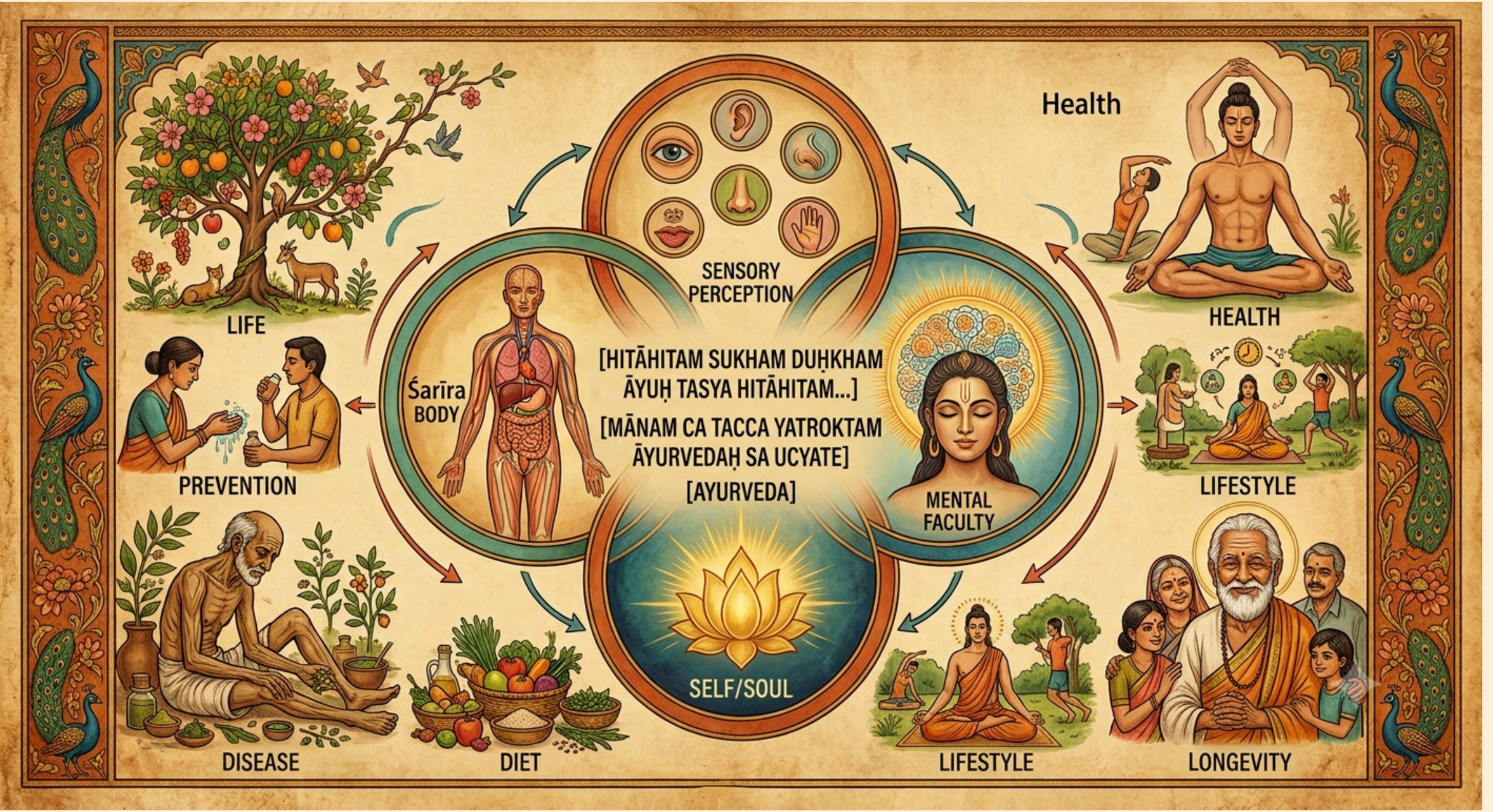
CLASS-2 The Connection Between Ayurveda And Jyotiṣa

Q.Can Ayurveda and Jyotiṣa be understood together as two complementary traditional systems for understanding the human being?

What is Ayurveda?
Ayurveda is traditionally described as:
“Hitāhitam sukham duḥkham āyuḥ tasya hitāhitam…”
It is concerned with:
Life
Health
Disease
Longevity
Prevention
Diet
Lifestyle
Mental and physical balance
Ayurveda examines:
Śarīra + Indriya + Manas + Ātman

Sanskrit	Meaning	Explanation
हितम् (Hitam)	Beneficial	What promotes health, longevity and well-being
अहितम् (Ahitam)	Harmful	What causes disease, imbalance or reduction of longevity
सुखम् (Sukham)	Happiness/well-being	A state of comfortable and harmonious living
दुःखम् (Duḥkham)	Suffering	Physical or psychological discomfort and distress
आयुः (Āyuḥ)	Life	The integrated existence of body, senses, mind and Ātman
मानम् (Mānam)	Measure	The duration/extent of life
हिताहितम्	Beneficial and harmful factors	Factors that support or impair life


Health
LIFE
SENSORY PERCEPTION
HEALTH
Śarīra
BODY
[HITĀHITAM SUKHAM DUḤKHAM
ĀYUḤ TASYA HITĀHITAM...]
[MĀNAM CA TACCA YATROKTAM
ĀYURVEDAḤ SA UCYATE]
[AYURVEDA]
MENTAL
FACULTY
PREVENTION
LIFESTYLE
SELF/SOUL
DISEASE
DIET
LIFESTYLE
LONGEVITY

WHAT IS JYOTIṢA?

Jyotiṣa is traditionally concerned with:
Kāla — time

Graha — planetary influences

Rāśi — zodiac signs

Bhāva — houses

Nakṣatra — lunar constellations

Daśā — planetary periods

Karma and life tendencies

Discipline	Category	Primary Associated Veda
Āyurveda	*Upaveda*	Atharvaveda (with early elements in Ṛgveda)
Jyotiṣa	*Vedāṅga* (Limb)	Ṛgveda & Yajurveda (*Vedāṅga Jyotiṣa*)

Why Connect Ayurveda & Jyotish

Āyurveda and Jyotiṣa share a single foundational philosophy: Loka-Puruṣa Sāmya Siddhānta—the macrocosm (Brahmāṇḍa) and the microcosm (Piṇḍāṇḍa) mirror each other. Connecting the two sciences bridges pathology with temporality, creating what classical traditions call Medical Astrology or Āyurjyotiṣa.

Classical Āyurveda groups treatment into three tiers:

Yukti-vyapāśraya: Rational therapies (herbal formulations, diet, Pañcakarma)
.
Sattvāvājaya: Mental control and psychotherapy
.
Daiva-vyapāśraya: Spiritual and subtle countermeasures.

THE PANCHAMAHĀBHŪTA & DOSHA CONNECTION

Five Mahābhūtas

1. Pṛthvī — Earth
2. Āpas/Jala — Water
3. Agni/Tejas — Fire
4. Vāyu — Air
5. Ākāśa — Ether

Vāta

Vāyu + Ākāśa

Qualities:

- **Light**
- **Dry**
- **Cold**
- **Mobile**
- **Subtle**
- **Rough**

Pitta

Agni + Jala

Qualities:

- **Hot**
- **Sharp**
- **Light**
- **Fluid**
- **Slightly oily**

Kapha

Jala + Pṛthvī

Qualities:

- **Heavy**
- **Stable**
- **Cold**
- **Oily**
- **Smooth**
- **Slow**

Graha	Elemental association
Sun	Agni
Moon	Jala
Mars	Agni
Mercury	Pṛthvī
Jupiter	Ākāśa
Venus	Jala
Saturn	Vāyu/Ākāśa

☉ **Sun**	**Pitta ↑**	**Agni, heat, Tejas, transformation**
☽ **Moon**	**Kapha ↑**	**Jala, Rasa, nourishment, fluids**
♂ **Mars**	**Pitta ↑**	**Agni, heat, sharpness, blood**
☿ **Mercury**	**Vāta tendency**	**Mobility, nervous/intellectual activity**
♃ **Jupiter**	**Kapha ↑**	**Growth, nourishment, expansion**
♀ **Venus**	**Kapha ↑**	**Jala, Śukra, fertility, nourishment**
♄ **Saturn**	**Vāta ↑↑**	**Vāyu/Ākāśa, dryness, coldness, aging**
☊ **Rāhu**	**Vāta tendency**	**Irregularity, instability, unusual patterns**
☋ **Ketu**	**Pitta tendency**	**Sharpness, penetration, transformative quality**

Sapta Dhatu and Graha Correlation

In an Ayurveda–Jyotiṣa integrative framework, the following planetary associations can be taught as traditional/symbolic correspondences, rather than fixed medical rules.

Rasa → Rakta → Māṃsa → Meda → Asthi → Majjā → Śukra

Moon → Rasa (Body Fluid)

Mars → Rakta (Blood)

Mars → Māṃsa (Fleshy Part)

Jupiter → Meda (Adipose Tissue)

Sun → Asthi (Bony Part)

Saturn → Majjā (Bone Marrow)

Venus → Śukra (Gamets)

		LORD		
1	**Aśvinī**	Ketu	Meṣa (Aries) 00° 00' – 13° 20'	000° 00' – 013° 20'
2	**Bharaṇī**	Venus	Meṣa (Aries) 13° 20' – 26° 40'	013° 20' – 026° 40'
3	**Kṛttikā**	Sun	Meṣa 26° 40' – Vṛṣabha 10° 00'	026° 40' – 040° 00'
4	**Rohiṇī**	Moon	Vṛṣabha (Taurus) 10° 00' – 23° 20'	040° 00' – 053° 20'
5	**Mṛgaśīrṣa**	Mars	Vṛṣabha 23° 20' – Mithuna 06° 40'	053° 20' – 066° 40'
6	**Ārdrā**	Rāhu	Mithuna (Gemini) 06° 40' – 20° 00'	066° 40' – 080° 00'
7	**Punarvasu**	Jupiter	Mithuna 20° 00' – Karka 03° 20'	080° 00' – 093° 20'
8	**Puṣya**	Saturn	Karka (Cancer) 03° 20' – 16° 40'	093° 20' – 106° 40'
9	**Āśleṣā** Gaṇḍānta	Mercury	Karka (Cancer) 16° 40' – 30° 00'	106° 40' – 120° 00'
10	**Maghā** Gaṇḍānta	Ketu	Siṃha (Leo) 00° 00' – 13° 20'	120° 00' – 133° 20'
11	**Pūrvaphalgunī**	Venus	Siṃha (Leo) 13° 20' – 26° 40'	133° 20' – 146° 40'
12	**Uttaraphalgunī**	Sun	Siṃha 26° 40' – Kanyā 10° 00'	146° 40' – 160° 00'
13	**Hasta**	Moon	Kanyā (Virgo) 10° 00' – 23° 20'	160° 00' – 173° 20'
14	**Citrā**	Mars	Kanyā 23° 20' – Tulā 06° 40'	173° 20' – 186° 40'
15	**Svātī**	Rāhu	Tulā (Libra) 06° 40' – 20° 00'	186° 40' – 200° 00'
16	**Viśākhā**	Jupiter	Tulā 20° 00' – Vṛścika 03° 20'	200° 00' – 213° 20'
17	**Anurādhā**	Saturn	Vṛścika (Scorpio) 03° 20' – 16° 40'	213° 20' – 226° 40'
18	**Jyeṣṭhā** Gaṇḍānta	Mercury	Vṛścika (Scorpio) 16° 40' – 30° 00'	226° 40' – 240° 00'
19	**Mūla** Gaṇḍānta	Ketu	Dhanu (Sagittarius) 00° 00' – 13° 20'	240° 00' – 253° 20'
20	**Pūrvāṣāḍhā**	Venus	Dhanu (Sagittarius) 13° 20' – 26° 40'	253° 20' – 266° 40'
21	**Uttarāṣāḍhā**	Sun	Dhanu 26° 40' – Makara 10° 00'	266° 40' – 280° 00'
22	**Śravaṇa**	Moon	Makara (Capricorn) 10° 00' – 23° 20'	280° 00' – 293° 20'
24	**Śatabhiṣā**	Rāhu	Kumbha (Aquarius) 06° 40' – 20° 00'	
25	**Pūrvabhādrapadā**	Jupiter	Kumbha 20° 00' – Mīna 03° 20'	
26	**Uttarabhādrapadā**	Saturn	Mīna (Pisces) 03° 20' – 16° 40'	
27	**Revatī** Gaṇḍānta	Mercury	Mīna (Pisces) 16° 40' – 30° 00'	

Mind : Ayurveda & Jyotish

classical thought, Ayurveda maps the inner physiology of consciousness, while Jyotiṣa maps its macrocosmic energetic blueprints.

Manas	Sensory Mind, Instincts, Emotions	**Moon (Candra)**	*Kapha / Vāta*	Sattva / Tamas
Buddhi	Intellect, Discernment, Logic	**Mercury (Budha)**	*Tridoṣika*	Rajas
Ahaṅkāra	Ego, Identity, Willpower	**Sun (Sūrya)**	*Pitta*	Sattva
Citta / Prajñā	Higher Wisdom, Memory, Ethics	**Jupiter (Guru)**	*Kapha*	Sattva

Jyotish Bhava And Health

1st House

Śarīra / Tanu Bhāva

BODY & VITALITY

- Body (Physical Frame)
- Vitality (Ojas & Prāṇa)
- Constitution (Prakṛti)
- General Health & Stamina

6th House

Roga / Ripu Bhāva

DISEASE & IMBALANCE

- Disease (Acute Manifestation)
- Enemies (External Pathogens)
- Imbalance (Doṣic Vitiation)
- Recovery & Immune Resistance

8th House

Āyus / Randhra Bhāva

CHRONIC & VULNERABILITY

- Chronic Conditions & Degeneration
- Transformation & Surgery
- Deep Structural Vulnerability
- Longevity-Related Themes (Āyus)

12th House

Vyaya / Mokṣa Bhāva

CONFINEMENT & REST

- Hospitalization & Clinical Care
- Isolation & Convalescence
- Expenditure (Energy & Ojas Loss)
- Sleep, Rest & Withdrawal

Prakriti and Birth Chart

Graha (Planet)	Primary Doṣa	Elemental Quality (*Mahābhūta*)	Constitutional Manifestation
Saturn (Śani)	**Vāta**	Air / Space (*Vāyu / Ākāśa*)	Lean/thin frame, dry skin, prominent joints, cold sensitivity, variability.
Mars (Maṅgala)	**Pitta**	Fire (*Tejas*)	Muscular build, high metabolic heat (*Tīkṣṇāgni*), sharp features, inflammation prone.
Sun (Sūrya)	**Pitta**	Fire (*Tejas*)	Strong bone structure, warmth, radiant skin, moderate build, vital stamina.
Moon (Candra)	**Kapha / Vāta**	Water (*Jala*)	Soft rounded contours, abundant bodily fluids, smooth moist skin, lymphatic leanings.

Venus (Śukra)	**Kapha / Vāta**	Water (*Jala*)	Attractive symmetry, lustrous hair/eyes, abundant reproductive tissue (*Śukra Dhātu*).
Jupiter (Guru)	**Kapha**	Ether / Space (*Ākāśa*)	Broad frame, propensity for adipose tissue (*Medas*), stable digestion, grounded endurance.
Mercury (Budha)	**Tridoṣika**	Earth (*Pṛthvī*)	Adaptable, nervous/lean tendencies, reflects the doṣa of the planets it associates with.
Rāhu	**Vāta**	Airy / Smokey	Irregular metabolic patterns, sudden tissue shifts, erratic nerve conduction.
Ketu	**Pitta**	Fiery / Piercing	Subtle metabolic heat, acute sensitivity, deep tissue catabolism.

Agni And Jyotish

In classical philosophy, Agni is the transformative principle that sustains life: in Ayurveda, it is the internal digestive and metabolic fire that governs enzymatic breakdown, tissue nourishment (Dhātu Pariṇāma), and immunity (Ojas); in Jyotiṣa, it is represented by the Fiery (Tejas) Grahas, Signs, and Houses that dictate metabolic strength, cellular vitality, and degenerative burnout

Graha (Planet)	Type of Agni / Energetic Principle	Clinical & Metabolic Function
Sun (Sūrya)	**Solar Agni / Central Metabolic Drive**	Governs systemic vitality (*Ojas*), bone tissue (*Asthi Dhātu*), heart, and baseline cellular thermogenesis. Strong Sun = robust digestive power.
Mars (Maṅgala)	**Bile, Enzymes & Inflammatory Heat**	Governs *Pācaka Pitta*, bile secretion, blood tissue (*Rakta Dhātu*), and acute catabolism. High Mars = hyperacidity, ulceration, and rapid burn rate.
Ketu	**Subtle / Piercing Agni (Sūkṣma Agni)**	Governs deep enzymatic transformations, sudden fevers, hyper-metabolism, and subtle cellular digestion.
Jupiter (Guru)	**Regulator of Expansion & Liver Metabolism**	Mediates liver enzymes (*Bhūtāgni*), carbohydrate/fat metabolism, and balances excess heat with protective lubrication.