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## Review Article

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## Enperum Siddhigal - A Review

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### Introduction

Siddha system the most ancient and indigenous system of medicine predates all the medical system over the world. The term 'Siddha' Originates from 'Chitth' the signifying knowledge or consciousness. One who fully realized 'chitth' known as Siddhars.

Siddhar's are the sacred sages of Tamil tradition who endeavoured and attained spiritual perfection. Siddhars had a deep understanding of how the quantum energy functions in the human and in the universe.

They have honoured and protect physical body and exploit it as the tool to attain the goal. The life force within human body is Divine. In the journey of becoming one with this supreme power the Siddhar's found some mystical experience of reality which is inseparable from Nature.

On this journey to attain divinity siddhar's have also bestowed valuable treasures include siddha medicine, alchemy, astaangayoga, Tantras and mantras, astrology and numerous other sciences.

Yogasathanas are the practice that led siddhars to attain god the aim of awakening *Kundalini Sakthi*.

*Aadhaarachakkaras* are the cardinal Sites for attain '*Nirgunanilai*-a state free of all attributes' by practicing various yogasathana the *Aadharachakkaras* are get stimulated.

Awakening the *kundalini* from *Moolatharachakkara* and transform it through each *chakkaras* and reach the highest point (*Sahasram*) to attain Divinity. *Kundalini Sakthi* uncoils and ascend like a snake.

The most fascinating aspect of siddha medicine is "Ashta siddhis" The supernatural powers that siddhars attain through constant practice of yogas instructed by their guru.

### Enperum siddhigal

Attam –Eight

Attama siddhigal- Enperum siddhigal or Mahasiddhis are Eight kind of Supernatural powers. By rousing the kundalini which is lying

dormant at the base of the spinal column in the region of sacral plexus, siddhar's attained eternal bliss and supernatural powers.

According to thirumoolar The 8 Siddhis are ...

Anima – The power of reducing from gross to subtle

Mahima- power of expanding

Lahima – power of becoming weightlessness

Karima- power of becoming heavy

Praapthi-power of achieve

Prahmiyam-power of attain

Vasithuvam – Power to execute Divine Powers.

The stories of Puranas explain about these magical powers easily handled and make used by our Siddhar's and God's we worship.

### **Anima - Atomization/Diminution**

The faculty of reducing gross body to the size of an atom to enable to fly in space. It will help to probe objects much finer than atoms.

Lord Murugar intended to kill the Giant Soorapadma in a war, he hide into the sea. Then Lord Murugar sought the help of Agasthiyar to find him.

Agasthiyar agreed Lord Murugar's offer and used the technique of Anima by making the sea into the size of a black gram and swallowed it. Lord Krishna while explaining the Bhagavad Gita to Arjuna, He shows that the whole universe came from him by shrinking the whole universe in His hand.

### **Mahima -Maximization/Enlargement**

The power of expanding oneself without limit. Maa means greatness.

It is glorious to show all atoms unfolding into universes.

Lord Krishna's vishwaroopam form in the Bhagavad Gita

In Vamanaavataram of lord Vishnu Vamana grew very large using the power "MAHIMA" and took one foot with his leg, which measured the whole earth. Then he put his second leg and measured the sky and asked the third feet of land.

Then the king Mahabali realized the person who came before him. He kneeled and lowed his head before Vamana put his leg on his head. Thus he got attainment.

### **Lahima- Lightness/Levitation**

The power of becoming as light as feather.

This siddhi is used for walking in the water and to fly in the sky. Thirunavukkarasar repeated the mantra "Namasivaya" and very soon the stone pillar became weightless and float on the sea with him

In Ramayana Lord Hanuman used this siddhi to fly in the sky to get sanjeevi Mountain.

### **Karima- Heaviness**

The power to make oneself so heavy as not to be affected by any attacking force.

In Thiruvilayadalpuranam The story of Amarneedhinayanaris the example of Karima. Nayanar and his family came to stand on the balance of the scale, equal to the weight of the small cloth, when gold and nothing could be compared to a small piece of cloth (Gowpeenam).

### **Praapthi-Attainment/Pervasiveness**

The power to achieve impossible things.

Propthi means Peruthi.

Thirunavukkarasar who want to see the kailai hill but hesaw the scene in Thiruvaiyaru by God's grace with the help this proothi siddhi.

In Madurai, SomasundaraPandiyan called seven seas for his mother-in-law and called the deceased Malayathuvasan by this siddhi.

### **Prakaamiyam-Accomplishment/Fulfilment of desire.**

Prahamiyam is obtaining desired things. Karaikkal Ammaiyyar had a deep will to meet Lord Siva at Mount Kailas.

Due to her above intense urge she threw all her body parts like muscles, viscera, etc. and become a skeleton. This caused weightless and she walked with head and reached Kailas by using the power Prahamiyam.

### **Vasithuvam-Mesmerizing/Omnipotent.**

Vasithuvam is the ability to make others think in the way as the person himself thinks. Manikavasaka defeated the Buddha who argued with him at Chidambaram by this Vasithuvam siddhi.

### **Easathuvam –Becoming one /equal with supreme**

Attaining supernatural power to Create, preserve and destroy.

That is the power to act as God or to constrain everything in obedience to ones will.

The qualities of God are –

1) Aakkal – Padaithal- (Creation, Brahma)

2) Azhithal – (destroy, Rudhran)

3) Allithal - Kaththal – (Protection, Vishnu)

4) Maraithal –. (Hide, Maheswaran)

5) Arulal – (Grace, Sathasivam).

- The blessed Sivayogis also have the above qualities became equivalent to God.

Benefits of Enperum siddhigal

“Kandhuga madhakariyai vasama nadathalum  
Karadi vempulivaayaiyum  
Kattalam oru singha mudhuginmer kollalam  
Katsevi eduthattalam  
Vendhalalin radham vaithu aiyndhulogathaiyum  
Vedhithu vitrunnalam  
Veroruvar kaanaamal ulagath thulavalam  
Vinnavarai aeval kollalam  
Sandhadhamum ilamaiyo dirukkalam mattroru  
Sarirathinum puguthalam  
Salamel nadakkalam kanalmel irukkalam  
Thannigaril siddhi peralam”

- Thayumaanaadigal.

This song explains that After attaining these Mahasiddhigal one can control horse and elephant with ease, can tie the mouth of a bear and tiger. Can ride on a lion. Make Mercury be burned in fire and all the 5 metals can be converted to gold. Being young forever. May walk on water and stay over the fire.

### **Conclusion**

This review article Explains the Most fascinating aspect of Siddha system. By a constant practice of Ashtangayogam with sincere dedication and devotion one can attain these supernatural powers.

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