



PUSHYA NAKSHATRA – THE IMPERATIVE COMPONENT OF TREATMENT

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ABSTRACT

Ayurveda and Jyotisha are considered as life sciences and the two faces of the same coin. Ayurveda is unique science which deals with life of an individual from birth till death like Astrology which is associated with various aspects from birth till death. Many principles of Jyotisha are used in initiating various important works as described in Ayurveda. Pushya is one of the Nakshatra which is given utmost importance in Ayurveda. Knowledge of Nakshatra plays an important role starting from birth, initiating education, collection of herbs, preparing medicines and undergoing treatments.

KEYWORDS: Nakshatra, Pushya, Ayurveda.

INTRODUCTION

Festivals in Hinduism like Ekadashi, Poornima, Amavasya, Makar Sankranti, Pongal, Ugadi etc are celebrated with fervor and joy all over the world. Even seasonal festivals related to Rtu and harvest of the crops has their own importance and in some way related to the movement and impact of celestial bodies.^[1] Hindus around the world celebrate these with a backdrop of scientific significance. The impact of celestial bodies on or bodies is one of the foundations for these celebrations and the impact of these heavenly bodies varies from one individual to another. Many people indulge in fasting; some undergo certain rituals etc to maximize the positive impact of the heavenly bodies on themselves. Loka Purusha Samya Vada^[2] (Principle of Environmental Similarity) is one Siddhanta which has analogous understanding and has a very imperative place in recognizing the relation between human being and Mother Nature. Ayurveda explained it in the framework of Shareera Sthana to make us aware of the similarities between humans and Mother Nature. Whatever affects Mother Nature has a sure shot impact on humans as well.^[3] One such component is explained in Astrology and widely employed in Ayurveda is the concept of Nakshatra. Nakshatras are one of the important components not only in Astrology but in Ayurveda.^[4] Acharyas at many places have enlisted and advised to mull over the Nakshatra for various important works like

initiation of education.^[5] Pushya Nakshatra, often referred to as the nourisher, is the eighth Nakshatra in the Vedic astrology. It spans from 3°20' to 16°40' in the sign of Cancer and is symbolized by the udder of a cow, signifying nourishment and nurturing. Out of 27 Nakshatras in Vedic astrology, the Pushya Nakshatra is considered the king of all Nakshatras because it provides prosperity, fame, and supremacy.^[6]

In Hindu Puranic scriptures, creator God Daksha had 27 daughters who are referred as 27 Nakshatras in night sky and are married to Mood God (Chandra). These Nakshatras are the 27 divisions of the zodiac based on the moon's daily motion of 13 degrees and 20 minutes. 27 daughters of Daksha (Creator God) who got married to Moon God form 27 days of a month. The Moon travels the zodiac in 27.3 days spending roughly one day with each of his wife. Pushya Nakshatra (Cancer) is the 8th of the 27 Nakshatras with primary symbol a lotus. The Presiding lord of this nakshatra is Brihaspati (Planet Jupiter) himself. He is the Guru of the Gods (has been guru of Ganesh and Karthikeya himself etc.), chief priest of the gods court, lord Shiva had made Brihaspati into Planet Jupiter. Therefore, Jupiter is exalted in Pushya Nakshatra. Rig Veda (4.40.1) mentions Brihaspati as the son of Angiras.^[7]

The 27 Nakshatras enlisted are further divided into seven categories namely Laghu/Kshipra (Swift), Ugra (Fierce), Mrdu/Teekshna or Mishra (Mixed), Sthira (Fixed), Mrdu (Tender), Tikshna (Sharp), Chara (Movable). Pushya Nakshatra is categorized under Laghu(Swift) which are good for construction, starting a shop, selling, starting education, making and wearing ornaments, pleasures, fine arts, learning, display of arts, starting industries, undertaking travels and administering medicine.^[8]

Ashvini, Pushya, Hasta and Abhijit are Swift constellations. They are favourable for activities involving swiftness such as putting ornaments, pleasures and sports, administering medicine, starting industries, undertaking travels etc.

MATERIAL AND METHODS

Understanding of Loka Purusha Samya Vada denotes the inter relationship between Humans and Mother Nature, that is whatever affects nature is bound to have an impact

on humans as well.^[9] Sun, Moon, other planets and Nakshatras do have an impact on human body.^[10] This understanding of Loka Purusha Samya Vada is incorporated for treating a variety of disorders in Ayurveda and other sciences as well. Nakshatras have been highly advocated in Ayurveda for various initiatives including treating the patient.^[11] Many references are present where Pushya Nakshatra is recommended for collection of herbs^[12], preparation^[13] and administration of medicines^[14] and many other significant works. It is also mentioned that a Vaidya who indulge in treatment keeping in mind the prognosis never fails in treatment.^[15] Prognosis of a diseases can be assessed by the time of manifestation i.e. nakshatra at the time of manifestation of diseases.^[16]

Many diseases are related with Nakshatra and to pacify those diseases the lord of the Nakshatra or their corresponding plants/herbs are used for the treatment as shown in the table below.

S.No	Nakshatra	Lord ^[17]	Plant ^[18]	Related Body Part ^[19]	Diseases ^[20]
1.	Ashwini	Ketu	Kuchala (Strychnos nux-vomica)	Brain	Semi-consciousness, insomnia, and hallucinations.
2.	Bharani	Venus	Amlaki (Embllica officinalis)	Skull and Eyes	Acute fever, pain and laxity or unconsciousness.
3.	Kritika	Sun	Udumber (Ficus glomerata)	Eyes, Brain, Face, Neck, Throat, Tonsils, and Lower jaw,	Abdominal colic, acute pain, insomnia, and eye diseases.
4.	Rohini	Moon	Jamun (Eugenia jambolana)	Face, Mouth, Tongue, Tonsils, neck, cervical and vertebral	Headaches, mania, delirium and colic.
5.	Mrigshira	Mars	Khadir (Acacia catechu)	1st & 2 nd Phase- chin, cheeks, larynx, palate, blood vessels, tonsils, cervical nerves. 3 rd & 4 th - voice, shoulders, ear and upper ribs	Tridosha, skin disease, allergy.
6.	Ardra	Rahu	Agru (Aquilaria agallocha) Red Sandal (Pterocarpus santalinus/)	Right neck, arms and shoulders.	Vayu disorders, nervous disorders and cough-related diseases.
7.	Punarvasu	Jupiter	Bamboo (Bambusa arundinacea)	1 st , 2 nd & 3 rd phase- right ear, neck and shoulder bones. 4 th - lungs, respiratory system, chest, abdomen, pancreas, liver and chest	Back pain, headache or kidney diseases
8.	Pushya	Saturn	Pipal (Ficus religiosa)	Lungs, stomach and ribs.	High fever, pain and sudden painful diseases.
9.	Aslesha	Mercury	Nagkesar (Mesua ferrea)	Lungs, stomach, pancreas, and esophagus.	All-around pain
10.	Magha	Ketu	Vata (Ficus benghalensis)	Spinal cord, heart, back, spleen, and aorta	Vayu disorders, abdominal disorders and diseases of the mouth.
11.	Purva Phalguni	Venus	Palasha (Butea monosperma)	Heart and spine.	Karna disorders, headache, fever and pain

12.	Uttra Phalguni	Sun	Kaner (Nerium indicum)	1 st phase- spine 2 nd , 3 rd & 4 th - intestines, bowels and lower intestine	Gall fever, bone fracture, and all-around pain.
13.	Hasta	Moon	Nimba (Azadirachta indica)	Intestines, entrails, inter secretion glands and enzymes.	Abdominal colic, Mandagni, and many other disorders related to the stomach.
14.	Chitra	Mars	Bilva (Aegle marmelos)	Abdominal aorta	Extremely painful or due to an accident.
15.	Swati	Rahu	Arjuna (Terminalia arjuna)	Skin, gallbladder, knees and uterus.	Complex diseases which are not treated quickly.
16.	Vishakha	Jupiter	Nagkesar (Mesua ferrea)	1 st , 2 nd & 3 rd - lower part of the stomach, gall bladder, kidney, prostate and pancreas. 4 th - bladder, urethra, anus, genitals and prostate gland.	Vata Vyadhi (air disease), diseases related to colic
17.	Anuradha	Saturn	Nagkesar (Mesua ferrea)	Bladder, rectum, genitals, pubic bones, nasal bones,	High fever, headache, and infectious
18.	Jyestha	Mercury		Anal, ovaries and womb	Tremors, weakness, and chest-related diseases.
19.	Moola	Mercury	Shallaki (Boswellia serrata)	Hip, thighs, veins, arthritis	Abdominal diseases, mouth diseases and eye diseases
20.	Purvashadha	Venus	Guduchi (Tinospora cordifolia/)	Hips, thighs, nerves, pelvic region, blood glands, spinal cord, the sacral area,	Gonorrhea, metal decay, weakness and some secret diseases.
21.	Utrashadha	Sun	Jack Fruit (Artocarpus heterophyllus)	1 st - thighs and blood vessels 2 nd , 3 rd & 4 th - knee and skin	Abdominal diseases, radiculitis and some other painful diseases of the body.
22.	Shravana	Moon	Arka (Calotropis procera)	Skin knees and lymphatic vessels	Diarrhea, Toxicology, Urine disorders
23.	Dhanistha	Mars	Moringa (Moringa oleifera)	1 st & 2 nd - knee cap 3 rd & 4 th - ankle	Stomach, colon and kidneys.
24.	Shatbhisha	Rahu	Kadamba (Anthocephalus cadamba)	Knees, muscles and leg tubes	Fever, typhus and odd fever.
25.	Purva Bhadrapada	Jupiter	Gluta travancorica	1 st , 2 nd & 3 rd - Ankle 4 th - Paws and feet	Vomiting, nervousness, colic, and mental diseases
26.	Uttra Bhadrapada	Saturn	Corypha umbraculifera	Feet	Dental diseases, arthritis, and diseases related to fever
27.	Revati	Mercury	Mahua (Madhuca indica)	Fingers and Toe Nails	Mental illness and Vata diseases

RESULTS AND DISCUSSION

Knowledge of Astrological principles and line of treatment go hand in hand. A Vaidya must incorporate the knowledge of Nakshatra, Rtu and movement of heavenly bodies etc in his treatment as it is evident that one of the major factors in prognosis of the diseases. One of the mechanisms in assessing the prognosis is Rashi, Nakshatra and arrangement of various planets in the birth chart of an individual. Astrology in conjunction with Ayurveda may help in treating various Psychological, Social and Physical ailments more effectively if used judiciously.

CONCLUSION

Nakshatra as described in various Ayurvedic texts are an important component of treatment which is evident by various examples of diseases being cured if treatment is initiated in a particular Nakshatra. Also specific Nakshatra corresponds to a particular body part along with its unique plant which may be used in treating that particular disease. Knowledge of Nakshatra and Astrology is an imperative part of treatment.

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