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History associated to Shree Shaligram Shila

Historically, the use of Shaligram (or salagrama) Shilas in worship can be traced to the time of **Adi Shankara** through the latter's works. Specifically, his commentary to the verse 1.6.1 in **Taittiriya Upanishad** and his commentary to the verse 1.3.14 of the **Brahma Sutras** suggest that the use of Shaligram in the worship of Lord Vishnu has been a well-known Hindu practice.

The largest and heaviest Shaligram can be seen at the **Jagannath Temple**, dedicated to Vishnu, at Puri in Orissa. The main **ISKCON** temple in Scotland, called 'Karuna Bhavan' is famous for housing the largest number of Shaligram Silas outside of India.

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