



A LIGHT ON INTERRELATIONSHIP BETWEEN AYURVEDA AND ASTROLOGY

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ABSTRACT

Astrology is an ancient science like *Ayurveda* and *Yoga*. The purpose of the astrology is to reveal the course of life of a person on the basis of the positions of the planets and the zodiac signs at the moment of his or her birth or conception. Thus, terrestrial predictions are done on the basis of celestial observations. The principles of *Ayurveda* have been explained in astrology and those of astrology have been explained in *Ayurveda*. Both *Ayurveda* and astrology do betterment of human life, and both are complementary to each other. Thus, medical astrology is emerging as a new branch. It is need of today to explore this new emerging branch by doing research works in this field.

Key words: Astrology, *Ayurveda*, Medical astrology, *Yoga*

INTRODUCTION

Vedas are considered as *Apauruseya*¹. *Ayurveda* is an *upaveda* of *Atharva Veda*. *Ayurveda* emphasizes that there are three types of *doshas* named *Tridoshas*, and any imbalance in the essential attrib-

utes of these leads to various diseases. By nature, every human body is prone to diseases. The types of disease depend upon own *Karma*. Some people consider astrology as a pseudoscience. The article aims

to explain the scientific way of astrology in the present era. It would be more beneficial to society if both *Ayurveda* and astrology were applied together. The current situation of medical astrology will also be explained in this article. In the present era, there is a need to create evidence-based astrology (EVA) based on statistical calculations to prove its scientific validity and increase global acceptance. A branch of astrological statistics should be explored, like medical statistics.

REVIEW

Acharya Kamalakar has mentioned in *Tatwavivek 1/7 that Bramha prah cha Naradaya*, i.e., *Bramha* gives knowledge of astrology to *Narad*. *Jyotishaam Suryadigrahanaam Bodhakam Shastram*, i.e., the scripture that provides an understanding of the Sun and other planets, is called astrology. In this article, the events and auspiciousness related to the form, communication, rotation period, constellations, etc., have been depicted. Astrology is one of the six *Vedangas*. With the help of proper knowledge of *Vedas*, we can easily understand the evolution of six *Vedanges*. The six *vedang* are:

- Siksha (Phonetics)
- Chhand (Metrics)
- Vyakarana (Grammar)
- Nirukta (Etymology)
- Jyotisha (Astrology)
- Kalpa (Rituals)

Many astrological concepts have been explained in *Ayurveda*. *Acharya Charak* has explained in *Charak Samhita Sharirsthan 5/3* about *Lok Purush Samya Siddhan²*. It means what is present in the universe, is also present in the human body in minute form. In *Charak Samhita Vimansthan 3/4*, it has been explained that *Punarvasu Atreya* says to *Agnivesh* that the condition of *Grah, Nakshatra³, Surya, Chandra, Vayu* etc. is abnormal which will cause *Janpadodhwansa* on the earth. As a result of this abnormality, the plants will fail to produce herbs possessing good qualities of *rasa* (taste), *veerya* (Potency), *vipaka* (metabolism of diet and drugs) and *Prabhava* (specific attribute). By the effect of these properties, we can easily understand the pattern of

the spread of diseases. Therefore, well before any calamities occur and well before the plants have lost their *rasa, veerya, vipaka, and Prabhava*, drugs should be collected. There will not be any difficulty in counteracting any *janapadodhwansa vyadhi* if the drugs are appropriately managed, processed, and administered well in advance.

Human Body and Planets

With the help of Astrology and *Loka Pinda Siddhanta Brahmand*, is easily understood as macrocosmos⁴ i.e., the human body. The microcosmos consisting of the entire cosmos is encompassed with *Panchamahabhootas: Akasha, Vayu, Agni, Jal, and Prithvi*. The different planets, namely Mercury, Venus, etc., are also assigned differently, and they were out of the five as given above. *Tanmatras* are in the form of the subtle nature of five organs, i.e., *Shabdha* (noise), *Sparsha* (touch), *Roopa* (sight), *Rasa* (Taste), and *Gandha⁵* (smell), respectively.

Different planets are concerned with other parts of the body. E.g.

1. Sun and Moon rule two eyes.
2. Mercury and Venus rule nostrils
3. Saturn and Mars rule ears.
4. Jupiter rules speech.
5. Rahu and Ketu rule excretory organs.

Therefore, we can easily prove that the body is consecrated by controlling subtle forces⁶. The study of astrology lies in the analysis of these about the planets. To find out the disparities in the body caused by the imbalance caused by the influence of planets, we have to know the significance (*karakatwa*) of the planets and the results of their action and interaction. According to *Vyasa, Vashishta, Parashara, Kashyapa, Narada, Garga, Marichi, Angirasa, Chyavan, Jaimini, Gautama, Romasha, Yavanas* have established secrets of man's life controlled as per the wishes of the planets. With the help of astrology, health problems are easily diagnosed⁷.

Ayurveda and Astrology

In fact, before the advent of modern medical science, in ancient times, physicians advocated compulsory knowledge of astrology and its relevance to various diseases apart from administering medicines on dif-

ferent lunar days and on other solar days. In *Ayurveda*, the diseases are classified in *Tridoshas*⁸ (three humors).

The *Tridoshas* for the planets are:

Sun	-	<i>Pitta</i>
Moon	-	<i>Vata-Kapha</i>
Mars	-	<i>Pitta</i>
Mercury	-	<i>Tridosha</i>
Jupiter	-	<i>Kapha</i>
Venus	-	<i>Vata</i>
Saturn	-	<i>Vata</i>

Apart from the *Tridoshas*, the planets are assigned different disease by themselves. The *Rashis*, groups of stars are also assigned different diseases on various parts of the body. *Acharya Sharangadhar* has explained seasons on the basis of *rashis*. *Acharya Sushruta* also mentioned *Hamshodaka*⁹ as explained by *Acharya Charak*. *Acharya Vagbhatta* also mentioned *Hamshodaka*¹⁰ as explained by *Acharya Charak*. *Acharya Charak* predicted the abnormalities of celestial bodies and their effects on the living beings on the earth. So, he advised to prepare for upcoming pandemic¹¹ situations. Whatever present in the *purusha*,¹² all is present in the universe. Importance of *Pushya nakshatra* for the *Punswan Sam-sakar*¹³ and also take bath with medicated water in *Pushya nakshatra* for healthy conceive. *Devas, Gra-*
Table No.1 -Relation of *Rashis* and *Nakshatras*

<i>Rashis</i>	<i>Nakshatras</i>
1. <i>Mesha</i>	<i>Ashwini, Bharani, First quarter of Krittika</i>
2. <i>Vrisha</i>	Last three quarters of <i>Krittika, Rohini, first half of Mrigasira</i>
3. <i>Mithuna</i>	Second half of <i>Mriggasira, Ardra, first three quarters of Punarvasu</i>
4. <i>Karka</i>	Last quarter of <i>Punarvasu, Pushya, Aslesha</i>
5. <i>Simha</i>	<i>Magha, Poorva Phalguni, First quarter of Uttarphalguni</i>
6. <i>Kanya</i>	Last three quarter of <i>Uttarphalguni, Hasta, first half of Chitra</i>
7. <i>Tula</i>	Second half of <i>Chitra, Swati, first three quarters of Visakha</i>
8. <i>Vrischika</i>	Last quarter of <i>Visakha, Anuradha, Jyeshtha</i>
9. <i>Dhanu</i>	<i>Moola, Poorvashada, first quarter of Uttarshada</i>
10. <i>Makara</i>	Last three quarter of <i>Uttarshada, Sravana, first half of Dhanistha</i>
11. <i>Kumbha</i>	Second half of <i>Dhanistha, Satabhisha, first three quarters of Poorvabhadra</i>
12. <i>Meena</i>	Last quarter of <i>Poorvabhadra, Uttarabhadra, Revati</i>

has etc. enters in the human body invisibly like shadow enters into mirror and sunrays enter into *Suryakant* gem¹⁴. *Mahagandha hasti agada* should be used in *Pushya nakshatra*¹⁵ to eliminate all problems. *Acharya Charak* has advised to collect the raw materials in *Pushya nakshatra*¹⁶ for *Pushyanuga churna*. *Acharya Sushrut* has mentioned that *Vayu, Surya*¹⁷ and *Chandra* of the universe represent the *vata, pitta* and *kapha* of the body respectively, balance among these leads' normalcy of universe and body respectively. *Grahas*¹⁸ in favourable *Rashi* helps to cure the severe disease easily, but if *graha* in unfavourable *Rashi* it is difficult to cure. Disease caused by *bhutas (graha)* are *Agantuk*. Disease caused by *bhutas*¹⁹ should be treated by worship the unfavorable *grahas*. To get good offspring the specific couple should go to bed for copulation for specific favourable *graha*²⁰ and *nakshatra* period. *Acharya* also quoted- the one who is unable to see the *Arundhati* star near the *Saptarishi*²¹ in the sky, he dies within one year. The expert physician, knowing a patient to be fit for the administration of *Vasti* should start on an auspicious day in the bright fortnight, under a propitious constellation and in a good *Muhurta*²².

Table No.2- Relation of Planet Guna, behavioral and Constitution

Planet	Guna (nature)	Behavioural Aspect	Constitution
Sun	Sattva (essence)	Rajas (active)	Pitta
Moon	Tamas (inertia)	Sattva (calm)	Kapha
Jupiter	Rajas(activity)	Sattva(calm)	Kapha
Rahu	Rajas(activity)	Rajas (active)	Vata
Mercury	Rajas(activity)	Rajas (active)	Vata
Venus	Tamas (inertia)	Rajas (active)	Kapha
Ketu	Tamas (inertia)	Rajas (active)	Kapha
Saturn	Rajas(activity)	Tamas (dull)	Vata
Mars	Sattva (essence)	Tamas (angry)	Pitta

CONCLUSION

Thus, both *Ayurveda* and Astrology are complementary to each other. Many calcitrant diseases can be treated by combined application of *Ayurveda* and astrology. There is a big scope of medical astrology in present time. *Jyotish* is the oldest science with strong calculations. Few modern researchers and scientists realize and also look forward for the celestial events and their impacts on the living being. *Jyotish* can change the unfortune to fortune by preventive measures. In the medical science *Jyotish* can bring a new glory in new era by predicting and calculating the celestial events. The evidence-based astrology (EVA) should be developed for its global acceptance. The astrological statistics should be explored as a new branch of astrology.

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