

# Shiva Panchabhuta Sthala

Vrksas associated with the Shiva Sthalas.

# न-Na

**Sanskrit name:** आम्र

**Scientific name:** *Mangifera indica*

**Common names:** Mango



**Stala:** Ekambareshwara, Kanchipuram

## Healing Properties

**Fruit** is Rich in Vitamins A, B6 & C. Leaves can be brewed as tea to alleviate pain and used in treating diabetes, respiratory issues, hypertension etc.

**Leaves:** Treat respiratory issues, diabetes, and diarrhea. Used in herbal teas to regulate blood sugar.

**Bark:** Contains astringents to manage dysentery, diarrhea, and throat infections.

**Fruits:** Rich in vitamins A, C, and antioxidants; promote digestion and boost immunity.

**Seeds:** Aid in treating diarrhea, dysentery, and reducing cholesterol.

**Flowers:** Have diuretic and anti-inflammatory properties, used for urinary issues.

**Gum:** Helps in treating cracked skin and wounds.

**Ekambareshwara Temple** in Kanchipuram Tamil Nadu - Initially built by the Pallavas and later by the Cholas, the temple has been in existence since 600CE. Here Shiva is said to have manifested as the Prithvi lingam (earth).

There is a Mango tree that is the sthala vrksa and said to be thousands of years old and still yields fruits. According to legend, Goddess Parvati performed penance under the sacred mango tree by making a Lingam out of sand. Shiva tested her devotion but eventually blessed her. The presiding deity is a Shiva Lingam made of sand, symbolizing the element of Earth.

The temple dates back to at least 600 CE, with evidence of Pallava rulers contributing to its development.

Later, the Cholas, Vijayanagara rulers, and Nayakas significantly expanded and beautified the temple.

It reflects the Dravidian architectural style, showcasing intricate carvings and grand structures.

**Tower (Gopuram):** The southern gopuram, standing 59 meters tall, is one of the tallest temple towers in South India.

**Mandapas and Halls:** The 1,000-pillared hall (Ayiram Kaal Mandapam) is an architectural marvel with intricately carved pillars.

**Sacred Mango Tree:** A 3,500-year-old mango tree in the temple courtyard is considered sacred, with four branches symbolizing the four Vedas. It is believed that its fruits have four different tastes.

# म-Ma

**Sanskrit name:** Śvitāna Jambuphalam

**Scientific name:** Syzygium cumini

**Common names:** White Jamun



## Healing Properties

1. Helps with Digestive health, weight management, controlling blood sugar, keeping liver healthy with antioxidants and its seeds help in dealing with anemia. High in vitamins C and A.
2. Contains essential minerals like potassium, calcium, and iron
3. Helps regulate blood sugar levels due to its low glycemic index.
4. Seeds and bark are used in Ayurvedic medicine for diabetes control.
5. Acts as a natural digestive aid.
6. Alleviates issues like diarrhea, bloating, and indigestion.
7. Helps lower blood pressure due to its potassium content.
8. Reduces bad cholesterol levels.

**Jambukeshwara Temple**, located in Tiruvanaikaval, near Tiruchirappalli (Trichy), Tamil Nadu, is a renowned temple dedicated to Lord Shiva. It is one of the five Pancha Bhoota Stalams. Jambukeshwar - Built by the Cholas 600 BC. The presiding deity, Lord Shiva, is worshipped as Jambukeshwara in the form of a Lingam. This Lingam is perpetually surrounded by water, symbolizing the element of Water. The water is sourced from an underground spring, believed to be connected to the Cauvery River, built by the early Chola dynasty around the 2nd century CE, with contributions from later rulers like the Pandya and Vijayanagara kings.

The temple showcases the Dravidian style of architecture, with magnificent gopurams (towers) and intricate carvings. It has five enclosures (prakaram), each representing stages of spiritual progress.

The consort of Lord Shiva, Goddess Parvati, is enshrined here as Akhilandeshwari, one of the most revered forms of Shakti. It is said that Goddess Parvati, in the form of Akhilandeshwari, performed penance under a Jambu tree (a type of black plum tree). She created a Lingam out of the water from the Cauvery River, leading to the temple's name and significance. The temple gets its name from the Jambu tree, under which the Lingam was consecrated. The tree is believed to have miraculous healing properties.

A unique tradition involves a priest dressed as a woman performing pooja for Lord Shiva, symbolizing Goddess Parvati's worship of the Lingam.



# शी-Shi

**Sanskrit name:** Nyagrodha or Bahupāda

**Scientific name:** Ficus indica

**Common names:** Banyan tree



Arunachaleswarar, Thiruvannamalai

## Healing Properties

1. Leaves have anti-microbial properties that help in controlling diarrhea, vomiting and dysentery. It
2. also provides relief to rheumatic and teeth/gum related issues.
3. Leaf extracts help in regulating blood sugar levels.
4. Used as a poultice for faster healing of wounds. Effective in treating diarrhea, dysentery, and inflammation. Used for treating skin conditions like eczema and rashes. Chewing on the twigs can improve oral hygiene and strengthen gums. Decoctions of bark and roots can help in managing respiratory conditions like asthma and bronchitis.
5. The calming environment beneath a banyan tree has psychological benefits.



**Arunachaleswarar Temple** in Thiruvannamalai, Tamil Nadu, is a grand and sacred temple dedicated to Lord Shiva. It is one of the Pancha Bhoota Stalams, representing the element of Fire (Agni). The temple is located at the foothills of the Annamalai Hills, which itself is considered a manifestation of Lord Shiva. The temple's origins are ancient, dating back over a millennium, with significant contributions from the Chola, Pandya, and Vijayanagara dynasties.

It spans over 25 acres, making it one of the largest temple complexes in India.

The hill behind the temple is revered as Shiva himself. It plays a central role in the temple's legends and rituals. According to mythology, Lord Shiva appeared as an infinite pillar of fire to settle a dispute between Brahma (the creator) and Vishnu (the preserver) over their supremacy.

Neither could find the beginning or end of the fire, symbolizing Shiva's boundless nature. This pillar of fire later cooled into the Arunachala Hill. The most significant festival Karthigai Deepam, celebrated in November-December. A giant lamp is lit atop the Arunachala Hill, visible from miles away, symbolizing Shiva as a pillar of light. Devotees walk around the 14 km path encircling the Arunachala Hill, especially on full moon nights. It is believed to bestow spiritual blessings.

Millions of devotees gather to witness this event.

# व Va



**Sanskrit name:** Bilva  
**Scientific name:** Aegle marmelos  
**Common names:** Bilva

## Kalahasthi, Andhra Pradesh Healing Properties

Primarily helpful in controlling blood sugar level, dysentery and ulcerative issues. Helps in overcoming sunstrokes and is an anti-inflammatory.

**Leaves:** Manage diabetes by regulating blood sugar levels. Detoxify the liver and improve respiratory health.

**Fruits:** Ripe fruits relieve constipation, while unripe fruits treat diarrhea and dysentery. Boost immunity with high vitamin C and antioxidant content.

**Roots:** Alleviate joint pain and arthritis with anti-inflammatory properties. Reduce fever and combat infections with antimicrobial effects.

**Seeds:** Help treat intestinal worms and support digestive health.

**Bark:** Acts as an astringent for bleeding disorders. Supports cardiovascular health.

**Skin Health:** Paste made from leaves or fruits treats eczema and promotes wound healing.

**Stress Relief:** Known for its calming and rejuvenating properties in Ayurveda.

**Sri Kalahasteeswara Temple**, located in Srikalahasti, Andhra Pradesh, is one of the most revered Shiva temples in South India. It is famed as the Pancha Bhoota Stalam representing the element of Air (Vayu). This ancient temple is a masterpiece of architecture and a center for spiritual seekers. The temple dates back to the 5th century CE, with contributions from the Pallava, Chola, Vijayanagara, and Nayaka dynasties. It is mentioned in ancient Tamil scriptures and is associated with Saivite saints like Appar, Sundarar, and Sambandar. The presiding deity, Lord Shiva, is worshipped as Kalahasteeswara in the form of the Vayu Lingam, symbolizing the element of air. A unique feature is that a lamp near the Lingam flickers continuously, despite the absence of wind, symbolizing Shiva as the cosmic breath.

**Sanskrit name:** Thillai

**Scientific name:** Excoecaria agallocha

**Common names:** buta buta tree

Nataraja, Chidambaram

## Healing Properties

Used in remedy of ulcers, arthritis, rheumatism, paralysis, leprosy and snake bites.

**Bark:** Treats skin disorders like eczema and promotes wound healing.

**Latex:** Has antibacterial, antifungal, and pain-relieving properties. Used for joint pain, swelling, and as a purgative.

**Leaves:** Relieves respiratory issues like asthma and bronchitis. Used externally for inflammation and pain.

**Roots:** Help treat ulcers and reduce inflammation.

**Seed Oil:** Used for skin infections and parasite control.

**Antimicrobial:** Effective against bacterial and fungal infections.

**Nataraja Temple in Chidambaram, Tamil Nadu,** is one of the most important and sacred temples dedicated to **Lord Shiva**. It is considered one of the five Pancha Bhoota Sthalams, representing the element of Space (Akasha). The temple is renowned for its association with the cosmic dance of Lord Shiva, symbolizing his eternal and infinite energy. The origins of the Nataraja Temple are believed to date back over 2,000 years, with evidence suggesting it was built during the Chola dynasty in the 11th century CE. The temple has undergone expansions and renovations under various dynasties, including the Cholas and the Vijayanagara Empire. The temple is mentioned in ancient texts like the Tevaram, a collection of Tamil hymns dedicated to Lord Shiva.

The Golden Hall (Raja Sabha) is famous for its exquisite carvings and the depiction of Lord Shiva as Nataraja, the cosmic dancer.

The temple also houses the Chidambara Rahasya (the secret of Chidambaram), where the divine presence of Shiva is symbolized by a hollow space in the sanctum sanctorum, instead of a visible idol.

The central legend associated with this temple is Lord Shiva's dance as Nataraja. It symbolizes the five activities of creation (Srishti), protection (Sthiti), destruction (Samhara), hiding (Tirobhava), and blessing (Anugraha).

The Raja Sabha (Golden Hall) is the place where Lord Shiva is believed to have performed his celestial dance in front of the assembled sages.

**Arudra Darshan:** Celebrated during the Tamil month of Margazhi (December–January), Arudra Darshan is a festival dedicated to Lord Nataraja and includes devotional singing, dancing, and special prayers.



# Vishnu Swayam Vyakta Kshetra

Vrksas associated with Vishnu kshetras



**Sanskrit name:** Punnai Maram

**Scientific name:** Calophyllum inophyllum

**Common names:** **Tamanu tree, Indian Laurel**

## Ranganathaswamy, Srirangam

### Healing Properties

It has anti-inflammatory, anti-viral, anti-bacterial, anti-viral properties. Used in treating skin issues, diarrhoea, rheumatoid arthritis and in balancing pitta and kapha doshas.

**Seeds:** Rich in Tamanu oil, known for its anti-inflammatory, antibacterial, and antifungal properties. Used to treat skin conditions like eczema, acne, scars, and wounds. Promotes skin regeneration and reduces inflammation.

**Bark:** Used in traditional medicine to treat fevers and infections. Possesses antiseptic qualities for treating skin wounds and abrasions.

**Leaves:** Known for antimicrobial properties, used in poultices for inflammation and swelling. Used in some cultures for treating diarrhea and dysentery.

**Antioxidant Properties:** Contributes to overall health by boosting immunity and fighting free radicals.

**Sri Ranganathaswamy Temple in Srirangam**, Tamil Nadu, is one of the largest and most revered Vaishnava temples in India, dedicated to Lord Ranganatha, a reclining form of Lord Vishnu. It is one of the 108 Divya Desams (sacred abodes of Lord Vishnu) and is considered the holiest of them all. Located on an island formed by the Kaveri River, the temple is a significant pilgrimage site for devotees of Lord Vishnu.

The Sri Ranganathaswamy Temple has a rich history, with references in ancient texts dating back to the 5th century CE. It was expanded and renovated by various dynasties, including the Cholas, Pandyas, and Vijayanagara Empire. The central deity, Lord Ranganatha, is depicted in a majestic reclining posture on the Adishesha serpent. The idol is made of stone, and the posture is considered to represent Lord Vishnu's eternal rest and cosmic creation. The deity's position represents both the preservation and nurturing aspects of Vishnu's cosmic role.





न Na

**Sanskrit name:** champa

**Scientific name:** *Michelia Champaca*

**Common names:** champak

Tirumala Venkateshwara

Its decoction helps mitigate flu, seeds help in treating rheumatism. It aids skin problems, cardiac issues, dysuria.

**Flowers:** Known for their **aromatic** and **anti-inflammatory** properties. Used to treat **headaches, fevers, and skin irritations**. Essential oils extracted from the flowers are used in aromatherapy to reduce **stress and anxiety**.

**Bark:** Used in traditional remedies to treat **diarrhea, dysentery, and intestinal infections**. Possesses **antiseptic** and **antibacterial** properties.

**Leaves:** Used for treating **wounds, burns, and skin infections**. The leaves are also used as a **poultice** for reducing **inflammation** and pain.

**Seeds:** Have **anti-inflammatory** and **analgesic** properties, and are sometimes used for **joint pain** and **muscle aches**.

**Essential Oils:** Extracted from flowers, they are used for **relaxation, stress relief, and improving sleep quality**. Acts as an **antioxidant**, promoting overall well-being.

**Aromatherapy:** The sweet fragrance of Champak flowers is often used in **spiritual practices** and **aromatherapy** for calming the mind and promoting mental clarity.

**Tirumala** is a renowned hill town located in **Tirupati**, Andhra Pradesh, and is home to the **Sri Venkateswara Temple**, one of the most visited and sacred Hindu temples in the world. The temple is dedicated to **Lord Venkateswara**, a form of **Lord Vishnu** who is believed to have come to earth to save mankind from the trials of Kali Yuga. The temple, along with its history, legends, and traditions, plays a pivotal role in Indian religious life. The Sri Venkateswara Temple dates back over **2,000 years**, with significant renovations and expansions under the **Chola, Vijayanagara**, and later the **Tirumala Tirupati Devasthanams (TTD)** administration. The temple is part of the **108 Divya Desams**, the sacred shrines of Lord Vishnu, and it has been an important pilgrimage destination for centuries. **Lord Venkateswara** is worshipped in the form of a **Shaligrama** stone idol, which represents the divine form of Lord Vishnu. The idol is **golden** in appearance and has been adorned with gold and precious jewels over the centuries.



# मो Mo

**Sanskrit name:** Badari tree  
**Scientific name:** *Zizyphus jujba Lam*  
**Common names:** Indian Plum



## Badri Narayana, Badrinath.

Fruits are rich in vitamin B & C, lowers blood sugar levels, reduces arthritis issues, cardiac issues and fatigue.

**Fruits:** The fruit is rich in **vitamins** (especially Vitamin C) and **antioxidants**, supporting overall health. Acts as a natural **digestive aid**, helping with **constipation** and promoting **gut health**. Used for treating **diarrhea** and **dysentery** due to its astringent properties.

**Leaves:** Known for their **antibacterial** and **anti-inflammatory** properties, used to treat **skin infections** and **wounds**. Used in traditional remedies for **fever** and **infections**.

**Bark:** Used in herbal treatments to manage **diabetes** and **high blood pressure**. Acts as an **astringent**, helping to treat **bleeding gums** and **oral health issues**.

**Seeds:** Have medicinal uses in the treatment of **skin diseases** and **inflammatory conditions**.

**Antioxidant and Immunity Boosting:** The tree's various parts, especially the fruit, are known for **boosting immunity**, improving skin health, and providing **anti-aging** benefits.

**Badarinath** (often referred to as **Badrinath**) is one of the **Char Dham** pilgrimage sites in India, located in the **Indian state of Uttarakhand**, in the **Garhwal Himalayas**. It is dedicated to **Lord Vishnu**, particularly in his form of **Badari Narayana**, and is considered one of the holiest shrines in Hinduism. The temple and the surrounding area are steeped in mythological, historical, and spiritual significance. The **Badrinath Temple** is built in the traditional **North Indian style of temple architecture**, characterized by a **tented dome** structure and **golden canopy**. The temple's main sanctum is situated against the backdrop of the **Neelkanth Peak** and surrounded by lush mountains and clear rivers, adding to its celestial ambiance.

**Lord Vishnu** is believed to have meditated here for thousands of years, seeking refuge from the cold. It is said that the goddess **Lakshmi**, to protect Lord Vishnu, took the form of a **badri (berry)** tree to shield him from the harsh climate. Thus, the place came to be known as **Badari** or **Badrinath**



# न Na

**Sanskrit name:** Tulasi

**Scientific name:** Ocimum tenuiflorum

**Common names:** Tulasi, Holy Basil Sacred Basil

Mukthinath, Nepal.



1. Boosts immunity through its anti-microbial and antioxidant compounds. Helps with respiratory health, in relieving congestion, diabetic reduction, heart & liver disease, malaria and insomnia. **Leaves:** Known for their **antibacterial**, **antiviral**, and **anti-inflammatory** properties, tulsi leaves are used to treat **cough**, **cold**, **fever**, and **respiratory infections**. Consuming tulsi leaves helps in managing **stress** and promoting **mental clarity**. Used for **boosting immunity**, improving **digestion**, and managing **blood sugar levels**.
2. **Roots:** Used in traditional medicine for treating **fever**, **malaria**, and **infections**. Considered beneficial for **detoxification** and cleansing the body of harmful toxins.
3. **Seeds:** Known to support **digestive health** and help in treating **constipation**. Often used to regulate **blood pressure** and **cholesterol levels**.
4. **Flowers:** Tulsi flowers have **antioxidant** and **antimicrobial** properties, used for enhancing overall **health** and fighting infections.
5. **Essential Oil:** The oil derived from tulsi is used for its **antiseptic** and **analgesic** properties, often applied for **skin infections**, **wounds**, and **pain relief**.
6. **Stress and Mental Health:** Tulsi is known to be an **adaptogen**, helping the body adapt to stress and promote **calmness** and **relaxation**. Improves overall **mood** and mental well-being.

**Mukthinath** is a sacred pilgrimage site located in the **Mustang District** of **Nepal**, at an altitude of **3,710 meters** (12,170 feet) in the **Himalayas**. It is a revered spot for both **Hindus** and **Buddhists**, with the central shrine dedicated to **Lord Vishnu** in his form as **Mukthinath** ("The Lord of Liberation"). The temple is considered one of the **108 Divya Desams**, sacred abodes of Lord Vishnu, and is also part of the **Chhota Char Dham** circuit for Hindus, alongside **Badrinath**, **Puri**, and **Dwarka**. The main temple enshrines the idol of **Mukthinath**, a form of **Lord Vishnu**. The deity is represented in the form of a **Saligrama stone**. The temple is located on a small hill, with a beautiful view of the surrounding mountains, rivers, and valleys. The surrounding area is home to many sacred features, including **108 water spouts** (called **Muktidhara**) from which pilgrims bathe as part of the purification process. It is believed that bathing in the waters here helps cleanse one of sins and brings liberation (moksha).

# र Ra

**Sanskrit name:** Ashwatha  
**Scientific name:** Ficus religiosa  
**Common names:** Peepal

Srimushnam bhuvараha, Nanguneri



Peepal - The barks are rich in Vitamin K. Both bark and ripe fruit are used to treat asthma. It also helps in aiding kidney diseases, constipation, dysentery and various blood-related issues. **Leaves: Anti-inflammatory:** Used in traditional medicine for treating **arthritis** and **joint pain**. **Respiratory Health:** The leaves are used to treat **cough**, **asthma**, and **bronchitis**. **Fever Reduction:** A decoction of the leaves is used to reduce **fever** and promote **healing**.

**Bark:** Acts as an **astringent** and is used to treat **diarrhea**, **dysentery**, and other digestive issues. Known for its **antimicrobial** properties, helping in treating **skin infections** and wounds.

**Roots:** Used in Ayurveda to treat **diabetes** and **high blood pressure**.

**Fruits:** The small, fig-like fruits of the Peepal tree are used to treat **digestive problems**, such as **constipation** and **gas**. Rich in vitamins and minerals, they help in **boosting immunity** and **strengthening** the body.

**Sap (Latex):** The milky sap is used in traditional remedies for **wounds**, **cuts**, and **ulcers**. It has **antiseptic** and **healing** properties.

**Antioxidant and Anti-Cancer Properties:** The tree is rich in **antioxidants**, which help fight free radicals and may offer **anti-cancer** benefits.

**Mental Health:** Known to promote **mental clarity** and **peace**. The Peepal tree is often associated with meditation and spiritual practices, as it is said to have a calming effect on the mind.

The **Sri Bhuvараha Perumal Temple** in **Srimushnam**, Tamil Nadu, is a significant Vaishnavite temple dedicated to **Lord Vishnu** in his form as **Bhuvараha Perumal** (the **Boar Incarnation** of Vishnu). The temple is one of the **108 Divya Desams**, which are sacred abodes of Lord Vishnu, and is a prominent pilgrimage site for **Vaishnavites** (followers of the Vaishnavism tradition). It is an ancient temple with deep spiritual and historical significance. According to Hindu mythology, **Lord Vishnu** incarnated as a **Varaha** (boar) to rescue **Bhudevi** (the Earth goddess) from the demon **Hiranyaksha**, who had submerged the earth in the cosmic ocean. In this form, Vishnu lifted the Earth on his tusks, symbolizing the restoration of balance in the universe. The temple holds a special place in the **Divya Prabandham**, a collection of hymns composed by the **Alvars**, the Tamil saints devoted to Lord Vishnu. These hymns express the deep devotion of the Alvars to Lord Vishnu, and Srimushnam is considered one of the key pilgrimage sites associated with their compositions.



# य Ya

**Sanskrit name:** Aamra

**Scientific name:** Mangifera indica

**Common names:** Mango , **Hindi:** आम (Aam) **Kannada:** ಮಾವು (Mavu)



## Vanamamalai Thothatrinathan, Nanguneri

Fruit is rich in vitamins A,B6 & C. Leaves can be brewed as tea to alleviate pain and used in treating diabetes, respiratory issues, hypertension etc .

**Leaves:** Treat respiratory issues, diabetes, and diarrhea. Used in herbal teas to regulate blood sugar.

**Bark:** Contains astringents to manage dysentery, diarrhea, and throat infections.

**Fruits:** Rich in vitamins A, C, and antioxidants; promote digestion and boost immunity.

**Seeds:** Aid in treating diarrhea, dysentery, and reducing cholesterol.

**Flowers:** Have diuretic and anti-inflammatory properties, used for urinary issues.

**Gum:** Helps in treating cracked skin and wounds.

The **Vanamali Perumal Temple** is a revered **Vaishnavite temple** dedicated to **Lord Vishnu**, located in the town of **Vanamamalai** in the **Tiruvannamalai District** of **Tamil Nadu**, India. This temple is associated with the **Vanamali Perumal** form of Lord Vishnu, and it holds a special place among the **108 Divya Desams**, which are considered the sacred abodes of Lord Vishnu.

The temple is dedicated to **Vanamali Perumal**, who is a manifestation of **Lord Vishnu**. The name "Vanamali" refers to the Lord wearing a **garland of forest flowers** (Vana = forest, Malia = garland).

According to tradition, **Lord Vishnu** took the form of **Vanamali Perumal** to bless his devotee **Sage Markandeya**, who had performed severe penance in the area. This manifestation symbolizes Vishnu's connection to nature and the universe's balance, as the Lord is said to have adorned himself with a **garland of flowers** picked from the forest. **Temple**

**Architecture- Dravidian Style:** The **Vanamali Perumal Temple** follows the traditional **Dravidian architectural style**, characterized by its towering **Rajagopuram** (gateway tower) and large, open courtyards. The temple's sanctum sanctorum (garbhagriha) houses the main deity, **Vanamali Perumal**, along with his consort **Sri Devi** and **Bhu Devi** (goddesses of prosperity and earth).



न Na

**Sanskrit name:** Parijata

**Scientific name:** Nyctanthus arbortristis Linn

**Common names:** Parijata, Night-flowering Jasmine

**Hindi:** हरसिंगा (Harsingaar)

Naimishaaranya, Uttar Pradesh



Parijata - The flower can help with lowering high blood sugar, asthma, cough and bronchitis. The leaves' anti-inflammatory properties help with rheumatoid arthritis/joint pain. **Flowers: Antibacterial and Antifungal:** The flowers are used to treat **skin infections** and **wounds**. Known for their **anti-inflammatory** properties, they help in reducing **fever** and promoting **healing**. **Aromatherapy:** The fragrance of Parijata flowers is used to relieve **stress**, improve **mental clarity**, and promote relaxation.

**Leaves:** Used in traditional medicine to treat **fever**, **cough**, and **cold**. Known for their **antioxidant** properties, helping to detoxify the body and improve **immunity**.

**Bark:** The bark is used as an **antiseptic** and is believed to treat **joint pain**, **arthritis**, and **inflammatory conditions**. Also used in the treatment of **digestive disorders** such as **constipation** and **gastritis**.

Naimisharanya is considered one of the holiest places in **Hinduism**. Pilgrims visit the site to pay homage to the sages who performed penance and to seek spiritual purification. The forest is regarded as a **tirtha** (sacred place of pilgrimage) where one can achieve spiritual merit.

The entire region is known for its **tranquil atmosphere** and is often referred to as a **tirtha sthala** (holy place), providing a peaceful environment for meditation, prayer, and devotion.



# य Ya



**Sanskrit name:** Padma

**Scientific name:** Nelumbo nucifera

**Common names:** Lotus, **Hindi:** कमल (Kamal), **Kannada:** ತಾಮರ (Taamara)

## Varaha, Pushkar

Contains Nelumbin which supports the movement of body fluids and mucus. It balances pitta dosha and is a great tonic for heart, liver and skin **Antioxidant and Anti-inflammatory:** Lotus flowers are rich in antioxidants, helping to combat free radicals and reduce inflammation in the body.

**Promotes Skin Health:** The flowers are often used in treatments for **skin disorders** and to improve skin texture.

**Calming and Stress Relief:** The fragrance of the lotus flowers is used in aromatherapy for **relaxation and stress reduction.**

The **Pushkar Varaha Temple** is an important Hindu temple located in **Pushkar**, a sacred town in **Rajasthan**, India. It is dedicated to **Lord Varaha**, the **third avatar** of the Hindu god **Vishnu**, who took the form of a **boar** to rescue the Earth (personified as the goddess **Bhoomi**) from the demon **Hiranyaksha**. The temple is situated near the **Pushkar Lake**, a prominent pilgrimage site for Hindus. The temple is located near **Pushkar Lake**, which is believed to have been created by the falling petals of a lotus carried by **Lord Brahma**, another principal deity of Hinduism. The lake and the surrounding area are considered sacred, and the temple is an important part of the pilgrimage circuit in Pushkar.

**Dravidian and Maratha Style:** The **Pushkar Varaha Temple** is constructed in a blend of architectural styles, notably the **Dravidian** and **Maratha** styles. It features intricate carvings and sculptures of various deities, including **Lord Vishnu** and **Lord Varaha** in his boar form.

# Navaksari Devi

Trees related to Devi Kshetras



# ऐ Aim ~ Brahmi

**Sanskrit name:** Kadali

**Scientific name:** Musa paradisiaca Linn

**Common names:** Banana plant , Hindi: केला Kela, Kannada: ಬಾಳೆಹಣ್ಣು Baalehannu



## Sri Brahmi Durga Parameshwari Temple, Udupi

Banana plant - the stem, fruit, flower and leaf of the plant are all used for multiple purposes. With high fibre in stem, potassium in fruit, vitamins A,C & E in the flower and leaf that can be used as a poultice - the plant is a complete package towards health. **Rich in Nutrients:** Bananas are an excellent source of **potassium, vitamin C, vitamin B6, and fiber**, contributing to overall health. **Digestive Health:** The fruit is known to aid in digestion, providing **fiber** that helps relieve **constipation** and support **gut health**. **Energy Boost:** Due to their high carbohydrate content, bananas provide a quick source of **natural energy**. **Peels: Antioxidants:** Banana peels are rich in antioxidants, which help in reducing **inflammation** and protecting cells from damage. **Skin Health:** The peel is sometimes used topically to treat **acne, wounds, and insect bites**. It is also used for its **moisturizing and healing** properties. **Anti-inflammatory:** Banana peels can be used to soothe **inflammation** and reduce **itching**. **Flowers: Anti-inflammatory and Antioxidant:** Banana flowers are used in traditional medicine for their **anti-inflammatory and antioxidant** properties. **Hormonal Balance:** Consuming banana flowers is believed to help with **menstrual health** and in regulating **hormonal imbalances**. **Digestive Aid:** They are also known to treat **constipation** and promote **gut health**.

Kamalashile is located at a distance of 35 km from Kundapura in Udupi district. Kamalashile is surrounded by beautiful mountains and evergreen forests with the river Kubja flowing by the side of it.

Kamalashile is famous for its ancient Brahmi Durgaparameshwari temple located in heart of the village. The name Kamalashile takes after the stone Linga. Goddess Brahmi Durgaparameshwari is worshiped in the form of a Linga, which is said to be convergence of Goddesses Mahakali, Maha Saraswathi and Maha Lakshmi.

# ह्रीं - Hrim , Chamunda

Sanskrit name: Alukam

Scientific name: Alocasia plant

Common names: elephants ear, Taro, Giant Elephant Ear



## Shakti Peeth Shri Chamunda Devi Temple Himachal Pradesh

Alocasia - Enhances air quality, treats diabetic issues, primary cancer treatment, stomach irritations & constipation. **Anti-inflammatory:** The leaves and tubers of Alocasia are used in some cultures to reduce **inflammation** and treat **joint pain** or **arthritis**.

**Cough and Cold:** In some traditional practices, the plant is used to alleviate **respiratory issues** such as **coughs** and **bronchial problems**.

Chamunda Devi temple is one of the earliest temples in India built in the 16th century. The temple is located in the Kangra district of Himachal Pradesh and is dedicated to Chamunda Devi who is a form of Goddess Kali. It is one of the 51 Shakti Peeth and is believed to be more than 400 years old. Chamunda Devi temple is also known as Chamunda Nandikeshwar Dham, Lord Shiva resides near this temple in the form of Nandikeshwar. **Chamunda Devi** is considered a manifestation of the **Divine Mother** and is one of the **Mahavidyas** (the ten wisdom goddesses) in Hinduism. She is depicted as a fearsome and powerful goddess, often shown with a **skull** garland and **weapons** in her hands. In many mythological texts, she is portrayed as a protector and destroyer of evil. The **Chamunda Devi Temple** follows a **Himachali** style of architecture, with simple yet elegant wooden carvings and a traditional **shikhara** (spire). The temple is built in a **pagoda-style**, common in the temples of the **Himalayan region**.

The sanctum sanctorum (inner chamber) houses the idol of **Goddess Chamunda**, made of **black stone**, and she is depicted as a fierce, powerful deity, often with **wide-open eyes**, a **flaming tongue**, and **weapons** in her hands.

# कली Klim Devi Shivaa

**Sanskrit name:** Bilva

**Scientific name:** Aegle marmelos

**Common names:** bilva Indian Bael, Stone Apple



Chandraghanta temple, Varanasi.

Bilva - Primarily helpful in controlling blood sugar level, dysentery and ulcerative issues. Helps in overcoming sunstrokes and is an anti-inflammatory. **Digestive Health:** The pulp of the Bael fruit is commonly used to treat **constipation, diarrhea**, and other **digestive issues**. It has **antibacterial** and **anti-inflammatory** properties, which help soothe the stomach and improve digestion. **Detoxification:** The fruit is known to aid in detoxifying the body and promoting **liver health**. **Rich in Nutrients:** Bael fruit is high in **fiber, vitamins** (especially **vitamin C**), and **minerals**, supporting overall health.

**Leaves: Antioxidant Properties:** The leaves of the Bilva tree are known for their **antioxidant** effects, which help combat **free radicals** and reduce **oxidative stress**. **Anti-inflammatory:** Used in traditional remedies for **joint pain** and **inflammation**, particularly in cases of **arthritis**. **Blood Sugar Control:** Bael leaves are sometimes used in managing **high blood sugar levels** and are believed to have mild **anti-diabetic** properties.

The Chandraghanta temple in Varanasi is dedicated to Goddess Durga in the Chandraghanta form. It is the third of the nine forms of Durga. In the Chandraghanta form, Goddess Durga is seen with her third eye open. She is known as the Goddess of War and is believed to always be ready for a fight against demons. . The temple's focus on the **protective, courageous, and fierce aspect** of Goddess Durga, in the form of **Chandraghanta**, provides a sense of **empowerment, strength, and peace** to those who seek her blessings.

# च Cha Raktadantika



**Sanskrit name:** Dadima

**Scientific name:** Punica granatum

**Common names:** Pomegranate Hindi: Anaar,

Raktadantika temple, Saidnagar village of Jalaun, Uttar Pradesh

Pomegranate - High in iron, vitamin C & potassium, Lowers BP, supports urinary and heart health and has Anti-cancer phytonutrients. **Rich in Nutrients:** Pomegranate is a powerhouse of **antioxidants**, **vitamins** (especially **Vitamin C**), **fiber**, and **minerals** like potassium. It helps to **boost immunity** and supports overall health.

**Anti-inflammatory:** The fruit contains compounds like **punicalagins** and **ellagic acid**, which have potent **anti-inflammatory** properties.

**Heart Health:** Regular consumption of pomegranate is associated with **lowering blood pressure**, reducing **cholesterol** levels, and improving **blood circulation**, contributing to overall **cardiovascular health**. **Antioxidant Properties:** Pomegranate is rich in **polyphenols**, which help fight **oxidative stress** and protect the body from cell damage, potentially lowering the risk of chronic diseases.

The Raktadantika temple is dedicated to **Raktadantika**, a fierce aspect of the goddess Durga or Kali, known for her red fangs (which signify her ferocious form). This aspect of the goddess is closely associated with protection, power, and the destruction of evil.

# मुण Mun Lakshmi



**Sanskrit name:** Vrihi

**Scientific name:** Oryza sativa

**Common names:** Rice, paddy, chawal(hindi), akki(kannada)

Ambabai temple, Kolhapur in Maharashtra

Rice - Low in sodium, gluten free, it's different strains have ample amounts of fibre, protein, vitamin B, iron and manganese, helps with Digestive disorders and in regulating blood sugar levels.

**Skin and Hair Care:** Rice water is used as a natural remedy for **soothing skin**, treating **acne**, and improving **hair health**, promoting shine and reducing dandruff.

The **Mahalakshmi Temple**, also known as the **Ambabai Temple**, is a revered Hindu shrine located in Kolhapur, Maharashtra. Dedicated to Goddess Mahalakshmi, locally referred to as Ambabai, this temple holds significant religious importance as one of the prominent Shakti Peethas in India. The temple's origins date back to the 7th century CE during the reign of the Chalukya dynasty. It was constructed by King Karnadeva around 634 CE.

Showcasing the Hemadpanti architectural style, the temple is renowned for its intricate carvings and robust stone structure. The central idol of Goddess Mahalakshmi is crafted from black stone, standing approximately 3 feet tall and weighing around 40 kilograms.

# दा Da Kalika



**Sanskrit name:** Dalasarini

**Scientific name:** Colocasia esculenta

**Common names:** Colocasia, elephant ear, Hindi: अरबी (Arbi), Kannada: ಶಾಲಿ (Shaali)

Kalighat, Kolkata

Colocasia - Regulates high BP, leaves are anti-inflammatory + rich in vitamins A & C, fibre rich leading to healthy digestion and

prevents anemia. Taro corms are rich in **dietary fiber**, aiding digestion and preventing **constipation**. They are a good source of **vitamins (A, C, E)**, **minerals (potassium, magnesium, iron)**, and **antioxidants**, supporting overall health. The high carbohydrate content provides a quick and sustainable energy source.

The **Kalighat Temple** is one of the most renowned temples in India, dedicated to **Goddess Kali**, an incarnation of the Divine Mother. Located in **Kolkata, West Bengal**, it is one of the 51 **Shakti Peethas** in the Indian subcontinent, where parts of Goddess Sati's body are believed to have fallen. Situated on the banks of the **Adi Ganga River** in Kolkata, West Bengal. The temple is believed to be over **200 years old**, but the site has been sacred for much longer.

The temple is believed to be over **350 years old**, with its origins tracing back to the **16th century**. However, the current structure was built in **1809** under the patronage of a wealthy philanthropist, **Sabarna Roy Choudhury**.

# यै Yai Koumari

**Sanskrit name:** Jayantika

**Scientific name:** Sesbania bispinosal

**Common names:** Sesbania

## Kumari Amman Temple in Kanyakumari, Tamil Nadu



Sesbania - Has Antibacterial and antiseptic properties. Used in reduction of fever, headache, blood pressure and helps with reproductive health. Sesbania flowers are high in **vitamins (A, C)** and **antioxidants**, supporting **immunity** and overall health. The flowers are used in traditional medicine to treat **fevers, colds, and inflammation**. They are known to aid in **digestion** and are considered soothing for the stomach.



The **Kanyakumari Temple**, also known as the **Bhagavathi Amman Temple**, is a famous Hindu temple dedicated to **Devi Kanyakumari**, a form of Goddess Parvati. Located at the southernmost tip of India, in **Kanyakumari, Tamil Nadu**. The temple dates back more than **2000 years** and is mentioned in ancient texts like the **Ramayana, Mahabharata**, and the **Puranas**. Devi Kanyakumari represents **Shakti**, the divine feminine energy, and is revered as a protector and guide. The temple is one of the **108 Shakti Peethas** and a prominent pilgrimage site for devotees of **Shaktism**. The temple is considered a significant **Shakti Peetha**, where the back part of **Goddess Sati's body** is said to have fallen. This association adds to the temple's spiritual importance. The goddess is depicted in a charming form, holding a **rosary** in her hand and facing east, signifying her penance. Her **nose ring**, which is said to be made of diamonds, is believed to be so bright that it could mislead ships, causing them to crash on the shore.

# विच Vich Durga



**Sanskrit name:** haridra

**Scientific name:** Curcuma longa

**Common names:** Turmeric, Golden Spice, Haldi (in Hindi) Manjal (in tamil), Arishina (in kannada).

## Vaishnodevi temple, Jammu

Turmeric – Used as a natural antiseptic and it's phytonutrients that shield the body from damage. It assists in preventing cancer & heart diseases. Its active compound, **curcumin**, offers powerful **anti-inflammatory** and **antioxidant** benefits. Turmeric supports **digestion**, boosts **immunity**, improves **skin health**, and aids in managing **joint pain** and **arthritis**. It promotes **liver detoxification**, regulates **blood sugar**, and enhances **heart** and **brain health**. Additionally, it shows potential in preventing certain **cancers**.

The **Vaishno Devi Temple**, dedicated to **Mata Vaishno Devi**, is one of the holiest pilgrimage sites in India. Located at an altitude of approximately **5,200 feet** in the Trikuta Mountains of **Katra**, Jammu and Kashmir, the shrine attracts millions of devotees annually. Mata Vaishno Devi is considered a manifestation of the **Divine Mother**, combining the energies of **Maha Kali**, **Maha Saraswati**, and **Maha Lakshmi**. The temple is located inside a sacred **cave** at an altitude of approximately **5,200 feet**. Pilgrims must walk through the cave to have darshan (sight) of the Pindis.



# चै Chai Shoknashini



**Sanskrit name:** Ashoka

**Scientific name:** Saraca indica

**Common names:** Saraca, Ashoka Tree

## Saptashrungi Devi Temple, Nashik

Saraca - Used in reduction of fever, pain, inflammation and gynecological issues of women. The bark is highly effective in treating **menstrual disorders**, including irregular cycles, excessive bleeding, and cramps.

It supports **uterine health** and is used to manage conditions like **PCOS** and **fibroids**. Its extracts are used to treat **skin infections**, **acne**, and **eczema**, thanks to its **antibacterial** properties.

The **Saptashrungi Temple**, dedicated to **Goddess Saptashrungi Nivasini**, is one of the most sacred temples in Maharashtra and a prominent **Shakti Peetha**. It is located in **Vani**, near Nashik, nestled among the **Saptashrungi Hills** (Seven Peaks). The goddess is revered as a form of **Durga** and is believed to embody the combined energies of the seven hills. The temple consists of a sanctum (garbhagriha) where the idol of **Goddess Sapthashrungi** is enshrined. The idol of the goddess is depicted in a **standing posture** with **seven arms** holding weapons like a sword, shield, and bow, symbolizing her power and protection. The name **Sapthashrungi** is derived from the words "**Sapta**" meaning seven and "**Shrungi**" meaning peaks. The temple is situated on a mountain with seven peaks, which are believed to represent the seven divine powers or forms of Goddess Durga.

Saraswathi, Brahma,  
Lakshmi



**Sanskrit name:** Plaksha

**Scientific name:** Ficus lacor

**Common names:** Plaksha, Peepal Tree, Sacred Fig, Ashvattha Tree



## Gnana Saraswati Temple , Basara, Telangana

Plaksha - Used in treatment of toothaches, diabetes, ulcers, haemorrhages and liver disease.: The tree's bark and leaves are used in traditional medicine to treat **inflammation, pain, and swelling**.: The bark and leaves are applied to wounds and skin infections for their **antiseptic** properties.



King Bijjaludu constructed this temple that has a history of 5000 years. The Akshara Abhayasam ritual is done here for young children before they start their education. The Gnana Saraswathi Temple is located on the banks of the **Godavari River** in **Basar**, a small town approximately **30 kilometers** from **Nirmal** in the Adilabad district of Telangana. One of the most significant rituals performed at the temple is the **Vidya Arambham**, where young children are brought to the temple to begin their formal education. This ritual is typically conducted during **Vasant Panchami**, a festival dedicated to Goddess Saraswati. On this day, children are given their first lesson in writing

ꣳ Ru

**Sanskrit name:** Shami

**Scientific name:** Prosopis cineraria

**Common names:** Vanni tree

Kodumudi Sri Brahma Sannidhi, Tamilnadu



Vanni/Shami - The leaves, bark and flowers are all used in different treatments for ~ Rashes, open wounds, piles, common cold, rheumatism and miscarriage prevention. The leaves are used in traditional medicine to reduce **inflammation** and treat conditions like **arthritis** and **joint pain**. The bark of the Vanni tree is known for its **antibacterial** and **antimicrobial** properties, useful in treating **skin infections** and **wounds**. The Vanni tree is considered sacred in many regions and is often associated with local rituals and festivals.



The **Kodumudi Sri Brahma Sannidhi Temple**, located in **Kodumudi**, Tamil Nadu, is a revered shrine dedicated to **Lord Shiva**, with notable shrines for **Lord Vishnu** and **Lord Brahma**, making it a unique temple where all three aspects of the **Trimurti** are worshipped. The temple is situated on the banks of the **Kaveri River** and is steeped in mythological and spiritual significance.

The temple is built in the **Dravidian architectural style**, featuring a majestic tower (gopuram) and intricately carved sculptures.

The **Shiva Lingam** in the sanctum is believed to be self-manifested (swayambhu).

The **Brahma shrine** includes a rare idol of Brahma with his four faces.

# स Sa Lakshmi

**Sanskrit name:** Padma

**Scientific name:** *Nelumbo nucifera*

**Common names:** lotus, Kamala

Tirchanur Padmavathi temple, tirupati.

Enhances digestion and regulates blood pressure. Lotus flowers are rich in **antioxidants**, which help fight **oxidative stress** and promote **skin health**. Lotus seeds are a rich source of **protein, fiber**, and essential **minerals** like **magnesium** and **potassium**. Lotus plants help in maintaining **water quality** by absorbing excess nutrients and providing **oxygen** to the surrounding water.

The **Padmavathi Temple** in **Tiruchanur**, also known as **Alamelu Mangapuram**, is a famous Hindu temple dedicated to **Goddess Padmavathi**, the consort of Lord Venkateswara (Sri Balaji) of Tirumala. The temple reflects the **Dravidian style of architecture** with intricate carvings and designs.

The sanctum sanctorum houses the beautiful idol of Goddess Padmavathi adorned with jewels and flowers.

A sacred tank located within the temple complex where devotees take a holy dip before offering prayers. It is believed to purify the mind and body.

