

MEDICAL NOTES

Maruthuva Kurippugal

மருத்துவக் குறிப்புகள்



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Traditional Siddha remedies from
Ramalinga Swamigal (Vallalar)

DISCLAIMER

This book presents translations and commentaries on the original tamil works of Ramalinga Swamigal (Vallalar). While every effort has been made to accurately convey the profound meaning of these texts, the translation of poetic and spiritual scriptures is inherently an act of interpretation. Therefore, the original tamil text remains the sole definitive source of authority. To alert us of any mistake or to propose a revision, feel free to email us at international@sanmarkkamlife.org

The information provided in this book, encompassing spiritual, mental, dietary, and other health practices, is intended solely for educational and informational purposes. It should not be considered a substitute for professional medical advice, diagnosis, or treatment. Always consult a qualified healthcare professional regarding any health concerns or before making any decisions related to your health

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ABOUT THE AUTHOR

Ramalinga Swamigal (1823–1874), lovingly known as Vallalar, was a Tamil poet, mystic, and spiritual teacher from southern India. Born in Chidambaram and raised in Chennai, he showed a profound sensitivity to the suffering of others from childhood. He fed the hungry without condition, grieved at the sight of a withering plant, and rejected meat eating because the pain of any living creatures was, to him, his own pain.

His central teaching was *Jeeva Karunyam* — active compassion for all living beings — as the only genuine foundation of spiritual life. Alongside this, he taught *Atma Neya Orumaipadu* (the Unity of Souls): that every living being shares the same spiritual essence and is owed the same dignity. Without these two, he said, no scripture, no ritual, and no devotion leads anywhere spiritually real.

He rejected caste, religious division, and sectarian hierarchy as barriers to a single recognition: that the same divine light, *Arutperunjothi*, dwells in every soul without exception.

At Vadalur in Tamil Nadu, he gave these teachings a living form. He established the Sathya Dharma Salai, a free dining hall where anyone could receive a meal without distinction of caste, religion, or social standing. This was a revolutionary form of charity at that time. Vallalar taught that the hunger of any living creature is the hunger of the Divine itself, and that no act of worship carries more weight than feeding another being. The doors were open to all; no one was turned away.

In 1872 he consecrated the Sathya Nāṇa Sabai at Vadalur, a hall of light built not for any religion but as a dwelling place for the grace that sustains all life, its sacred flame tended to this day.

On January 30, 1874, Vallalar entered a small room at Mettukuppam, a village near Vadalur, asked his disciples to lock it from the outside, and told them he would not be coming out. When the room was eventually opened, it was empty. No trace of his body was found. The event was recorded by the government and the british collector John Henry Garstin.

Those who follow his path understand this not as a death but as the fulfillment of his teaching on deathlessness — that through the transforming grace of *Arutperunjothi*, the physical body itself can pass beyond the reach of death.

INTRODUCTION

The Maruthuva Kurippugal, or “Medical Notes.” is one small book of remedies coming from the tradition of Ramalinga Swamigal (Vallalar).

It is based on Siddha medicine, one of the oldest medicine systems in the world, born on south Indian soil and carried down through the centuries by the Siddhars, sages who saw no separation between caring for the body, mind and soul.

Siddha medicine understands health as a balance among three vital forces — vatha, pitha, and kapha — and uses plants of the Tamil countryside, with other substances used as carriers.

The six remedies here span from simple preparations for a cough, strength, digestion, and skin, to the *Neelakantha Mani*, a medicine reserved for emergency crises.

Vallalar further purified this ancient system by banning cruel substances such as blood, organs, eggs, meat and bones.

The whole book stands on the pillar value of Ramalinga: *Jeeva Karunyam*, meaning active compassion to all Life. Because treating a disease and the suffering from the body is indeed a great act of Compassion.

A word of care is essential. This is a historical text, offered here for understanding and preservation. Some preparations contain genuinely toxic substances that traditional healers purified through exacting methods before use. Nothing here should be attempted as self-treatment; for any illness, consult a qualified physician or a trained Siddha practitioner.

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Original tamil text taken from:

<https://www.vallalar.org/Tamil/V000020912B>

MARUTHUVA KURIPPUGAL TRANSLATION & COMMENTARY

1. REMEDY FOR COUGH

1. இருமலுக்கு

முசுமுசுக்கை சமூலங் கொண்டு வந்து பசும்பாலில் ஊறவைத்து உலர்த்தி இடித்துச் சூரணமாக வைத்துக்கொண்டு கியாழமாக்கிப் பாலொடு கொள்க. மேற்படி சூரணத்தில் மிளகு சர்க்கரை சிறுக சமன் சேர்த்துங் கொள்க. இவ்வாறு கரிசாலையுங் கொள்க. பின்பு பனையோலை சுட்ட சாம்பலைப் பால்விட்டு அரைத்துப் புடஞ்செய்து நெய் சர்க்கரை வெண்ணெய் தேனிலுங் கொள்க. இது போல் மேற்படி பூகாய்ந்ததை பஸ்பஞ் செய்து கொள்ளத் தீரும்.

TRANSLATION

1. **Method 1:** Take the whole plant (*samoolam*) of **Musumusukkai** (*Mukia Maderaspatana*), soak it in cow's milk, dry it, and grind it into a powder. Make a decoction (*kashayam*) out of it and consume it with milk. Alternatively, take this powder mixed with equal parts of pepper and sugar.
2. **Method 2:** **Karisalai** (False Daisy) can be prepared and consumed in the exact same manner.
3. **Method 3:** Burn a palmyra leaf into ash, grind it with milk, subject it to the *pudam* process (traditional calcination), and consume it with ghee, sugar, butter, or honey. Similarly, you can make a *bhasma* (medicinal ash) from dried buds/flowers of the same plant to cure the cough.

COMMENTARY This details traditional Siddha treatments for respiratory issues. Musumusukkai is a climbing vine renowned in Tamil medicine for clearing mucus. Using milk, ghee, and honey acts as a soothing carrier (anupana) to deliver the medicine without irritating the throat. The text also describes making a "bhasma" (calcined ash) from palmyra parts, a classical technique used to extract and render plant minerals safe and easily absorbable for the body.

2. FOR BODY WEAKNESS, WHEEZING, AND SEMEN DEFECTS

2. தேகமெலிவு, ஈளை, சுக்கிலக்கெடுதிக்கு

பொன்னாங்கண்ணி ஒருபங்கு கரிசலாங்கண்ணி முக்கால்பங்கு இவை ஒருமுறை வேகவைத்து, தண்ர் வடித்து, பின்பு வேகவைக்கும் போது மிளகுப் பொடி போட்டு, நெய் விட்டு, சீரகத்தால் தாளித்துப் புரட்டிச் சாப்பிடவும்.

TRANSLATION Take 1 part of **Ponnanganni** (Sessile Joyweed) and 3/4 part of **Karisalankanni** (False Daisy). Boil them together once and drain the water.

Boil them a second time, but this time add pepper powder and ghee.

Temper the mixture with cumin seeds, toss it well, and eat it.

COMMENTARY This is a dietary remedy rather than a strict medicine. Ponnanganni and Karisalanganni are two of the most revered greens in Siddha, used for rejuvenating tissues, improving vitality, and treating weakness. Draining the first batch of boiled water is a practical culinary step to remove the raw, bitter taste and harsh compounds of the wild greens before tempering them with digestive spices like pepper and cumin.

3. FOR BODY WEAKNESS, WHEEZING, AND SEMEN DEFECTS

3. நீர்க்கோவை, வாதபித்த ஆபாசக்கெடுதி, மலபந்தம், சூலை இவற்றிற்கு

சுக்கு பலம் 12-க்கு சுண்ணாம்பில் 4 பலம் கவசித்து, மஞ்சளில் 4 பலம் கவசித்து, எருமைச் சாணத்தில் 4 பலம் கவசித்து, கவசங் கருகச் சுட்டு எடுத்துச் சீவி வைத்துக்கொண்டு, மூன்று தினங்களும் 3 வராகனெடை எடுத்து நசுக்கி அரைப்படி சலத்தில் போட்டுக் காய்ச்சி வீசம்படியாகச் சுண்டின பின்பு, பனங்கற்கண்டு நெய் இவைகளைக் கலந்து இளஞ்சுடாகச் சாப்பிட்டு வரவேண்டும்.

TRANSLATION For Sinusitis, Vatha-Pitha Derangements, Constipation, and Colic Pain.

Take 12 *palam* (a traditional unit of weight, approximately 35 grams) of **Sukku** (dry ginger). Coat it progressively with 4 *palam* of lime (calcium hydroxide or slaked lime), 4 *palam* of turmeric, and 4 *palam* of buffalo dung.

Burn it until the outer coating is charred, then scrape the coating off and save the processed ginger.

Take 3 *varagan-edai* (another traditional weight measure, approximately 4.2 grams) of this prepared ginger, crush it, and add it to half a *padi* (measure) of water. Boil and reduce it down to 1/16th of its volume (*veesam padi*).

Mix this concentrated decoction with palm candy (*panangkarkandu*) and ghee, and drink it while it is lukewarm.

COMMENTARY This formulation aims to treat cold accumulation, digestive blockages, and imbalances in body humors (Vata and Pitta). Dry ginger is inherently hot and spicy. Coating and burning it in limestone, turmeric, and dung is a purification technique (Suddhi) designed to neutralize its harshness, altering its chemical profile so it heals the stomach rather than irritating it.

4. FOR BODY STRENGTH AND PHYSICAL STAMINA

4. தேகவலிவு, சரீர திடத்திற்கு

கெட்டி மிளகு பலம்20 - இதைப் பேயன் வாழைக்கிழங்குச் சாற்றில் 3 நாள், இளநீரில் 3 நாள், கரிசாலைச்சாற்றில் 3 நாள், பொன்னாங்கண்ணிச் சாற்றில் 3 நாள், பசுங்கோமயத்தில் 3 நாள், பசும்பாலில் 3 நாள், தனித்தனியாக இரவில் ஊறவைத்து, பகலில் நிழலில் காய வைத்து, தேய்த்துப் புடைத்து முன் போலவே எல்லாவற்றிலும் நனைத்து உலர்த்தித் தேய்த்துப் புடைத்து எடுத்து வைத்துக்கொண்டு, சுமார் 5 மிளகு அளவு கற்கண்டும் சேர்த்துச் சாப்பிட்டு வரவும். கற்கண்டு இல்லாமலும் கொள்ளலாம். குடு கொண்டால் அறுகம் வேர் கஷாயத்தில் பசுவெண்ணெய் சேர்த்துச் சாப்பிடலாம். இவ்விதம் சிலதில் ஊறவைத்துக் கடுக்காயும் கொள்ளலாம்.

TRANSLATION Take 20 *palam* of high-quality **dense pepper**. You must sequentially soak it in the following juices at night and dry it in the shade during the day, for 3 days each:

- Peyan banana stem juice (3 days)
- Tender coconut water (3 days)
- Karisalai juice (3 days)
- Ponnanganni juice (3 days)
- Cow's urine (3 days)
- Cow's milk (3 days)

Each time, rub and winnow the pepper before moving to the next liquid. Once the entire process is complete, store the pepper.

Consume a dose equivalent to about 5 peppers daily along with sugar candy (*karkandu*) (though it can be taken without sugar candy too).

Note on side effects: If this preparation causes excessive body heat, consume cow's butter mixed with an **Arugampul** (Bermuda grass) root decoction. A similar process can also be done using **Kadukkai** (Haritaki).

COMMENTARY This outlines a labor-intensive tonic preparation. Sequential soaking and drying imbues the black pepper with the cooling, healing, and purifying properties of various medicinal liquids, turning standard pepper into a daily supplement for endurance and immunity.

The text acknowledges that heavy pepper consumption causes overheating and offers an immediate cooling antidote (Bermuda grass and butter).

5. FIVE-INGREDIENT BATH POWDER/PANJA KARPAM

5. பஞ்ச கற்பம்

கஸ்தூரி மஞ்சள், வேப்பம் பருப்பு, வெள்ளை மிளகு, கடுக்காய்த் தோல், நெல்லிவற்றல் இவைகளை அரைத்துப் பாலில் காய்ச்சி நறுமணத்துடன் இறக்கித் தேய்த்துக் கொள்ளவும்.

(வேறுவகை)

கசகசா, பாதாம்பருப்பு, கொப்பரைத் தேங்காய், மிளகு, சீரகம் இவற்றைப் பாலில் அரைத்துக் காய்ச்சி, நறுமணத்துடன் இறக்கித் தேய்த்துக் கொள்ளவும்.

TRANSLATION Method 1: Take wild turmeric (Kasturi Manjal), neem seed kernels, white pepper, Haritaki skin, and dried amla (Indian gooseberry). Grind them into a paste, boil in milk until it releases a pleasant aroma, remove from heat, and apply to the body.

Alternative Method: Take poppy seeds, almonds, dry coconut (copra), pepper, and cumin. Grind them in milk, boil until fragrant, remove from heat, and apply.

COMMENTARY "Pancha Karpam" refers to a mixture of five ingredients applied externally, usually as a bath paste to treat skin issues, cool the body, or relieve headaches. The first recipe uses astringent, antibacterial herbs ideal for skin purification and scalp health. The alternative recipe acts as an emollient; using rich, oil-bearing seeds and nuts to deeply nourish, cool, and moisturize dry skin.

6. THE BLUE-THROATED JEWEL PILL

6. நீலகண்ட மணி மாத்திரை

மாந்தாளிக்கள்ளி, சதுரக்கள்ளி, வெள்ளெருக்கு வேர்ப்பட்டை, இவைகளைச் சமன் எடையால் நிழலில் உலர்த்திக் கொண்டு ஐந்து பலம் குழித்தைலம் வாங்கிக் கொண்டு, சுரைக் குடுக்கையில் வைத்துக் கொண்டு, பெருங்காயம், லிங்கம், அபினி, இந்த மூன்றும் ஒவ்வொரு பலம் கல்வத்திற் போட்டுப் பொடித்துக் கொண்டு, குங்குமப்பூ, கஸ்தூரி, கோரோசனை, பச்சைக் கற்பூரம், கூகை நீறு இந்த ஐந்தும் வகைக்கு ஒன்றேகால் வராகனெடை சேர்த்து, தைலத்தை விட்டு எட்டு ஜாமம் அரைத்து, குன்றிமணிப் பிரமாணம் மாத்திரை செய்து மூங்கில் குழாயில் அடைத்து மண்குடத்தில் வைத்து, பூமிக்குள் நாற்பது நாள் வைத்துப் பின்பு எடுத்து, விஷ்ணுவுக்குப் பூசை செய்து, தங்க டப்பியில் வைத்துக் கொண்டு வாந்தி பேதி கண்டவர்களுக்கு மணிக்கு மூன்று மாத்திரை வீதம் தேனில் கொடுத்தால் வாந்தி பேதி நிற்கும். ஜன்னி வகைகளுக்கும் பிரயோகிக்கலாம், நல்லபாம்பு முதலிய விஷ திருஷ்டிகளுக்கும், தகுந்த அனுபானங்களில் பிரயோகிக்கலாம். இந்த மாத்திரைக்கு விஷ்ணு வைத்த பெயர் பிரளய கால ருத்திர மணி மாத்திரை. சிவனிட்ட பெயர் நீலகண்ட மணி மாத்திரை. இது நாடியில் சொல்லியது.

மருத்துவக் குறிப்புகள் முற்றிற்று.

TRANSLATION Take equal weights of *Manthali kalli*, *Sathura kalli* (types of Euphorbia plants), and the root bark of *Vellerukku* (White Crown Flower). Dry them in the shade. Destructively distill these herbs using the pit method (*kuzhi thailam*) to extract 5 *palam* of oil, and store it in a dried bottle gourd shell.

In a stone mortar, powder 1 *palam* each of Asafoetida, *Lingam* (Cinnabar / Mercury ore), and *Abhini* (Opium).

Add 1.25 *varagan-edai* each of Saffron, Musk (*Kasturi*), *Gorochana* (cow bezoar), Edible Camphor (*Pachai Karpuram*), and Arrowroot powder (*Kougai Neeru*).

Pour the previously extracted herbal oil into this powdered mixture and grind continuously for 8 *jaamam* (roughly 24 hours). Roll the resulting paste into tiny pills, each the size of a *kunrimani* seed (Rosary pea).

Seal the pills inside a bamboo tube, place the tube inside a clay pot, and bury it underground for 40 days.

After 40 days, unearth the pot, perform a worship prayer (*pooja*) to Lord Vishnu, and store the finished pills in a gold box.

Cholera (Severe Vomiting and Diarrhea): Administer 3 pills per hour mixed with honey to stop symptoms.

Other Conditions: Administer with appropriate secondary carriers (*anubanam*) for delirium or severe fevers (*Janni*) and venomous bites, such as cobra bites.

According to Nadi texts, Lord Vishnu named this formula *Pralaya Kala Rudra Mani Mathirai* (The Jewel Pill of the Apocalypse), while Lord Shiva named it *Neelakantha Mani Mathirai* (The Blue-Throated Jewel Pill).

End of Medical Notes.

COMMENTARY This is a highly potent, complex, and potentially toxic emergency medicine. It utilizes toxic botanical saps, heavy metals (cinnabar contains mercury), and narcotics (opium), which dictate the extreme grinding (24 hours) and underground fermentation (40 days) needed to neutralize toxicity and boost medicinal efficacy.

Due to its intensity, it is prescribed in micro-doses (the size of a tiny seed) solely for life-threatening emergencies like cholera, severe convulsions, and envenomation. The divine names attributed to it emphasize its power to save a life at the brink of death. Ensure a certified practitioner is consulted before any modern application.

 **Important Safety Note:** This is an ancient, historical text. While remedies 1, 2, and 5 use harmless household herbs, preparations like **Remedy 6** contain highly toxic materials (like cinnabar/mercury and opium) that require rigorous, expert purification (*suddhi*) processes. Do NOT attempt to recreate these recipes at home.

ABOUT SANMARKKAM LIFE



Sanmarkkam Life is a nonprofit born to bring the teachings of Ramalinga Swamigal — lovingly known as Vallalar — to every corner of the world.

We believe his wisdom should be available to every fellow human being without any barrier whatsoever.

WHAT WE DO:

- Offer Translations and commentaries of his works of *Thiru Arutpa* and *Urainaidai*, plus our other publications.
- Feed plant-based food to the needy
- Offer Sanmarkkam based items on our Emporium. Free and donation based.
- Educational social media content and articles
- Discourses, seminars and workshops
- Offer tools like KarunAI to make the wisdom more accessible

We are a living community of souls united by *Atma neya orumaipadu* (the unity of souls) and *Jeevakarunyam* (active

compassion toward all life) Those are the foundation principles that Vallalar placed beneath all genuine spiritual life.

We have country representatives active across the globe, offering seminars, free meals, and local community presence.

Everything we offer is given freely to everyone, regardless of anything. With no barriers and no discrimination.

WHY OUR WORK MATTERS

We live in a world overwhelmed by problems:

- Wars
- Poverty
- Aging
- Disease
- Death
- Animal suffering
- Environmental destruction
- Inequality and injustice
- And many more

In front of all of these, where should we even begin?

The teachings of Suddha Sanmarkkam offer a simple answer: At the very root, the cause of those is the absence of this soul unity and active compassion to all life.

But when those two core values flourish, everything changes for the better. Those who practice this heal themselves and their surroundings on all levels.

A NEW EARTH

When we feel we are all part of one single family, the divisions that cause so much pain simply melt away:

- **Wars will end:** War is only possible when we believe "us" are more important than "them." When we feel Oneness, there is no "them." Harming another country would feel like hurting our own family. Borders and nations will become past memories as we unite as one humanity.
 - **Hunger will vanish:** In a world filled with compassion, it would be unthinkable to let someone starve. Food and clean water would be seen as a basic right for every living being, human and animal, and shared freely with joy.
 - **Poverty and inequality will Disappear:** Greed comes from the fear of not having enough and the primordial dark desire coming from the Ego. But in a world of Oneness, we feel secure in our connection. The joy of giving replaces the fear of lacking. Wealth and resources will naturally flow to where they are needed, ensuring everyone has a dignified and comfortable life.
 - **Divisive religions and caste fades:** The ignorance from sectarianism and superstition from religious organizations disappear.
 - **Animal Suffering Will Cease:** We will finally see animals not as objects to be used, but as soul brothers and sisters in our great family. Factory farms and slaughterhouses will disappear, replaced by sanctuaries and a deep respect for all creatures. Animals will be seen as Souls and the humans compassionate job will be to help them to acquire a human body so that they can attain Liberation.
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- **A Planet Healed and Restored:** When we see the Earth as our own living body, we will naturally become its loving caretakers.
 - **Global Warming Will Subside:** The planet's fever or global warming is a direct result of treating it poorly and disrespectfully. When we feel our Oneness with nature, we will stop poisoning our rivers and skies. We will stop the animal agriculture greatly contributing to global warming. We will work in harmony with the Earth, and its natural balance will be restored.
 - **The Environment Will Flourish:** Deforestation and pollution come from a mindset of taking without giving back. A compassionate humanity will act as gardeners of the planet, planting trees, cleaning our oceans, and preserving the beautiful biodiversity of life.
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A NEW HUMANITY

As the world around us heals, our own bodies and minds will also transform:

- **Sickness will fade:** Many of our illnesses are caused by stress, unhealthy food, and inner conflict. In a peaceful world with pure food, a balanced lifestyle, these causes will be removed. A heart full of compassion is the greatest medicine, bringing harmony to the body and mind.
- **The pain of aging will be overcome:** As we align with the timeless nature of our souls, the process of aging will slow down. According to Vallalar, the human body has the potential to become an ever youthful radiant, healthy, and even deathless form.
- **Painful Desires Will Dissolve:** The constant chase for more money, more things, and more validation is the

source of much of our unhappiness. When we feel the inner joy of Oneness, this frantic chasing stops. We find peace not in getting more, but in being connected to everything.

- **No more inequality and discrimination by birth:**
Children will no longer be born into situations of hardship or inequality. A world of compassion will ensure that every single soul that comes to this Earth is welcomed into a safe, loving, and supportive environment.
- **The Arch-enemy of Death loses the battle:**
Sanmarkkam brings humanity together in **defeating the true enemy: Death**. No matter whether rich or poor, black or white - all humans are subject to this final malady. Death has been casting immense suffering to humanity since the beginning of times. According to Vallalar by practicing Absolute Compassion towards all Life, it is possible to finally defeat this arch-enemy and finally celebrate Life and live blissfully.

According to Vallalar. spreading Suddha Sanmarkkam is not one good cause among many. It is the supreme medicine — the one that addresses every disease.

In short, ***by spreading Suddha Sanmarkkam, you invite a utopian Heaven on Earth.***

HOW YOU CAN MAKE A DIFFERENCE

The most impactful thing you can do is practice what you have just read. They say: “*Be the change you want to see in the world.*” Start extending compassion towards all Life and be an instrument of Grace.

Beyond that, share this book with someone who is searching. Countless people are looking for a path that is historically grounded, spiritually complete, and genuinely open to them. — and most have never heard of Vallalar.

You can change a life for the better with a single conversation or a shared file.

JOIN AS VOLUNTEER

If you feel called to participate in our mission, consider volunteering with us. We welcome people from every background — writers, translators, designers, organizers or those who simply want to help. Apply at <https://sanmarkkamlife.org/volunteer>

SUPPORT OUR MISSION

This book was given to you freely. Every translation, every emporium item, every meal, every piece of educational content we produce runs entirely on the generosity of people who found value in this work. A small contribution goes directly toward keeping this light moving:

\$1 Provides a meal to someone in need.

\$5 Gets an emporium item to someone in need.

\$15 Pays for one of the online tools we use.

\$30 Funds our infrastructure for a few days

\$50 Sponsors a local seminar or free meal service in a community.

\$100 Helps carry this light into a new country.

If this work has touched you, feel free to donate at <https://sanmarkkamlife.org/donate> — and/or simply pass this book to someone who is searching. Both help.

CONTINUE YOUR JOURNEY

The Suddha Sanmarkkam Path is a lifelong journey. This is just the beginning and we have so much more to offer to you for free:

- **Thiru Arutpa:** The Sacred Songs of Grace from Vallalar
- **Urainaidai :** Vallalar's own prose works.
- **Sanmarkkam Emporium:** Donation-based items
- **KarunAI:** Your personal guide for the path
- **TamiLearn:** The tamil learning App
- **Videos & Articles:** Educational digital content
- And much more!

Everything else we offer is waiting for you at <https://sanmarkkamlife.org/start>.

JOIN THE COMMUNITY

To join the Sanmarkkam Life Family community in your language, visit <https://sanmarkkamlife.org/community>.

Arut Perum Jyoti · Arut Perum Jyoti Taṇiperum Karuṇai · Arut Perum Jyoti

May all living beings live happily in absolute compassion forever.
— Vallalar



The Maruthuva Kurippugal, or “Medical Notes.” is one small book of remedies coming from the tradition of Ramalinga Swamigal (Vallalar).

It is based on Siddha medicine, one of the oldest medicine systems in the world, born on south Indian soil and carried down through the centuries by the Siddhars, sages who saw no separation between caring for the body, mind and soul.

Siddha medicine understands health as a balance among three vital forces – vatha, pitha, and kapha – and uses plants of the Tamil countryside, with other substances used as carriers.

The six remedies here span from simple preparations for a cough, strength, digestion, and skin, to the Neelakantha Mani, a medicine reserved for emergency crises.

Vallalar further purified this ancient system by banning cruel substances such as blood, organs, eggs, meat and bones.

The whole book stands on the pillar value of Ramalinga: Jeeva Karunyam, meaning active compassion to all Life. Because treating a disease and the suffering from the body is indeed a great act of Compassion.