

## Ways To Keep The Body Health According To Astrology



Many measures have been suggested in astrology to maintain physical health. Measures to stay healthy give us the strength to bear the difficulties of life and following these measures has a positive impact on our life. So let us know the importance of health and the rules of staying healthy.

### **Know the Importance of Health**

According to [Health Predictions](#), it is said that when the body remains healthful then the mind also remains silent and happy. So it is very important to take care of your health. Everyone must have heard the saying of healthy mind, beautiful thoughts. Therefore, it is important to keep the body healthy for the flow of positive energy in life.

### **Relationship between Physical Health and Astrology**

According to astrology, the planets and stars present in the universe have a deep impact on our health. Each planet and its changes have a direct impact on our health.

### **Astrological tips to maintain good Health**

According to astrology, the rules for keeping the body healthy are as follows.

**To get relief from incurable diseases** - make a mortal Shivalinga from clay and anoint it with milk. And worship. Do this every Monday. Performing this ritual on Monday of Shravan month gives special results.

**To get relief from headaches** - apply tilak on your forehead with vermillion from the feet of Hanuman ji on Saturday and Tuesday. Devotion to Hanuman Ji Maharaj provides relief from headaches.

**Exercise/Yoga-** By doing exercise, yoga, and pranayam regularly, the body always remains healthy and fit. By doing yoga one gets the blessing of a healthy body and calm mind.

### **Vedic Yantras and their uses for Promoting Health**

Here are some examples of instruments that are believed to promote health and how they work:

**Sri Yantra:** Sri Yantra is one of the most revered yantras in Hinduism and is believed to represent the divine feminine energy of the universe. It consists of nine interconnected triangles and is often used in meditation and prayer to promote spiritual and physical well-being. Sri Yantra helps to balance the chakras and promote healing.

**Sri Dhanvantari Yantra:** Sri Dhanvantari Yantra is associated with the Hindu god Dhanvantari, the god of healing. This yantra is believed to promote good health and is often used to reduce physical ailments and promote overall health. Shri Dhanvantari Yantra is believed to capture the healing energies of Dhanvantari and channel them into the body and mind.

**Maha Mrityunjaya Yantra:** The Hindu god Shiva is associated with the Maha Mrityunjaya Yantra and is often used to promote longevity. The instrument is believed to help ward off illness and disease and is often used in meditation and prayer. Maha Mrityunjaya Yantra works by harnessing the transformative energy of Shiva.

**Vastu Dosh Nashak Yantra:** Vastu Dosh Nashak Yantra harnesses the positive power of Lord Vishnu and releases it into the environment. This Yantra is often used in homes and businesses to help boost positive energy and ward off negative influences. If you want to know more about astrological remedies for health then you can do an [Online Astrology Consultation](#).

### **Remedies for some Common Health Problems**

It is important to take care of mental health along with physical health. Many times we become stressed due to adverse circumstances in life. When things don't go our way we get upset. And many times they become victims of depression. So let us know the ways to stay mentally healthy.

Use Bhimseni camphor to remove negativity. This destroys the evil eye and negative energy.

If there is a delay in the marriage ceremony, then feed kheer to a blind beggar.

If your house is haunted by ghosts then try this very rare remedy of Ravana Samhita. Wake up at 4 am on Monday and offer water to Shivling. Then offer 11 Bel leaves, 11 fruits, 11 flowers, and 5 Mukhi Rudraksha. Then sit there and recite Shivashtak Stotra 11 times. After this wear Panchmukhi Rudraksha around the neck. By doing this remedy one gets relief from all kinds of pain.

**In Conclusion,** Many measures have been suggested in astrology to maintain physical health. Measures to stay healthy give us the strength to bear the difficulties of life and following these measures has a positive impact on our life.