

# A VERY SHORT NOTE ON THE AYUSH SYSTEMS

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## Foreword

"About astrology and palmistry: they are good because they make people vivid and full of possibilities. They are communism at its best.

Everybody has a birthday and almost everybody has a palm." Kurt Vonnegut

"I believe in astrology as much as I do in genetics." Quincy Jones

"He is a poor astrologer who pretends by the stars to point out another's destiny, and yet does not know his own." Jaafar

"Astrology reveals the will of the gods." Juvenal

## Preface

The scope of this book is to felicitate the reader with the core and crux of how to apply Jyotish and Ayurveda. At first, I began to venture on a path to write this book in Hindi. Still, considering the breadth of what this text will encompass, I surveyed the readership and realize it is natural to step aside from the language wars and write a book for those audience who primarily understand the basics of both Astrology and AYUSH or are familiar with it's core principles, and then lead them towards an orientation of how to apply them or rather can apply them. More for self-realization and spiritual strength then, for only practice or professional conduct.

## Acknowledgements

I am thankful to all the authors I quote that helped me shape this text especially Michael Tierra

## Prologue

Astrology or Jyotish, are nearly one and the same. Jyotish is one of the six critical organs to learn before trying to understand the Vedas. Jyotish is the eyes. It seeks to provide vision to view something Universal. A good way to begin a deeper study on the Vedas and medical understanding of the world is Atharva Samhita Vidhan by Keshav Dev Shastri and Mandan Misra.

That text clearly points to some shlokas that

were utilized by and are annotated by Sigmund Freud, the Viennese white powder junkie who created Psychoanalysis. It is a well known cultural motif that it was Germans and their lineage trees from across the world that translated most texts of India when the English colonised India. And they even today Europe's answer to the growing problems in Asia, with migrants intake and being a border state to Asia, who are never understood and rightly so, in good light by the Russians.

Astrology then, is a tool to understand what your Will in the sense of Theos and their impact on the body is. This means although people spend decades understanding what the meaning of life is, many try to take support of Usuli (Urdu/Farsi word) or traditional methods to try to speed up that process. Today, resources are scarce for most people and time is even costlier. Without a strong disposition to be able to work with the world or by religious methods, many people in larger cities resort to a Hatha Yoga, Tapas and sometimes psychoactive to try to burn away acquired Karma or material philosophy taught in Secular educational institutions. Countries like Russia or the Mohammedan realms, always keep a Church or religious curriculum inside the educational system. In India, although there are attempts to revive the gurukul system, the problem is that such students will not be economically aggressive in a predatory culture that is in-born due to the pace and evolutionary demands of India. For one, there are people like Sitaram Goel that are worth reading on, who read in Farsi, New Educational Policy introduces an year ago, is striving more to do this. The pressure of building secular mind structures has to be reduced is the least I can say on such a book on AYUSH systems of medication.

## CHAPTER ONE

# Astrology

Astrology means that there are certain dispositions of certain abstract ideas that are created by certain elements that are represented in planets and the zodiac. In ancient times, there was a culture of pith, this is universal. In Greek, the philosophers spoke a very different language, and it was filled with complexities such as declensions and others. Today, language is easier to acquire but the amount of data that has to be crunched is near infinite. Thus mostly, people do not seek the correct and personal path for a very long time.

Flux of existence, a book by Vaidya Upendra Digambar Dixit clearly explains the Vedic worldview of how we move internally from universal points of view. For one, one cannot speak of Hindu folds without admonishing money wars, the standpoint of Hindu views, abhors materiality at its core when pursuing these. And yet you can read of people advertising being able to give Deeksha, Shaktipat or Kundalini knowledge based on a commercial transaction. This is dangerous territory. Although the author has read of these in detail and had certain strong life-changing epiphanies, later I had to incline with the same non-material, secular principles that these things must not be discussed. Because they will cause Kleshas or Dvesh to the will of those who have not decided as souls to give themselves these glimpses of direct experiences, as discussed by Adi Shankaracharya in Drig Drishya Viveka.

This book is a manual to bring personal religious revival, using the mass available tools to the simple world - by referring to books, ideas and methods that

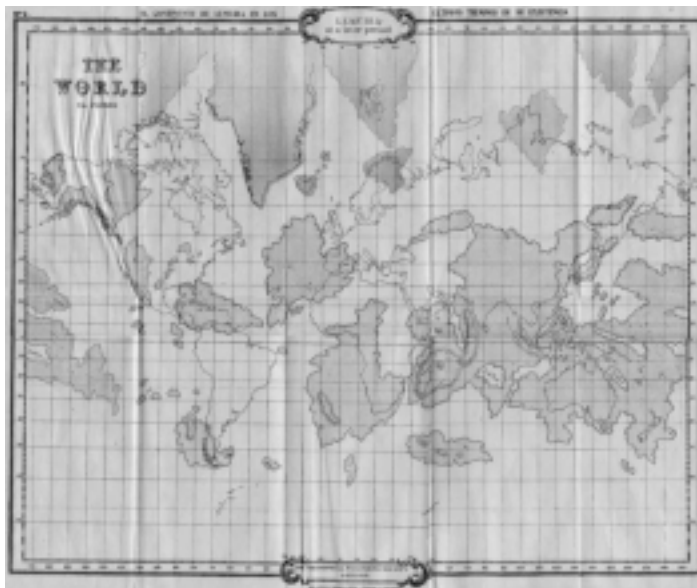
lead the person himself or herself to certain experiences that will then bring integration of the idea of the world and the self. I admit, by now I do not like the idea of groups and mass movements, and a near ascetical lifestyle is required to achieve these. But using Sadhanas and personal time available, a person in due diligence can lead to these experiences for sure. I for example, was struggling to graduate in English in Delhi University when events happened around me. Today, the world is mired in my personal life, but constant push ahead leads to material progress also and the events of spirit repeat themselves. I believe strongly, that the one thing to resolve by is, the immaterial world in itself, never loses or destroys. So if nothing is lost, the person can keep moving to the previous experience in his life, and moving ahead, the people, projections may change, but the soul will replace whatever is lost and march to whatever it is seeking. It can be hinted to by way of Akashic records. It is much like a grand macro snake and ladders, except things get emotional, damaged, lost and redeemed over time. And fighting for bread and butter is a routined exercise that happens.

## CHAPTER TWO

# The Stars of the Ancient Eyes

The old and time-tested system of observing events and relationships begins with the indoctrination of Astrology or Jyotish, In the beginning, it is certain that our ancestors lived nomadic and tribal lives. Here the tribal is to connote

the system of pre-agrarian. There are some views that will be viewed by looking at the following map.



Map of Lemuria superimposed over the modern continents from William Scott-Elliot, *The Story of Atlantis and Lost Lemuria*. Created: 1896

More of this can be read in Theosophical literature.

### CHAPTER THREE

# The literature ahead

Now, in those times, not only did the evolutionary scientific vision of people looking at the night sky and creating myths happen, but the belief in cyclical deluge and the ancestors being privy to more advanced knowledge has to be believed before delving into Jyotish.

Then, there are some key texts I will point to

understand the Spheres of Astrology, below - Sagar Publication located at Janpath, New Delhi, India has a strong collection of preliminary books to read on Astrology

There is an organization called 13 Moons, you can find it on 13moons.com, here there is a basis for a futuristic almanac and ephemeris, where 13 lunar cycles can be fixed into one solar year.

To see the basis for universal Astrology between the Vedic and the 13 moons doctrines, Michio Yano from Japan has written a historical text called Esoteric Buddhist Astrology. When you read it, you will see that before Semetic cohesion was created people believed in a 9 house Astrology. This can be re affirmed and better understood by reading Prash Trivedi, published by Sagar Publications, who also agrees that the 9-house astrology, instead of the 12-house astrology today, existed. In his book on Nakshatras, he points to the fact that the zodiac earlier, ended at Jyeshtha Nakshatra, or the asterism within Scorpio.

Tibetan Astrology books are available on Men Tsee Khang, a Dharmshala, Himachal Pradesh, India based organization that is associated with Tibetans and lead to correct Chinese thereafter, if you come from the West of the Tibetan views.

Then read the I Ching or any good book on Chinese Astrology, keeping Michio Yano in memory.

## CHAPTER FOUR

# Why build a personal



# Horoscope

After you have understood the philosophy and the breadth and divisions of astrology. It would be time to see how the material self that you inhabit is enforced upon the will of the divine realm.

Although I can point to P.V.R. Narasimha Rao's book Vedic Astrology, there are some details I offer over and above what he says. His book is available freely over the internet along with software, again free called Jagannath Hora. That has the most detailed workings of Vedic Jyotish for now.

## Spiritual Viewpoints

Do not view your chart in only one division. For one, D1 and D9 are the two charts that are looked at by Astrologers along the present tense chart, called Mundane Charts, these show the asterisms at the present moment. To work beyond the D1 and D9 is the quintessential feature.

To understand Divisional Charts, first, know that those Nakshatras in the Zodiac circle that were rising above the head at the point of birth are reflected in D1. Now to form another basic view, the Lunar cycle is of 28 days, this has been pointed to in Greek and Hebrew literature as a Metonic cycle where 19 years of lunar cycle creates a division. The 28 days are alluded to in the cycle of women and their movement in the womb. Nitya Devis are 16 in number and make up one fortnight with one Devi as the complete occulting 16<sup>th</sup>. Then, the rotation of the Sun is alluded to as the second cycle, all religions including Christianity agrees that the Equinox, two solstices hold very special value for the divine realm. And they make up as abstract stations when the Solar cycle is looked at. Every 11 years a sunspot cycle completes,

where the Sun releases solar flares. The third cycle is the slowest and outer to the Earth is an imaginary belt of the zodiac. It can be viewed in more detail by looking at an armillary, that was created and is still sold at many antique shops and online as a network of spheres that rotate around the earth and even the Solar system, as envisaged today. Because we are less knowledgeable about the events outside of our Solar system, for now, we use this abstraction. Where Saturn, Neptune, Uranus, and Pluto were the farthest. Pluto has since been removed as a planet due to its small size. The Vedic view of a Vishnu Nabhi, where our own Solar system is also revolving around a center is the farthest reach point. Wait for Amazon's Deep Blue, Musk and others to commercialise the space to see more elaborations.

## CHAPTER FIVE

# Creating your own views

When D1 and D9 are surpassed as zooming into the first impression made upon the native since his birth of D1, there are about 10 standard Divisions, talked of. Each of these divisions is used for some purpose, for example, D10 is looked at for Career. But on standard software, you can view division charts - if your birth time is accurate and birth time rectification is done if not, up to D60, and the highest three divisions being D81, D108, D144 and D160.

These divisions can be analyzed for understanding how precise events cycle our world from a very microcosmic viewpoint.

Creating your own Karma with abstractions to able-ly dissolve

In the Jaimini sutra, there is talk of Chara Karakas. These are intuitively inclined if you are religious and follow a correct Sadhana. Although as per the main book of Jyotish B.P.H.S. by Parashar, all Karakas are fixed. As per Jaimini, his disciple, and his book, they can be viewed as variants also. And this variant set of planet representations of from which planet the Father, Mother, Spiritual teacher, Wife, and Kids, Brothers are to be seen changes. It also changes with each Divisional Chart.

And thus, by looking at very fine views, such as D60, and its Karakas it can be ascertained who the universal and majoritarian benefics are. Then, their Sadhanas can be carried out and inter-life Prarabhdas or life Karmas be dissolved.

## CHAPTER SIX

# Working with Planets

### Rahu

Rahu represents the aspect of Maya or illusionary life with false impressions. It is the upper node of the two shadow nodes, the other being Ketu. Some associate Rahu with being the shadow of Saturn, and other schools with the shadow of Mars. They are both correct views.

Rahu if in the 9<sup>th</sup> is not considered very favourable by the ancestors, such as Garga Muni. However, with the passage of time, there are bigger evils to deal with by now a 9<sup>th</sup> house Rahu from the Lagna or Ascendant is called possibly acceptable. The most widely read native with such a placement is J. Krishnamurti who had Rahu in 9<sup>th</sup> in Aquarius. The analysis of the chart is in Prash Trivedi's book on

Rahu and Ketu.

The impact of Rahu being favourable then, is viewed by looking at the 80-year Dasha chart called Ashottari and not Vimshottari which is a 120-year cycle Dasha and keeps Jupiter as Pradhan or the main benefactor.

The impact Ketu in 9<sup>th</sup> is the opposite. That is, it makes the native very favourable for benevolently addressing religious issues by Jupiter or Spiritual leaders.

Working with Jupiter

An exalted or high Jupiter will always allow the person to address the problems of lives even outside religions correctly. That is because the native is dipped in correct or Orthodox beliefs and will not resort to Totkas or Upayas, and sometimes due to past Karma even Sadhanas.

Working with Venus

It is a cold element and when favourably placed brings comfort. When very active along with Moon, Yogini Dashas should be worked to see the correct and depth of events,

Working with Mercury

A very strong Mercury allows working with the king of Dashas of today's times it is called the Kalachakra Dasha system. It is mostly associated with Tibetan Buddhism and mostly all forms of Buddhism due to its reflection of Intelligence and its driving maps.

## CHAPTER SEVEN

# The Herbs in the Current Light of

# Existence

In Ayurveda, the worldview is built on a four-fold division of time or Kal. It is-

- Chhand Kal
- Mantra Kal
- Brahman Kal
- Sutra Kal

This division is the basis for seeing the world today. With the present being associated with Sutra Kal.

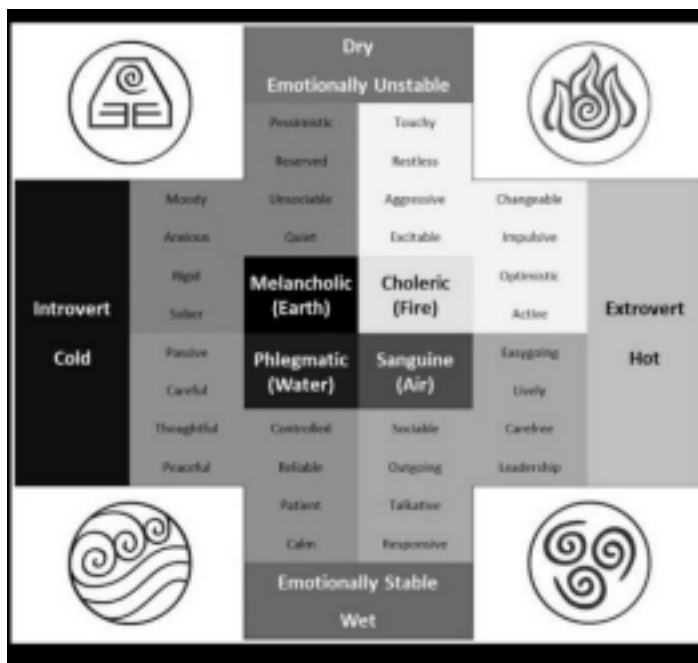
Vedic rituals and Homs being a key factors in reminding us of the division. A modern text that still tries to assimilate ancient knowledge of the Fire altars into Astronomy and Astrology is a book on the Rig Vedic Altars by Subhash Kak.

Dravyaguna is the material basis for understanding Ayurvedic literature and its use of substances. These have to be understood in the above ecosystem. So, today although we lead more comfortable lives than our ancestors, our intake of elemental externals is very complex. That is because radiation from electronics and pollutants in the water and air make not only toxic compounds to enter our systems of the body, they also inject complex compounds instead of simple mixes of elements in the old ages.

The industrialized world is unsuitable for the use of AYUSH medication is a bare fact. If one lives in an agrarian and rural land, then Unani and Ayurveda will work in India, and elsewhere. If the compounds that are in intake reach Industria admixture, use Homoeopathy. If you concur with Chinese lifestyles, then TCM and Acupressure and Acupuncture will

work. If there is a desire to translate anything from or to Chinese sciences, use Tibetan views first and then reach into the lenses of Chinese.

A chart for use in Unani medicine which is the basis for Structural Semetic and Abrahamic doctrines is given below -



Unani

## CHAPTER EIGHT

# Other systems

For reading in detail on Acupressure and Acupuncture, refer to the following map book, which is economical and will give a headstart to the practice of the sciences.

Coloured Atlas of Acupressure: Reflexology, Shiatsu, Su Jok, Spinal Segments, Dhyan Mudras & Acupuncture by B.Jain Publishers

For detailing key unique sides of Ayurveda, read a

book on Ayurveda on Tongue Diagnosis, its use of Pulse classifications, and good practice of Yoga every day such as Neti, and Basti among others. For Siddha medicine, the worldview of the body as a vehicle of the microcosmos is essential and then one can lift to the concepts of Astral bodies and Antahkran.

To end the phase of AYUSH subjects I point to a book called Planetary Herbology by Michael Tierra that will save a lot of time in trying to integrate all these subjects in Astrology and AYUSH into one.

It outlines the basic nature of all herbs and systems such as European herbs, TCM, and Ayurveda, and divides them according to universal systems of Astrology.

When I first read the book a decade ago, after finding a second-hand copy online, I was shocked that it did not have an index by default printing. I created one and realized the whole need to write this small primer.

## CHAPTER NINE

# A list of Herbs and their uses and classifications

Created when I found the book, Planetary Herbology by Michael Tierra, this is the index that was actually missing in it, kindly read that book for a detailed analysis.





Vermilion - जिहवा

Yellow - पीला

Pleurisy root - "

Mulberry leaves - शहतूत - "

Buffeum - *Buffeum* - "

Kidney root - "

Laxatives

Rhubarb root - शहतूत - spleen, liver

Calceos Bark - "

Buck thorn Bark - शहतूत

Senna

Bitternut/Walnut (bark) - शहतूत

Alse - शहतूत

Sodium Sulphate - शहतूत

Lubricating Laxatives

Linseed - शहतूत

Psyllium

Caster Oil - शहतूत का तेल

Marijuana seeds

Sesame oil - तिल का तेल

Olive oil - अलिव का तेल

Cathartic Laxatives (drastic)

Poke root - *Lycium*, kidney

Jalap - शहतूत - "

Mandarin Root

Cotton Oil

Gamboge - Cambodia orange oil

Elder Bark

Scotch Broom

Head - Clearing the air (Clear Heart & Purple Fire)

Sage - 2011/12 12/11 - 12/11/12 - 12/11/12

Self-Heal

Bittersweet

Heart Sage (Rangy) - 12/11/12

Sage Violet - 12/11/12

Cardinal

Love Throat

Downy Broom

Red Clover

Calceola (Calceola) - 12/11/12

Dependent Calceola - 12/11/12

Heart Sage - 12/11/12

Heart Sage - 12/11/12

Heart Sage - 12/11/12

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Pulsatilla - Blooms near Pasover

Asatis

Baptisia

Honeyuckle

Forsythia

Hardlane

Bear Lichen

St. John's Wort

Croft's Kalm

Clear Heat + Dissell Dampress

Wahoo - burning bush - liver

Willow - Symbol of death in East - "

Cinchona Bark - West of East - "

Poplar - A. latifolia

Yucca - "

Opuntia - "

Bark - "

Dragon Grape - "

Baldo - L. America grass only - "

Fringetree - "

Edimond - "

Calver's Root

Fumitory

Centaur

Cascara Amara

Greater Celandine

Clear Summer Heat (Weather induced)

Hibiscus - गजम

Borage - प्यारचूर

Hound's tongue - Adds to wool of sheep  
causes photosensitivity on ingestion by them

Mung Bean

Southernwood / Wormwood, Common

Watermelon

Cucumber

Lotus Leaf

Impatiens (Fencloped) - Touch me not, Bala

Diuretics (Regulation of water Metabolism)

Portia - Madder

Dandelion leaf

Parsley - ~~परिपुष्प~~ - अजमोद, अजमोद

Caraway - ~~कारवाय~~ - ~~कारवाय~~

Buckeye

Plantain - ~~प्लेन~~ - ~~प्लेन~~

Opuntia Toot

Cleavers

Hydrangea

Belitay of the Wall

Asper plantain - ~~अस्पेर प्लेन~~ - अजमोदनी

Couch grass

Wild Carrot - ~~विल्ड कार्ट~~ - ~~विल्ड कार्ट~~ (Nasturtium)

Linseed - ~~लिन~~

Watermelon Seed

Uva Ursi - Bear Berry

Pipsissewa - Prince's pine

Watercress - ~~वॉटरक्रिस~~ - ~~वॉटरक्रिस~~

Azuki Bean (Adzuki Bean) - ~~अडुकी बीन~~ - ~~अडुकी बीन~~

Corn Silk - Maize flower

Antihemorrhagic (Dispersing blood & Drained)

Guaiacum - National tree of Bahamas - ~~ग्वैक्यूम~~ - ~~ग्वैक्यूम~~

Polypodium fern

Wintergreen - "  
 Black Cohosh - "  
 Devil's Claw - "  
 White Bryony - "  
 Hobson Oak (Hoy) - "  
 Yucca - "  
 Cocklebur - "  
 Clematis - Climber's plant - "  
 Chinese Quince - "  
 Kava Kava - "Yohimbine" - <sup>gills, rather</sup>  
 Birch - "  
 Meadowsweet - "  
 Teffersonia (H. T. plant) - "  
 Pine - "  
 Hairy Broom - <sup>the roots under ground of the</sup>  
 Star - <sup>from stem & bulbous part</sup>  
 Laminaria - <sup>from stem & bulbous part</sup>  
 Licorice - <sup>from stem & bulbous part</sup>  
 Snake - <sup>from stem & bulbous part</sup>  
 Spontaneous (Alarming)  
 Cayenne Pepper - Cayenne for color  
 Black pepper - <sup>rather (Asian)</sup>  
 Prickly Ash - Benari tree, Sichuan pepper  
 Ginger, Cloves, Cinnamon Bark.  
 Bayberry  
 Azomite - <sup>काला जल</sup>  
 Horseradish  
 Galangal - <sup>orig. in Indonesia</sup>  
 Cardamom (Black), Cardamom (Red),  
 Patchouli, Dill (रतन)

## Carminatives (Regulators of Chi)

3 Citrus - Orange peel: digestion, Green Bangle (L) -  
(Chinese) Bitter orange for abdominal indigestion lines

Cupressus (Sage) (med) 2/4/01

Standard Sage

Chinese Chive - Marjoram term is Marjoram

Persimmon, Calyx

Cumin (2/4/01)

Dipsacaceae

Heathorn Berry - 2/4/01

Barley

Hemorrhoids (regulating blood)

Raspberry leaves

Pinon

Heard

Thyme - 2/4/01 leaves

Cochin Pollen

Chickweed

Rephens's Rose

Burket Root

Lobelia nardus

Millium (Ontario National flower)

Ginseng

Blood Utilizers - Smenagayves

Cordylals (Turkey corn)

Wimmer

Motherwort

Bugleweed

Peach : 2/4/01

Safflower - (Carthamus) seeds were red dye in China  
Calendula - (Yellow daisy) - Head cream like, sometimes  
used for skin, Mayfield.  
little calendar

Frankincense - (Boswellia) - stops belly pain  
Frankincense and Myrrh

Nutmeg (Myristica) - bitter - Almond, Balsam of Mecca

Myrrh - (Commiphora) - resin

Blue Calceol

Chaste berries - Monks' berries, Modjibber

Resin - (Balkan pine)

Chi Tong - (Collinsia)

Goose - (Columba)

Stragulus (Goat's horn)

Jupate - (Dactyl)

Atropine - (Datura)

Diocoria

Spikenard - (Nard) - hard inner, Myrrh

Elecampane root - (Tener of Helen)

Suma - (Horn)

(Yang) -

Damiana - (Turnera)

Yumbé

Muska - (Puma)

Cubeb - (Java pepper) - (Java)

Saw Palmetto (Serrano)

## Dadler Seeds

Sorrel Seeds (मिर्च) मिर्च

Wine (root -

Wine - Lycium berries (Wolfberry)

Wickelberry

Blackberry

Solomon's Seal

Wick

मिर्च/मिर्च

Scilla

Pyrola - Wintergreen

मिर्च/मिर्च

Cake

Amalgam - मिर्च/मिर्च

Jambul

मिर्च

Alumina

मिर्च

Sealant & Minerals

Valerian

Passion Flower - मिर्च/मिर्च, Chick flower to get

the top, Cathartes the it is a

Symbol for John's passion

Wood Betony - John's passion in Europe

Calamint (calamint the body)

Chamomile (chamomile)

Night blooming cereus (night blooming cereus)

Colchic

Antigonal

Caltrop - मिर्च

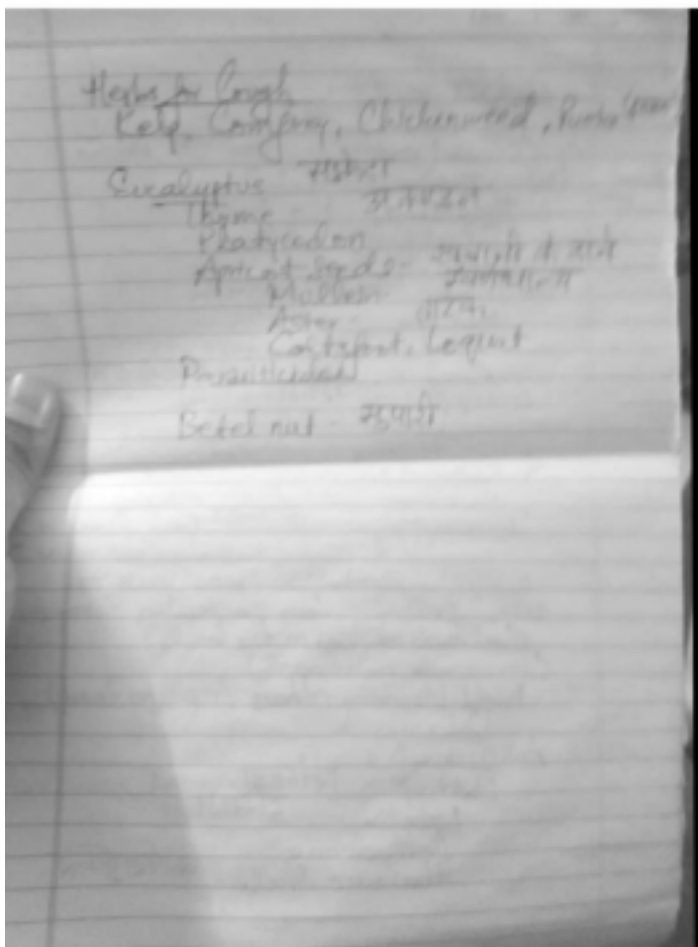
Labela

मिर्च

Belladonna

Porlone Shell - मिर्च/मिर्च





## CHAPTER TEN

The demand for  
 AYUSH in times  
 of troubling

# events in Allopathy

I seek to make only two points. Even though our healthcare infrastructure in India is bad, our doctors remain one of the best in Allopathy. There are two things that are paramount requiring revision in our legal and on-ground structures. The first is the problem outlined in the book *Heart Mafia* by Biswaroop Chowdhury. Not only is a heart problem getting rampantly created along with Diabetes due to rash and loud driving of upper than 100cc bikes and vehicles without silencers, but that is also only alluded to by the author. All countries to our West starting from Pakistan to Iran do not allow this to happen. Then, the belief that Heart problems occur due to a certain lifestyle that is associated with the privileged becomes a political license to war. A disease is a disease and it must be cured using minimum resources for all. A law on the loud vehicles must be enforced, as with passage of time, such ailments are natural to grow, as can be viewed in a Medical statistics for Hypertension and Diabetes across the recent decades.

The second is the problem outlined in Dinesh Thakur's book *The Truth Pill* and although he has been fighting the legal and executive system for a long, the problem of counterfeit and poisonous drugs continues. Recently an African country sent back cough syrups that killed several dozen kids in their country. We must heed his word, as the government of India is constantly prey to severe criticism here.

The third, a positive message in a gloomy time, is that at the time of genetic engineering and

completed test tube babies, the direction is forward and not towards anti-vaccines and anti-allopathy because as the world progresses, pollutes and develops, the direction is towards exo-planet inhabitation and not just sustainable and eco-friendly production.