Introduction to Vedic & Medical Jyotiṣa and its Role In Holistic Care

By Dr Shantanu

What is Jyotish??

Jyotiṣa as a traditional framework for understanding health, constitution and life patterns.Jyotiṣa (ज्योतिष) comes from the Sanskrit root associated with light / illumination.

The origins of Jyotish are traceable to the Rigveda, the oldest of the four Vedas and one of the oldest surviving sacred texts of any civilization.

The Rigveda contains numerous hymns addressed to Surya (the Sun), Chandra (the Moon), Ushas (the goddess of dawn), and the Nakshatra system.

The Vedanga Jyotisha, composed approximately between 1400 and 1200 BCE according to most modern scholarly estimates, represents the earliest surviving systematic treatise on Vedic astronomical and calendrical science.

Traditionally, Jyotiṣa developed into several branches, including :

Horā — individual horoscope and life interpretation
Gaṇita — astronomical/mathematical calculations
Saṁhitā — broader mundane/environmental observations

Branch	Basic meaning	Main question
Gaṇita	**Calculation**	**Where are the celestial bodies?**
Horā	**Individual horoscope**	**What does the chart traditionally signify for an individual?**
Saṁhitā	**Mundane/environmental**	**What do celestial and natural phenomena signify for the wider**

Foundations of Vedic Jyotiṣa

The Five Fundamental Building Blocks Introduce:

1. Graha — planetary factors

2. Rāśi — zodiac signs

3. Bhāva — houses

4. Nakṣatra — lunar constellations

5. Daśā — planetary periods

Navagraha

IN JYOTISH THE NINE PLANETS ARE COLLECTIVELY REFERRED TO AS THE NAVA GRAHA.EACH OF THESE PLANETS POSSESSES A UNIQUE PERSONALITY AND DISTINCTIVE CHARACTERISTICS. A POSITIVE INFLUENCE FROM THESE PLANETS IN A BIRTH CHART ENDOWS AN INDIVIDUAL WITH CERTAIN QUALITIES REFLECTIVE OF THE PLANETS' PERSON

BY EXAMINING THE POSITIONS OF THE PLANETS IN A BIRTH CHART, ONE CAN DETERMINE ASSOCIATED TRAITS BASED ON ASTROLOGICAL CRITERIA, HELPING US UNDERSTAND WHY SOME INDIVIDUALS EXHIBIT REMARKABLE QUALITIES WHILE OTHERS MAY SEEM AVERAGE

PLANETARY SPHERES



1) **Moon** :Governs the brain, mind, bodily fluids, and chest; linked to emotional balance and sleep

2)**Sun**: Governs the heart, soul, eyes, and overall vitality; linked to heat-related conditions or vitamin deficiencies

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3) **Mars** : Governs the blood, muscles, red blood cells, and liver; linked to inflammation, energy, and physical drive

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4)**Mercury** : Governs the lungs, nervous system, and skin; linked to cognitive processing and allergies

5) **Jupiter** : Governs the liver, fat accumulation, growth, and wisdom; linked to digestion and metabolic expansion.

6)) **Venus:** Governs reproductive health, kidneys, and internal balance; linked to sugar metabolism and urinary system

7) **Saturn** : Governs the spleen, bones, teeth, and joints; linked to structural support, calcium distribution, and chronic stiffness.

8) **Rahu & Ketu** : Represent subtle or unconventional forces; Rahu is linked to unexpected or hidden ailments, while Ketu is associated with nerve disorders and chronic aches.

Rasi (Zodiac Sign)

THE BODY OF THE UNIVERSE CONSISTS OF THE 12 RASHIS, WHICH CAN BE ROUGHLY TRANSLATED AS "ASTROLOGICAL SIGNS." EACH RASHI REPRESENTS A PART OF THE BODY.

SPACE IN WHICH PLANETS REVOLVE AROUND THE SUN IS DIVIDED INTO 12 PARTS BY TAKING SUN IN THE CENTRE. ONE PART IS TERMED AS A ZODIAC SIGN (OR 'RASHI') IN VEDIC ASTROLOGY. WE ALL KNOW THAT ONE REVOLUTION CONSTITUTES 360° & THIS WAY ITS TWELVTH PART (L.E. 'RASHI') WOULD CONSTITUTE 360°/12-30

The Body of the Universe

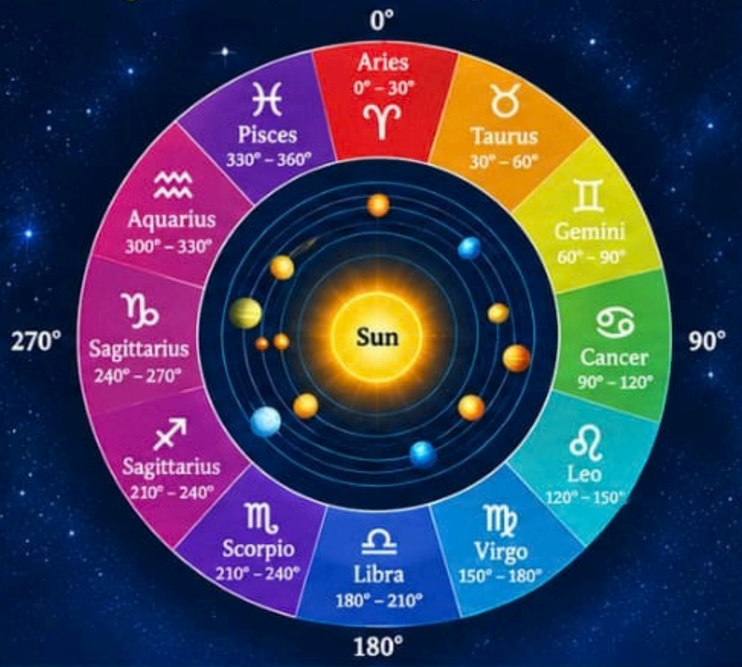
The entire universe is said to be like a cosmic body, and the **12 Rashis** (astrological signs) represent different parts of this body.



- Aries (Head)
- Taurus (Neck)
- Gemini (Arms)
- Cancer (Chest)
- Leo (Heart)
- Virgo (Abdomen)
- Libra (Waist)
- Scorpio (Reproductive area)
- Sagittarius (Thighs)
- Capricorn (Knees)
- Aquarius (Calves)
- Pisces (Feet)

12 Parts of the Orbit – 12 Rashis

The space in which the planets revolve around the Sun is divided into 12 equal parts, with the Sun at the centre. Each part is called a **Zodiac Sign** (or **Rashi**) in Vedic Astrology.



Why 30° for Each Rashi?

One complete revolution = **360°** (around the Sun).



Divided into 12 equal parts (12 Rashis).

360° ÷ 12 = 30°

So, **each Rashi** (zodiac sign) **represents 30° of the orbit.**

In Simple Words

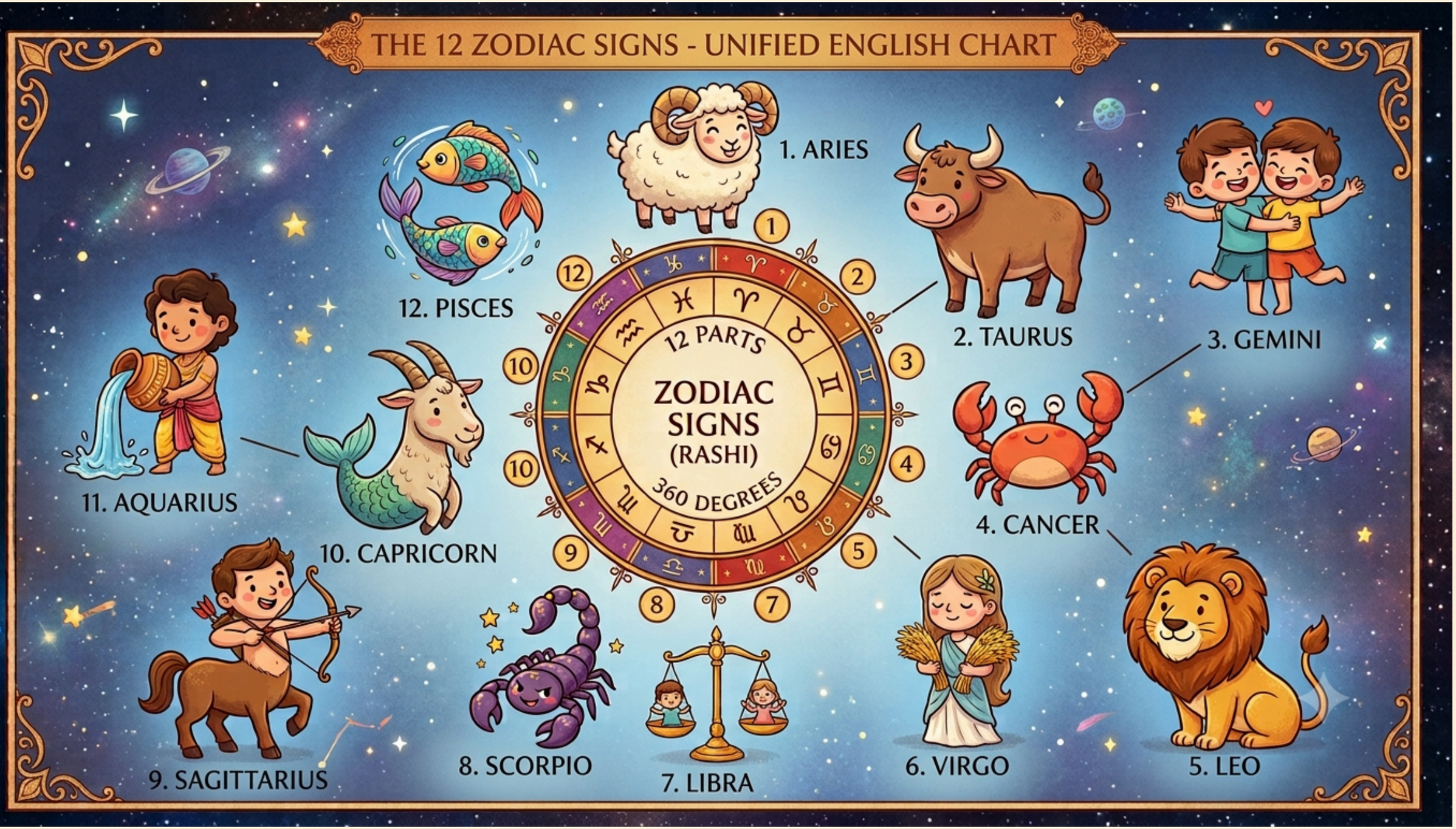
- The Sun is at the centre of the solar system.
- The space where planets revolve is divided into 12 equal parts.
- Each part = **1 Rashi** (= 30°).
- The 12 Rashis together form the cosmic body, with each Rashi representing a part of the universal body (our body, nature, and life).

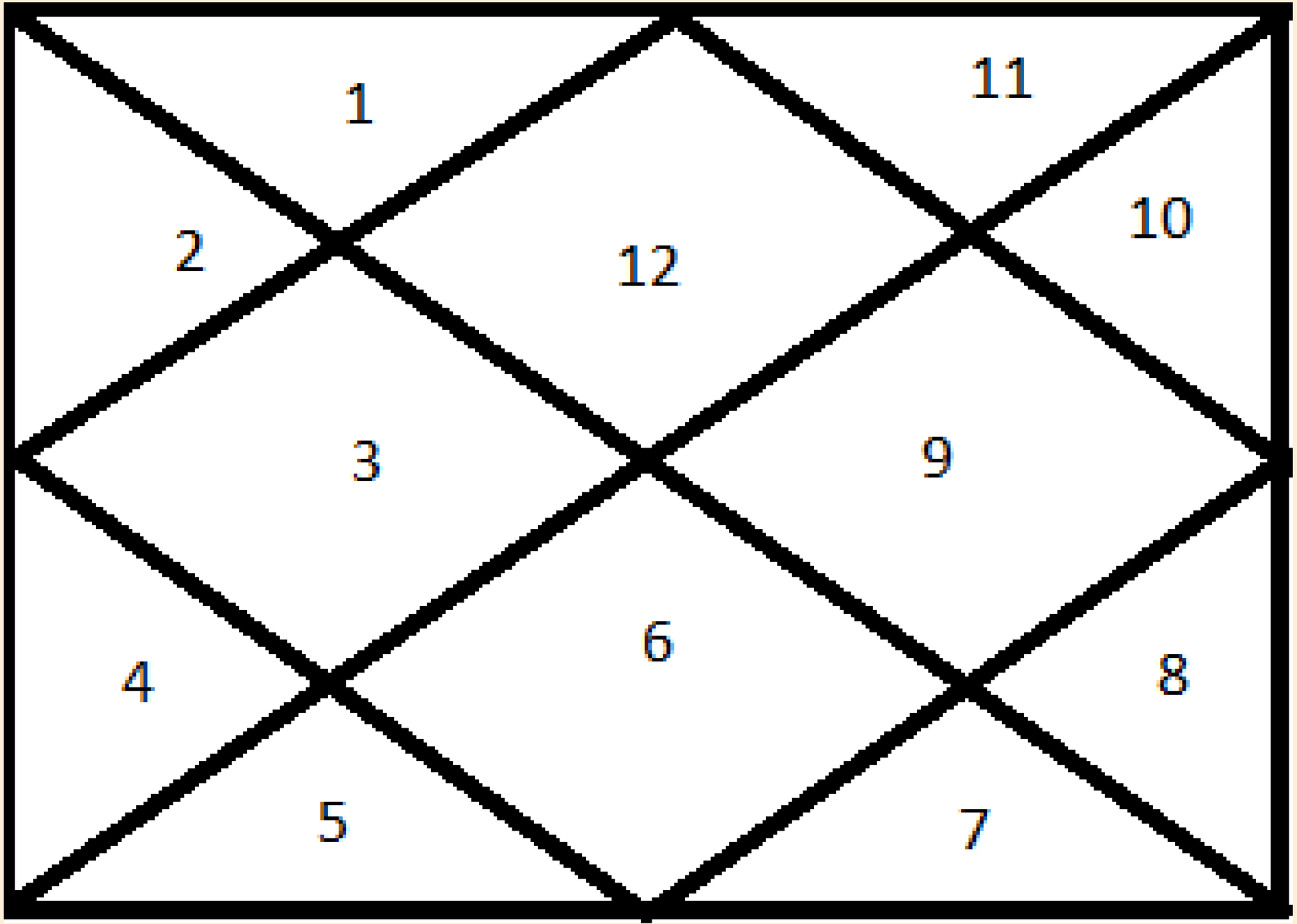
Thus, the 12 Rashis connect the universe, the solar system and our own existence.

The 12 Rashis and Their Symbols

Aries	Taurus	Gemini	Cancer	Leo	Virgo	Libra	Scorpio	Sagittarius	Capricorn	Aquarius	Pisces
(0° – 30°)	(30° – 60°)	(60° – 90°)	(90° – 120°)	(120° – 150°)	(150° – 180°)	(180° – 210°)	(210° – 240°)	(240° – 270°)	(270° – 300°)	(300° – 330°)	(330° – 360°)

THE 12 ZODIAC SIGNS - UNIFIED ENGLISH CHART




1
11
2
12
10
3
9
6
4
8
5
7

Dasha (Planetary Period)

THE TERM 'DASHA' ORIGINATED FROM SANSKRIT, AND IT TRANSLATES TO CIRCUMSTANCE, CONDITION, OR STATE. ACCORDING TO VEDIC ASTROLOGY, 'DASHA' MEANS THE PERIOD OF THE PLANET, SIGNIFYING THE PLANETARY PERIOD ASSOCIATION WITH 9 CELESTIAL BODIES, THIS PERIOD OF DASHA INDICATES THE POSITIVE AND NEGATIVE INFLUENCE OF AN INDIVIDUAL'S LIFE BASED ON THEIR LOCATION, CONSIDERING FACTORS SUCH AS ZODIAC SIGN, HOME, CONJUNCTION, OR ASPECTS.

OPERATES FOR A 120-YEAR LIFESPAN AND INCLUDES MAHADASHA OF 9 MAJOR PLANETS: SUN, MOON, MERCURY, JUPITER, VENUS, MARS, SATURN, RAHU, AND KETU.

IN ORDER TO ADDRESS THIS EFFECT, VEDIC ASTROLOGY FUTURE SUBDIVIDED THE DASHA INTO BELOW

1)Antar Dasha 2)Pratyantar Dasha 3) Sookshma Dasha 4)Prana Dasha 5)Deha Dasha

Su/Su/Su	18/06/1973
Su/Su/Mo	28/06/1973
Su/Su/Ma	03/07/1973
Su/Su/Ra	20/07/1973
Su/Su/Ju	04/08/1973
Su/Su/Sa	21/08/1973
Su/Su/Me	06/09/1973
Su/Su/Ke	13/09/1973
Su/Su/Ve	01/10/1973

Su	13/06/1979
Mo	13/06/1989
Ma	13/06/1996
Ra	13/06/2014
Ju	13/06/2030
Sa	13/06/2049
Me	13/06/2066
Ke	13/06/2073
Ve	13/06/2093

Su/Su	01/10/1973
Su/Mo	01/04/1974
Su/Ma	07/08/1974
Su/Ra	01/07/1975
Su/Ju	19/04/1976
Su/Sa	01/04/1977
Su/Me	07/02/1978
Su/Ke	13/06/1978
Su/Ve	13/06/1979

Nakshtra (Constellation)

THE ANCIENT HINDU SAGES DIVIDED THE ZODIAC INTO 27 NAKSHATRAS OR LUNAR CONSTELLATIONS. EACH CONSTELLATION COVERS 13 DEGREES, 20 MINUTES. THE CALCULATION OF NAKSHATRAS STARTS WITH ASHWINI NAKSHATRA AT O DEGREES OF ARIES. REVATI NAKSHATRA COVERS 30 DEGREES OF PISCES.

NAKSHATRA PADA IS ONE OF THE FOUR EQUAL DIVISIONS OF A NAKSHATRA (LUNAR MANSION), EACH SPANNING 3°20' (3.33 DEGREES). EACH NAKSHATRA, WHICH REPRESENTS A SPECIFIC SECTION OF THE SKY, IS DIVIDED INTO FOUR PADAS, RESULTING IN A TOTAL OF 108 PADAS WITHIN THE 27 NAKSHATRAS.

THESE PADAS ARE CRUCIAL FOR FINER-GRAINED ASTROLOGICAL PREDICTIONS AND UNDERSTANDING THE NUANCES OF A BIRTH CHART, AS THEY INDICATE WHICH ZODIAC SIGN (RASHID A PLANET OR POINT FALLS WITHIN, INFLUENCING ITS EXPRESSION.

THE PADA IN WHICH A PLANET OR POINT FALLS HELPS DETERMINE WHICH QUALITIES OF THE NAKSHATRA WILL BE MOST PROMINENT IN THE NATIVE'S LIFE, ACCORDING TO ASTROLOGICAL SOURCES. FOR EXAMPLE, THE FIRST PADA OF A NAKSHATRA MAY BE ASSOCIATED WITH FIRE SIGNS, WHILE THE SECOND WITH EARTH SIGNS,

Planet and Nakshatra				
No.	**Planet**	**Nakshatra**		
1	Ketu	Ashvini	Magha	Mula
2	Venus	Bharani	Purva Phalguni	Purva Ashada
3	Sun	Kritika	Uttara Phalguni	Uttara Ashada
4	Moon	Rohini	Hasta	Shravan
5	Mars	Mrigashira	Chitra	Dhanistha
6	Rahu	Ardra	Swati	Satabhishak
7	Jupiter	Punarvasu	Vishakha	Purva Bhadra
8	Saturn	Pushya	Anuradha	Uttara Bhadra
9	Mercury	Ashlesha	Jyeshtha	Revati

INTRODUCTION TO NAKSHATRAS: THE 27 LUNAR MANSIONS

WHAT IS A NAKSHATRA?



- Lunar mansions (stellar houses) based on the Moon's 27.3-day orbit.
- 360° Zodiac divided into 27 equal segments of 13° 20' each



KEY COMPONENTS OF EACH NAKSHATRA



RULING DEITY: Divine archetype





RULING PLANET (*Graha*): Astrological influence





SYMBOL: Visual emblem





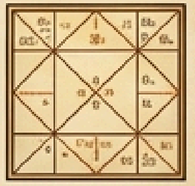
QUALITIES (*Guna*): Basic nature



PAURIKA: Four divisions per Nakshatra (3° 20')

PRACTICAL USES IN VEDIC ASTROLOGY

1. **NATAL CHART (*Jatakam*):** Determines primary characteristics & personality



2. **TIMING EVENTS (*Muhurta*):** Best days for activities



3. **PREDICTIVE PERIODS (*Dasha*):** Calculating planetary time periods (e.g., Vimshottari Dasha)

→ THE FIRST 6 NAKSHATRAS

1. ASHWINI



Deity: Ashwinis
Planet: Ketu
Symbol: Horse's Head
Keywords: Healing, Speed, Beginnings

2. BHARANI



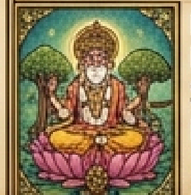
Deity: Yama
Planet: Venus
Symbol: Yoni
Keywords: Creation, Restraint Discipline

3. KRITTIKA



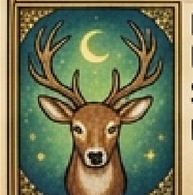
Deity: Agni
Planet: Sun
Symbol: Flame/
Keywords: Fire, Purification Transformation

4. ROHINI



Deity: Brahma
Planet: Moon
Symbol: Chariot
Keywords: Growth Abundance, Beauty

5. MRIGASHIRA



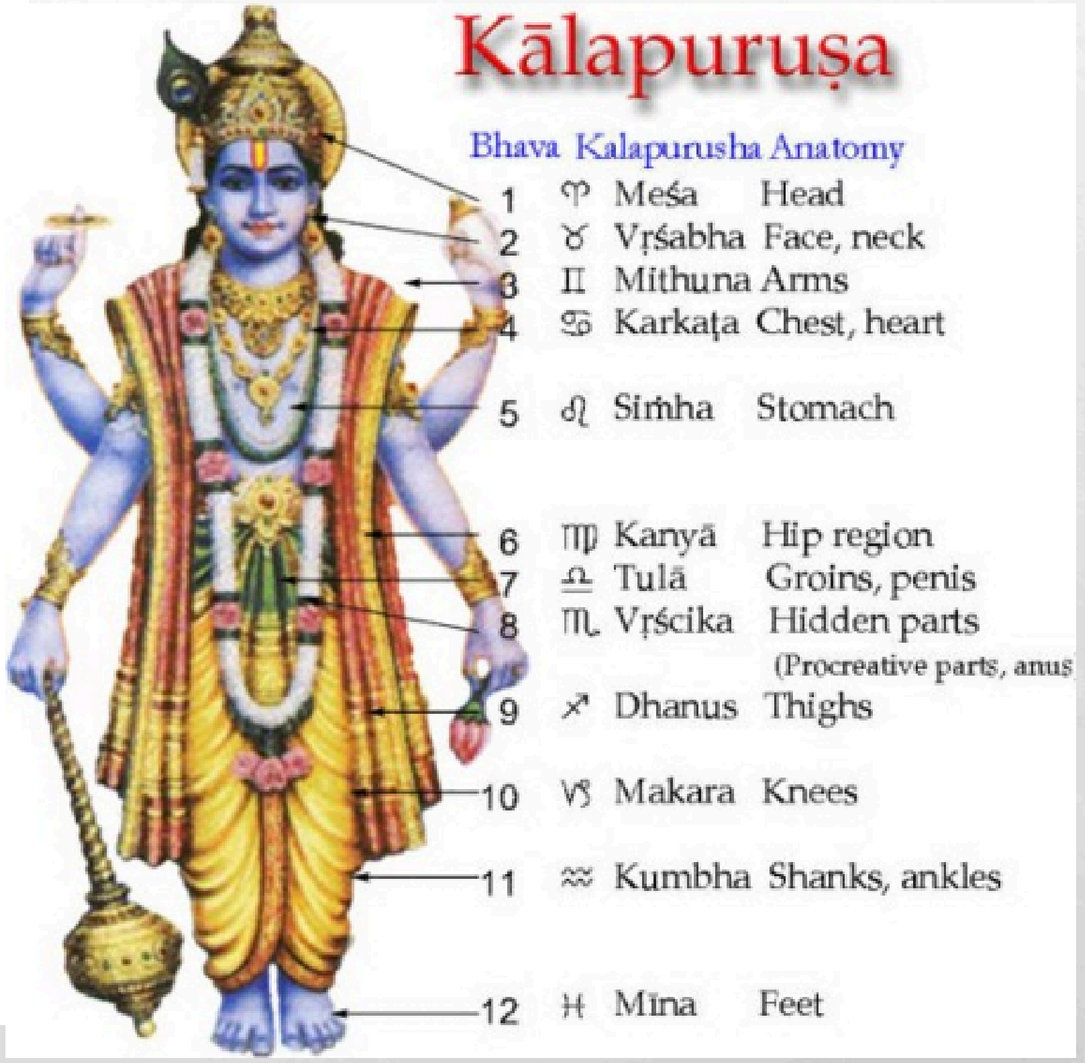
Deity: Soma
Planet: Mars
Symbol: Deer's
Keywords: Searching Exploration Joy

6. ARDRA



Deity: Rudra
Planet: Rahu
Symbol:
Keywords: Tears, Storms Transformation

- **Aries**– Head, Brain, Face
- **Taurus**– Throat, Neck, Lips
- **Gemini-** Lungs, Hands, Arms
- **Cancer**– Stomach, Breasts, Chest, Ribs,
- **Leo**– Heart, Sack, Spine, forearms.
- **Virgo**– Intestines, Lower spine, Fingers, spleen
- **Libra**– Kidneys, skin, Lumbar region
- **Scorpio**– Bladder, Anus, Nose, Appendix
- **Sagittarius**– Hips, Thighs, Nerves, Arteries
- **Capricorn**– Knees, Joints, teeth, skin
- **Aquarius**– Legs, Ankles, Circulation of Blood
- **Pisces**– Feet, Toes, Lymphatic system

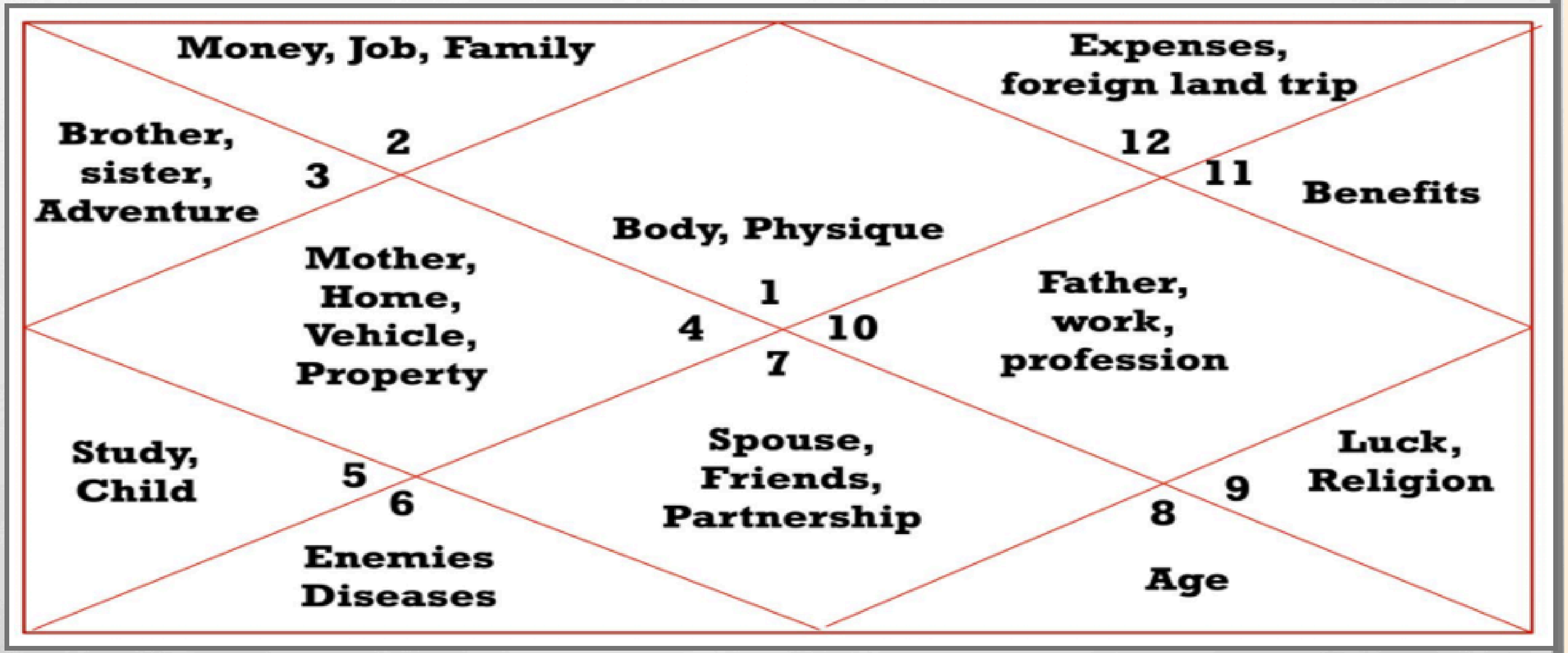


Planet	Their Transit Duration
Moon	2.5 days
Sun	1 month (approx.)
Mercury	1 month (approx.)
Mars	45 to 60 days
Venus	23 to 60 days
Jupiter	1 year approax.
Saturn	2.5 years approax.
Rahu	1.5 years approax.

PLANETS ASPECT

Graha	Houses
Sun	7th
Moon	7th
Mercury	7th
Venus	7th
Mars	4th, 7th, 8th
Jupiter	5th, 7th, 9th
Saturn	3rd, 7th, 10th
Rahu	5th, 7th, 9th
Ketu	No planetary aspect (while some do consider it to aspect 5th, 7th, 9th)

STARS	DIRECTION	TATWA	PART OF BODY
1. Aswini	East	Prithvi	Upper Foot
2. Bharani	East	Prithvi	Lower Foot
3. Kritika	East	Prithvi	Head
4. Rohini	East	Prithvi	Forehead
5. Mrigaseera	East	Prithvi	Eyebrows
6. Aridra	SouthEast	Jala	Eyes
7. Punarvasu	SouthEast	Jala	Nose
8. Pushyami	SouthEast	Jala	Face
9. Ashlesha	South	Jla	Ears
10. Makha	South	Jala	Lips and Chin
11. P.Phalguni	South	Jala	Right Hand
12. U.Phalguni	South	Tejo	Left Hand
13. Hastha	SouthWest	Tejo	Fingers
14. Chitha	SouthWest	Tejo	Neck
15. Swati	West	Tejo	Chest


Money, Job, Family
2
Brother, sister, Adventure
3
Expenses, foreign land trip
12
11
Benefits
Body, Physique
1
Mother, Home, Vehicle, Property
4
10
Father, work, profession
7
Study, Child
5
6
Enemies Diseases
Spouse, Friends, Partnership
9
Luck, Religion
8
Age

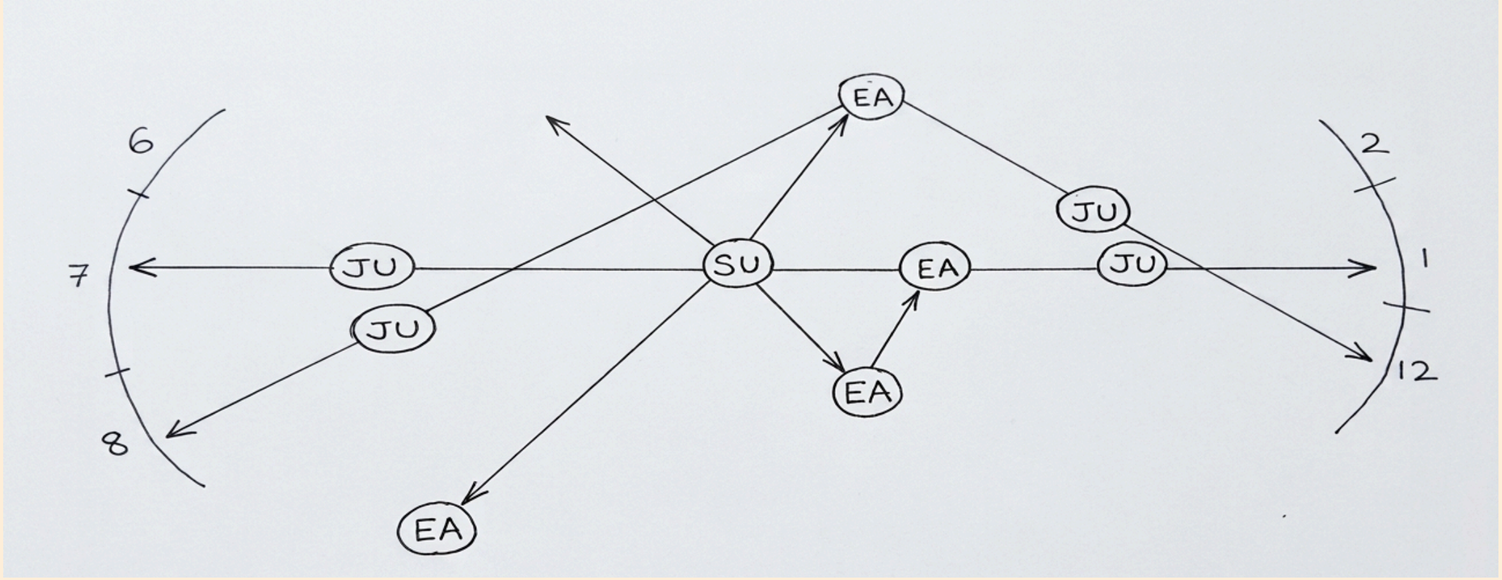
Vakri Graha (Retrograde Planet)

VAKRIYA GRAHAS ARE PLANETS THAT UNDERGO APPARENT RETROGRADE MOTION. IN VEDIC ASTROLOGY, THIS MOTION IS CONSIDERED SYMBOLIC OF INWARD-DIRECTED ENERGY, KARMIC REPROCESSING, OR DELAYS IN THE NORMAL FUNCTIONING OF THAT PLANET. THESE PLANETS ARE BELIEVED TO INFLUENCE A PERSON'S LIFE MORE INTENSELY THAN WHEN THEY ARE IN DIRECT MOTION.

MOON AND SUN NEVER GETS RETROGRADE.

THEY ARE LUMINARIES IN VEDIC ASTROLOGY AND THEY NEVER ARE VAKRI OR RETRO

KETU AND RAHU ALWAYS REMAIN VAKRI OR RETROGRADE



IN THE ABOVE PICTURE WHEN WE LOOK AT GURU FROM EARTH IT SEEMS TO BE VISIBLE IN ARIES/MESH RASHI AS POINTED BY THE ARROW. HERE WE CAN CLEARLY SEE THAT THE EARTH IS PASSING GURU, AFTER SOME TIME BOTH PLANETS WILL MOVE AHEAD BUT COZ SPEED OF EARTH IS MORE THAN THE SPEED OF GURU. NOW LOOK AT THE ANOTHER ARROW WHICH FROM EARTH IS POINTING TOWARDS PISCES/MEEN RASHI, HENCE NOW WHEN WE SEE FROM EARTH IT SEEMS AS IF GURU IS IN MEEN RASHI WHEREAS GURU IS ACTUALLY MOVING AHEAD

Combust Planet Or Asta Graha

VEDIC ASTROLOGY, A PLANET IS SAID TO BE COMBUSTOR AAST (अस्त] WHEN IT COMES VERY CLOSE TO THE SUN AND LOSES ITS VISIBILITY IN THE SKY. THE PROXIMITY TO THE SUN CAUSES THE PLANET'S ENERGY TO BE WEAKENED OR OVERSHADOWED, THEREBY INFLUENCING THE WAY IT DELIVERS ITS RESULTS IN A HOROSCOPE

ALL PLANETS EXCEPT RAHU, KETU(SHADOW PLANETS) AND THE SUNITSELF CAN BECOME COMBUST.

COMBUSTION DEGREES

Planet	Distance from Sun(in degrees)
Moon	12
Mars	17
Mercury	14
Jupiter	11
Venus	8