



Opinion note

Rashi nakshatra vatika and human health

Suman Mishra

Department of Samhita, Sanskrit evam Siddhanta, Uttarakhand Ayurved University, Rishikul Campus, Haridwar, India.

*E-mail: sumanmishrahdr.2015@gmail.com; Tel: +91- 7900303606.

Article history

Received : May 02, 2018

Accepted : June 06, 2018

Keywords

Ficus benghalensis

Herbal medicine

Nakshatra vatika

Terminalia arjuna

ABSTRACT

According to the Hindu mythology, there are total 27 nakshatras, corresponding to 9 planets in the universe. It is believed that each tree keeps giving energy to a particular person born in a particular period of a zodiacal sign/ star. There is a specific structure to prepare a nakshatra vatika for devote to worship a worth-worshipping plant/ tree according to the status of divine constellation at the time of birth of a person. It has been found that the plants cultivated according to rashi nakshatra vatika contain increased phytochemical contents and also showed improved antimicrobial activity. The concept of rashi nakshatra vatika has poor scientific validity due to limited experimental work. The detailed scientific work is needed to validate the importance of this unique concept of the plantation.

© 2018 Global SciTech Ocean Publishing Co. All rights reserved.

INTRODUCTION

In Indian society, all the ceremonies beginning from the birth to death are celebrated after consulting a religious almanack. The advice of an astrologer is sought on various occasion like naming ceremony, wearing sacred, thread, marriage, baby shower, land reverence, laying of foundation stone ceremony or entering into new house, ceremony performed before occupying a new dwelling, journey of long distance, commencing of new business (Shah and Patel, 2014). We have a tradition to consult the auspicious day, time and moment minutely before starting any occasion. It is clearly seen that there is the great impact of planets at the time of birth in the horoscope and constellation at the time of ceremony in our routine life. In astrology, it is clarified that the person can be free from depression, sickness, physical- social- economical- mental or supernatural trouble by planting a plant/tree relevant to the constellation existing at the time of his or her birth. This is the only reason

why our ancestor has revered the tree as god and goddess. For this purpose, a specific structure has been proposed to prepare for devote to worship a worth- worshipping plant/ tree according to the status of divine constellation at the time of birth of a person.

IMPORTANCE OF RASHI NAKSHATRA VATIKA

There are total 27 nakshatras and our 9 planets correspond to these nakshatras. It is believed that each tree here keeps giving energy to that particular person born during that particular star. So any ailments or health problems are set right / healed/cured when once spend / request/talk / meditate near or under that particular tree, corresponding to their star (Gupta and Sharma, 2017). They are also the source of Oxygen -prana vayu without which no life can exist on earth apart from being a source of medicine and wood. Medicinal uses of particular plant/tree corresponding to particularly rashi and nakshatra are given in Table 1.

Table 1. Description of plants according to their rashi and nakshatra.

S.No.	Rashi	Nakshatra	Original drug	Scientific name	Uses	Substitute drug
1	Aries	Ashwini	Kashkar (Kochalu)	<i>Strychnos nux-vomica</i>	Fever, weakness, neurotic problem, hair fall, hair skin of skull, soothe the wound, skin	Washa

					boil obsessions, etc.	
2		Bharani	Amlaki (Amala)	<i>Emblica officinalis</i>	Urinal, indigestion, bleeding, diarrhoea, constipation, jaundice, asthma, cough etc.	Khadir
3		Krutika	Udumbar (Gullar)	<i>Ficus racemosa</i>	Smallpox, chicken pox, measles, diabetes etc.	Baheda
4	Taurus	Rohini	Jambu (Jamun)	<i>Syzygium cumini</i>	Stomachache, indigestion, lack of appetite etc.	Bailpatta
5		Mrugshirsha	Khadir (Kher)	<i>Acacia catechu</i>	Skin disease, albino, toothache etc.	Peepal
6	Gemini	Aadra	Krishna (Agru)	<i>Aquilaria agallocha</i>	asthmatic attacks, wounds, ulcers, ringworms and other chronic skin, etc.	Chandan
7		Punarvasu	Vansh (Vaans)	<i>Bambusa arundinacea</i>	Rheumatism	Bargad
8	Cancer	Pushya	Ashrthya (Peepal)	<i>Ficus religiosa</i>	Skin disease such as eczema	Daak
9		Aashlesha	Naagkesar	<i>Mesua ferrea</i>	A mixture of pounded kernels and seed oil is used for poulticing wounds. The seed oil is used for treating itch, scabies and other skin eruptions, dandruff and rheumatism	Punnag
10	Leo	Magha	Vat (Bargad)	<i>Ficus benghalensis</i>	Treatment of boil, joint, pain, toothache and crack of heel etc.	Reetha
11		Purva Falguni	Plash (Daak)	<i>Butea monosperma</i>	Treatment of boil, skin ailments, bleeding, diarrhoea, worm etc.	Bailpatta
12		Uttara Falguni	Plaksha (Pakad)	<i>Ficus lacor</i>	Wound, mouth ulcer, diarrhoea, leucorrhoea, control blood sugar, gingivitis etc.	Arjun
13	Virgo	Hast	Jaati (Chamaili)	<i>Jasminum grandiflorum</i>	Aphrodisiac and muscle relaxant	Reetha
14		Chitra	Bilva (Bael patta)	<i>Aegle marmelos</i>	Indigestion, diarrhoea, acidity, typhoid, joint etc.	Bakul
15	Libra	Swati	Arjun	<i>Terminalia arjuna</i>	Heart disease and joining of fractured bone	Saymal
16		Vishaka	Naag kesar	<i>Mesua ferrea</i>	Useful in hyperthermia due to fatigue or hormonal imbalance, used as a pain reliever, normalize blood pressure, etc.	Harshringar
17	Scorpio	Vrishchik Auradha	Naag kesar	<i>Mesua ferrea</i>	Useful in hyperthermia due to fatigue or hormonal imbalance, used as a pain reliever, normalize blood pressure, etc.	Ashok
18		Jyestha	Saalmali (saymal)	<i>Salmalia malabarica</i>	Weakness, gonorrhoea, skin problem, dysentery, influenza, chicken pox	Lodhra
19	Sagittarius	Mula	Sarz (Raal)	<i>Shorea robusta</i>	Analgesic, fever, inflammation, nociceptive, bacterial infection, obesity, ulcer, immunomodulatory and wound healing	Devbabool
20		Purvashadha	Vatas	<i>Salix caprea</i>	Fever, common cold, heartburn, minor stomach ailment, food poisoning, menopause etc.	Ashok
21		Uttarashadha	Panas (Kathal)	<i>Artocarpus heterophyllus</i>	Fever, diarrhoea, skin, diseases, asthma, wound, diabetes, pharyngitis, ophthalmitis, dystopia etc.	Kanchnaar
22	Capricornus	Shravan	Ark (AaK)	<i>Calotropis procera</i>	Diarrhoea, dysentery, intestinal worms, colic,	Aamra

					spleen complaints, stomach-ache, cardiovascular problems, pneumonia, fever, jaundice, elephantiasis, leprosy, skin infection, rheumatism and arthritis.	
23		Dhanishtha	Shami (Khejdi)	<i>Prosopis cineraria</i>	Used in cough, phlegm, psychosis, etc.	Nimb
24	Aquarius	Shatbhisha	Kadmya	<i>Anthocephalus cadamba</i>	Cardiac problem, blood pressure, rheumatism, etc.	Ashmantak
25		Purva	(Aamra) Aaam	<i>Mangifera indica</i>	blood pressure, angina, asthma, coughs, diabetes, dental problem, skin irritation, haemorrhage, diarrhoea, throat problems, diuretic, aphrodisiac etc.	Harad
26	Pisces	Uttara Bhadrpad	Nimb (Neem)	<i>Azadirachta indica</i>	Anthelmintic, anti-fungal, anti-diabetic, antibacterial, antiviral, contraceptive, sedative, skin diseases, healthy hair, improve liver function, detoxify the blood, fever reduction, dental treatments, cough, asthma, ulcers, piles, intestinal worms, urinary diseases, etc.	Amla
27		Rewati	Madhuka (Machhua)	<i>Madhuca longifolia</i>	Skin diseases, body pain, headache, burning sensation of the eye, neuromuscular disease, bowel syndrome, diarrhoea and dry cough etc.	Chincha

CONCLUSION

The plantation according to Rashi and nakshatra is believed to important for prosperity and good health. Various endangered and rare plants species can be conserved by establishing the Vatika. In addition to protect the environment, one can get good physical and mental energy by sitting under the concerned tree. So, the presence of the complete set of 27 trees directly creates healthy and sound physical, mental, psychological and spiritual beings. This is the ultimate and absolute bliss to oneself and to the earth too. it also shows how significant are the trees for our survival that our sages and saints have woven the trees in our lives in such a way so that we realize their significance in every possible way and are eager to protect the jungles and trees.

CONFLICTS OF INTEREST

The author declares that she has no conflicts of interest.

REFERENCES

- Gupta C, Sharma N (2017). Role of navgraha plants in management of non-communicable diseases. *International Journal of Ayurveda and Pharma Research*, 5, 30-33.
- Shah RR, Patel RS (2014). Study of various plant species useful in each nakshatra for human society. *International Journal of Scientific and Research Publications*, 4, 1-10.

How to cite this article?

Mishra S (2018). Rashi nakshatra vatika and human health. *Journal of Conventional Knowledge and Holistic Health*, 2 (1), Article ID 184.
