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*The Magic*

*Of*

*Ashvagandha*

**By**

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**A**strology is an art as well as a science. It's an art since the astrologer has to carefully analyse any chart in order to reach a meaningful conclusion. And it's a science since one has to use the 'rules' set by the scientists (ancient astrologers mostly) to solve and understand the chart. The real skill of the 'artist' is reflected in the very important (and controversial) domain of astrology named as 'remedies'. Once it is finalized that the subject is in trouble due to certain planet placements, a remedy or remedies are suggested. Ideally, the intensity of 'treatment' should depend upon the gravity of the problem and the receiving capacity of the patient (subject). In most of the cases, mismatch happens, which further raises certain complications. Remedies popularly used in Vedic astrology are the use of gems, mantra, tantra upayas and sometimes ayurvedic herbs. The aim of this article is not to criticise any school of remedies, but to share a practical experience on 'Ashvagandha' (an ayurvedic herb).

## Ashvagandha-Introduction:

Ashvagandha (*Withania somnifera*) in Sanskrit means "smelling like a horse ", probably originating from the odour of its fresh root which resembles that of a sweaty horse. Ashvagandha is a well known anti-stress herb<sup>1</sup>.

Ashvagandha has been used as a sedative, a diuretic, a rejuvenating tonic, an anti-inflammatory agent, aphrodisiac and an immune booster. It is especially beneficial in stress related disorders such as arthritis, hypertension, diabetes, general debility, etc. It has also shown impressive results when used as stimulants for the immune system. It is considered as an adaptogen that stimulates the immune system and improves the memory. Ashvagandha increases the count of white blood cells and prepares the body to produce antigens against various infections and allergies. It is also considered as a tonic for the heart and lungs as its regular intake controls the blood pressure and regulates the heartbeat. It is a powerful aphrodisiac thereby helps in enhancing the sexual powers and long lasting endurance. It has a strong nourishing and protective effect on the nervous system<sup>2</sup>.

(For further readings, please refer to hyperlinks in footnotes<sup>3</sup>).

This is the chart of a native who is also our friend. In a casual meeting on a Sunday morning, he complained about his health and overall low performance in daily life. The main problem with him was that the proper diagnosis of the health trouble was not happening. Native had hypotension (low blood pressure) due to stress and sleeplessness, lack of concentration and fading memory. Besides undesirable income, he also experienced disinclination to spiritual pursuits."

Mo		Ra	
	Rasi		
	Native		
Md			
Gk As	Ju Me	Ke Sa Su	AL Ve Ma

  

	Md	Gk	Ju	Ke	
	11	10	As	8	7
				Ve	AL Su Sa
	Mo	12	9	6	Ma
			3		
	1	2			5
					4
	Ra				

<sup>1</sup> <http://www.herbalcureindia.com/products/ashwagandha.htm>

<sup>2</sup> <http://www.natural-cure-guide.com/natural-cure/ashwagandha.htm>

<sup>3</sup> Clinical information: <http://www.drugs.com/npp/ashwaganda.html>,

Side effects <http://www.holistic-herbalist.com/ashwagandha-side-effects.html>,

<http://www.health-care-tips.org/herbal-medicines/ashwagandha.htm>

General information <http://www.ayurvedic-medicines.com/herbs/ashwagandha.html>

[http://en.wikipedia.org/wiki/Withania\\_somnifera#cite\\_note-5](http://en.wikipedia.org/wiki/Withania_somnifera#cite_note-5)

Upon analysing the chart, native was suggested to take ashvagandha as remedy on the problems reported. The best part about the astrologer who suggested the remedy is that, he explained the reasons logically.

- As Rahu is in 6H, the house of disease and disorders, native would have wandered a lot for diagnosis of his trouble. But as the precise problem couldn't be detected, thus its treatment is also not possible.

(Native generally has the good health. In the condition of tension he used to have low blood pressure giving rise to body pain, low concentration, irritation, headache, hair fall, etc. He had it for the first time few years back. But no doctor could recognize it and temporary treatments were performed).

- In the rasi chart, the karaka of heart and the blood circulation Sun (also an AK) is debilitated in the 11H. It is conjunct with exalted Saturn. For Sagittarius ascendant, Saturn being the lord of 2 H and 3 H becomes the malefic. Also, Saturn along with Sun shows low pressure in blood circulation (hypotension).
- The karaka of blood, Mars, is 12<sup>th</sup> from Arudha lagna (AL) along with 6H's Lord Venus. It does indicate the native may suffer from disorder related to blood.
- Sometimes 10H is examined for sleep<sup>4</sup> and disorders related to it like snoring. Presence of 6HL (which is also the depositor of Rahu) and Mars in enemy's (Mercury's) sign of Virgo in 10H may indicate disturbance of sleep. It can even show issues in that respect say drowsiness or general temporary weakness (due to lack of sound sleep).
- **(By Copy Editor) The other aspect of at looking at 'sleep' issue is in considering 12H as the house of sleep: Natal Mars is 12L in 12H from AL with 6L that is also dispositor of Rahu. Also, badakesh Mercury is in the 12H of sleep with Lagna Lord and Ketu. Ketu in the 12H is a promise of sleep disturbance as Ketu, by virtue of his generosity, gives away karakas of the house where he sits.**
- Native had indicated that he observed the problem of hypotension happened mostly when he was deprived of sleep. The reason for sleep deprivation as per him was perusing his hobbies like reading till late night after rigorous office work. Here, the actions (karma) of 10H (being awake late night after work) have clearly affected 12H (less sleep) causing health issues. "Bad actions in 10H will reflect adversely on the 12H and moksha will be denied in long term while sleep could be adversely hampered in short term<sup>5</sup>"

<sup>4</sup> This is as per 'Sanchit Darshan- Mr. M. D. Bhat' pp 20, 159. There it is suggested to examine 10<sup>th</sup> house for sleep related issues. Especially malefic planets more in number occupying 10H have to be checked. They include Uranus, Saturn, ill positioned Mars, and Neptune etc. While, other references indicate to examine the 12H for sleep considering Moon as its karaka (Crux of Vedic Astrology – Pt. Sanjay Rath, pp.545). 4H can also be examined for an individual's capacity for rest and relaxation (Astrology of the seers – Dr. David Frawley).

<sup>5</sup> Crux of Vedic Astrology – Pt. Sanjay Rath, pp.417. (For this case, actions are considered for justifying disturbance in sleep. Spiritual aspect is not considered.)

- The above point is verified with exchange (parivartana) yoga of 10HL (Mercury) and 12 HL (Mars).
- Benefic planets (Jupiter, Mercury) in 2H (from AL) indicates that disorder can be well treated. Jupiter (1HL) is in conjunction with Ketu in 12H, indicating the spiritual nature of native as well as his benefiting from treatments with occult remedies.

(Native had similar problem in 2006. When he consulted one of the occult masters, he said it's due to lack of fire element in the stomach<sup>6</sup> and suggested some remedies. Those were effective for the period of 1.5 years. But later, problem started again (with low intensity). For the second time, problem is cured with occult consultation when native was advised to take ashvagandha in 2010).

- Native is of the age 26 and currently under Mercury mahadasa (MD) (18 Sep'1995 – 18 Sep'2012). His antardasa AD of Saturn started on 14<sup>th</sup> Jan'2010 (and will be until 18sept'2012). Also Saturn became retrograde on 14<sup>th</sup> Jan'2010. Native had indicated this period as the starting point of the troubles, which does indicate that Saturn has a major contribution in health related issues for this chart.

### **Astrologer's Perception about native's problem and remedy suggested:**

- Native suffers from Rahu (as per symptoms explained by him).
- The problems associated or caused by Rahu can be treated by strengthening Mercury<sup>7</sup>.
- In the Rasi chart, Mercury is weak as it's placed in 12H in Mars's sign of Scorpio.
- Thus, it is prevalent that native would suffer from Rahu and, as Mercury is also weak, natural resistance is not observed.
- Rahu in 6H attributes the native with a blessing of naturally finishing enemies, though it ought to give health issues as Mercury is weak.
- Ayurvedic herbs when taken as astrological remedies tend to strengthen the planet associated with the planet treated. These herbs act like a medicine (the analogy is of the rapid improvement created by medicine as compared to other astrological remedial measures like gems or rituals).
- If a planet is ill-placed, the herbs tend to first finish its negative effect and then the process of strengthening begins.
- Ashvagandha represents Mercury<sup>8</sup>.

<sup>6</sup> Low BP is caused due to low fire in the stomach as per Ayurveda. "Hypotension is related to weakness of the digestive fire, due to poor circulation, congestion & stagnation and with reducing the blood flow". (<http://healthy-ojas.com/lowbp/hypotension-natural-herbal.html>)

<sup>7</sup> This can also be justified with kalachakra technique. Rahu is on the South-West (SW) direction of dig-chakra. Nirutti is the deity. SW direction indicates trouble, disease, disorders. As per kalachakra, Mercury has an ability to obstruct Rahu's negative force. Vishnu is the deity of Mercury.

<sup>8</sup> Basically Ashvagandha is used for increasing the positive (power) side of planets Jupiter, Saturn and Mars (where spices are consumed with Ashvagandha) as specified in 'Astrology of the Seers – Dr. David Frawley'. Though, as per astrologers' discussion with respected healers, Ashvagandha can be well used for improving Mercury as well and he has seen its promising effects in certain cases.

- “Ashvagandha<sup>9</sup> is a rejuvenating tonic and takes care of the adrenal gland (responsible for fight and fright situations). It is especially beneficial in stress related disorders such as arthritis, hypertension, hypotension, diabetes, general debility, etc. It has also shown impressive results when used as stimulant for the immune system. It is considered as an adaptogen that stimulates the immune system and improves the memory<sup>10</sup>”.
- Though ashvagandha is not suggested for those who suffer from hypertension (High BP). Certain side-effects are observed during studies<sup>11</sup>.

### **Native's Feedback:**

- When native started taking ashvagandha, he has reported magical results within the span of 4 days.
- Over the period of week, he found himself to be physically active, less stressed, and cheerful and his working capacity had gone up.
- Native observed improved memory especially at concentration level.
- Improvement in the domain of spirituality is also reported by the native.

This does indicate that, if the planetary period is unfavourable, ill effects caused by it can be partially controlled with the use of proper remedy though proper care should be taken in order to avoid any side effects.

[The aim of presenting this case study was to enlighten the uncommon remedial measure prescribed in Astrology i.e. herbs. However, readers are advised to carry out detailed study of any individual before using this herb (medically and astrologically) as this herbal medicine may have side effects as specified in the introduction section of this article.]

  
[www.saptarishisastrology.com](http://www.saptarishisastrology.com)  


<sup>9</sup> <http://ashwagandha.wisepooch.com/index.php>

<sup>10</sup> <http://healthy-ojas.com/lowbp/hypotension-natural-herbal.html>

<sup>11</sup> <http://www.buzzle.com/articles/ashwagandha-side-effects.html>