



ASTROLOGY
& AYURVEDA

What is Jyotish (*Vedic Astrology*)?

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As "the science of light", Jyotish provides valuable insights and sheds light on one's character, potentials, and limitations. You can use Jyotish to navigate your desires and intentions.

Furthermore, it facilitates the understanding of time. Understanding mahadashas, transits, and planetary age activation techniques will help you make wiser choices.

Prediction itself is just one aspect of Astrology and not the sole goal. The journey of self-discovery, acceptance, and development begins with understanding your birth chart.

The Cosmic law: As above so below

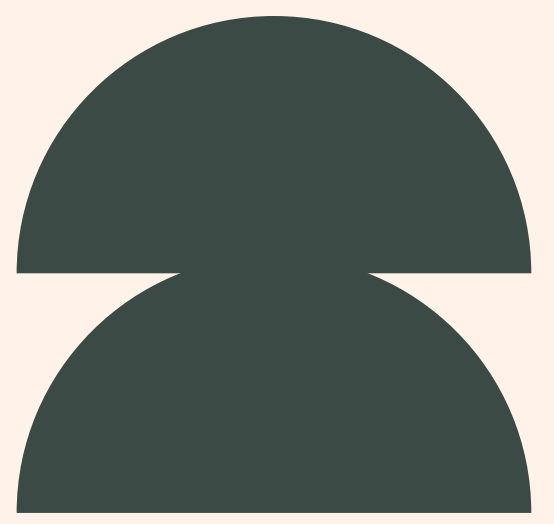
There is a relationship between the macrocosm (the universe) and the microcosm (the individual), and the same principles that govern the universe also govern the individual.

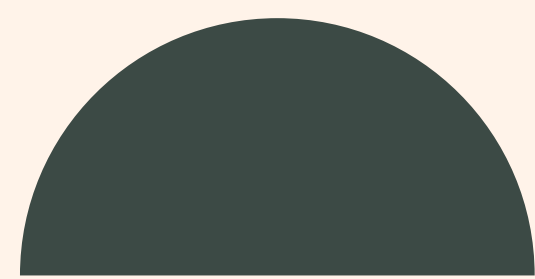
This principle suggests that there is always a connection between the laws and phenomena of the different planes of existence. In the study of Astrology, the positions and movement of planets affect human affairs. Alignment with cosmic forces makes one's life flow.

Prediction is insufficient without understanding one's psychology. We can't separate behaviour and experiences from psychological traits. Behaviour is what ultimately can change and what is in our power to control and transform. Conditions of the planets give inclination of producing or not producing certain activity, auspicious or inauspicious results. However, planets don't act, they don't open or shut the door for us, we need to do it.

“Vedic astrology teaches you the keys to understanding your karma and transcending it, while its Ayurvedic side forms the Vedic astrology of healing”.

Dr. David Frawley, the founder of American Institute of Vedic Studies





The Relationship Between *Vedic* *Astrology & Ayurveda*

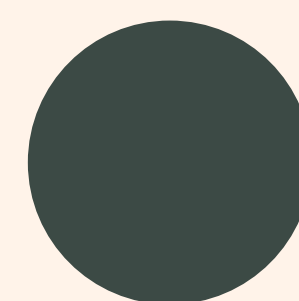
Ayurveda's dosha system is based on five elements that are also in everything around us: Air, Space, Fire, Water, and Earth. Ayurveda provides an integral mind-body system of both diagnosis and treatment.

First it shows us our individual constitution according to the three doshas Vata (air, space), Pitta (fire, water) and Kapha (water, earth) and connection of the dominant elements with immune response and digestive strength. It outlines various treatment measures to enable us to achieve optimal vitality.

Using Ayurveda methods, we can enhance our physical vitality and mental awareness. Yoga, meditation, and mantras are the best ways to experience Ayurveda's spiritual aspect.

Planetary influence is captured in Dosha types. Vata is manifested through the influence of Mercury, Saturn, and Rahu. Pitta is manifested in the Sun, Mars, and Ketu and Kapha is manifested in Jupiter, Moon, and Venus's qualities. Astro-Ayurveda improves the practice of Ayurveda by analysing and implementing the right timing and effectiveness of treatments.

***Both Ayurveda and Astrology are
participatory, practical,
preventative, and remedial.***



Planetary Influence

SUN. A well-positioned SUN promotes vitality, a strong immune system, strong heart and bones, and retention of nutrients. When the SUN is ill placed or damaged, it can cause weak immunity, spine, bone, blood pressure issues, possibly resulting in cardiovascular diseases.

MOON is linked to our mind, our thoughts, and emotions and alongside MERCURY responsible for our mental health. MOON is ruling all fluids so water retention, puffing, swelling or plasma and lymphatic issues are governed by the Moon as well.

MERCURY is linked to the nervous system, communication, intelligence, learning function, hormonal and skin related issues, as well as thyroid gland dysfunction. Mercury must be considered in conjunction with other planets.

VENUS is related to reproductive organs and fertility, and generally positive vitality influence. Multiple afflictions or poor placements can be detrimental to sperm, ovaries, urinary tract, or can cause plastic surgery complications.

MARS when well-placed, is a great promoter of healing. The surgeries are giving good results, and the blood vessels are in good shape. Mars related problems can cause inflammation, blood disorders, muscle atrophy or complications with surgery. Mars related diseases are ulcers, liver cirrhosis, leukaemia, or anaemia, as well as accidents, burns and injuries.

JUPITER plays a significant role in developing our spiritual knowledge, expanding our intelligence, and enhancing our health. Poorly placed Jupiter can give either misguided advice or troubles with Jupiterian type of ailments: diabetes, weight gain, overgrowth in the body, overproduction of hormones or benign tumors.



SATURN can generate bone and structural problems in the body, especially knees and legs and overall, all joints and teeth. Saturn can promote chronic pain or illness, but well-placed gives longevity. Fasting, autophagia and similar constrictive eating regimes fall under the influence of Saturn.

RAHU (NORTH NODE) is a tamasic force that can be unpredictable, sudden, foreign, or unknown. Rahu rules viruses and larger pandemic occurrences.

KETU (SOUTH NODE) can cause sudden accidents of mundane nature (natural disasters, fires, wars, poisoning, biohazard accidents). Ketu is significant for bacteria, parasites, cysts, and diseases that are hard to discover in standard examinations, and they can go undetected

Rahu and Ketu both promote alternative healing, quantum diagnostics and therapy, reiki, acupuncture, etc. They also play a role in new technologies in medicinal and therapeutic devices, alternative medicine, and general research, testing, and development.

Signs Gemini, Virgo, Capricorn, Aquarius – energies of Mercury, Saturn, Rahu (VATA).

Signs Aries, Leo, Scorpio– energies of Sun, Mars, Ketu (PITTA).

Signs Taurus, Cancer, Libra, Sagittarius, Pisces – energies of Moon, Jupiter, Venus (KAPHA).

Vedic Astrology has many layers and many elements that influence the reading. The strength and dignity of planets are one of the main considerations.

How do I get started?

If you are curious about your optimal Ayurvedic lifestyle or your Vedic astrology chart, please email me as your Certified Chopra Health™ Instructor and Vedic Astrologer at

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astrologyayurveda.com