

# Malayalam Months and Stars

## For Dummies

Amma

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## 1 Overview

A new Malayalam year starts in **Chingam** (around Aug 15). As of today, we are in the year **1188**. The following table summarises all the Malayalam months giving corresponding reference dates from the Gregorian calendar.

~ AUG 15 Chingam	~ SEP 15 Kanni	~ OCT 15 Thulaam	~ NOV 15 Vrishchikam
~ DEC 15 Dhanu	~ JAN 15 Makaram	~ FEB 15 Kumbham	~ MAR 15 Meenam
~ APR 15 Medam	~ MAY 15 Edavam	~ JUN 15 Midhunam	~ JUL 15 Karkidakam

## 2 Stars

There are 27 Malayalam stars and they are:

1. Aswathy
2. Bharani
3. Karthika
4. Rohini
5. Makayiram
6. Thiruvathira
7. Punartham
8. Pooyam
9. Ayilyam
10. Makam
11. Pooram
12. Uthram
13. Atham

14. Chittira
15. Chothi
16. Vishakam
17. Anizham
18. Thrikketta
19. Moolam
20. Pooradam
21. Uthradom
22. Thiruvonam
23. Avittam
24. Chathayam
25. Pooruruttathi
26. Uthrattathi
27. Revathi

There are only 27 stars whereas there are 30, 31 or sometimes even 32 days in one Malayalam month. So some stars come twice in a month. For your piranaal, if your star comes one more time in the month, the second time is considered your actual piranaal.

### 3 Important Days and Festivals

1. Onam is in the month of **Chingam**. We start putting pookalam from the **Atham** day for ten days. After ten days, Onam is celebrated on **Thiruvonam** day of **Chingam** month. **Uthradom** is considered to be first Onam. **Thiruvonam** is the second Onam and the actual Onam. **Avittam** is the third Onam. **Chathayam** is the fourth Onam and also the birthday of Sree Narayana Guru.
2. Vishu is the first (or sometimes 2<sup>nd</sup>) of the Malayalam month **Medam** and it falls either on the 14<sup>th</sup> (mostly 14<sup>th</sup>) or 15<sup>th</sup> of April. Vishu is considered to be our New Year when we keep Kani (beautiful things in front of Lord Krishna).
3. Ramayana Maasam is observed in the month of **Karkidakam**. After the rains, it is generally considered the less bountiful (panja maasam) month. To bring prosperity into our lives, we read the Ramayana. Ladies keep dasapushpam in their hair and people take Ayurvedic treatments to rejuvenate their bodies. Literally we are saying dasapushpam but actually several of them are Ayurvedic herbs and not flowers. The Malayalam names of these herbs are:
  - (a) Karuka
  - (b) Vishnukranti
  - (c) Poovam Kurunnila
  - (d) Thiruthali
  - (e) Muyalcheviyan

- (f) Mukkutti
- (g) Kayyonni
- (h) Nilappana
- (i) Cheroola
- (j) Uzhinja

These are all famous Ayurvedic herbs used in preparing many types of Ayurvedic medicines and by just wearing them on the hair for some time may also be helpful in some ways.

4. Navaratri (Dussehra) comes in the **Kanni** maasam. On rare occasions, it comes in **Thulaam** maasam also. It is clearly marked in the Malayalam calendar if you search in the months of September and October. Books are kept for pooja on the previous evening of Mahanavami. On Mahanavami day, we don't read or write and generally take a complete break from studies or work. Vijayadashami day, we worship Goddess Saraswati, write *Harisri Ganapathaye Namah* in rice or sand and restart a year of hard work.
5. Diwali falls usually in the **Thulaam** maasam. This also is clearly marked in the Malayalam calendar. Diwali is usually determined by the phase of the moon and it is New Moon (Karatha Vaavu) on Diwali.
6. Makara vilakku (in Sabarimala) and Pongal fall on the 1<sup>st</sup> of **Makara** maasam which is usually the 15<sup>th</sup> of January.
7. Sivarathri is in **Kumbha** maasam which will be between the 15<sup>th</sup> of February and 15<sup>th</sup> of March.
8. Chottanikkara Makam is also in **Kumbha** maasam and falls on the **Makam** star in this month. It is also TVM Ammumma's piranaal.
9. Achan's and Arun's piranaal fall in **Medam** month which is between the 15<sup>th</sup> of April and 15<sup>th</sup> of May. Achan's star is **Makam** and Arun's is **Anizham**. The famous Trichur Pooram starts on Achan's piranaal.
10. Since Sneha's Achan's birthday is on June 1st, his piranaal should be in **Edavam** month which is between May 15<sup>th</sup> and June 15<sup>th</sup>. His star is **Pooyam**.
11. Ajay's piranaal is in the month of **Chingam** and his star is **Anizham**. It usually is around Onam time.
12. Sneha's Amma's piranaal is in **Thulaam** month which is between October 15<sup>th</sup> and November 15<sup>th</sup>. Her star is **Thiruvonam**.
13. The Sabarimala season starts on the 1<sup>st</sup> of **Vrishchikam** month which is around the 15<sup>th</sup> of November.
14. Sneha's piranaal is in **Vrishchikam** month and the star is **Aswathy**. EKM Ammumma's piranaal also is in **Vrishchikam** month and her star is **Pooyam**.
15. My piranaal falls in the month of **Dhanu** (between 15<sup>th</sup> December and 15<sup>th</sup> January) and the star is **Karthika**. Shibu's piranaal also is in **Dhanu** and his star is **Uthraattathi**. Meera's piranaal should be in **Makara** maasam as I remember it to be in the beginning of February. We have to confirm her naalu.

16. The festival called Thiruvathira also comes in the month of **Dhanu** and is celebrated when the star **Thiruvathira** comes. This is supposed to be Lord Shiva's piranaal when Goddess Parvati observes a fast for the well being of her husband. Women take fasts, not taking any rice items. They have only wheat items and make some special dishes like puzhukku and also koova (arrowroot) kurukkiyathu. The day before **Thiruvathira** is **Makayiram** and many start their fast on that day itself. **Makayiram** fast is for our children and the **Thiruvathira** fast is for your husband.