

The Satyori Way

How Ayurveda, Jyotish, and Yoga Work Together

A Guide to the Integrated Path of Vedic Self-Knowledge

Introduction: Why Integration Matters

For thousands of years, the sciences of Ayurveda, Jyotish (Vedic astrology), and Yoga were taught together as facets of one unified system. A student learning Ayurveda would naturally study the planetary influences on health. A yogi would understand how constitutional type shapes practice. An astrologer would see the body as a reflection of celestial patterns.

Somewhere along the way, we separated them.

Today, you can study Ayurveda without ever hearing about your birth chart. You can practice yoga without understanding your constitution. You can receive an astrological reading with no connection to your physical body or daily routine.

This fragmentation isn't just inconvenient—it's incomplete. Each science answers questions the others cannot. Together, they form a comprehensive map of who you are, why you're here, and how to live in alignment with your nature.

Ayurveda tells you *what* you are—your physical constitution, your tendencies toward balance and imbalance, and the practical tools (food, lifestyle, routine) that support your wellbeing.

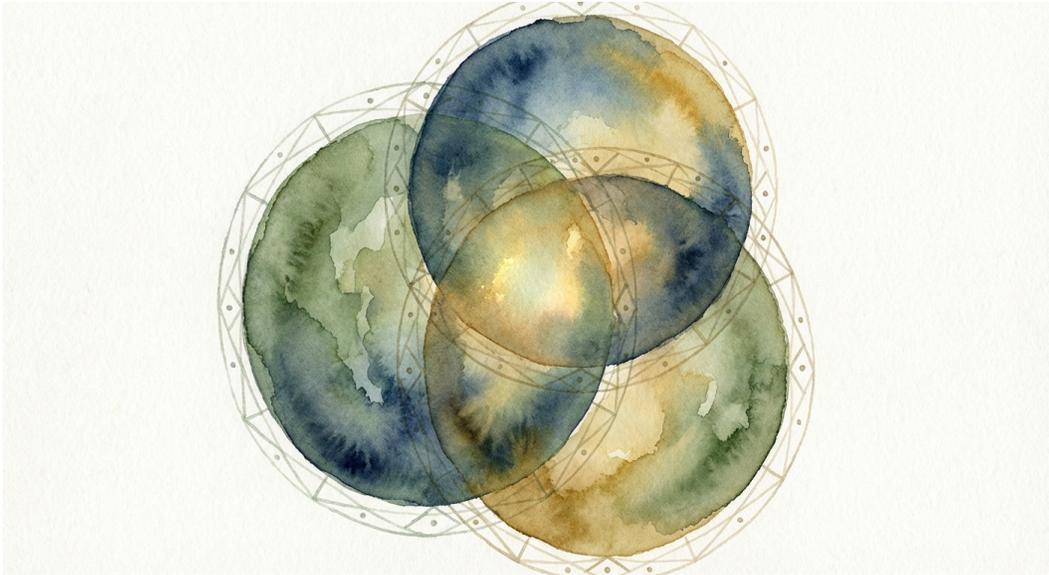
Jyotish tells you *when*—the timing of life's changes, the patterns you're here to work through, and the cosmic weather influencing your path.

Yoga tells you *how*—the practices of body, breath, and mind that transform understanding into lived experience.

This guide introduces the integrated approach. Not as three separate subjects stapled together, but as one coherent path of self-knowledge.

Part 1

The Three Sciences



Ayurveda: The Science of Life

Ayurveda literally means "knowledge of life" (from *ayus*, life, and *veda*, knowledge). It's a comprehensive system of medicine and wellness that has been practiced in India for at least 5,000 years.

At its core, Ayurveda recognizes that each person has a unique constitutional makeup—a specific combination of the five elements (earth, water, fire, air, and space) that determines their physical characteristics, mental tendencies, and vulnerabilities to disease.

These elemental combinations express as three primary forces called *doshas*:

Vata (air + space): Governs movement, communication, and creativity. Vata types tend to be thin, quick-minded, and enthusiastic, but can become anxious, scattered, or depleted when imbalanced.

Pitta (fire + water): Governs transformation, digestion, and intelligence. Pitta types tend to be medium-built, focused, and driven, but can become irritable, inflammatory, or perfectionistic when imbalanced.

Kapha (earth + water): Governs structure, stability, and immunity. Kapha types tend to be sturdy, calm, and nurturing, but can become heavy, stagnant, or attached when imbalanced.

Everyone contains all three doshas, but in unique proportions. Understanding your constitutional balance (*prakriti*) and current state (*vikriti*) is the foundation of Ayurvedic self-care.

Jyotish: The Science of Light

Jyotish means "science of light"—referring to the celestial lights (sun, moon, planets, and stars) that illuminate our path. In the West, it's often called Vedic astrology, though this term is somewhat modern.

Unlike newspaper horoscopes, Jyotish is a sophisticated system of chart interpretation that maps the exact positions of the planets at your moment of birth. This birth chart (*kundali*) serves as a blueprint of your karmic patterns, life themes, and developmental arc.

Key components include:

The Nine Grahas (Planets): Sun, Moon, Mars, Mercury, Jupiter, Venus, Saturn, plus Rahu and Ketu (the lunar nodes). Each represents different energies and life areas.

The Twelve Rashis (Signs): The zodiac divisions that color how planetary energies express.

The Twelve Bhavas (Houses): The life areas where planetary dramas unfold.

The Nakshatras (Lunar Mansions): The 27 asterisms that add psychological and spiritual depth.

Dashas (Planetary Periods): A unique timing system that reveals when different karmic themes become active.

Jyotish is not fatalistic prediction. It's a tool for self-understanding—recognizing your patterns, understanding your timing, and working skillfully with your karma rather than against it.

Yoga: The Science of Union

Yoga means "to yoke" or "to unite"—referring to the union of individual consciousness with universal consciousness, or more practically, the integration of body, breath, and mind.

While modern yoga often focuses on physical postures (*asana*), classical yoga encompasses a complete path outlined by the sage Patanjali in the Yoga Sutras. This path includes:

Yama: Ethical restraints (non-violence, truthfulness, non-stealing, appropriate use of energy, non-grasping)

Niyama: Personal observances (cleanliness, contentment, discipline, self-study, surrender)

Asana: Physical postures that prepare the body for meditation

Pranayama: Breath control practices that regulate vital energy

Pratyahara: Withdrawal of the senses from external objects

Dharana: Concentration on a single point

Dhyana: Sustained meditation

Samadhi: Absorption—the goal of yoga

These eight limbs form a progressive path from external ethics to internal transformation. Yoga provides the practical methods for embodying what Ayurveda and Jyotish reveal about our nature.

Part 2

The Shared Foundation



Samkhya: The Philosophy Beneath All Three

Ayurveda, Jyotish, and Yoga share a common philosophical foundation called *Samkhya* (meaning "enumeration" or "discrimination"). This ancient system describes how consciousness becomes the manifest world.

Purusha and Prakriti: Consciousness (*purusha*) witnesses nature (*prakriti*). All manifestation arises from prakriti, while purusha remains unchanged—the eternal observer.

The Three Gunas: Prakriti operates through three fundamental qualities:

- *Sattva*: Light, clarity, harmony
- *Rajas*: Activity, passion, movement
- *Tamas*: Inertia, darkness, stability

Everything in nature—foods, activities, times of day, planets, constitutions—expresses some combination of these gunas.

The Five Elements (Pancha Mahabhutas): From the gunas arise the five elements that compose all matter:

- Space (*akasha*): Expansiveness, sound
- Air (*vayu*): Movement, touch
- Fire (*tejas*): Transformation, sight
- Water (*apas*): Cohesion, taste
- Earth (*prithvi*): Stability, smell

This Shared Framework Connects Everything

When you understand this foundation, the connections become obvious:

- Your dosha (Ayurveda) is an elemental combination, and so is each planet's nature (Jyotish)
- Saturn is cold, dry, and slow—very Vata. Mars is hot and sharp—very Pitta.
- Certain yoga practices increase sattva, while others may provoke rajas or tamas
- Seasonal changes shift the gunas in nature, affecting your dosha and your mood

The three sciences aren't three separate subjects. They're three lenses looking at the same reality—the play of the gunas through the elements in time and space, as experienced by consciousness.

Part 3

How They Connect



Constitution and Chart

One of the most powerful integrations is understanding how your birth chart relates to your Ayurvedic constitution. Each planet carries elemental qualities that influence constitution:

Planet	Primary Dosha	Qualities
Sun	Pitta	Hot, dry, vital, ego
Moon	Kapha/Vata	Cool, moist, emotional
Mars	Pitta	Hot, sharp, active
Mercury	Vata/all	Mobile, intelligent
Jupiter	Kapha	Heavy, expansive, wise
Venus	Kapha/Vata	Cool, moist, sensual
Saturn	Vata	Cold, dry, slow
Rahu	Vata	Erratic, obsessive
Ketu	Pitta (subtle)	Hot, penetrating

Timing and Practice

Perhaps the most practical integration is using Jyotish timing to optimize Ayurvedic and yogic practices.

During a Saturn dasha (planetary period), Vata tends to increase. This is a time to emphasize warm, grounding foods, regular routines, gentle restorative yoga, and stability in all things.

During a Mars dasha, Pitta may flare. Emphasize cooling foods and environments, avoiding excessive competition or conflict, calming pranayama, and patience as a practice.

The moon's phases affect everyone, but especially those with prominent moon in their charts:

- **New moon:** Vata increases (rest, go inward)
- **Waxing moon:** Building energy (good for new practices)
- **Full moon:** Peak energy (Pitta and emotions can heighten)
- **Waning moon:** Releasing energy (good for cleansing, letting go)

Part 4

Beginning Your Integrated Practice



You don't need to master all three sciences before you begin. Start with what calls to you:

If you're drawn to the body: Begin with Ayurveda. Learn your constitution. Adjust your diet and routine to support balance. Notice how you feel.

If you're drawn to timing: Begin with Jyotish. Get your birth chart calculated. Learn your rising sign, moon sign, and current dasha. Watch how the patterns play out.

If you're drawn to practice: Begin with Yoga. Establish a simple daily practice. Observe how different practices affect your energy and mind.

Whichever door you enter, you'll eventually encounter the others. The constitution you discover through Ayurveda will appear in your chart. The timing revealed by Jyotish will explain why certain practices come easily or with difficulty. The inner work of Yoga will give meaning to both.

Questions to Explore

As you begin, sit with these questions:

1. What is my natural constitution? Am I more Vata, Pitta, or Kapha by nature?
2. What is my current state? Where am I out of balance right now?
3. What planetary period am I in? What themes is this time bringing forward?
4. What practices support me? What helps me feel more myself?
5. What is the relationship between my chart and my body? Can I see connections?

You don't need to answer these immediately. The integrated path unfolds over years, even lifetimes. Each insight builds on the last.

The Attitude of Study

The Vedic sciences are best approached with certain qualities:

Humility: These systems are vast. You will always be a student.

Patience: Understanding develops slowly. Resist the urge to rush or oversimplify.

Discernment: Not everything labeled "Ayurveda" or "Vedic" is accurate. Seek classical sources and qualified teachers.

Application: Knowledge becomes wisdom only through practice. Apply what you learn. Test it in your own experience.

Integration: Don't keep the sciences separate. Look for connections. Let understanding deepen naturally.

Part 5

Going Deeper



This guide offers only an introduction. The integrated path unfolds through study, practice, and guidance.

At Satyori Way, we offer:

- **Articles and teachings** exploring each science and their connections
- **The Vedic Almanac** weekly newsletter with seasonal guidance and planetary insights
- **Prakriti Assessment** to understand your Ayurvedic constitution
- **Birth Chart Interpretation** to illuminate your karmic patterns and timing
- **Integrated Consultations** combining constitutional and astrological perspectives

Visit satyori.com to continue your study.

Appendix

Key Terms

Ayurveda Terms

Term	Meaning
Ayurveda	"Science of life"
Dosha	The three bio-energetic forces
Prakriti	Your birth constitution
Vikriti	Current state of balance/imbalance
Agni	Digestive fire
Ama	Metabolic toxins
Ojas	Vital essence, immunity
Dinacharya	Daily routine
Ritucharya	Seasonal routine

Jyotish Terms

Term	Meaning
Jyotish	"Science of light" (Vedic astrology)
Graha	Planet ("that which seizes")
Rashi	Zodiac sign
Bhava	House
Nakshatra	Lunar mansion (27 divisions)
Dasha	Planetary period
Kundali	Birth chart
Lagna	Ascendant/rising sign

Yoga Terms

Term	Meaning
Yoga	"Union" or "to yoke"
Asana	Physical posture
Pranayama	Breath control
Pratyahara	Sense withdrawal
Dharana	Concentration
Dhyana	Meditation
Samadhi	Absorption
Sattva/Rajas/Tamas	The three gunas

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