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Critical Study of Ayurvedokta Ratnas (Gem Stones) Advised as Graha Shanti Measures for Graha Rogas in Jyotish Science

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Abstract: Ayurvedic acharyas are of the view that when diseases does not get cured with conventional measures, one has to think about the sinful bad deeds done by the patient (Karma Vipak siddhanta) or Graha rogas (diseases induced by malefic planets), then patient has to perform the 'shantividhana' in the form of Ratana dana (donation of gemstones) or Ratna dharana (wearing gemstones), Ratna Devata Archana (worship of God with gems) etc as a part of Daiva Vyapashraya Chikitsa. Jyotish science had also suggested various remedial measures in the form of wearing of gemstones for alleviating the particular diseases indicated by that particular Graha. The Jyotish science had suggested wearing of some gemstones to overcome the malefic effects of these planets. For Surya (Sun) – Manikya (Ruby), Chandra (Moon) – Mauktika (Pearl), Mangala (Mars) – Prawal (Coral), Budha (Mercury) – Taksharya (Emerald), Guru (Jupiter) – Pushparaga (Topaz), Shukra (Venus) – Hiraka (Diamond), Shani (Saturn) – Neelam (Blue sapphire), Rahu (Dragon's Head) – Gomeda (Hessoite), Ketu (Dragon's Tail) – Vaidurya (Cat's eye stone). It is observed that the gemstones suggested in Jyotish science have the medicinal properties to alleviate the diseases indicated by malefic planets. Hence, it is concluded that gemstones (Ratnas) can be used as remedy for graha rogas under Daiva Vyapashraya Chikitsa indicated by Ayurvedic acharyas.

Keywords: Graharogas, Ratna, Mani, prawal, Gomeda

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INTRODUCTION:

Ayurvedic acharyas are of the view that when diseases does not get cured with conventional measures, one has to think about the sinful bad deeds done by the patient (*Karma Vipak siddhanta*) or *Graha rogas* (diseases induced by Evil planets), then patient has to perform the 'shantividhana' in the form of *Ratana dana* (donation of gemstones) or *Ratna dharana* (wearing gemstones), *Ratnena Devata Archana* (worship of God with gems) etc as a part of *Daiva Vyapashraya Chikitsa*. Jyotish science had also suggested various remedial measures in the form of wearing of gemstones for alleviating the particular diseases indicated by that particular Graha. Attempt has been made to study this interrelationship between Ayurvedic and jyotish science with special reference to the 'Ratna dharana (wearing gemstones)' in the present study. The Jyotish science had suggested wearing of some gemstones to overcome the Evil effects of these planets. For *Surya* (Sun) – *Manikya* (Ruby), *Chandra* (Moon) – *Mauktika* (Pearl) , *Mangala* (Mars) – *Prawal* (Coral), *Budha* (Mercury) – *Taksharya* (Emerald) , *Guru* (Jupiter) - *Pushparaga* (Topaz), *Shukra* (Venus) – *Hiraka* (Diamond) , *Shani* (Saturn) – *Neelam* (Blue sapphire), *Rahu* (Dragon's Head) – *Gomeda* (Hessonite), *Ketu* (Dragon's Tail) –

Vaidurya (Cat's eye stone). The properties of the gemstones suggested as remedial measures in jyotish science were analyzed from Ayurvedic science point of view.

MATERIAL & METHOD

Literary analytical and observational method of research was taken in the present study. Critical and comparative study of Ayurvedic literature and Jyotish science literature was done to come to scientific conclusion.

REVIEW OF LITERATURE**Review of Ayurvedic Literature****Diseases caused by Grahas**

The diseases due to Evil effects of Sun are *Jwara* (fever), *Patan* (fall from height/Traumatic disease), *Apsmara* (epilepsy), *Hritroga* (heart disorders) etc. [1] [2]

The diseases due to Evil effects of Moon are *Nidra* (sleepiness), *Agnimandya* (decreased in appetite), *Atisara* (loose motions), *Pitaka* (papule, boil), *Sheeta Jwara* (fever with chill), *Aalasya* (lassitude), *Kapharoga* (hyperlipidemic states), etc. [3][4] The diseases due to Evil effects of Mangal (Mars) are, *Trishna* (thirst), *Rakta Prakopa* (vitiation of blood) , *Pitta Jwara* (Inflammatory fevers), *Kushtha* (skin diseases) , *Netra Roga*, (eye diseases) etc, [5][6] The diseases due to Evil effects of Budha (Mercury)

are *Bhranti* (vertigo), *Netra Vikara* (Eye diseases), *Gala Vikara* (Throat diseases), *Ghrana Vikara* (Nasal diseases), *Jwara* (fever), etc. [7][8] The diseases due to Evil effects of Guru (Jupiter) are *Gulma* (abdominal tumour), *Antra Jwara* (enteric fever), *Kapha Rogas* (hyperlipidimic diseases), *Shrotra Rogas* (diseases of Ear) etc. [9][10] The diseases due to Evil effects of Shukra (Venus) are *Kapha-Vataj Rogas*, *Pandu* (anemia), *Netra Vikara* (Ophthalmic diseases), *Aasya Vikara* (diseases of mouth), *Shrama* (fatigue), etc. [11][12] The diseases due to Evil effects of Shani (Saturn) are *Vata-Kaphaj Vikara*, *Tandra* (drowsiness), *Shrama* (fatigue), etc. [13][14] The diseases due to Evil effects of Rahu and Ketu are *Tapa kara/Jwara* (fever), *Kushtha* (skin diseases), *Visha* (poisoning), *Pishach*, *Preta*, *Sarpa Graha Badha* (microbial infections). [15][16]

Indication for using Gemstones for Grahas In Jyotish Science

The gemstone for *Surya* is *Manikya* (Ruby), for *Chandra* is *Mukta* (Pearl), for *Mangal* is *Vidruma* (Coral), for *Budha* is *Markat* (Emerald), for *Guru* is *Pushpraga* (Topaz), for *Shukra* is *Vajra* (Diamond), for *Shani* is *Neelam* (Blue sapphire), for *Rahu* is *Gomeda* (Hessonite) and for *Ketu* is *Vaidurya* (Cat's eye stone). [17][18]

Review of Ayurvedic Literature

What is Ratna ?

The wealthy peoples fond of gems hence, the linguistics call it a 'Ratna'. The word 'Ratna' is originated from the Sanskrit word 'Ramana'. [19]

Difference Between Ratna & Mani

1. *Manikya* (Ruby), 2. *Mukta* (Pearl), 3. *Vidruma / Prawala* (Coral), 4. *Garutmat /Markat* (Emerald), 5. *Pushparaga* (Yellow sapphire), 6. *Vajra /Hirak* (Diamond), 7. *Nilam* (Blue sapphire), 8. *Gomeda* (Hessonite),, 9. *Vaidurya/Lahsuniya* (Cat's eye), are the nine Ratnas and 1. *Sfatika*, 2. *Suryakanta*, 3. *Vaikranta*, 4. *Chandrakanta*, 5. *Rajavarta* 6. *Peroja* are the *Manis*. [20]

Types of Ratnas

The nine Maharatnas are – 1. *Moti* (pearl), 2. *Hirak* (Diamond), 3. *Vaidurya* (Cat's eye), 4. *Padmarag* (Ruby), 5. *Pushparaga* (Yellow sapphire), 6. *Gomeda* (Hessonite), 7. *Neelama* (Blue sapphire), 8. *Garutmatam* (Emerald) and 9. *Prawal* (coral). [21][22][23]

Ratnas Graha Sambhandha (Relationship Between Gemstones & Planets)

Manikya (Ruby), *Mukta* (Pearl), *Vidruma* (Coral), *Taksharya* (Emerald), *Pushpraga* (Topaz), *Vajra* (Diamond), *Neelam* (Blue sapphire), *Gomeda* (Hessonite) and *Vaidurya* (Cat's eye stone) are the gemstones indicated for Nine planets like

sun, moon, mars, mercury, Jupiter, venus, Saturn, Dragon's head and tail respectively. [24]

The 1. *Moti* (pearl) represents the *Chandra* (Moon), 2. *Hirak* (Diamond) represents the *Shukra* (Venus), 3. *Vaidurya* (Cat's eye) represents the *Ketu* (Dragon's head), 4. *Padmarag* (Ruby) represents the *Surya* (Sun), 5. *Pushparaga* (Yellow sapphire) represents the *Guru* (Jupiter), 6. *Gomeda* (Hessonite) represents the *Rahu* (Dragon's head), 7. *Neelam* (Blue sapphire) represents the *Shani* (Saturn), 8. *Garutmatam* (Emerald) represents the *Budha* (Mercury) and 9. *Prawal* (coral) represents the *Mangala* (Mars). [25]

Application of Gemstones

Gemstones are indicated for *dana* (donation), *dharana* (wearing), *devata archana* (worshipping God) and *Rasayana* (rejuvenator), *Rasakarya* (for making drugs). [26]

General Benefits of Gemstones

The wearing of Gems brings the luck, increased life expectancy, promotion of health, increase in strength, soundness of mind and wealth. [27]

The Ratna and Manis like *mukta*, *vidruma*, *vajra*, *Indra*, *vaidurya* and *sphatika* are good for improving eyesight (*Chakshushya*), offers coolness (*sheeta*), they have scrapping

(*lekhana*) property and acts as *medohara*. They also act as antitoxic. They offer wealth and sacredness. [28]

The Ratnas are *sheeta*, *kashaya*, *madhura*, *lekhana*, *chakshushya* (improves eye sight). They offer wealth and sacredness. They also act as antitoxic (*vishapaha*). It offers longevity (*aayushya*). It increases *Oja* (Glow/Radiance), *Harsha* (joy), *utsaha* (enthusiasm). [29]

Ratna clears the dosha due to Evil aspect (*drusthi*) of the planets (*Grahas*) in the birthchart. It also promotes the health. It stops the bad terrifying dreams. It removes the badluck. [30]

The *Manikya*, *Markat*, *Vajra*, *Mauktik*, *Vaidurya*, *Gardhabmani* are antipoisonous. [31]

The wearing of gemstones as per the respective *grahas*, alleviates the discomfort or disease caused by that particular *graha*. Further it offers the longevity (*Deerghayu*), health (*Aarogya*), luck (*Saubhagya*), power to mesmerize (*Vashikarana*), Enthusiasm (*Utsahaprada*), Courage (*Dhairyakrita*), Clearing of Evilshadows (*Dushchhaya nasha*), Kills the microbes that spread through dust (*Chala Dhula sangatibhava lakshmi-hara*), anti microbial (*Bhutadi nasha*). [32]

Properties of Gemstones

Properties of Manikya (Ruby)

The remedial gem stone suggested for Evil Surya (Sun) is Manikya (Ruby). The properties of Manikya are *Dipana* (appetizer), *Vrushya* (aphrodisiac), *Kapha-nut* (antilipid), *Vata-nut*, *Kshaya-nut* (anti pthisis), *Arati-nut* (alleviates pain), *Bhuta-ghnam* (anti microbial), *Vetala-ghnam* (anti infectious), *Karmaj Vyadhi Nashanam* (alleviates diseases due to bad deeds).^[33]

Properties of Mukta (Pearl)

The remedial gem stone suggested for Evil Chandra (Moon) is Mauktika (Pearl). The properties of Mauktika are *Kapha-dhwansi* (antilipid), *Vata-dhwansi*, *Kshaya-dhwansi* (anti pthisis), *Kasa-nut* (anti cough), *Shwasan-nut* (anti dyspnoeic), *Agnimandya-nut* (Appetite restorer), *Pushti-dam* (nutritious), *Vrushyam* (aphrodisiac), *Aayushyam* (increases life expectancy), *Daha-ghnam* (relieves the elevated heat).^[34]

Properties of Prawal/Vidrums (Coral)

The remedial gem stone suggested for Evil Mangal (Mars) is Prawal/Vidrums (Coral). The properties of Vidrums are *Kshaya-ghnam* (anti pthisis), *Pitta Astra-ghnam* (alleviates Pittaj and blood diseases), *Kasa-ghna* (anti cough), *Dipana* (appetizer), *Pachana* (digestive), *Laghu* (light), *Visha-shamaka* (anti poisonous),

Bhuta-ghnam (anti microbial), *Netraroga-nut* (alleviates eye diseases).^[35]

Properties of Taksharya/Markat (Emerald)

The remedial gem stone suggested for Evil Budha (Mercury) is Taksharya/Markat (Emerald). The properties of *Taksharya* are *jwar-nut* (anti pyretic), *Chhardi-nut* (anti emetic), *Shwasa-nut* (anti dyspnoeic), *Sannipat-nut* (life saving), *Agnimandya-nut* (Appetite restorer), *Shofa-ghnam* (anti edema), *Ojo Vardhak* (Increases strength and immunity).^[36]

Properties of Pushparaga (Yellow sapphire/Topaz)

The remedial gem stone suggested for Evil Guru (Jupiter) is Pushparaga (Yellow sapphire/Topaz). The properties of Pushparaga are *Visha-hara* (antitoxic), *Chhardi-hara* (anti emetic), *Kapha-hara* (antilipid), *Vata-hara*, *Agnimandya-hara* (Appetite restorer), *Daha-shamaka* (relieves the elevated heat), *Kushtha-shamak* (alleviates skin diseases), *Astra shamaka* (alleviates blood disorders), *Dipana* (appetizer), *Pachana* (digestive), *Laghu* (light).^[37]

Properties of Hirak/Vajra (Diamond)

The remedial gem stone suggested for Evil Shukra (Venus) is Hirak/Vajra (Diamond). The properties of *Vajra* are *Aayushya-prada*

(increases life expectancy), *Vrushya* (aphrodisiac), *Tridosha-ghna* (alleviates increased three doshas), *sakal Aamay-ghna* (alleviates all diseases), *Sadguna-kruta* (enhances tendency for good qualities), *Amrutopam* (like nectar).^[38]

Properties of Neelam (Blue sapphire)

The remedial gem stone suggested for Evil Shani (Saturn) is Endraneela (Blue sapphire). The properties of Neelam are *Shwasa-hara* (anti dyspnoeic), *Kasa-hara* (anti cough), *Vrushyam* (aphrodisiac), *Tridosha-ghna* (alleviates increased three doshas), *Sudipanam* (appetizer), *Visham Jwara-ghna* (Alleviates irregular fever), *Durnam/Arsha-ghnam* (alleviates piles), *papghnam* (overcomes poverty).^[39]

Properties of Gomeda (Hessonite)

The remedial gem stone suggested for Evil Rahu (Dragon's head) is Gomeda (Hessonite). The properties of Gomeda are *Kapha-ghna* (alleviates increased Kapha), *Pitta-ghna* (alleviates increased Pitta), *Kshaya-ghna* (anti pthisis), *Pandu-ghna* (anti anemic), *Dipanam* (appetizer), *Pachanam* (digestive), *Ruchyam* (taste arouser), *Twachyam* (skin tonic), *Buddhi-prabodhanam* (enhances intellect).^[40]

Properties of Vaidurya (Cat's Eye stone)

The remedial gem stone suggested for Evil Ketu (Dragon's tail) is Vaidurya (Cat's Eye stone). The properties of Vaidurya are *Raktapittaghna* (alleviates bleeding disorders), *Pragya-varadhanam* (increases intellect), *Bala-varadhanam* (Strength enhancer), *Pitta pradhan Roga-ghnam* (alleviates Pittaj diseases), *Dipanam* (Appetizer), *Malamochanam* (Laxative).^[41]

OBSERVATIONS:

Table no. 1- Diseases due to Evil Surya (Sun) & Remedial Properties

Planet	Diseases Ruled by Grahas	Remedy Suggested	Ayurvedic Properties
Surya (Sun)	Jwara Apasmar Hritroga Krod Rogas (liver diseases) Druk Rogas (Eye diseases)	Manikya (Ruby)	<i>Dipana</i> (appetizer), <i>Vrushya</i> (aphrodisiac) <i>Kapha-nut</i> (antilipid) <i>Vata-nut</i> (alleviates increased Vata) <i>Kshaya-nut</i> (anti pthisis), <i>Arati-nut</i> (alleviates pain), <i>Bhuta-ghnam</i> (anti microbial)

Bhuta avesh Twak /Kushtha Asthi vikar	<i>Vetala-ghnam</i> (anti infectious) <i>Karmaj Vyadhi Nashanam</i> (alleviates diseases due to bad deeds)
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Table no. 2- Diseases due to Evil Chandra (Moon) & Remedial Properties

Planet	Diseases Ruled by Grahas	Remedy Suggested	Ayurvedic Properties
Chandra (Moon)	Nidra, Aalasya Kapharoga Agnimandya Atisara Pitaka Sheeta Jwara Kamala Rakta-Vikara, Kushata Balagraha	Mauktika (Pearl)	<i>Kapha-dhwansi</i> (antilipid) <i>Vata-dhwansi</i> (alleviates increased Vata) <i>Kshaya-dhwansi</i> (anti pthisis) <i>Kasa-nut</i> (anti cough) <i>Shwasa-nut</i> (anti dyspnoeic) <i>Agnimandya-nut</i> (Appetite restorer) <i>Pushti-dam</i> (nutritious) <i>Vrushyam</i> (aphrodisiac), <i>Aayushyam</i> (increases life expectancy) <i>Daha-ghnam</i> (relieves elevated heat)

Table no. 3- Diseases due to Evil Mangal (Mars) & Remedial Properties

Planet	Diseases Ruled by Grahas	Remedy Suggested	Ayurvedic Properties
Mangal (Mars)	Trishna Rakta Prakopa Pitta Jwara Kushtha Netra Roga Gulma Apasmara Parushta Dehabhanaga	Prawal /Vidrum (Coral)	<i>Kshaya-ghnam</i> (anti pthisis) <i>Astra-ghnam</i> (alleviates blood diseases) <i>Pitta-ghnam</i> (alleviates Pittaj diseases) <i>Kasa-ghna</i> (anti cough) <i>Netraroga-nut</i> (alleviates eye diseases) <i>Dipana</i> (appetizer) <i>Pachana</i> (digestive) <i>Laghu</i> (light) <i>Visha-shamaka</i> (anti poisonous) <i>Bhuta-ghnam</i> (anti microbial)

Raksha	Gandharva Graha	Rogas	
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Table no. 4- Diseases due to Evil Budha (Mercury) & Remedial Properties

Planet	Diseases Ruled by Grahas	Remedy Suggested	Ayurvedic Properties
Budha (Mercury)	Bhranti Netra Vikara Gala Vikar Ghrana Vikar Jwara Pitta-Kaphaj Vikara Pandua Twacha Vikar Vicharchika Gandharva Graha Pida	Taksharya /Markat (Emerald)	<i>Jwara-nut</i> (anti pyretic) <i>Chhardi-nut</i> (anti emetic) <i>Shwasa-nut</i> (anti dyspnoeic) <i>Sannipat-nut</i> (life saving) <i>Agnimandya-nut</i> (Appetite restorer) <i>Pandughnam</i> (alleviates anemia), <i>Shofa-ghnam</i> (anti edema) <i>Ojo Vardhak</i> (Increases strength and immunity)

Table no. 5- Diseases due to Evil Guru (Jupiter) & Remedial Properties

Planet	Diseases Ruled by Grahas	Remedy Suggested	Ayurvedic Properties
Guru (Jupiter)	Gulma Antra Jwara Kapha Rogas Shrotra Rogas Prameha Shoka Kinnar Yaksha Deva Graha Pida	Pushparaga (Yellow sapphire/ Topaz)	<i>Visha-hara</i> (antitoxic) <i>Chhardi-hara</i> (anti emetic) <i>Kapha-hara</i> (antilipid) <i>Vata-hara</i> (alleviates increased Vata) <i>Agnimandya-hara</i> (Appetite restorer) <i>Daha-shamaka</i> (relieves elevated heat) <i>Kushtha-shamak</i> (alleviates skin diseases) <i>Astra shamaka</i> (alleviates blood disorder) <i>Dipana</i> (appetizer) <i>Pachana</i> (digestive)

			Laghu (light)
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Table no. 6- Diseases due to Evil Shukra (Venus) & Remedial Properties

Planet	Diseases Ruled by Grahas	Remedy Suggested	Ayurvedic Properties
Shukra (Venus)	Kapha-Vataj Rogas Pandu Netra Vikara Aasya Vikara Guhya Rogas Mutrakrichhra Shukra Struti Shrama Yogini Matraka Graha Pida	Hirak /Vajra (Diamond)	<i>Tridosha-ghna</i> (alleviates increased three doshas) <i>Vrushya</i> (aphrodisiac) <i>Aayushya-prada</i> (increases life expectancy) <i>sakal Aamay-ghna</i> (alleviates all diseases) <i>Sadguna-kruta</i> (enhances tendency for good qualities) <i>Amrutopam</i> (like nectar)

Table no. 7- Diseases due to Evil Shani (Saturn) & Remedial Properties

Planet	Diseases Ruled by Grahas	Remedy Suggested	Ayurvedic Properties
Shani (Saturn)	Vata-Kaphaj Vikara Tandra Shrama Bhranti Kukshi Ruk Pishacha Graha Pida	Endraneela (Blue sapphire)	<i>Shwasa-hara</i> (anti dyspnoeic) <i>Kasa-hara</i> (anti cough) <i>Vrushyam</i> (aphrodisiac) <i>Sudipanam</i> (appetizer) Visham Jwara-ghna (alleviates irregular fever) <i>Durnam/Arsha-ghnam</i> (alleviates piles) <i>papghnam</i> (overcomes poverty) <i>Tridosha-ghna</i> (alleviates increased three doshas)

Table no. 8- Diseases due to Evil Rahu (Dragon's Head) & Remedial Properties

Planet	Diseases Ruled by Grahas	Remedy Suggested	Ayurvedic Properties
Rahu (Dragon head)	Tapa kara Kushtha Visa Pishach , Preta, Sarpa Graha Badha	Gomeda (Hessonite)	<i>Kapha-ghna</i> (alleviates increased Kapha) <i>Pitta-ghna</i> (alleviates increased Pitta) <i>Kshaya-ghna</i> (anti pthisis) <i>Pandu-ghna</i> (anti anemic) <i>Dipanam</i> (appetizer) <i>Pachanam</i> (digestive) <i>Ruchyam</i> (taste arouser) <i>Twachyam</i> (skin tonic) <i>Buddhi-prabodhanam</i> (enhances intellect)

Table no. 9- Diseases due to Evil Ketu (Dragon's Tail) & Remedial Properties

Planet	Diseases Ruled by Grahas	Remedy Suggested	Ayurvedic Properties
Ketu (Dragon's Tail)	Tapa Kushtha Visa Pishach , Preta, Sarpa Graha Badha	Vaidurya (Cat's Eye stone)	<i>Pragya-varadhanam</i> (increases intellect) <i>Bala-varadhanam</i> (Strength enhancer) <i>Pitta pradhan Roga-ghnam</i> (alleviates Pittaj diseases) <i>Raktapittaghna</i> (alleviates bleeding disorders) <i>Dipanam</i> (Appetizer) <i>Malamochanam</i> (Laxative)

DISCUSSION:

The Evil **Surya (Sun)** leads to *Bhuta avasha* (microbial infections), whereas remedy suggested Manikya (Ruby) is *Bhuta-ghnam* (anti microbial). By its Kapha-Vata hara property, Manikya can alleviate many Kapha Vataj diseases including heart, liver, brain and

bone diseases. Thus remedy suggested appears to be scientific and rationalistic.

The Evil **Chandra (Moon)** causes *Alasya* and *Nidra* (lassitude and Sleepiness), *Kapharoga* (hyperlipidemic states), *Agnimandya* (decreased in appetite) whereas remedy suggested Mauktika acts as *Kapha-hara* (antilipid). The Evil Chandra (Moon) also

causes *Rakta-Vikara* (blood disorders) whereas remedy suggested *Mauktika*, by acting as *Daha-ghnam* (relieves the elevated heat) alleviates the blood disorders. The analysis of Ayurvedic properties of the remedy suggested for alleviating the Evil effects of Chandra (Moon) with respect to diseases, is found to be scientific and rationalistic.

The Evil **Mangal (Mars)** leads to *Rakta* and *Pitta Prakopa* (vitiation of Pitta and blood) whereas remedy suggested *Prawal* acts as *Pitta Astra-ghnam* (alleviates Pittaj and blood diseases). The Evil Mangal (Mars) leads to *Netra Roga*, (eye diseases) whereas remedy suggested *Prawal* acts as *Netraroga-hara* (alleviates eye diseases). The Evil Mangal (Mars) leads to *Raksha Gandharva Graha Rogas* (microbial infections of blood and bone marrow). whereas the remedy suggested, *Prawal* acts as *Bhuta-ghnam* (anti microbial). Thus the analysis of Ayurvedic properties of the remedy suggested for alleviating the Evil effects of Mangal (Mars) with respect to diseases, is found to be scientific and rationalistic.

The Evil **Budha (Mercury)** causes *Pandu* (anemia), whereas the remedy suggested *Taksharya* (Emerald) acts as *Pandu-ghnam* (alleviates anemia). The Evil Budha leads to

Jwara (fever) whereas remedy suggested *Taksharya* (Emerald) acts as *jwaa-ghna* (anti pyretic). The Evil Budha leads to *Kphaj vikaras* whereas remedy suggested *Markat* alleviates the *Kaphaj* disorders by acting as *Chhardi-nut* (anti emetic), *Shwasa-nut* (anti dyspnoeic), *Agnimandya-nut* (Appetite restorer). The analysis of Ayurvedic properties of the remedy suggested for alleviating the Evil effects of Budha (mercury) with respect to diseases, is found to be scientific and rationalistic.

The Evil **Guru (Jupiter)** leads to *Kapha rogas* whereas remedy suggested *Pushparaga* (Yellow sapphire/Topaz) is *Kapha-hara* (antilipid), *Agnimandya-hara* (Appetite restorer), *Dipana* (appetizer), *Pachana* (digestive). The analysis of Ayurvedic properties of the remedy suggested for alleviating the Evil effects of Guru (Jupiter) with respect to diseases, is found to be scientific and rationalistic.

The Evil **Shukra (Venus)** leads to *Shukra Struti* (premature ejaculations) whereas the remedy suggested *Hirak* (Diamond) acts as *Vrushya* (aphrodisiac). The Evil Shukra (Venus) leads to *Kapha-Vataj Rogas* but remedy suggested *Hirak* acts as *Tridosha-ghna* (alleviates increased three doshas). The Evil Shukra (Venus) leads to host of diseases like *Guhya*

Rogas (genital disorders), *Netra Vikara* (Ophthalmic diseases), *Aasya Vikara* (diseases of mouth), *Pandu* (anemia) etc) whereas remedy suggested *Hirak* (Diamond) acts as *sakal Aamay-ghna* (alleviates all diseases). The analysis of Ayurvedic properties of the remedy suggested for alleviating the Evil effects of *Shukra* (Venus) with respect to diseases, is found to be scientific and rationalistic.

The Evil **Shani (Saturn)** leads to *Vata-Kaphaj Vikara*, whereas the remedy suggested *Neelam* (Blue Sapphire) acts as *Tridosha-ghna* (alleviates increased three doshas) and alleviates *Kaphaj* diseases like *Shwasa* (dyspnoeic), *Kasa* (cough). The analysis of Ayurvedic properties of the remedy suggested for alleviating the Evil effects of *Shani* (Saturn) with respect to diseases, is found to be scientific and rationalistic. .

The Evil **Rahu** and **Ketu** give rise to *Tapa* (fever) whereas remedy suggested for *Rahu*, *Gomeda* (Hessonite) is *Pitta-ghna* (alleviates increased *Pitta*) and remedy suggested for *Ketu*, the

Vaidurya (Cat's eye stone) acts as *Pitta pradhan Roga-ghnam* (alleviates *Pittaj* diseases). The analysis of Ayurvedic properties of the remedy suggested for alleviating the Evil effects of *Rahu* and *Ketu* (Dragon's head and tail) with respect to diseases, is found to be scientific and rationalistic.

CONCLUSIONS

- 1] The remedies suggested for alleviating the Evil effects of the various *grahas* (planets) have scientific rationale behind it.
- 2] The remedies suggested for alleviating the Evil effects of the various *grahas* (planets) can safely be used for the indicated *vikaras*.
- 3] The further study regarding the actual effects of these remedies on body physiology using modern parameters can be studied at higher medical institutions with such facilities.

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