



## Nalunggu

Nalunggu is a cleansing and purification ritual which is believed to prepare the couple, both physically and spiritually, for the marriage as they are set off into a new life. The turmeric paste also brightens the skin colour of the couple, and prevents them from getting any ailments. Nalunggu is performed a day or two sometimes, before the actual wedding, where married ladies will apply turmeric paste on the cheeks, hands, leg, and feet of the bride and groom, and bless them by applying kumkum on their forehead. This is one unique custom which is done within the bride/bridegroom family by their own blood relations to eliminate the negativity (evil-eye) and to bring the positivity to the bride/ bridegroom.

### Morning Nalunggu Procedure (Boy to start at-least 10-15mins before girl)

- Check auspicious time with Guru, The Morning Nalunggu is normally done before sunrise (Groom to Start 10-15 mins before Bride)
- Bridal couple to follow Vegetarian Diet
- Bride should use a light colour saree (Punjabi is fine), Groom should use a light colour Vestie/Dhoti (Short pants is fine)
- You are required to make a pandhal (Decorated Platform) outside. You can add to the beauty of this space by making a Kohlo/ Rangoli in the middle, onto which you will place a stool for sitting



- Additional Set up requirements;
  - Manjal Pillaiyar or Ganesha in a tray on the right of Pandhal
    - In this tray you will have 3 kinds fruit, Coconut, Sweet Parsadham, Beetle Leave with Beetle Nut, Loose Coin, Aval Kadle and a flower
- On Either side of the Pandhal you will have Kuttu Vilakku's decorated with Flowers
  - Place a Beetle Leave, beetle nut, loose flower, coin in front of each Kuttu Vilakku
- Set up for actual Nalunggu-

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- i. 1 x Flower Garland – for Bride/Bridegroom, can wear it when dressing
- ii. 1 x Agal/ Tray for Turning Camphor
- iii. Loose Camphor
- iv. Rose water in Sprinkler (use a glass and a flower if you don't have 1)
- v. Manjal/ Tumeric Paste (Make Extra for this Nalunggu)
- vi. Kumkum
- vii. Amikkal/ Grinding stone (If you Have)
- viii. Sandanam (Make a paste)
- ix. Navadanam
- x. Pachapayir / Green Mug Dhall (Soak and Grind- not too smooth)
- xi. 3 Oils mixture- Castor oil, Thill/ Gingelly Oil, Coconut oil
- xii. Use Durva Grass (Running grass)- Tie a bunch of it together >
- xiii. Loose Coins
- xiv. Loose Petals (Can be mixed with some white rice)
- xv. Aalo Water ( Red water)
- xvi. Aarasani Kal (Need a bamboo with 7 knots)>
- xvii. Gifts for those performing the Nalunggu on the bridal party
  1. Can be simple as , beetle leave, beetle nut, flower, fruit
  2. Can be as extravagant as a gift/Souvenir to give gratitude



1. Bride/ Bridegroom to first perform Puja at the home prayer alter, Offering some Parsadham for the family Diety, Turning Agarbathi, Camphor and offering water.
2. Bride/ Bridegroom to perform Suriya (Sun God) prayer, by offering water
3. Bride/ Bridegroom will walk around the Pandhal 3 times. On the last round stop in front of the Ganesha/ Manjal Pillaiyar and do Ganesha Puja below;
4. Ganesha Puja
  - a. Chant the Mantra
    - i. Vakra-Tunndda Maha-Kaaya Surya-Kotti Samaprabha
    - ii. Nirvighnam Kuru Me Deva Sarva-Kaaryessu Sarvadaa
  - b. Offer petals 9 times onto Ganesha and recite Aum Ganesha yai Namaha
  - c. Turn Agarbathi
  - d. Turn 1 coconut and break it
  - e. Offer the coconut and Parsadham to Ganesha by dropping a little water onto it
  - f. Turn Camphor, whilst asking Ganesha to remove all obstacles and to make this journey an easy one and to clear any obstacles from the way of this Marriage
  - g. Drop water onto the ground
  - h. Bow down and pray to Ganesha
5. Now enter the Pandhal, and cross over the seat with your right leg first- Be seated with the little Boy/Girl respectively at your side.





For the purpose of this Nalunggu, only married ladies should perform the actual rituals onto the Bride/Bridegroom. However for the evening Nalunggu, it is not restricted.

\* Note: The bridegrooms Nalunggu will include Arasani Kal, only for the morning Nalunggu. The Married Ladies will firstly take the bamboo and plant it into a pot. Pour hands full of Grain (navadanam) into the pot to plant the stick and thereafter wash the Bamboo stick with sourmilk, Milk and clean water. Thereafter apply Sandanam, Manjal and Kumkum Dot onto the Bamboo. Then continue with Nalunggu....

Procedure;

Repeat the below steps for each person performing Nalunggu onto the Bride/Bridegroom....

- a) Apply the Sandanam paste to entire Face, Hands, Legs
- b) Apply the Manjal Paste to entire Face, hands Legs
- c) Apply a small red dot using the Kumkum
- d) Dip the Durva grass into the Pachapayir, then into the 3 oils and apply it to the forehead
  - i. The manner in which this oil is applied is very important- It should only be applied from the forehead backwards into the center part of hair- Do not bring forward
- e) Sprinkle some rose water
- f) Turn a coin 3 times (Clockwise) and place this coin into the Alo water
- g) Turn the Amikkal/ Grinding stone 3 times (Clockwise)
- h) Turn Camphor 3 times (Clockwise)
- i) Bride/Bridegroom can offer the gift
- j) After all has completed the Nalunggu
- k) 3 Married Ladies will then turn the Alo water 3 times (Clockwise) for the bride/bridegroom. This Alo water can be dropped outside the yard
- l) Sprinkle some flowers over the head of the Bride/ Bridegroom with blessings
- m) The Bride/Bridegroom will then stand up and walk around the Pandhal 3 times (Clockwise) again and go straight into the bathroom to take a clean bath/shower

It is necessary for the Bride/bridegroom to remain at home for these last days before the wedding. The Nalunggu ceremony is perform to rid of negative energy, therefore it will be pointless if they leave the house to go collect more negative energy. This also ensures the safety of the bridal party.

\*The Arasani kal will be removed from the Pot on the day of the wedding and carried to the Wedding Venue, by the Groom, where a simple version of the Arasani Kal Poosai will be conducted again. The ingredients left in the pot, should be taken to a river and thrown in to feed the fish for Divine blessings.



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## Evening Nalunggu Procedure- You can invite Guests for pre-wedding Celebrations

- A. Check auspicious time with Guru
- B. Bridal couple to follow Vegetarian Diet
- C. Bride/ Bridegroom usually dress fancy for this Nalunggu- Not Messy
- D. You are required to make a pandhal (Decorated Platform) outside. You can add to the beauty of this space by making a Kohlo/ Rangoli in the middle, onto which you will place a nice Bench/ Stool for sitting



- E. Additional Set up requirements;
  - a. Manjal Pillaiyar or Ganesha in a tray on the right of Pandhal
    - i. In this tray you will have 3 kinds fruit, Coconut, Sweet Parsadham, Beetle Leave with Beetle Nut, Loose Coin, Aval Kadle and a flower
- F. On Either side of the Pandhal you will have Kuttu Vilakku's decorated with Flowers  
Place a Beetle Leave, beetle nut, loose flower, coin in front of each Kuttu Vilakku
- G. Set up for actual Nalunggu-
  - a. 1 x Flower Garland – For Bride/bridegroom, can wear when dressing
  - b. 1 x Agal/ Tray for Turning Camphor
  - c. Loose Camphor
  - d. Rose water in Sprinkler (use a glass and a flower if you don't have 1)
  - e. Manjal/ Tumeric Paste (Make Extra for this Nalunggu)
  - f. Kumkum
  - g. Sandanam (Make a paste)
  - h. Loose Coins
  - i. Loose Petals (Can be mixed with some white rice)





- j. Aalo Water ( Red water)
- k. Gifts for those performing the Nalunggu on the bridal party
  3. Can be simple as , beetle leave, beetle nut, flower, fruit
  4. Can be as extravagant as a gift/Souvenir to give gratitude
1. Bride/ Bridegroom to first perform Puja at the home prayer alter, Offering some Parsadham for the family Diety, Turning Agarbathi, Camphor and offering water.
2. Bride & Thozhumapen (little Girl) / Bridegroom & Thozhumapule (little Boy) will walk together around the Pandhal 3 times. On the last round stop in front of the Ganesha/ Manjal Pillaiyar and do Ganesha Puja below;
3. Ganesha Puja
  - a. Chant the Mantra
    - i. Vakra-Tunndda Maha-Kaaya Surya-Kotti Samaprabha
    - ii. Nirvighnam Kuru Me Deva Sarva-Kaaryessu Sarvadaa
  - b. Offer petals 9 times onto Ganesha and recite Aum Ganesha yai Namaha
  - c. Turn Agarbathi
  - d. Turn 1 coconut and break it
  - e. Offer the coconut and Parsadham to Ganesha by dropping a little water onto it
  - f. Turn Camphor, whilst asking Ganesha to remove all obstacles and to make this journey an easy one and to clear any obstacles from the way of this Marriage
  - g. Drop water onto the ground
  - h. Bow down and pray to Ganesha
4. Now enter the Pandhal, and cross over the seat with your right leg first- Be seated with the little Boy/Girl respectively at your side.

**This Nalunggu does not have to be messy. Whilst the Nalunggu at the Brides home is taking place, 3 Married ladies from the Grooms family will go to the Brides home (During the Nalunggu) to take the Wedding Sarie, Jewelry, and any such gifts for the Bride that she will use on the wedding day. These 3 ladies will also perform Nalunggu for the bride per below steps, before presenting her with the gifts.**

Procedure;

Repeat the below steps for each person performing Nalunggu onto the Bride/Bridegroom....

- a. Apply the Sandanam paste by touching on the cheeks, hands and feet
- b. Apply the Manjal Paste by touching on the cheeks, hands and feet
- c. Apply a small red dot using the Kumkum
- d. Sprinkle some rose water
- e. Turn a coin 3 times (Clockwise) and place this coin into the Alo water
- f. Turn Camphor 3 times (Clockwise)
- g. Bride/bridegroom to offer gift
- h. After all has completed the Nalunggu

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- i. 3 Married Ladies will then turn the Alo water 3 times (Clockwise) for the bride/bridegroom. This Alo water can be dropped outside the yard
- j. Diner and Celebrations may begin

It is necessary for the Bride/bridegroom to remain at home for these last days before the wedding. The Nalunggu ceremony is perform to rid of negative energy, therefore it will be pointless if they leave the house to go collect more negative energy. This also ensures the safety of the bridal party.

Vazhga Kali Amma Vazgha



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