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SCOPE AND HOPE OF MEDICAL ASTROLOGY IN AYURVEDA PRACTICE

Dr.Manjunath Kanthi
Assistant Professor, Department of PG Studies in Panchakarma, SDM College of Ayurveda, Hospital and Research Centre, Kuthpady, Udupi

ABSTRACT

Background

Ayurveda is an Ancient science that emphasizes maintaining people's health and curing diseases. All Acharyas tell the Dinacharya, Rutucharya, and Sadvritta, which can be followed to maintain health while curing diseases. Three types of chikitsa have been explained by our acharayas, namely Yuktivyapashraya, Satvavajaya, and Daivavyapashraya. There are many reasons for the manifestation of diseases like Nija and Agantuja Hetu. Astrology is an ancient knowledge that is used to predict events that are going to happen in the life of a person. Astrology is also used to predict the life span and diseases that will occur, which also tells about the remedies for the same, like Mantra, Homa, Upavasa, etc. For Nija Vyadhi, the Shodhana and Shamana chikitsa have been explained, and for Agntuja Vyadhi, Daivavyapshra chikitsa has been told, which includes Mani Dhanara, Mantra, Upavasa, and Prayachita, etc. There are a few references regarding Daivavyapshra chikitsa told in Jwara, Unmada, and Apasmara chikitsa.

Objectives: *The objectives of this study are 1. A basic understanding of Astrology, 2.Astrological references in Ayurveda texts and 3. Use of Astrology in Clinical Practice.*

Data sources and review analysis: *Ayurveda textbooks, online basic astrology courses, Astrology books, YouTube, and recent research articles on medical astrology.*

Conclusion: *Knowledge of astrology will help diagnose and prevent chronic diseases and improve quality of life.*

KEYWORDS: *Astrology, Ayurveda Chikitsa, and Daivavyapashraya Chikitsa*

INTRODUCTION

Acharya charaka says यावन्तो हि लोके (मूर्तिमन्तो) भावविशेषास्तावन्तः पुरुषे, यावन्तः पुरुषे तावन्तो लोके;| (1) Purusha is similar to loka(universe), whatever things present in the universe same is present in the Purusha and vice versa. i.e, the universe is made from Panchamahabhoota, Prithvi(earth), Jala(water), Agni(fire), Vayu(Air), and Akasha(Space) in the same way this Sthula Sharira(body) is also made from panchamahobhoota.

त्रयो रोगा इति- निजागन्तुमानसाः| तत्र निजः शारीरदोषसमुत्थः, आगन्तुर्भूतविषवाय्वग्निसम्प्रहारादिसमुत्थः, मानसः पुनरिष्टस्यलाभाल्लाभाच्चानिष्टस्योपजायते || Ch.su 11/45

Charaka mainly classifies vyadhi into Nija, Agantuja, and Manasa vyadhi. Nija vyadhis are caused by the vitiation of Vatadhi doshas, Agantuja vyadhi is due to Bhuta, Vayu, Agni, etc., and Manasika vyadhi is due to getting undesired and not getting desired things.

दृश्यन्ते हि खलु सौम्य! नक्षत्रग्रहगणचन्द्रसूर्यानिलानलानां दिशां चाप्रकृतिभूतानामृतुवैकारिका भावाः,

Charaka says Vyadhis are not only caused by the vitiation of Vatadhi doshas but also by abnormalities of Nakshatra, Graha, Chandra, Surya, and Anila. This vitiates the Ruthu, which fails to produce Aushadha possessing good Rasa, guna, veerya, vipaka, and prabhava.

Some of the vyadhi(diseases) like Jwara is caused due to Rudra Kopa,

.....विप्रान् गुरून् धर्षयतां पापं कर्म च कुर्वताम्|| Ch.Chi 7/8

Kushta is caused due to insulting Vipra(Brahmin) and Guru(Teacher), doing Papa karma(sinful act)

आगन्तुहेतुर्नियमव्रतादि मिथ्याकृतं कर्म च पूर्वदेहे|| Ch.Chi 9/16 .

मिथ्याकृतं कर्म चेत्यनेन पूर्वजन्मकृतं कर्म आह|| Ch.Chi 9/16 . (chakrapani)

Agantuja Unmada is caused not only by vitiation of Vataadhi dosha but also due to Purvajanmakrita Papakarma.

इहाग्निवेश! भूतानामायुर्युक्तिमपेक्षते| दैवे पुरुषकारे च स्थितं ह्यस्य बलाबलम्|| Ch.Vi 3/29

The Ayu of the person depends on two factors, Puravajanama krita papakarma and the negative karma done in this life; both these will affect the life span of the person.

Vagbhata in the chapter of Roganutpadhaneeya aadhya, tells about how the diseases manifest. i.e., due to Vegadharana, Vega udeerana, not undergoing shodhana in regular intervals, Bruhmana after the shodhana chikitsa, and due to Agantuja vyadhi(Bhutaadhi samsparsha).

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ये भूतविषवाय्वग्निक्षतभङ्गादिसम्भवाः| रागद्वेषभयाद्याश्च ते स्युरागन्तवो गदाः|| (3) A.H. Su 4 /31

Here Bhuto refers to Graha, भूतो-ग्रहः, which is also a cause for the manifestation of diseases. For that chikitsa he says देशकालात्मविज्ञानं सद्वृत्तस्यानुवर्तनम्|| अथर्वविहिता शान्तिः प्रतिकूलग्रहार्चनम्| A.H Su 4/32. Atharavavihita shaanti(following those said in the Atharva veda), Pratikula Graha Archanam (worshiping or offering the things of the unfavorable planets).

.....ग्रहेष्वनुगुणेऽष्वेकदोषमार्गो नवः सुखः|| A.H Su 1/31

ग्रहाः- सूर्यादयः, तेष्वनुगुणेष्वनुकूलराशिस्थितेषु शोभनस्थानगतेषु सत्सु|

In his explanation of disease classification, specifically Sukhasadhya and Asadhya vyadhi, he states that when planets (Grahas) are positioned in favorable zodiac signs (rashi), the illness becomes easily curable (Sukhasadhya).

दृष्टापचारजः कश्चित्कश्चित्पूर्वापराधजः| तत्सङ्करादभवत्यन्यो व्याधिरेवं त्रिधा स्मृतः||

A.H Su 12/57

Vyadhi(diseases) are classified into three types, i.e., 1. Drishta Apachaaraja(caused by activities of the present life). 2. Purva Aparadhaja(caused due to activities of past life). 3. Sankara(combination of both).

त्रिविधमौषधमिति- दैवव्यपाश्रयं, युक्तिव्यपाश्रयं, सत्त्वावजयश्च|

तत्र दैवव्यपाश्रयं

मन्त्रौषधिमणिमङ्गलबल्युपहारहोमनियमप्रायश्चित्तोपवासस्वस्त्ययनप्रणिपातगमनादि,

Ch. SU 11/54

Chikitsa is divided into Daivavypashraya, Yuktivyapashara and Sattvavajya chikitsa. Daivavyapasharya includes Mantra,Aushadhi, Mani, Mangala, Upahara, Prayachita, swasti vachana, and Pranipata gamana

ततस्तं पुरुषं .....नक्षत्रतिथिकरणमुहूर्ते कारयित्वा ब्राह्मणान् स्वस्तिवाचनं प्रयुक्ताभिराशीर्भिरभिमन्त्रितां .....

इष्ट इति शोधनकर्तृपुरुषनक्षत्राद्यनुगुणे औषधप्रयोगार्थं विहित इत्यर्थः; यदुक्तं ज्योतिष- "पुष्यो हस्तस्तथा ज्येष्ठा रोहिणी श्रवणाश्विनौ| स्वाति सौम्यं च भैषज्ये कुर्यादन्यत्र वर्जयेत्" इत्यादि| (4–9)

According to Charaka's, the shodhana should be conducted in some favorable nakshatras like Pushya, Hasta, Jeshta, Rohini, Shravana, Ashwini, and Swathi, depending upon the horoscope of the individual person.

Basics of Astrology

A horoscope is used to analyze and predict various aspects of an individual's life, including personality, education, career, wealth, marriage, and health.

Kalapurusha Kundali

It is a core concept in Vedic astrology, serving as a standardized chart that aligns with the natural zodiac's 12 houses. This chart begins with Aries in the first house and concludes with Pisces in the twelfth, with each house corresponding to a specific zodiac sign. It serves as a crucial framework for comprehending how zodiac signs, astrological houses, and planets interact to influence an individual's horoscope.

1. **Lagna Kundali/ Janma Kundali (Ascendant Chart) :**
   A Janma Kundali, or birth chart, is a comprehensive astrological diagram constructed using an individual's birth details, including the date, time, and location. This chart serves as a tool for predicting various life events, such as character, Health, education, and Profession.
2. **Gochara Kundali (Transit Chart)**
   This chart displays the current locations of planets as they traverse the zodiac signs and depicts their impact on an individual's Janma Kundali, or birth chart. Astrologers utilize this chart to examine how planetary movements affect various life domains, including professional life, well-being, etc.
   These Kundali can be presented in two ways, i.e., the South Indian style (figure 1) and the North Indian style (figure 2)

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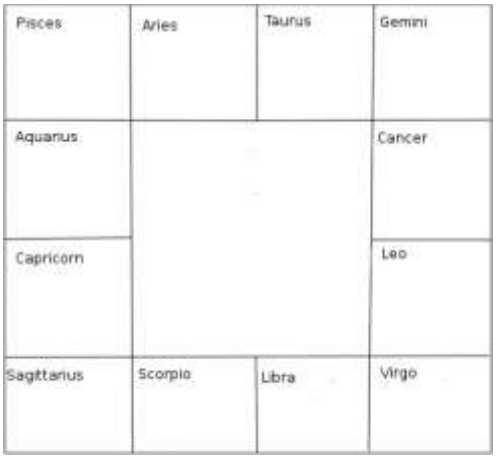


Fig 1



Fig 2

In the South Indian chart, Rashi(signs) are fixed, and in the North Indian chart, houses are fixed as shown in the figures. There are 12 Rashis (Zodiac signs), 12 Bhavas/Sthanas (Houses), 9 Graha (planets), two shadow planets Rahu(Dragan head) and Ketu(Dragan tail), and 27 Nakshatra (constellations)

Table 1: showing Rashi's name and its Lordship:

Numbers	Rashis (Zodiac signs)	Bhava(Houses)	Ruling planets or Lordship
1	Mesha (Aries)	First (Tanu Bhava)	Kuja(Mars)
2	Vrishaba(Taurus)	Second (Dhan/Kutumb)	Shukra(Venus)
3	Mithuna(Gemini)	Third(Bhratra/Parakram)	Bhuda(Mercury)
4	Karka(Cancer)	Fourth(Sukha)	Chandra(Moon)
5	Simha(Leo)	Fifth(Sutha)	Surya(Sun)
6	Kanya(Virgo)	Sixth(Roga)	Bhuda(Mercury)
7	Thula(Libra)	Seventh(Kalathra)	Shukra(Venus)
8	Vrischika(Scorpia)	Eighth(Ayu)	Kuja(Mars)
9	Dhanu(Sagittarius)	Ninth(Bhagya)	Guru(Jupiter)
10	Makara(Capricon)	Tenth(Karma)	Shani(Saturn)
11	Kumbha(Aquarius)	Eleventh(Labha)	Shani(Saturn)
12	Meena(Pisces)	Twelfth (vaya)	Guru(Jupiter)

Benefic and Malefic planets

There are 8 Graha(planets) i.e, Surya (Sun), Chandra (Moon), Mangala(Mars), Budha(Mercury), Guru(Jupiter) , Shukra(Venus), Shani (Saturn), Rahu(Dragan's head) and Ketu(Dragan Tail).

Guru, Shukra, and Chandra (waxing moon) are benefic planets. Shani, Mangala, Surya, Rahu and Ketu are malefic planets.

Table 2: showing the Governance, Dosha, Colour, Dhatu, Season, Guna, and Rasa of the planets

Planets	Governance	Dosha	Colour	Dhatu	Season	Guna	Rasa
Surya(Sun)	Soul	Pitta	Raktashyama	Asthi(Bone)	-	Satva	Bitter
Chandra(Moon)	Mind	Bahu vata kapha	Shweatha	Rakta(Blood)	Varsha	Satva	Lavana
Mangala(Mars)	Strength	Pitta	Orange-brown	Majja(bone marrow)	Greeshma	Tamo	Biter
Budha(Mercury)	Speech	Tridosha	Green	Twak(skin)	Sharath	Rojo	Mixed
Guru(Jupiter)	Knowledge	Kapha	Yellow	Vasa(fat)	Hemanta	Satva	Madhura
Shukra(Venus)	Semen	Kapha and Vata	Multicolor	Veerya(Semen)	Vasanta	Rajo	Sour
Shani(Saturn)	Grief	Vata	Black	Snayu	Shishira	Tamo	Kashaya

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Table 3: Table showing the Houses and Body parts:

Zodiac sign	Body parts
Mesha (Aries)	Head, Brain, Face, and Eyes
Vrishaba(Taurus)	Throat, Neck, Thyroid gland
Mithuna(Gemini)	Arms, Lungs, Shoulders, Hands, nervous system
Karka(Cancer)	Chest, Breasts, Stomach, Alimentary canal
Simha(Leo)	Heart, Chest, Spine, Spinal column, Upper back
Kanya(Virgo)	Digestive system, Intestines, Spleen, Nervous system
Thula(Libra)	Kidneys, Skin, Lumbar region, buttocks
Vrischika(Scorpia)	Reproductive system, Sexual organs, Bowels, Excretory system
Dhanu(Sagittarius)	Hips, Thighs, Liver, Sciatic nerve
Makara(Capricon)	Knees, joints, Skeletal system
Kumbha(Aquarius)	Ankles, Calves, Circulatory system
Meena(Pisces)	Feet, Toes, Lymphatic system, Adipose tissue

Table 4: Houses of concern in Medical Astrology

House	Significance
6th house (House of diseases)	The planet sitting in the house or the lordship of that house causes diseases
8th House (House of Death)	This house tells about the Ayu(longevity) of the person and mode of death, and when the 6th house is connected to the 8th house, the diseases become chronic
12th house (House of Hospitalization)	When the 12th house is connected to the 6th and the 8th, then hospitalization

Table 5: Showing Planets representing the body parts and diseases

planets	Effect/ Diseases
Surya(sun)	General health, heat stroke, Acidity, Heart problems, bones, stomach, right eye, high fever, disease of the eyes, baldness, bone cancer, a weak immune system
Chandra(Moon)	Eye diseases, paralysis, Epilepsy, cold, Cough, asthma, Bronchitis, varicose veins, mental disorders, Tuberculosis, mental fatigue, and sleep-related problems,
Mangala(Mars)	Acute fever, Inflammatory complaints, Burns, Fistula, Abortions, bleeding, Rheumatism. Accidents, surgery, head injuries, high blood pressure, and menstrual disorders
Bhuda(Mercury)	Mercury gives intelligence, the capacity of discrimination, and reasoning. Skin, speech, neck, navel, sex organs, nose, spine, throat, and higher body functions. Mental confusion, nervous breakdown, mental instability, defective speech, skin diseases, itching, leukoderma, bad dreams, impotence, vertigo, and ENT diseases
Guru(Jupiter)	Liver problems, gall bladder diseases, obesity, laziness, and jaundice,
Shukra(Venus)	Governs sexual drive. Genitals, endocrine, eyesight. Venereal diseases, loss of body luster, cataract, weak eyesight, nephritis, sexual disorders, diabetes, carbuncles, laziness, tiredness, endocrine disorders, stones in the kidney and urinary tract, and leukoderma
Shani(Saturn)	Paralysis, depression, chronic diseases, tuberculosis, falls and injuries, constipation, Hypertension, venereal diseases
Rahu	lower abdomen, breathing, Insanity, phobias, chronic and incurable ailments, lung disorders, leprosy, cancer, poisoning, snake bite, bites of poisonous insects and creatures, breathing problems, duodenal pain, ulcers, boils, hydrocele, hemorrhoids, mental health, psychological disorders, and fears,
Ketu	Diseases of unknown origins, painful ulcers, tumors, viral fevers, diseases of the stomach and eye, surgery, infectious diseases, and worms. Etc.

Method of Prediction of Health in Astrology

- ✓ In health prediction, the Lagna, its ruling planet, and the significator of health play a vital role. The Lagna or its lord is regarded as strong when the Lagna lord is placed in its own sign or receives the aspect of benefic planets, while it becomes weak if malefic planets occupy or aspect the Lagna. Likewise, a planet or house lord is considered afflicted when conjoined with or aspected by malefic planets, or when placed in the Roga Bhava (6th house), Ayu Bhava (8th house), or Vaya Bhava (12th house).

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- ✓ Surya (the Sun), the overall health significator, can negatively impact health if positioned in the 6th, 8th, or 12th house, placed in an enemy's house, aspected by the ruler of the 6th, 8th, or 12th house, or in conjunction with malefic planets.
- ✓ The Moon, signifying Manas (mind), can affect mental well-being if located in the 6th, 8th, or 12th house, situated in an enemy's house, aspected by the lord of the 6th, 8th, or 12th house, or conjoined with a malefic planet.

CONCLUSION

In ancient times, without advanced diagnostic technology, medical treatment relied on patient symptoms and traditional methods like astrology. Physicians who combined astrological knowledge with other medical systems could potentially achieve better outcomes in certain cases. This article focuses on the references of astrology in the Ayurveda classic texts and aims to understand the fundamentals of medical astrology. Health and disease predictions are based on individual horoscopes. The author suggests that medical astrology should be taught alongside Ayurveda to B.A.M.S. students.

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Conflicts of interest
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