“Chidambaram” is a temple town and municipality in Cuddalore district in the Indian state of Tamil Nadu. It is the headquarters of the Chidambaram taluk. Chidambaram temple complex is spread over an area of 40 acres in the heart of the city. The main complex is dedicated to Shiva. Since ancient times, it is believed that this is the place where Shiva and his consort Parvati are present, but invisible to the naked eyes of normal people. It is believed that saints (Rishis) can see the gods in their physical form.

Chidambaram Rahasyam is a Hindu belief that there is a secret message conveyed through the embossed figure near the shrine of Shiva in the Chidambaram Temple. People who are privileged to have a darshan of Chidambara Ragasiyam (in Tamil) can merely see golden vilva leaves (Aegle Marmelos) signifying the presence of Lord Shiva and Parvathi in front of them.¹

Chith is the mind stuff i.e., it is the accumulation of all memories since our childhood stored in mind space (chidakasa). Ambara is the sky (space). This is the secret of Indian spiritual saying known as “Chidambara Rahasya”. Space is with the infinite capacity to be practiced to increase Akasha tatva in human mind, so the mind space will increase. Less mind space leads to more congestion, confusion. More space in mind more capacity with more clarity will come.²

Tripura Rahasya is nothing but the memories of past, present, and future worlds of a particular person. The trikala sandhya which will be done by all Orthodox Hindus, with help of dasha dik-namaskara, help to increase a person's mind space to the maximum possible limit as he is praying to an external infinite space. It will be therapeutic for him if the client does this with mindfulness of infinite external space. The problem of human being essentially is either the space problem (infinite self) or the attachment of mind with the self. The purpose of yoga is to train the person to increase the internal space with mindfulness and learn to live without attachment.³

I presented a paper entitled “Psychotherapy for psychotic disorders by using Gayatri mantra” (mantra yoga) (Bio-Psycho-Socio-Spiritual approach) at the World Congress of Society for psychosocial rehabilitation held at Bangalore.⁴ Through this approach the person gets the right self and non-self orientation, and the correct time, place, and person orientation (i.e., who is the true self). The proper personal orientation will aid the client to know what is self and non-self. The client becomes aware about the relation between real self-mind and knows that self is the owner of the mind. The client learns to handle the mind with proper orientation. He develops the ability to align all the fragmented, suppressed, encrypted memories with the present moment and can witness the whole without distortion of reality. By witnessing the totality of truth, his abstract thinking, judgment, and insight will improve. His thought, mood, and behaviour become congruent. This will decrease the psychosis and psychotic thinking which will disappear when the emotional component becomes congruent with thought and behavior, and the client may progress to the normal domain of cognition and behavior.

Left parietal lobe function is right left orientation and right parietal lobes function is the spatial orientation. When time, space, person orientation improves, it improves time, place, person Orientation and memory.

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This will improve the personal memory to the limit of infinite to reach Purna (parama) satya and when you practice ahimsa-(ahimso paramo Darma) by loving everyone, you will accommodate everyone without suppressing anything to reach parabrahma, paramananda (sat-Chit-Ananda).

This will help us in integrating the Salience, Default and Cognitive Executive Networks. This will help to integrate the Cognition, Action, and Emotion. The human brain consists of numerous distinct and interactive networks. The latest evidence from these networks has provided a systematic framework to understand the basic aspects of human brain organization and function of mind in normal and abnormal states.

Dynamic interaction between salience network and other brain networks with dynamic switching depends upon the different states of mind. The salience network plays an important role in switching dynamically between the default mode and central executive networks. In order to maintain cognitive set-up and manipulate information in working memory while suppressing the default network, the central executive network and task control regions are recruited by the salience network to focus attention on task-related objectives. In the human brain, the salience network is located at the interface between the cognitive, affective, homeostatic, and motivational systems. It plays a key role in identifying the most biologically and cognitively relevant external and endogenous stimuli to guide behavior. The salience network with the “Anterior Insula” as its dynamic hub contributes to a variety of complex brain functions by integrating cognitive, emotional, and sensory information. This will help us to understand the role of these important networks in the functioning of the mind with infinite capacity.

End Note

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References