



ASTROLOGY  
& AYURVEDA

# What is Jyotish (*Vedic Astrology*)?

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As 'the science of light,' Jyotish offers valuable insights into one's character, potentials, and limitations. It can guide you in navigating your desires and intentions while providing a framework for understanding time. By exploring mahadashas, transits, and planetary age activation techniques, you can make more informed choices.

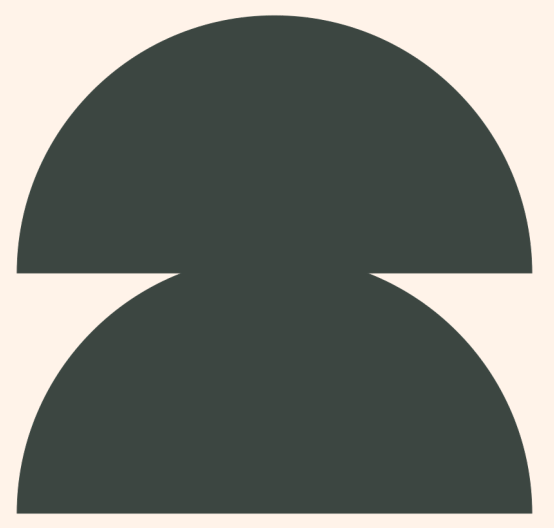
While prediction is a part of astrology, the true goal lies in the journey of self-discovery, acceptance, and personal development through understanding your birth chart.

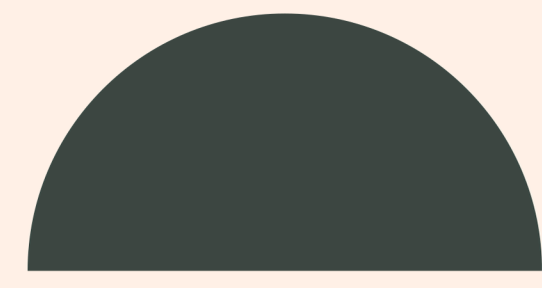
# The Cosmic law: As above so below

There is a profound connection between the macrocosm (the universe) and the microcosm (the individual), where the same principles governing the universe also apply to each person. This principle highlights the continuous link between the laws and phenomena across different planes of existence.

In astrology, planetary positions and movements influence human affairs, and aligning with cosmic forces can facilitate a smoother life flow. However, prediction alone is not enough without understanding one's psychology. Behavior, which is within our control and power to transform, cannot be separated from psychological traits. While planetary conditions may suggest inclinations for certain activities and outcomes, they do not act on their own. It is ultimately up to us to take action and open or close doors in our lives.

***“Vedic astrology teaches you the keys to understanding your karma and transcend it, while its Ayurvedic side forms the Vedic astrology of healing”.***  
— Dr. David Frawley, Founder of the American Institute of Vedic Studies





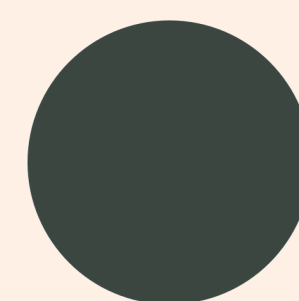
# The Relationship Between *Vedic Astrology & Ayurveda*

Ayurveda's dosha system is rooted in five elements present in everything around us: Air, Space, Fire, Water, and Earth. It offers a comprehensive mind-body approach for diagnosis and treatment. Ayurveda identifies our individual constitution through the three doshas—Vata (air, space), Pitta (fire, water), and Kapha (water, earth)—and connects these dominant elements to immune response and digestive strength. It provides various treatment measures to help us achieve optimal vitality.

By incorporating Ayurvedic methods, we can enhance both physical vitality and mental awareness. Yoga, meditation, and mantras offer a means to experience Ayurveda's spiritual dimension.

Additionally, planetary influences are reflected in dosha types: Vata is linked to Mercury, Saturn, and Rahu; Pitta to the Sun, Mars, and Ketu; and Kapha to Jupiter, the Moon, and Venus. Astro-Ayurveda enhances Ayurvedic practice by analyzing and applying the right timing and effectiveness of treatments.

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



## Planetary Influence

- **SUN:** A well-positioned Sun enhances vitality, strengthens the immune system, supports heart and bone health, and aids in nutrient retention. Conversely, a poorly placed or afflicted Sun can lead to weakened immunity, spine and bone issues, blood pressure problems, and potentially cardiovascular diseases.
- **MOON:** The Moon governs the mind, emotions, and fluids in the body. It, along with Mercury, influences mental health. The Moon controls water retention, puffiness, swelling, and issues related to plasma and the lymphatic system.
- **MERCURY:** Mercury impacts the nervous system, communication, intelligence, learning, and skin health. It also affects the thyroid gland and hormonal balance. Its effects should be evaluated in conjunction with other planetary influences.
- **VENUS:** Venus is associated with reproductive health and general vitality. Poor placements or afflictions can negatively impact fertility, reproductive organs, and may lead to complications with surgeries or urinary tract issues.
- **MARS:** When well-placed, Mars promotes effective healing, good results from surgeries, and maintains healthy blood vessels. However, Mars-related problems can cause inflammation, blood disorders, muscle atrophy, and complications with surgeries. Mars is linked to conditions such as ulcers, liver cirrhosis, leukemia, anemia, and physical injuries.
- **JUPITER:** Jupiter plays a crucial role in spiritual growth, intelligence, and overall health. A poorly placed Jupiter can lead to misguided advice and health issues such as diabetes, weight gain, overgrowths, excessive hormone production, or benign tumors.



- **SATURN:** Saturn can lead to bone and structural issues, particularly affecting the knees, legs, joints, and teeth. It may contribute to chronic pain or illness, though a well-placed Saturn can offer longevity. Saturn's influence extends to practices like fasting and autophagy, which involve restrictive eating regimes.
- **RAHU (NORTH NODE):** Rahu is a tamasic force associated with unpredictability and the unknown. It governs viral infections and large-scale pandemics, often representing sudden and foreign influences.
- **KETU (SOUTH NODE):** Ketu is linked to sudden accidents and natural disasters such as fires, wars, and poisoning. It also relates to bacteria, parasites, and diseases that are difficult to diagnose with standard medical tests, often remaining 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.

- **Gemini, Virgo, Capricorn, Aquarius** – energies of Mercury, Saturn, Rahu (VATA).
- **Aries, Leo, Scorpio**– energies of Sun, Mars, Ketu (PITTA).
- **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?

**Interested in the fusion of Astrology and Ayurveda for personalized lifestyle or personal development consultations?**

**Visit A&A website for all the details and start your transformative journey today!**



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