



ASTROLOGY
& AYURVEDA

What is Jyotish (*Vedic Astrology*)?

What is Jyotish (Vedic Astrology)?

Jyotish, often referred to as "the science of light," is an ancient system of Vedic astrology that illuminates the connection between celestial movements and human life. It serves as a guiding tool to uncover insights into one's character, innate potentials, and life's challenges. By revealing the interplay of planetary energies, Jyotish empowers individuals to understand their desires and intentions, helping them grow in life with clarity and purpose.

Whether you seek clarity in relationships, career, or spiritual growth, Jyotish aligns your actions with the rhythms of the cosmos, fostering balance, self-awareness, and fulfillment. By exploring key planets, mahadashas, transits, and planetary age activation techniques, Jyotish empowers you to make informed choices. While prediction is an aspect of astrology, its deeper purpose lies in the journey of self-discovery, acceptance, and personal growth through understanding your birth chart.

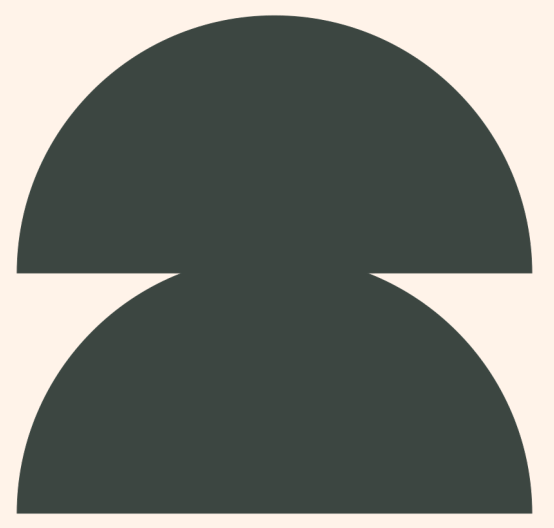
The Cosmic law: As above so below

There is a profound connection between the macrocosm (the universe) and the microcosm (the individual), where the principles governing the cosmos also influence each person. This interconnection underscores the continuity of universal laws across different planes of existence.

In astrology, planetary positions and movements impact human affairs, highlighting the importance of aligning with cosmic forces to create a smoother life flow. While planetary conditions may indicate tendencies or opportunities, they do not dictate outcomes. Behavior—rooted in psychological traits and within our power to transform—remains key. Ultimately, it is our actions that open or close the doors to life's possibilities.

“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 the five elements present in everything around us: Air, Space, Fire, Water, and Earth. These elements form the foundation of Ayurveda's holistic well-being approach, offering a comprehensive framework for mind-body diagnosis and treatment.

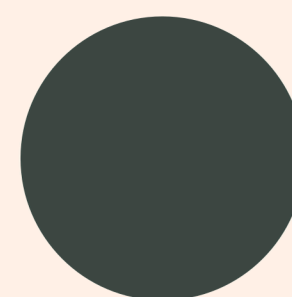
Ayurveda identifies individual constitutions through the three doshas—Vata (Air, Space), Pitta (Fire, Water), and Kapha (Water, Earth). These doshas govern physiological and psychological processes, linking dominant elements to immune responses, digestive strength, and overall vitality. Through tailored diets, lifestyle practices, and natural remedies, Ayurveda guides individuals toward balance and optimal well-being.

Beyond physical health, Ayurveda acknowledges the cosmic influences on our constitution. Planetary energies correspond to dosha types: Vata aligns with Mercury, Saturn, and Rahu; Pitta with the Sun, Mars, and Ketu; and Kapha with Jupiter, the Moon, and Venus. This connection deepens through Astro-Ayurveda, which integrates Vedic astrology to refine Ayurvedic practices. By analyzing planetary transits and cycles, Astro-Ayurveda enhances treatment timing and effectiveness, aligning individual healing journeys with cosmic rhythms for a more profound transformation.

*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.



Benefits of a Vedic Astrology Reading:

- Gain deeper self-awareness by understanding your unique strengths and challenges.
- Discover your life purpose and align your actions with cosmic rhythms.
- Navigate relationships with improved clarity and understanding.
- Receive guidance for career decisions and personal growth.
- Identify favorable periods for important life events and endeavors.
- Learn how to overcome obstacles and harness opportunities.
- Empower yourself to make informed, confident choices.
- Explore remedies and practices to harmonize planetary influences.

Visit A&A's website for all the details and book a consultation that best fits your needs!



astrologyayurveda.com