



TEMPLE.AI · SACRED HEALING KNOWLEDGE BASE

OM SHARAVANA BHAVA · OM NAMAH SHIVAYA

Volume IV of the temple.ai Series

Migraine & Neurological Relief Temples

*Sacred Protocols for Head Pain, Dosha Nivarana
& Neurological Healing*



AI-CURATED KNOWLEDGE BASE


3 Major
Temples


Rahu-Ketu
Dosha Remedies


3-Month
Abhishekam Protocol


Vedic + Ayurvedic
Perspective

"Where the mind finds stillness — the head finds peace."

TEMPLES COVERED IN THIS VOLUME

 Arulmigu Subramaniya Swami
Thiruttani, Tamil Nadu

 Sri Kalahasti Temple
Srikalahasti, Andhra Pradesh

+ Vaitheeswaran Koil — Diagnostic Reference

What is temple.ai?

temple.ai is an AI-powered devotional guidance system built by **Omni Neural Nets Pvt Ltd**. It bridges the ancient wisdom of India's sacred healing temples with modern AI to give devotees personalised, actionable guidance — which temple, which ritual, how long, what to expect.

This document is part of the **temple.ai Knowledge Base** — a curated multi-volume series covering conditions from cancer to career, migraine to mental health.

Volume Series

-  **Vol 1** — Education & IT Jobs (Hayagriva Temples)
-  **Vol 2** — Cancer Healing Temples
-  **Vol 3** — Mind, Body & Justice Temples
-  **Vol 4 — Migraine & Neurological Relief ← This Volume**

Who Is This Volume For?

- ✓ Chronic migraine sufferers (months or years)
- ✓ Cluster headache patients unresponsive to medication
- ✓ Those with Rahu, Ketu, or Mars afflictions in the horoscope
- ✓ Individuals with stress-induced neurological symptoms
- ✓ Devotees seeking a structured 3-month temple protocol
- ✓ Families seeking relief for a loved one

Primary Source

Research based on testimonials curated by **K Nanda Kishore**, Abhyudaya Foundation. Supplemented with temple official sources, Tiruvallur NIC, temple websites, and Vedic astrology literature on neurological conditions.

 Reference: Abhyudaya Foundation, YouTube Channel

Living Document Notice: This volume will be updated as new testimonials, contact details, and ritual schedules are verified. Devotees are encouraged to confirm timings directly with the respective temple administrations before undertaking a pilgrimage.



Ayurvedic Name: *Ardhavabhedaka*

In Ayurveda, migraines are classified as ***Ardhavabhedaka*** — meaning "half-splitting headache." This condition is understood as a severe imbalance in the **Vata and Pitta doshas**, particularly affecting the nervous system channels (Nadis) and the energy governing the head (Urdhva Shakha).

Root causes in Ayurveda:

- Aggravated Vata → irregular nerve impulses
- Aggravated Pitta → inflammatory pain & light sensitivity
- Ama accumulation → toxin build-up blocking Prana flow
- Digestive imbalances affecting Udana Vata (upward breath)



Vedic Astrology: Planetary Roots of Migraine

Vedic astrology identifies **Rahu, Ketu, and Mangal (Mars)** as the primary planetary triggers for chronic migraine when they afflict the **Ascendant (Lagna) or the Moon** in a birth chart.

Rahu: Neurological confusion, nerve-related pain, gastric triggers

Ketu: Acid reflux, anger-induced headaches, acidity

Mangal (Mars): Blood-heat, inflammation, throbbing pain

Conjunction: Mars + Rahu or Mars + Ketu = highest migraine risk



Why Lord Murugan & Lord Shiva for Migraine?

Lord Murugan (Subramaniya Swami):

Murugan is the *Commander of the Cosmos* — the deity who conquered the demon of ego and restored cosmic peace. At Thiruttani specifically, Murugan is worshipped in his **Shanta (peaceful) form**, having calmed his own anger after battle. This energetic imprint is uniquely suited to calm the overstimulated nervous system that underpins migraines. Murugan is also associated with the **Ajna Chakra** (third eye — the seat of the brain), making him the ruling deity for head-related afflictions.

Lord Shiva at Sri Kalahasti (Vayu Lingam):

Sri Kalahasti is the *Vayu Stahlam* — the temple of Air among the five elemental Shiva temples. The nervous system in Ayurveda is governed by **Vata** (Air principle). Lord Shiva here, as Vayu Lingam, directly presides over neurological imbalances. The **Rahu-Ketu Dosha Nivarana Pooja** performed here specifically targets the shadow-planet forces responsible for unexplained, treatment-resistant headaches.



Recommended Three-Temple Protocol

Step	Temple	Purpose	Duration
1	Vaitheeswaran Koil Mayiladuthurai, TN	Nadi Jyothishyam — identify planetary root cause (Mars/Rahu/Ketu)	1 visit
2A	Thiruttani Murugan Tiruvallur, TN	3-Month Abhishekam Protocol for neurological peace & dosha clearance	3 months
2B	Sri Kalahasti A.P.	Rahu-Ketu Dosha Nivarana Pooja (if chart confirms shadow planet affliction)	3–7 visits
2C	Sri Choleswarar Temple Perambakkam, TN	7-Monday Abhishekam Protocol — neuropathy, paralysis, nerve disorders (Narambishwarar)	7 Mondays

* Steps 2A, 2B, and 2C can be combined or selected based on condition and astrological chart



Arulmigu Subramaniya Swami Temple, Thiruttani

One of the Six Sacred Arupadai Veedu of Lord Murugan · Shantipuri — Abode of Peace



Arulmigu Subramaniya Swami Temple, Thiruttani — hilltop shrine

Lord Murugan as Shantimurthy

The Pacified Warrior — Post-Battle Tranquility

After destroying the demon Surapadman, Lord Murugan chose Thiruttani as his resting place — the site where divine anger became divine peace. The temple vibrates with *Shanti shakti* (the energy of peace), making it uniquely powerful for all conditions rooted in mental overstimulation, stress, and neurological turbulence.

TEMPLE TYPE

Arupadai Veedu (6th Sacred Abode)

PRIMARY DEITY

Lord Murugan (Subramanya Swami)

LOCATION

Thiruttani Hill, Tiruvallur District, TN

DISTANCE FROM CHENNAI

~84 km (approx. 2 hrs)



365 Steps Significance: The temple is accessed via **365 sacred steps**, each symbolising one day of the year. The act of climbing all 365 steps — especially during a pilgrimage — is considered an annual karmic cleanse, a full-year dedication of the devotee's wellbeing to Lord Murugan. Many devotees perform *Padi Pooja* (cleaning each step with turmeric and kumkum) as a vow.



Saravana Poigai — The Sacred Healing Tank

Uniquely located at the **base of the hill** (unlike other temples where the tank is elevated), the Saravana Poigai is the sacred water tank of Thiruttani. The water is naturally rich in **sulphur and iron minerals**, and has been documented by pilgrims to alleviate:

- ✓ Physical ailments (skin, blood)
- ✓ Mental stress and anxiety
- ✓ Chronic head pain and fatigue

Pilgrims traditionally bathe in the Saravana Poigai **before ascending** the 365 steps as an act of purification. The Sapta Rishi Teertham (south side) is also accessible.



Sacred Sandal Paste — Indra's Gift

Lord Indra gifted a special sandal stone to Lord Murugan as part of Goddess Devasena's (Deivayanai's) dowry. Sandal paste ground on this stone and applied during Abhishekam is believed to acquire **divine medicinal properties**.



Important: This sandal paste is **NOT** applied to the forehead. Devotees dissolve it in water and **consume it** as a sacred remedy for ailments — especially head and skin conditions.

Available on festival days. Confirm with temple before visiting.



Abhishekam Schedule & Pricing

Slot	Time	Cost	Duration
Morning	8:00 AM	₹1,500 (2 persons)	30–40 mins
Noon	12:00 PM	₹1,500 (2 persons)	30–40 mins
Evening	5:00 PM	₹1,500 (2 persons)	30–40 mins

Prasadam distributed after each Abhishekam. Photography strictly prohibited. Traditional attire mandatory.



The 3-Month Rule — Critical Guidance

Rule 1 — Death in Family: If there has been a death in the devotee's immediate family, all Abhishekam and Homa rituals at Thiruttani must be **delayed for 3 months** (the mourning/Sutak period). The Shatru Samhara Homam and other powerful rituals are subject to this restriction.

Rule 2 — Healing Protocol: For migraine relief, the recommended practice is to attend Abhishekam **regularly for 3 consecutive months**, at minimum once per week (weekly visit) or as continuously as proximity allows. The 3-month window corresponds to a full seasonal cycle and one complete dosha-balancing period in Ayurveda.



Complete 3-Month Migraine Healing Protocol at Thiruttani

Phase	Timing	Action	Significance
Preparation	Before first visit	Visit Vaitheeswaran Koil; consult Nadi Jyothishyam to confirm planetary root cause	Confirm whether Rahu/Ketu/Mars affliction is causing the migraine
Month 1	Weeks 1–4	Weekly Abhishekam (any slot: 8 AM / 12 PM / 5 PM); bathe in Saravana Poigai each visit; do Padi Pooja (climb all 365 steps with prayers)	Initiation — opening the divine channel; purification of the body and aura
Month 2	Weeks 5–8	Continue weekly Abhishekam; obtain sandal paste (festival day) if available; chant <i>Om Sharavana Bhava</i> 108 times daily at home	Deepening — dosha pacification begins; Murugan's Shanti Shakti stabilises the nervous system
Month 3	Weeks 9–12	Continue Abhishekam; perform special Sashti Viradham (fast on Kanda Sashti); do Kavadi on completion day if possible	Completion — the 3-month dedication of the head to Lord Murugan; dosha cycle fully reset



Additional Rituals Available

Padi Pooja	365-step cleaning ritual — vow-based
Sashti Viradham	Kanda Sashti fasting for 6 days
Kavadi	Burden-bearer ritual — fulfilled after relief
Tirupugazh	Chanting of Murugan hymns while climbing
Annadanam	Sponsoring meals for pilgrims — accumulates punya



Accommodation — On-Site Temple Cottages

Property	Type	Rate/Day
Karthikeyan Illam	Non-AC Cottage	₹450
Karthikeyan Illam	A/C Cottage	₹750
Thanigai Illam	Non-AC Room	₹450–₹600
Thanigai Illam	A/C Room	₹750

Min. 3 persons per room. Book up to 30 days in advance at tiruttanitemple.com. Refundable deposit: ₹750. Check-in/out: 3:00 PM.

ADDRESS

Thiruthani Hill, Thiruttani, Tamil Nadu 631209

OFFICIAL WEBSITE

tiruttanitemple.com

EMAIL

admin@tiruttanitemple.com

NEAREST RAILWAY STATION

Thiruttani Railway Station (on-site)



Thiruttani Temple — Sacred Spaces & Devotee Experiences



The hilltop gopuram — Thiruttani



Temple corridors and devotees



Arulmigu Subramaniya Swami shrine



Devotee Testimonials & Experiences

"I suffered from severe migraines for 8 years. Doctors gave me only symptomatic relief. My family decided to do the 3-month Abhishekam at Thiruttani every weekend. By the end of the second month, the frequency of attacks had halved. By completion, I had no migraine for 3 weeks straight. I continue to visit monthly now."

— Devotee testimony, as documented from Abhyudaya Foundation pilgrimage records

"The Saravana Poigai water is unlike any other. You can feel the mineral richness when you bathe. My chronic headaches, which I used to get 3–4 times a week, completely disappeared after my second month of regular visits and bathing in the tank."

— Pilgrim from Chennai, verified testimonial shared in devotional community forums

"Murugan at Thiruttani is in Shanta Swarupa — the most peaceful form. When I close my eyes in the sanctum, I literally feel the pain leaving my head. The priests told me this is the only Arupadai Veedu where Murugan defeated ego itself — and ego (ahamkara) is what causes mental tension and migraine."

— Pilgrimage participant shared with Abhyudaya Foundation community

Historical Significance: According to ancient texts, Lord Brahma himself visited Thiruttani to regain powers lost due to his own ego — reinforcing the temple's unique spiritual signature for *ego-dissolution and mind-clearing*. Lord Rama is also said to have visited to seek peace of mind during his exile. The pilgrim who comes here is in the footsteps of the highest divine beings.



How to Reach Thiruttani

By Train:

Thiruttani Railway Station is directly at the base of the hill.
Regular trains from Chennai Central (2 hrs)

By Bus:

TNSTC buses from Chennai Koyambedu, Poonamallee, and Arakkonam. Auto-rickshaws available from the bus stand.

By Car:

84 km from Chennai via NH-716. Parking available near Saravana Poigai. GPS: Thiruttani Murugan Temple.



Sri Kalahasti Temple entrance — Andhra Pradesh



The sacred Vayu Lingam in its sanctum — Sri Kalahasti Temple (original darshan photo)

Lord Shiva as Vayu Lingam

The Air-Element Shiva — Ruler of the Nervous System

Among the five elemental Shiva temples (Pancha Bhoota Sthalams), Sri Kalahasti represents **Vayu (Air)** — the element that governs the nervous system, breath, and all neurological functions in Vedic science. Worshipping here pacifies Vata-dominant disorders, which includes migraines, anxiety, nerve pain, and unexplained recurring headaches.

Why Sri Kalahasti for Migraine?

In Vedic astrology, **Rahu and Ketu** are shadow planets without physical bodies — they represent the *head* and *tail* of the serpent. When they afflict the Ascendant or Moon, they disrupt the neurological “air” in the body, leading to:

- Chronic, treatment-resistant migraine
- Unpredictable, trigger-less headaches
- Neurological confusion, brain fog
- Gastric-root headaches (Rahu)
- Acid reflux-induced head pain (Ketu)

Rahu-Ketu Dosha Nivarana Pooja — Complete Details

Detail	Information
Pooja Name	Rahu-Ketu Dosha Nivarana Pooja
Timings	Daily, 6:00 AM – 6:00 PM
Recommended Day	During Rahu Kalam of the day
Cost Range	₹500 to ₹5,000 (seating-based)
Booking	AP Endowments Dept. portal or counter
Duration per pooja	Approximately 45–60 minutes

Benefits of Rahu-Ketu Pooja:

- ✓ Pacification of shadow-planet neurological effects
- ✓ Relief from Kala Sarpa Dosha
- ✓ Reduction in unexplained physical ailments
- ✓ Improved mental clarity and peace of mind
- ✓ Relief from Sarpa Dosha & Naga Dosha

Dress Code: Traditional attire only. Avoid black clothing. No footwear inside.

Post-Pooja: Do not visit other temples immediately after.

LOCATION

Srikalahasti, Chittoor District, Andhra Pradesh

CLASSIFICATION

Pancha Bhoota Stahlam (Air/Vayu)

DISTANCE FROM TIRUPATI

~36 km (can combine with TTD darshan)

OFFICIAL WEBSITE

srikalahastitemple.org.in



Sri Kalahasti Temple aerial view and gopuram

The Legend — Three Devotees & The Eternal Lamp

Sri Kalahasti's name derives from three devoted worshippers: **Sri** (spider), **Kala** (serpent), and **Hasti** (elephant) — who all achieved moksha through their unwavering devotion to Lord Shiva here. The spider wove webs to protect the Shivalingam from dust; the serpent adorned it as a garland; the elephant bathed it with river water. Their dedication represents the three paths — *karma*, *bhakti*, and *jnana* — united in the temple's sacred field.

The eternal flame inside the sanctum is never extinguished — it burns in a sealed chamber without external air supply, which devotees regard as the miraculous manifestation of the Vayu Lingam.

Recommended Protocol for Migraine Sufferers at Sri Kalahasti

Visit	Ritual	When	Notes
Visit 1	Rahu-Ketu Dosha Nivarana Pooja	During Rahu Kalam	Full-length pooja; arrive 30 mins early to book ticket
Visit 2–3	Repeat Pooja + Abhishekam to Shivalingam	Monthly basis	During the 3-month Thiruttani protocol period
Ongoing	Angaraka (Mars) Shanti Pooja on Tuesdays	Every Tuesday	If Mars is afflicted in chart — can be done locally at any Shiva temple

Vaitheeswaran Koil — The Diagnostic Gateway

Vaitheeswaran Koil — Spiritual Hospital of Tamil Nadu

Located in Mayiladuthurai District, Tamil Nadu, **Vaitheeswaran Koil** is where Lord Shiva is worshipped as *Vaidyanatha Swamy* — the divine physician. It is the **Navagraha temple for Mars (Angaraka)**, making it directly relevant to migraine's inflammatory, blood-heat root cause.

Primary use for Migraine pilgrims: Visit Vaitheeswaran Koil *first* to consult a **Nadi Jyothishyam** reader — an ancient palm-leaf astrologer who can identify whether your migraine has a planetary origin (Rahu, Ketu, or Mars) and which temple protocol is right for you.

Key Facts — Vaitheeswaran Koil

- Location:** Mayiladuthurai, Tamil Nadu
- Navagraha:** Angaraka (Mars)
- Healing:** Skin diseases, chronic illness, leprosy in legend
- Theertham:** Siddhamritham tank — healing properties
- Prasadam:** Medicinal ball (ash + anthill sand + neem + abhishekam water)
- Special:** Centre for Nadi Jyothishyam (palm leaf astrology)

Unique Offering: Devotees offer salt, pepper, and jaggery into the temple tank as a health vow fulfillment — an ancient practice documented for centuries.



Sri Choleswarar Temple — Narambishwarar

Chola Era Shiva Temple, 1112 AD · Perambakkam, Thiruvallur, Tamil Nadu · Nerve & Neuropathy Healing



Sri Choleswarar Temple, Perambakkam — entrance gopuram (original photo)



The main shrine with Chola-era inscriptions on the walls



Quick Facts

Also known as: Cholishwarar, Soleeswarar, Narambishwarar

Built: 1112 AD — Kulothunga Chola I

River: Banks of Cooum River

Sthala Vruksha: Vilvam (Bilva) tree

Distance: ~60 km west of Chennai

Timings: 9:00 AM–12:00 PM & 5:30–7:30 PM

Lord Shiva as Narambishwarar

"Narambu" = Nerve (Tamil) · "Ishwarar" = The Lord

The very name of the presiding deity — **Narambishwarar** — reveals his divine mandate: Lord of the Nerves. This is one of very few temples in India where the Shiva Lingam itself is said to display **nerve-fibre-like designs** visible during Abhishekam — a phenomenon that devotees interpret as the Lord's direct manifestation in neurological form.

Endorsed by two great Siddhas — **Korakkanathar** and **Konkana Siddhar** — who composed healing songs specifically naming this temple for blood pressure, nerve disorders, and metabolic conditions.

Historical Name: The original Sanskrit/Tamil inscription name was *Kulottunga-Cholishwaram-Udaiyar* — 14+ epigraphs have been identified at the site (New Indian Express, 2025). The flag-mast (*Kodi Maram*) of the temple was erected by a devotee who recovered from a serious nerve ailment as a vow of gratitude.



Conditions Addressed by Narambishwarar

Neurological:

- ✓ Neuropathy (nerve damage)
- ✓ Paralysis
- ✓ Epilepsy
- ✓ Brain disorders
- ✓ Brain tumors

Nervous System:

- ✓ Chronic nerve pain
- ✓ Nervous weakness
- ✓ Stress-induced nerve issues
- ✓ Osteoarthritis (nerve-joint)

Siddha Tradition:

- ✓ High blood pressure
- ✓ Blood sugar imbalance
- ✓ Chronic fatigue
- ✓ Mental fog / confusion

The 7-Monday Abhishekam Protocol

The primary healing protocol at Sri Choleswarar Temple is a **seven-consecutive-Monday Abhishekam** cycle, specifically designed for nerve-related conditions. This mirrors the Vedic principle of seven as a complete cycle — seven planets, seven chakras, seven days.

Monday	Requirement	Significance
1st Monday	Patient physically present (mandatory)	Sankalpa (divine intention set); Abhishekam begun with patient's name and gotra
2nd–6th	Family member may attend on behalf	Continuous sanctification cycle; Vilvam powder Abhishekam each week
7th Monday	Patient physically present (mandatory)	Completion — the divine healing cycle sealed; prasadam collected

Key rule: The patient (nerve condition sufferer) must personally attend the **1st and 7th Monday**. Intermediate weeks may be attended by a family proxy.

The Unique Vilvam Abhishekam

What distinguishes Sri Choleswarar Temple from all other Shiva temples is the use of **powdered Vilvam (Bilva) leaves** during the Abhishekam. This is extremely rare — most Shiva temples use water, milk, or panchamritam.

In Ayurveda, Vilvam is a powerful herb used for:

-  Nervous system rejuvenation
-  Anti-inflammatory action on joints & nerves
-  Digestive support (reduces Vata aggravation)
-  Blood sugar regulation (documented in Siddha medicine)

The temple's Sthala Vruksha (sacred tree) is the Vilvam tree itself — symbolically aligning the temple's healing energy with this specific herb.

Prasadam — Vibhuti + Vilvam Healing Remedy

After the Monday Abhishekam, devotees receive a sacred prasadam consisting of:

-  **Vibhuti** (sacred ash from the Abhishekam ritual)
-  **Vilvam powder** (ground Bilva leaf — the unique healing herb)
-  Mixed together and **consumed with water**

How to use the prasadam:

-  Taken **daily throughout the week** (between Monday visits)
-  Mix a pinch of the vibhuti-vilvam powder in water
-  Consume on an empty stomach with prayer to Narambishwarar
-  Do not skip any day — consistency is essential

This continuous home-practice between temple visits is what makes the 7-Monday cycle a sustained healing protocol, not just seven isolated visits.

The Sacred Nerve-Lingam

The Shiva Lingam at Choleswarar Temple is locally called the **Narambu Lingam** (Nerve Lingam). According to temple tradition, the surface of the large Shivalingam displays **line patterns resembling nerve fibers**, which become clearly visible when sacred water is poured during Abhishekam. Devotees interpret this as Lord Shiva's direct manifestation as the Healer of the Nervous System.

Source: New Indian Express (April 2018); Temple bloggers and devotional records

How to Reach & Contact

Address: Eswaran Koil Street, Perambakkam, Thiruvallur District, Tamil Nadu 631402

Timings: 9:00 AM–12:00 PM | 5:30–7:30 PM (daily)

Best Day: Monday (Parigara Pooja + Abhishekam for nerve healing)

From Chennai: ~60 km west via NH-716 (Arakkonam direction)

From Thiruvallur: ~13 km southwest

From Arakkonam: ~30 km east

"After the 7th Monday Abhishekam for my father who had severe neuropathy in both legs, the burning and tingling sensations reduced significantly. The Vibhuti-Vilvam prasadam he took daily seemed to calm the nerves. The Narambishwarar Lingam is truly miraculous — the nerve patterns on the Lingam are visible to the naked eye during Abhishekam."

— Devotee testimony, Choleswarar Temple healing records (via Dr. V.S. Aikumari's pilgrimage blog, 2013)



The following represent sample queries a devotee might ask the temple.ai assistant, along with the AI's recommended response framework based on this knowledge base.

Q: I have chronic migraine for 3 years. Doctors haven't been able to cure it. Which temple should I visit?

Based on your description, I recommend the following two-temple protocol:

Step 1 (First): Visit **Vaitheeswaran Koil** (Mayiladuthurai, Tamil Nadu) and consult a Nadi Jyothishyam reader to identify whether your migraine has a planetary root cause (Rahu, Ketu, or Mars affliction).

Step 2A — Primary: Begin a **3-month Abhishekam programme at Arulmigu Subramaniya Swami Temple, Thiruttani**. Visit at least once a week (8 AM, 12 PM, or 5 PM slot, ₹1,500). Bathe in the Saravana Poigai mineral tank each visit. Perform Padi Pooja (365 steps). Chant *Om Sharavana Bhava* 108 times daily at home.

Step 2B — If Rahu/Ketu confirmed: Visit **Sri Kalahasti Temple** (A.P.) for the Rahu-Ketu Dosha Nivarana Pooja (6 AM–6 PM, ₹500–₹5,000), ideally during Rahu Kalam. Repeat 3 times during the 3-month period.

Q: Someone in my family died last month. Can I still do Abhishekam at Thiruttani for my migraine?

Important: At Arulmigu Subramaniya Swami Temple, Thiruttani, the traditional rule requires a **3-month waiting period** after a death in the immediate family before resuming Abhishekam and Homa rituals (Sutak/mourning period).

During this waiting period, you can continue the following at home: Daily chanting of *Om Sharavana Bhava* (108 times), Murugan Ashtottaram, and Kavach stotras. You may also visit Sri Kalahasti in the interim, as planetary poojas there do not carry the same mourning restrictions. Please confirm with the Thiruttani temple administration (admin@tiruttanitemple.com) for your specific situation.

Q: How do I book the Abhishekam at Thiruttani? Can I book online?

Yes, Abhishekam bookings at Thiruttani can be made through the official temple website at tiruttanitemple.com. Here is the process:

1. Visit tiruttanitemple.com → "Seva Booking" section
 2. Choose your preferred slot: 8:00 AM, 12:00 PM, or 5:00 PM
 3. Cost: ₹1,500 per Abhishekam (covers up to 2 persons)
 4. Duration: 30–40 minutes; prasadam distributed at the end
 5. For accommodation, book Karthikeyan Illam or Thanigai Illam cottages at gotirupati.com or the temple site (₹450–₹750/night)
- For additional queries, email admin@tiruttanitemple.com. Photography is prohibited.

Q: How is Sri Kalahasti different from Thiruttani for migraine? Which should I prioritise?

Both temples address migraine but through different pathways — choose based on your astrological profile:

Thiruttani → Best for *nervous system reset*, stress-induced migraine, and anyone seeking a structured devotional protocol. Lord Murugan's Shanta form here calms the overstimulated mind. The 3-month Abhishekam creates a sustained healing field. Ideal as the **primary temple** for all migraine sufferers.

Sri Kalahasti → Best for *astrologically-confirmed Rahu/Ketu affliction*. If your horoscope shows these shadow planets strongly placed in the Ascendant or Moon, or if your migraine is truly treatment-resistant with no identifiable trigger, Sri Kalahasti's Rahu-Ketu Dosha Nivarana Pooja is essential. Do this as a **complementary ritual** alongside the Thiruttani programme.

Q: I have neuropathy / nerve damage / paralysis. Is there a specific temple for nerve healing?

Yes — **Sri Choleswarar Temple** (also called Narambishwarar Temple) in Perambakkam, Thiruvallur District, Tamil Nadu, is uniquely dedicated to nerve healing. The very name *Narambishwarar* means "Lord of the Nerves" in Tamil.

The unique 7-Monday Protocol:

1. Visit the temple on **7 consecutive Mondays** for the special Parigara Abhishekam
2. The **patient must be physically present** on the 1st and 7th Monday (a family member may attend on intermediate Mondays)
3. Collect the **Vibhuti + Vilvam powder prasadam** and consume a pinch daily with water throughout the 7 weeks

Address: Eswaran Koil Street, Perambakkam, Thiruvallur 631402

Timings: 9:00 AM–12:00 PM & 5:30–7:30 PM | ~60 km west of Chennai

This temple is also beneficial for migraine sufferers with an underlying nerve-system component. Combine with the Thiruttani 3-month Abhishekam for a comprehensive neurological healing programme.

Q: Is there a special sandal paste at Thiruttani? How do I get it?

Yes — Thiruttani is one of the very few temples in India where a special sandal paste with divine healing properties is distributed. The paste is prepared on a sacred stone gifted by Lord Indra as Goddess Devasena's dowry and is applied to Lord Murugan during Abhishekam.

Important note: Unlike other temples, this sandal paste is **not applied to the forehead**. Devotees dissolve it in water and consume it as a sacred medicine for physical ailments.

Availability: This paste is not available on regular days — it is distributed only on **festival days** (especially Skanda Sashti, Karthigai Deepam). Plan your visit around a festival for this specific remedy. Confirm current availability with the temple at admin@tiruttanitemple.com.



Disclaimer & Important Notice

Medical Disclaimer: The information presented in this document is compiled from devotional traditions, oral testimonials, temple literature, and cultural heritage sources. It is intended purely for **spiritual and informational purposes**. It does not constitute medical advice, diagnosis, or treatment.

Migraine is a medical condition requiring proper neurological evaluation. The temple protocols described herein are *complementary spiritual practices* — not substitutes for medical treatment. Please consult a qualified neurologist or physician for your condition.

Testimonials represent individual devotee experiences and should not be construed as guarantees of similar outcomes. Spiritual healing is deeply personal and varies by individual.

Contact & Timing Accuracy: Temple timings, pricing, and contact information are subject to change. Always verify directly with the respective temple administration before travel.



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Migraine & Neurological Relief

Thiruttani, Sri Kalahasti, Choleswarar (Perambakkam), Vaitheeswaran Koil

Omni Neural Nets Pvt Ltd

Pavan Kumar Rachumallu, AI Solution Architect

Primary Source: K Nanda Kishore, Abhyudaya Foundation

This is a living document — updated as new testimonials and details are verified.



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