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Synergizing Ayurveda and Jyotish Shastra: A Holistic Approach to Health and Healing

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Abstract

Introduction:

Ayurveda and Jyotish Shastra, two cornerstone branches of ancient Indian knowledge, provide a complementary approach to health, combining body, mind, and cosmic influences [1]. Ayurveda primarily focuses on restoring balance in the body through the Tridosha theory (Vata, Pitta, and Kapha), while Jyotish Shastra offers insight into the cosmic energies that influence an individual's health, particularly through the movements of celestial bodies. This study explores the interconnectedness of these two systems and their synergistic potential for enhancing health outcomes.

Materials & Methods:

This conceptual study conducts a review of classical Ayurvedic texts and foundational Jyotish literature to understand how planetary movements correlate with doshic imbalances and disease manifestation. A detailed analysis is presented on various practices such as selecting auspicious timings (Muhurta) for therapies, the use of planetary herbs, and personalizing treatments based on individual astrological charts. Examples from traditional healing practices like medicated baths (Snana), mantra therapy, and herb selection according to planetary rulership are examined to demonstrate their therapeutic effectiveness.

Results:

The integration of Ayurvedic and Jyotish principles reveals that personalized, time-sensitive

treatment plans can address both physical and karmic health challenges [2]. The synergy of planetary influences with the Ayurvedic doshic framework creates a more nuanced and precise approach to health care, particularly for chronic and lifestyle-related conditions. The cosmic influence provides additional depth in therapy selection, enhancing outcomes where conventional treatments might fall short.

Discussion & Conclusion:


The study underscores the potential of combining Ayurveda and Jyotish Shastra as a model for modern holistic healthcare. It highlights the role of astrology in offering preventive and individualized care, especially in managing long-term, chronic conditions. By addressing both constitutional and cosmic factors, this integrated model not only provides personalized treatment plans but also a deeper understanding of the root causes of diseases, making it a valuable addition to contemporary healthcare strategies.

Keywords: Ayurveda, Jyotish Shastra, Tridosha, Karma, Holistic Healing

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