



AYURVEDA AND JYOTISHA: MERGING THE TWO DISCIPLINES

by Radhe Pfau

PART FOUR: Integration of the Ayurvedic Consultation with the Jyotisha Birth Chart

Overview

IN THIS LAST of a series on Ayurveda and Jyotisha, an assessment of the client's birth chart is integrated with the Ayurvedic consultation and specific Ayur-Jyotisha remedies suggested.¹

Case Study: Linda, a single 38 year old woman, recently came for her first Ayur-Jyotisha consultation with emotional anxiety and mental unrest as her chief health concern.² In describing her symptoms, Linda stated that she often felt overwhelmed at work, experienced frequent tension headaches, and had bouts of constipation and periodic insomnia. These reported conditions were all common symptoms of excess vata in the mano (mind) and majja (nervous system) vaha srotas, confirmed by a prakruti of $V_2 P_2 K_1$ and vikruti of $V_3 P_2 K_1$.

Linda has been employed for the past ten years as a technology specialist at a venture capital firm. Her job requires long hours in front of a computer and the constant pressure of deadlines. Hence, when reviewing Linda's diet, it was noted that she often skipped lunch, instead snacking on a granola bar or handful of nuts during the day. Breakfast consisted of two cups of coffee; while dinner was primarily a large salad and slice of whole wheat toast.

Linda did her best to walk one to two miles every morning, but even this was becoming difficult to maintain. Lastly, her only medication was an over-the-counter sleeping aid taken four-to-five nights a week.

Linda's Vedic Birth Chart

The following summarizes the condition of each graha in Linda's chart (at right) based on the principles of planetary conditions presented in *Part Two: Reading the Health and Vitality from the Vedic Birth Chart*:

- Lagnesha-Jupiter (1BL-4BL): Weak (combust)³

1 Information presented in this series of articles is intended as introductory and exemplary only. This article assumes the reader is familiar with the concepts presented in Parts One, Two, and Three in the previous two editions of *Ayurveda Today*, i.e., Volume XXIV, Numbers 2 and 3.
 2 For purposes of this article, only key elements of Linda's Ayurvedic consultation are presented.
 3 As a natural benefic, the Moon is typically considered a stabilizing influence. However, since the Moon is new in Linda's chart, it provides little stabilization to the Lagnesha or Sun.

LINDA'S CHART Planetary aspects noted in parenthesis



- The Sun (9BL): Ordinary; stabilized by Jupiter⁴
- Moon (8BL): Weak (dark moon); stabilized by Jupiter
- Mars (5BL-12BL): Ordinary; destabilized by Saturn
- Mercury (7BL-10BL): Ordinary; stabilized by Venus
- Venus (6BL-11BL): Ordinary; stabilized by Mercury
- Saturn (7BL-8BL): Ordinary; destabilized by Mars

Assessment of the Lagna-Lagnesha: Recall that the most important indicator of health and vitality in the Vedic birth chart is the condition of Lagna-Lagnesha. In Linda's chart, the Lagna is aspected by the Lagnesha-Jupiter who is also a natural benefic, serving to support and protect Linda's health. However the Sun, a natural malefic, aspects the Lagna as well, while concurrently combusting the Lagnesha-Jupiter. Hence, the Lagnesha is weak while the Lagna is under mixed influence.

Trik-Dusthanas: Next let's apply the special principles (see list below) of the trik-dusthanas (6B-6BL, 8B-8BL, 12B-12BL) published in *Part Three: The Trik-Dusthanas and Their Role in Disease and Illness* to Linda's birth chart.

Condition: A strong trik-dusthana bhavesha is preferred only when the Lagnesha is with greater strength and under no circumstance is a weak trik-dusthana bhavesha considered auspicious for health.

4 See previous footnote.

Location: A trik-dusthana bhavesha should not be located in a kendra or trikona, particularly if such placement causes an association with the Lagna-Lagnesha.⁵

Bhava Space: Bhava stabilization should occur by benefic aspect rather than occupation.

Starting with the 6BL-Venus, notice that Venus is ordinary in condition and influences neither the Lagna nor Langesha, though placed in the trik-dusthana 8B.

In contrast, the 8BL-Moon is weak (dark) and influences both the Lagna and a weak (combust) Lagnesha-Jupiter. According to our special principles, a weak trik-dusthana bhavesha is problematic for health, especially when concurrently influencing a weak Lagnesha and/or afflicted Lagna. Additionally, a weak 8BL puts at risk the Kala Purusha bhava significations of the 8B, including the descending colon, rectum, anus, and the external genitals.⁶

Lastly, the 12BL-Mars placed in the 9B is ordinary in condition and, as with the 6BL, influences neither the Lagna nor Lagnesha.

Hence, in terms of the trik-dusthanas and their ability to create ill health, we are most concerned with the 8BL-Moon.

Linda's Mental-Emotional State

As Linda's chief complaint was emotional anxiety and mental stress, we must also assess the 4B-4BL, indicative of the emotional mind, as well as the Moon and Mercury, graha significators for the emotional and mental mind, respectively.

Notice that Ketu, a natural malefic, occupies the space of the 4B while receiving an aspect from Mars, a natural malefic and the bhavesha of the trik dusthana 12B. The 4BL-Jupiter is weak (combust) and in association with a weak 8BL-Moon. Hence, both the bhava and bhavesha representing the emotional state of mind in the birth chart are problematic. As importantly, Jupiter is not only the 4BL but also the Lagnesha, whose weakness and association with a weak 8BL-Moon provides little support for coping with mental-emotional anxiety and stress.

The Moon, significator for the emotional mind, is weak (dark) while Mercury, significator for the mental mind, is ordinary in condition but placed in the trik-dustana 8B and in association with the 6BL-Venus. Coupled with a weak Lagnesha, the birth chart confirms that a major khavaigunya for Linda is the mental-emotional mind.

Although we have not dealt in this series of articles with Jyotisha timing methods, it is important to understand that inherent illnesses or khavaigunyas shown in the birth chart are typically triggered by particular planetary periods (dashas) and/or transits. Such information is highly valuable in determining the probable duration and intensity of an illness – a clear advantage of Jyotisha! In Linda's case, she was in her Rahu (a major vata graha) dasha for another 3 years and Rahu-Ketu were transiting the natal 1B-7B axis, afflicting both the Lagna and Lagnesha. This was a red flag that Linda's anxiety was likely to continue unless some important adjustments were made in her daily routines and diet.

Daily Routines and Dietary Tendencies

Before suggesting specific dinacharya routines, it is helpful to assess the condition of the 2B-2BL of the birth chart for dietary tendencies which, in accordance with Jyotisha shastra (see citation below), represents one's food preferences⁷ as well as the 6B-6BL⁸, indicative of a person's ability to consistently follow daily routines.

"Vitta (wealth), vidya (learning), swa (own property), annapana (food and drinks), bhukti (eating), dakhshya akshya (right eye), face, asya (documents), vac (speech) and kutumba (family) are denoted by the second house." (Mantreswara, Phala Deepika, pg 6)

For Linda, the 2B-2BL indicate only mild issues with the diet as two natural benefics, Venus and Mercury, aspect the 2B while the 2BL-Saturn is placed in a positive bhava, though afflicted by Mars. This suggests that Linda's dietary habits are most likely due to her current work environment rather than to systemic poor eating habits.

⁵ In fact, any placement of a trik-dusthana bhavesha that results in an influence to the Lagna-Lagnesha is not preferred.

⁶ In this case, a weak 8BL also jeopardizes the significations of the grahas occupying the 8B, i.e., Mercury (mental mind, nerves, skin, etc.) and Venus (hormonal balance, eyes, reproductive system, the senses, etc.).

⁷ Since the 2B of the birth chart is the mouth of the Kala Purusha (Cosmic Being), it represents everything that is put into the mouth, including food, drink, and drugs.

⁸ Recall that the 6B-6BL represents acute health conditions. As the lack of healthy routines and practices are most often the culprit of acute illness, the 6B also shows the ability to be disciplined in our daily dietary and exercise regimes, including yoga, nutritional programs and dinacharyas.

References

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Integration of Ayur-Jyotish by R. Pfau, Cont. from page 13

A bit more troublesome is the 6B which is afflicted by an aspect from Saturn while the 6BL-Venus is placed in the 8B, indicating potential issues with adhering to a set of daily routines. Hence, my plan was to propose a phased approach of recommended daily practices for Linda.

Ayur-Jyotisha Recommendations

From a Jyotisha perspective, I focused on remedial measures that would support the Moon (planetary significator for the emotional mind) and Jupiter (Lagnesha and 4BL). Knowing that Linda had an appreciation for gemstones and fine jewelry⁹, I suggested a yellow sapphire¹⁰ or topaz set in gold metal¹¹ and worn on the right index finger¹².

I also recommended the following mantra for the Moon to be recited 108 times either daily or on Mondays¹³: *Om Shrim Som Somaya Namaha*¹⁴

From an Ayurvedic perspective, the proposed phased dinacharya below includes yogic asanas, pranayama, daily health routines, dietary regimes, and an Ayurvedic herbal mixture.

Phase 1: 120 Days

- Daily abhyanga with sesame oil to calm excess vata

9 Since the purchase of gemstones is often a financial hardship, I prefer recommending planetary mantras, charity, colors, and/or deities as remedial measures.

10 Planetary gemstones for the Sun are ruby or garnet; Moon, pearl; Mars, coral or carnelian; Mercury, emerald or green tourmaline; Jupiter, yellow sapphire or topaz; Venus, diamond, white sapphire or white topaz; Saturn, dark blue sapphire or Lapis Lazuli. Gemstones are potent remedial measures in Jyotisha and hence, care should be taken to ensure the appropriateness of the gemstone based on the birth chart.

11 Each planetary gemstone should be set in a metal that corresponds to the planet. For the Sun, the metal should be gold; Moon, silver; Mars, silver, gold or copper; Mercury, yellow gold or white gold; Jupiter, gold; Venus, copper, white gold, gold; Saturn, white gold or gold.

12 Planetary gemstones are typically worn on the right hand and on the finger representing the planet. The index finger represents Jupiter; middle finger, Saturn; ring finger, sun; pinky, Mercury. Gemstones for the Moon may be worn on the ring finger of the left hand and Mars, the index or ring finger of the right hand.

13 Each planet rules a particular day of the week. The Sun rules Sunday; Moon, Monday; Mars, Tuesday; Mercury, Wednesday; Jupiter, Thursday; Venus, Friday; Saturn, Saturday.

14 Mantras for the other planets recommended by Dr. David Frawley are: the Sun, Om Hrim Sum Suryaya Namah; Mars, Om Krim Kum Kujaya Namaha; Mercury, Om Aim Bum Budhaya Namaha; Jupiter, Om Strim Brahm Brihaspataye Namaha; Venus, Om Klim Shum Sukraya Namaha; Saturn, Om Hlim Sham Sanaiscaraya Namaha. (Dr. David Frawley, American Institute of Vedic Studies)

- Warm bhringraj oil applied to the soles of the feet and the top of the head nightly to assist with insomnia
- Continued morning walks
- Three meals a day at regular intervals
- Foods that nourish the brain and nervous system while managing vata, such as avocados, dates, figs, nuts, ghee, brown rice, and root vegetables
- Herbal mix of ashwagandha (nervous system tonic) 400 mg, jatamamsi (warming relaxant) 300 mg, and dashamoola (vata pacifying herb) 500 mg. Take this daily with almond milk.

Phase 2: 120 Days

- If insomnia persists, one glass of warm milk with ¼ teaspoon of nutmeg before bedtime
- Uttanasana (Standing Forward Bend) and Supta Virasana (Reclining Hero Pose), before morning walks
- Vitamins and minerals that nourish the brain and nervous system: multi-vitamin B; calcium 1000 mg/day; potassium 2000 mg/day
- Super Nasya oil®

Phase 3: 120 Days

- Weekly or monthly shirodhara treatments
- Anuloma Viloma pranayama (Alternate Nostril Breathing)
- Reduce coffee intake to one cup per day with 1-2 cardamom seeds

SUMMARY

As is hopefully evident through the above case study, the Ayurvedic consultation, when combined with the Vedic birth chart assessment, provides a more comprehensive assessment a person's state of health and well-being, while also offering a holistic set of remedial measures. 🌀

About the Author

Radhe is trained professionally in Ayurveda and Jyotisha. She is author of two books: A Journey of Self-Discovery: Understanding Your Vedic Astrological Birth Chart and, soon to be published, Your Healing Stars: The Integration of Ayurveda and Jyotisha. Radhe offers courses and workshops in Jyotisha, TARA Health Consultations (Therapeutic and Rejuvenative Ayur-Jyotisha) and astrological consultations (personal birth chart readings, annual forecasts, and relationship compatibility). She has formulated a proprietary line of Celestial Tinctures and Ayurvedic Herbal Remedies. For more information, visit www.celestialgazing.com and www.cosmiclila.com.