



ASTROLOGY
& AYURVEDA

Vedic Wisdom Essentials

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BODY & MIND connectivity is essential in healing and balancing practices.

UNITY OF BODY, MIND & SPIRIT is perhaps best understood thru *3 layers of the BODY:*

GROSS BODY (*Physical Body*)

our muscles, bones, organs, structure, ligaments. Besides processing external food and environment, soil, air, and water, it also assumes birth and death. We can relate to it through Nutrition, Sleep, Movement, Exercises, and we can relate even more when we don't feel our best.

SUBTLE or SENSORY BODY (*Mind*)

our thoughts, feelings, sensations, and perceptions. Mental activity is vital to regulate our daily interactions and experiences. Among these are our viewpoints, judgments, egos, feelings, and states of mind. Almost all DISEASES are caused by UNDERUSE, MISUSE, or OVERUSE of the senses.

CAUSAL BODY (*Spirit*)

deals with collective consciousness, connection to higher power and other planes. It's a potentiality. It changes based on the first two bodies.

Three MIND BODY TYPES or **DOSHA TYPES:**
VATA, PITTA, KAPHA.

Four PRINCIPLES OF AYURVEDA: **Personalized/ Practical/Preventive/Participatory**

FIVE SENSES: **Touch, Smell, Sight, Taste, Sound.**

FIVE ELEMENTS WE
AND EVERYTHING
ELSE IS MADE OF:

Space / **Akasha (Potential)**
Air / **Vayu (Movement)**
Fire / **Tejas (Transformation)**
Water / **Jala (Cohesiveness)**

SIX PILLARS
OF AYURVEDA

Nutrition
Movement
Sleep
Meditation
Self-Care
Emotions



SIX TASTES of *Ayurvedic Nutrition*

Sweet
Salty
Sour
Pungent
Bitter
Astringent

Ayurveda places a great deal of attention on gut health. Consequently, nutrition is one of the key pillars of Ayurvedic Health and Lifestyle. Your diet is dependent on your dosha type (PRAKRUTI) and any current imbalances found (VIKRUTI). A famous "rainbow" meal is one that ensures you get all the nutrients you need at every meal.

SEVEN DHATUS

Rasa /	PLASMA and LYMPH
Rakta /	RED BLOOD CELLS
Mamsa/	MUSCLE
Meda/	FAT
Asthi/	BONE and CARTILAGE
Majja/	BONE MARROW and NERVE TISSUE
Shukra/	REPRODUCTIVE TISSUE



SEVEN CHAKRAS

Your energy system is essential to activating any stuck "prana". Working on chakras is one of the healing practices that can become part of your self-care routine.



MULADHARA/	Root Chakra
SVADHISTHANA/	Sacral Chakra
MANIPURA /	Solar Chakra
ANAHATA /	Heart Chakra
VISHUDDHA /	Throat Chakra
AJNA /	Third Eye Chakra
SAHASRARA/	Crown Chakra

SEVEN RULING PLANETS

Surya/**SUN**

Chandra /**MOON**

Buddha/**MERCURY**

Shukra/**VENUS**

Mangal/**MARS**

Guru/**JUPITER**

Shani/**SATURN**

Vedic astrology is a lunar-based system. Lunar nodes Rahu and Ketu are also part of the chart analysis. Lunar mansions or 27 nakshatras are inherent parts of Vedic astrology wisdom. Western Astrology is a solar-based system of Astrology, and it does not consider Ayanamsa*. Find out how Vedic Astrology (Jyotish) relates to your birth chart.

What are the benefits of the two Vedic disciplines?

Both Astrology and Ayurveda are aimed at personal transformation. Harmonizing with the energies of nature and the Universe allows your energies and your life to flow.

Astrology and Ayurveda can help you understand your personality, mind-body predisposition, or inherent dharma:

- Balance your physical, mental, and emotional wellbeing.
- Activate your potential and align with planetary energies,
- Understand your Dharma, Artha, Kama, and Moksha.
- Learn specific techniques for mental and emotional clarity.
- Learn about *rainbow meals* and Ayurvedic nutrition.





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