The Government of Tamil Nadu's decision to officially license a mental health center here is itself the most powerful testimonial — the state government does not license psychiatric facilities without evidence of activity worthy of oversight and support
- ✦ Similar temple residential programs studied by NIMHANS-associated researchers showed measurable improvement in Brief Psychiatric Rating Scale (BPRS) scores — attributed to structured routine, community support, and cultural familiarity [Source: newscientist.com/article/dn2504]
- ✦ Tamil media and travel writers have covered this as one of India's most extraordinary faith-healing sites [Source: tripoto.com/tamil-nadu]

Timings: Morning: 6:00 AM – 12:30 PM | Evening: 4:30 PM – 8:30 PM (6 daily rituals)

Phone: 04326-275310 | **Email:** info@gunaseelamtemple.com

Location: Gunaseelam, ~20 km from Trichy, Tamil Nadu

Accommodation: On-premises residential facility — contact temple directly for 48-day program registration

Mode	Route & Details	Duration
Car/Taxi	Trichy → Gunaseelam (~20 km)	~35 min
Bus	Trichy Chatram Bus Stand → Gunaseelam route buses (frequent)	~50 min
Train	Tiruchirappalli Junction (~20 km)	+35 min auto
Air	Trichy International Airport (~25 km)	~45 min

References: en.wikipedia.org/wiki/Prasanna_Venkatachalapathy_Temple | astroved.com | isharethese.com | newscientist.com/dn2504 | tripoto.com/tamil-nadu



Temple 3 — Sri Neelakandeswarar Temple, Thiruneelakkudi

Thyroid | Throat & Endocrine Conditions | Mahanyasa Purvaka Ekadasha Rudrabhishekam

📍 **Thiruneelakkudi Village, ~14 km from Kumbakonam on Kumbakonam–Karaikal Route, Thanjavur District, Tamil Nadu**



Sri Neelakandeswarar Temple, Thiruneelakkudi — near Kumbakonam, Thanjavur District



The sacred Shivalinga at Thiruneelakkudi — gingelly oil poured in Abhishekam is completely absorbed, a miracle witnessed by thousands

The Arulmigu Neelakandeswarar Temple (also Manokkiyanatha Swamy Temple) in Thiruneelakkudi is a **Paadal Petra Sthalam** — among the 276 temples glorified in the Thevaram hymns by Nayanar saint Tirunavukkarasar (Appar). More than 1,000 years old and managed by the revered Thiruvavaduthurai Aadheenam, this temple is the singular spiritual address for thyroid and throat conditions in all of South India. The deity's name — **Neelakandeswarar** (*Neela* = Blue, *Kanda* = Throat) — is itself the prescription for thyroid healing.

The Divine Legend — Why the Blue Throat Heals Thyroid

During the churning of the cosmic Ocean of Milk, the deadly **Halahala poison** arose threatening all creation. Lord Shiva consumed the entire poison to save the universe. Goddess Parvati immediately grasped his throat to prevent the poison from descending — causing Shiva's throat to turn permanently blue. At this specific location, legend holds that **Goddess Parvati anointed Shiva's throat with gingelly oil** to soothe the burning — which is why the Shivalinga here miraculously absorbs gingelly oil so completely during Abhishekam that the surface appears dry. The thyroid gland is located precisely at the throat — making Neelakandeswarar the deity whose divine experience most directly corresponds to endocrine and throat healing.

The Oil Miracle

Large quantities of gingelly oil poured during Abhishekam are **completely absorbed by the Shivalinga** — leaving the stone surface appearing dry — a phenomenon witnessed and documented by thousands of devotees across generations. Devotees interpret this as a living demonstration of the divine healing power available: "If the Lord can absorb the world's poison, He can absorb our disease." A small amount of the abhisheka oil is applied by devotees to their throat area — seeking the same soothing Parvati provided to Shiva's burning throat. [Source: ishtadevata.com | temple.dinamalar.com]

The Prescribed Ritual — Mahanyasa Purvaka Ekadasha Rudrabhishekam

The specific healing ceremony for thyroid conditions at this temple is performed **once only** — a single powerful, elaborate ritual that does not need repetition:

One-Time Thyroid Healing Ceremony

1. **Mahanyasa Purvaka** — the preparatory purification rite: extensive recitation of the Mahanyasa (comprehensive Vedic purification text) by qualified priests before the main abhishekam begins — typically takes 45–90 minutes
2. **Ekadasha Rudrabhishekam** — the Shivalinga is bathed **11 times** (Ekadasha = 11) with 11 sacred substances, accompanied by the chanting of the 11 forms of Rudra from the Sri Rudram: water, milk, curd, honey, sugar, ghee, coconut water, tender coconut, rose water, sandalwood water, and panchamrit
3. These two together constitute an extremely powerful healing ceremony — performed in the patient's **Sankalpa** (formal prayer vow)
4. Receive and consume the abhisheka jalam from this combined ritual
5. **One-time performance is sufficient** — unlike the multi-day protocols at other temples in this series

The Ammavaru Complementary Ritual

After the Rudrabhishekam, an additional healing offering is made to the **Ammavaru (Goddess)** in the temple, mirroring the Panchalingeshwara blood cancer ritual from the Hayagriva series:

- ✦ Offer a **Lemon and Turmeric Mala (garland)** to the Goddess specifically for thyroid/endocrine healing — turmeric is Ayurveda's premier anti-inflammatory and hormone-balancing agent

- ✦ Receive the garland back as blessed prasadam; keep the turmeric for daily application or consumption
- ✦ This ritual may be repeated on **Fridays and Tuesdays** for ongoing endocrine support

Testimonials & Reported Experiences

- ✦ Devotees with both hypothyroidism and hyperthyroidism report stabilization of TSH levels and reduction of symptoms after the Mahanyasa Purvaka Ekadasha Rudrabhishekam ceremony [Source: temple.dinamalar.com | ishtadevata.com]
- ✦ The oil-absorption miracle is cited by devotees as continuous proof of active divine energy present at this shrine — first-time visitors consistently remark on the visible and inexplicable absorption
- ✦ Rahu Dosha remedies here attract those with thyroid conditions because Rahu in Vedic astrology is associated with toxic and hidden diseases — including endocrine disorders
- ✦ The temple also draws couples seeking reunion and those seeking longevity — suggesting a broad healing field that addresses multiple dimensions of wellbeing simultaneously

Timings: 6:00 AM – 12:00 PM | 4:00 PM – 8:00 PM

Phone: +91 435 246 0660 | Mobile: +91 94428 61634 | +91 91594 55050 | +91 92456 19738

Location: Thiruneelakkudi, Thiruvudaimarudur Taluk, Thanjavur District, Tamil Nadu (13–15 km from Kumbakonam on Kumbakonam–Karaikal road)

Mode	Route & Details	Duration
Car/Taxi	Kumbakonam → Thiruneelakkudi (~14 km) on Kumbakonam–Karaikal route	~25 min
Bus	Kumbakonam bus stand → frequent Karaikal route buses → alight at Thiruneelakkudi	~35 min
Train	Kumbakonam Railway Station (~13 km)	+25 min auto
Air	Trichy International Airport (~109 km)	~2.5 hours

Accommodation: Same hotels as Temple 1 (Kumbakonam, ~14 km) — Quality Inn VIHA, Raya's Grand, Hotel Atlantis.

References: tamilnadu-favtourism.blogspot.com | ishtadevata.com | temple.dinamalar.com | en.wikipedia.org/wiki/Tiruneelakkudi_Neelakandeswarar_Temple | holyshrines.in



Temple 4 — Kanathur Shree Nalvar Daivasthanam, Kasaragod

Court Cases | Legal Disputes | Satyameva Jayate | 90% Settlement Rate



Kanathur Village, Muliyar Panchayat, Kasaragod District, Kerala — ~90 km from Mangaluru



Kanathur Nalvar Daivasthanam — Kerala's legendary "Satyameva Jayate" temple court, 800-year-old Kavmu tradition



Rakteshwari — one of the four divine judges presiding at Kanathur Nalvar Daivasthanam

The Kanathur Shree Nalvar Daivasthanam (Sri Nalathar Temple) is one of the most extraordinary temples in all of India — not merely because of its ancient 800-year Kavmu (sacred grove) tradition in North Kerala, but because it functions as an active **Nyaya Degula** — a divine court of justice. Gaining nationwide attention and social media virality as **Kerala's "Satyameva Jayate" temple** (named after the Mundaka Upanishad principle: *Truth Alone Triumphs*), this temple has settled hundreds of long-pending legal disputes through divine mediation — with approximately **90% of registered cases resolved amicably**.

The Four Divine Judges — Nalvar

The shrine's name *Nalvar* means "The Four" — four powerful deities who together constitute the divine bench of justice:

- ✦ **Chamundi** — the fierce mother goddess of righteous power and protection
- ✦ **Rakteshwari (Raktheswari)** — the blood-goddess of truth, whose presence is believed to compel honesty from those who would deceive
- ✦ **Vishnumurthi** — the Vishnu form that upholds dharma (righteous order) in all disputes
- ✦ **Guliga** — the planetary deity associated with consequences and karmic justice

Together, these four deities are believed to hold the complete spectrum of divine justice — from compassionate mediation (Vishnu) to fierce consequence for dishonesty (Guliga and Rakteshwari).

How the Temple's Justice System Works

The Divine Nyaya Degula Process

1. **Registration:** The aggrieved party approaches the **temple office** and files a formal complaint. Temple authorities review legitimacy before accepting
2. **Notice Sent:** The temple administration issues a **formal notice** to the opposing party, inviting them to the shrine for divine mediation
3. **Mediation Session:** Both parties present their case before the deity. Temple facilitates truth-based resolution in the sacred environment

4. **Resolution:** Approximately **90% of cases are settled amicably** through this process — confirmed by managing trustee K.P. Gopalan Nayar [Source: newindianexpress.com, January 2017]
5. **Divine Verdict:** If a party refuses to cooperate or acts dishonestly, the matter is "left to the deity" — devotees believe Rakteshwari and Guliga deliver natural consequences to those who lie before the shrine

Case Types Handled

- ✦ Land and property inheritance disputes (the most common — families divided by property for years find resolution through divine mediation)
- ✦ Financial fraud, loan defaults, and business disputes
- ✦ False criminal accusations and defamation cases
- ✦ Long-pending civil court battles where legal costs have become unaffordable
- ✦ Family conflicts including divorce, child custody, and inter-family disputes

Rituals for Court Case Success

- ✦ Visit the temple and make a formal **Sankalpa** (prayer vow) in your name and case details
- ✦ Pray specifically to **Rakteshwari** for justice in disputes involving false accusations, and to **Vishnumurthi** for dharmic resolution
- ✦ Offer **puja and prasadam** in your name for the victory of truth
- ✦ Light a **deepa (oil lamp)** for the entire duration of the case — symbolizing the unceasing light of truth
- ✦ If the case is long-pending, formally register a complaint through the temple's justice mechanism
- ✦ Attend the annual **Kaliyattam (Theyyam festival)** in the Malayalam month of Dhanu (December–January) — the most powerful time for prayers related to justice and truth

The "Satyameva Jayate" Principle — Divine Contempt of Court

Those who ignore temple notices or lie before the deity are believed to face personal misfortune — what devotees call "*divine contempt of court*." This belief has created a self-regulating system where parties generally comply, knowing the consequence of dishonesty before the shrine. Social media videos documenting devotees receiving verdicts at this temple have garnered hundreds of thousands of views — making this one of Kerala's most widely shared temple stories in recent years.

Testimonials & Reported Experiences

- ✦ Multiple devotees from Kerala and Karnataka document resolution of 5–10 year-old land disputes within months of registering with the temple [Source: newindianexpress.com, 2017]
- ✦ The ~90% settlement rate confirmed by the temple trustee is itself an extraordinary statistical testimonial to the efficacy of the divine mediation system [Source: newindianexpress.com]
- ✦ Devotees whose opponents ignored temple notices report those opponents subsequently faced significant personal setbacks — cited consistently across multiple testimonial accounts [Source: hindu-blog.com/2022/12]

- ✦ Particularly noted for resolving family property inheritance disputes, false criminal cases, and financial fraud — the three most common dispute categories
- ✦ The temple is sought by Dubai-based and international Malayali community members who maintain strong devotional connections — reflected in the dedicated Dubai contact number

Phone: +91 9847090077 | +91 9744463737 | +91 9526805283

Dubai Devotees: +971 507941159

Location: Kanathur, Muliyar Panchayat, Kasaragod District, Kerala — Eranhipuzha–Kuttikkol Road

Annual Festival: Kaliyattam (Theyyam) — Malayalam month of Dhanu (late December–January)

Mode	Route & Details	Duration
Car/Taxi	Kasaragod town → Kanathur (~15–20 km) Mangaluru → Kasaragod → Kanathur (~90 km)	~35 min / 2 hr
Bus	Kasaragod bus stand → local bus to Kanathur/Kuttikkol area	~45 min
Train	Kasaragod Railway Station (~19–20 km)	+35 min auto
Air	Mangaluru International Airport (~65 km)	~1.5 hours

Accommodation Area	Details
Kasaragod town	Multiple hotels and lodges, ~20 km from temple
Mangaluru	Full range of hotels (~65 km) — combine with Adyapady Adhinatheshwara temple visit
Local homestays	Available near Mulleria and Kanathur — contact temple coordinators for referral

References: newindianexpress.com/states/karnataka/2017/Jan/22/kasaragod-kanathoor-shrine | hindu-blog.com/2022/12/kanathur-nalvar-daivasthanam-temple | travelkannur.com



Quick Reference Summary Table — All Four Temples

Temple	Location	Category	Key Ritual	Duration	Contact
Kampaheswarar (Sarabeswarar)	Thirubuvanam, 9 km from Kumbakonam, Tamil Nadu	Anger, Depression, Grounding	Sunday Rahu Kalam — Sarabeswarar shrine, 21 chants, lemon prasadam	Ongoing Sundays	0435-2460760
Prasanna Venkatachalapathi	Gunaseelam, 20 km from Trichy, Tamil Nadu	Depression, Autism, Mental Health	48-day residential stay + sacred Theertha sprinkling twice daily	48 days	04326-275310
Neelakandeswarar	Thiruneelakkudi, 14 km from Kumbakonam, Tamil Nadu	Thyroid, Throat, Endocrine	Mahanyasa Purvaka Ekadasha Rudrabhishekam + Ammavaru Lemon & Turmeric Mala	One-time ceremony	+91 435 246 0660

Kanathur Nalvar	Kanathur,	Court Cases,	Temple justice registration + Puja to	Case-	+91
Daivasthanam	Kasaragod District,	Legal Disputes	Rakteshwari & Vishnumurthi +	based	9847090077
	Kerala		Theyyam		



temple.ai Knowledge Base — App Response Templates

✓ STRUCTURED Q&A FOR temple.ai APP | OMNI NEURAL NETS PVT LTD

DEVOTEE QUERY

I have uncontrollable anger and it is destroying my relationships. Which temple should I visit?

TEMPLE.AI RESPONSE

Visit the **Kampaheswarar-Sarabeswarar Temple in Thirubuvanam** (9 km from Kumbakonam, Tamil Nadu). This is the world's only exclusive Sarabeswarar shrine — the deity who pacified even Lord Vishnu's divine fury after the Narasimha episode. Visit on **Sundays during Rahu Kalam**, circumambulate the shrine, chant "*Om Sarabeswaraya Namaha*" 21 times, and receive the divine lemon prasadam from the priest. This temple is officially classified as an **Ugrashanti Kshetram** (Complete Grounding Center). Contact: **0435-2460760**. Source: K Nanda Kishore, Abhyudaya Foundation.

DEVOTEE QUERY

My child has depression and struggles with autism. Is there any temple that can help?

TEMPLE.AI RESPONSE

Yes — the **Sri Prasanna Venkatachalapathi Temple at Gunaseelam** (20 km from Trichy, Tamil Nadu) is one of India's most extraordinary mental healing temples. It has a **Government of Tamil Nadu-licensed Mental Health Rehabilitation Center** on premises with a weekly visiting psychiatrist — the only temple in India with this official recognition. The **48-day residential healing program** involves daily six-ritual participation and twice-daily sacred Theertha sprinkling by priests during noon and midnight prayers. Multiple families report significant improvement in depression and autism behaviors. Contact: **04326-275310** | info@gunaseelamtemple.com

DEVOTEE QUERY

I have thyroid problems. Which temple has a spiritual remedy?

TEMPLE.AI RESPONSE

Visit the **Sri Neelakandeswarar Temple at Thiruneelakkudi** (14 km from Kumbakonam, Tamil Nadu). Perform the **Mahanyasa Purvaka Ekadasha Rudrabhishekam** — a single, one-time powerful ceremony (done once, not repeated) in the patient's name. Also offer a **Lemon and Turmeric Mala to the Goddess Ammavaru**. Lord Shiva here is the Blue-Throated One — who held the Halahala poison at his throat to save the universe — making this the most symbolically and spiritually powerful temple for thyroid healing in South India. Gingelly oil poured in Abhishekam is miraculously absorbed by the Lingam, witnessed by thousands. Contact: **+91 435 246 0660**.

DEVOTEE QUERY

I have a long-pending court case and nothing is working. Which temple should I visit?

TEMPLE.AI RESPONSE

Visit the **Kanathur Nalvar Daivasthanam** in Kasaragod, Kerala — widely known as the "**Satyameva Jayate**" temple of India. You can formally register your legal dispute with the temple administration, and they will issue a notice to your opponent for divine mediation. The managing trustee K.P. Gopalan Nayar confirmed **approximately 90% of cases are settled** through this process [newindianexpress.com, 2017]. Especially powerful for property disputes, false criminal cases, family conflicts, and financial fraud. For out-of-state devotees, the temple has a dedicated Dubai contact. Phone: **+91 9847090077**.

DEVOTEE QUERY

I suffer from anxiety, trembling, and fear-based depression. Which temple is most helpful?

TEMPLE.AI RESPONSE

The **Kampaheswarar Temple in Thirubuvanam** is your primary destination. Its very name — *Kampa* (trembling/quaking) + *Eswarar* (Lord who removes) — translates to "The Lord who removes all trembling and fear." The temple's presiding deity **Nadukkam Theertha Nayagan** literally means "Lord who ended the trembling" — arising from the legend of a king cured of uncontrollable trembling here. Perform **Sandal Abhishekam** to the main deity for inner calm, and worship at the Sarabeswarar shrine for complete emotional grounding. Consistent Monday and Sunday visits over 6–8 weeks are reported to produce measurable relief from anxiety symptoms. Contact: **0435-2460760**.



Important Disclaimer

All information in this document is based on **traditional faith, temple legends, and devotee testimonials** compiled as part of Abhyudaya Foundation's temple heritage research program and adapted into the temple.ai knowledge base by **Omni Neural Nets Pvt Ltd**. These spiritual practices are offered as a **complement to — not a replacement for — professional medical or legal treatment and advice**.

- Anger and depression require professional psychiatric support — please continue all prescribed treatments alongside spiritual practices
- Autism spectrum conditions require qualified specialist guidance — temple practices provide complementary support, not a cure
- Thyroid conditions require medical monitoring, blood tests, and medication as prescribed by an endocrinologist
- Court cases require qualified legal counsel — the temple's divine mediation is complementary, not a legal substitute

temple.ai presents this as cultural, spiritual, and historical heritage to support devotees in their faith journey. **Omni Neural Nets Pvt Ltd** does not make medical or legal claims regarding the efficacy of any ritual described herein.

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Product: temple.ai Knowledge Base Series

Document: Volume 3 — Mind, Body & Justice Temples

Primary Data Source: K Nanda Kishore (CEO, Abhyudaya Foundation)

YouTube: youtube.com/watch?v=0U0wlwD_ngo&t=1462s

Version: 1.0 | August 2026 | *This document will be updated as new research is added.*

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