

**SIGNIFICANCE OF PUSHYA NAKSHATRA IN AYURVEDA - REVIEW ARTICLE.****Aakanksha Vijay Shelke¹, Mamatha.V. Rao², Veena.M.S³**

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Article Received: 07/02/2024 - **Peer Reviewed:** 04/03/2024 - **Accepted for Publication:** 11/03/2024.**ABSTRACT**

Pushya nakshatra is auspicious nakshatra among all nakshatra. Among 27 nakshatra, Pushya stands at 8th number. Ayurveda is the science of physical, psychological and social well-being. In Ayurveda, nakshatras are considered when determining auspicious times for health-related practices like medication and surgery.

Keywords: Ayurveda, Nakshatra, Pushya.**INTRODUCTION**

Ayurveda is the science of physical, social and psychological well-being and promotes optimal health. Swasthasya swasthya Rakshana aturasya vikara prashamana this is the main prajoyana of Ayurveda. Ayurveda treats diseases and encourages the adoption of a healthy lifestyle for humans. Ayurveda explores the qualities and effects of food, medicine, behaviour, climate, weather, stars, and nakshatras.

PUSHYA NAKSHATRA-

In Indian astronomy, 27 nakshatras are mentioned. A list of them was first found in Jyotish Vedanga. Jyotish is one of the Anga of Veda. Ayurveda is the upaveda of Atharva Veda. The fundamental source of Ayurveda and Jyotish shastra is the Vedas.

27 Nakshatras-

1. Ashwini	15. Swati
2. Bharani	16. Vishaka
3. Kritika	17. Anurada
4. Rohini	18. Jyeshtha
5. Mrigashira	19. Moola
6. Ardra	20. Purvashada
7. Punarvasu	21. Uttarahada
8. Pushya	22. Sharavan
9. Ashlesha	23. Dhanishta
10. Magha	24. Shatabisha
11. Purva phalguni	25. Purvabhadra
12. Uttar phalguni	26. Uttarabhadra
13. Hasta	27. Revati
14. Chitra	

Importance of Pushya Nakshatra in Ayurveda-

Pushya Nakshatra holds special significance in Ayurveda, the traditional system of medicine in Hindu philosophy. Nakshatras are lunar constellations, and each has its unique characteristics and influences. Pushya Nakshatra, the eighth Nakshatra in the Vedic astrology system, is considered auspicious and is associated with several aspects of health and well-being in Ayurveda. Here are some key points highlighting the importance of Pushya Nakshatra in Ayurveda:

1. Favourable Energies: Pushya Nakshatra is believed to be auspicious and is associated with positive energies. In Ayurveda, it is considered a suitable time for various health-related activities, including preparing and administering herbal formulations such as Suvarnaprashana.

2. Enhanced Medicinal Properties: Ayurvedic practitioners believe medicinal plants harvested during Pushya Nakshatra have heightened therapeutic properties. This is because the Nakshatra is believed to enhance the potency of herbs, making them more effective in treating ailments.

3. Optimal Time for Ayurvedic Treatments: Pushya Nakshatra is often considered an ideal time for beginning Ayurvedic treatments, therapies, and detoxification procedures. It is believed that treatments started during this Nakshatra yield better results and are more likely to be successful.

4. Balancing Doshas: According to Ayurveda, an individual's health is influenced by the balance of three doshas: Vita, Pitta, and Kapha. Pushya Nakshatra is considered conducive to promoting the balance of these doshas, contributing to overall well-being.

5. Auspicious for Ayurvedic Rituals: Ayurvedic rituals, including preparing Ayurvedic medicines and formulations, are often performed during Pushya Nakshatra. This is believed to infuse the medication with positive and healing energies.

6. Initiation of Health Practices: Individuals seeking to adopt healthier lifestyle practices, including changes in diet, exercise routines, or herbal supplementation, may choose to initiate these changes during Pushya Nakshatra for added benefits.

In Ayurveda, Pushya Nakshatra is often considered a favourable time for various health-related activities, such as

- **Starting Ayurvedic Treatments:** It is believed that beginning Ayurvedic treatments during Pushya Nakshatra can enhance their effectiveness and yield better results.
- **Herbal Medicine Preparation:** Ayurvedic practitioners may choose to prepare herbal medicines, herbal oils, or herbal remedies during Pushya Nakshatra.
- **Diet and Nutrition Planning:** Diet plays a crucial role in Ayurveda, and choosing the right foods during Pushya Nakshatra can be beneficial.

- **Fasting:** Some individuals may take a fasting regimen during Pushya Nakshatra to cleanse the body and promote digestive health.
- **Yoga and Meditation:** Engaging in yoga and meditation practices during Pushya Nakshatra is considered spiritually and mentally beneficial.

PUSHYA NAKSHATRA – THE MOST SACRED CONSTELLATION.

Pushya Nakshatra is considered one of Vedic astrology's most beneficial and powerful nakshatras. It is the eighth nakshatra among the twenty-seven nakshatras and is situated in the zodiac sign of Cancer. This nakshatra is symbolised by a cow's udder, representing abundance, fertility and nourishment (poshana). The ruling planet of Pushya Nakshatra is Saturn, which is believed to bring immense wealth, prosperity, and success to those born under it.

People born under the Pushya Nakshatra are considered very nurturing, caring, and supportive. They have a deep sense of responsibility towards their family and loved ones and always strive to provide them with the best possible care and support. These individuals are also known for their intelligence, wisdom, and ability to handle difficult situations quickly and gracefully.

The deity of Pushya Nakshatra is Brihaspati, who is considered to be the teacher of the gods. Brihaspati is associated with knowledge, wisdom, and spirituality; those born under this nakshatra are believed to possess these qualities in abundance. They are naturally inclined towards spirituality and are often drawn towards self-discovery and self-realisation.

If a person is born between 03°20' and 16°40' with a sign of Cancer, then one can have Pushya Nakshatra in the birth chart. It is believed that individuals born under this nakshatra are blessed with good fortune, abundance, and prosperity. They are also thought to have a strong connection with their family and roots, and they often have a successful and fulfilling career in fields related to education, finance, or spirituality. Pushya Nakshatra holds a significant place in Kundli, and its presence profoundly impacts an individual's life. When this nakshatra is present in a Kundli, it brings good luck, prosperity, and happiness to the

person. People born under this nakshatra have intelligence, creativity, and a caring nature. They are also known for their spiritual inclination and strong connection with their roots and family.

The lord of Pushya Nakshatra is Saturn, known for his disciplined and practical approach to life. People born under the influence of Saturn are highly disciplined, organised, and hardworking. They have a strong sense of integrity and honesty, making them stand out personally and professionally.

Remedies for Pushya Nakshatra-

If an individual has malefic effects of Pushya Nakshatra in their birth chart, they can perform the following remedies to minimise the adverse effects:

1. Chanting the Brihaspati Mantra regularly can help minimise the malefic effects of Pushya Nakshatra.
2. Wearing a yellow sapphire gemstone can also help minimise the adverse effects of Pushya Nakshatra.
3. Offering prayers to Lord Vishnu and Brihaspati on Thursdays can help minimise the adverse effects of Pushya Nakshatra.
4. Doing charity work and helping the poor and needy can also help minimise the adverse effects of Pushya Nakshatra.

Why is Suvarna Prashan done on Pushya Nakshatra Day?

Suvarna Prashan, an ancient Ayurvedic practice, involves administering a specific formulation containing gold (Suvarna Bhasma), honey, ghee, and other herbs to children¹. The choice of performing Suvarna Prashan on Pushya Nakshatra day is rooted in traditional Hindu and Vedic beliefs.

Here are some reasons why Suvarna Prashan is often done on Pushya Nakshatra day:

1. **Auspicious Timing:** Hindu astrology considers Pushya Nakshatra highly auspicious. This Nakshatra is associated with prosperity, nourishment, and positive energy. Initiating Suvarna Prashan on such an auspicious day is believed to enhance the efficacy of the Ayurveda formulation and contribute to the child's overall well-being.
2. **Positive Planetary Influence:** Pushya Nakshatra is associated with Jupiter (Brihaspati or Guru), considered a beneficial planet in Vedic astrology. Jupiter

is associated with wisdom, knowledge, and positive growth. The alignment of Suvarna Prashan with the energy of Pushya Nakshatra is believed to harness Jupiter's positive influence on the child's physical and mental development.

3. Enhanced Absorption of Nutrients: Pushya Nakshatra is believed to be conducive to the absorption of nutrients. Administering Suvarna Prashan on this day is thought to enhance the absorption and assimilation of the beneficial components of the Ayurvedic formulation, including gold and medicinal herbs.

4. Spiritual and Holistic Growth: Pushya Nakshatra is associated with spiritual and holistic growth. Performing Suvarna Prashan on this day is believed to support not only the physical well-being of the child but also their mental, emotional, and spiritual development.

5. Balancing Doshas: In Ayurveda, health is considered a balance of the three doshas: Vita, Pitta, and Kapha. Pushya Nakshatra is believed to have a balancing effect on these doshas, and the administration of Suvarna Prashan on this day is thought to contribute to dosha equilibrium in the child.

6. Protective Energies: Pushya Nakshatra is associated with protective energies. It is believed that initiating Suvarna Prashan on this day protects the child, guarding against diseases and promoting a robust immune system.

It's important to note that the choice of Pushya Nakshatra for Suvarna Prashan is rooted in cultural and astrological beliefs, and practices may vary among different regions and communities.

Nakshatrayuha -

In Brihatsamhita's Nakshatra vyuha chapter, the author describes the rulership of the nine triads of stars over nine regions or quarters and the people and countries situated therein. In this chapter, he offers various things and types of persons ruled by the 27 asterisms².

Varahmihir stated that under Pushya comes barley, wheat, rice, sugarcane, forests, ministers, kings, fishermen, virtuous men, and those engaged in big and small sacrifices.

Pushyasnanam

Brihatsamhita says the royal astrologer and preceptor should give the king a holy bath on a day, which synchronises the asterism of pushya³.

Nakshatra vriksha - Rajanighantu stated different vriksha for different nakshatra and for pushya nakshatra he mentioned Ashwatha vriksha⁴.

Treatment purpose and Pumsavan vidhi - According to Ashtanga samgraha, pushya nakshatra is essential to treat diseases and start patient treatment. Pushya is regarded as a crucial element in pumsavana vidhi, as suggested that herbs should be collected in pushya nakshatra, which will enhance the property of vidhi^{5,6}.

Medicinal consideration-

- Pushyanuga churna gives an extreme effect when used in pushya nakshatra⁷.
- In Charak sharirsthana, pushya nakshatra is considered auspicious for collection of medicine for treatment as well as for sharirik shukra shonita shudhi^{8,9}.
- Susruta in chikitsa sthana also mentioned pushya nakshatra as the best time to treat vyadhi¹⁰.

CONCLUSION

Pushya nakshatra is auspicious nakshatra among all 27 nakshatra. According to Acharyas, Pushya nakshatra enhances the effect of medicine and vidhi mentioned in Ayurveda. Different people have different nakshatra, depending on their birth time. People born under Pushya Nakshatra are considered Shrestha. Every nakshatra has other properties, but Pushya nakshatra has extraordinary importance in human life and Ayurveda.

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Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Aakanksha Vijay Shelke et al: Significance of pushya nakshatra in ayurveda - review article. International Ayurvedic Medical Journal {online} 2024 {cited March 2024} Available from: http://www.iamj.in/posts/images/upload/573_577.pdf