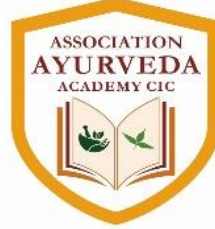


ASSOCIATION AYURVEDA ACADEMY

CIC-Reg.No 12491592 LONDON-UK



proudly presents

ASTROAYURVEDA

as interventional therapy

A Comprehensive Short-Term Course in Medical Astrology for Ayurvedic Practitioners

50 HOURS • 25 SESSIONS • 2 HOURS EACH

Delivered Online • Open to Qualified Ayurvedic Practitioners, Students & Scholars

Lead Faculty

Dr. Sindhura. AS

MD (Ayu), MIA

Assoc. Professor, Dept. of Kayachikitsa

Offered By

**ASSOCIATION AYURVEDA ACADEMY
(AAA) LONDON-UK**

www.aaauk.org

महर्षिपराशर — बृहत्पराशर होराशास्त्र

As the Sun illuminates the world, so does Jyotish illuminate the path of life and health.



The Vision: Why AstroAyurveda?

In the vast and luminous architecture of Vedic knowledge, two great sciences stand in profound dialogue: Ayurveda- the science of life and longevity and Jyotish- the science of celestial light and time. Rooted in the same philosophical soil of Samkhya Darshana and the Vedic understanding of the cosmos, these two sciences are not merely compatible they are structurally inseparable.

The Ayurvedic physician who seeks to understand disease in its fullest dimension must engage with the question of Kala (time) and with the cosmic forces that modulate the human body across time. This is precisely what Jyotish offers: a mathematically grounded, observationally refined, and clinically applicable map of how the movements of the Nava Grahas (nine celestial bodies) influence the Tridosha, the Saptadhatu, the Srotas, Shareera and the Manas of each individual human being.

The Srishti Utpatti Krama - the Samkhyan chain of cosmic evolution from Purusha-Prakriti through Mahat, Ahankara, Panchatanmatra, and Panchamahabhuta - establishes that the universe and the human body are made of identical elemental fabric. The Loka-Purusha Samya Vada of Charaka Samhita declares this homology explicitly: what is in the cosmos is in the body, and what is in the body is in the cosmos.

From this foundational doctrine flows the entire edifice of Medical Astrology. The Sun is the Atman of the cosmos and the Atman of the body resides in the Hridaya. The Moon governs the tides of the ocean and the fluid rhythms of the Rasa dhatu. Saturn governs the slow contraction of geological time and the slow degeneration of the aging body's joints and nerves. These are not metaphors - they are structural homologies with profound clinical implications.

Yad Pinde Tad Brahmande

यद् पिण्डे तद् ब्रह्माण्डे — *As is the body, so is the cosmos; as is the cosmos, so is the body.*

— Charaka Samhita, Sharira Sthana 5.3

It is in response to the growing global interest in integrating Vedic sciences with contemporary Ayurvedic practice that the Association Ayurveda Academy (AAA), London-UK presents AstroAyurveda: a structured, rigorous, and clinically oriented short-term course designed for Ayurvedic practitioners, scholars, and advanced students across Europe and beyond.

Course Highlights

- ◆ 50 hours of structured instruction
- ◆ 25 sessions of 2 hours each, delivered live online
- ◆ 8 progressive modules from philosophy to clinical application
- ◆ Detailed case studies
- ◆ Integrated Ayurvedic-Astrological clinical framework
- ◆ Horoscope casting and chart reading practicals
- ◆ Access to recorded sessions for revision
- ◆ Course reader and reference materials included
- ◆ Certificate of Completion from Association Ayurveda Academy, London-UK

Who Should Attend?

- ◆ Qualified Ayurvedic physicians (BAMS, MD Ayu, equivalent)
- ◆ Ayurvedic students in final years of study
- ◆ Naturopaths and integrative medicine practitioners
- ◆ Yoga therapists and wellness professionals with Ayurvedic training
- ◆ Vedic scholars with interest in clinical application of Jyotish
- ◆ Medical professionals seeking to understand Vedic approaches to health

Language of Instruction

English. Sanskrit terminology used throughout with transliteration and translation.

Programme Structure Overview

The AstroAyurveda course is structured across eight progressive modules, each building systematically on the last. The programme moves from the foundational cosmological and philosophical framework, through the technical components of Jyotish, into the clinical application of Medical Astrology within Ayurvedic practice.

Module	Module Title	Sessions / Hours
Module I	Philosophical & Cosmological Foundations	Sessions 1–6 • 12 hours
Module II	Panchanga & Foundational Jyotish	Sessions 7–12 • 12 hours
Module III	Signs, Houses & Planets	Sessions 13–20 • 16 hours
Module IV	Horoscope Construction & Mathematical Tools	Sessions 21–26 • 12 hours
Module V	Planets in Signs & Houses — Medical Interpretations	Sessions 27–32 • 12 hours
Module VI	Health, Disease & Arishta Yoga	Sessions 33–38 • 12 hours
Module VII	Specific Disease Correlates in Medical Astrology	Sessions 39–46 • 16 hours
Module VIII	Case Studies, Interpretation & Clinical Integration	Sessions 47–50 • 8 hours

Learning Outcomes

Upon successful completion of the AstroAyurveda course, participants will be able to:

- ◆ Articulate the Samkhyan cosmological framework (Srishti Utpatti Krama) and its direct relevance to Ayurvedic physiology and pathology
- ◆ Identify the three branches of Jyotish and their respective clinical and epidemiological applications
- ◆ Read and interpret a Janma Kundali (Natal horoscope) using South Indian formats, including all 12 houses, Nava Grahas, and divisional charts
- ◆ Apply the Loka-Purusha Samya Vada to map planetary influences onto specific organ systems, Doshas, and Dhatus in a clinical context
- ◆ Calculate and interpret the Vimshottari Dasha system to identify periods of constitutional vulnerability and disease onset
- ◆ Recognise Arishta Yogas (disease and crisis combinations) and Arista Bhanga (cancellation factors) in a birth chart
- ◆ Conduct an integrated Astro-Ayurvedic clinical assessment for conditions spanning the cardiovascular, neurological, reproductive, dermatological, and psychiatric domains
- ◆ Select astrological remedial measures based on Ayurvedic and Astrological principles with appropriate ethical framing
- ◆ Apply Muhurta Shastra principles to optimise the timing of surgical procedures, Panchakarma, and Rasayana therapies

Complete 50-Hour Session Schedule

Each session runs for two hours and combines didactic teaching, visual learning, Sanskrit text references, and where applicable, practical chart-reading exercises. Sessions 47–50 incorporate live case analysis with participant horoscopes (with consent). Sessions will be held between 1500hrs to 1700hrs (UK time), 1600hrs to 1800hrs (French time) and 19.30 to 21.30 IST

Session	Session Title	Key Topics Covered
★ MODULE I: PHILOSOPHICAL & COSMOLOGICAL FOUNDATIONS (Sessions 1–6)		
S1 13.6.2026	Srishti Utpatti Krama & Medical Astrology	Samkhya Darshana, Purusha-Prakriti, 24 Tattvas, evolution from subtle to gross, clinical relevance of creation theory
S2 13.6.2026	Introduction to the Vedas & Vedic Sciences	Four Vedas, six Vedangas, Jyotish as Vedanga, Atharva Veda and medicine, the Vedic worldview and health
S3 14.6.2026	Origin & History of Astrology	Origins in Vedic observation, Parashara, Varahamihira, Brihat Parashara Hora Shastra, historical evolution, Astrology in Charaka & Sushruta
S4 14.6.2026	Loka-Purusha Samya Vada — Part I	Charaka Sharira Sthana 5, macrocosm-microcosm homology, cosmic elements and body elements, Sun-Heart, Moon-Manas correspondences
S5 20.6.2026	Loka-Purusha Samya Vada — Part II	Planetary homologues of Tridosha, Dhatu, Srotas, Ojas; Trigunas and Nava Grahas; clinical application of correspondence doctrine
S6 20.6.2026	Panchamahabhuta, Tridosha & Jyotish	Five element correspondences with planets and signs, Dosha-Graha mapping, Tanmatra-sense-planet triad, integration with clinical Ayurveda
★ MODULE II: PANCHANGA & FOUNDATIONAL JYOTISH (Sessions 7–12)		
S7 21.6.2026	Panchanga — The Vedic Almanac	Five limbs: Tithi, Vara, Nakshatra, Yoga, Karana; reading a Panchanga, medical significance of Tithi and Vara, auspicious and inauspicious days for treatment
S8 21.6.2026	Introduction to Nakshatra	27 Nakshatras, their rulers, nature, body correspondences; Nakshatra and disease classification; Abhijit; Nakshatra-based Ayurvedic formulation traditions
S9 27.6.2026	Aspects of Jyotisha — Siddhanta, Samhita, Hora	Three branches in depth; astronomical basis of Jyotish, spherical astronomy basics, ecliptic, celestial equator, precession
S10 27.6.2026	Elements in Astronomy for the Ayurvedic Physician	Celestial sphere, zodiac belt, planetary motion (direct/retrograde/stationary), lunar nodes, eclipse theory, seasonal variation and disease patterns
S11 28.6.2026	General Considerations in Medical Astrology	Scope and limits of Medical Astrology, ethical framework, how astrology complements not replaces clinical examination, confidentiality, informed consent
S12 28.6.2026	Muhurta Shastra — Timing in Medicine	Electional astrology for surgery, Panchakarma, drug initiation; Tarabala, Chandrabala; inauspicious periods (Rahu Kala, Gulika, Yamaganda); practical Muhurta selection
★ MODULE III: SIGNS, HOUSES & PLANETS (Sessions 13–20)		
S13 4.7.2026	Dvadasha Rashis — The Twelve Signs	Nature, element, quality (cardinal/fixe/mutable), ruling planet, Kala Purusha body region, medical significations of each sign
S14 4.7.2026	Significations of Signs in Medical Astrology	Sign-specific disease tendencies: Mesha-neurological, Vrishabha-thyroid, Mithuna-respiratory, Karka-digestive, Simha-cardiac; clinical case examples
S15 5.7.2026	Dvadasha Bhavas — The Twelve Houses	Natural significations, derived houses, Bhavat Bhavam principle; Medical Bhavas: 1st, 6th, 8th, 11th, 12th; house strength assessment
S16 5.7.2026	Significations of Houses in Medical Astrology	Disease-house mapping: 6th (acute/chronic), 8th (longevity/surgery), 12th (hospitalisation); 2nd (diet/eye), 4th (mind/chest), 5th (stomach/immunity)

Session	Session Title	Key Topics Covered
S17 11.6.2026	Nava Grahas — The Nine Planets	Nature, gender, element, Dosha, Dhatu, organ, Guna of each Graha; planetary friendship and enmity; exaltation and debilitation; Moolatrikona
S18 11.6.2026	Significations of Planets in Medical Astrology	Graha-organ-disease mapping: Sun-heart/bone, Moon-mind/fluids, Mars-blood/inflammation, Mercury-nervous/skin, Jupiter-liver/fat, Saturn-joints/degeneration
S19 12.6.2026	Planets as Lords of Houses	Lordship principle, functional benefics and malefics, Yogakaraka, the 6th-8th-12th lord problem, Maraka planets; planetary periods of lords
S20 12.6.2026	Planetary Relationships & Dignities	Conjunctions, mutual aspects, sign/house/nakshatra dispositor; planetary war (Graha Yuddha); combustion (Asta); deep exaltation and deep debilitation
★ MODULE IV: HOROSCOPE CONSTRUCTION & MATHEMATICAL TOOLS (Sessions 21–26)		
S21 18.6.2026	Casting the Horoscope — Part I	Birth data collection (date, time, place), sidereal vs tropical, Ayanamsa, calculation of Lagna; South Indian chart formats
S22 18.6.2026	Casting the Horoscope — Part II	Calculation of Bhava Madhya and Bhava Sandhi; Placidus vs equal house; planetary longitude calculation; practical chart drawing; software tools
S23 19.6.2026	Vargas — Divisional Charts	Navamsa (D-9), Drekkana (D-3), Saptamsa (D-7), Dashamsa (D-10), Shodashamsa (D-16); medical relevance of Navamsa and Drekkana; confirming disease through Vargas
S24 19.6.2026	Graha Bala — Planetary Strength	Shadabala: Sthana, Dig, Kala, Chesta, Naisargika, Drig Bala; Ishta-Kashta Phala; Ashtakavarga; clinical interpretation of planetary strength in health assessment
S25 25.6.2026	Dasha Systems — Operational Periods	Concept of Dasha, Vimshottari Dasha system, Nakshatra-based calculation, Dasha balance at birth; Antardasha, Pratyantardasha; other systems: Yogini, Ashtottari
S26 25.6.2026	Vimshottari Dasha — Clinical Application	Reading Dasha-Antardasha for health events; identifying when constitutional vulnerabilities activate; Dasha of 6th, 8th, 12th lords; Maraka Dashes; case illustration
★ MODULE V: PLANETS IN SIGNS & HOUSES — MEDICAL INTERPRETATIONS (Sessions 27–32)		
S27 1.8.2026	Planets in Different Signs — Medical Effects	Planet-sign combinations: Sun in each sign (vitality patterns), Moon (emotional-somatic), Mars (inflammatory), Jupiter (metabolic); clinical correlation matrix
S28 1.8.2026	Planets in Different Houses — Medical Effects	Planet-house combinations: malefics in 6th/8th, benefics in kendras, Saturn in Lagna (constitution), Rahu/Ketu placements and chronic disease
S29 2.8.2026	Retrograde Planets in Medical Astrology	Concept of retrograde motion, medical significance, retrograde malefics (Saturn/Mars) and chronic obstruction, retrograde benefics, reversal of expected results
S30 2.8.2026	Benefic and Malefic Planets — Natural & Functional	Natural benefics (Moon, Mercury, Jupiter, Venus) vs malefics (Sun, Mars, Saturn, Rahu, Ketu); functional status by Lagna; temporary and permanent friendship
S31 8.8.2026	Trika Houses — 6th, 8th, 12th in Depth	Classical analysis of Dusthana houses, their lords, planets placed therein; Viparita Raja Yoga; how Trika lords influence disease type, onset, progression
S32 8.8.2026	Mathematical Calculation of Longevity	Pindayu, Amsayu, Nisargayu methods; Sahama calculation; Maraka planets and periods; special longevity yogas; ethical dimensions of longevity assessment
★ MODULE VI: HEALTH, DISEASE & ARISHTA YOGA (Sessions 33–38)		
S33 9.8.2026	Balarista — Childhood Disease & Early Life Vulnerabilities	Planetary combinations indicating childhood illness, neonatal risk, Balarista Yogas; Chandra-Lagna analysis; Guru as child-protector; paediatric case examples
S34 9.8.2026	Arishta Yoga — Disease & Crisis Combinations	Classical Arishta Yogas from Brihat Parashara Hora, Saravali, Jataka Parijata; identifying serious illness potential; timing through Dasha-Gochara

Session	Session Title	Key Topics Covered
S35 15.8.2026	Arista Bhanga — Cancellation of Disease Combinations	Principles of Arista Bhanga, benefic aspects cancelling malefic influence, Guru and Shukra as protectors, Subha Kartari Yoga, case illustrations of recovery
S36 15.8.2026	Combinations for General Ill-Health	Graha combinations for constitutional weakness, lowered immunity, frequent illness, Ojas depletion; planetary periods of vulnerability; preventive Ayurvedic strategies
S37 16.8.2026	Ayurveda & Astrology — Integration Framework	How to read a Janma Kundali alongside Nadi Pariksha, clinical history; integrated case assessment template; Astro-Ayurvedic case documentation format
S38 16.8.2026	Gochara — Transits in Medical Astrology	Planetary transits over natal chart; Saturn transit; Rahu-Ketu transit; Jupiter transit as protective; transit timing of acute illness; eclipse impact on health
★ MODULE VII: SPECIFIC DISEASE CORRELATES IN MEDICAL ASTROLOGY (Sessions 39–46)		
S39 22.8.2026	Manasika Roga — Psychological Disorders	Planets governing mind (Moon, Mercury, Ketu), afflictions causing anxiety, depression, schizophrenia, bipolar; Moon-Rahu (Grahan Yoga), Buddhi Yoga analysis; Ayurvedic parallels
S40 22.8.2026	Buddhi Yogas — Intellect & Neurological Health	Mercury-based Yogas, Saraswati Yoga, combinations for sharp/dull intellect; neurological disorders: epilepsy (Ketu), dementia (Saturn-Moon), learning disabilities
S41 23.8.2026	ENT Disorders in Medical Astrology	Ears: Jupiter/3rd house; Eyes: Sun, Moon, Venus, 2nd-12th houses; Nose/Throat: Mercury, Venus, Kumbha; Thyroid: Venus-Vrishabha; case presentations and Ayurvedic chikitsa
S42 23.8.2026	Skin Disorders — Twak Roga	Mercury-Saturn combinations for chronic skin disease; Mars-Scorpio for blood disorders with skin manifestation; Rahu and unexplained dermatoses; Kushtha correlates in astrology; Panchakarma timing
S43 29.8..2026	Stri Roga & Infertility	Venus, Moon, 5th-7th house analysis; combinations for infertility (male and female); Shukra dhatu depletion; hormonal imbalance indicators; Vajikarana therapy timing; case studies
S44 29.8..2026	Cardiovascular, Metabolic & Endocrine Disorders	Sun-Leo-5th house for cardiac; Jupiter-Sagittarius for liver/metabolic; Moon-Cancer for fluid imbalance; Saturn-Capricorn for skeletal/joint; diabetes, hypertension indicators
S45 30.8.2026	Respiratory, Digestive & Urological Disorders	Mercury-Gemini for lung; Karka-Moon for stomach; Mars-Scorpio for colon/urinary; Rahu-Ketu and autoimmune GI; 6th house specifics for chronic digestive disease; case examples
S46 30.8.2026	Oncology, Immune & Degenerative Disorders	Saturn-Rahu combinations and malignancy; Ketu and unexplained degeneration; 8th house chronic illness; combinations indicating surgical necessity; Rasayana and astrological timing
★ MODULE VIII: CASE STUDIES, INTERPRETATION & CLINICAL INTEGRATION (Sessions 47–50)		
S47 5.9.2026	Integrated Case Studies — Part I	Live horoscope analysis: 3 cases (musculoskeletal, psychiatric, metabolic); step-by-step Lagna-6th-8th-Dasha assessment; correlating chart with clinical presentation; Ayurvedic chikitsa planning
S48 5.9.2026	Integrated Case Studies — Part II	Live horoscope analysis: 3 cases (reproductive, dermatological, cardiovascular); Varga chart confirmation; Gochara timing; integrating Panchakarma, Rasayana, Mantra, and Ratna therapy
S49 6.9.2026	Interpretation & Chikitsa — The Clinical Bridge	From chart to prescription: step-by-step clinical reasoning protocol; Dosha-Dasha correlation, selecting the primary therapeutic modality; astrological remedies (Ratna, Mantra, Yantra, Dana) as adjuncts to Ayurvedic treatment
S50 6.9.2026	Final Integration, Ethics & Scope of Practice	Scope of Medical Astrology in evidence-based practice; ethical communication of prognosis; documentation standards; case presentations by participants; course review, Q&A, certification overview

Faculty Profile



Dr. Sindhura AS

MD (Ayu), MIA

Associate Professor,

Department of Kayachikitsa (Internal Medicine),

Sri Kalabyraveshwara Swamy Ayurveda Medical College, Hospital & Research Centre, Bengaluru, India.

Dr. Sindhura AS holds a doctoral degree in Ayurvedic Internal Medicine and a Masters in Astrology (MIA). Her research spans integrative medicine, molecular correlates of Ayurvedic pathophysiology, and the classical interface between Jyotish and Ayurvedic clinical practice. She has published extensively in peer-reviewed Ayurvedic and integrative medicine journals, and has delivered national and international webinars and workshops through the Association Ayurveda Academy CIC (UK).

Her clinical and academic specialisations include:

- ◆ Kayachikitsa with emphasis on chronic metabolic and musculoskeletal conditions
- ◆ Medical Astrology and its integration into Ayurvedic clinical assessment
- ◆ Rajonivrutti Janya Vikara (postmenopausal disorders) and molecular Ayurveda
- ◆ Academic publishing in indexed journals

Assessment & Certification

Assessment Components

- ◆ One integrated case study submission at end of Module VII
- ◆ Attendance requirement: minimum 80% of live sessions
- ◆ Final session participation (case presentation or Q&A)

Certificate of Completion

Participants who fulfil attendance and submission requirements will receive a Certificate of Completion issued by Associate Ayurveda Academy (AAA) London-UK. The course will be certified by Dr. Sindhura AS lead faculty and Professor Dr. Suresh Swarnapuri M.D, Executive Director- Association of Ayurveda Academy-London-UK. The certificate is suitable professional development records.

Enroll Now — Begin Your Journey from Cosmos to Clinic

Email: contact@aaauk.org WhatsApp Contact: +353871158935

सर्वे भवन्तु सुखिनः • सर्वे सन्तु निरामयाः

May all beings be happy • May all beings be free from disease

www.aaauk.org