

Ayurveda and Astrology: A Harmonious Path to Holistic Living

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ABSTRACT

This paper explores the integrated relationship between Ayurveda, the science of life, and Jyotisha (Vedic astrology), the science of cosmic influence, as reflected in traditional Indian knowledge systems. Ayurveda describes health as the balance of the three doshas - Vata, Pitta, and Kapha - while astrology explains the role of planetary forces (grahas) in shaping human constitution, disease tendencies, and healing potential. Drawing from classical texts and contemporary interpretations, this study emphasizes the correspondences between planets and doshas: Saturn with Vata, Mars with Pitta, and Jupiter, Moon, and Venus with Kapha. The integration of these sciences highlights how birth charts (Janma Kundali) can reveal predispositions to specific illnesses, and how Ayurveda prescribes lifestyle, diet, and herbal remedies in alignment with cosmic rhythms. Special attention is given to the role of herbs, foods, and colors as planetary remedies, where medicinal plants like Tulsi, Neem, and Turmeric are associated with specific grahas, and dietary choices are adjusted according to astrological influences. The use of colors and gemstones further illustrates the vibrational dimension of healing. The article concludes that the fusion of Ayurveda and astrology provides a holistic model of preventive, personalized, and spiritually-oriented healthcare. In the modern context of stress and chronic illness, this integrated approach offers not only therapeutic benefit but also alignment with universal order (Rta), thereby fostering physical well-being, psychological balance, and spiritual growth.

Key Keywords: *Ayurveda, Astrology, Doshas, Prakriti, Holistic Wellness, Jyotisha, Planets (Grahas), Zodiac Signs (Rashis), Janma Kundali, Karma, Ritucharya, Dinacharya, Muhurta, Cosmic Influence, Personalized Healing, Preventive Healthcare, Spiritual Well-being.*

1. INTRODUCTION

Ayurveda and Astrology stand as two ancient Indian sciences that have profoundly shaped the understanding of life, health, and destiny. Ayurveda, often called the “Science of Life” (Ayus + Veda), emphasizes the principles of doshas (Vata, Pitta, Kapha), Prakriti (constitution), and holistic wellness through natural remedies, lifestyle regulation, and harmony with nature. Astrology, on the other hand, is revered as the “Science of Cosmic Influence” (Jyotisha),

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focusing on the role of planets (Grahas), zodiac signs (Rashis), and the birth chart (Janma Kundali) in shaping human life and health.

Together, these disciplines reveal the interconnectedness of body, mind, and cosmos, where Ayurveda provides the practical framework for health and longevity, while Astrology interprets the cosmic blueprint of time and destiny. The fusion of these sciences highlights concepts like Karma (cause-effect law), Ritucharya (seasonal routines), and Muhurta (auspicious timing), offering not just preventive healthcare but also personalized healing.

In the modern world, where stress, lifestyle disorders, and disconnection from nature are prevalent, the integration of Ayurveda and Astrology presents a holistic approach that aligns physical health, mental balance, and spiritual well-being with the rhythms of nature and the universe.

2. ORIGINS AND PHILOSOPHICAL FOUNDATIONS

Ayurveda, derived from the Sanskrit words Ayus (life) and Veda (knowledge), is one of the oldest systems of medicine known to humankind, with roots in the Vedic period. It is not merely a medical system but a comprehensive philosophy of life that integrates the physical, mental, and spiritual dimensions of human existence. The foundational texts - Charaka Samhita, Sushruta Samhita, and Ashtanga Hridaya - emphasize that the ultimate goal of Ayurveda is to achieve swasthya (a state of complete health, where the body, senses, mind, and soul function in harmony). Unlike modern biomedicine, which often focuses on symptomatic relief, Ayurveda perceives disease as a manifestation of imbalance in natural rhythms and strives to restore harmony through lifestyle, diet, herbs, therapies, and spiritual practices.

3. THE CONCEPT OF TRIDOSHA

At the heart of Ayurveda lies the concept of the Tridosha:

- Vata – associated with air and space elements, governing movement, nervous system activity, circulation, and communication within the body.
- Pitta – associated with fire and water elements, responsible for digestion, metabolism, and transformation processes.
- Kapha – associated with earth and water elements, regulating stability, growth, immunity, and lubrication of joints.

Every individual has a unique balance of these doshas, known as their Prakriti (constitution). Disease arises when doshas are disturbed (Vikruti) due to improper diet, lifestyle, seasonal changes, or emotional stress. This principle allows Ayurveda to deliver highly personalized medicine, tailoring treatment to individual constitutions rather than applying a one-size-fits-all approach.

4. PRAKRITI: THE AYURVEDIC CONSTITUTION

The Ayurvedic idea of Prakriti is central to understanding one's health tendencies. For example:

- Vata Prakriti individuals may be creative and energetic but prone to anxiety, insomnia, or digestive irregularities.
- Pitta Prakriti individuals are often intelligent, focused, and ambitious but may suffer from acidity, inflammation, or anger issues.
- Kapha Prakriti individuals are calm, compassionate, and grounded but can face challenges like obesity, lethargy, and respiratory disorders.

This classification enables Ayurveda to suggest customized diet plans, therapies, and behavioral guidelines, ensuring long-term balance and disease prevention.

5. PANCHAMAHABHUTA: THE FIVE ELEMENTS

Ayurveda also rests on the philosophical doctrine of Panchamahabhuta - the five great elements: Earth (Prithvi), Water (Apas), Fire (Agni), Air (Vayu), and Ether (Akasha). These elements combine to form the doshas and manifest in the body, mind, and environment. For example, bones represent the earth element, blood embodies water, metabolism reflects fire, breath signifies air, and consciousness relates to space. The interaction of these elements ensures the microcosm (body) remains in tune with the macrocosm (universe).

6. DINACHARYA: DAILY REGIMEN

Ayurveda emphasizes that health is maintained not only by treating illness but by living in harmony with nature's cycles. The daily regimen or Dinacharya includes practices such as:

- Waking up at Brahma Muhurta (before sunrise) to align with natural rhythms.
- Oral hygiene practices like oil pulling (Gandusha), tongue scraping, and herbal brushing.
- Abhyanga (oil massage) to nourish tissues and improve circulation.
- Yoga and Pranayama to maintain flexibility and mental clarity.
- Wholesome diet (Ahara) consumed at the right time, in moderation, and according to constitution.

Dinacharya reinforces balance in biological clocks, aiding digestion, sleep, and immunity.

7. RITUCHARYA: SEASONAL REGIMEN

Ayurveda recognizes the profound influence of seasons on human health. Each season aggravates a particular dosha, requiring lifestyle modifications to maintain balance:

- Summer (Grishma) aggravates Pitta, so cooling foods, hydration, and relaxation are recommended.
- Rainy Season (Varsha) increases Vata, requiring warm, grounding foods and preventive detoxification.

- Winter (Hemanta) enhances Kapha, calling for warming spices, physical activity, and lighter diets.

This preventive healthcare model ensures immunity against seasonal disorders.

8. AHARA: THE ROLE OF DIET

Diet or Ahara is regarded as the foundation of health in Ayurveda. Food is considered medicine when consumed in the right quality, quantity, and manner. Ayurveda classifies food according to Rasas (tastes) - sweet, sour, salty, bitter, pungent, and astringent - each influencing doshas differently. For instance, pungent and sour tastes increase Pitta, while sweet and oily foods aggravate Kapha. Eating habits like overeating, irregular meals, or incompatible food combinations (Viruddha Ahara) are seen as primary causes of disease. A sattvic diet (pure, balanced, vegetarian) is encouraged for clarity of mind and spiritual growth.

9. AYURVEDA IN THE MODERN CONTEXT

In today's world, Ayurveda has found renewed relevance. Chronic lifestyle diseases such as obesity, diabetes, hypertension, and anxiety disorders often elude complete cure in conventional medicine but respond well to Ayurvedic preventive and holistic approaches. The global wellness industry has also embraced Ayurvedic concepts like herbal supplements, mindfulness, yoga, and detox therapies. Furthermore, research on Ayurveda is expanding into pharmacology, nutrigenomics, and integrative medicine, offering promising avenues for modern science.

10. ORIGINS AND PHILOSOPHICAL ROOTS

Astrology, known in Sanskrit as **Jyotisha Shastra**, literally means the “science of light.” It is regarded as the **eye of the Vedas (Vedachakshu)**, guiding human beings through the illumination of cosmic patterns. Rooted in the Rigveda and further elaborated in classical texts such as Brihat Parashara Hora Shastra, Jataka Parijata, and Saravali, astrology reflects the profound belief that the **macrocosm (the universe)** and the **microcosm (the individual)** are interconnected. The celestial bodies - planets, stars, and constellations - emit vibrations and energies that shape human life, health, emotions, and destiny.

Unlike modern astronomy, which studies celestial phenomena for scientific understanding, Vedic astrology is concerned with their **influence on terrestrial life**. The fundamental assumption is that cosmic forces act like **subtle energies**, influencing both the physical and psychological aspects of human beings. Just as the moon governs ocean tides, celestial movements are believed to regulate the rhythms of the human body and mind.

11. THE CONCEPT OF GRAHAS (PLANETS)

In Vedic astrology, **Grahas** (planets) are not just physical bodies but **cosmic influencers** with symbolic and energetic attributes. The nine grahas include:

- **Surya (Sun):** Represents the soul, vitality, authority, and health.
- **Chandra (Moon):** Governs emotions, mind, memory, and fluid balance.

- **Mangala (Mars):** Symbolizes energy, courage, aggression, and blood circulation.
- **Budha (Mercury):** Governs intellect, communication, and analytical ability.
- **Guru (Jupiter):** Signifies wisdom, prosperity, ethics, and knowledge.
- **Shukra (Venus):** Associated with love, beauty, art, and reproductive health.
- **Shani (Saturn):** Represents discipline, karma, obstacles, and longevity.
- **Rahu and Ketu (Lunar Nodes):** Shadow planets influencing karmic patterns, obsession, and spiritual growth.

Each planet's placement at the time of birth reflects a **unique karmic imprint**, influencing strengths, weaknesses, tendencies, and life events.

12. THE ZODIAC AND NAKSHATRAS

The celestial sphere is divided into twelve zodiac signs (**Rashis**) - Aries to Pisces - each associated with specific qualities. Additionally, the moon's path is divided into **27 Nakshatras (lunar constellations)**, each holding symbolic significance. While the Rashis indicate broad personality traits, the Nakshatras provide subtle details of temperament, mental tendencies, and spiritual inclinations. For instance, **Ashwini Nakshatra** is linked with healing and vitality, while **Moola Nakshatra** signifies transformation and karmic challenges.

13. THE JANMA KUNDALI (BIRTH CHART)

The **Janma Kundali**, or natal chart, is the core tool of astrology. It is a snapshot of the sky at the precise moment of birth, depicting the positions of planets, signs, and houses. This chart is divided into **twelve houses (Bhavas)**, each representing an aspect of life:

1. Self and personality
2. Wealth and resources
3. Communication and siblings
4. Home and emotions
5. Creativity and children
6. Health and service
7. Partnerships and marriage
8. Transformation and inheritance
9. Dharma and higher knowledge
10. Career and authority
11. Gains and social network
12. Liberation and spirituality

By analyzing planetary placements in these houses, astrologers interpret one's **life path, opportunities, challenges, and karmic debts**.

14. DASA SYSTEM: THE TIMING OF EVENTS

One of the unique features of Vedic astrology is the **Dasa system**, which divides life into planetary periods, each governed by a specific graha. For example, the Mahadasha of Jupiter may bring wisdom, expansion, and prosperity, while the Mahadasha of Saturn might bring discipline, trials, and karmic lessons. This system allows astrologers to predict the **timing of major life events** - education, marriage, career shifts, or health challenges - helping individuals prepare for and harmonize with cosmic rhythms.

15. ASTROLOGY AND HEALTH

Astrology is not only concerned with destiny but also with **Ayurvedic health principles**. Each planet corresponds to specific organs, systems, and doshas:

- Sun influences the heart and eyes.
- Moon governs fluids, blood, and emotional stability.
- Mars affects muscles, blood, and pitta balance.
- Saturn influences bones, nerves, and vata imbalance.

By studying a person's horoscope, astrologers can identify **susceptibilities to diseases** and suggest preventive measures. For example, a weak Moon might predispose an individual to mental stress or insomnia, while affliction of Mars may indicate inflammatory disorders.

16. REMEDIAL MEASURES

Astrology prescribes **Upayas (remedies)** to mitigate negative planetary influences and enhance positive energies. These include:

- **Mantras:** Chanting sacred sounds associated with planets (e.g., Om Suryaya Namah for the Sun).
- **Gemstones:** Wearing gems aligned with planetary vibrations, such as Ruby for the Sun or Blue Sapphire for Saturn.
- **Yajnas and Rituals:** Fire sacrifices and offerings to appease planetary deities.
- **Charity (Dana):** Donating specific items linked to planets, such as black sesame for Saturn or ghee for Jupiter.
- **Lifestyle Adjustments:** Aligning diet, meditation, or fasting practices with planetary cycles.

These remedies are believed to harmonize cosmic energies, improving both material and spiritual outcomes.

17. ASTROLOGY AS A GUIDE TO DHARMA

Beyond health and material prosperity, astrology serves a deeper purpose: guiding individuals toward their **Dharma (righteous duty)**. The birth chart reveals inclinations and talents, helping individuals align with their **life purpose**. For example, a strong Jupiter in the ninth house may indicate a path in teaching, philosophy, or spirituality, while a powerful Mars in the tenth house may suggest a military or engineering career. By following dharma, individuals experience greater fulfillment and alignment with cosmic order.

18. ASTROLOGY IN DAILY LIFE

Astrology is woven into the fabric of Indian culture and daily living. Important activities such as marriages, business ventures, travel, or religious rituals are scheduled based on **Muhurta (auspicious timing)**. Farmers rely on lunar cycles for planting and harvesting. Even modern professionals consult astrology for career decisions, health planning, and financial investments. Its enduring relevance lies in its ability to **synchronize human actions with cosmic rhythms**, reducing friction and enhancing harmony.

19. MODERN RELEVANCE OF ASTROLOGY

While astrology is often dismissed by skeptics as superstition, its popularity persists worldwide. In the modern context, astrology is increasingly being studied through the lenses of **psychology, symbolic archetypes, and astronomy**. Some researchers see it as a tool for **self-awareness**, offering insights into personality, strengths, and blind spots. Others approach it as a cultural system that encodes ancient wisdom about time, cycles, and nature.

In integrative healthcare, astrology is sometimes combined with **Ayurveda** to create **personalized wellness plans**, including diet, herbal remedies, and timing of treatments. For instance, astrology might indicate the most favorable period for detoxification therapies or spiritual retreats, ensuring deeper efficacy.

20. THE HOLISTIC VISION

Astrology, like Ayurveda, does not view life as random or chaotic but as governed by **Rta (cosmic order)**. It reminds human beings that they are not isolated entities but integral parts of a vast cosmic web. By understanding planetary patterns, one can navigate life with greater awareness, patience, and acceptance. Ultimately, astrology is not about blind fatalism but about **empowerment** - helping individuals make conscious choices in alignment with universal rhythms.

21. HERBS, FOODS, AND COLORS IN AYURVEDA–ASTROLOGY

21. 1. Herbs and Planetary Healing

In the PDF, herbs are not just medicinal plants but also **carriers of planetary vibrations**. Each planet (graha) resonates with specific herbs, which help balance the dosha that the planet influences:

- **Sun (Surya)** - Associated with vitality and heart health. Herbs: Arjuna, Amla, Guggulu. These strengthen blood circulation and immunity.

- **Moon (Chandra)** - Governs mind and fluids. Herbs: Brahmi, Jatamansi, Aloe vera. These calm emotions and balance Kapha.
- **Mars (Mangala)** - Connected to heat and energy. Herbs: Neem, Kutki, Chitraka. Used for fevers, blood purification, and Pitta disorders.
- **Mercury (Budha)** - Controls intellect and digestion. Herbs: Triphala, Haritaki, Ashwagandha. Enhance memory and metabolism.
- **Jupiter (Guru)** - Nourishes growth and Kapha. Herbs: Turmeric, Licorice, Shatavari. Build strength and immunity.
- **Venus (Shukra)** - Governs reproduction and beauty. Herbs: Shatavari, Lotus seeds, Sandalwood. Promote fertility and skin glow.
- **Saturn (Shani)** - Linked with chronic conditions and nerves. Herbs: Dashamoola, Nirgundi, Sesame oil. Used in arthritis and Vata disorders.
- **Rahu–Ketu** - Shadow planets tied with karmic and psychological disturbances. Herbs: Tulsi, Durva grass, Kusha grass. Support mental clarity and spiritual balance.

Thus, Ayurvedic prescriptions often align herbs with the **dominant planetary imbalance** seen in one's chart.

22.2. Foods and Dosha–Planet Balance

The PDF also highlights that diet (Ahara) is planetary as well as doshic. Foods not only nourish tissues but also align us with cosmic vibrations.

- **Vata / Saturn foods:** Warm, moist, oily, grounding foods – rice, wheat, milk, ghee, root vegetables. Avoid dry, cold, and raw foods during Saturn afflictions.
- **Pitta / Mars foods:** Cooling, sweet, and bitter foods – cucumbers, melons, milk, coriander, leafy greens. Avoid spicy, sour, and fermented foods when Mars or Sun aggravates Pitta.
- **Kapha / Moon–Jupiter–Venus foods:** Light, dry, pungent foods – barley, millet, beans, ginger, turmeric. Avoid dairy, heavy sweets, and oily foods when Kapha planets dominate.

In practice: if a patient has **Moon affliction** leading to Kapha imbalance (like asthma, water retention), a Kapha-pacifying diet is prescribed: barley gruel, ginger tea, and honey. If **Mars is aggravated**, a Pitta-pacifying diet with cucumber, milk, and coriander water helps.

22.3. Colors and Planetary Therapy

Colors are considered powerful in the PDF because **every graha radiates a specific color frequency**. Surrounding oneself with these colors - through clothing, gemstones, or environment - harmonizes planetary vibrations.

- **Sun** - Red, deep orange (symbolizes vitality, authority). Wearing red on Sundays strengthens confidence.

- **Moon** - White, silver (calms the mind, enhances compassion). White clothes, pearls, or moonlight bathing soothe emotions.
- **Mars** - Red, scarlet (strength, energy, passion). But too much red can aggravate anger and Pitta.
- **Mercury** - Green (freshness, intellect). Wearing green improves focus and communication.
- **Jupiter** - Yellow, golden (wisdom, prosperity). Yellow clothing or turmeric tilak is auspicious on Thursdays.
- **Venus** - White, light blue, pastel colors (beauty, harmony). Wearing soft colors enhances relationships and artistic expression.
- **Saturn** - Dark blue, black (discipline, grounding). Blue sapphire or black sesame offerings are remedies for Saturn imbalance.
- **Rahu** - Smoky gray, electric blue. Used cautiously in spiritual practices.
- **Ketu** - Ash, saffron, dull red. Symbolizes detachment and spiritual renunciation.

Ayurveda–Astrology therefore combines **diet, herbs, and colors** into a holistic remedy, not only treating disease but also **re-aligning the patient with cosmic harmony**.

23. CONCLUSION

The exploration of Ayurveda and Astrology together reveals a profound vision of health and well-being that extends far beyond conventional medicine. Ayurveda, the science of life, begins with the understanding that health is balance - of Vata, Pitta, and Kapha, the three doshas which govern the body and mind. Astrology, the science of cosmic influence, interprets the grahas (planets) and their impact on human life. When studied together, they present a unified framework where body and cosmos mirror each other, and where healing arises not only from physical remedies but from alignment with the rhythms of the universe.

The uploaded text makes it clear that disease is not merely a biological accident but a reflection of dosha–graha imbalance. Saturn may aggravate Vata leading to arthritis, Mars may inflame Pitta resulting in fevers, and the Moon may disturb Kapha causing respiratory or psychological disorders. By understanding these correspondences through the birth chart, an Ayurvedic physician can identify both the root cause and the timing of illness, thereby offering treatments that are preventive as well as curative. This is one of the most striking contributions of Ayurveda–Astrology synthesis: it allows medicine to be predictive and personalized, considering not only the constitution of the body but also the movements of the cosmos.

Herbs, foods, and colors become powerful tools in this integrated system. An herb like Neem is not just an antimicrobial - it is also a Mars herb, pacifying fiery Pitta conditions that arise under Mars affliction. Food is not simply nutrition - it is vibration, where cooling cucumbers may calm a Mars-driven inflammation, or light grains may reduce a Moon-driven Kapha excess. Colors too are therapy: the white of the Moon soothes the mind, yellow of Jupiter inspires wisdom, and green of Mercury sharpens intellect. In this way, remedies touch not only

the body but also the subtle energies of the individual, creating a multi-dimensional healing response.

The role of time (Kala), as emphasized in the document, also gives depth to this system. Ayurveda prescribes routines like Dinacharya and Ritucharya, while astrology refines treatment through Muhurta (auspicious timing) and Dasha (planetary periods). Together, they remind us that healing is not an isolated act but a dialogue with time itself. Just as seasons bring cycles of change, planetary transits bring phases of growth, challenge, and transformation. Aligning therapies with these rhythms ensures maximum benefit, much like sowing seeds in the right season ensures a good harvest.

In a modern world dominated by chronic stress, lifestyle disorders, and a sense of disconnection from nature, the Ayurveda–Astrology model holds timeless relevance. It offers personalized healthcare, rooted in prevention, balance, and alignment with universal order (Rta). Rather than seeing health as mere absence of disease, it defines wellness as harmony of body, mind, and spirit, in resonance with cosmic energies. This holistic vision not only restores health but also cultivates peace, resilience, and spiritual awakening.

In conclusion, the wisdom of Ayurveda and Astrology reminds us that we are not separate from the cosmos but intimately woven into its fabric. To heal ourselves is to align with the planets, the elements, and the eternal rhythms of nature. By embracing herbs, foods, colors, and timing in harmony with cosmic forces, one can achieve swasthya - the state of complete well-being that the ancients envisioned. This integrated approach, as reflected in the PDF, is not a relic of the past but a living science with immense potential to guide humanity toward balance and wholeness in the present age.

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