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**Healing the Nakshatric Body: Reimagining Astral Archetypes in Sacred Hindu Myths**

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**Abstract**

In the present astrological circles, especially on social media pages, the astrologers encourage people to align their lifestyle and appearance according to planetary qualities, reflecting an ongoing belief in cosmic harmony and improving their lifestyle. From the perspective of Vedic astrology, planets were seen as living gods with different personalities, suggesting that a person's behaviour and physical capacity were closely connected to their ruling planets. Before the modern medical advancements, there was a time when the human body was understood as a body of stars with healing practices deeply rooted in cosmological and religious beliefs. The Puranas serve as golden reservoirs in preserving mythic narratives of healing through astrology and the origins of planetary worship. This paper aims to explore the Hindu Puranic narratives through the lens of Carl Jung's archetypes highlighting how the astrological healing systems in ancient India reflected deeper psychologies of the mind which are universal across all human civilizations, the *collective unconscious*. The selected myths *Samba's Story of Solar Healing*, *King Rajyavardhana's Rejuvenation*, *The Tale of Venus and Budha, the Divine Child*, incorporate the astrological concept of cosmic imbalance in some form such as a curse, aging, death or dismantling of the order and fixes it through planetary awareness. This article through the term 'meaning response' by Anthropologist Daniel Moerman argues that healing in ancient India was dependent on cultural reinforcement of cosmic beliefs through psychosomatic system strengthening astrological reassurance. By which, people observe that aligning with the cosmic order and moral cleansing brings true physical and spiritual wellness.

**Keywords:** Medical Astrology, Hindu Mythology, Navagrahas, Jungian Archetypes, Meaning Response

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**Introduction**

The practice of Astrology is a divine knowledge of the placements of planets (Grahas) and stars (Nakshatras) that are believed to affect one's course of life. From seeking hope for a past lover's return to bagging a highly designated position, astrology is still remarkably relevant today, particularly when experiencing a difficult time. David Frawley underscores the role of planets in his book *Astrology of Seers*, stating that “each planet emits energy after its movement from its orbit place. This energy maintains a balance in the solar system” (Frawley 24) and the flash of energy obtained determines temporality in the happenings of human lives. The nine grahas are collectively worshipped as Navagrahas, which include Sun (Surya), Moon (Chandrama), Mars (Mangal), Mercury (Budh), Jupiter (Guru), Venus (Sukra), Saturn (Shani), and the two shadow planets Rahu (North node), and Ketu (South node). Every Graha represents a major aspect of our life depending on which house it sits and under the control of the rulling deity associated with it. As astrology has its origins from the ancient AtharvVeda, it naturally meditates upon the Hindu philosophical concept of *Karma*. Karma is defining law that states every action and thought of ours has a relative implication. It is a long-term cosmic structure that checks our moral choices and guides the soul through numerous cycles of birth and death to eventually reach Moksha.

Astrology in ancient times helped more than just predicting the life events. Ancient Indian (Ayurveda) and Greek medicine considered astrological influences in healing treatments (Frawley 17). The myths of the Greeks, Romans, and Indians in ancient times served as etiological myths that explained a correlation between a planet, an organ or anatomical system of the body, and a disease. The late historian David Pingree, who dedicated much of his career to the world of astrology, demonstrated how these seemingly divergent systems collided and influenced each other. In the early centuries during the common era, “when Hellenistic planetary descriptions were introduced to India around the 1st or 2nd century CE” (Pingree 250), for example, Saturn (Chronus) in Greek and (Shani) in Indian, shown by Western Latin writers as cold, dark, and dry, was smoothly understood in relation to an extremity of Vata (air/ether) leading to chronic bone decay and paralysis, Sanskrit authors translated Hellenistic biological frameworks into traditional Puranic iconographies. “The planets were allowed to retain their Hellenistic attributes, a fact that indicates that a text was translated rather than a drawing was interpreted” (Pingree 250). The commonalities between the ancient civilizations of Greco-Roman and classical Indian cultures reflect that our forefathers connected their observations of celestial phenomena to their understanding of human life. As a result of which seers recognized the interlink between mankind and the the cosmos, the latter being the mother nurturing the human life. These insights served as guides which allowed people to understand how the physical bodies functioned and gave meaning to illness in older times.

Rather than viewing planets as celestial rocks made up of gas and liquid, our Hindu mythology treated planetary deities as structural ancestors of earthly lineages. Manu, who is

considered as the father of all humans, originated from the mind of Brahma, the creator of the universe. The celestial planets are deeply mentioned belonging to the family of the gods (Devas) and demons (Asuras). Surya is described as one of the twelve Adityas in *Bhagvat Purana* born to Aditi and the sage Kashyapa. Rahu is explicitly identified as *Saimhikeya*, the son of the demoness Simhika. During the churning of the ocean or Samudra Manthan, Rahu's disguise is caught by the Sun and Moon just as he drinks the divine nectar (Amrita). Though Lord Vishnu's Sudarshana Chakra severs his neck, the nectar has already made his head immortal. One of the Parvas, Astika Parva details that the immortal head of Rahu maintains a never-ending cosmic rivalry, temporarily swallowing the Sun and Moon to cause eclipses, only for them to escape through his detached neck, endless times. This myth is a crucial projection as it changes our understanding about the planetary bodies attaching them to real, historic participants in the journey of cosmic life. It builds a framework for analysing destiny and diseases, highlighting the past life report card in the form of horoscopes are shaped by old and living relationships among the gods and demons themselves.

Every planet in medical astrology represents a specific physical and mental trait within the human form. The Sun (Surya) is the radiance, the source of all energies, regulating overall vitality, the heart, right eye, and the skin. The Moon controls the feelings, left eye and bodily fluids, acting as a supporting force for the body. Mars is blood and muscle. Mercury rules intelligence, communication, and the nervous system. Jupiter stands for growth, liver and wisdom. Venus is the planet of beauty, ruling the ovaries, cellular renewal, and fertility. Saturn governs the structural parts of the body, such as bones and is deeply associated with aging and discipline. Finally, Rahu and Ketu represent never ending karmic blockages, unknown diseases, and sudden transformations.

Ancient Hindu thought often viewed the body and the cosmic order as interconnected systems that influenced one another. Disease, suffering, and misfortune were not seen as separate happenings but as indications that something is very wrong with the balance. When we look clearly at how the organs are connected to each planet, we can figure out that physical illness often starts as a psychic or spiritual problem.

### **Traces of Cosmic Disturbance and Healing in Hindu Myths**

#### **The Story of Solar Healing in Samba Purana**

In Samba Purana, we are introduced to the beautiful and proud son of Krishna, Samba, living in the splendid city of Dwarka. He is the living image of Krishna, being blessed with extraordinary physical beauty, which turns Samba arrogant. One day, driven by his hubris, he openly mocks and insults the weakness and old age of the great sage Durvasa. Durvasa was a powerful sage known for his short temper and strict discipline. Angered by the young man's disrespect, Durvasa casts a terrible curse upon Samba, resulting him with Mahakustha or severe leprosy. This horrifying skin disease completely destroyed Samba's beauty and symbolized a massive breakdown of social and cosmic order. Samba's ego had disturbed the natural balance of the universe.

Samba tried many remedies, in desperation to cure himself but nothing worked, ‘which god should I worship?...so the disease will abandon me completely?’ (Bhavishya Purana 1.66).

Finally, the Sun God, Surya appeared in his dreams being Tamisraha (the remover of darkness) and the supreme healer of diseases. He advised him to recite his twenty one names dear to him, “It is called Stavaraja”(Bhavishya Purana 1.73) and realizing the error of his ways, Samba underwent twelve long years of intense and difficult penance on the banks of the Chandrabhaga River. The Sun god comes before him pleased by his immense devotion and transformation, completely heals his leprosy. Samba filled with gratitude and constructed temples with stunning architecture dedicated to the Surya, including the famous Konark Sun Temple in Odisha, marking a legacy that connects ritual mythology with historical archaeology. The connection between *Surya* (the planet Sun) and the skin is voiced in this myth from the Samba Purana. This myth particularly explores why the Sun controls skin vitality and how solar touch can heal severe skin related diseases like leprosy and leucoderma. In another version, Narada Muni, seeking to humble Samba’s arrogance, tricked him into entering a private bathing area where Krishna’s wives were present. Witnessing this, Krishna mistakenly deduced that his son lacked moral character. In rage Krishna cursed Samba to be afflicted with severe leprosy, causing his skin to rot and decay. In Ayurveda, the Sun is determinant of the Dhatu known as Rakta (blood) and the external Tvach (skin layer). Because the Sun represents the vital fire, "fiery or Pitta types can be overly impulsive, aggressive and their skin is prone to acne rashes and other inflammatory skin disorders owing to heavy Sun and Mars influences” ( Frawley 209) a weak Sun in a birth chart are understood as the root cause of chronic skin eruptions, vitiligo, and light-sensitivity disorders. From the point of medical astrology, this myth clearly explains the connection between the Sun and the skin. The Sun serves as the protective barrier of life. Sun also represents Dharma (righteousness) and Samba's leprosy signifies a weak or wounded Sun influence in his life, brought about by his own negative deeds. The cure can only come through Suryaaradhna (worship of the Sun). When Samba prays, the healing he seeks is not just physical but profoundly moral. He sheds his arrogance and aligns himself back with his cosmic duty.

### **King Rajyavardhana and His Quest for Rejuvenation in *Markandeya Purana***

Markandeya Purana describes another solar healing story; of a great and noble king named Rajyavardhana, who had continued his rulling with kindness and justice for many years. One day, his wife, Queen Manini, discovered a single grey coloured hair on his head. Seeing this inevitable sign of aging and approaching death, she began to cry in agony. King Rajyavardhana, however, explained to her natural cycle of life peacefully. He calmly accepted that aging is a natural law of the cosmos for everyone and declared his decision to step down from the throne and retire to the forest for spiritual reflection. However, the king's devotees and the royal Brahmins loved him so deeply that they could not bear the thought of him dying so out of great empathy they decided to find a solution. They found a heavenly

being (a Gandharva) who advised them to travel to a highly sacred forest in the Kamarupa mountains. There, the people performed incredibly harsh and disciplined penance, worshipping the Sun God with incense, beautiful flowers, and sacred hymns for three continuous months. Their collective love was so strong that the Sun God, descended from the heavens in a radiant human form. Touched by the devotion of the king's people, he granted their wish, removing him from the clutches of the darkness of age, completely restoring the King's youth and strength

In Vedic Astrology, the Sun represents prana (the fundamental life force) and youthful light. The king's aging body is seen as the end of this solar power. It is fascinating that the king himself is not asking for the youthful spirit, rather the community performs the Saturn-like act of disciplined penance to receive the Sun's grace. This emphasizes the fact that true cosmic balance demands collective compassion. In medical astrology, a strong exalted Sun holds the power to rejuvenate the body's core. While aging is irreversible; empathy, love, and spiritual light can rejuvenate the human spirit, keeping the inner self cheerful and youthful.

#### **The Tale of Venus and Rebirth of Soul in Mahabharata**

This story is mentioned in the great epic Mahabharata in Sambhava Parva. It focuses on the planet Venus known as Sukra or Sukracharya in Hindu Mythology. Once there was a continuous cosmic war between the Devas (gods) and the Asuras (demons). The demons held a massive advantage because their guru, Sukracharya, possessed a deeply guarded secret: the *MritaSanjeevani* Vidya, learnt from Lord Shiva, a powerful mantra capable of bringing the dead back to life. Whenever a demon was killed in battle, Sukra would simply chant the mantra and revive him, leaving the gods helpless. To restore the balance of power, the chief of the gods, Lord Indra, sent a brilliant young boy named Kacha, the son of the gods' guru, Brihaspati to secretly learn this mantra. Kacha went to Sukra's ashram "Accept me as thy disciple. I am the grandson of the Rishi Angiri and son of Vrihaspati himself"(Ganguli 232) and dutifully served him as a loyal pupil. During his stay, Sukra's beautiful daughter, Devayani, fell deeply in love with Kacha. However, the demons soon discovered Kacha's true identity and murdered him. Because Devayani wept for him, Sukra used his magic mantra to bring Kacha back to life. The demons killed Kacha a second time, grinding his body and feeding it to wolves, but once again, Sukra resurrected him. The demons killed Kacha the third time. They burned his body to ashes, mixed the ashes into wine, and tricked Sukracharya into drinking it. Kacha was now trapped inside his teacher's stomach. If Sukra used the mantra to bring Kacha out, Kacha would tear through his belly, killing the teacher. In this brilliant act of sacrifice, Sukra meditated, taught the life-giving mantra to Kacha while he was still inside the stomach, and then Kacha appeared tearing Sukra's belly and killing him "receiving the knowledge imparted to him...ripping open his stomach Kacha came out" (Ganguli 232-238). Instantly, Kacha used his newly learned mantra to bring his teacher back to life. After this incident, when Kacha decided to leave, Devayani begged him to marry her, but Kacha refused saying since he was reborn from Sukra's body, now she becomes his sister. As a result, Devayani curses Kacha, declaring that

he would not be able to remember the mantra when he needs it the most. Kacha accepts the curse but curses her back that she would never marry a wise sage.

Venus (Sukra) is not only the planet of romance; it is also a major symbol of fertility, cell renewal, and the literal bringing back of life (rejuvenation). Devayani's emotional attachment and Kacha's repeated deaths and resurrections symbolize the dual nature of Venus and spiritual transformation. The loss of the mantra at the end highlights the karmic lesson that supreme power must be achieved through immense responsibility and after multiple transformation.

### **Budha, The Divine Child and Fluidity of Mind in Vishnu Purana**

The birth of Budha (Mercury) stems from a cosmic scandal. Soma (the Moon) carried off Tara, the wife of Brihaspati (Jupiter), sparking a massive celestial war. When Tara gave birth to a child who excelled in beauty and intellect, both Brihaspati and Soma claimed him. Lord Brahma intervened, commanding Tara to speak the truth, and latter confessed that Soma was the biological father. The child was named Budha. He was cursed that his own physical form to be alternating in gender and dual-natured, rendering him a neutral entity. This myth directly explains why, in classical Jyotish, Mercury is classified as a Napunsaka Graha (a gender-neutral) that takes on the benefic or malefic qualities of whichever planet it pairs with. Budha, or Mercury, is the celestial lord of intelligence (Buddhi), communication, voice, and teeth. It becomes obvious from the mythic origin of Budha that describes both his dual-sided physical nature and psychological vulnerabilities while his association with speech. As noted in Vishnu Purana and the Bhagavata Purana, because his birth was followed by the scandal and the cause of celestial warfare, although the child was born with radiance and sharp intellect; he suffered from emotional blockage by virtue of his mother's muteness. When Brahma demanded that Tara reveal the father's identity, "Tell me, daughter, is this the child of Brihaspati? Or of Soma?" (Wilson 4) she kept her mouth shut owing to shame. The infant Budha, with supreme intellect, grew furious by his mother's unwillingness to convey the truth. He threatened his mother, crying out with stammering, with a deep agitated voice, demanding that she speak clearly otherwise "he would sentence her with such a fate that would discourage every female in future from being hesitant to speak" (Wilson 4). This mythic moment, in which the infant's superior intellect is paralyzed from finding expression due to the threat of being emotionally out of control, clearly establishes the medical rulership of Mercury over the nervous system and the literal mechanics of speech itself. "We must reorient our intelligence towards the knowledge of inner truth, rather than outer information. We must....upon the Divine, or cosmic intelligence." (Frawley 220)

In medical astrology, Budha rules the nervous system and the vocal tract. Because Mercury is highly volatile, an afflicted Mercury in the 2nd house (ruling speech and the mouth) causes a literal stutter or severe anxiety-induced mutism. His dual, changing nature means that if he pairs with a malefic planet, he converts his biological energy to match that malefic, frequently manifesting as neural imbalances.

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**Analysis Through Carl Jung's Archetypal Perspectives**

When examined through Carl Jung's theory of archetypes and the collective unconscious, these myths reveal recurring symbolic patterns that resonate across cultures and historical periods. Residing in a deeper level of the psyche, The collective unconscious, as described by Carl Jung, is a universal mythology of human beings carrying photographic patterns of behaviour, which are represented as archetypes, which originate from the bigger stories stored in various cultures. A particular archetype is of the lover, who is driven by both the power of desire and the pain of unrequited love. Archetypes are also connected to dreams; people throughout the world have a commonality in dream themes, such as running from a headless figure in the deep forest or falling down from the highest peak, all of which are essence of memories designed to project an imagined version of what will be in the future. Additionally, archetypes can be traced to a range of religious traditions from both the Hindu and Greek cultures, with Tara and Helen serving as examples of how both are carried off by lovers and the middle of celestial conflict are connected through this context. While explaining the archetypes, Jung defines the collective unconscious strictly through psychological lenses by stating that "the archetypes are complexes of experiences which come upon us like fate, and their impact is felt in the most personal moments of our lives" (Jung 30). When we debunk these planetary myths, we see that each deity matches an internal mental archetype that guides our psychological growth and physical well-being.

In the Samba Purana, Surya (the Sun) embodies the 'Father Figure' or 'Healer Archetype'. The Sun brings the light of consciousness, removing the darkness of the shadow. Samba's journey is the classic hero's path: enduring suffering, realizing his flaws, undertaking strict penance, and ultimately achieving a psychological and physical rebirth through the grace of the Sun.

Similarly, in the Markandeya Purana, King Rajyavardhana when introduced with mortality (the grey hair), he does not panic but accepts the natural cycle of life. The collective prayer of his Brahmins represents the mobilization of the collective devotion toward healing and preservation. Surya acts as the supreme 'Life-Giver' archetype, whose radiant energy can reverse the slow, decaying grab of time.

In the story of Kacha and Sukracharya, Sukracharya embodies a uniquely protective 'Mother Archetype', as he literally gives birth to Kacha from his own body to save him. He even performs austerities to appease lord Shiva to learn this life mantra to protect his Asura children. Devayani is the classic 'Lover Archetype', driven by emotion and attachment. Her love forces Kacha's initial resurrections, but her attachment leads to the final curse. Kacha is the quintessential 'Hero', undergoing a difficult trial in his quest for the life mantra, involving multiple deaths. His rebirth from his teacher's belly is a profound psychological symbol of spiritual cleansing or shedding old emotional attachments to achieve total transformation and regeneration of the soul.

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The birth and transformation of Budha presents the 'Divine Child' archetype. Because Budha is caught between two fathers, his identity is split, mirroring the active, unstable thoughts of the human ego. Budha being a gender-neutral planet represents mind's fluidity, changing itself according to the nature of the planet its placed with. When Budha retreats to the forest to meditate, he shows the classic psychological journey of turning to oneself to find inner peace, transforming an embarrassing family history into pure, logical wisdom. This reminds us that mental healing happens when we stop fighting our inner blockages and learn to accept them with grace.

To understand how the ancient healing systems explained the healing through astrology I would now quote, Anthropologist Daniel Moerman who challenged the *placebo effect*, arguing that because inert treatments cannot naturally lead to physical changes in the body, we are actually experiencing a 'meaning response' which is defined as "the physiological or psychological effects of meaning in the treatment of illness."(Moerman and Jonas 472) Astrology's presence in Puranic narratives provided a framework for meaning making and validated cosmic explanation of healing and ritual worship in ancient India thus psychologically reassuring a person.

### **Conclusion**

These Puranic narratives serve more than just moral stories, they vividly demonstrate how the ancient Hindu lifestyle viewed healing in dependency with celestial circles, gaining knowledge of the body from the psychology of belief. Planets become a part of life, participants in the process of human healing; however, in a surrounding where astrology blends in spiritual kathas, marital rituals and auspicious timings, these simple myths also became highly effective in spreading reassurance of planetary healing and explanation of bodily disturbances, culturally reinforcing this meaning making.

Also, every narrative reflects a core philosophy; restoring harmony and health requires a deep meditation of self for the divine order. Further from the perspective of the modern psychology of Carl Jung, they also connect with human experiences worldwide. The archetypes mirror our own internal battles. Ultimately, these myths present a holistic understanding of healing in which health intersects with mind, body and surrounding.

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