

# Relevance of Astrology in Ayurveda

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## Abstract

Astrology is one of the Six *Vedangas*, which came as Smruthi from sages/saints/seers over the ages as part of the Sanatana Dharma. Ayurveda is composed of two words, *āyu*, “life” or “longevity”, and Veda, “knowledge”, translated as “knowledge of longevity or “knowledge of life and longevity”. Ayurveda emanated from Vedas as Sruthi. Ayurveda is part of Atharvaveda. In this article, an attempt has been made to co-relate and to bring integration between both the Veda and Vedanga, namely, Ayurveva (Atharvaveda) and Astrology (*Vedanga*) – denoting as Medical Astrology.

## Introduction

Astrology and Ayurveda are two ancient practices that have been intertwined for centuries, offering a holistic approach to health and well-being. The astrology explores the influence of celestial bodies on human lives and whereas the Ayurveda focuses on balancing the body, mind, and spirit through natural remedies and lifestyle practices.

Astrology is an ancient system that studies the positions and movements of celestial bodies to gain insights into the human experience. It believes that the alignment of the stars and planets at the time of our birth can shape our personality traits, strengths, weaknesses, and life events. Astrology provides a roadmap for self-discovery and understanding, helping individuals make informed decisions to improve their overall well-being.

Ayurveda, meaning ‘the science of life’ in Sanskrit, is a holistic healing system originating from ancient India. It emphasizes the interconnectedness of the body, mind, and spirit, and aims to restore balance for optimal

health. Ayurveda utilizes natural remedies, diet, lifestyle modifications, and various therapeutic techniques to address imbalances and promote overall wellness.

Ayurveda categorizes individuals into different body-mind constitutions known as doshas: vata, pitta, and kapha. Astrology can provide additional insights into these constitutions by analyzing the planetary positions at the time of birth. By understanding our doshas and astrological influences, we can personalize our Ayurvedic practices to maintain balance and prevent imbalances that may lead to health issues.

Ayurveda employs various herbal remedies to restore balance and treat specific health conditions. Astrology can complement Ayurvedic treatments by identifying specific herbs that resonate with the planetary influences affecting an individual’s health. Additionally, gemstone therapy, which assigns gemstones to different planets, can enhance the healing process by aligning planetary energies.

The Mandukya Upanishad (MU 1-1-5) states that तत्रापरा ऋग्वेदो यजुर्वेदः सामवेदोऽथर्ववेदः शिक्षा कल्पो व्याकरणं निरुक्तं छन्दो ज्योतिषमिति । अथ परा यया तदक्षरमधिगम्यते । “*Siksha, Kalpo, Vyakaranam, Niruktam, Chando Jyotishamiti | atha parA yayA tadksharamadhighamyate* !”. Further, the Paniniya Shiksha (41- 42), describe Veda as a *Purusha*, having six limbs as six *Vedangas* - Chandas are two feet, Kalpa are two arms, Jyotisha are eyes, Nirukta - ears, Shiksha - nose & Vyakarana is mouth.

Astrology is one of the Six Vedangas, which came as Smruthi from sages/saints/seers over the ages as part of our Sanatana Dharma.

Jyotish is Knowledge of Light/Jyoti. In English it is known as Astrology (origin from Greek) – Aster – A Star and Logos – Logic/ reason). Astrology or Jyotish also known as *Skanda Triaya* has three branches:

1. **Siddhantha - relates to Astronomy** – Deals with planetary motion and astronomical aspects – Schools – Surya, Romaka, Paulisha, Vashishtha and Pitamah. Astrology uses data provided by astronomers to prepare astrological tables i.e., *Panchanga*, Ephemeris are prepared.
2. **Hora – Natal /Human Horoscope** – Derived from Ahorat (day & Night) – deals with activity of human beings in relation to heavenly bodies/planets. By casting a chart called horoscope with respect to POB, DOB and TOB, the past, present, future events can be predicted.
3. **Samhita (Mundane Astrology)** – Concerned with planetary motions and their influence on mundane and

meteorological affairs-weather, storms, earthquakes, political changes, wars, etc.

Ayurveda is composed of two words, *āyu*, “life” or “longevity”, and Veda, “knowledge”, translated as knowledge of longevity or knowledge of life and longevity. The knowledge of Ayurveda emanated from Vedas as Sruthi. Ayurveda is part of Atharvaveda. Ayurveda has eight ways to diagnose illness, called *Nadi* (pulse), *Mootra* (urine), *Mala* (stool), *Jihva* (tongue), *Shabda* (speech), *Sparsha* (touch), *Druk* (vision), and *Aakruti* (appearance).

Dhanvantari is the physician of the Devas in Hinduism. He is regarded to be an avatar of Vishnu. He is mentioned in the Puranas as the God of Ayurveda.

Medical Astrology is one of the disciplines or branch of Astrology and part of celestial science that deals with the zodiacal, planetary and stellar influences has a notable affect on the health constitution, functions and habits of life.

Configuration of planets in heavens in certain angular positions emanates certain forces of energies. These energies when not in harmony with the energies of an individual brings physical and mental disturbances. Each zodiac sign represent a certain part of the human body and the diseases peculiar to it. Each planet indicates certain type of diseases. Disease and death are due to the disturbances in the laws of proportion and conjunction of natural forces emanating from the planet and the times at which these disturbances occur. The diseases that occur due to the disturbances of law of proportion can be ascertained before they occur and with adequate remedies these evil influences can be reduced to certain extent. Since times immemorial, both

medicine and astrology have constituted a way of life and these were developed as a part of Sanatana Dharma and part of Indian ancient knowledge. An astrologer is able to diagnose diseases and help the mankind to take preventive measures. Areas where the Medical Astrology can play a useful role in individual horoscope are: 1. Timing of an illness – Caution, 2. Nature of an illness – Diagnosis, 3. Course of an illness – It is the outcome, 4. The method of treatment, 5. Astrological remedies and 6. After effect of treatment.

### Kalapurusha and Planetary Positions

The planets correspond to the different systems of human body, as Lords of respective Bhavas/Rasi/Signs of Kalapurusha are: 1. Sun – The Bone System, 2. Moon – The Circulatory System, Mars – The Muscular System Mercury – The Veins, Venus – The Reproductive System Jupiter – The Digestive System, and Saturn – The Excretory System. The Kalapurusha and the planetary positions are depicted in the Figure 1.

**Figure 1: Kalapurusha and Planetary Positions**

[Source: <https://www.astrogle.com/astrology/signs-and-constellations-relations-to-diseases.html>]



The planetary positions at the time of birth clearly indicate the nature of the disease that can occur in an individual and the time and place it would affect. The twelve signs of the zodiac from Aries to Pisces and the 12 houses govern different organs of the body. The combos of the planets also affect organs governed by them.

In general, the sign that occupies by an evil planet indicate some disturbances in that organ, on the contrary, the sign that occupies the benefic planet indicate well being of that organ. Also, each planet is given control over some dosha (humour) causing disease and the type and seat of disease depend upon the nature of the planet and the particular sign occupied by it and the period of suffering is denoted by the Dasha and Bhukti of such a planet. Sixth house is considered for diseases hence it is important to take Virgo into account being the 6th Zodiac sign from Aries. It is believed that, the health is perfectly maintained when all the chemical constituents of the blood are present in normal quantities. When they are adulterated, disease sets in. Therefore, when the Virgo is afflicted by the vibration of malefic planets the whole world must suffer from some sort of disease or ill health.

### Significance of Medical Astrology

Medical Astrology is a science which helps forecasting diseases through someone's birth chart. It provides proper solutions so that there should be minimum effect of diseases on human body. Every planet governs a specific human body part. Strength and weakness of corresponding body parts are dependent on auspicious and inauspicious planetary effects of stars according to their ruling effects on

different body parts. E.g. Strong position of Mercury would result in healthy and beautiful skin and the weaker one leads to skin disorders, problem in pancreas, eczema etc. Impact of the forecasted chronic diseases can be reduced to minimum after following the recommended Vedic solutions. Few Chronic diseases, which have no solutions even in medical science, can be cured with the help of 'Medical Astrology'. This science helps finding the proper root cause of the problem after thorough studying someone's natal chart which plays an important role in curing such incurable disorder. Medical Astrology enables permanent medical or ailment solutions to incurable diseases, through Indian System of Medicine, i.e. AYUSH – Ayurveda, Yoga, Unani, Siddha and Homeopathy – all emanated from Sanatana Dharma, except Unani.

### **Ayurveda and Medical Astrology**

The notional depiction of Zodiac Marg in 12 signs/7 planets of 27 Nakshtras, in the form of a Chart is represented as Figure 2.

Each sign will have 30 degrees corresponding to 1 day or Horo (that is why it is called Horoscope), thus representing to 360 days of the movement and completion of one cycle of Sun in Orbit, alongwith other planets. As per Astrology this is Kalapurusha Natal Birth Chart (horoscope).

Depending on the movement & placement of Sun in one of the 12 houses at the particular date and time of birth of house will be Ascendent or Lagna or First House, followed by the respective planets movement /placement in the other respective houses, of that particular person's natal or birth chart.

The 12 Zodiacal Signs/houses and the seven (7) planets in Astrology represent the

Five Elements (Ether, Fire, Air, Earth & Water) of Ayurveda. The ancient astrological savants assigned everything in the Universe to a planetary ruler, and considered all as the manifestation of the Elemental Five and their respective qualities – hot and dry, cold and dry, hot and humid, cold and humid. Jupiter rules "Kapha" and the Sun "Pitta" (the three humors of Ayurveda). These elements were understood in a physical and metaphysical sense, as per the principle "As Above, So Below". Many body constitutions are defined in Ayurveda. The Phlegmatic (predominance of Kapha), the Biliary (predominance of Pitta) & the Windy (predominance of Vata). The Seven Planets correspond to the three humours (*Doshas*): 1. Jupiter – Kapha, 2. Sun – Pitta, 3. Moon – Vata & Kapha, 4. Mars – Pitta, 5. Mercury – Pitta, Vata & Kapha. 6. Venus – Vata & Kapha and 7. Saturn – Vata.

The seven planets correspond to the Seven Gross Tissue – elements (*dhatus*) 1. Jupiter – Fat, 2. Saturn – Veins, 3. Mars – Bone Marrow, 4. Sun – Bones, 5. Moon – Blood, 6. Mercury – Skin, and 7. Venus – Seminal Energy.

The three fundamental bodily bio-elements or *doshas* (humour) called *Vata*, *Pitta*, and *Kapha*. *Vata* is Aakash and *Vayu*; *Pitta* is Agni and *Jal*; *Kapha* is *Jaland Prithvi*. All the three doshas are in proportionate balance in human body. The Planetary Rulers of the six Elements are: Sun (Soul) and Mars (Agni), Mercury (Prithvi), Saturn (Vayu), Moon (Mind) and Venus (Jal), and Jupiter (Aakash). Being karming planets, Rahu and Ketu are trouble makers and influence other planets to create troubles.



**Figure 2: Notional Depiction of Zodiac Marg**[Source: <https://en.rattibha.com/thread/1522212950622097408>]

Stars Count	Name	Location (Sidereal Longitude)	Ruler	Pada 1	Pada 2	Pada 3	Pada 4
1	Ashvini (अश्विनी)	0–13°20' Aries	Ketu	चु Chu	चे Che	चो Cho	ला La
2	Bharani (भरणी)	13°20'–26°40' Aries	Venus	लौ Lu	लू Lu	ले Le	पो Lo
3	Krittikā (कृत्तिका)	26°40' Aries – 10°00' Taurus	Sun	अ A	इ I	उ U	ए E
4	Rohini (रोहिणी)	10°00'–23°20' Taurus	Moon	ओ O	वा Va/Ba	वी Vi/Bi	वु Vu/Bu
5	Mrigashira (मृगशिरा)	23°20' Taurus – 6°40' Gemini	Mars	वे Ve/Be	वो Vo/Bo	क Ka	की Ke
6	Ārdra (आर्द्रा)	6°40'–20°00' Gemini	Rahu	कु Ku	घ Gha	ङ Ng/Na	छ Chha
7	Punarvasu (पुनर्वसु)	20°00' Gemini – 3°20' Cancer	Jupiter	के Ke	को Ko	हा Ha	ही Hi
8	Pushya (पुष्य)	3°20'–16°40' Cancer	Saturn	ह Hu	हे He	हो Ho	ड Da
9	Āshleshā (आश्लेषा)	16°40' Cancer – 0°00' Leo	Mercury	डो Di	डू Du	डे De	डो Do
10	Maghā (मघा)	0°00'–13°20' Leo	Ketu	मा Ma	मी Mi	मू Mu	मे Me
11	Pūrva or Pūrva Phalgunī (पूर्व फल्गुनी)	13°20'–26°40' Leo	Venus	नो Mo	टा Ta	टी Ti	टू Tu
12	Uttara or Uttara Phalgunī (उत्तर फल्गुनी)	26°40' Leo – 10°00' Virgo	Sun	टे Te	टो To	पा Pa	पी Pi
13	Hasta (हस्त)	10°00'–23°20' Virgo	Moon	पू Pu	ष Sha	ण Na	ठ Tha
14	Chitrā (चित्रा)	23°20' Virgo – 6°40' Libra	Mars	पे Pe	पो Po	रा Ra	री Ri
15	Svātī (स्वाती)	6°40'–20°00' Libra	Rahu	रू Ru	रे Re	रो Ro	ता Ta
16	Vishākhā (विशाखा)	20°00' Libra – 3°20' Scorpio	Jupiter	ती Ti	तू Tu	ते Te	तो To
17	Anurādhā (अनुराधा)	3°20'–16°40' Scorpio	Saturn	ना Na	नी Ni	नू Nu	ने Ne
18	Jyēsthā (ज्येष्ठा)	16°40' Scorpio – 0°00' Sagittarius	Mercury	नो No	या Ya	यी Yi	यू Yu
19	Mūla (मूल)	0°00'–13°20' Sagittarius	Ketu	ये Ye	यो Yo	भा Bha	भी Bhi
20	Pūrva Ashādhā (पूर्वाषाढा)	13°20'–26°40' Sagittarius	Venus	भू Bhu	घा Dha	फ Bha/Pha	ढ Dha
21	Uttara Ashādhā (उत्तराषाढा)	26°40' Sagittarius – 10°00' Capricorn	Sun	भे Bhe	भो Bho	जा Ja	जी Ji
22	Shravana (श्रवण)	10°00'–23°20' Capricorn	Moon	खी Ju/Khi	खू Je/Khu	खे Jo/Khe	खो Gha/Kho
23	Shravishthā (श्रविष्ठा) or Dhanistā	23°20' Capricorn – 6°40' Aquarius	Mars	गा Ga	गी Gi	गु Gu	गे Ge
24	Shatabhishā (शतभिषा) or Shatataraka	6°40'–20°00' Aquarius	Rahu	गो Go	सा Sa	सी Si	सू Su
25	Pūrva Bhādrapadā (पूर्वभाद्रपदा)	20°00' Aquarius – 3°20' Pisces	Jupiter	से Se	सो So	दा Da	दी Di
26	Uttara Bhādrapadā (उत्तरभाद्रपदा)	3°20'–16°40' Pisces	Saturn	दू Du	थ Tha	झ Jha	त्र Da/Tra
27	Revati (रेवती)	16°40'–30°00' Pisces	Mercury	दे De	दो Do	च Cha	ची Chi

By analyzing the horoscope, the astrologer can discern the badly placed planet and the corresponding Dhatu which has caused the problem and can prescribe Ayurvedic remedial treatment. For example, due to affliction or bad position of Jupiter, in a particular birth chart of a person, there can be digestive tract disorders. Natural malefics in the six House, which represents the bhava of *Runa*, *Roga* and *Satru*, may create hyperacidity and gas trouble. Affliction either to the 7th house means disorders of the digestive tract, hyperacidity and gas trouble. The same holds good for the 6<sup>th</sup> house. If the 6<sup>th</sup> house or the 7<sup>th</sup> house is afflicted, one should be very careful about the body's acidity level. If the 12<sup>th</sup> house is afflicted by malefic planets, there can be affliction to the feet. We have seen many a patient suffering

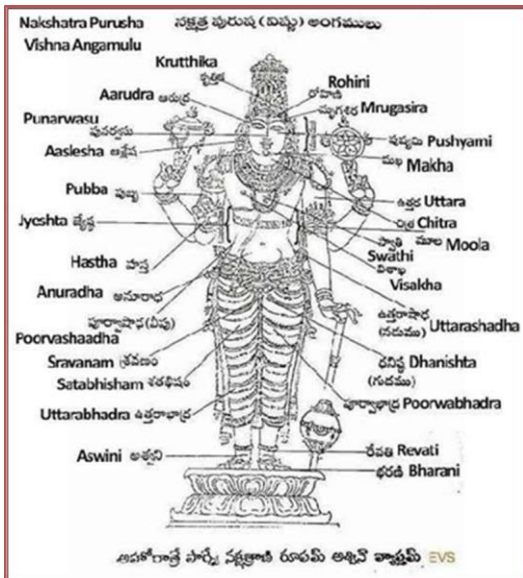
from 12<sup>th</sup> house affliction and which manifests as problems on the feet. Similarly, the 4<sup>th</sup> house affliction means trouble to the heart. A native can have heart problem if the person has the Rahu in the fourth house. Rahu in the Heart region in the horoscope had effectuated this problem. Affliction to any house indicates affliction to the corresponding part of the body. Rahu – or any other malefic – in the sixth is indicative of stomach trouble and ulceration. Fourth house affliction means that the heart is afflicted and first house affliction means that the head is afflicted.

### Nakshatras and Body Parts

In Vedic astrology, 27 Nakshatras have been categorized on the basis of body parts of Veda Purusha (Figure 3). Each

**Figure 3: Nakshatra Purusha with Body Parts**

[Source:<https://twitter.com/HinduMediaWiki/status/1324704144582533121>]



nakshatra has been associated with some or the other part of human body. When a nakshatra is afflicted in a horoscope, the native has to suffer from the problems related to the parts of his body that are associated with the afflicted nakshatra. Each Nakshatra indicate certain part/s of the body in the human beings and a brief account is mentioned here under:

**Krittika**

Agni is the lord of Krittika Nakshatra. It represents eyes, brain, face, neck, throat, tonsils, and lower jaw. The native suffers from problems related to these body parts when the Krittika nakshatra is afflicted in the horoscope.

**Rohini**

This is fourth nakshatra and Moon is the lord of it. It represents face, mouth, tongue, tonsils, neck, cervical and vertebral. These body parts may cause problems when the Rohini nakshatra is afflicted in the horoscope.

**Mrigshira**

This Nakshatra comes in the fifth place and Mars is the ruling planet. First and second phase of the nakshatra represents chin, cheeks, larynx, palate, blood vessels, tonsils, cervical nerves come. The third and fourth phase represents voice, shoulders, ear and upper ribs come. When it is afflicted the native suffers from problems related to these organs.

**Arudra**

This is the sixth nakshatra and Rahu is the ruling planet. It represents right neck, arms and shoulders come fall. The native with afflicted Arudra nakshatra in his horoscope is likely to suffer illness related to these organs.

**Purnavarsu**

Jupiter is the lord of this seventh nakshatra. The first, second and third part of the nakshatra represent the right ear, neck and shoulder bones. The fourth stage represents lungs, respiratory system, chest, abdomen, pancreas, liver and chest. Afflicted Punarvasu nakshatra causes disease-related to the mentioned parts.

**Pushyami**

Saturn is the lord of Pushyami Nakshatra. It represents lungs, stomach and ribs. The native has to suffer from the problems related to these organs when the Pushya nakshatra is afflicted.

**Ashlesha**

This is the ninth nakshatra and Mercury is the ruling planet. It represents lungs, stomach, pancreas, and esophagus. If this nakshatra is afflicted, the native suffers from the diseases related to these organs.

*Magha Nakshatra*

Ketu is the lord of this nakshatra. It represents spinal cord, heart, back, spleen, and aorta. Afflicted Magha causes problems related to these organs.

*Purvaphalguni*

It is the eleventh constellation and Venus is the ruling planet. It represents heart and spine. Afflicted Purvaphalguni gives health complications related to these organs.

*Uttaraphalguni*

Sun is the ruling planet of this twelfth nakshatra in the bhachakra. This first phase of this nakshatra represents spine. The second, third and fourth stage represents intestines, bowels and lower intestine. If afflicted in the birth chart the native has to suffer from problems related to these body parts.

*Hasta*

This is the thirteenth nakshatra and Moon is the ruling planet. It represents intestines, entrails, inter secretion glands and enzymes. The afflicted nakshatra causes problems in these organs.

*Chitra*

Mars is the ruling planet of this nakshatra. The first and second stage of this nakshatra represents abdominal aorta. The third and fourth stage represent renal, lumbar region, hernia, lower part of the spinal cord, nerves, etc.

*Swati*

Rahu is the lord of Swati Nakshatra. It represents skin, gallbladder, knees and

uterus. The native with afflicted nakshatra in his horoscope is likely to suffer illness related to these organs.

*Vishakha*

This is the sixteenth nakshatra of bhachakra ruled by Jupiter. The first, second and third phase represent the lower part of the stomach, gall bladder, kidney, prostate and pancreas. The fourth stage represents bladder, urethra, anus, genitals and prostate gland.

*Anuradha*

Saturn is the lord of this nakshatra. It represents bladder, rectum, genitals, pubic bones, nasal bones, etc. If afflicted, the native suffers the illnesses related to these organs.

*Jyeshtha*

This is the eighteenth nakshtra of bhachakra. It is ruled by Mercury. This nakshatra represents anal, ovaries and womb. When it is afflicted the native suffers from problems related to these organs.

*Moola*

This is the nineteenth nakshtra of bhachakra. It is ruled by Mercury. It represents hip, thighs, veins, arthritis, etc. The native suffers from problems related to these organs on affliction of this nakshatra.

*Purvashadha*

Venus is the ruler of this nakshatra. It represents hips, thighs, nerves, pelvic region, bloodglands, spinal cord, the sacral area, etc

*Uttrashadha*

This is the twenty first nakshatra and ruled by

Sun. The first phase of nakshatra represents thighs and blood vessels. The second, third and fourth stage represent knee and skin. Afflicted nakshatra leads to suffering diseases related to these organs.

#### *Shravana*

Shravana nakshatra is ruled by Moon. It represents skin knees and lymphatic vessels. Afflicted nakshatra can cause problems related to these organs in the body.

#### *Dhanishtha*

This nakshatra is ruled by Mars. The first and second phase of the nakshatra represent knee cap. The third and fourth phase represents ankle and the space between ankle and knees. Afflicted nakshatra causes suffering and discomfort in these organs.

#### *Shatbhisha*

This nakshatra is ruled by Rahu. It represents knees, muscles and leg tubes. If afflicted in the birth chart the native has to suffer from problems related to these body parts.

#### *Purvabhadrapad*

This is the twenty fifth nakshatra and ruled by Jupiter. The first, second and third phase represents ankle. The fourth phase represents paws and feet.

#### *Uttrabhadrapad*

Saturn is the ruling planet of this nakshatra. It represents feet. The native suffers from problems related to this specific body parts when the nakshatra is afflicted in the horoscope.

#### *Revati*

This is the last nakshtra in the bhachakra. It is ruled by Mercury. It represents fingers and toe nails. The native is likely to suffer from problems related to these organs if the nakshatra is afflicted in the horoscope.

#### *Ashwini*

Ketu is the planetary lord of this Nakshtra and it comes under the category of Gandamool Nakshatra. This is the reason it represents brain. All the diseases related to brain are analyzed on the basis of the position of Ashwini in the horoscope.

#### *Bharni*

Venus is the lord of this nakshatra. This nakshtra represents skull and eyes. The natives are likely to get injuries around eyes since Venus is the lord of Bharani Nakshatra and Karak of eyes.

The Nakshatra homa is performed while chanting the *Nakshatra Iṣṭi* (also called the *Nakshatra Suktam*). It is performed with the elaborate mantra as revealed in the *Taittirīya Brāhmaṇa* (3-1-1).

### **Persons of Unsound Health**

As per Astrology this is Kalapurusha Natal Birth Chart (Horoscope). Depending on the movement and placement of Sun in one of the 12 houses at the particular date and time of birth of house will be Ascendent or Lagna or First House, followed by the respective planets movement /placement in the other respective houses, of that particular person's natal or birth chart. Prarabdha karma gives disease. In Vedic Astrology to know about *Prarabdha karma*, which we have to check:

- Mainly the 6th house that shows the



*Prarabdha karma* or our debt to everything and everyone around us. The 6<sup>th</sup> house is house of debts, diseases, enemies. We got in this life, - actually generated through our karma in our past lives. If the 6<sup>th</sup>, strong and heavy with planets, it shows that this birth is to mitigate the *Prarabdha karma*.

- The 5<sup>th</sup> house is the house of our past life good deeds or *Purva Punya* and the 9<sup>th</sup> house is the house of our past life.

A person can be judged of un-sound health if he has the following astrological combinations:

- If lagna lord is with 6<sup>th</sup> House lord of Horoscope
  - If Sun is in lagna but not Exalted (*Utchha stithi* in that house) or in Own house, and Moon in 5<sup>th</sup> and 6<sup>th</sup> house and Lagna lord is with natural malefic (papa or bad or not helping planets).
  - In lagna Sun Moon and Saturn are placed.
- Malefic planets in the lagna and is in *papa kartari* (hemmed between to bad planets).
- If the Jupiter, Venus & Moon are placed in 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> houses.
- If the 11<sup>th</sup> lord is placed in 6<sup>th</sup> house
- If 6<sup>th</sup>, 8<sup>th</sup> and the 12<sup>th</sup> lords are placed in own houses.
- If lagna lord is malefic planets in 6<sup>th</sup>, 8<sup>th</sup> or 12<sup>th</sup> house.
- If no malefic planets in 3<sup>rd</sup>, 6<sup>th</sup> and 11<sup>th</sup> houses.
- If malefics in Trines and quadrants and/or Gulika/Mandi is placed along with lagna lord

- If lagna lord is placed in 8<sup>th</sup> house and in watery sign.
- If there is very less points in 1<sup>st</sup> and 8<sup>th</sup> house in Sarvastakavarga (astrological interpretation method).

For a general understanding Benefic/Subha/Auspicious/Good doing planets are – Jupiter, Moon, Venus and Mercury. On the other hand, Malafice/papa/Inauspicious/bad doing planets are: Sun, Mars and Saturn. Rahu, Ketu are shadow planets And they influence the house lord planet or planet housed in that sign and behave or give results like them .For example if Rahu is in Mars house, Rahu behaves like Mars and aggravates Martian qualities.

An efficient astrologer is able to indicate the severity and outcome of illness basing on adversely affected planets, houses and nakshatras. Medical astrologer, while studying a chart with respect to disease and its Severity, need to consider:-

- When bad planets like Saturn, Mars, Rahu and Ketu are placed in bad houses.
- When bad planets are placed in Virgo/Scorpio/Pisces (6/8/12<sup>th</sup> houses).
- When bad planets occupy the Ascendant, or placed with Sun and Moon (body soul and mind).
- Disease usually manifests in the Mahardasa/Antardasa of a planet or planets adversely disposed towards the lagna.

As Disease usually manifests in the MD/AD of a planet or planets adversely disposed towards the lagna. Therefore, Recovery is possible if the subsequent dashas are of benefic in nature and also if Sun is strong in natal chart. If such benefic MD/AD

lords are connected directly with lagna, lagna lord, it can be said recovery from disease would be smooth.

- If there is dashas of malefic planets like Saturn, Rahu or Ketu, it can be said that the native will suffer for considerably longer period of time or chronic disease.
- Indications of Cure or recovery can be analysed from Strong Lagna, Strong 6th Lord leading, favourable upcoming dasha (MD/AD/PD), favourable upcoming transit and Jupiter's aspect.
- Factors that could lead to good health or recovery from disease are: – 1. Strong lagna; 2. Strong Lord of the lagna; 3. Good Yoga around the lagna or the Lord of the lagna; 4. Occupation by the strong Sun in the lagna; 5. Placement of the Lord of the sixth house or malefic planets in 6<sup>th</sup> house; 6. Placement of Saturn in the 8<sup>th</sup> house; 7. Strong Lord of the 8<sup>th</sup> house; 8. Unaffected Moon.

As such a Medical Practitioner, either himself having knowledge of Medical Astrology or in association with a good Astrologer will be able to do correct or exact diagnose of an ailment at early stages itself, basing on the symptoms of a person, advise the appropriate medication, cure and heal the patient as early as possible and Medical Astrology can be used as an efficient and effective tool by a Medical Professional always and all along.

## Conclusion

In conclusion, Medical Astrology helps in forecasting diseases through someone's birth chart. It provides proper solutions so that there should be minimum effect of diseases on human body. Strength and weakness of

corresponding body parts are dependent on auspicious and inauspicious planetary effects of stars according to their role on different body parts. Doctor with Astrological background, has the capability to forecast effect of diseases with exact timing and solutions in advance. This helps finding the proper root cause of the problem from natal chart which plays important role in curing such incurable disorders- through Ayurveda, Yoga, etc. Medical Astrology enables Medical Practitioners, to correctly and exactly diagnoses the onset of disease, understand real cause and use of appropriate medication to cure the disease. With astrological tools, An Ayurveda Practitioner can holistically and thoroughly treat a Patient in 3 forms i.e., Body, Mind, and Soul for timely cure of disease. Further, by applying Astrological techniques, Ayurveda can imbibe confidence among the people and can be lifted from the level Alternate medicine to the so called main stream of medicine – Alopahy – as part of Internal Medicine, bringing back the old glory of Sanatana Dharma.

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*Subham Bhuyat*  
*Sarve Janah Sukhino Bhavantu*

## About Author



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