



Review Article

CORRELATION OF AYURVEDA AND ASTROLOGY ON HEALTH

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ABSTRACT

Ayurveda is huge and scientific system of healing that is practiced in India. It is appendages of *Atharva veda* so called as fifth *Veda*. Ayurveda improves our imbalance *Dosha*, *Dhatwagni* and *Mahabhuta* resulting into proper body constitution with the help of propitious diet and lifestyle. Astrology or *Jyotish Vidya* studies the influence of cosmic energy of planets on human. It was described in *Rigveda* & *Ayurveda* both. In *Ayurveda* there are many *Ratna* and *Upratna* which is being used in the form of *Bhasma* to cure diseases and that also represents the planetary system of universe and do control over cosmic rays. According to this our lives are strongly influenced by stars and planets. According to *Veda*, our *Karma* is directly related to position of planets and stars and thus astrology. In this paper we will see interconnecting relationship of planets and stars with *Ayurveda* especially with medicinal plants and mineral herbs and how could health be managed. In this article we will see the connection among plants, planets/stars, *Dosha*, *Dhatu*, *Angavayava* and *Mahabhuta*. And will also see the *Sanchay* and *Prakopa kala* of *Dosha* in the calendar of *Ayurveda* i.e., *Samvatar*.

INTRODUCTION

Ayurveda and Astrology are deeply connected to each other. As *Ayurveda* is necessary for living healthy, *Astrology* is also essential for healthy life. *Astrology* deals about the planets, stars and *nakshatra* which is also called as *Graha*. Each *Graha* has their own characteristics and having their cosmic energy by which human body is influenced in terms of *Dincharya*, *Ritucharya*, *Ritusandhi*, *Adanakala* and *Visarga kala* etc. Each and every *Graha* having their own representative in terms of minerals, gems (stones) and plants and many more also; which is being used to directing that particular *Graha*, planet and star.

Astrology is a science based on data linked with the movements of planets and stars. *Astrology* and *Ayurveda* are the branches of same tree and if co-ordinated with each other will give us better results.

Clinical Astrology is one of the branches of medical astrology aims at to generate positive personality, better understanding of emotional control and related behaviour problems in human beings are deal with by this concepts. *Astrology* helps to develop a faith in divinity and nature. Lack of the above faith and belief is the root cause of all diseases. According to my perception, an *Ayurvedic doctor* must have knowledge of *Astronomy* too. Because *Ayurveda* and astrology allocate dynamic view of universe, spot certain harmonic keys to our survival on all levels.

For the my present study, while I analyse the principles of diagnosis and treatment of numerous diseases through the classical text of both the sciences, I got many references which are identical, the detail of such explanation are reviewed, analysed and compared.

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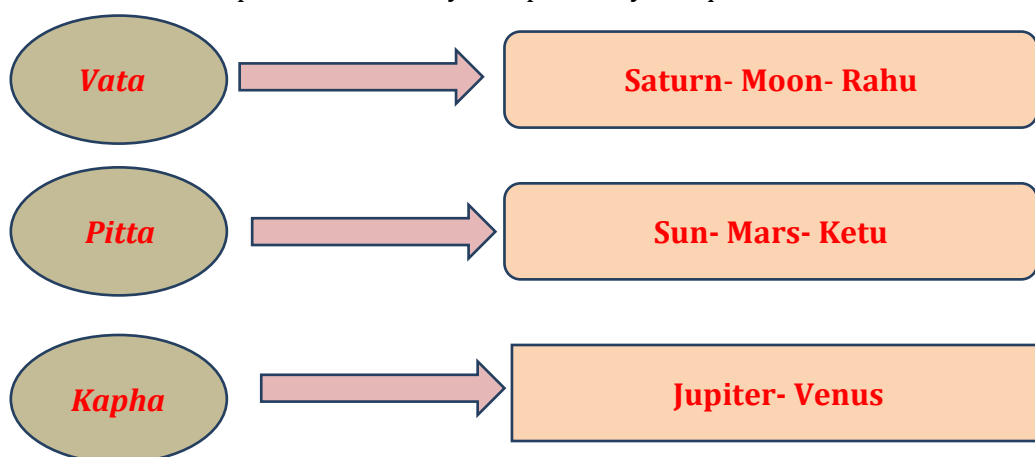
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The planets and stars that are part of astronomy also personify the qualities of *Doshas*, such as-



Mercury indicates three *Doshas* are in balance or out of balance^[1].

Acharya sushruta says, just as the moon, sun and wind are necessary for the regular functioning of this world, so also it is *Kapha*, *Pitta* and *Vata* that regulate the human body^[2].

Jyotish shastra explained the basic concepts of Ayurveda in relation to *Graha* in many context such as *Tridosha*, *Dhatu*, *Panchmahabhuta*, *Rutu*, *Shadrassa*, *Triguna*, *Angavayava*^[3,4] as shown in the table.

Table 1: Shows relation to *Graha* in many context such as *Tridosha*, *Dhatu*, *Panchmahabhuta*, *Rutu*, *Shadrassa*, *Triguna*, *Angavayava*

<i>Graha</i>	<i>Dosha</i>	<i>Dhatu</i>	<i>Panchmahabhuta</i>
Ravi	Pitta	Asthi	-
Chandra	Vata-kapha	Rakta	-
Mars	Pitta	Majja	Teja
Budha	Tridosha	Twaka	Prithvi
Guru	Kapha	Vasa	Akasha
Shukra	Kapha-vata	Shukra	Jala
Shani	Vata	Snayu	Vayu

Table 2: Shows Relation of *Graha* with *Angavayava*, *Rasa*, *Rutu* and *Guna*

<i>Graha</i>	<i>Angavayava</i>	<i>Rasa</i>	<i>Rutu</i>	<i>Guna</i>
Ravi	Kukshi	Katu	Greeshma	Satwa
Chandra	Hrudya	Lavana	Varsha	Satwa
Mars	Shira	Tikta	Greeshma	Tamas
Budha	Vaksha	Mishra rasa	Sharat	Rajas
Guru	Uru	Madhura	Hemantha	Satwa
Shukra	Vaktra	Amla	Vasantha	Rajas
Shani	Janu	Kashaya	Shishira	Tamas
Rahu	Pada	-	-	-
Ketu	Pada	-	-	-

Here this correlation is made up of, is mainly based on qualities of *Grahas*. These *Graha* will give rise to the diseases related to the particular *Mahabhutas*, *Dosha*, *Dhatu* etc. i.e., *Ravi ghraha* will give rise to *Ushnaroga* as it is related to *Pitta*. *Chandra* being *Vata-kapha* give rise to *Sheeta roga* and diseases of *Rakta* etc.^[5]

The planets also affect plants and animals. The falling and formation of leaves, flowering and fruiting occurs during a particular season. The planets exert their effect on plants and their medicinal property too. Disease diagnosis is infallible in astronomy. *Acharya Sushruta* and *Acharya Charaka* have given various good *Muhurthas* for treatment and administrations of

medicines in Ayurvedic treatises such as *Charaka Samhita*, *Sushruta Samhita*, *Nighantu*, *Rajanighantu* etc.

The present work has been undertaken with a view to study in depth the characteristics of plants said to be associated with planets and stars.

To reduce the ill-effects of planets meditation, contemplation, have and precious stones were resorted to, but precious stones being costly, were at time, not within the reach of the common man. Therefore, roots of the plants have been used as a substitute for precious stones as shown in table.^[6]

Planet	Herbs and Roots
Sun	<i>Bilwamool</i>
Moon	<i>Khirika</i>
Mars	<i>Anantmool</i>
Mercury	<i>Brindhadwarakamool</i>
Jupiter	<i>Brahmajatimool</i>
Venus	<i>Rambasakmool</i>
Saturn	<i>Swetberelamool</i>
Rahu	<i>Shwetchandanmool</i>
Ketu	<i>Aswagandha</i>

DISCUSSION

Ayurveda and Astrology are the two aspects of the same coin. Astrology aims at predicting much earlier the incidence of any disease and the preventive

measures to be taken, the later diagnose the disease and take measures to cure it.

When as, astrologer predict the attack of a particular disease far ahead and suggests remedial measures. It has been observed in many patients that the same drug administered at different times manifests differently and exhibits variations in its curative properties. The science of astrology perceives a holistic approach.

The basic principle followed in the Ayurvedic system of medicine is *Swasthyashya swasthya rakshanam* which means maintain the health of healthy, rather than *Aturashya vikara prashamanacha'* means to cure the disease of diseased^[7].

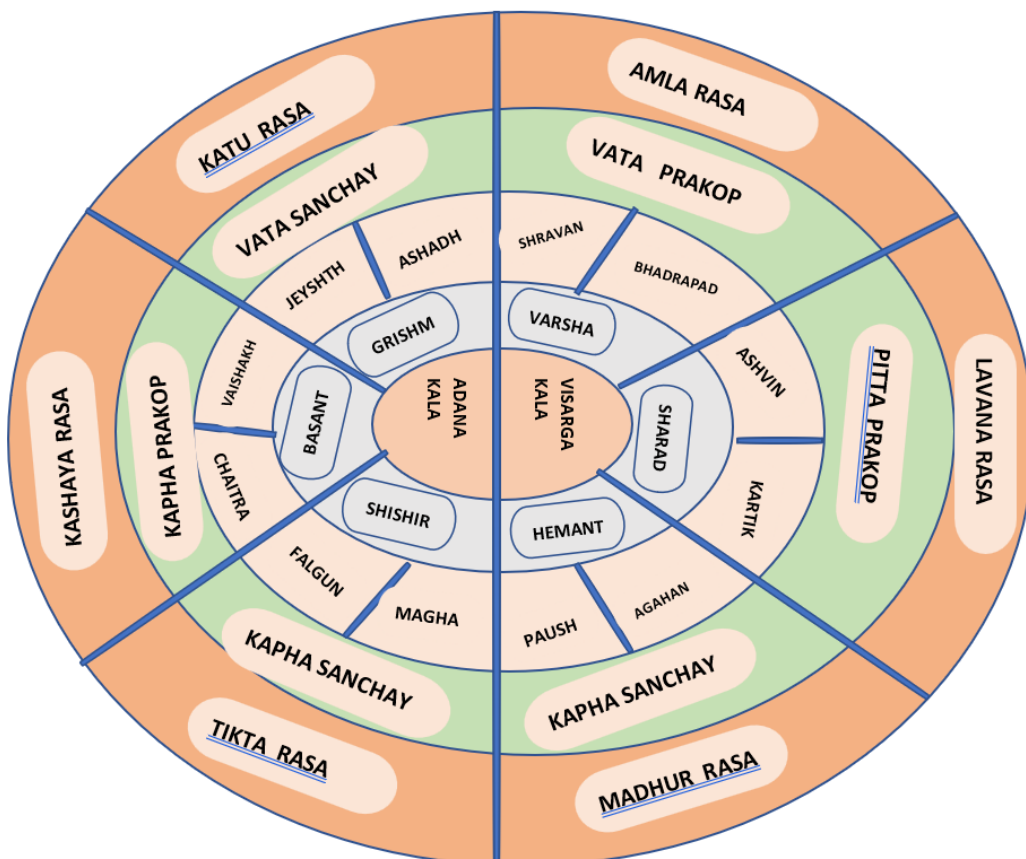
For this purpose the *Dincharya* (daily regimen) & *Ritucharya* (seasonal regimen) have been mentioned in the classics of Ayurveda^[8].

In Ayurveda, a year is divided into 2 *Kaala* or period based on the apparent position of the sun in the north & southern directions. They are^[9].

Uttarayana-north (Adana kala)

Dakshinayana-south (Visarga kala)

The body of human beings is greatly influenced by external environment. Many of the exogenous and endogenous rhythm have specific phase relationship with each-other; which means they interact and synchronize each-other.



If body is unable to adopt itself to stressors due to changes in specific traits of seasons, it may lead to *Dosha Vaishamy*, which in turn may render the body highly susceptible to one or other kinds of disorders^[10].

In Ayurveda, season is referred as '*Ritu*' and year as '*Samvatsar*'. One year (*Samvatsar*) consists of six seasons i.e., each *Ritu* consists of two months.

The ancient seers of Ayurveda highlighted the relation between season and health and have recommended proper seasonal regimens. The season affects the physiology of human beings. So if appropriate regimen is not followed then one may not cope up with the seasonal changes and fall ill^[11].

CONCLUSION

As both the sciences Astrology and Ayurveda have got several things common and faith in the fundamentals of Vedic science and the planetary impact on human beings. The main difference between them is while Ayurveda primarily concentrated on healthy growth of physical disease, and the medical astrology care about the influences of planets on both body and mind. If this combination of medical astrology and Ayurveda is kept to, there is a better chance of maintain good health in human beings.

Impact of season is directly on human body humours resulting into aggravation, accumulation, and pacification in respective seasons. Hence all individual should adopt strict season regimen to regain perfect and sound health. Ayurveda greatly believes in adopting the daily regimen, season regimen etc. to lead a healthy life.

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