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Some of the aforementioned courses conducted by the author are first of their kinds and have never been taught online before in the history of astrology.

Ayur Jyotish - Medical Astrology

Part - 2

|| ज्योतिष्मती प्रज्ञा ||



By: Vinayak Bhatt

Dear Readers,

This is a humble attempt to bring forward the intricacies of Medical Astrology. Medical astrology or Chikitsa Jyotish has its sound scientific base in the Vedas and is at par with any type or form of medical research. This series of articles will broaden your understanding of the magnificent human body and its connection with the planets.

Doshas and Planets

The three biological doshas as classified in Ayurveda are 'Vata', 'Pitta' and 'Kapha', they are linked with different element and planets in Astrology. While, Vata represents the life-wind, Pitta represents the digestive fire and Kapha, the inertia that binds things together.



Vata dosha is a principle of 'wind' and is connected to the air element, primarily governed by the planet Saturn in Astrology. Akin to Saturn, Vata is cold, dry, and light. It has an active, pervasive, and changing quality. The higher manifestation of Vata is known as 'Prana.' Linked with the nervous system, Vata dosha governs all forms of movement and discharge of impulses that come under the government of Mercury.



On the emotional plane, the negative aspects of Vata are associated with the emotions like fear and anxiety that are inherently destabilizing, akin to the essence of airy element. While the positive aspects are related to the ability to comprehend and adapt. Air has a tendency to move freely and harmonize, giving rise to a creative spirit. Mainly, Vata dosha is attributed to Saturn and Mercury in Astrology.

Pitta dosha is a principle of 'light' and is connected to the fire element, primarily represented by the planet Sun. Akin to the Sun's nature, Pitta is fierce and burning. It has a penetrating, oily, and spreading quality. The higher manifestation of Pitta is known as 'Tejas'. Linked with the creation of digestive system, Pitta dosha, governs the assimilation of nutrients in the body.

On the emotional plane, the negative aspects of Pitta relate to aggression, anger, and enmity. While the positive aspects are related to courage, strength, creativity, and enlightenment. Mainly, Pitta dosha is linked to the fiery planets, Mars, and Sun. Furthermore, Pitta is associated with the reasoning power and perceptive abilities that cushions a sound judgment.

Kapha dosha is a principle of matter and is connected to the water element, chiefly denoted by the Moon in Astrology. Akin to the Moon's nature, Kapha is cold and damp. It has heavy and immobile quality. The higher manifestation of Kapha is known as 'Ojas.' Linked with the creation of bulk of the tissues in body, Kapha governs skin, bone, nail, hair, blood, teeth, fat, and plasma.

On the emotional plane, the negative aspects of Kapha relate to greediness, attachment, and reliance which are equivalent to stagnating water (emotions). While on a positive front, Kapha generate emotions like compassion, trust, and fortitude. Mainly, Kapha dosha is linked to the



watery planets, Moon and Venus. Furthermore, Kapha governs over emotional perceptiveness that nestles notions of love, care, and empathy.

The three doshas are comprised of the five elements and the nine planets in astrology also embody the essence and qualities of these doshas and elements. The prominently placed planets -by the virtue of exaltation, being the nakshatra lord of lagna, lagna lord moon or sun, being the nakshatra lord of most of the planets, or having a greater say by other astrological factors-set the related dosha/doshas in motion. The planets and doshas share a very sophisticated interrelation, however, we will first understand the relation in a generalized sense followed by the intricacies in the form of tables given below.

VATA	PITTA	KAPHA
Saturn	Sun	Moon
Mercury	Mars	Venus
Rahu	Ketu	Jupiter

Table 1.2.1: Doshas and Planets

VATA	PITTA	KAPHA
Mercury	Sun	Moon

Table 1.2.2: Physical Aspects

VATA	PITTA	KAPHA
Saturn	Sun	Moon
Mercury	Mars	Venus

Table 1.2.3 Emotional Aspects

VATA	PITTA	KAPHA
Mercury	Sun	Moon
	Mars	Venus

Table 1.2.4: Mental Aspects

Saturn, Mercury, and Rahu are airy in nature (Vata), Sun, Mars, and Ketu are fiery in nature (Pitta), and Moon, Venus, and Jupiter are watery in nature (Kapha).

Similarly, each sign in the zodiac belt falls under one of the four elements viz. fire, air, earth, or water. While Aries, Leo, and Sagittarius correspond to the fire element, Gemini, Libra, and Aquarius correspond to the air element. Likewise, Taurus, Virgo, and Capricorn correspond to the earth element, whereas Cancer, Scorpio, and Pisces correspond to the water element.

The twelve houses in the horoscope relate to various parts and functions of the body. For instance, the 9th house denotes thighs. The amalgamation of the nine planets (in accordance with their doshas), twelve signs, and twelve houses give us an insight into different aspects of health and diseases pertaining to the body and the mind. The signs and houses are central to identifying the origin and cause of the disease as they jointly denote different organs and bodily functions.

As the Vata dosha is governed by Saturn in astrology, one of the most dreaded malefics, also a natural significator of the 6th and 8th house relating to diseases, ill health, malnutrition,

accidents, suffering, deprivation, and misery, to name a few of the significations of the two houses, the dosha is said to be leading cause of most of the diseases, as per Ayurveda. Saturn's qualities and nature of being dry, cold, depleting, and light bear striking similarities with Vata dosha.

According to Ayurveda, most diseases are caused by Vata dosha, the biological air humor that governs our overall pranic energy and the aging process. Reflecting this fact, the main planet for causing disease is Vata-ruling Saturn, which shares Vata dosha qualities of being dry, cold, light, and depleting. Saturn, like Vata, is responsible for most chronic and degenerative conditions, from arthritis to cancer and nervous debility, including poor immunity and limited longevity, as well as Vata-based emotional conditions like depression, fear, and anxiety.

Fiery Mars, which governs most pitta diseases, does its share of damage, causing acute diseases, fever, infection, and bleeding, extending to fiery mental conditions like anger and jealousy, and often causing physical injuries. Even watery or kapha Moon, Venus, and Jupiter, which generally promote positive health, can cause illnesses, such as diabetes and heart disease.

Mars, being one of the fiery planets rules over the diseases caused due to the imbalance of pitta dosha. It denotes high fever, bleeding, wounds, infections, and injuries due to accidents.



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