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# A Conceptual Study of Ayurveda and Astrology

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## ABSTRACT

Astrology has a thousand-year history in India. It provides a greater understanding of planetary impacts on human beings, as well as an intricate component of a person's day-to-day life and their relationship with destiny. Astrology knowledge is valuable. It is included in *VEDAS*, which were passed down to us by past sages through their intuitive understanding. Astrology is a science based on information about the movements of planetary systems such as planets and stars. An astrologer does nothing more than analyze the effects of these motions on people's lives. Astrology is the study of the stars. The Sciences of the Stars this is known as *Jyothisham* in Sanskrit, which means "LIGHT SCIENCE." *Ayurveda* is a Science of Life conveyed to us through *VEDAS* for the purpose of maintaining good health. This is essentially a method of holistic treatment which derives its power from the understanding the enormous influence of the nature holds on human beings and aims at eradication of human sufferings both physical and mental through the products of nature. Astrology and *Ayurveda* are branches of the same tree, and when used together, they produce greater results. The mental and emotional parts of the birth chart are revealed, which provides a good indication for the diagnosis of most ailments. Exercises aid in the development of physical strength, prayers aid in the development of inner mental power, and astrology aids in the development of confidence in divinity and nature.

**Key Words** *Astrology, Ayurveda, Jyothish planets and Star*

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## INTRODUCTION

Many consider the Vedas to be the most limitless and complete system of knowledge known to mankind, and *Jyotishis* regarded as one of the Vedas' most essential limbs. The Sanskrit word *Jyotish* means "Divine Light." It is the ubiquitous, almighty, chaste, superior, and elevated eye of divine knowledge.

Astrology (*Jyotish*) is thought to have been pictured by ancient sages in advanced levels of perception, allowing them to comprehend

existence beyond of time and space, ahead of the past, present, and future. They recognized the planets' energetic waves as reflectors or transmitters of light energy while in this super-conscious state. These radio-like waves from the sun and planets, thrown out at various angles, were thought to have control over everything, animate and inanimate, impacting humans on both biological and psychological levels. The sages are claimed to have observed and experimented with their findings in order to codify astronomical



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calculations into principles, which eventually formed the laws by which *Jyotishis* practiced.

*Ayurveda*, the science of life, has a concept known as *Lok Purusha Samya Vada* (also known as the Principle of Environmental Similarity), which states that *Purusha* (human being) is nothing more than a miniature universe, with all of the entities found in *Loka* (outside world) also present in the human body, albeit in smaller forms.<sup>1</sup> In the *Charaka Samhita Shareera Sthana*, various examples of *Loka* and *Purusha's* likeness are given. Whatever influences the *Loka* will inevitably affect the *Purusha*. According to *Ayurveda*, a living being's existence involves the physical body, mind, and soul. The person is a small version of the huge cosmos that exists outside. Both are built up of the *Pancham*, or five basic components.

*Ayurveda* and astrology have a long and symbiotic relationship. Astrology is concerned with man's karmic process and the abolition of the destructive cycle of birth and death. It is critical to have a healthy body and mind in order to reach this level, known as *Moksha*. *Ayurveda* focuses on three *Doshas* (*Tridosha*), and any imbalance in these three *Doshas'* essential traits leads to disease. *Vata* (Wind), *Pitta* (Heat), and *Kapha* are the three *Doshas*.<sup>2</sup> As previously stated, these *Tridoshas* also correspond to *Loka* factors and are linked to *PanchaMahabhutas*. *Tridoshas* are responsible for health when they are in balance, but any imbalance in them can lead to a variety of problems.<sup>3</sup> *Tridoshas* are a duplicate of *Pancha-*

*Mahabhutas* and are influenced by the same elements that affect *Pancha-Mahabhutas*.

*Ayurveda* and *Astrology* have been established as a way of life in India since time immemorial. The Indians are well aware of the role of *Astrology* in a healthy life and the pathogenesis of disease. When a physician knows the etiology of the disease, he attempts to treat the disease with specific medication, diet and life and also avoids causative factors. When a physician is unable to understand the etiopathogenesis of a disease, the patient turns to astrology. Account of good and bad deeds during this life and previous lives, their consequences of health or ill health during this life, which order, when, what and how will be clearly known through *Astrology*. It provides guidelines for human welfare as well as the welfare of the entire creation, as well as indicating disasters and their solutions to the greatest extent possible. Hence, a concise astrological evaluation is related to the prevention, health care, diagnosis and treatment of diseases.<sup>4</sup>

### AIM

To review of interrelationship between *Astrology* and *Ayurveda*

### OBJECTIVES

**Primary-** to evaluate astrology according to *Ayurveda* science.

**Secondary-** to understand the etiology and treatment of diseases in astrology.



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### MATERIALS AND METHODS

- Review of *Ayurvedic* literature from *Ayurvedic* classics, including relevant commentaries.
- Review of *Astrology* literature from *Astrology* classics, including relevant text book.
- Other print media, online information, journals, magazines etc. will also be searched for similar matters and will be incorporated according to the needs of the topic.

#### **Astrology-**

One of the limbs of the *Vedas*, or a *Vedanga*, is the first discipline that will be explored in this article. There are six *Vedangas* in all, each of which serves to preserve and better understand the Vedic knowledge. *Jyotishya* is mentioned in two ancient books, the *Rigveda* and the *Yajurveda* (*Astrology*). *Jyotishya* is the *Vedanga* of sight/foresight, according to ancient sages. The six *Vedangas* that supported the *Vedas* are briefly discussed below:<sup>5</sup>

1. *Shiksha*- This is the discipline that deals with phonetics and pronunciation.
2. *Kalpa* - The branch of Hinduism concerned with ceremonial rites and traditions.
3. *Vyakarna* - The grammatical element of things is dealt with in this subject. This *Vedanga* is often referred to as the *Veda Purusha's* mouth (The primordial being from which the universe was created).
4. *Nirukta* – This *Vedanga* provides meaning to the text within the *Vedas* and is also referred to as the ears of the *Veda Purusha*.

5. *Chhanda* – The word literally means "metres," and it refers to the discipline of accurately interpreting chants or texts. The *Veda Purusha's* feet are referred to as the *Chhanda*.

6. *Jyotishya* – The science of determining auspicious dates and timings for certain Vedic ceremonies based on the positions of the many celestial bodies in our sky. The *Veda Purusha's* eye is referred to as the last *Vedanga*.

The premise of *Jyotishya* is that "what goes around comes around". Our deeds, or *karma*, eventually come back to haunt us. The cosmos provides or takes from us and moulds the direction of our lives based on how we carry ourselves. Based on Vedic teachings and *Jyotishya*, we may track or predict how our *karma* will return to us. The positions of several celestial planets, as well as their paths of travel, have a significant impact on and influence on the final predictions. The energy sent or reflected by the planets and other celestial bodies was thought to play a significant influence in determining the fates and actions of everything.

In contrast to western astrological ideas, *Jyotishya* uses the sidereal Zodiac system, whereas western astrology uses the tropical Zodiac. Furthermore, western astrology emphasizes the impacts of the sun and inner planets (from Mars to Saturn), whereas *Jyotishya* emphasizes the effects of the two lunar nodes, *Rahu* and *Ketu*. *Jyotishya* foretells major events in a person's life by using the *Grahas* (Planets) and *Rashis* (Zodiac Constellations). The Primary *Rashi* is the *Rashi* that is visible on the eastern horizon at the time of a person's birth, according to *Jyotish*. An individual's major



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*Rashi*s also known as their *Lagna*. In the Zodiac order, the next *Rashi* becomes their second "State of Existence" or "State of being" or *Bhava* and this carries on till the last *Rashi*.

While *Ayurveda* focuses on curing mental and physical illnesses,<sup>6</sup> *Jyotishya* is concerned with cultivating and protecting a person's spiritual side. Our forefathers refined the science of *Jyotishyain* such a way that people became aware of their strengths and shortcomings, allowing them to actively pursue a satisfying life.

There are various areas where *Vedic Astrology* and *Ayurveda* intersect significantly. *Jyotishya's* insights are used into *Ayurvedic* treatment regimens to optimize healing potential and efficiency. Individuals active in the study and practice of both areas sometimes refer to the combined method as "*Ayurvedic Astrology*."

Our forefathers (you could even call them ancient scientists!) believed that the influence of numerous celestial bodies influenced the progression of diseases and spiritual occurrences in a person's life. Individuals could be cured of their ailments, according to our forefathers, by removing certain malefic planetary effects. Below is a list of each planet's detrimental effects on the human body.<sup>7</sup>

**Sun** – Blood Stream conditions, Digestive Disorders, Anemia, Physical Weakness

**Moon** – Cough, Cold, Respiratory Issues, Lunacy

**Mercury** – Ulcers, Nervous Disorders, Acidity, Restlessness

**Venus** – Asthma, Sexual Diseases, Reproductive Problems, Obsession

**Mars** – Gastrointestinal Problems, Liver Issues, Skin Diseases

**Jupiter** – Tooth Ache, Insomnia, Hepatitis

**Saturn** – Mental Disorders, Neurosis, Rheumatism

*Ayurveda* recommends using a variety of herbs and plants to counteract negative planetary impacts. Herbs such as *Ashwagandha* (for *ketu*), *Chirata* (for *Jupiter*), *Brahmi* (for Mars and Moon), and others are frequently prescribed. Predictions from the stars played a dual role. It assisted in determining which herbs should be used for therapy as well as the most auspicious time for major ceremonies and functions.

Professionals define self-awareness as a medical system that focuses on healing through self-awareness as an individual area of study. Every action must be understood in terms of its nature and significance, the repercussions it may have on you and others, the necessity and benefits of it, and so on. If someone follows an *Ayurvedic* plan without fully comprehending the science behind it, the approach will be ineffective. We will only be able to achieve an enlightened and healthy state of being if we grasp the significance of our acts and the reasons for them.

One can believe that Science, as a discipline, dismisses the knowledge and practices of *Ayurveda* and *Jyotishya*. However, this isn't totally accurate. *Ayurvedic* procedures have been refined and adjusted over thousands of years to reach their current status. Herbal treatment procedures tend to be a more holistic and efficient therapeutic approach, according to scientific studies. The



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majority of the herbs and plants prescribed by *Ayurveda* contain active elements that aid in the treatment of ailments, according to research.<sup>8</sup>

Although science, *Ayurveda*, and astrology appear to be unconnected concepts, each serves as a foundation for the others. *Jyotish* and *Ayurveda* are ancient belief systems based on scientific principles. Science, on the other hand, benefits from the discoveries of other fields and performs additional research as a result. The combination of these three disciplines will lead to advancements in human health and medical procedures, as well as a more holistic approach to life.

## DISCUSSION

*Jyotish* literally means "the understanding of light," whereas *Ayurveda* literally means "the science of life." Both of them are deeply entwined with one another. *Ayurveda* thinks that treating human ailments with medicines is the best way to go, whereas *Jyotish* believes that correcting planetary and stellar faults at the moment of birth will solve all of a person's issues.<sup>9</sup>

The numerous ailments are brought about by the planetary mix. As a result, *Jyotish* can lead a physician in the appropriate direction when it comes to disease therapy. An Ayurvedic specialist would first look at the person's *kundali* and conduct a thorough analysis of the aforesaid elements. After that, the cause of the condition is determined using *Ayurvedic* principles. The importance of *Jyotish* in *Ayurvedic* medicine cannot be overstated. In the past, *Ayurvedic*

practitioners had to be well-versed in *JyotishShastra* as well. With the passage of time, however, *JyotishShastra* has taken a back seat, and *Ayurveda* has risen to prominence as a stand-alone therapy.

Planets, microbes, and supernatural powers all play a part in the development of various somatic and psychosomatic diseases. *Graha* should be thought of as a possible source of sickness. As a result, a physician should consider *Grahabadha* as a possible cause of disease and as one of the diagnostic characteristics that may trigger a disease, predict diseases, or even prevent disease beginning. If a physician considers all of the disease's causing factors, he will achieve the best results in treatment. *Jyotishyashastra* has its own significance in a person's life.

## CONCLUSION

It should be noted that Medical Astrology and *Ayurveda* share many similarities, including a belief in the basics of Vedic science and planetary influences on humans. The only significant distinction is that *Ayurveda* focuses on the healthy growth of physical disease, whereas Western medicine focuses on disease prevention. Medical Astrology is concerned with the effects of planets on the body and mind. Humans have a better chance of maintaining excellent health if a mix of Medical Astrology and *Ayurveda* is used. This is an attempt to focus on some of the essential ideas that are used to formulate, test, and confirm or disprove scientific postulates. It combines the



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complexities of mathematics, the curiosity of physics, and the psychological effect of psychiatry. We must seek out all learned and intellectuals to augment their knowledge in order to develop a fresh research plan and pass along our ANICIENT TRADITIONS to future generations.



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