

HOLISTIC APPROACH OF NATUROPATHY, YOGA AND ASTROLOGY

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ABSTRACT

Nowadays, it's very hard to find time for oneself and to be aware of one's current situation, unless one becomes ill. One has lost the balance between mind and body and is unable to comprehend how the body is connected in a harmonious state of being because of our lifestyle, which is different from our physical makeup.

Due to which many types of disorders arise in the body, even after consulting the physician, therapist and performing exercises, proper food and medicines not getting the completeness within the body. Health is a state of complete physical, financial and social well-being and not merely the absence of disease. 8000 years ago, in Vishnu Purana it is written (YAT PINDE TAT BRAHMANDE) [human body is the microcosm of cosmos] what is born or done at this moment, has the qualities of this moment. In medical astrology, diseases are located in the 6th house, which is also known as the house of disease, debt, and enemies. With this relation to diseases, major diseases are discussed in the 8th house, which is where chronic diseases originate, and in the 12th house, which is where long-term hospitalization is addressed.

In Vedic knowledge, if someone has introduced yoga than only two names stand out sage Patanjali and Yajnavalkya, but sage yajnavalkya in spite of Astanga yoga gone far beyond yoga and said everything else is in vain until our body is healthy, according to him our body is governed by three roots that is Air, Nadi and Prana.

Keywords: *Yoga, Holistic Health, Naturopathy, Medical Astrology*

1. INTRODUCTION

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. In 1986 WHO revised the definition of health, which reads as, "A resource for everybody life, not the objective of living, health is a positive concept emphasizing social and personal resources, as well as physical capabilities."

The ability to lead a full life with meaning and purpose is made possible by living a healthy lifestyle. Health is the body's capacity to adjust to new dangers and ailments. The two most frequently talked-about categories of health are probably mental and physical. Overall health also depends on one's spiritual, emotional, and financial well-being.

A person who has good physical health is likely to have bodily functions and processes working at their peak. This is not only due not only to an absence of disease. Regular exercise, balanced nutrition and adequate rest all contribute to good health.

A person's overall quality of life can be enhanced by both good physical and mental health. For instance, depression and other mental illnesses may raise the chance of developing drug use disorders. Physical health may then suffer as a result of this. A study on the higher a person's socioeconomic status (SES) reveals that they enjoy good health, have a good education, get a well-paid job and afford good healthcare in times of illness or injury. They also maintain that people with low socioeconomic status are more likely to experience stress due to daily living, such as financial difficulties, marital disruption, and unemployment. Social factors may also impact on the risk of poor health for people with lower SES, such as marginalization and discrimination. Instead of viewing "health" as a collection of distinct factors, it is critical to view it as a whole. Since all aspects of health are interconnected, achieving overall wellness should be a goal for everyone.

Wellness promotes active awareness of and participating in measures that preserve health, both as an individual and in the community. Maintaining wellness and optimal health is a lifelong, daily commitment. In general, a few steps that can contribute to wellness can be listed as:-

- Eating a balanced, nutritious diet from as many natural sources as possible
- Engaging in at least 150 minutes exercise every week.
- Learning to manage stress effectively.
- Connecting with and caring for other people.
- Maintaining a positive outlook on life.

Problem statement

Unfortunately, little is known about human physiology thanks to modern medicine. A person's health condition is determined by a few factors, including fluid analysis, mineral values, and blood composition. It is entirely understandable that some illnesses can only be treated with the aid of contemporary medical science, particularly the crucial surgical procedures. A brief discussion of Yoga, Astrology and Naturopathy is given in consecutive paragraphs:-

Yoga: Yoga or 'union' pronounced is a group of physical, mental and spiritual practices or disciplines which originated in ancient India. It is aimed to control and still the mind, recognizing a detached witness-consciousness untouched by the mind (Chitta) and mundane suffering (Duhkha). Swami Vivekananda, the first Hindu teacher to advocate and disseminate elements of yoga to a Western audience, toured Europe and the United States in the 1890s. Yoga as exercise is part of a modern yoga renaissance, a 20th-century blend of Western gymnastics and haṭha yoga pioneered by Shri Yogendra and Swami Kuvalayananda.

Medical Astrology: By looking at a person's natal chart, astrology is another field of study that is concerned with predicting future physical ailments.

Dominance of planets over the body of an individual, right from birth, is calculated on the basis of astronomical calculations which are an integral part of science. As far as medical astrology known as Iatromathematics is an ancient applied branch of astrology based mostly on Melothesia. The nature of the sun, moon, planets, and the twelve astronomical signs are associated with various body parts, illnesses, and medications in this association.

Naturopathy: Ayurveda means science of life. "ayu" means life and "veda" means knowledge or learning. The Vedas are Indians most ancient texts. The Atharva Veda, one of the four vedas, contains the majority of ayurvedic medical concepts, including herbal remedies and mystical notions about curing illness and preserving physical and mental health. By 1,000 BC, ayurveda had advanced to a more scientific level, placing an emphasis on observation and making a distinction between physicians and surgeons, each of whom had specialized knowledge.

Objectives

- Using astrology to identify potential health issues in one's life.
- Utilising, Ayurveda in diagnosis and cure of diseases through recommended life style.
- Combining astrology, particularly iotramathematics, ayurveda, yoga, and naturopathy to treat a few chronic illnesses like cancer, diabetes, and cardiac issues.

2. YOGA

Yoga's name derives from the Sanskrit word "YUI," which means to join, unite or to bind together. It is the coming together of our individual consciousness and the cosmic core. In Bhagavad Gita, it is described as stability between success and failure, and a smart way of living in today's world. It is the state of being conscious and aware of one's own existence and thoughts.

True happiness could not be found in the external world, by which we are repeatedly disillusioned. Rather true happiness is found inside ourselves, Yoga provides the tools to connect to this transcendent peace and pure joy, which exists free of conditions. **Yoga makes you feel great**

Yoga is an in-depth science and philosophy. Yoga is an essential body science because we all become healthy through Yoga. It presents before us a state of being associated with freedom from disease and illness.

Around 5,000 years ago, Maharishi Patanjali's "YOGSUTRAS" was the first genuine book on yoga in Indian history. We can divide the historical period into four parts and find descriptions of yoga in each of these periods in order to better understand and define the history of yoga.

Vedic Period: In this time period we find the 'VEDAS' the largest body of texts originating in ancient Bharat Dash (India) composed in Vedic Sanskrit. The text consists the oldest layer of Sanskrit literature. The word Veda means knowledge. The Vedas are as follows:

1. **RIG VEDA** (knowledge of praise)
2. **SAMA Veda** (knowledge of sacrifice)
3. **YAJUR VEDA** (knowledge of chants)
4. **ATHARVA Veda** (knowledge of Chants)

Pre-Classic Period: In this period we found the HOLY BHAGWAD GITA. In the Bhagwad Gita Lord Shree Krishna instructs the brave warrior Arjuna about various aspects of human nature and life? It was then when he also introduced him to yogi or Yoga.

Classic Period: This is considered as the golden era for Yoga because in this time, we found the 'YOG-SUTRAS' By Maharishi Patanjali.

Post Classic Period: It was the early nineteenth century, and many yoga masters had already written works on the subject based on Patanjali's Yoga Sutras. Yogtattva Upanishad claims that yoga is philosophy. One of the six orthodox Hindu doctrines is yoga.

Advantages of Yoga Practices

1. Strength and stamina are developed and the muscles are toned and lengthened and the internal organs are able to function efficiently.
2. Yoga improves immune system function.
3. Yoga treats the prolonged diseases or deficiencies like diabetes, asthma, heart problems, indigestion body pain etc.
4. Yoga increases the feeling of being healthy and being well.
5. Yoga practice equips the practitioner with devotion, concentration and alertness in every activity. Practitioner also fulfils his responsibilities with dedication and complete honesty which in turns helps him earn respect and love from others.

3. MEDICAL ASTROLOGY

It is the study of the subtle energies that the sky emits and how they affect people, animals, plants, and even the earth itself.

The human body has a very deep connection with past life karma, all the information are carried out by our present life which can be easily trace out from our natal chart of present life with the help Medical astrology one can easily detect the diseases we carried with us Physical body has its genetic code the DNA. Samskaras, the karmic code that each soul possesses, are carried over from one life to the next like DNA.

Medical astrology should be considered as a complimentary, supplementary tool. Medical astrology has a great role to play in preventing, diagnosing disease.

Medical astrology is an extraordinary predictive and counseling science. There are numerous instances where an astute astrologer accurately identified specific illnesses, their duration, and their severity. Human body is

nothing but a rear image of the universe, kaalpurush kundali is the road map to point in the direction of making a predication which help the person to look into an area of concern before it is diagnosed medically, allowing the appropriate treatment to be planned before a problem get to a worsen condition.

Kaalpurush kundali

When examining health and illness in a particular horoscope, this is the most crucial factor to take into account.

Kaal - Time, **Purush**: - Man is the being beyond time. It is the zodiac representation of the zodiac belt with Aries being the head and Pisces the feet.

Kaalpurush kundali is based on the theory

Our physical well-being is a reflection of how we interact with the world around us, which on the level of subtle and cosmic forces denotes planetary influences.

The diseases are generally indicated by the malefic influences of planets which cause imbalance in the three Doshas; Vata, Pitta, Kapha

Planets and their Humors:

- Sun - Pitta [Bile]
- Moon - Kapha [Cold]
- Mars - Pitta [Bile]
- Mercury - Vatta [Gas]
- Jupiter - Vatta [Gas]
- Venus - Kapha [Cold]
- Saturn - Vatta [Gas]
- Rahu - Vatta [Gas]
- Ketu - Pitta [Bile]

One can easily detect the diseases that we carry, each planet and each sign is related to a particular type of disease or say that a person can be affected by certain types of diseases if the planet or zodiac sign becomes malefic.

By calculating the configuration of any native's natal chart using a few general guidelines or the rule governing the heal Signs involved in medical astrology, one can determine how closely planets and our birth sign relate to human chakras and organs.

4. NATUROPATHY

Naturopathy was practiced in ancient Egypt, Greece and Rome and the great baths of the Indus Valley, the civilization discovered at Mohenjo-Daro testifies to the use of water in ancient India.

Earth is the unique representation of the universe, and naturopathy is the science of Mother Nature Earth.

According to our ancient human Vedic science every human body is itself human science. So by adopting, following principles of nature in harmony man can balance on physical, spiritual, social and mental plains to get good health and free from diseases.

Types of Naturopathy

According to each natural pathetic doctor's philosophy, different bodywork techniques, spinal manipulation, nutritional therapies, herbal remedies, yoga, meditation, chanting, mantras, color therapy, electromagnetic therapy, aromatherapy, acupuncture, etc. are among the natural pathetic treatments available. Depending on the requirement which is required at that particular time, few therapies are given below:

Herbal therapy: The herbal medical system in India is very old and may have existed before human society even existed. According to mythology, ayurveda came from the realm of the gods, the Vedas was existed since 10,000bc, in Rig-Veda, and over 1000 medicinal plants are listed. The ancient Indian physicians are said to have made artificial limbs, cured wounds, performed cauterization and opened obstructed bladders with surgical instruments.

Mantra therapy: Mantra is a science meant to engage the mind through focusing on sound duration and number of repetitions, and mantra therapy is a type of therapy that uses mantra to awaken the self and deepen the meditative aspects of physical yoga practice. Mantra therapy neutralizes agitation and inertia, which allows the patients to move into a more pure state of consciousness the mantras or words coming out from the mouth are uttered by and emanate from different parts such as larynx, tongue, teeth, lips and the root of the tongue, during such vibrations, the nerve fibers of different parts of the mouth from which sound emits.

In ancient India even today when people take bath in India, they take bath by chanting Om Namah Shivaya Namah scientifically a detoxification mantra, even while offering water to the shivling, we chant "**Om Namaha Shivaya Namaha**".

Magnetic therapy: The body itself is a generator of electromagnetic and vito-chemical energies. Blood and lymph are the two fluids in which cells float. Protoplasm has a negative charge, while blood has a positive charge due to the presence of acids and highly charged minerals. All the tissues and organs of the body are as if electromagnetic batteries made up of thousands of electric cells. Magnetic therapy is a very easy and simple method of treatment in which various types of magnets in shape, size and strength used to treat various types of diseases.

Many experiments conducted on magnetism and found different types effects on the human organism like:-

- 1) There are a number of changes in the blood when magnet is used regularly, ESR is also affected.
- 2) There is a balancing effect on hormonal system.
- 3) Fibroblast increases and new cells are formed very quickly.
- 4) Nervous system is affected and the functioning of the sympathetic system is controlled.

5. CONCLUSION

Now if we practice Astrology with Modern Medical Science, then our patient recovers quickly from any problem. Without any reverse effect by practicing Astrology, Yoga, Naturopathy, and with the knowledge of many Vedic practices, from mudras to mantras, any disease can be treated saving time. Therefore, the practice of Vedic Astrology along with Modern Medical Science will be a boon for our society. It may be mentioned both Medical Astrology and Ayurveda have got many things common and both believe in the fundamentals of Vedic science and the planetary influences on human beings. Medical Astrology cares about the influences of planets on both body and mind. The study indicated that people who ate a healthful diet are more likely to consume high levels of fruits, vegetables and olives than people who regularly consume fast food. The Mediterranean diet on the other hand, "This diet can help protect a person's heart and reduce the risk of several diseases, including diabetes, cancer and disease that cause the brain and nerves to break down."

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- Lights on Yoga
- Hearts Of Yoga
- Clinical naturopathy

- Secrets of naturopathy