Part-7

Traditional Jyotiṣa Based Supportive And Therapeutic Approaches

Philosophical Foundations & Classical Taxonomy

- Triad of Disease Causation (Trividha Hetu): ***Asātmyendriyārtha Saṃyoga*** **(sensory misuse),** ***Prajñāparādha*** **(intellectual error/volitional transgression), and** ***Pariṇāma / Kāla*** **(time and seasonal/ planetary cycles).**
- Jyotiṣa as the Diagnostic Map of Kāla & Karma: **While** ***Nidāna Pañcaka*** **diagnoses physiological pathology, the** ***Kuṇḍalī*** **maps** ***Prārabdha Karma*** **(ripe karma manifesting in the current incarnation) and pinpoints** ***Khavaiguṇya*** **(locus minoris resistentiae—systemic weak points).**

- The Three Categories of Karma (Bṛhat Parāśara Horā Śāstra & Karmavipāka):
  - Dṛḍha (Fixed): **Unalterable karmic debts; requires acceptance, spiritual surrender, and palliative care (*Yāpya / Anupakrama*).**
  - Dṛḍhādṛḍha (Semi-Fixed): **Modifiable through sustained, disciplined therapeutic and spiritual intervention (*Kṛcchrasādhya*).**
  - Adṛḍha (Non-Fixed): **Easily resolved through timely medical, lifestyle, and subtle remedial adjustments (*Sukhasādhya*).**

2. Trividha Chikitsā (Charaka Saṃhitā, Sūtrasthāna 11/54)

Daivavyapāśraya	Subtle/Spiritual & Karmic pacification	*Mantra*, *Auṣadhi* (amulets/herbs), *Maṇi* (gems), *Maṅgala*, *Bali*, *Upahāra*, *Homa*, *Niyama* *Prāyaścitta*, *Upavāsa*, *Svastyayana*, *Praṇipāta*, *Gamanam* (pilgrimage)
Yuktivyapāśraya	Rational, physiological, and pharmacological intervention	*Āhāra* (diet), *Vihāra* (lifestyle), *Auṣadha* (herbal formulations), *Pañcakarma*
Sattvāvajaya	Psycho-spiritual & cognitive mastery	*Jñāna* (self-knowledge), *Vijñāna* (scriptural insight), *Dhairya* (fortitude), *Smṛti* (mindfulness/recall), *Samādhi* (meditative absorption)

Diagnostic Framework in Medical Astrology

- **The Core Triad of Health:**
  - **Lagna & Lagneśa: Physical constitution (*Deha*), *Ojas* reserves, and innate immune resilience.**
  - **Candra (Moon): *Manas* (mind), *Rasa Dhātu* (plasma/lymph), hydration, and emotional adaptability.**
  - **Sūrya (Sun): *Ātman* (vital spark), *Agni* (metabolic fire), *Pitta*, and structural integrity.**

Key Diagnostic Houses & Divisional Charts:

- 6th House (Roga Bhāva): **Acute illness, inflammatory responses, metabolic resistance, and immune reactivity.**
- 8th House (Randhra Bhāva): **Chronicity, incurable/deep-seated pathology, surgical interventions, and *Māndīl Gulika* afflictions (cellular toxicity/*Āma*).**
- 12th House (Vyaya Bhāva): **Hospitalization, sleep architecture, sensory exhaustion, and tissue depletion (*Dhātukṣaya*).**
- Divisional Charts (Vargas): ***Drekkāṇa* (D3) for anatomical localization; *Triṃśāṃśa* (D30) for karmic vulnerabilities and chronic miseries; *Ṣaṣṭiaṃśa* (D60) for root karmic etiology.**

Five components of Nidāna Pañcaka

Component	Ayurvedic meaning	Clinical purpose
Nidāna	Causative factors	Identifies possible causes
Pūrvarūpa	Premonitory symptoms	Identifies early warning signs
Rūpa	Manifest symptoms	Recognises the clinical presentation
Upaśaya–Anupaśaya	Factors that relieve or aggravate	Helps in clinical assessment
Samprāpti	Pathogenesis	Explains disease development

Ṣaṭ-kriyā-kāla

1. **Sañcaya – Accumulation**
   Initial accumulation of a Doṣa in its principal site.
2. **Prakopa – Aggravation**
   The accumulated Doṣa becomes aggravated.
3. **Prasara – Spread**
   The aggravated Doṣa spreads beyond its original location.
4. **Sthāna-saṃśraya – Localisation**
   The disturbed Doṣa interacts with a susceptible tissue or site.
5. **Vyakti – Manifestation**
   Characteristic signs and symptoms become evident.
6. **Bheda – Differentiation**
   The disease develops into more specific forms or complications.

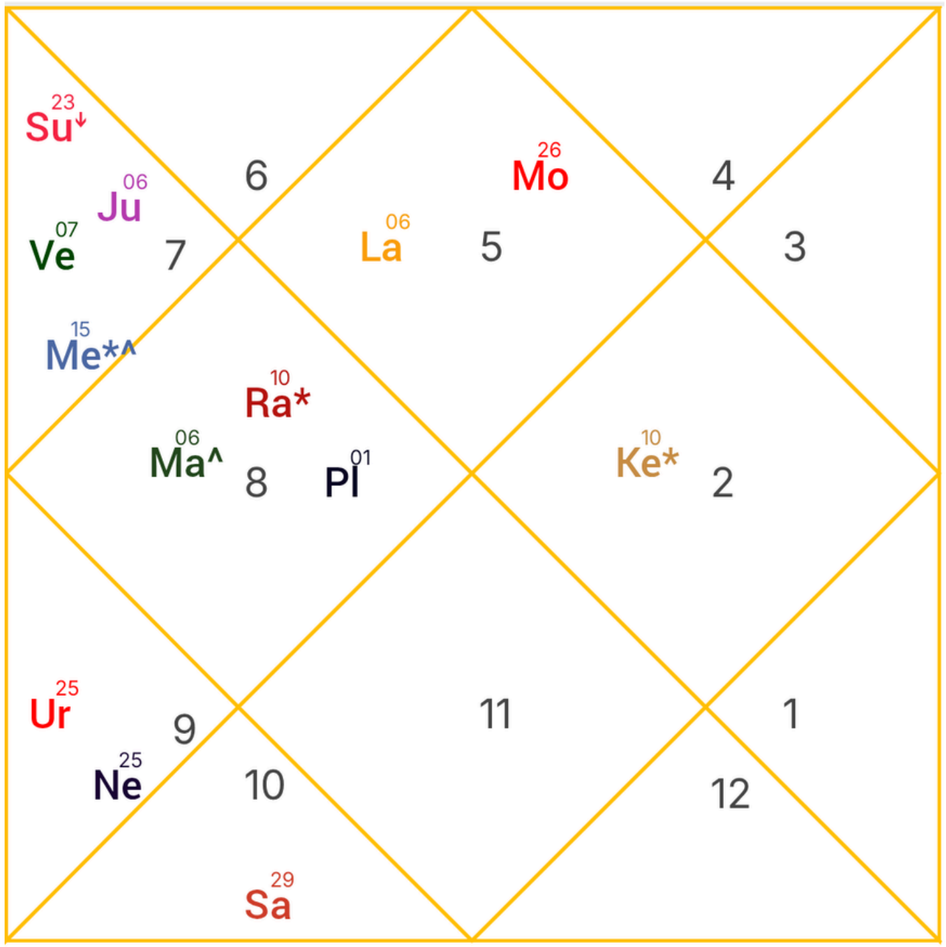
Ayurvedic concept	Traditional Jyotiṣa concept	Comparative interpretation
Nidāna	Graha and Bhāva symbolism	Exploring traditional ideas about causative influences
Sañcaya	Daśā and Gochara	A period in which a symbolic planetary theme is being considered
Prakopa	Graha activation or affliction	Symbolic intensification of a theme
Prasara	Multiple Bhāvas or Graha relationships	Expansion of the symbolic interpretation
Sthāna-saṃśraya	Relevant Bhāva, Rāśi and Nakṣatra	Symbolic localisation
Vyakti	Manifestation in lived experience	The actual clinical condition must be established independently
Bheda	Daśā changes and further planetary combinations	Traditional interpretation of changing life circumstances

Pre-Pañcakarma Chart Assessment (Janma Kuṇḍalī & Gocara)

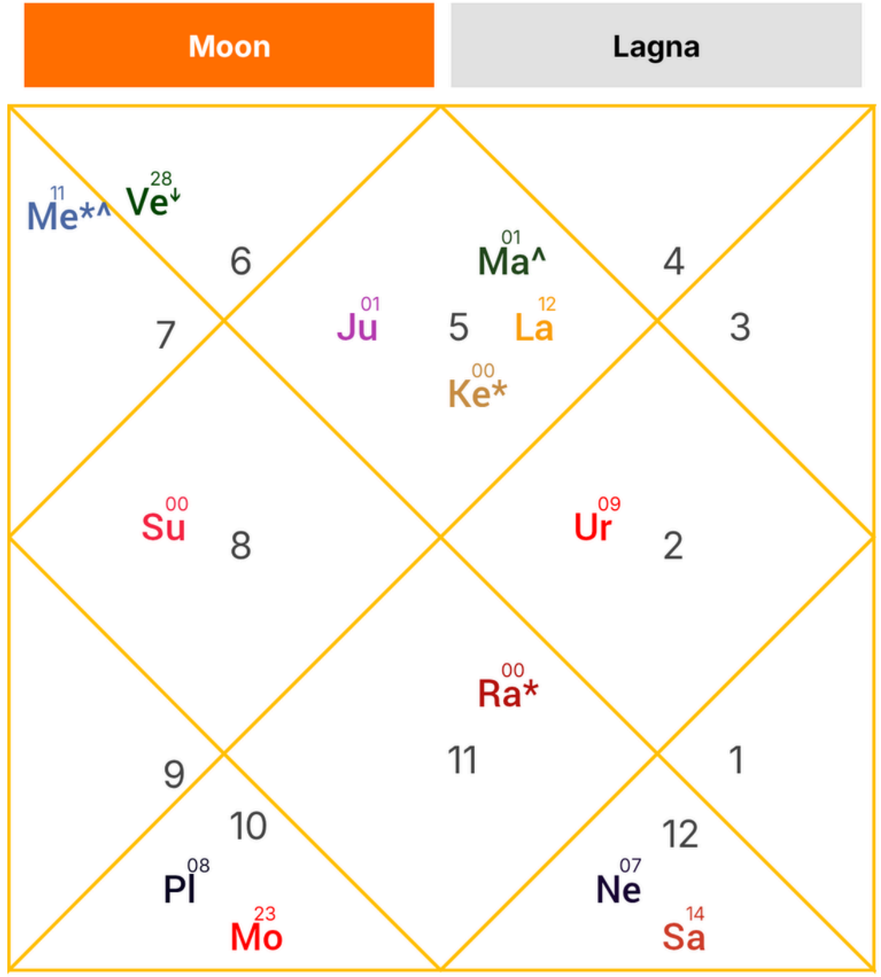
Astrological Parameters	Clinical & Pañcakarma Significance
Lagna, Lagneśa (1st Lord), & Sūrya (Sun)	Evaluates structural endurance and *Prāṇa* to withstand rigorous *Śodhana*. Weak/afflicted Sun or 1st house calls for gentle *Śamana* or *Bṛṃhaṇa Basti* rather than intense *Vamana*/*Virecana*.
8th House (Randhra Bhāva) & 8th Lord	Governs deep-seated cellular toxins and transformation. Benefic support favors deep detox; heavy malefic affliction demands extended, cautious *Pūrvakarma* (*Dīpana-Pācana* and *Snehapāna*).
Candra (Moon) & 4th House	Pañcakarma mobilizes somatic and emotional *Saṃskāras*. A strong, waxing Moon ensures psychological steadiness and compliance during *Snehana* and *Svedana*.
5th House, 6th House, & Maṅgala (Mars)	Determines *Jaṭharāgni* and *Bhūtāgni* capacity to digest *Abhyantara Sneha* (medicated ghee/oil) without triggering *Āma* or *Vyāpad* (complications).

Muhurat (Timming)

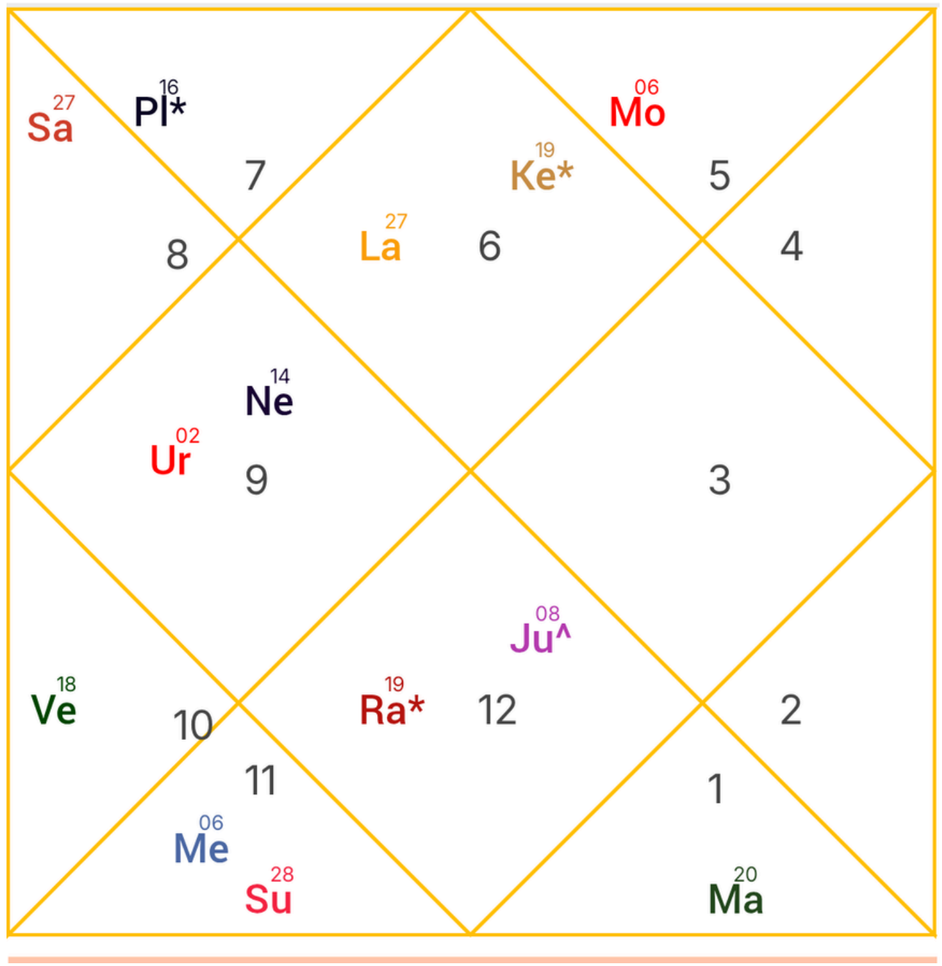
Timing Factor	Favorable Selections	Avoid / Contraindicated	Physiological & Astrological Rationale
Pakṣa (Lunar Fortnight)	**Kṛṣṇa Pakṣa** (Waning) for eliminative *Śodhana*; **Śukla Pakṣa** (Waxing) for *Bṛṃhaṇa* & *Rasāyana*	**Amāvasyā** (New Moon) & **Pūrṇimā** (Full Moon)	Waning moon mirrors downward/outward *Apāna* expulsion; waxing moon supports tissue building. *Parva* days cause extreme bodily fluid shifts.
Tithi (Lunar Day)	**2, 3, 5, 7, 10, 11, 13**	**Riktā Tithis** (4, 9, 14) & **8th / 15th / 30th**	Prevents *Ayoga* (incomplete elimination)
Vāra (Weekday)	**Monday, Wednesday, Thursday, Friday**	**Tuesday & Saturday** (for initiating *Vamana*/*Virecana*)	Benefic weekdays promote smooth assimilation and complication-free elimination. (Tuesday is acceptable only for acute *Raktamokṣaṇa*).
Nakṣatra (Lunar Mansion)	**Aśvinī, Puṣya, Hasta, Mṛgaśīrṣa, Citrā, Anurādhā, Revatī**	**Ārdrā, Āśleṣā, Maghā, Jyeṣṭhā, Mūla** (*Ugra*/*Tīkṣṇa* stars)	*Kṣipra* (swift) and *Mṛdu* (soft) stars ensure gentle, unobstructed *Doṣic* movement and rapid tissue recovery.
Lagna (Ascendant at Start)	Benefic-ruled rising signs (**Taurus, Gemini, Cancer, Virgo, Sagittarius, Pisces**)	**Malefics in the 8th House**; Moon in 6th, 8th, or 12th	Ensures *Lagna Śuddhi* and protects the patient from acute procedural complications (*Vyāpad*).



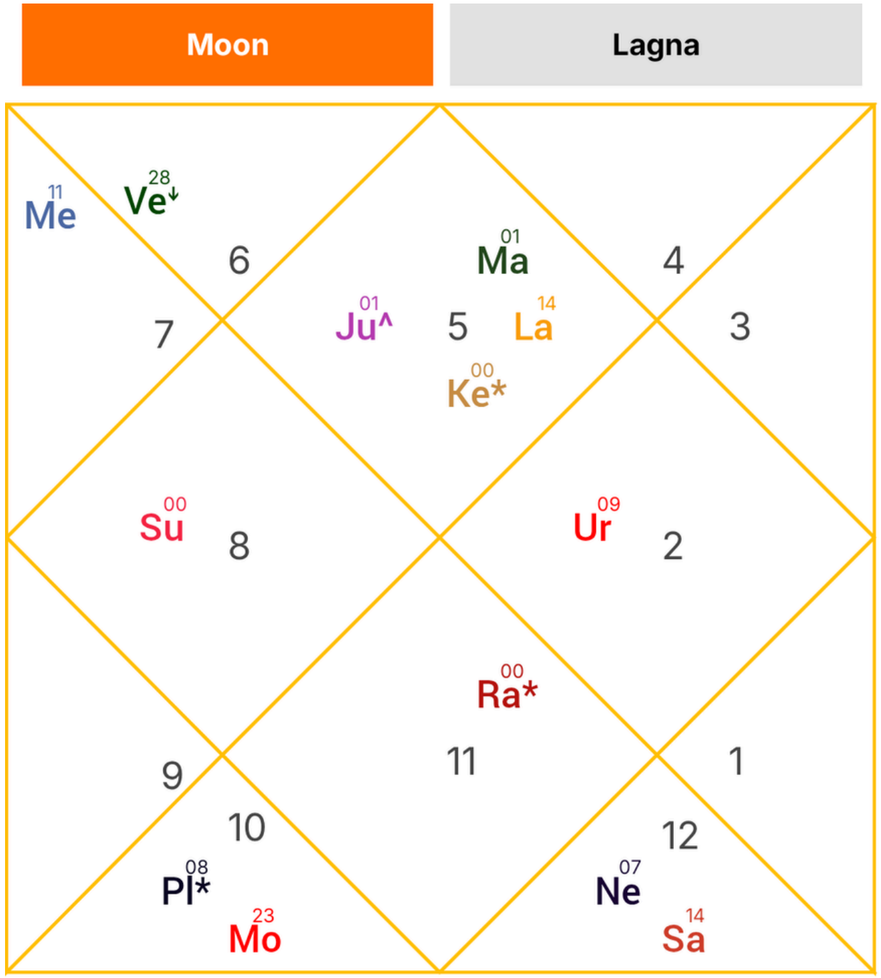
D1 Birth Chart



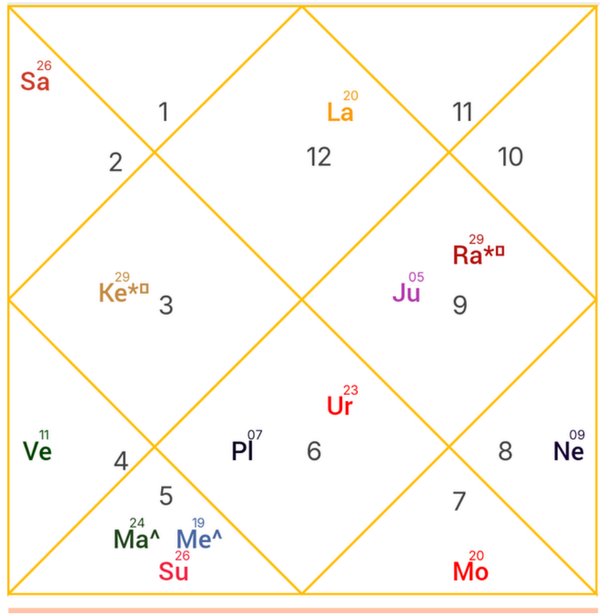
Transit Moon Chart

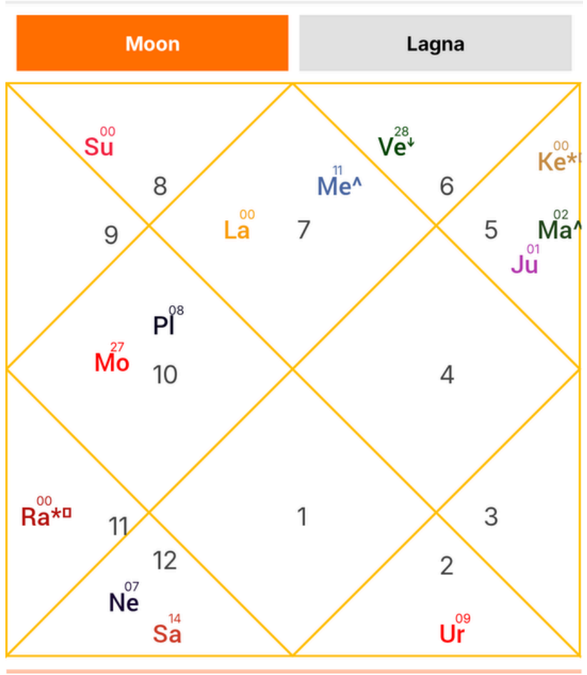


D1 Birth Chart



Moon Transit chart





Pla	Sign	Degree	Naks	Rel
Lag	Pis	20°50'06"	Revat	(2)
Sun	Leo	26°22'52"	PuPha	(4)
Mon	Lib	20°51'22"	Visha	(1)
Mar (C)	Leo	24°41'32"	PuPha	(4)
Mer (C)	Leo	19°48'31"	PuPha	(2)
Jup	Sag	05°32'56"	Moola	(2)
Ven	Can	11°18'46"	Pushy	(3)
Sat	Tau	26°45'39"	Mriga	(2)
Rah (R)	Sag	29°37'08"	UtSha	(1)
Ket (R)	Gem	29°37'08"	PunVa	(3)

Ke/Ke	29/01/2024
Ke/Ve	29/03/2025
Ke/Su	05/08/2025
Ke/Mo	05/03/2026
Ke/Ma	01/08/2026
Ke/Ra	20/08/2027
Ke/Ju	26/07/2028
Ke/Sa	05/09/2029
Ke/Me	01/09/2030

Vimshottari Maha Dasha

Ju	01/09/1987
Sa	01/09/2006
Me	01/09/2023
Ke	01/09/2030
Ve	01/09/2050
Su	01/09/2056
Mo	01/09/2066
Ma	01/09/2073
Ra	01/09/2091