



Astrological Indian Medicinal Plants- A Review

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ABSTRACT: *Ayurveda* is not only a science of life but also a spiritual science of life. The aim of this esteemed science is the four *Purusharthas* viz; *Dharma*, *Artha*, *Kama* and *Moksha*. To attain *Moksha* one should follow the proper regimens which was detailed in *Ayurvedic* classics by adopting the daily using medicinal herbs. The concept of herbs and astrology reference can be traced in the *Atharvana Veda* in the form of *Aushadhi Sookta*. The planetary motions have direct impact on the human systems and seen the ill effects of in the body. To nullify the ill effects of the planets in the human body, several astrological medicinal plants have been enumerated. As it is observed the *Vedic* astrology describes 9 *Grahas*, 12 *Rashis*, and 27 *Nakshatras*. The positions of these *Grahas*, and *Nakshatras* at the time of birth and their movements in the celestial globe has influence on human systems. Therefore it is advised that every person should know the astrological medicinal plants and take care of those plants and to please the dominating *Rashi* and *Nakshatra* from their ill effects on the human body. Here an attempt is made to explore the medicinal plants belong to *Navagrahas*, *Rashis* and respective *Nakshatras* which will help humans beings to prevent the forthcoming health issues as well as in the treatment of chronic diseases.

KEY WORDS- *Ayurveda*, Astrological Medicinal Plants, *Navagrahas*, *Rashis*, *Nakshatras* etc.

I. MATERIAL AND METHODS-

- The concepts, assessment and literary survey was done on the basis of *Ayurvedic* texts, *Vedic* astrological books and modern digital data.

II. AIMS AND OBJECTIVES-

- To highlight the concept of astrological medicinal herbs and their impact in the human body.
- To elaborate the concept of astrological medicinal herbs acting on human body based on the celestial movements of the planets and according to different *Ayurvedic* texts along with digital data.

III. INTRODUCTION

Astrology is a traditional science which deals *Grahas*, *Rashis*, *Nakshatras* which influence the human life. The position of the *Nakshatras*, *Grahas* at the time of birth of a person influence the human systems. Each *Grahas*, *Nakshatras* and *Rashis* have the respective medicinal plants. At the time of birth, based on the planetary movements the zodiac sign is prepared. The prepared horoscope is deals with the future effects and *Doshas* which already affected. To regain the good fortune the ruling deity was worshiped and the medicinal plants are selected to diminish the bad effects of the planets and stars. There are 9 *Grahas*, 12 *Rashis* and 27 *Nakshatras*. In Indian tradition like auspicious ceremonies and *Poojas* it is observed the usage of medicinal plants. These medicinal plants were selected on the basis of astrology and horoscope of the particular person who is going to perform *Pooja*. Most of the medicinal plants associated with *Grahas*, *Rashis* and *Nakshatras* are rare and medicinally important species found in the wild. These plants exhibit more oxygen and have potent antioxidant properties. The *Navagraha* plants have the crucial impact on the human body. The *Surya* is related to power and longevity. The *Chandra* has impact on digestive system and mental health. The *Budha* is related to respiratory and skin diseases. The *Shukra* is related to reproductive system. The *Mangal* is related to muscular strength. The *Guru* impacts on metabolism, liver, pancreas and growth. The *Shani* is associated with nerve issues. The *Rahu* and *Ketu* are related to psychological issues like fears and phobias.

IV. RESULTS

The results are tabulated as follows;

Table No-1

SL.No	Grahas(Planets)	Astrological medicinal plants
1.	<i>Surya</i> (Sun)	<i>Arka</i> (<i>Calotropis gigantea</i> , Euphorbiaceae)
2.	<i>Chandra</i> (Moon)	<i>Palasha</i> (<i>Butea monosperma</i> , Fabaceae)
3.	<i>Budha</i> (Mercury)	<i>Apamarga</i> (<i>Achyranthus aspera</i> , Amarathaceae)
4.	<i>Shukra</i> (Venus)	<i>Udumbara</i> (<i>Ficus racemosa</i> , Moraceae)
5.	<i>Mangal</i> (Mars)	<i>Khadira</i> (<i>Acacia catechu</i> , Fabaceae)
6.	<i>Guru</i> (Jupiter)	<i>Ashwattha</i> (<i>Ficus religiosa</i> , Moraceae)
7.	<i>Shani</i> (Saturn)	<i>Shami</i> (<i>Prosopis cineraria</i> , Mimosaceae)
8.	<i>Rahu</i> (Snake head)	<i>Durva</i> (<i>Cynadon dactylon</i> , Poaceae)
9.	<i>Ketu</i> (Snake tail)	<i>Darbha</i> (<i>Desmostachya bipinnata</i> , Poaceae)

Table No-2

SL. No	Rashis(Zodiac sign)	Astrological Medicinal Plants
1.	<i>Mesha</i> (Aries)	<i>Rakta Chandana</i> (<i>Pterocarpus santalinus</i> , Fabaceae)
2.	<i>Vrushabha</i> (Taurus)	<i>Saptaparna</i> (<i>Alstonia scholaris</i> , Apocyanaceae)
3.	<i>Mithuna</i> (Gemini)	<i>Panas</i> (<i>Artocarpus heterophyllus</i> , Moraceae)
4.	<i>Karka</i> (Cancer)	<i>Palasha</i> (<i>Butea monosperma</i> , Fabaceae)
5.	<i>Simha</i> (Leo)	<i>Patala</i> (<i>Stereospermum suaveolens</i> , Bignonaceae)
6.	<i>Kanya</i> (Virgo)	<i>Amra</i> (<i>Mangifera indica</i> , Anacardiaceae)
7.	<i>Tula</i> (Libra)	<i>Bakula</i> (<i>Mimusops elengi</i> , Sapotaceae)
8.	<i>Vrischika</i> (Scorpio)	<i>Khadira</i> (<i>Acacia catechu</i> , Fabaceae)
9.	<i>Dhanu</i> (Saggitarius)	<i>Ashwattha</i> (<i>Ficus religiosa</i> , Moraceae)
10.	<i>Makara</i> (Caprocon)	<i>Shinshupa</i> (<i>Dalbergia sissoo</i> , Fabaceae)
11.	<i>Kumbha</i> (Aquarius)	<i>Shami</i> (<i>Prosopis cineraria</i> , Mimosaceae)
12.	<i>Meena</i> (Pisces)	<i>Vata</i> (<i>Ficus bengalensis</i> , Moraceae)

Table No-3

SL. No	Nakshatras(Stars)	Astrological Medicinal Plants
1.	<i>Ashwini</i> (Beta arietis)	<i>Kuchala</i> (<i>Strychnos nux-vomica</i> , <i>Loganiaceae</i>)
2.	<i>Bharani</i> (41 Arietus)	<i>Amalaki</i> (<i>Embllica officinalis</i> , <i>Euphorbiaceae</i>)
3.	<i>Kritika</i> (Etatauri Alcyone-2)	<i>Udumbara</i> (<i>Ficus racemosa</i> , <i>Moraceae</i>)
4.	<i>Rohini</i> (Aldebaran)	<i>Jambu</i> (<i>Syzigium cumini</i> , <i>Myrtaceae</i>)
5.	<i>Mrigashira</i> (Lambda orionis)	<i>Khadira</i> (<i>Acacia catechu</i> , <i>Leguminoseae</i>)
6.	<i>Aardra</i> (Gamma)	<i>Shinshupa</i> (<i>Dalbergia sissoo</i> , <i>Fabaceae</i>), <i>Krishna Agararu</i> (<i>Aquilaria agallocha</i> , <i>Thymelaceae</i>), <i>Krishna Kamala</i> (<i>Passiflora edulis</i> , <i>Passifloraceae</i>)
7.	<i>Punarvasu</i> (Beta geminorium poolux)	<i>Vamsha</i> (<i>Bambusa arundinacea</i> , <i>Fabaceae</i>), <i>Babbula</i> (<i>Vachellia nilotica</i> , <i>Fabaceae</i>)
8.	<i>Pushya</i> (Delta cancri)	<i>Ashwattha</i> (<i>Ficus religiosa</i> , <i>Moraceae</i>)
9.	<i>Ashlesha</i> (Zeta hydare)	<i>Nagakeshara</i> (<i>Messua ferrea</i> , <i>Calophyllaceae</i>)
10.	<i>Magha</i> (Regulus/Roleonis)	<i>Vata</i> (<i>Ficus bengalensis</i> , <i>Moraceae</i>)
11.	<i>Purva Phalguni</i> (Delta leonis)	<i>Palasha</i> (<i>Butea monosperma</i> , <i>Fabaceae</i>)
12.	<i>UttaraPhalguni</i> (Denebala)	<i>Shami</i> (<i>Prosopis cineraria</i> , <i>Leguminosae</i>), <i>Plaksha</i> (<i>Ficus lacor</i> , <i>Moraceae</i>)
13.	<i>Hasta</i> (Delta corvi)	<i>Jaati</i> (<i>Jasminum grandiflorum</i> , <i>Oleaceae</i>)
14.	<i>Chitra</i> (Virginis spica)	<i>Bilva</i> (<i>Aegle marmelos</i> , <i>Rutaceae</i>)
15.	<i>Swati</i> (Alpha bootis/ Arcturus)	<i>Arjuna</i> (<i>Terminalia arjuna</i> , <i>Combretaceae</i>)
16.	<i>Vishakha</i> (Alpha librae)	<i>Parijata</i> (<i>Nyctanthes arbourtristis</i> , <i>Salicaceae</i>)
17.	<i>Anuradha</i> (Delta scorpi)	<i>Bakula</i> (<i>Mimosops elengi</i> , <i>Sapotaceae</i>), <i>Nagakeshara</i> (<i>Messua ferrea</i> , <i>Calophyllaceae</i>)
18.	<i>Jeshtha</i> (Antares)	<i>Shalmali</i> (<i>Bombax malabaricum</i> , <i>Bombacaceae</i>), <i>Nimba</i> (<i>Azadirachta indica</i> , <i>Meliaceae</i>)
19.	<i>Moola</i> (Lambada scorpi)	<i>Bilva</i> (<i>Aegle marmelos</i> , <i>Rutaceae</i>), <i>Aragwadha</i> (<i>Cassia fistula</i> , <i>Leguminaceae</i>), <i>Devadaru</i> (<i>Cedrus deodara</i> , <i>Pinaceae</i>)
20.	<i>Purva Ashada</i> (Delta sagittarii)	<i>Ashoka</i> (<i>Saraca asoca</i> , <i>Caesalpinaceae</i>), <i>Mushkaka</i> (<i>Schrebera swieteniodes</i> , <i>Oleaceae</i>)
21.	<i>Uttara Ashada</i> (Sigma sagittaarii)	<i>Panasa</i> (<i>Artocarpus heterophyllus</i> , <i>Moraceae</i>)
22.	<i>Shravana</i> (Alpho aqila / Altair)	<i>Arka</i> (<i>Calotropis procera</i> , <i>asclepiadaceae</i>), <i>Ashoka</i> (<i>Saraca asoca</i> , <i>Caesalpinaceae</i>), <i>Narikela</i> (<i>Cocos nucifera</i> , <i>Araceae</i>)
23.	<i>Dhanistha</i> (Beta dalphini)	<i>Shami</i> (<i>Prosopis cineria</i> , <i>Mimosaceae</i>), <i>Narikela</i> (<i>Cocos nucifera</i> , <i>Araceae</i>)
24.	<i>Shatataraka</i> (Lambada aquaril)	<i>Kadamba</i> (<i>Anthrocephalus kadamba</i> , <i>Rubiaceae</i>)
25.	<i>Purva Bhadrpada</i> (Beta pegasi/ Markab)	<i>Amra</i> (<i>Mangifera indica</i> , <i>Anacardiaceae</i>), <i>Nimba</i> (<i>Azadirachta indica</i> , <i>Meliaceae</i>)
26.	<i>UttaraBhadrpada</i> (Gamma pegasi / Algenib)	<i>Amra</i> (<i>Mangifera indica</i> , <i>Anacardiaceae</i>), <i>Nimba</i> (<i>Azadirachta indica</i> , <i>Meliaceae</i>)
27.	<i>Revati</i> (Zeta piscium)	<i>Madhuka</i> (<i>Madhuka indica</i> , <i>Sapotaceae</i>)

DISCUSSION

Plants have great significance in human life. The *Vedic* astrology describes nine *Grahas* (planets), 12 *Rashis* (zodiacs) and 27 *Nakshatras* (stars/ constellations). The position of these bodies at the time of birth or their movement in the celestial globe has influence on human. Our ancestors established *Navagraha/ Rashi/ Nakshatra Vatika* or *Vana* near sacred places with representative plants to worship and ensure good health. These tree species are rich in secondary metabolites such as antioxidants, alkaloids, saponins, flavanoids, terpenes, and tannins and are widely used in traditional treatments. It is proven that these plant species release more oxygen compared to other species and hence sitting near these trees generate positive energy. *Ayurveda* say that the diseases are caused by *Tridoshas* (*Vata, Pita and Kapha Doshas*) which have significant relation to *Grahas*. By worshipping *Navagrahas* along with the respective medicinal plants will help to reduce the ill effects of the diseases and the ill effects of planets. The *Surya* is considered as a *Graha* and it is related to power and longevity. The *Chandra* affects digestive system and mental health. The *Budha* is related to respiratory and skin diseases. The *Shukra* is related to reproductive organs and The *Mangal* affects muscular strength. The *Guru* impact on metabolism, liver and pancreas while the *Shani* is associated with nerve-related issues. *Rahu* and *Ketu* are related to psychological issues like fears and phobias. The detail discussion was done as follows;

Importance of *Navagraha* Plants and their respective organs represent in the body-

1. The *Surya*: The *Arka* (*Milk weed*) - The *Surya* governs head, stomach, skin, bones and right eye in the body. The plant associated with *Surya* is *Arka*. The parts of the plant used for medicinal purpose are leaves, flowers, dried roots and root bark. The latex of this plant possesses hypertensive, antimicrobial^[1] anti-diarrheal, antipyretic, anti malarial^[2] anti-inflammatory and analgesic properties^[3]. Dried leaves of *Arka* have aphrodisiac and purgative properties and tender leaves are used to treat migraine^[4]. Warm Leaves are applied to legs to cure rheumatism^[5]. The mixture of latex and turmeric can help to get rid of skin blemishes and boils. Ear drops prepared by heating ghee in fresh leaves can cure ear infection.

2. *Chandra*: The *Palash* (*Flame of forest*) - *Chandra* rules heart, blood, brain, breast and lungs. The Flowers, leaves, stem bark, roots and gum of *Palash* are traditionally used as medicines^[6]. The dry stem is used to create sacred fire during Poojas. The *Palash* flowers are used as a brain stimulant and used in treating enlarged spleen and menstrual disorders. It possesses anti-leprotic, antimicrobial, antiulcer, anti-asthmatic and blood purifying properties^[7]. *Palasha* also has anti diarrhoeal, anti stress, anti diabetic anti-diabetic, wound healing and hormone balancing properties. The roots are used to treat snake bites and causes partial sterility in women. Water of soaked flowers is used to bathe to treat skin disorders. Intake of resin powder with milk can give relief to joint pain.

3. *Budha*: *Apamarga* (*Prickly chaff flower*) - *Budha* represents face, hair, nose, chest and tongue. Its leaf juice is used as ear drop to cure infection. Root juice mixed with rose water is applied to eyes to cure redness. Chewing fresh leaves can cure mouth ulcer. Inhaling ripe seed powder can reduce migraine. It is effective in cold, cough, fever and poisonous bites^[8]. Fresh leaf juice can cure dysentery. This plant has spermicidal, activities, anti-allergic properties, cardiovascular protective nature, nephroprotective properties, antiparasitic, antiinflammatory, hypoglycaemic, analgesic and hepatoprotective potency. It has antiperiodic, antimicrobial, Gastric disorders^[9].

4. *Shukra*: *Udumbara* (*Fig Tree*) - Physical appearance facial expressions, urinary glands and reproductive organs are governed by *Shukra*. Its leaves, fruits, bark, latex and root sap has medicinal value^[10]. It has hypoglycaemic, radio protective, chemo-preventive, antiinflammatory, analgesic, antifilarial, antitussive

anti-diarrheal, hypotensive and wound healing properties. It has been extensively used in treatment of biliary disorders, jaundice, dysentery, diabetes, diarrhoea and inflammatory conditions^[11].

5. Mangal: *Khadira (Cutch tree)* - *Mangal* governs marrow, neck and anal region. It is used to treat painful throat and cough, skin irritations, asthma, bronchitis, colic diarrhea, dysentery and boils^[12]. It has astringent property and is used for proper digestion. *Kattha* used in betel leaves, is prepared by boiling and processing the heartwood of *Khadira* tree. *Kattha* cures mouth ulcers, boils and skin eruption when applied on the affected area. Bark decoction of *Khadira* mixed with milk relieves cold and cough. The mixture of *Khadira* powder and cinnamon powder helps to cure diarrhea.

6. Bruhaspati/Guru: *Ashwattha (Sacred fig / Peepal Tree)* - *Guru* is related to thighs, liver, kidney and pancreas. *Peepal* tree is associated with this *Graha*. It has anticonvulsant, anti diabetic and anti inflammatory properties^[13]. It has also showed wound healing antibacterial properties. It is beneficial in treatment of respiratory and gastric disorders. Bark decoction is remedy for whopping cough and asthma. Intake of powdered tender leaves with milk is administered for abdominal pain. Bark decoction or bark juice used as mouthwash can strengthen gums and reduce tooth ache. Topical application of tender root paste can cure skin disease. The laxative nature of fruits helps to get relief from constipation.

7. Shani: *Shami (Sponge tree)* Teeth, muscles, legs and knee are governed by *Shani*. *Shami* is the associated tree of *Shani Graha*. The stem bark^[14] is used to treat rheumatism, common cold and piles. The flowers are used on skin diseases as a blood purifier and as a coolant. Bark decoction is useful in sore throat, mouth ulcer and tooth ache. Tender leaves infusion can cure diarrhoea and dysentery very fast. Seeds have antidiabetic properties and pod is used to cure urio- genital issues. Leaves are insecticidal.

8. Rahu: *Durva (Bermuda grass)* - *Rahu* is the shadow body associated with the ascending (or north) lunar node. It is associated with lungs, breathing, neck and legs. *Durva* is the representative plant of *Rahu*. This medicinal grass is cardio protective, hepato protective and anti-depressant. It is rich in antioxidants. It is a well-known anti diabetic agent. Heavy bleeding and other menstrual problems are also treated by this grass. It is used as an appetizer, antipyretic agent and used in treating fever, cough and cold. It can be used in as an anti inflammatory, antiemetic, antidiabetic, diuretic and bloodpurifying agent^[15].

9. Ketu: *Darbha (Halfa grass)* - *Ketu* is the shadow body associated with the descending (or south) lunar node. *Ketu* governs feet, belly and claws. *Darbha* grass is the plant assigned for *Ketu Graha*. *Darbha* is a strong tonic. It has astringent, antipyretic and antiviral activities. The antioxidant content of *Darbha* grass is high. It has anti hypertensive activity, insecticidal properties and used in various systems of treatment^[16].

Importance of Rashi Vatika Plants - The plant species associated with the *Rashi* are high in antioxidants and release more oxygen. *Rashi Vana* plants provide good physical and mental health^[17].

1. Mesha: *Raktachandan (Red sandalwood)* - *Mesha* meaning 'goat' and the *Rashi* is resembles by the face and horns of a goat. It signifies leadership and strength. It is commonly used to cure skin problems. It can cure head ache and ensure sound sleep. *Raktachandan* has antioxidant, anti-diabetic, antimicrobial, anticancer, antiinflammatory and hepato protective nature^[18].

2. Vrishabha: *Sapta Parni (Devil's tree)* - The *Vrishabha Rashi* is depicted by the face and horns of a bull. It shows power and aggressiveness. The tree associated with this *Rashi* is devil's tree. It has anti-diabetic,

anti-inflammatory, anti-spasmodic, antidepressant anti-anxiety and hepato-protective properties^[19]. It is used to treat fever, malaria, and troubles in digestion, tumors, ulcers and asthma. Leaf juice is applied as ear drop to relieve ear ache. It can cure bowel complaints, catarrh, dyspepsia, diarrhoea, dysentery and skin disorders.

3. Mithuna: *Panas (Jack fruit) - Mithun Rashi* is symbolized by a pair of a boy and a girl. The people born in this *Rashi* are talkative and have dual nature. It also possesses medicinal properties such as anti-bacterial, anti-fungal, anti-malarial, anti-cancerous, anti hypertensive activities^[20]. The root is used to treat asthma and fever. Leaves have antiabortion and wound healing property.

4. Karka: *Palasha (Flame of forest) - Karka Rashi* represents the claws of a crab. The people born under this *Rashi* are creative and emotional.

5. Simha: *Patala (Padri tree) - The Simha Rashi* is symbolized by the head and mane of a lion. The people born under this *Rashi* will be dominating and brave. *Patala* tree is associated with this *Rashi*. It is cardio protective, antibacterial, blood purifying and diuretic properties. The plant extracts of this plant has anti-inflammatory, anticancer, hepato protective, anti hyperglycemic, antioxidant activities^[21]

6. Kanya: *Aamra (Mango tree) - Kanya* means a maiden girl. It denotes people with organized behaviour. Mango is associated with *Kanya Rashi*. All parts of the tree have medicinal value^[22]. It acts as antioxidant, wound healer, laxative and diuretic. It is anti-diabetic, antiseptic and antedegenerative in nature. The stem bark possesses anti-allergic and anti helminthic property.

7. Tula: *Bakula (Bullet wood) - Tula* represents a balance and the people belonging to this *Rashi* will be impartial and maintain harmony. *Bakula* is a medium sized evergreen tree. It is considered to be sacred and is symbol of love and beauty. It shows antibacterial, antipyretic, analgesic, anti urolithatic, anti helminthic and wound healing properties^[23]. Dried flower powder can be used as brain tonic. The bark decoction can be used to cure bleeding gum, tooth decay, inflammatory mouth.

8. Vrishchika: *Khadira (Cutch tree)- Vrishchik* denotes the stringer of a scorpion. People belonging to this *Rashi* are judicious and revengeful.

9. Dhanu: *Aswatha/ Peepal (Sacred fig) - Dhanu* represents a *Dhanus* or bow. The person belongs to this *Rashi* are honest and truthfull.

10. Makara: *SiShinshipa (Indian rosewood) - Makara* has crocodile as a symbol. The people born under this *Rashi* will be ambitious and hardworking. In *Ayurveda*, *Shinshipa* is prescribed as in the treatment/ remedy for gonorrhoea and skin ailments. The woody bark possess aphrodisiac, anthelmintic activity, antipyretic and analgesic properties^[24]. It is also used in boils and leprosy. Chewing leaves twice a day for two weeks can cure piles. Leaf paste is applied topically on abscesses. Topical application of *Shinshipa* oil can cure skin diseases.

11. Kumbh: *Shami (Sponge tree) - Kumbha* symbolizes a pot filled with water. The people of *Kumbh Rashi* will be attractive in nature.

12. Meena: *Vata Vruksha (Banyan tree) - Meena Rashi* has a representation by fish. The people born under this *Rashi* are shy and versatile. Banyan tree symbolizes long life span, strength and prosperity. It is a huge

evergreen tree with green leaves and aerial roots. It is used to treat dysentery, diarrhoea, Leucorrhoea, menorrhagia and nervous disorders^[25]. Bark and latex has ant diabetic activity. Seeds are used as coolant and tonic. Joint pains or lumbago can be treated by massaging the affected area externally by latex. Aerial root paste can be used for topical application on pimples. Drinking of bark decoction can reduce excessive urination.

Importance of Nakshatra Vana Plants

1. Ashwini: *Kajra (Poison nut)* - This *Nakshatra* is governed by divine twin physician, *Ashwini Kumaras* heading light and consciousness. It resembles head of a horse. *Ashwini Nakshatra* can provide a strong nervous system. The tree associated with this *Nakshatra* is 'poison nut'. Seeds and stem bark of this tree possess high medicinal value due to the presence of the alkaloid 'strychnine'. It is used to treat stomach disorders, fever, infertility, arthritis, neurological disorders and hydrophobia. Leaves are externally applied as poultice for wound healing^[26].

2. Bharani: *Amalaki (Indian gooseberry)* - *Bharani Nakshatra* is ruled by planet Venus and presiding deity is Lord *Yama*, "God of death". It represents female sexual organ. It primarily relates to the feminine aspect of nature and it has potential to receive and bear. The *Nakshatra* plant of *Bharani* is *Amla*. It is rich in vitamin C (a potential antioxidant). *Amalaki* fruits are used to treat diarrhoea, jaundice and inflammation and it is a potential tonic. Daily consumption of *Amla* in any form will improve health. It also has anti-diabetic and gastroprotective properties. It is very useful in improving eyesight and is best remedy for all kinds of hair problems. Application of decoction of *Amalaki* powder can cure premature graying and hair fall issues.

3. Kritika: *Udumbar (Cluster fig)* - *Kritika Nakshatra* is marked by a cluster of seven stars known as Pleadius. The ruling deity is "God of fire". *Kritika Nakshatra* is the source of energy and power.

4. Rohini: *Jambu (Java plum)* - *Rohini Nakshatra* has shape of chariot with five stars in it. It is also called as Cart. Mythology describes *Rohini* as wife of Moon. The ruling planet is moon and ruling deity is Lord Brahma. This *Nakshatra* is the expression of supreme growth and true rise. *Jambu* is a great medicine to treat diabetic mellitus. It possesses anti-HIV, anti-inflammatory, anti-microbial, anti-fertility, gastro-protective and anti-ulcerogenic properties. Its fruits are processed to make health drinks, preservatives, squash, juices, jellies and wines^[27]. Consumption of bark powder mixed with honey, twice a day helps to reduce bleeding diarrhea. The juice extracted from seeds can be used to treat ulcers or sores by applying on the affected area. Fresh juice of tender leaves with black pepper can cure kidney stone and female fertility problems.

5. Mrugashira: *Khadira (Cutch tree)* - *Mrugashira* is a constellation of orion. This *Nakshatra* is ruled by planet Mars and presiding deity is Lord *Soma*. It is a part of Taurus and Gemini zodiac. It is symbolized by Antelope's head. *Mrugashira Nakshatra* is referred to as star of searching.

6. Aardra: *SisShinshipa (Indian rosewood)* - The presiding deity is *Rudra*. It is symbolized by a tear drop. Ruling planet for this *Nakshatra* is *Rahu*. *Aardra* presents intellectual feeling and passionate thinking. The alternate plants recommended for *Aardra Nakshatra* are Agarwood/ *Krishna guru (Aquilaria agallocha*, family: Thymelaceae); Long pepper/ *Thippali (Piper longum*, Piperaceae; Passion fruit/ *Krishna kamal (Passiflora edulis*, Passifloraceae).

7. Punarvasu: *Bamboo* - *Punarvasu Nakshatra* is ruled by planet Jupiter. *Aditi* is its God of worship. *Punarvasu* means to dwellreside again. It relates to the revival, renewal and restoration. It has many medicinal properties that are exploited to epilepsy and feverish diseases^[28](Shukla et al., 2012). Bamboo powder is used in skin care as an exfoliator and cleanser. It is diuretic, sweet, coolant and antibacterial in nature. The alternate plants recommended for *Punarvasu Nakshatra* are Bamboo (*Bambusa arundinaceae*, family: Poaceae) and Gum arabic tree/ *Babbula (Vachellia nilotica*, Fabaceae).

8. Pushya: *Ashwattha* (Sacred fig / *Peepal* Tree) - *Pushya Nakshatra* is also known as Tishya. It comes under cancer constellation. It is ruled by planetary forces of Saturn and divine force of Jupiter. Its presiding deity is Jiva. *Pushya* is known to be one of the most lovable *Nakshatra*.

9. Aashlesha: *Nagkesar* (*Indian rose chestnut*) - *Ashlesha Nakshatra* is also known as clinging star/hydra. The planetary lord is mercury and presiding deity is *Naga*. It represents coiled serpent. It is considered to be a sharp *Nakshatra*. *Nagkesar* (*Mesua*) tree is an evergreen medium to large sized ornamental tree. Bark, flowers, leaves, root, stamens and seeds of this tree has medicinal properties. It has anti-pyretic, antimicrobial, anti-cancerous, carminative, diuretic and expectorant properties. It is also used as an immunity booster agent, herbal supplement for the treatment of bleeding piles, dysentery, itching, sweating, skin problems and vomiting. Application of seed oil to the affected joints can treat rheumatism. The heated leaves are applied to chest to treat cold and cough. Consumption of fruits can resolve gastric troubles. Seed extracts have anti-microbial properties^[29].

10. Magha: *Vata Vruksha* (*Banyan tree*) - According to Indian astrology, *Magha* is an important *Nakshatra*. It corresponds to the star Regulus. The ruling planet for this *Nakshatra* is *Ketu*. *Magha Nakshatra* is ruled by *Pitra*. It blesses with leadership qualities.

11. Purva phalguni: *Palasha* (*Flame of forest*) - This star symbolizes joy and creation. It is considered to bring good fortune and good luck. *Palasha* is the tree form of Agnideva, 'God of fire'. The alternate plant for this *Nakshatra* is *Ashoka* (*Saraca asoka*, family: *Caesalpinaceae*).

12. Uttara phalguni: *Nyagrodha* (*Golden rumph's fig*) - *Uttara Phalguni Nakshatra* is ruled by planetary force of Sun. It has a shape of legs of bedstead with two stars. It derives its divine force from its governing deity Aryamam 'God of Favours'. The leaf decoction is used for mouth wash and ulcers. The latex is applied on boils, blisters and measles. This tree has aphrodisiac, anti-diabetic, astringent and stomachic properties. The root sap is topically applied for mumps and is valuable medicine to treat gonorrhoea.

13. Hastha: *Amrataka* (*Wild mango*) - *Hastha Nakshatra* is also known as Corvi. The presiding deity is Sun and the ruling planet is Moon. It is symbolized by closed hand. It is a light or swift constellation. It centres the zodiac of Virgo. It is demarcated by the powerful symbol of fist. *Hastha* gives the ability to achieve goals in a complete and immediate manner. Fruit can be used as an antidote for poisoning. Bark possesses rubifacient property. The decoction made from root bark helps to cure gonorrhoea and regulates the menstrual cycle. The juice extracted from leaves is Ear drop. *Jasmine* (*Jasminum grandiflorum* *Oleaceae*) is the alternate plant for *Hastha nakshatra*.

14. Chitra: *Bilva* (*Stone apple tree*) - *Chitra Nakshatra* is represented by a single star and is also known as star of opportunity. The ruling deity is *Twashtra* (Cosmic craftsmen of universe) and ruling planet is Mars. This is *Nakshatra* of prosperity. *Chitra* stands for big, bright shining jewel. It comes under zodiac Virgo and Libra. *Bael* tree has spiritual and religious importance in India. The fruit possesses broad range of therapeutic effects that includes antioxidant, antibacterial, antiviral, anti-diarrheal, gastroprotective, anti-ulcerative colitis, anti-diabetic and cardioprotective properties. The leaves are used as abortifacient and contraceptive in women^[30]. *Bilva* fruit is also used to treat jaundice, diarrhoea, small pox and asthma. The decoction of root and bark is used in the treatment of fever. *Bilva* fruits are used as dietary supplements in form of murabba, pudding and jellies. This is also useful for treating peptic ulcers, dysentery and respiratory diseases. *Bilva Patra* juice with black pepper powder is used to treat jaundice. *Bilva* fruit can be consumed directly to stop dysentery. Typhoid is cured by using paste of leaves and honey. Daily consumption of *bilva* fruit regularly for three months; removes body toxins and cures chronic constipation. Chewing of leaves on empty stomach helps to control diabetes.

15. Swati: *Arjuna*(*Arjun* tree) *Swati Nakshatra* is known as self going star. This *Nakshatra* comes in Libra zodiac. The ruling planet is *Rahu* and the ruling deity is *Vayu*, 'God of wind'. It is symbol of creativity, art and freedom. *Arjun* tree is an important cardio-protective agent mentioned in *Ayurveda*. The decoction of bark is used as mouths wash for ulcers and is best antacid. The bark ashes are powerful remedy for snake bites and scorpion bites. The leaf juice is used in ear ache treatment and the bark paste is used for treating heart ailments. The mixture of bark paste and honey is used to improve the skin complexion. Oral intake of bark helps in controlling high blood pressure. Regular consumption of tree bark with milk can cure all kind of heart disease. Leaf juice is used as an ear drop to relive pain.

16. Vishakha: *Karpura* - *Vishakha Nakshatra* is symbolized by four stars in the shape of pylon. It is ruled by planet Jupiter and the deity is *Indragni*. It symbolizes power, position and authority. It comes under zodiac Libra and Scorpio. Leaves can be used to treat asthma since it act as a sedative. Asthma as a sedative agent. The bark possesses pain killer properties and is used in infantile fever and rheumatic pain. The gum obtained from bark is used to treat cholera. Fruit has astringent and diuretic properties. The root extract of this plant has anti-bacterial properties^[31]. The alternate plants recommended for *Vishakha Nakshatra* are *Parijata* (*Nyctanthes arbour-tristis*, Oleaceae); Elephant apple (*Limonium acidissimum*, Rutaceae); *Nagkesara* (*Messua ferrea*, Calophyllaceae).

17. Anuradha: *Bakula* (*Bullet wood*) - *Anuradha Nakshatra* is formed with two stars in the form of umbrella or the lotus flower. The governing planet is Saturn and the ruling deity is *Mitra*, 'God of friendship'. It symbolizes the ability and determination of blooming in great difficulties.

18. Jyeshtha: *Shalmali* (*Red silk cotton tree*) - *Jyeshtha Nakshatra* is a big star as the name indicates. *Jyeshtha* means bigger or older. It is a red *Nakshatra* in the form of an ear ring. It is headed by Lord Indra. This *Nakshatra* is bestowed by the power of accomplishing targets. Leaves, flowers, fruits, bark, roots, seeds and gum possess various medicinal properties^[32]. It is used to treat STDs, menstrual abnormalities, abortifacient, diuretic and antioxidant, antipyretic and analgesic activity. Leucorrhoea can be cured by taking root powder twice a day. The bark paste is applied to the wound to heal fast. The powder of dried flower is used as tonic for weakness. The alternate plants are *Bombax ceiba*, Bombacaceae); Pine (*Pinus sp.* Pinaceae) and *Neem* (*Azadirachta indica*, Meliaceae).

19. Moola: *Aragwadha*(*Indian laburnum tree*) - *Moola Nakshatra* remains in Sagittarius zodiac. The ruling deity is Goddesses *Niti*. It gives the power for destruction and ruin. The ruling planet is Jupiter. It blesses with capability to use maximum will power in life. It is symbolized by the group of eleven stars in the shape of the tail of lion. It is responsible for various therapeutic potential such as anti-diabetic, larvicidal, anti-cancerous and antibacterial. The fruit pulp is used as mild laxative as well as cardio tonic and stomachic. The leaves are used against fever. The leaves are used for malaria and rheumatism. Its bark is used to treat skin disease^[33]. The roots are used against syphilis and leprosy while the flower buds are known give relief from constipation. Intake of fruit pulp with sugar once a day relieves constipation. The leaves possesses anti-arthritic property. Leaves (12-24 g) are fried in ghee and consumed two times a day. Decoction of fruit pulp in ghee cures chronic cough. Leaf juice can be used as dressing for the ringworm and it relieves irritation and swelling. It is harmful when consumed during pregnancy. *Dhup*(*Canarium strictum*, Burseraceae); *Raal* (*Vateria indica*, Dipterocarpaceae); *Bilva* (*Aegle marmelos*, Rutaceae) are the alternate plants for this *Nakshatra*.

20. Purvashata: *Vetasa*(*Rattan cane*) - *Purvashata Nakshatra* is also called as *Jal Nakshatra*. It consists of two stars forming a shape of elephant's teeth. The ruling deity of this *Nakshatra* is water and governing planet is Venus. *Purvashata* means unbeatable. The fruit of this plant is edible and yields an astringent resin 'Dragon blood'. It also possesses wound healing property, anti-bacterial, antidiabetic, anti-inflammatory and anti-ulcer

properties^[34]. Wood is a vermifuge, roots are used to treat chronic fever and antidote for snake venom. The alternate plant recommended for this *Nakshatra* is *Ashoka* (*Saraca asoka*, Caesalpiniaceae).

21. Uttarahata: *Panasa* (Jack fruit tree) - *Uttarahata Nakshatra* forms a shape of stage consisting of four stars. It can be seen in the North direction in sky. The ruling planet is Venus and the deity is *Vishwadeva*. It blesses one with the capability of learning good things.

22. Shravan: *Arka* (Milk weed) - *Shravan Nakshatra* is also known as Ashwath. It comes under the Capricorn zodiac. The deity of this *Nakshatra* is *Vishnu* and the ruling planet is Moon. It consists of three stars which are considered to be in the shape of Lord Vishnu's three footsteps. *Shravan Nakshatra* blesses with fame, popularity and ability to listen.

23. Dhanishtha: *Shami* (Spunge tree) - *Dhanishtha Nakshatra* is alternatively called as *Shravishttha*, 'Star of symphony'. The ruling planet is Mars, shape is circle and it depicts the situation of wealth and glory. The alternate plant recommended is *Narikela* tree (*Cocos nucifera*, Arecaceae).

24. Shatataraka: *Kadamba* (Burflower tree) - *Shatataraka/ Shatabisha Nakshatra* means, 'The hundred stars'. It comes under Aquarius zodiac. It is ruled by God *Varuna* 'God of Rains' and governing planet is *Rahu*. The leaves, root, fruits and bark skin are used for medicinal purpose. The leaves show wound healing property and hence it is externally used to dress the wounds and ulcers^[35]. The juice of fresh fruit is used to quench thirst in fevers and improves the milk quality of lactating mother. The bark skin is used to treat skin diseases and is antipyretic and antiinflammatory in nature. The roots are favourable for children in case of fever and stomach ache.

25. Purva Bhadrapada: *Aamra* (Mango) - *Purva Bhadrapada Nakshatra* is also known as Yamal Sadrisha. It consists of two stars which look like twins. The governing planet is Jupiter and deity is *Aj Ekpada*. *Nimba* (*Azadirachta indica*, Meliaceae) is the alternate plant recommended for *Purva Bhadrapada Nakshatra*.

26. Uttara Bhadrapada: *Nimba* (*Margosa tree*) - *Uttara Bhadrapada Nakshatra* consist of two stars in the shape of bed. Its status is in Pisces. The ruling planet is Saturn and deity is *Ahribudhya*. It is believed to be one of the luckiest *Nakshatra* as it blesses with salvation and peace. Neem tree has therapeutics implication in diseases cure and formulation based on the fact that *Nimba* is also used to treat various diseases^[36]. The bark and leaf extracts shows anti-inflammatory and wound healing property. The seed possesses antipyretic activity. The root bark and the leaf extract are an important anti-diabetic agent in *Ayurveda*. *Neem* has antimicrobial activities and *neem* based mouth wash is anti-gingivitis and is effective in reducing periodontal indices. Daily intake of leaf juice can act as a blood purifier and helps to treat skin diseases. Application of *neem* leaf paste to scalp treats dandruff, hair fall and itchy scalp. of *Nimba Patra* juice and curd can cure ringworm. Neem leaf tea with black pepper and honey can help to lower the cholesterol, and prevents kidney and liver problems. Burning dried neem leaves will act as mosquito repellent. The alternate plant for this *Nakshatra* is *Mango* (*Mangifera indica*, family: Anacardiaceae).

27. Revati: *Madhuka*(Indian butter tree) - *Revati Nakshatra* is formed by the combination of 32 small *Nakshatras* and forms a shape of '*Mridanga*' in the sky. This *Nakshatra* comes under Pisces zodiac. It is ruled by Mercury planet. It also has insecticidal and pesticide property. Various parts of the plant have anti-inflammatory, hepatoprotective, antimicrobial, anti-oxidant and antipyretic properties^[37]. The tree bark can also be used as timber. *Madhuka* flowers are sweet and are used for the fermentation process. This tree is a stimulant, demulcent, emollient and has heating properties also. Bark is used in diabetes, rheumatism, ulcers,

bleeding and tonsillitis. In skin diseases, the juice of flowers is applied. The decoction of bark in water if taken internally can cure Rheumatism. Bark decoction also helps in managing diabetes. Dried flower powder along with ghee and honey is considered as tonic.

V. CONCLUSION

The *Navgraha*, *Rashi*, *Nakshatra Vana* are astrologically designed gardens established near sacred places with associated plant species. Earlier such gardens were established to worship and please the deity for good health. All the associated tree species are rich in anti oxidants and phytochemicals. In the present era, such gardens made in parks, public places and schools helps to conserve these plant species and strengthen the traditional knowledge and also conserve biodiversity. The concept of herbs and astrology reference can be traced in the *Atharvana Veda* in the form of *Aushadhi Sookta*. The planetary motions have direct impact on the human systems and seen the ill effects of in the body. To nullify the ill effects of the planets in the human body, several astrological medicinal plants have been enumerated. As it is observed the *Vedic* astrology describes 9 *Grahas*, 12 *Rashis*, and 27 *Nakshatras*. The positions of these *Grahas*, and *Nakshatras* at the time of birth and their movements in the celestial globe has influence on human systems. Therefore it is advised that every person should know the astrological medicinal plants and take care of those plants and to please the dominating *Rashi* and *Nakshatra* from their ill effects on the human body.

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