

ASTROLOGY
& AYURVEDA

Vedic Wisdom Essentials

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BODY & MIND connectivity is essential for effective healing and balancing practices. The unity of BODY, MIND, & SPIRIT is best understood through the three layers of the body:

GROSS BODY (*Physical Body*)

Our physical body encompasses muscles, bones, organs, ligaments, and overall structure. It not only processes external factors like food, environment, soil, air, and water but also plays a role in birth and death. We relate to this layer through nutrition, sleep, movement, and exercise, and it becomes even more apparent when we don't feel our best.

SUBTLE or SENSORY BODY (*Mind*)

Our mental layer includes our thoughts, feelings, sensations, and perceptions. This mental activity is crucial for regulating daily interactions and experiences. It encompasses our viewpoints, judgments, ego, emotions, and states of mind. Many diseases stem from the underuse, misuse, or overuse of the senses.

CAUSAL BODY (*Spirit*)

This layer involves collective consciousness and our connection to higher powers and other planes. It represents potentiality and is influenced by the state of the physical and mental layers.

DOSHA TYPES:

VATA, PITTA, KAPHA.

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

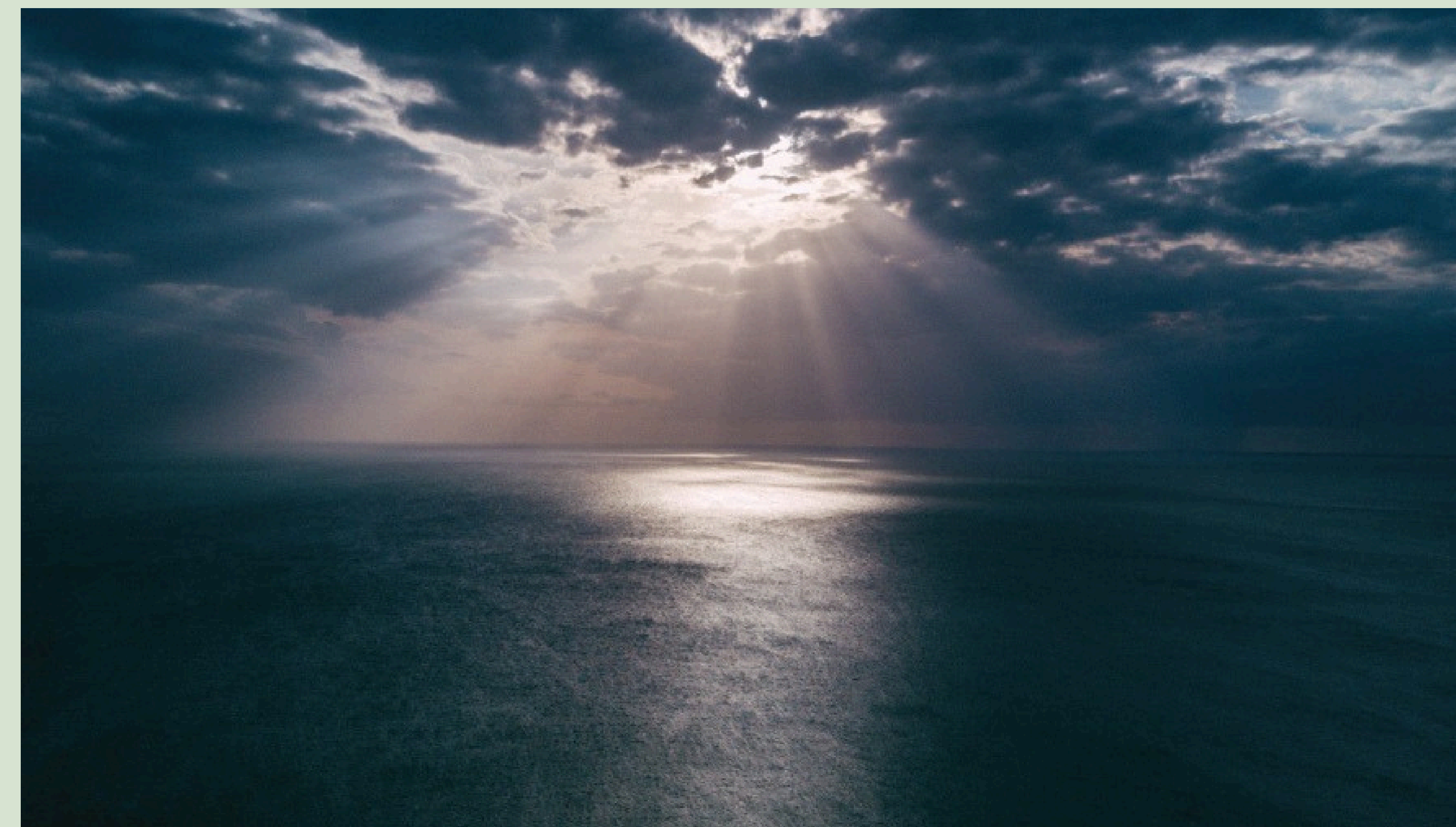
FIVE SENSES: **Touch, Smell, Sight, Taste, Sound.**

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*

1. Sweet
2. Salty
3. Sour
4. Pungent
5. Bitter
6. Astringent

Ayurveda emphasizes the importance of gut health, making nutrition a key pillar of Ayurvedic health and lifestyle. Your diet should align with your dosha type (PRAKRUTI) and address any current imbalances (VIKRUTI). A well-balanced 'rainbow' meal, incorporating a variety of nutrients, is essential for optimal health at every meal.

SEVEN DHATUS

Rasa / **PLASMA & LYMPH**

Rakta / **RED BLOOD CELLS**

Mamsa/ **MUSCLE**

Meda/ **FAT**

Asthi/ **BONE and CARTILAGE**

Majja/ **BONE MARROW & NERVE TISSUE**

Shukra/ **REPRODUCTIVE TISSUE**



SEVEN CHAKRAS

Your energy system is crucial for activating any stagnant 'prana.' Working on your chakras can be a valuable part of your self-care routine and help facilitate healing.

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 that includes the analysis of lunar nodes Rahu and Ketu, as well as the 27 lunar mansions (nakshatras). It also features the Dasha system, which divides time into planetary periods and significantly enhances the predictive aspects of astrology.

What are the benefits of the two Vedic disciplines?

Both Astrology and Ayurveda focus on personal transformation. Aligning with the energies of nature and the Universe helps your life flow harmoniously. These disciplines can guide you in understanding your personality, mind-body predisposition, and inherent dharma:

- Balance your physical, mental, and emotional well-being.
- Activate your potential and align with planetary energies.
- Understand your Dharma, Artha, Kama, and Moksha.
- Discover techniques for mental and emotional clarity.
- Explore rainbow meals and Ayurvedic nutrition.





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