



PLANETARY PEACE THROUGH NAKSHATRA VATIKA: THE ROLE OF PLANT SAPLINGS IN SPIRITUAL WELL-BEING

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Abstract

When you plant seedlings at Nakshatra Vatika, you are not only assisting the environment in terms of its growth, but you are also minimizing the negative consequences that the planet experience. Planting trees in this area is said to have astrological benefits since it is believed that the trees will counteract any negative affects that may be brought about by the stars. It is a reflection of a holistic perspective that cultural traditions that attempt to promote harmony and well-being coincide with environmental care. A belief in the eternal unity of all things natural and cosmic is represented by the act of planting seedlings at the Nakshatra Vatika. It incorporates the concept of actively pursuing environmental sustainability while also embracing cultural traditions that place an emphasis on harmony with celestial influences. When you perform acts of kindness, you not only contribute to the preservation of the natural world, but you also bring yourself into harmony with the cosmos, which has a significant impact on your spiritual well-being. It is a reflection of the profound concern for both the preservation of ecological systems and the preservation of traditional knowledge that it constructs the sanctuary.

Keywords: Nakshatra Vatika, planting saplings, cosmic energies.

Introduction

A member of the cosmic family to which every human being is born, the 27 stars are all members of the same family. During the course of its monthly cycle, the moon must travel across the zodiac and pass over one of the Nakshatras on a daily basis. The Janma nakshatra is considered to be your natal nakshatra so long as the moon was in that nakshatra when you were born. What the stars have in store for you is determined by your horoscope at the time of your birth. Within the framework of Hindu mythology, the initial stage involves the mapping of the sky at the moment of birth. The birth chart can point you in the direction of a great deal of life-altering decisions. We are responsible for all of the nakshatras' side effects, whether they are positive, negative, or ugly.¹ If your Nakshatras are positioned correctly, you

will observe favorable indicators; on the other hand, if they are not positioned correctly, you will observe unfavorable symptoms. When it comes to avoiding these more severe repercussions that are brought about by inappropriate placement of nakshatras, our Vedic astrology provides a wide range of remedies that can be utilized. One of these is the act of planting trees in the environment.²

Nakshatras and Trees

There is a tree or plant that is associated with each of the nakshatras, and this tree or plant represents his relationships with the natural world. The practice of planting a tree whose natal star matches to the zodiac sign of the infant is one that has been practiced by Indians for a very long time. It was believed that if the child took proper care of the tree when they were small, the tree would mature into a healthy, prosperous, and happy adult. This was the belief that would be fulfilled. It is the responsibility of an astrologer to study Nakshatras. You, however, are a landscape architect, and you are aware that connecting the trees with nakshatras can do more than simply improve people's emotions; it can also replenish them with cosmic rays.⁵

From the beginning of time that anybody can remember, trees have been revered as representations of everlasting knowledge, magnificent grandeur, and unending life. Taking care of these trees allows us to gain the psychological and physical benefits of nature's healing abundance, just as we would if we were to take care of a pharmacy. It is well known that people who come from indigenous groups in tribal areas have a profound appreciation for nature and have discovered a wide variety of inventive applications for plants. By surrounding themselves with plants or the components of plants, such as bark, they believed that they would be able to lessen the impact of any bad influences that they encountered. According to one school of thought, certain plant species that are associated with the nakshatra possess medicinal properties that can assist in the treatment of a wide range of illnesses.⁴ Astrology teaches that a person can gain liberation from mental, physical, social, economic, and supernatural diseases, as well as depression, by planting a tree or plant that matches to the constellation that was in effect when they were born. This can be accomplished by planting a tree or plant. Our forefathers held trees in high respect because of their relationship to the divine, which is the reason why they were considered sacred. Through the practice of paying attention to trees, we are able to eradicate a variety of issues. One aspect of worship is the healing power of sunrays that seep through the greenery as you sit in the shade. These sunrays ease mental and bodily ailments that are brought on by our hectic and time-pressed lives.³

The combination of all of these components is what I intend to do in order to get you to Nakshatra vana. The objective of nakshatra-based vatika, which is an innovative concept, is to achieve prosperity, health, and success in accordance with our nakshatras. The promotion of the growth of trees is yet another fantastic idea.⁷

The name given to these kinds of gardens is "Nakshatra Vana" or "Nakshatra Vatika." Through the use of this vana, it is possible to develop a link between people and the natural environment. The components of God's creation, such as air, water, sunlight, vegetation, and all living creatures, serve as a source of inspiration for it. Feeling the breeze, watching the incredible creation that God has made, tasting scents, touching natural features, listening to birds chirping, and hearing what nature has to say about using its gifts for human

purpose rather than controlling it are all components of the experience of being in this tranquil place. In the process of designing this temple, natural elements such as water, light, earth, air, plants, and so on served as sources of inspiration. It is more vital to learn how to detect, smell, touch, and feel the secrets that nature has to offer than it is to attempt to dominate nature.¹²

A number of alterations to our way of life have been recommended by our wise elders for the purpose of promoting the well-being of humanity as well as the healing of Mother Earth and humanity. These include becoming one with nature, cultivating an attitude of friendliness toward it, walking slowly and quietly, viewing nature with humility, touching it, listening to its music—the rustle of leaves—developing a bond with plants and trees, appreciating their beauty, strength, and grace, and then releasing stress. An experience that cannot be duplicated by anything that was made by people is the joy that comes from breathing in clean air in a natural setting. It is possible for individuals who have oxygen quality imbalances to find relief through the process of healing that takes place in an atmosphere that is as organically designed as possible for healing. This interaction brings about a sense of calmness on both the inside and the outside of the individual. One is filled with a tremendous sense of awe and gratitude for an invisible force that is deserving of respect and gratitude. The act of walking in tune with nature gives us the opportunity to find healing here. In terms of the emotional realm, it encompasses the ideas of "wholeness" and "wellness."⁹

Researching not only mythical beliefs but also celestial motions, planetary alignments, and solar cycles is required in order to plan this kind of garden with the intention of creating it. All aspects of well-being, including physical, mental, emotional, and spiritual, are improved by the presence of trees in this garden. As a supplementary service to the 'Grahaas,' we are able to make use of the Nakshatra Vatika's capacity to provide water to plants.¹²

It is necessary to have a comprehensive understanding of nakshatra studies in order to plan a 'Nakshatra vana'. By taking into account the ebb and flow of the sun, we are able to precisely determine when the dawn and sunset will occur at a particular location. This is made possible by the influence of the stars. The result is that particular kinds of plants are planted in the earth.¹⁶

A great number of temples have created gardens that are ornamented with trees that are native to the nakshatras. The Meenakshi Temple in Madurai, the Parthasarathi Temple in Thiruvallikkeni, Chennai, and the Bangalore Vidhan Soudha Garden were the three temples that were responsible for the creation of the Nakshatra Vana. A little while ago, the President of the United States inaugurated the Nakshatra Vatika at Rashtrapati Nilayam. This Vatika is divided into nine portions, each of which corresponds to a different tree. These divisions can be thought of as representing the nine Navgrahas. Additionally, each of the twelve zodiac signs is symbolized by a plant, and the circular band is further subdivided into twelve smaller rings that form an arc. This is done in accordance with the angle that these signs subtend on Earth, which is thirty degrees. Following this, the outer circle is cut into 27 portions, each of which is 13 degrees and 20 seconds in length. These sections represent the 27 Nakshatras and the plants that are linked with them separately. The region of the arc that corresponds to a certain Nakshatra is where trees are planted.¹⁰

OBJECTIVES:

1. To study the Importance of Nakshatra vana plants with their medicinal value.

Importance of Nakshatra Vana Plants

1. **Ashwini:** Kajra (Poison nut) - The divine twin physician Ashwini Kumara, who is the ruler of this Nakshatra, is responsible for the illumination and consciousness of the world. The form is comparable to that of the head of a horse. There is a possibility that having Ashwini Nakshatra will assist you in maintaining a normal neurological system. This Nakshatra is associated with a tree that is known as the "poison nut" tree with the same name. Both the seeds and the stem bark of the tree have significant medical use due to the presence of the alkaloid strychnine from the tree. Hydrophobia, gastrointestinal problems, fever, infertility, arthritis, and neurological illnesses are just some of the symptoms that it can help treat. It is common practice to apply the leaves as a poultice to wounds that require dressing.¹⁷
2. **Bharani:** Amalaki (Indian gooseberry) - Bharani Nakshatra is ruled by Venus, and Lord Yama, who is also referred to as the "God of death," is the god who presides over this particular astrological sign. A representation of the female intimate organ, this is a symbol. This energy is mostly associated with the feminine aspect of nature, and it possesses the capacity to both receive and offer without reservation. Bharani is the Nakshatra that is related with the plant known as amla. In it, there is a significant amount of vitamin C, which may possess antioxidant effects. Because it may possess tonic characteristics, amalaki fruit can be beneficial in the treatment of a variety of conditions, including jaundice, diarrhea, and inflammation. Consuming amla on a daily basis makes it good to one's health, regardless of the shape it takes. In addition to this, it has properties that protect against gastroprotection and diabetes. Additionally, it is an extremely effective method for improving one's eyesight, in addition to being the best treatment for any hair problem. Using a decoction of amalaki powder is something you should consider doing if you are experiencing premature graying or hair loss.¹⁴
3. **Kritika:** Udumbar (Cluster fig) - Known as the Pleadius, the Kritika Nakshatra is a constellation consisting of seven stars. This "God of fire" is the highest of all gods. From the Kritika Nakshatra, both energy and authority are derived respectively.
4. **Rohini:** Jambu (Java plum) - The Rohini Nakshatra reminds one of a chariot because it contains five stars in its center. There are a few different names for it. When it comes to mythology, Rohini is said to be Moon's wife. The moon is the supreme planet, and Lord Brahma is the supreme monarch throughout the universe. This particular Nakshatra is the manifestation of the most complete development and the most authentic elevation. The drug known as jambu is an excellent choice for people who have diabetes. There are a number of beneficial properties that it possesses, such as the capacity to combat HIV, inflammation, germs, infertility, and ulcers. The fruits of this plant are used to produce a wide range of goods, such as squash, health drinks, preservatives, juices, jellies, and wines. By combining two teaspoons of bark powder with one teaspoon of honey, you can reduce the severity of bleeding diarrhea by using this combination twice daily. A direct application of seed juice to an ulcer or sore can help ease the discomfort and

inflammation associated with the condition. By consuming the fresh juice of young leaves that has been blended with black pepper, it is possible to treat diseases such as kidney stones and infertility.¹⁵

5. **Mrugashira:** Khadira (Cutch tree) - It is possible to find Mrugashira among the constellations of Orion. When it comes to this Nakshatra, Mars is the planet that rules, and Lord Soma is the deity that preside over there. The horoscopes of both Taurus and Gemini include it as a potential event. Antelope's head is used to symbolize it in this context. This particular Nakshatra, Mrugashira, is the star of the hunt.²⁵
6. **Aadra:** SisShinshipa (Indian rosewood) - The supreme deity is known as Rudra. It can be represented by a tear drop. In this particular natal chart, the planet Rahu is the chief ruler. The character of Aadra demonstrates both emotional intelligence and the ability to reason passionately. Agarwood, also known as Krishna guru, Long pepper, or Thippali, is a member of the Piperaceae family. Passion fruit, also known as Krishna kamal, is a member of the Passifloraceae family. It is recommended that those with the Aadra Nakshatra plant these two plants.¹⁵
7. **Punarvasu:** Bamboo - Punarvasu Nakshatra is being ruled by Jupiter. Aditi is the name of the deity that is served there. Punarvasu is a symbol that encourages one to reside once more. There is a connection between it and rebirth, regeneration, and restoration. Due to the numerous therapeutic properties that it possesses, it is utilized in the treatment of febrile illnesses as well as epilepsy. Because it can be used as both a cleanser and an exfoliator, bamboo powder is a versatile ingredient for skin care. A diuretic, sweet, cooling, and antibacterial agent are some of the features that it possesses. Bamboo (*Bambusa arundinaceae*, family: Poaceae) and Gum arabic tree/babbula (*Vachellia nilotica*, Fabaceae) are two other plant options that might be considered for Punarvasu Nakshatra.¹³
8. **Pushya:** Ashwattha (Sacred fig / Peepal Tree) - The Pushya Nakshatra is also referred to by the name Tishya. In its whole, it is included in the cancer constellation. Both Jupiterian celestial forces and Saturnian planetary forces are responsible for its regulation. There is no higher god than Jiva. One of the Nakshatras that is particularly charming is the Pushya.¹⁴
9. **Aashlesha:** Nagkesar (Indian rose chestnut) - When it comes to natal charts, Ashlesha Nakshatra is a clinging star or hydra star. The planets are ruled by Mercury, and Naga is the highest deity in the spiritual hierarchy. It is a representation of a serpent that is coiled. This particular Nakshatra is considered to be particularly sharp. Known as the Nagkesar (*Mesua*) tree, it is a stunning evergreen that has the potential to reach sizes ranging from medium to enormous. Some of the components of the tree, including its bark, blooms, leaves, roots, stamens, and seeds, have therapeutic properties. In addition to these properties, it has anti-pyretic, anti-cancer, anti-microbial, and anti-carminative properties. It also has diuretic and expectorant properties. The use of this plant as a supplement to one's immune system can be beneficial for a wide range of health conditions, such as diarrhea, itching, excessive perspiration, skin disorders, vomiting, and bleeding piles. Applying seed oil to the joints that are affected by rheumatism can provide relief from the

condition. The leaves are placed on the chest and heated in order to cure respiratory conditions such as coughing and colds. Increase your consumption of fruits if you are experiencing problems with your digestive system. It has been demonstrated that seed extracts possess antibacterial properties.²⁴

10. **Magha:** Vata Vruksha (Banyan tree) - Magha is a Nakshatra that is considered to be prominent according to the Indian astrological system. The star Regulus is the particular object that corresponds to it. Within the context of this particular Nakshatra, Ketu serves as the ruling planet. The ruler of the Magha Nakshatra is the planet Pitra. Being able to demonstrate excellent leadership abilities is a benefit.¹⁹
11. **Purva phalguni:** Palasha (Flame of forest) - This star is a representation of bliss and the act of creating. The belief is that this would be followed by good fortune and riches. According to legend, Agnideva, also known as the "God of fire," takes the form of a tree known as Palasha. In this Nakshatra, the alternative plant is the Ashoka, which belongs to the family Caesalpinaceae and is known as Sarca asoka.²⁶
12. **Uttara phalguni:** Nyagrodha (Golden rump's fig) - In the Uttara Phalguni Nakshatra, the Sun is the planet that holds the position of ruler. The legs of a bedstead that are ornamented with two stars are a good analogy for its shape. Aryamam, also referred to as the "God of Favours," is the deity that, according to its reigning deity, is the source of its divine power. In addition to being used as a mouthwash, the decoction of the leaves is also applied on wounds. The latex is applied on blisters, boils, and measles, among other conditions. The astringent, stomachic, aphrodisiac, and anti-diabetic properties of this tree have been extensively researched and written about. The root sap is applied topically and is an excellent treatment for treating gonorrhoea and mumps.²⁷
13. **Hastha:** Amratika (Wild mango) - The Hastha Nakshatra is also referred to by the name Corvi. Sun is the presiding deity, whereas Moon is the planet that rules over everything. It can be represented by a closed fist. Fast or light is the name given to this particular constellation. The sign of Virgo is located in the middle of it. It is a border that is represented by the intimidating fist gesture. Hastha bestows the ability to achieve one's goals in a manner that is both comprehensive and instantaneous simultaneously. It is possible to combat toxins by consuming fruit. A rubifacient effect is exhibited by the bark. One of the beneficial remedies is the root bark infusion, which can be used to cure gonorrhoea and regulate the menstrual cycle. The act of squeezing leaves results in the formation of drips of eardrops. One of the plants that can be used to symbolize the Hastha nakshatra is the jasmine plant, which belongs to the family of roses known as the Oleaceae.
14. **Chitra:** Bilva (Stone apple tree) - The star of opportunity, or Chitra Nakshatra, is a solitary celestial body. Mars is the ruling planet and the ruling deity is Twashtra, who are the cosmic artisans of the universe. The Nakshatra of wealth is this one. Big, brilliant, sparkling jewel is what Chitra represents. It belongs to the Libra and Virgo zodiac signs. In Indian religion and spirituality, the bael tree is sacred. In addition to its antioxidant, antibacterial, antiviral, anti-diarrheal, gastroprotective, anti-ulcerative colitis, anti-diabetic, and cardioprotective actions, the fruit also has a lot of other beneficial health

effects. As a method of birth control and abortion, the leaves are utilized by women. Additionally, bilva fruit is utilized for the treatment of asthma, smallpox, diarrhea, and jaundice. If you're experiencing a fever, try making a decoction of the root and bark. Murabba, pudding, and jellies are some of the dietary supplement forms of bilva fruits. Peptic ulcers, dysentery, and respiratory illnesses can all benefit from this as well. A remedy for jaundice is bilva paprika juice mixed with black pepper powder. A single serving of bilva fruit can put an end to dysentery. A mixture of beeswax and leaf powder can treat typhoid. After three months of consistent daily eating, bilva fruit eliminates toxins from the body and treats chronic constipation. To keep diabetes under control, chew some leaves on an empty stomach.¹⁶

15. **Swati:** Arjuna(Arjun tree)- The Swati Nakshatra is a star that moves about on its own. This natal chart falls under the Libra zodiac sign. Vayu, often known as "God of wind," is the reigning deity, and Rahu is the ruling planet. Creativity, art, and liberty are represented by it. According to Ayurveda, the arjun tree is a powerful agent that protects the heart. For ulcers and the finest antacid, use a bark decoction as a mouthwash. Ashes from the bark are an effective treatment for venomous snake and scorpion bites. Earaches can be soothed with the leaf juice, while heart problems can be treated with the bark paste. To get a more radiant complexion, apply a mixture of bark paste and honey. Controlling hypertension can be achieved by ingesting bark. Any form of heart disease can be cured by regularly consuming tree bark mixed with milk. As an ear drop, the juice of the leaves can alleviate pain.⁹
16. **Vishakha:** Karpura - The four stars in a pylon configuration represent Vishakha Nakshatra. Jupiter is its ruler, and Indragni is its deity. Position, power, and authority are all represented by it. Zodiac signs Libra and Scorpio include it. The calming effects of the leaves make them a potential asthma remedy. Use of asthma in sedation. Babies with fever or rheumatic discomfort can find relief from the bark's analgesic effects. Cholera is treated using gum that is extracted from bark. The astringent and diuretic effects of fruit are undeniable. Antimicrobial characteristics were observed in the root extract of this plant. Parijata (Nyctanthes arbour-tristis, Oleaceae), Elephant apple (Limonium acidissimum, Rutaceae), and Nagkesara (Messua ferrea, Calophyllaceae) are the alternate plants that are advised for Vishakha Nakshatra.¹¹
17. **Anuradha:** Bakula (Bullet wood) - The Anuradha Nakshatra is comprised of two stars that are positioned such that they resemble either an umbrella or a lotus flower. Currently, Saturn and Mitra, also known as the "God of friendship," are the dominant deities. The tenacity and perseverance that are required to succeed in the face of enormous odds are represented by this.¹⁶
18. **Jyeshtha:** Shalmali (Red silk cotton tree) - Exactly as its name suggests, the Jyeshtha Nakshatra is a very powerful star. The word "jyeshtha" signifies "larger" or "older." In the shape of an ear ring, it is a Nakshatra that is red in color. Lord Indra is the one in charge of it. The ability to achieve one's goals is the gift that this Nakshatra bestows upon others. Many different types of plants, including leaves, flowers, fruits, bark, roots, seeds, and gum, have therapeutic characteristics. It is employed in the treatment of sexually transmitted diseases (STDs), anomalies of menstruation, abortifacient, diuretic,

antioxidant, antipyretic, and analgesic activities. Leucorrhoea is a condition that can be treated by consuming root powder twice a day. So that the wound can heal more quickly, the bark paste is placed to it. For the treatment of weakness, the powder of dried flower is used as a tonic. Neem (*Azadirachta indica*, Meliaceae) and Pine (*Pinus* sp. Pinaceae) are the plants that should be substituted for *Bombax ceiba*, which belongs to the Bombacaceae family.¹⁸

19. **Moola:** Aragwadha (Indian laburnum tree) - The Sagittarius zodiac sign still contains the Moola Nakshatra. Deities Niti are in charge. Destruction and ruin are given power by it. Jupiter is the governing planet. Possessing the ability to exert one's highest level of self-control is a blessing. Eleven stars arranged in the shape of a lion's tail represent it. Its anti-diabetic, larvicidal, anti-cancerous, and antibacterial properties are the result of its diverse therapeutic potential. Pulp from the fruit has several medicinal uses, including a gentle laxative, a heart tonic, and a stomachic. You can use the leaves to treat fever. Rhubarb and malaria are treated using the leaves. For skin conditions, its bark is an effective remedy. Syphilis and leprosy can be treated using the roots, while constipation can be alleviated by using the flower buds. Constipation can be alleviated by consuming fruit pulp mixed with sugar on a daily basis. There is an anti-arthritic quality to the leaves. Twice a day, fry 12–24 g of leaves in ghee and eat them. For persistent coughs, try steeping fruit pulp in ghee. A ringworm dressing made of leaf juice helps reduce redness, swelling, and irritation. If you're expecting a child, you should avoid eating it. The alternate plant signs for this natal chart are Dhup (*Canarium strictum*, Burseraceae), Raal (*Vateria indica*, Dipterocarpaceae), and Bilva (*Aegle marmelos*, Rutaceae).²¹
20. **Purvashata:** Vetasa (Rattan cane) - Some people also refer to the Purvashata Nakshatra as the Jal Nakshatra. It is composed of two stars that are arranged in the shape of teeth of an elephant. Venus, the planet that rules this Nakshatra, is the reigning deity, while water is the ruling principle. "Unbeatable" is what "purvashata" means. Dragon blood is an astringent resin that may be extracted from the fruit of this plant, which can be consumed. Additionally, it has the ability to cure wounds, as well as anti-bacterial, anti-diabetic, anti-inflammatory, and anti-ulcer qualities. In addition to being a vermifuge, roots are also used as an antidote for snake poison and as a treatment for chronic fever. Among the plants that are advised for this Nakshatra, Ashoka (*Saraca asoka*, Caesalpinaceae) is the more suitable alternative.²²
21. **Uttarashata:** Panasa (Jack fruit tree) - Uttarashata Nakshatra is a constellation that is shaped like a stage and is composed of four stars. The sky in the direction of the north is where it can be viewed. Venus is the planet that rules, and Vishwadeva is the god that rules over it. One is endowed with the capacity to acquire excellent knowledge as a result of this.²⁴
22. **Shravan:** Arka (Milk weed) - The name Ashwath is another name for the Shravan Nakshatra. It is a sign that belongs to the Capricorn zodiac. Vishnu is the deity associated with this Nakshatra, and the Moon is the planet that rules over it. The structure is composed of three stars, which are believed to be in the shape of Lord Vishnu's three footprints. You are blessed with fame, popularity, and the capacity to listen when you have the Shravan Nakshatra.²³

23. **Dhanishta:** Shami (Spunge tree) - Another name for the Dhanishta Nakshatra is Shrivishtha, which literally translates to "Star of the Symphony." The ruling planet is Mars, and the shape of the symbol is a circle. It represents a circumstance that is filled with money and splendor. In its place, the Narikela tree, which belongs to the Arecaceae family, is recommended as an alternative plant.¹⁸
24. **Shatataraka:** Kadamba (Burflower tree) - One of the names for the Shatataraka or Shatabisha Nakshatra is "The hundred stars." It falls under the zodiac sign of Aquarius. With Rahu as the ruling planet, it is governed by the god Varuna, who is known as the "God of Rains." In addition to the bark skin, the leaves, roots, and fruits are also utilized for therapeutic purposes. Because the leaves have the ability to cure wounds, they are used topically to wounds and ulcers in order to relieve their symptoms. During fevers, the juice of fresh fruit can be used to alleviate thirst, and it can also improve the quality of milk produced by a mother who is breastfeeding. Antipyretic and antiinflammatory properties are brought about by the bark skin, which is utilized in the treatment of skin illnesses. The roots are beneficial for children in the event that they are experiencing fever and stomach ache.¹⁹
25. **Purva Bhadrapada:** Aamra (Mango) - The Yamal Sadrisha Nakshatra is another name for the Purva Bhadrapada Nakshatra. It is made up of two stars that have the appearance of being same. There is a deity known as Aj Ekpada, and Jupiter is the planet that governs. *Azadirachta indica*, often known as Nimba, belongs to the family Meliaceae and is recommended as an alternative plant for Purva Bhadrapada Nakshatra.²²
26. **Uttara Bhadrapada:** Nimba (Margosa tree) - The two stars that make up the Uttara Bhadrapada Nakshatra form a bed. Pisces is its current state. Both a planet and a divinity, Ahirbudhya rules Saturn. Since it bestows redemption and tranquility, it is seen to be one of the most fortunate Nakshatras. The fact that Nimba is also used to treat numerous disorders suggests that the neem tree may have therapeutic implications in medicine. The anti-inflammatory and wound healing properties are demonstrated by the extracts of the bark and leaves. Antipyretic properties are present in the seed. An significant anti-diabetic drug in Ayurveda is the extract of the root bark and the leaves. A mouthwash made with neem contains antibacterial properties, makes it efficient against gingivitis, and lowers periodontal indexes. In addition to treating skin conditions, drinking leaf juice daily can purify the blood. When applied to the scalp, neem leaf paste alleviates itchiness, hair loss, and dandruff. You can get rid of ringworm by eating curd and Nimba Patra juice. Honey, black pepper, and neem leaf tea have a number of health benefits, including lowering cholesterol and protecting against liver and kidney issues. To keep mosquitoes at bay, burn some dried neem leaves. Alternatively, the Mango tree (*Mangifera indica*, family Anacardiaceae) might be a good choice for this Nakshatra.²⁵
27. **Revati:** Madhuka (Indian butter tree) - The sky takes on the form of a 'Mridanga' when the 32 smaller Nakshatras come together to form the Revati Nakshatra. The Pisces zodiac sign is associated with this Nakshatra. Planet Mercury is its ruler. Additionally, it is a pesticide and has insecticidal properties. A number of the plant's components have anti-inflammatory, antibacterial, hepatoprotective, anti-oxidant, and antipyretic characteristics. You can also utilize the bark of the trees as lumber. The fermentation procedure makes

use of the sweet madhuka blossoms. Aside from its heating powers, this tree also acts as a stimulant, demulcent, and emollient. Indications for bark use include tonsillitis, ulcers, diabetes, rheumatism, and excessive bleeding. Applying flower juice to skin disorders is a common practice. If rheumatism is given internally, a decoction of bark in water can alleviate it. Managing diabetes is another benefit of bark decoction. As a tonic, you can mix dried flower powder with ghee and honey.²⁰

Conclusion

Astrologically organized gardens that contain associated plant species are referred to as nakshatra vatikas, and they are frequently found in close proximity to sacred sites. People used to plant gardens similar to these in the past in an effort to placate the gods and ensure that they would benefit from their health. Phytochemicals and antioxidants are abundant in each and every species of tree that belongs to this group. It is now possible to help maintain these plant species in their natural environment by cultivating gardens in public spaces such as parks and schools. This development also serves to strengthen traditional knowledge about the significance of these plants and the biodiversity they contain.

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