

Shri:

Madi (physical sanctity/purity)

As we all know, one of the important aspects of rendering service to PerumAL is to maintain physical purity or madi (in tamil). While it is impossible to fully maintain the rigorous madi as recommended in granthAs authored by and meticulously followed by our illustrious AchAryAs, we try to follow aspects of it to the extent possible in USA.

It is important that each of us maintain madi where necessary and help ensure that others who may be maintaining madi can do so effectively despite the crowded situation where we will be typically operating in. **While we recommend that you be consciously aware of madi, please do not let that stop you from fully enjoying the anubhavam of having perumAL at your home.** One of the names for perumAL is Pundarikaakshan and when HE sees anything with His Lotus eyes it becomes pure. So, with that spirit, lets try to do our best to be pure to the extent possible, with the primary goal of enjoying every moment that HE is present in your home.

What follows is a set of recommended guidelines for the hosts of Sri Navaneetha Krishna of Sri Ahobila Muth USA. Madi essentially involves the following four steps:

- Prepare Madi Vasthram
- Take Head Bath
- Wear Madi Vasthram
- Maintain Madi

Madi Vasthram preparation

- All clothes: (towel, under garments, veshti, anga vasthram/ madisaar (9 yds necessary for madi) need to be drenched, squeezed and hung out to dry. (Typically done earlier day)
- Tip: Hang the towel close to where you will take bath the next day (turkey towels won't dry easily, so use thinner/malayAlatthu towels)
- It is also acceptable for you to put them in a washer/dryer (but note that most dryers will mess up your veshti/saree)
- If you use dryer, note that you can only contact the dry cloth when in madi after bath (see below) next morning, or, you have to take it with a stick and put it in a plastic bag without touching it.
- A suggestion is to use cloth hanger. These are very good in not wrinkling the clothes.
- To transfer a dried madi cloth (to the bathroom), use a glove or cover your hands in plastic bag and safely move the vasthram.
- Pattu (silk) cloth if not worn while having eating (breakfast/lunch/dinner) is madi. In addition it should be new and should not have been washed.
- Brand new outfits or unwashed silk outfits are recommended for small kids so that they can stay with madi parents who may need to take care of them.

Head Bath

- Taking a full bath is a necessary step towards madi.
- Do not step on any bath mats, or contact other non-madi cloth/hand towels (permanent floor carpets OK)
- It is acceptable to take additional madi vasthrams (entire sets) and fold them and store them in plastic bags so you can use at a later date.
- OK to carry the plastic bag into bathrooms and use madi towel and madi vasthrams inside the bag after you take bath

Maintaining madi in Kitchen

- After wearing Madi clothes, you have to make sure you can remain in madi during the entire process.
- It is really important that Thaligai (cooking) be performed by persons who have had their samAshrayanam with any Sri Vaishnava AchAryA.

Shrl:

- Start cooking after punyahavacahanam water has been sprinkled in the kitchen area and vessels that would be used for cooking. This will be first thing we do after we arrive at the host's residence. So you will have enough time to cook after that.
- Maintain madi/sanctity in kitchen area while cooking prasadam. The cooks need to maintain madi until the prasadam is delivered to the area where aradhanam is performed.
- Deliver prasadam to aradhanam area or a secluded place that no one would touch until it is offered to PerumAL. This could be done as soon as prasadam preparation is completed and need not wait until bhojyasanam when the prasadam will be actually offered to the Lord.
- Do not place prasadam yet to be offered to Perumal on the dining table or places where there is yecchal/theetu.
- Vegetable cutting and activities like that can be performed before punyahavacahanam water sprinkling. However any cooking activity that involves fire should be done after punyahavacahanam water sprinkling.
- Only people in madi should bring Perumal prasadam for offering to Perumal
- kitchen (including refrigerators) should be clear of any non-sAthvic items (onion, garlic, eggs, etc) so madi is not jeopardized.
- Please consult the section at the end, "**Items that can and cannot be used in Perumal thaligai**" for detailed list of fruits and vegetables that can and cannot be used. Please also note that some vegetables may be restricted on certain days, while others may be prohibited entirely.
- On **Ekadasi Days**: arisi (rice) upma could be made for morning prasadam during thirumanjanam. For bhojyaasanam (lunch for PerumAL), full normal thatiaradhanai could be prepared - kozhambu, sathumudhu, karamadhu and thirukannanmudhu etc. Instead of rice, cream of rice (arisi ravai) is used for saadham (Sojji). In the evening Rava kesari, thayir sadham made with cream of rice and sundal is made.
- On **Dwadhasi days**, tamarind (puLi) will be avoided. At matam they make morkozhambu with sundaikai vathal, aathi keerai, nellikai pachadi and poricha sathumudhu. On all dwadasi days none of plantain tree items are used (ie, vazhai kai, vazhai ilai, vazhai thandhu). Brinjal is also to be avoided on Dwadhasi days.

On the other hand, if situation does not permit you to follow the above guidelines, the aradhakars can make small qty of madi prasadam for perumAL and you can make the rest of the food arrangements as usual for all the bhaghavathas.

Maintaining madi as a volunteer

- Be in swaroopam: Veshti, angavastram for PurushAs including 12 thiruman (upon samAshrayanam) and madisAr for Ladies...
- Now that you are in madi, do not contact other people (regardless of your speculation of their madi status), or other vizhuppu clothes, yeccha pAthrams, theethu vishayam etc.
- Please learn to wear your vastram (panchakacham, madisaar) ahead of time.
- If something needs to be in madi (eg. Perumal prasaadam or Perumal pAtram etc), do not place it in places that could jeopardize its madi
- Do not place Perumal pAtram in the sink.
- Aaradhakar (person performing aaradhanam) have the strictest guideline since they physically touch perumal. Please stay a few feet away from the ArAdhakar at all times.
- Only one specifically designated kainkaryapara will typically hand something to the ArAdhakar. If this person is you, place things on the table where ArAdhakar will pick up from or drop it in their hands

General Guidelines

- Do not go too close to Perumal or His ParivAram.
- If you have to go to the bathroom, do mAnasika snAnam (apavithra: pavithro .. prokshanam) and Achamanam. Of course, the aradhakar and his assistant(s) cannot go to bathroom until PerumAL is in thirupattAram. If they have to go in the middle, then they have to take head bath, get back in swaroopam and do bhutha shuddhi again before they can touch PerumAL or participate in antharanga (close) kainkaryams

Shri:

- No eating/drinking anything in front of Perumal other than perumAL theertham. Please eat in another room, or only after Perumal is inside the thiruppattaram (box) and the therai is closed.
- If you are visiting someone's house, the best way to get into madi is to take bath in their house and use the madi vastram in the plastic bag that you carried to their house.
- If you are visiting a dolai, place your shoes away from the main door so nobody contacts it accidentally.
- If you want to maintain madi while travelling to another person's house, then wear no shoes. Sprinkle punyahavachanam water in the car before you step into it.
- If you are hosting, pls keep a bathroom available free of any clothes/mats so folks can use it to take bath and get into their madi vastrams as above.
- Madi is lost after you eat with those clothes on.

Let's do our best and trust that if something inadvertently happens Krishna will forgive us.

Shri PundarikAkshAya nama

Items that can and cannot be used in Perumal thaligai

Can be used for Perumal Prasadam	Prohibited on certain days only	Prohibited and not used at Matam
Vegetables	Vegetables	Vegetables
Raw Plantain (Vazhakkai, Vazhathandu, vazahipu)	Dwadasi days cannot eat on Plantain leaf, cannot eat Raw plaintain , Plaintain Thandu, Plaintain Flower, & Plaintain Fruit(banana fruit) (No form of Banana)	Onion
Okra (Ladies Finger, Vendakkai)		Garlic
Purple Brinjal (Eggplant, Kathrikkai)	Dwadasi days, ashtami, masa pirappu, amavasyai	Radish, Turnip
Cluster Beans (Kothavaraikai)		Drum Sticks (Murungkai)
Snake Gourd (Podalunkkai)		Bottle guard (Sorakkai)
Bitter Melon (Pavakkai)		Kovakkai
White Pumpkin (Pushinikkai)		Carrot , Beets
Avarakkai (Pandal)		Potatoes
Pumpkin (Parangikkai)		Cabbage
Sweet potatoes (sakarai valli kizhangu)		Cauliflower
Karamani Kai (Payaththangkai)		Broccoli
Taro Root (Sepangkazhangu)		Spinach
Senai kizhangu (Elephant Yam)		Corn
Cucumber (Vallerikkai)		Mushroom
Green Peas		Tomatoes

Capcicum both Green and Red (kodaimilakai)		Peerkangai, Green & Yellow squash, Zuchini
Green Beans & Italian beans, & Lima Beans		White Brinjal, Cayote squash(chow chow or bangalore katharikai)
Nellikai (Amla)	Tuesday, Fridays, Sundays and all 7 nights	Celery, Artichoke & Asparagus
Curry Leaves (Karuveppilai)		Yam
Cilantro (kothamalli)		Cranberries
Ginger (Inji)		Azuki Beans
Athikeerai		Dill Leaves, Pudina (Mint)
		Vegetables from cans
Vendhiya Keerai (Methi leaves)		
Unsalted Dry Sundaikai, Manathkali, Veppam poo and Nelli Mulli		
Lemon & Lime		
Dry Beans & Grains	Dry Beans & Grains	Dry Beans & Grains
Can be used for Perumal Prasadam	Prohibited on certain days only	Prohibited and not used at Matam
Channa (Chikpeas)		Pottu Kadalai (Split roasted chick peas), Soy Beans (Edamame)
Black eye Peas, Green Peas, Lima Beans, Karamani		Masur Dal
Cream of Wheat		Par boiled Rice (Idli or Puzhungal Arisi), Brown Rice, Quinoa
Wheat all forms		Javvarisi (Tapioca)
		Semia
Fruits	Fruits	Fruits
Apple, Pear, Banana, Mango, Grapes both green & Red, Pineapple, Orange, Guava, Sappota (Chiki), Pomogranite, Honey dew melon, Cantaloupe & Jack fruit whole (can't buy already cut)		Strawbeery, Cherry, Blueberries, Rasberries, Kiwi, Water Melon and Papaya, Plums
Dates & Raisins without any additives		Figs & Apricots, Cranberries, Prunes
Spices	Spices	Spices

Safron, Cardamom, Nutmeg, Pachcha Kalpuram		Cinnamon, Poppy seeds (KasaKasa)
Cloves		Vanilla, Rose etc essences
Other	Other	Other
Diamond Sugar(kalkandu), organic sugar, sugar in the raw, jaggery		Heavy cream, Evaporated Milk, Condensed Milk, Cheese and salted Butter
Peanuts, Amond, Cashews and Pista & Walnut		Dry Roasted Peanuts & Pecans
Perungayam(Hing or Asafoetida)		Readymade concentrated tamarind (like Tamcon)
Store bought Yogurt is OK as long as they are Gelatin free. But the preference is for home made yogurt.		
Dry Kozhambu powder and Sathumadhu Powder should be prepared at home		Cannot use store bought powders like 777 or MTR.
Can be used for Perumal Prasadam	Prohibited on certain days only	Prohibited and not used at Matam
Store bought flours like Rice, Wheat etc are OK		Anything that is partially or fully processed is not allowed. Anything that has salt is not allowed.
Frozen whole vegetables like green Peas or Lima beans are OK as long as salt is not added as preservative		Cut frozen vegetables are not allowed.
Flowers		
Rose, Jasmine, Mullai, Lotus, Samandhi, Sampangi both green and white, Shenbagam, Parijatham, ThAzhampoo, Manoranjitham, Magizhampoo		Thulukka Samandhi (Marigold)