

GLIMPSE OF ASTROLOGY IN AYURVEDA

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ABSTRACT

Astrology is an ancient science like Ayurveda. There are descriptions of astrology in many ayurvedic texts indicating that astrology was also a full-fledged science in ancient times like Ayurveda. Both branches of knowledge were ruined by foreign invaders and considered unscientific later on. Now, modern medical science also accepts importance of astrology in medicine. It is need of today to elaborate both astrology and Ayurveda together to tackle vast health problems of this era.

Keywords: astrology, Ayurveda, medical astrology, Jyotirvaidya

INTRODUCTION

Astrology believes in the influence of the celestial bodies on the animals and plants of the earth. Each and every movement that occurs in the skies has its repercussions on the activities that take place on the earth. The basic premise of the astrology is to study these changes and then seek out measures to offset negative changes. This can only be done by a careful study of the chart which shows all the positions of the main celestial bodies during the time when the person was born. Such birth horoscope chart is known as *janma kundali*. Though, astrology cannot change anything that is in the *kundali*, measures can be taken to plan future events in such a way that there may be very few negative repercussions of the activity.

REVIEW

Area of total sky occupies 360^0 space. There are 27 *nakshatras* in the sky.

Thus, each *nakshatra* has $360/27$ i.e. $13^0 20$ minutes space. There are 12 *rashis* in the sky. Thus, each *rashi* has $360/12$ i.e. 30^0 space. There are 12 *rashis* and 27 *nakshatras* in the sky. Thus, each *rashi* has $27/12$ i.e. $2\frac{1}{4}$ *nakshatras*. A *rashi* can occupy one or two *nakshatras* and a part of another *nakshatra*. This condition is in the case of 9 out of 27 *nakshatras*. These 9 *nakshatras* are *Kritika, Mrigasira, Punarvasu, Uttara, Phalguni, Chitra, Visakha, Uttarashada, Dhanishta and Poorvadra*. Each *nakshatra* is divided into four equal quarters known as *nakshatrapad*. There are $108(27 \times 4)$ *nakshatrapadas*. One *nakshatrapad* will never occupy more than one *rashi*. Each *nakshatrapad* occupy $3^0 20$ minutes space. Each of one has own *janma rashi* and *janma nakshatra*. If a person knows his *janma nakshatra*, he can find out his *janma rashi*. If a person doesnot know

his *janma nakshatra*, he has to do a bit more work to get it.

*Rashis and Nakshatras*¹-Table No.1

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

*Rashis and Grahas*¹- Table No.2

Rashis	Grahas
1. <i>Mesha</i> (Aries)	<i>Mangal</i> (Mars)
2. <i>Vrisha</i> (Taurus)	<i>Sukra</i> (Venus)
3. <i>Mithuna</i> (Gemini)	<i>Budha</i> (Mercury)
4. <i>Karka</i> (Cancer)	<i>Chandra</i> (Moon)
5. <i>Simha</i> (Leo)	<i>Surya</i> (Sun)
6. <i>Kanya</i> (Virgo)	<i>Budha</i> (Mercury)
7. <i>Tula</i> (Libra)	<i>Sukra</i> (Venus)
8. <i>Vrishchika</i> (Scorpio)	<i>Mangal</i> (Mars)
9. <i>Dhanu</i> (Saggitarius)	<i>Guru</i> (Jupiter)
10. <i>Makara</i> (Capricorn)	<i>Shani</i> (Saturn)
11. <i>Kumbha</i> (Aquarius)	<i>Shani</i> (Saturn)
12. <i>Meena</i> (Pisces)	<i>Guru</i> (Jupiter)

There is a deep relation between astrology and *Ayurveda*. Now, modern medical science also accepts the importance of astrology in medicine as a new emerging branch medical astrology. *Acharya Charak* has explained that whatever in microcosm (man) that is in macrocosm (universe)². Life and death are controlled by the universe. There exists such a close relationship between the individual and the universe that no knowledge of the individual can be obtained without the knowledge of universe. It has

been explained in *Charak Samhita* that *Punarvasu Atreya* told his disciple *Agnivesh* – there is abnormality in *nakshatras*, *grahas*, *chandra*, *surya*, *vayu* and *agni* causing improper *rasa*, *guna*, *virya*, *vipak* and *prabhava* in medicinal plants³. It means abnormal condition of *nakshatras* and *grahas* etc. causes abnormality in qualities of medicinal plants. *Acharya Charak* has mentioned that water heated by sun in the day, cooled by moon at night and detoxified by *Agastya* star is known as *hansodak* which is like *amrita*

for drinking and bathing in *Sharad ritu*⁴. It means sun; moon and *Agastya* star make changes in the quality of water in *Sharad ritu*. In *punswan sanskar*, *Acharya Charak* has mentioned to use various drugs like *jivak*, *rishabhak*, *apamarga* etc. in *Pushya nakshatra*⁵. He has also explained to bath in medicated water in *Pushya nakshatra*⁶. Thus, *Pushya* is important *nakshatra* for healthy conception. *Acharya Charak* has depicted to collect the ingredients of *Pushyanuga churna* in *Pushya nakshatra*⁷. It means medicinal plants get special properties in *Pushya nakshatra* which should be utilized for the treatment. *Acharya Charak* has explained that *mahagandh hasti agad* should be used in *Pushya nakshatra* to eliminate all problems⁸. It suggests that use of medicines in *Pushya nakshatra* creates special medical effects. *Acharya Charak* has explained that *devas*, *grahas*, etc. enter in human body invisibly like shadow enters into mirror and sunrays enter into *suryakant gem*⁹. *Acharya Sushruta* has mentioned in *Sushruta Samhita* that *vayu*, *surya* and *Chandra* of universe represent *vata*, *pitta* and *kapha* of the body respectively¹⁰. Balance among activities of *vayu*, *surya* and *Chandra* leads to normal state of universe. Like that, balance among activities of *vata*,

Grahas and Panchmahabhuta-

<i>Grahas</i>	<i>Panchmahabhuta</i>
<i>Surya</i> (Sun)	<i>Agni</i>
<i>Chandra</i> (Moon)	<i>Jala</i>
<i>Mangal</i> (Mars)	<i>Agni</i>
<i>Budha</i> (Mercury)	<i>Prithvi</i>
<i>Guru</i> (Jupiter)	<i>Akash</i>
<i>Sukra</i> (Venus)	<i>Jala</i>
<i>Shani</i> (Saturn)	<i>Vayu</i>
<i>Rahu</i>	-
<i>Ketu</i>	-

pitta and *kapha* leads to normal state of body. *Acharya Sushruta* has mentioned the *hansodak* as explained by *Acharya Charak*¹¹.

Acharya Vagbhat has frequently mentioned about *grahas*, *nakshatras* in *Astangahridaya*. *Acharya Vagbhat* has explained that when *grahas* are favourable i.e. situated in favourable *rashis* then, disease will be easily curable¹². It means when *grahas* are favourable then severe diseases can be cured easily. But when the *grahas* are unfavourable then it is difficult to cure the disease. He has also mentioned *hansodak* as mentioned by *acharya Charak* and *Sushruta*¹³. *Acharya Vagbhat* has depicted that diseases caused by *bhutas*(*grahas*) are *agantuk rogas*¹⁴. He further explains that diseases caused by *bhutas*(*grahas*) should be treated by worshipping the unfavourable *grahas*¹⁵. It has been explained by *acharya Vagbhat* that one should go on bed for copulation for good offspring according to direction of *mauhurtik* (astrologist)¹⁶. The astrologist knows the time when *grahas* and *nakshatras* are favourable to do copulation for a good offspring for a particular couple. He has also depicted that one who does not see the *Arundhati* star near the *saptarshi* in the sky, he dies within one year¹⁷.

Grahas and Tridosh-

Grahas	Tridosh
Mercury, Saturn, Venus, Rahu	Vata
Mars, Sun, Jupiter, Ketu	Pitta
Moon, Venus, Jupiter, Saturn	Kapha

Grahas and Dhatus/Upadhatus-

Grahas	Dhatus/Upadhatus
Sun	Asthi (Bones)
Moon	Rakta (Blood)
Mars	Majja (Bone marrow)
Mercury	Tvacha (Skin)
Jupiter	Vasa (Adipose tissue)
Venus	Sukra (Semen)
Saturn	Snayu (Nerves)

Grahas and Ratnas-

Jyotish Shastra believes that the movements of the celestial bodies i.e. sun, moon, etc. have far reaching effects on the life of the earth. Each activity that occurs on the earth is a repercussion of some activity in the skies. Gems are precious stones which exert

both benefic (positive) and malefic (negative) influences in a person's life. Each planet (*grah*) has a gem that represents it which should be worn on a special day in a special finger. Names of each planet with their favoring gems are as follows-

Planets	Gems
Sun	Ruby (Manikya)
Moon	Pearl (Mukta)
Mercury	Emerald (Panna)
Venus	Diamond (Hira)
Mars	Coral (Munga)
Jupiter	Topaz (Pukharaj)
Saturn	Sapphire (Nilam)
Rahu	Zircon (Gomed)
Ketu	Cat's eye (Vaidurya)

Grahas and Metals-

Grahas	Metals
Sun	Tamra (Copper)
Moon	Rajat (Silver)
Mars	Pittal (Brass)
Mercury	Sisa (Lead)
Jupiter	Swarna (Gold)
Venus	Vanga (Tin)
Saturn	Tikshna Lauha
Rahu	Kansya (Bell Metal)

Ketu Kanta Lauha

Grahas and Plants-

Sun	Ark (<i>Calotropis gigantea</i>)
Moon	Palash (<i>Butea monosperma</i>)
Mars	Khadira (<i>Acacia catechu</i>)
Mercury	Apamarg (<i>Achyranthes aspera</i>)
Jupiter	Ashwattha (<i>Ficus religiosa</i>)
Venus	Audumbara (<i>Ficus glomerata</i>)
Saturn	Shami (<i>Prosopis eimeraria</i>)
Rahu	Doorva (<i>Cynodon dactylon</i>)
Ketu	Dharbe (<i>Eragrostis cynosuroides</i>)

Grahas and Diseases-

Sun	Anemia, Indigestion, Fever, Cardiac problems
Moon	Endocrinal imbalance, Allergy, Mental Problems, Gynecological Problems
Mars	Liver Problems, Skin Problems, Constipation, Piles
Mercury	Blood Pressure, Acidity, Ulcer
Jupiter	Jaundice, Acidity, Palpitation, Insomania
Venus	Bronchial disorder, Asthma, Cough, Dyspepsia, Sexual Problems
Saturn	Neurosis, Sciatica, Rheumatism
Rahu	Hyperacidity, Brain Disorder, Sexual Excessiveness, Alcoholism
Ketu	Skin Problems, Nervous Debility, Urinary Tract Infection

Rashis and Tridosh-

Rashis	Tridosh
Gemini, Virgo, Libra, Capricorn, Aquarius	Vata
Aries, Leo, Sagittarius, Scorpio	Pitta
Taurus, Cancer, Pisces	Kapha

Rashis and Body Parts-

In *Jyotish Shastra*, human is known as *kaal-purusha* i.e. an embodiment of the being governed by time. This *kaalpurusha* is governed by *rashis*. Hence, it is very important

to know which *rashi* a person is born in. The following chart shows the body parts that are influenced by the twelve *rashis*.

Rashi	Body Parts
Mesha	Head
Vrishha	Face
Mithuna	Throat, Bronchial Region
Karka	Lungs and upper parts of heart
Simha	Stomach and lower parts of heart
Kanya	Naval
Tula	Intestines
Vrishchika	Sex organs
Dhanu	Thighs
Makar	Knees

<i>Kumbha</i>	Calves
<i>Meena</i>	Feet

Nakshatras and Body Parts-

Various *nakshatras* affects our different body parts.

<i>Nakshatras</i>	Body Parts
<i>Kritika</i>	Head
<i>Rohini</i>	Forehead
<i>Mrigashira</i>	Eyebrows
<i>Ardra</i>	Eye
<i>Punarvasu</i>	Nose
<i>Pushya</i>	Face
<i>Ashlesha</i>	Ears
<i>Magha</i>	Lips
<i>Poorva Phalgun</i>	Right Hand
<i>Uttara Phalgun</i>	Left Hand
<i>Hasta</i>	Fingers
<i>Chitra</i>	Neck
<i>Swati</i>	Chest
<i>Vishakha</i>	Breast
<i>Anuradha</i>	Upper Stomach
<i>Jyeshtha</i>	Lower Stomach
<i>Moola</i>	Womb
<i>Poorvashada</i>	Back
<i>Uttarashada</i>	Backbone
<i>Shravana</i>	Waist
<i>Dhanishtha</i>	Anus
<i>Shatabhisha</i>	Right Thigh
<i>Poorva Bhadrapad</i>	Left Thigh
<i>Uttara Bhadrapad</i>	Calves
<i>Revati</i>	Knees
<i>Ashwani</i>	Upper part of feet
<i>Bharani</i>	Lower part of feet

Metals and gems have not been very much mentioned in vrihat trayis i.e. *Charak Samhita*, *Sushruta Samhita* and *Ashtanga hridaya*. Metals¹⁸ and gems¹⁹ have been mentioned in *Rasatarangini*. Metals²⁰ and gems²¹ have been also mentioned in *Rasaratna Samuchchaya*.

CONCLUSION

There is a deep relation between astrology and *Ayurveda*. One who has knowledge of

both astrology and *Ayurveda* can treat the recalcitrant diseases. Padmasri P.R.Krishnakumar, head of Arya Vaidya Pharmacy Coimbatore, Taminladu, India has deep knowledge of both astrology and *Ayurveda*. Hippocrates, father of modern medicine also emphasized on the knowledge of astrology for doctors. He said that a physician without knowledge of astrology has no right to call himself a physician. Thus, it is

need of today to elaborate the astrological part of Ayurveda to produce modern vaidyas (jyotirvaidyas).

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