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## NAVAGRAHA VANA

‘Graha’ from Sanskrit word (ग्रह) gráh refers to seizing, laying hold of. Holding is a ‘cosmic influencer’ on the living beings of mother Earth (Bhumidevi). In Hindu astrology, the Navagraha are some of the major influencers. According to some, Grahas are the "markers of influence" that point out the karmic influence on the behavior of living beings. Astrologers claim that Grahas influence the auras (energy bodies) and minds of beings connected to the Earth. Each Graha carries a specific energy quality

All the navagraha have relative movement with respect to the background of fixed stars in the zodiac. These includes the planets: Mars, Mercury, Jupiter, Venus, and Saturn, the Sun, the Moon, as well as their positions in the sky, Rahu (north or ascending lunar node) and Ketu (south or descending lunar node).

Traditional Hindu astrologers in India are known to be major experts of Navagraha. Many people approach a hindu astrologer when they have problems and ask them on how to overcome them by performing certain rituals which involve worship of Navagraha to overcome ill effects.



Notes



## OBJECTIVES

After studying this lesson, you will be able to:

- explain the significance of Navagraha Vana;
- list the benefits of Navagraha Vana;
- name the trees of Navagraha Vana;
- identify the direction to be planted and the planets they represent; and
- describe the medicinal properties of the trees of Navagraha Vana.

### 2.1 SIGNIFICANCE OF NAVAGRAHA VANA

Our ancestors adopted the concept of "Banas" and "Vedic Vanas" (sacred groves) to protect rare medicinal plants in the ancient days. Worshipping of sun, moon, stars, rivers, plants and trees are part and parcel of our culture and tradition. Based on the available scriptures on the planting of medicinal plants, 'Nakshatra vana' - a medicinal plants, flower and fruit bearing plants park.

As we all know that Vaastu Shastra plays very important role in construction of building, planning a city or town, construction of temple etc. And in Vaastu Shastra there is a very important concept, i.e. Navagraha Vana or Garden. Navagraha Vana means a garden of 9 planets. Each planet is represented by the plants or trees or bushes or grasses which have the forces of 9 planets. These plants and trees of 9 planets are planted in a particular direction to get the benefit of all of them. By planting these in a particular place and in a particular direction, they give protection from the negative forces that appear in our horoscopes, caused due to the various planetary positions. The effects are minimised

drastically. They bring prosperity, good health and wealth, protection, guiding us in the right directions.

## **2.2 BENEFITS OF NAVA GRAHA VANA**

Navagraha Vana is an important sources of energy if planted anywhere. As these plants represent different planets, so this Vana is believed to have the power of navagraha.

1. Navagraha Vana or garden is used to get the power of Navagraha.
2. Navagraha Vana protects the vastu of the harmful effects of 9 planets.
3. It energizes the vastu where the plants are planted and removes the vastu dosha.
4. It ensures the person a healthy and wealthy life.
5. Navagraha Vana protects from various diseases.
6. Navagraha Vana gives a new look to the vastu.
7. If planted in the auspicious time and in the correct directions then it attracts the power of divine energies.



### **INTEXT QUESTIONS 2.1**

Fill in the blanks

1. Astrologers claim that ----- influence the auras.
2. Each Graha carries a specific ----- quality.
3. Navagraha Vana is used to get the ----- of the 9 planets.
4. Navagraha Vana protects the ----- of the harmful effects of 9 planets.
5. The Navagraha trees must be ----- in a particular place and in a particular direction.



**Notes**



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## 2.3 PLANTS OF NAVAGRAHA VANA, RELATED PLANETS AND DIRECTION

The nine plants are a mixture of trees, bushes and grass varieties. These are to be planted as per the directions indicated. The table below gives the names of the plants of nine plants, associated planet for each and the direction in which it should be planted.

- **Swetharka or Calotropis:** Represent Sun or surya and planted at the middle or center.
- **Palash or Butea Monosperma:** Represent Moon or chandra planted in south-east direction.
- **Kadhira or Nalla sandra or Acacia Catechu:** Represent Mars or Mangal and planted in South Direction
- **Apamarg or Achyranthus Aspera:** Represent Mercury or Buddh and planted in North Direction
- **Peepal or Ashwathha or Ficus Religiosa:** Represent Guru or Jupiter and planted in the North-East Direction.
- **Anjeer or Fig or Ficus Racemosa:** Represent Venus or shukra and planted at East Direction.
- **Sami or Khari or Prosopis Cenneraria:** Represent Saturn or Shani and planted in West Direction.
- **Dhurva or Cynodon Dactylon:** Represent Rahu or Dragon's Head and planted in South West Direction.
- **Darbha or Imperata Cylindrica or Thatch Grass:** Represent Ketu or Dragon's Tail and planted in North West Direction.

## 2.4 MEDICINAL PROPERTIES OF THE PLANTS OF NAVAGRAHA VANA

Based on the available scriptures on the planting of medicinal plants, we also know that most of the Navagrah Vana plants are basically medicinal and are used in Ayurveda very widely. Let us study about the medicinal properties of some of them.

Notes



Fig. 2.1 Plants of Navagraha Vana



### **1. PEEPAL OR ASHWATHHA OR FICUS RELIGIOSA:**

The health benefits of Peepal Tree:

- Fever
- Asthma
- eye pain
- oral health
- nosebleeds
- jaundice
- constipation
- diseases
- dysentery
- diabetes

### **2. ANJEER OR FIG OR FICUS RACEMOSA**

The health benefits:

- Asthama
- Anxiety
- Anemeia
- Cancer
- Diabetes
- Anti-inflamation

### **3. DHURVA OR CYNODON DACTYLON:**

Durva grass consists of several nutrients, such as; acetic acid, alkaloids, carbohydrate, fat, fibre, potassium, protein, vitamin A, vitamin C.



- Treats acidity
- Boost immunity
- Controls sugar
- Poly cystic ovarian syndrome, and menstrual problems
- Cures constipation
- For obesity
- Purifies blood
- Cures bleeding of gums
- Cures eye infection and stops nose bleeding

#### **4. DHURVA OR CYNODON DACTYLON:**

The grass is a reputed as a remedy in -

- haematuria,
- inflamed tumours,
- whitlows,
- cuts,
- wounds,
- bleeding piles,
- cystitis,
- nephritis and
- scabies and other skin diseases.

#### **5. SWETHARKA OR CALOTOPIS**

- Antidiabetic
- Anti-inflammatory





- Vomiting,
- Diarrhoea,
- heart problems

## 6. PALASH OR BUTEA MONOSPERMA

- Contraception
- Dysentery,
- Leucorrhoea,
- Skin disorders,
- Worm infestation,
- Dhobi's itch,
- Vaginal diseases,
- Retention of urine



### ACTIVITY 2.1

- Approach an Ayurveda doctors to learn about the medicinal benefits of these pants for day to day application



### INTEXT QUESTIONS 2.2

State whether true or false

1. Swetharka or Calotopis represent Sun or surya
2. Peepal or Ashwathha or Ficus Religiosa is planted in the North-East Direction.
3. Anjeer or Fig or Ficus Racemos is planted at West Direction.



4. Darbha or Imperata Cylindrica or Thatch Grass represents Ketu or Dragon's tail.
5. Palash or Butea Monosperma is used for contraception



### **WHAT HAVE YOU LEARNT**

- Significance of Navagraha Vana
- Benefits of Navagraha Vana
- Names of the nine trees of Navagraha Vana
- Names of Planet related to each tree of Navagraha Vana
- Direction of location of each of the trees of Navagraha Vana
- Medicinal properties some trees of Navagraha Vana



### **TERMINAL QUESTIONS**

1. Briefly explain the significance on Navagraha Vana
2. As per Indian scriptures describe the benefits of Navagraha Vana
3. Tabulate and show the following:
  - i. Names of the trees of Navagraha Vana
  - ii. Corresponding planet of each
  - iii. Direction of location of each.
4. List the medicinal Properties of the following:
  - i. Swetharka or Calotropis
  - ii. Palash or Butea Monosperma



**Notes**



- iii. Peepal or Ashwathha or Ficus Religiosa
- iv. Anjeer or Fig or Ficus Racemosa
- v. Dhurva or Cynodon Dactylon



## ANSWERS TO INTEXT QUESTIONS

### 2.1.

- 1. Grahas
- 2. energy
- 3. power
- 4. vastu
- 5. planted

### 2.2.

- 1. True
- 2. True
- 3. False
- 4. True
- 5. True