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APPLICATION AND USE OF MEDICAL
ASTROLOGY IN THE MODERN ERA: AN
INTEGRATIVE REVIEW

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ABSTRACT

Background: Medical astrology (Āyur-Jyotiṣa) is an ancient interdisciplinary science integrating Jyotiṣa (astrology) and Ayurveda, rooted in the Vedas, Upanishads, Upavedas, and classical Samhitas. Historically, planetary influences were believed to govern physiological constitution, disease susceptibility, prognosis, and therapeutic timing. In the modern era, there is renewed interest in personalized, preventive, and holistic healthcare models, prompting re-exploration of traditional knowledge systems.

Objective: To systematically review classical and contemporary literature on medical astrology and evaluate its applications in modern healthcare through the lens of Ayurveda and traditional Indian knowledge systems.

Methods: A systematic literature review was conducted following PRISMA guidelines. Classical Ayurvedic and Jyotiṣa texts, commentaries, and peer-reviewed articles were screened. Data were extracted on theoretical foundations, clinical applications, preventive roles, and modern relevance.

Results: Thirty-eight sources met inclusion criteria. Medical astrology demonstrates potential utility in constitution assessment (Prakṛti), disease predisposition (Doṣa–Graha correlation), prognosis, chronotherapy (Muhurta-based interventions), and preventive healthcare. Integration with Ayurveda supports individualized treatment planning.

Conclusion: Medical astrology, when interpreted scientifically and ethically, can complement Ayurveda in personalized medicine, preventive care, and psychosomatic health. Further interdisciplinary research is warranted to validate traditional correlations using modern methodologies.

Keywords: Medical Astrology, Jyotiṣa, Ayurveda, Veda, Upanishad, Prakṛti, Preventive Medicine, Integrative Healthcare

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SEARCH STRATEGY

- Medical Astrology”
- “Jyotiṣa and Ayurveda”
- “Graha Doṣa correlation”
- “Traditional medicine and astrology”

1. INTRODUCTION

Traditional Indian medical knowledge is inherently holistic, viewing human health as an interaction between cosmic forces (Loka) and individual physiology (Puruṣa). The concept “Yat Piṇḍe Tat Brahmāṇḍe” described in the Upanishads highlights the microcosm–macrocosm relationship, forming the philosophical foundation of medical astrology.

Jyotiṣa is recognized as one of the Vedāṅgas, essential for understanding timing, causation, and cosmic influences. Ayurveda, the Upaveda of Atharvaveda, integrates these principles for diagnosis, prognosis, and treatment planning. Classical texts such as Bṛhat Saṃhitā, Charaka Saṃhitā, Suśruta Saṃhitā, and Aṣṭāṅga Hṛdaya acknowledge the influence of Grahas (planets) on health and disease.

In the modern era, personalized medicine, chronobiology, and psychosomatic medicine echo many principles of medical astrology, necessitating a systematic review of its relevance and application today.

MATERIALS AND METHODS

Systematic review conducted according to PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) guidelines.

PRISMA FLOW (NARRATIVE SUMMARY)

- Records identified: 92
- Records screened: 64
- Full-text articles assessed: 45
- Studies included: 38

Data Sources

- **Classical texts:**
 - Vedas, Upanishads
 - Charaka Saṃhitā, Suśruta Saṃhitā, Aṣṭāṅga Hṛdaya
 - Bṛhat Parāśara Horā Śāstra, Bṛhat Saṃhitā
- **Electronic databases:**
 - Google Scholar
 - AYUSH Research Portal
 - PubMed (integrative and traditional medicine articles)

Study Design

- Literature Review

INCLUSION CRITERIA

- Classical Ayurvedic or Jyotiṣa references to health
- Articles discussing medical astrology in diagnosis, prognosis, or prevention
- English and Sanskrit sources with translations

EXCLUSION CRITERIA

- Non-medical astrology content
- Purely predictive astrology without health context
- Opinion-based articles lacking textual references

RESULTS

1. Conceptual Correlation of Graha and Doṣa

Graha	Dominant Doṣa	Physiological Influence
Sun	Pitta	Metabolism, vitality
Moon	Kapha	Mind, immunity
Mars	Pitta	Blood, inflammation
Mercury	Vāta	Nervous system
Jupiter	Kapha	Growth, immunity
Venus	Kapha	Reproductive health
Saturn	Vāta	Degeneration, chronic disease
Rāhu/Ketu	Tridoṣa	Psychosomatic disorders

2. Prakṛti Assessment

Medical astrology complements Ayurvedic Prakṛti analysis by correlating:

- Ascendant (Lagna)
- Moon sign (Manasika Prakṛti)
- Planetary dominance at birth

This supports individualized health profiling.

3. Disease Predisposition and Prognosis

Graha afflictions are described as influencing:

- Chronic illnesses (Saturn – Vāta Vyādhī)
- Hormonal disorders (Moon, Venus)
- Inflammatory conditions (Sun, Mars)

Ayurveda emphasizes Daiva–Vyapāśraya Cikitsā, including mantra, gemstone, and ritual therapies, especially for idiopathic or psychosomatic conditions.

4. Chronotherapy and Muhurta

Astrology guides:

- Surgical timing (Suśruta Saṃhitā)
- Panchakarma scheduling
- Drug administration timing

This aligns with modern chronobiology.

5. Preventive and Mental Health Applications

Medical astrology contributes to:

- Stress and anxiety management
- Lifestyle counseling
- Seasonal and planetary transit-based preventive measures

DISCUSSION

The integrative framework of medical astrology and Ayurveda aligns with modern personalized and preventive healthcare models. While astrology is often criticized for lack of empirical validation, many principles parallel modern concepts such as circadian rhythm, genetic predisposition, and psychosomatic interactions.

Ethical application requires:

- Avoiding fatalistic predictions
- Supporting evidence-based Ayurveda
- Using astrology as an adjunct, not a replacement

Interdisciplinary research can bridge traditional wisdom and modern science.

CONCLUSION

Medical astrology, deeply rooted in Vedic and Ayurvedic traditions, offers valuable insights into personalized healthcare, preventive medicine, and psychosomatic health. When applied judiciously and scientifically, it can complement modern Ayurveda and integrative medical practices. Future clinical and observational studies are needed to establish standardized frameworks and validate traditional correlations.

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