

**NAKSHATRA VATIKA (NINE
PLANTS SYMBOLIZES NINE
PLANETS): A CELESTIAL
GARDENS SYSTEM OF INDIA**

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**Nakshatra Vatika (Nine Plants Symbolizes Nine Planets):
A Celestial Gardens System of India.**

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Introduction

The Navagraha plant consists of a group of nine herbs that represent the nine planets of the celestial system. Combining all 9 herbal plants in one garden brings health and prosperity. These Navagraha herbs have the potential to treat many types of ailments. All herbs have been used since ancient times.

Astrology believed in the positions of stars and planets a person's birth can affect life events. In Vedic astrology, the Grahas (planets) are the celestial bodies from which they move from west to east on a circular route. Our ancestors planted them together in divine places of astrological design forming the "vatika" or Navagraha Vatika (Heavenly Garden), Rashi Vatika, Nakshatra Vatika (Astral Garden). They might have thought



saving these plants from extinction through conservation ex situ by giving them a divine halo. To minimize the side effects of Navagraha, one of the simplest methods is to grow Navagraha Vatika (garden) it generates positive energy, can also purify the air, remove dirt, and plants are also helpful in treating many ailments. The purpose of this article is to promote Indian culture and popularize these Navagraha trees among the people, so more research work should be done on these Navagraha trees.

Details of Navagraha Vatika plants with their description:

Sr. No.	Plants Name	Botanical Name	Family	Plant Part Used	Related to Planet (Graha)	Position	Body Part Represented
1	Aak or Shwetark (Milk Weed)	<i>Colotropis gigantea</i>	Euphorbiaceae	Bark, Root, Leaves	Sun (Surya)	Middle	Soul
2	Palash or Dhak (Flame of Forest)	<i>Butea monosperma</i>	Fabaceae	Flower, Leaves, Bark, Seed	Moon (Chandra)	South-East	Vitality
3	Chirchitta (Prickly Chaff Flower)	<i>Achyranthes aspera</i>	Amaranthaceae	Seeds, Roots, Shoots	Buddha (Mercury)	North	Nerves
4	Gular or Umbar (Cluster fig)	<i>Ficus racemosa</i>	Moraceae	Bark, Fruits, Leaves, Latex, Roots	Shukra (Venus)	East	Sex Organs
5	Katha or Khair (Cutch tree)	<i>Acacia catechu</i>	Fabaceae	Heart wood Extract, Leaves, Fruit, Bark	Mangal (Mars)	South	Aggressiveness
6	Peepal (Sacred tree)	<i>Ficus religiosa</i>	Moraceae	Fruits, Latex, Bark	Brahaspati or Guru (Jupiter)	North-East	Heart
7	Doob grass (Bermuda grass)	<i>Cynodon dactylon</i>	Poaceae	Whole Plant	Rahu or Dragon's head (North Lunar Node)	South-West	Bones
8	Darbha or Sirhu or Uloo (Halfa grass)	<i>Impertia cylindrica</i>	Poaceae	Roots, Flower	Ketu or Dragon's tail (South Lunar Node)	North-West	Secret Parts
9	Shami or Khari (Spunge or Holy tree)	<i>Prosopis Cineraria</i>	Mimosaceae	Bark, Leaves	Shani (Saturn)	West	Feet

The Planet and its Important Role in Various Diseases

Sr. No.	Planet	Important Role in Various Diseases
1	Sun	Heart, Stomach and Headaches
2	Moon	Somnambulism (Sleep-walking), Hallucinations, Keraphobia (fear of animals with horns), Hydrophobia, dysentery, Women related problems.
3	Mercury	Lack of Self-Confidence, Pyrophobia (Extreme fear of fire), Goiter, Neck, Eye, Bronchial tubes, Ears, Irrational fears, Cerebrospinal system.
4	Venus	Flatulence, Urinary diseases, Diabetes, Prostatitis, Constipation, Impotence, Social phobia, Throat, Mouth dryness.
5	Mars	Red blood corpuscles, Rectum, Epilepsy, Bone marrow diseases, Piles and Tumors.
6	Jupiter	Liver, Ear, Tongue, Jaundice, Diabetes, Cancer, Comas, Typhoid and Coughs.
7	Dragon's head	Pituitary Gland, Leprosy, Illusions, Hallucinations, Poisoning related diseases.
8	Dragon's tail	Pineal Gland, surgeries related, Chickenpox, Stammering, Unknown mysterious diseases.
9	Saturn	Teeth, Skin, Legs, Hand, Chronic ailments like arthritis, Dental problem, Paralysis, Flatulence, Personal calamities, Heart related problem.

Role of Plants in Navagraha Vatika

1. Milk Weed: *Colotropis gigantea* A milk weed is a tropical plant (shrub) found everywhere in India, related to Euphorbiaceae family. This plant is associated with surya (sun) and is planted in middle. Head, abdomen, eye and skin is governing by surya. Common name of this plant is Madar, Aak or Shwetark. Bark, root,



leaves and flowers of this plants used as medicinal purpose. This is used in hypertensive, anti-microbial (Bhaskar, 2000), anti-pyretic, anti-malarial (Sharma *et al.*, 2000), anti-inflammatory, anti-reproductive activity, anti-ulcer activity (Kumar *et al.*, 2013). For antidote of snake bite, dried root and dried latex are used. The plant is distributed in India,

China, Malaysia, Algeria, Egypt, South Africa, Ethiopia, Kenya, Nepal, Morocco, Brazil, Vietnam etc. The major chemical constituent of this plant are gigantol, gigantursenyl acetate A and B, calcium oxalate.

2. Flame of Forest: *Butea monosperma*

Butea monosperma is belonging to the family of fabaceae. The plant is associated

with Chandra (moon) and planted in south-east direction. This wooden spoon and ladle is used in Hindu rituals to pour ghee over fire.



Its trifoliate leaves represent the divine trinity of Vishnu, Brahma and Mahesh. Common name of this plant in Hindi- Dhak, Palash, Tesu, in English- Bastard teak, Flame of the forest, in Sanskrit- Palasha, Kimshuka. Heart, blood, brain and lungs are governing by chandra. Flower, leaves, bark and seed used as medicinal purpose (Mazumder *et al.*, 2011). The plant is distributed in Asia, Bangladesh, China, India, Indonesia etc. The major chemical constituent is triterpene, butrin, isobutrin, coreopsin, isocoreosin, monospermoside,

isomonospermoside, chalcones and steroids (Tiwari *et al.*, 2019). Palash has anti-leprotic, anti-microbial, anti-ulcer, anti-asthmatic and blood purifying properties (Das *et al.*, 2011).

3. Prickly Chaff Flower:

Achyranthes aspera

Chirchitta grows in wastelands like wild species all over India, Balochistan, Ceylon, Tropical Asia, Africa, Australia and America (Vijayaraj and Vidhya, 2016). This plant is belonging to the family of Amaranthaceae. Plant is associated with Buddha (Mercury) and planted in North direction. Common name of this plant is in Hindi- Chirchitta, in English- Prickly chaff flower and in Sanskrit- Apamarg (Shrivastav *et al.*, 2011). Face, hair, nose and tongue favors by Buddha. Seeds, roots and shoots used as medicinal purpose. The major chemical constituents are

achyranthes saponins A, B, C, D, betaine,



achyranthine, beta-sitorol etc (Goyal *et al.*, 2007; Shrivastava, 2014). Apamarg has spermicidal activities, anti-allergic, cardiovascular, anti-inflammatory, anti-diabetic, anti-diuretic, hepatoprotective activity,

anti-oxidant, anti-arthritis, prothyroidic activity (**Hasan, 2014; Dwivedi et al., 2018**).

4. Cluster fig: *Ficus racemosa*

Goolar is an evergreen tree mostly found in tropical India particularly Rajasthan, West-Bengal, Orissa, Himalayas, Southern part of India, Bihar and Uttar-Pradesh (**Shikshartha and Mittal, 2011**). This plant is belonging to the family of Moraceae. Plant is associated with Shukra (Venus) and planted in East direction. Common name of this plant is in Hindi- Goolar, Pani-Bhuj, Jantu-Phal, Yajnyadumbar, Umbar, in Sanskrit- Yajnyayoga, Brahanvrkisha, Sadaphalah, in English- Country fig, Cluster fig, Goolar fig. Shukra governs facial expressions, Urinary glands and reproductive organs. Bark, fruits, leaves, latex and roots used as medicinal purpose. The fruits of goolar resemble like fig with 2-5 cm size, colour range green to orange and reddish. The major chemical constituents are Tannins, flavonoids, triterpenoids, alkaloids, saponins, trimethyl ellagic acid (**Dubey et al.,**



2018). There are many pharmaceutical activities of cluster fig. *Ficus racemosa* has anti-bacterial, anti-analgesic, anti-inflammatory, anti-pyretic, anti-oxidant, anti-cancer, memory enhancing activities, anti-tussive, jaundice, dysentery, diarrhea properties etc (**Yadav et al., 2015; Ahmed and Urooj, 2010**).

5. Cutch tree: *Acacia catechu*

Katha is a deciduous tree, grown in Himalayas region of India, Nepal, Bhutan and China and related to Fabaceae family.



Plant is associated with Mangal (Mars) and planted in South direction. Common name of this plant is in Hindi- Khair, Katha Khir, in English- Catechu, Cutch, Gum, Khayer, in Sanskrit- Khadira. Marrow, neck and anal region are governed by Mangal. Heart wood, extract, leaves, fruit and bark used as medicinal purpose. Use of heart wood in making furniture, leaves are used to extract black dye, gum is used as adulterant. Paan is a product prepared by boiling and processing of

heart wood of katha tree. The major chemical constituents are catechin, epicatechin epigallocatechin, epicatechin gallate and quercetin etc. There are many pharmaceutical activity of khair. Khair has Immunomodulatory activity (**Ismail and Asad, 2009**), anti-mycotic, anti-oxidant, anti-inflammatory, anti-bacterial, chemoprotective activity (**Stohs and Bagchi, 2015**), asthma, bronchitis, dysentery (**Sunil et al., 2019**), mouth ulcer and astringent properties.

6. Sacred tree: *Ficus religiosa*

Peepal has religious and mythological tree and it is a sacred tree regarded by Hindus and is related to Moraceae family.

Lord

Brahma is represented by peepal roots, Lord Vishnu by peepal trunk and Lord Shiva by



peepal tree leaves. The plant is distributed in Northern and Eastern regions of India, Bangladesh, Nepal, China, Thailand and Vietnam (**Singh et al., 2011**). Plant is associated with Brahaspati or Guru (Jupiter) and planted in North-East direction. Common name of this plant is in

Hindi- Peepal, Pupil, in Sanskrit- Bodhivriksha, Peepala, Ashwatha, in English- Peepal tree. Fruit, latex and bark of the tree used as medicinal purpose. Guru favors thighs, liver, kidney and pancreas. The major chemical constituents in the tree are stigmasterol, sitosterol, asparagines, tyrosine, phenolic compounds, long chain of hydrocarbons (**Sandeep et al., 2018**). Flower is unisexual and looks like berry. Peepal has anti-convulsant, anti-diabetic, anti-inflammatory, anti-oxidant, anti-cancer activity (**Singh et al., 2011**). It has also hepatoprotective effect, anti-hyperglycemic, anti-perkinsonian activity, anti-fertility effect, anthelmintic effect (**Chandrashekar et al., 2010**).

7. Bermuda grass: *Cynodon dactylon*

Bermuda grass is a common weed found throughout the country and belonging to the family of Poaceae. Plant is associated with Rahu or Dragon's head (North Lunar Node) and planted in South-West direction.

Common name of the grass in Hindi- Doob, Dhuv, Durva, in English- Bermuda grass, Bahama



grass (**Sainifi, 2016**), in Sanskrit-Shataparv. Lungs, neck and legs are governed by North Lunar Node. Rahu is like the body of shadow with associated with the North Lunar Node. This grass is found in the throughout the India, East Africa and many different parts of the world. Whole plant of this grass used as medicinal purpose. The major chemical constituents found in the grass are alkaloids, glycosides, flavonoids, carbohydrates, reducing sugar, phytosterols, raisins, volatile oil, fixed oil, pterulic acid, orthohydroxy phenal acetic acid, beta carotene, etc (**Kumar et al., 2013**). There are many pharmaceutical activity of Bermuda grass. It has anti-inflammatory, anti-emetic, anti-diabetic, anti-pyretic, anti-diarrheal, anti-bacterial, hepatoprotective activity, anti-cataleptic property. This grass is also used in heavy bleeding and other menstrual problems (**Rai et al., 2010**).

8. Halfa grass: *Impertia cylindrica*

Darbha grass is a perennial rhizomatous grass, belonging to the family of Poaceae (Graminae). Plant is associated with



Ketu or Dragon's tail (South Lunar Node) and planted in North-West direction. Feet, belly and claws governed by ketu. Ketu is like the body of shadow with associated with the South Lunar Node. Common name of this grass is in Hindi- Uloo, Sirhu, Dabh, Khans, In English- Cogongrass, Blady grass, Satintail grass, Spear grass, Sword grass, Thatch grass, Alang-Alang grass, Cotton wool grass, Kura-Kura grass, in Sanskrit- Darbha. For meditation darbha mats are used. Flower colour is white and Inflorescence is panicle. This grass is found in florida and India. The major chemical constituents are Impecylone, deacetylimpecyloside, Seguinoside (**Liu et al., 2013**), impecylenolide, cylindrin, sitosterol, beta- sitosterol, alpha-amyrin, palmitic acid, dicorboxilate, vanillic acid (**Garg and Mittal, 2013**). There are many pharmaceutical activities of this grass. It has anti-cancer, anti-bacterial, anti-parasitic, anti-pyretic, anti-viral, astringent effect (**Lalthanpuui et al., 2019**). It has also insecticidal, tonic, anti-hyperglycemic activity (**Murthy and Mahajan, 2016**).

9. Holy tree: *Prosopis cineraria*

Shami tree is an evergreen tree, related to the family of Mimosaceae. It is commonly grow in arid and dry regions of India. The shami tree is believed to bestow victory and

strength when offered to lords Hanuman, Shiva and Ganesha. Plant is associated with Shani (Saturn) and



Planted in West direction. Shani governs muscles, legs, knee and teeth. This is a leguminous crop and common name of this tree in Hindi- Khejra, Khejri, Thand, in English- Spunge tree, in Sanskrit- Khejri. This tree is commonly found in dry and arid region like Rajasthan, Haryana, Punjab, Gujrat and Western Uttar Pradesh. Flowers are yellow and seeds are pale brown colour. The major chemical constituents are patulitrin, prosogerin A and B, cholesterol, piperidine and campesterol (**Garg and Mittal, 2013**). There are many pharmaceutical activities of this tree. It has blood purifier, anti-diabetic, insecticidal, nootropic agent (**Bithu et al., 2012**). It has also anti-inflammatory, anti-oxidant, analgesic and anti-pyretic activity (**Rani et al., 2009**). Spunge

tree has excellent source of timber and fuel.

Importance of Navagraha plants:

If planted warm in auspicious time then it attracts the power of God energy.

- Eliminate Vastu Dosha (future problems in life due to bad architecture).
- Encourage the planting of trees.
- It provides visitors and their carers a healthy and abundant life.
- Navagraha Vatika or garden is used to gain power of the Navagraha.

Conclusion:

Navagraha plants have traditional uses and medicinal potential of India's nine sacred plants representing the nine planets. These nine plants have many pharmaceutical and medicinal properties which are used in various diseases and disorders. Navagraha plants should be used in research and development programs because of their economic and therapeutic potential. Nakshatra Vatika is designed astrologically near holy or sacred sites with represented its plants. These Navagraha plants are planted in different parks, schools, gardens and public places to help in worship, good health and to conserve biodiversity. All information regarding the Navagraha tree has been collected from various research papers and review articles.