

## Twitter Thread by [Dr.SushmaShallakaul](#)



**[Dr.SushmaShallakaul](#)**

[@shallakaul](#)



### Detailed thread

Amaranth cave situated at an altitude of 3,888 m is considered 1 of the holiest shrines in Hinduism .Located in Distt Anantnag ,Kashmir it is surr by snow clad mountains,the cave also remains covered wth snow during most of the year except for a few summer months



It is one of the 51 Shakti peeths .There is for formation of ice lingam inside the cave & 2 smaller ice stalagmites which represent Parvati & Ganesh.Legend has it that Parvati wanted to known the secret of immortality from Shiva ,so he chose this cave& left Nandi at Pahalgam

He released moon 4m his hair at Chandanwari,at lake Sheshnag he released the snakes,Ganesha ws left at Mahagunas parvat,at panjtarni the 5 elements wre released.Aftr leaving everyone behind they entered the cave .To ensure that no one knows the secret Shiva created Kal Agni to

Eliminate all living things.Then he started narrating the secret of immortality to Parvati but a pair of pigeons eavesdropped & became immortal.Many pilgrims report spotting the pair inside the cave.According to legend Rishi Brighu was the 1st to discover the cave aftr Rishi

Kashyap drained Kashmir .Kalhana in Rajtarigini has mentioned that king Sandimati (34BC-17BC) visited this shrine.Rani Surya mayo (11th century)gifted Trishuls & other sacred Emblems to this cave temple. So,local legend that a Muslim shepherd Buta Malik does not hold ground

As Muslims were not in Kashmir bfore 14th century

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