

HEALTH PROMOTION, PREVENTIVE AND CURATIVE ASPECTS OF DISEASES IN ASTROLOGY

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ABSTRACT

The whole universe is intermingling into a unit in the period of globalization. Different cultures, life-styles and sciences are co-operating with each other in this situation. World Health Organization is working towards collaborating all prevalent medical sciences for attainment of good health and family welfare for each and every individual by 2020.

Astrology is a part of Indian heritage. Astrology means the art of predicting or determining the influence of the planets and stars on human affairs. The origin of this word is from Greek word astron, star + logos (discourse). The account of deeds of good and bad during the present life and previous lives, their consequences of health or ill health during this life i.e. what, when and how the things takes place will be clearly known through Astrology. Highly advanced knowledge related to Astrology on medicine is preserved in Indian scriptures and the knowledge was transmitted from generation to generation. It is also a good source for health promotion, preventive, curative and other medical aspects. Brief direction related to astrological medical aspects is also available in Ayurvedic literature (*Carakasamhitā, Suśrutasamhitā, Aṣṭāṅgasaṅgraha, Aṣṭāṅgahṛdaya, Śārṅgadharasamhitā, Bhāvaprakāśa* etc.)

Some Ayurvedic practitioners, scholars and scientists realize the need of astrological knowledge related to medicine in the present time. In ancient times physician, astrologer and *purōhita* (Hindu priest) simultaneously looked after the health and family welfare of individual, families and country. Astrologer guides medication and suitable time for the better cure of ailments. Even the medicinal herbs were collected and treated at appropriate time for their efficacy. Astrology and *Āyurvēda* are inseparable sciences of life. Hence, in this article, a concise astrological evaluation related to health promotion, preventive and curative aspects of Astrology is being presented.

Key words: Astrology, Horoscope, House, Planet, *Lagna, Rāśi*, Lord, Angle of Vision, Transit, *Nakṣatra, Mantrānuṣṭhāna & Bijamantra*.

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Introduction

Astrology is the art of predicting or determining the influence of the planets and stars on human affairs. It gives guidelines about welfare not only to human being but also to whole creation and also indicates calamities and their solutions to possible extent. The origin of this word is from Greek word astron, star + logos (discourse).

Vast literature is available on astrology related to medicine. It is essential for a physician to study astrology for medical purpose like health promotion, preventive and curative aspects. More research is essential in the field of Medical Astrology through astrological classics, which can help the medical science.

Important aspects of astrology related to the medicine

A horoscope is the heart of Astrology. It is the configuration of the planets, especially at the time of a person's planetary position and it consists twelve houses. These houses rule over all the conceivable aspects of life. The first house is known as *lagna*.⁴ It is the most important house of the horoscope. The remaining houses are interrelated to *lagna*.⁴ These twelve houses of the horoscope rule over various parts of the body, related to the health and various diseases in different organs or regions.¹⁰ So an astrologer must consider the following factors while studying the birth-chart about health, probable diseases and their treatment.

Health promotion

Various factors are indicated for good health in *Āyurvēda* and Astrology also. *Ācārya Caraka* mentioned in *Carakasāhītā* that human life depends on comprehensive situation of body, mind and soul.²

Sattvamātmā śarīrañca trayamētattridaṇḍavat. .
Lōkastīṣṭhati samyōgāttatra sarvaṁ pratiṣṭhitam.

(Ca.Su.1/46)

The Sun is representative of soul,¹⁰ the Moon is representative of mind¹⁰ and *lagna* is representative of body⁴ in Astrology. So it is essential for good health that the Sun, the Moon, *lagna* and the Lord of *lagna* must be strong in position. These factors are also associated more with beneficial effects and less with maleficent effects.

Health promotion aspects related to astrological situations

Various factors leading to good health are being mentioned below.

1. Strong *lagna*

The *lagna* is the most important factor of a horoscope, which indicates the condition of health of an individual.³ Planets are only subservient to *lagna*. The *lagna* is strong in the following circumstances.

- (a) **Vargōttama** - The *rāśi* (sign) rising in *lagna* is the same as the *Navamāṁśa lagna* called *Vargōttama*. *Vargōttama* is a specific condition of strength.
- (b) **Occupation by the Lord of *lagna*** - Any house prospers, when occupied by its own Lord.¹⁰ The *lagna* becomes strong, when occupied by its own Lord. It indicates good health.
- (c) **Occupation by the friendly planets of the Lord of *lagna*** - The *lagna* also becomes strong, when occupied by the friends of the Lord of *lagna*.
- (d) **Angle of vision by the Lord of *lagna*** - Angle of vision on *lagna* by the Lord of *lagna* is a better condition to increase strength of *lagna*. It ensures good health.
- (e) **Angle of vision by Jupiter** - Angle of vision of Jupiter is a most important beneficial condition for any house or planet.³ So when Jupiter sights on *lagna*, it prospers strength of *lagna* and promotes health.
- (f) **Placement of *rājayōga* in *lagna*** - *Rājayōga* is the combination of beneficial planets. When *rājayōga* exists in *lagna*, it prospers the strength of *lagna* and promotes health.

2. Strong Lord of *lagna*

A house tends to prosper when its Lord is strong and well placed.³ The Lord of *lagna* gains strength when it is situated in the following conditions.

- (a) **Vargōttama** - The Lord of *lagna* is placed in the same *rāśi* (sign) in both the *rāśi* chart and the *Navamāṁśa* chart.
- (b) The Lord of *lagna* is placed in exalted *rāśi*.
- (c) The Lord of *lagna* is placed in *Mūlatrikōṇa rāśi*.
- (d) The Lord of *lagna* is placed in its own house.
- (e) The Lord of *lagna* is placed in the house of a friend.
- (f) The Lord of *lagna* is placed in a Trine or a Quadrant.

- (g) The Lord of *lagna* sighted by beneficial planets (Jupiter, Venus, Mercury, the Moon)
- (h) The Lord of *lagna* sighted by friendly planets.
- (i) The Lord of *lagna* associated with beneficial or friendly planets.
- (j) The Lord of *lagna* is participating in the formulation of *rājayōga*.

3. *Śubhakaritari-yōga* around *lagna* or the Lord of *lagna*

Any house or planet hemmed between beneficial planets tends to gain strength and produce beneficial results. When beneficial planets occupy the second and the twelfth position from *lagna* or the Lord of *lagna*, they promote health.¹⁰

4. Beneficial unaffected situation of the Sun

The Sun is the God of health. The Sun when situated in *lagna* without affliction and is strong in his position, ensures good health. Situation of the Sun in Aries or Leo is also most beneficial for sound health. *Śubhakaritari-yōga* around the Sun is also positive factor for good health. Angle of vision of beneficial planets (Jupiter or Moon) on the Sun is also most important.

5. Unaffected Moon

An unaffected strong Moon is the most important factor for good mental health. *Śubhakaritari-yōga* around the Moon is also a positive factor for good mental health. Angle of vision of beneficial planets (Jupiter or Venus) on the Moon is also most important. Situation of the Moon in Taurus or Cancer is also most beneficial for sound mental health.

Health promotion aspects related to astrological remedies

There are diverse types of remedies described in astrological literature for health promotion. The *mantrānuṣṭhāna* (performance of religious ceremonies systematically with Vedic-hymns or sacrificial formula),⁷ wearing a particular gem (precious stone) or drug, charity and bath with medicinal by particular way are prescribed by an experienced astrologer are most important for health promotion.

The Sun is the God of health. So *Sūryanamaskāra* (a particular form of adoration of the Sun)⁷ at the time of Sunrise, *Arghya* (offering of libation to the rising Sun with holy water), prayer to the Sun and *mantrānuṣṭhāna* of *bijamantra* (a mystical syllable of a *mantra*)⁷ of the Sun are several most important methods for health promotion to everybody.

The *lagna* is representative of the body. So *mantrānuṣṭhāna* of *bijamantra* of the Lord of *lagna* is most important for advancement of the health. Wearing the gem or medicine that is related to the Lord of *lagna* is also most effective for good health. The gem acts like a condenser. The particular gem absorbs specific rays related to particular planet from solar system. These condensed rays enter into the body through precious stone. These remedies increase resistance, improve health and also cure diseases. Details are presented in the following tables.

Table - I

Sl. No.	<i>Lagna</i>	Lord of <i>lagna</i>	Wearable gem	Wearable medicine
1.	Aries	Mars	Coral	<i>Anantamūla</i> (Root of <i>Hemidesmus indicus</i> R. Br.)
2.	Taurus	Venus	Diamond	<i>Mañjiṣṭhāmūla</i> (Root of <i>Rubia cordifolia</i> Linn.)
3.	Gemini	Mercury	Emerald	<i>Vidārīmūla</i> (Root of <i>Pueraria tuberosa</i> D.C.)
4.	Cancer	Moon	Pearl	<i>Kṣīriṇīmūla</i> (Root of <i>Manilkara hexandra</i> Roxb.)
5.	Leo	Sun	Ruby	<i>Bilvamūla</i> (Root of <i>Aegle marmelos</i> Corr.)
6.	Virgo	Mercury	Emerald	<i>Vidārīmūla</i> (Root of <i>Pueraria tuberosa</i> D.C.)
7.	Libra	Venus	Diamond	<i>Mañjiṣṭhāmūla</i> (Root of <i>Rubia cordifolia</i> Linn.)
8.	Scorpio	Mars	Coral	<i>Anantamūla</i> (Root of <i>Hemidesmus indicus</i> R. Br.)
9.	Sagittarius	Jupiter	Topaz	<i>Kadalīmūla</i> (Root of <i>Musa paradisiaca</i> Linn.)
10.	Capricorn	Saturn	Sapphire	<i>Bicchubūṭīmūla</i> (Root of <i>Girardinia heterophylla</i> Decne.)
11.	Aquarius	Saturn	Sapphire	<i>Bicchubūṭīmūla</i> (Root of <i>Girardinia heterophylla</i> Decne.)
12.	Pisces	Jupiter	Topaz	<i>Kadalīmūla</i> (Root of <i>Musa paradisiaca</i> Linn.)

Preventive aspects

Preventive aspects related to astrological situations

1. Placement of the Lord of the sixth house or malefic planets in the sixth house

The most important factor for preventive aspects is the Lord of the sixth house or the malefic planets present in the sixth house in the birth chart³ or their transits. Because they not only prevent from illness but also cure the diseases, when they are situated in the sixth house.

2. Strong *lagna* and the strong Lord of *lagna*

Strong *lagna* and the strong Lord of *lagna* both are not only promotes health but also the most important for prevention. *Śubhakartari-yōga* around *lagna* or the Lord of *lagna* also protects from diseases by increasing immunity.

3. Jupiter's sight

Jupiter is the most potent natural beneficial planet. It prevents from diseases when it sights on *lagna*, the Lord of *lagna*, the Sun, the Moon, disease producing planet and particular house that represent the diseased organ in the birth chart or during its transit.

Preventive aspects related to astrological remedies

It is better for health and long life of the child that profitable factors to health like *lagna*, the Lord of *lagna*, the Sun, the Moon, the Lord of the eighth house should also propitiate from adverse effects in infancy for child welfare in the health and family welfare programmes, because "prevention is better than cure". If harmful planets did not propitiate in infancy, then these adverse factors can also be propitiated in future even when they cause some problems to the person. An experienced astrologer can advise the astrological remedies in this situation.

Mantrānuṣṭhāna of *Mahāmṛtyuñjaya* mantra not only prevents from illness but also cures the diseases. *Mantrānuṣṭhāna* of *bījamantra* of the Lord of *lagna* and wearing the gem related to the Lord of *lagna* prevent from diseases by acting like *Rasāyana* (rejuvenation therapy). Particular diet, medicine and activities those related to *lagna* and the Lord of *lagna* increase immunity and prevents from diseases.

The disease producer planets like the Lord of sixth, eighth and twelfth houses, afflicted houses and afflicted planets should also be propitiated for prevention.

The *Gaṇḍānta-nakṣatra-śānti-saṃskāra*⁸ [sacrament for propitiation of evil *nakṣatra* (constellation)] in specific auspicious moment according to the horoscope of the child eliminates afflictions of the infant born in malefic *nakṣatra* (*Jyēṣṭhā, Mūla, Rēvatī, Aśvinī, Aślēkhā, Maghā*) for his healthy and long life.

Nakṣatrapuruṣavrata for *Nakṣatraśāntisaṃskāra* is the best procedure for the best health described in *Vāmanapurāṇa*.¹

Table - II

Nakṣatra, Nakṣatrāṅga and Nakṣatrapuruṣavrata for Nakṣatraśāntisaṃskāra

Sl. No.	<i>Nakṣatra</i>	<i>Nakṣatrāṅga</i> (Organs related to constellation)	<i>Nakṣatrapuruṣavrata</i>
1.	<i>Aśvinī</i>	Knees	Worship the knees of the Lord <i>Viṣṇu</i> with devotion in <i>Aśvinī-nakṣatra</i> and offer good food to a <i>brāhmaṇa</i> .
2.	<i>Bharaṇī</i>	Head	Worship the head of the Lord in <i>Bharaṇī-nakṣatra</i> and offer tasty food.
3.	<i>Kṛttikā</i>	Loin	Worship the loin of the Lord in <i>Kṛttikā-nakṣatra</i> and offer fragrant flowers and water to a <i>brāhmaṇa</i> .
4.	<i>Rōhiṇī</i>	Legs	Worship is not mentioned.
5.	<i>Mṛgaśīrā</i>	Eyes	Worship the eyes of the Lord in the <i>Mṛgaśīrā-nakṣatra</i> and offer meat of deer.
6.	<i>Ārdrā</i>	Hair	Worship the hair of the Lord in the <i>Ārdrā-nakṣatra</i> and offer food to <i>brāhmaṇa</i> with devotion and offer jaggery and ginger.
7.	<i>Punarvasu</i>	Fingers	Worship the fingers of the God in the <i>Punarvasu-nakṣatra</i> and offer snake-gourd.
8.	<i>Puṣya</i>	Mouth	Worship the mouth of the Lord in the <i>Puṣya-nakṣatra</i> and offer sweet dish prepared with ghee and milk.
9.	<i>Sārpa (Aślēṣā)</i>	Nails	Worship the nails of the Lord in the <i>Aślēṣā-nakṣatra</i> and offer meat of partridge.

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| 10. <i>Paitra</i>
(<i>Maghā</i>) | Nose | Worship the nose of the Lord in the <i>Maghā-nakṣatra</i> and offer honey. |
| 11. <i>Pūrvā</i>
<i>phālgunī</i> | Secret parts /
Uro-genital organs | Worship the secret parts / uro-genital organs of the Lord in the <i>Pūrvāphālgunī</i> and <i>Uttarāphālgunī nakṣatra</i> and offer cow's milk and food to <i>brāhmaṇa</i> . |
| 12. <i>Uttarā-</i>
<i>phālgunī</i> | Secret parts /
Uro-genital organs | Worship the secret parts / uro-genital organs of the Lord in the <i>Pūrvāphālgunī</i> and <i>Uttarāphālgunī nakṣatra</i> and offer cow's milk and food to <i>brāhmaṇa</i> . |
| 13. <i>Hasta</i> | Hands | Worship the hands of the Lord in the <i>Hasta-nakṣatra</i> and offer barley-food. |
| 14. <i>Citrā</i> | Forehead | Worship the forehead of the Lord in the <i>Citrā-nakṣatra</i> and offer tasteful food. |
| 15. <i>Svātī</i> | Teeth | Worship the teeth of the Lord in the <i>Svātī-nakṣatra</i> and offer baked cakes prepared with sesame and food should be given to a <i>brāhmaṇa</i> . |
| 16. <i>Viśākhā</i> | Arms | Worship the arms of the Lord in the <i>Viśākhā-nakṣatra</i> and offer the boiled rice. |
| 17. <i>Anurādhā</i> | Bosom | Worship the stomach of the Lord in the <i>Anurādhā-nakṣatra</i> and offer the quick growing boiled rice. |
| 18. <i>Jyēṣṭhā</i> | Neck | Worship the neck of the lord in the <i>Jyēṣṭhā-nakṣatra</i> and offer round sweet dish prepared by sesame. |
| 19. <i>Mūla</i> | Feet | Worship the feet of the God in the <i>Śuklāṣṭamī</i> of the month <i>Caitra</i> when the Moon is in the <i>Mūla-nakṣatra</i> and feeding the <i>brāhmaṇa</i> in <i>Mūla-nakṣatra-sandhi</i> . |
| 20. <i>Pūrvāṣāḍhā</i> | Thighs | Worship both thighs of the Lord in the both <i>Pūrvāṣāḍhā</i> and <i>Uttarāṣāḍhā nakṣatra</i> and offer cold water. |

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| 21. <i>Uttarāśādhā</i> | Thighs | Worship both thighs of the Lord in the both <i>Pūrvāśādhā</i> and <i>Uttarāśādhā nakṣatra</i> and offer cold water. |
| 22. <i>Śravaṇa</i> | Ears | Worship the ears of the Lord in the <i>Śravaṇa-nakṣatra</i> and offer curd-rice. |
| 23. <i>Śraviṣṭhā</i>
(<i>Dhaniṣṭhā</i>) | Back | Worship the back of the Lord in the <i>Dhaniṣṭhā-nakṣatra</i> and offer boiled rice. |
| 24. <i>Vāruṇa</i>
(<i>Śatabhiṣā</i>) | Jaws | Worship the jaws of the Lord in the <i>Śatabhiṣā-nakṣatra</i> and offer boiled <i>priyaṅgu</i> and red rice. |
| 25. <i>Pūrvā</i>
<i>bhādrapada</i> | Flanks (Sides) | Worship the flanks of the Lord in the <i>Pūrvābhādrapada</i> and <i>Uttarābhādrapada nakṣatra</i> and offer jaggery with singing the name of God. |
| 26. <i>Uttarā</i>
<i>bhādrapada</i> | Flanks (Sides) | Worship the flanks of the Lord in the <i>Pūrvābhādrapada</i> and <i>Uttarābhādrapada nakṣatra</i> and offer jaggery with singing the name of God. |
| 27. <i>Rēvatī</i> | Belly | Worship the belly of the Lord in the <i>Rēvatī-nakṣatra</i> and offer the <i>mōdaka</i> prepared with green-gram. |

After this procedure the person should give gift (remuneration) to the *brāhmaṇa* and to his wife and also give an umbrella, a pair of shoes, a pair of white clothes, seven kinds of grain, gold and ghee-pot to the *brāhmaṇa*. The *brāhmaṇa* should be worshiped in every *nakṣatra* in this procedure. This rite is known as *Nakṣatrapuruṣavrata*. It is the best procedure for attaining excellent health of body, mental health, beauty, sweetness of speech, splendor and other desired objects by *Nakṣatrapuruṣa (Viṣṇu)* according to *Vāmanapurāṇa*.

Curative aspects

Disease causative aspects related to astrological situations

There are various factors indicating ill health. The Lord of the sixth house, eighth house and twelfth house are disease-producing factors. Weakness and adverse affliction

of lagnā, the Lord of lagna, the Sun and the Moon are also causative factors for disease. The causative factors for ill health are being concisely mentioned below.

1. Situation and association of the Lord of the sixth house-The Lord of the sixth house is most important factor for pathogenesis. Pathogenetic condition develops by situation and nature of the Lord of the sixth house.⁶ The Lord of the sixth house creates disease in the representative organ of particular house, where it is situated and associated with the Lord of that particular house. So Signs, houses and their representative body parts are shown in the following table.

Signs, houses and their representative body parts

Table - III

Sl.No.	Sign	House	Representative body parts
1.	<i>Mēṣa</i> (Aries)	First	Head
2.	<i>Vṛṣa</i> (Taurus)	Second	Face
3.	<i>Mithuna</i> (Gemini)	Third	Shoulders, neck and upper chest
4.	<i>Karka</i> (Cancer)	Fourth	Heart
5.	<i>Simha</i> (Leo)	Fifth	Upper Abdomen (Stomach)
6.	<i>Kanyā</i> (Virgo)	Sixth	Umbilical region (Waist and intestine)
7.	<i>Tulā</i> (Libra)	Seventh	Lower Abdomen
8.	<i>Vṛścika</i> (Scorpio)	Eighth	External genitalia
9.	<i>Dhanu</i> (Sagittarius)	Ninth	Thighs
10.	<i>Makara</i> (Capricorn)	Tenth	Knees
11.	<i>Kumbha</i> (Aquarius)	Eleventh	Legs
12.	<i>Mina</i> (Pisces)	Twelfth	Feet

2. Situation of beneficial planets in the sixth house - The beneficial planets produce disease, when they are situated in the sixth house by their nature.⁶ They develop disease in that particular organ, which is represented by them.

3. Situation and association of the Lord of the eighth and the twelfth house - The Lord of the eighth and the twelfth house are also responsible for pathogenesis.⁶ They also create disease in the representative organ of that house, where they are situated or associated with the Lord of that particular house. Sometimes the Lord of the eighth house creates chronic diseases and the Lord of the twelfth house creates emergency.

4. Weak state of *lagna* - The weak state of *lagna* is most important factor for ill health.³ The *lagna* becomes weak in the following situations.

(a) **Occupation by the malefic planets** - The *lagna* becomes weak, when occupied by the malefic planets. It is the indication of ill health.

(b) **Occupation by the enemies of the Lord of *lagna*** - When the enemies of the Lord of *lagna* are situated in *lagna*, it becomes weak by adverse effect of enemies.

(c) **Angle of vision by the malefic planets** - Angle of vision by the malefic planets on *lagna* is an adverse effective situation. The *lagna* becomes weak by Angle of vision of malefic planets.

(d) **Presence of adverse *yōga* in *lagna*** - When the adverse *yōga* is present in *lagna*, the *lagna* becomes weak. It causes ill health.

5. Weak Lord of *lagna* - Weakness of the Lord of *lagna* is also most important cause for ill health.³ When the Lord of *lagna* becomes weak, it is definite indication of ill health. The Lord of *lagna* becomes weak in following circumstances.

(a) **Debilitation** - When the Lord of *lagna* is debilitated, it is a symbol of weakness. A debilitated Lord of *lagna* is responsible for ill health.³

(b) **Combustion** - When planets close to the Sun tend to lose their strength and vitality are considered to be combust. A combust planet loses its capacity to do well and produce adverse results.³ It is also a specific sign of illness when the Lord of *lagna* is combust.

(c) **Retrogression** - The planets become retrograde when they appear to move in a reverse direction during their movement. A retrograde planet produces unexpected results and generally it is adverse for health.³ The retrograde Lord of *lagna* is also specific cause of illness.

(d) **Occupation of an adverse house like the 6th or the 8th or the 12th** - The sixth, the eighth and the twelfth houses are particularly adverse factors for health.³ So when the Lord of *lagna* occupies one of these houses, it becomes weak and it is a specific indication for ill health.

(e) **Association with the malefic planets** - When the Lord of *lagna* is associated with the malefic planets; it becomes weak by adverse effect of the malefic planets.

(f) **Angle of vision by the malefic planets** - When the Lord of *lagna* sighted by the malefic planets, it causes sickness due to weakness of the Lord of *lagna*.

(g) **Placement in the house of an enemy-** When a planet is placed in the house of an enemy, it becomes weak. So placement of the Lord of *lagna* in the house of an enemy is also an indication of sickness.

6. Pāpakartari-yōga¹⁰ around *lagna* or the Lord of *lagna* - Presence of the malefic planets in the 2nd and the 12th house from *lagna* or the Lord of *lagna* is called *Pāpakartari-yōga*.¹⁰ It is also clear indication for ill health.

7. Afflicted Moon- Afflicted Moon is adverse for mental health. The Moon afflicts when it is.

- (a) Debilitated.
- (b) Afflicted by the malefic planets with association or sight (specially Saturn, *Rāhū* and *Kētu*).
- (c) *Pāpakartari-yōga* around it.
- (d) Harmful placement of the Moon.

8. Weak Sun- The Sun is the God of health. So good position of the Sun is necessary for sound health. But when it becomes weak, it is very negative and harmful situation for health and a clear indication of sickness. The Sun becomes weak when it is.

- (a) Debilitated.
- (b) Afflicted by the malefic and enemy planets (specially Saturn, *Rāhū* and *Kētu*) with association or sight.
- (c) *Pāpakartari-yōga* around it.
- (d) Harmful placement of the Sun.

Afflicted planets are those situated in *lagna* produce diseases in the following organs or *dhātu* (bodily elements).⁹

Table - IV

Sl.No.	Planets	III organs or <i>dhātu</i> , when afflicted planets situated in <i>lagna</i> (but that is not the Lord of <i>lagna</i>)	III organ or <i>dhātu</i> , when afflicted Lord of <i>lagna</i> situated in <i>lagna</i>
1.	Sun	Eyes, Heart, Bones	Bones
2.	Moon	Mind, Lungs, Blood	Blood

3.	Mars	Muscles, Marrow	Muscles
4.	Mercury	Voice, Hearing, Skin	Skin
5.	Jupiter	Abdomen, Intestine, Liver, Fat	Fat
6.	Venus	Eyes, Urine, Semen	Semen
7.	Saturn	Feet, Nerve	Nerve

If the Lord of *lagna* placed in debilitation sign and the *lagna* or the Lord of *lagna* malformed, it produce following diseases.⁶

Table - V

Sl. No.	<i>Lagna</i>	Lord of <i>lagna</i>	Debilitation sign	Placement in the house	Diseases
1.	<i>Mēṣa</i> (Aries)	Mars	Cancer	Fourth	Diseases of heart and lungs
2.	<i>Vṛṣa</i> (Taurus)	Venus	Virgo	Fifth	Diseases of abdomen
3.	<i>Mithuna</i> (Gemini)	Mercury	Pisces	Tenth	Stabbing pain in knee
4.	<i>Karka</i> (Cancer)	Moon	Scorpio	Fifth	Dropsy
5.	<i>Simha</i> (Leo)	Sun	Libra	Third	Diseases of ear
6.	<i>Kanyā</i> (Virgo)	Mercury	Pisces	Seventh	Diseases of urine
7.	<i>Tulā</i> (Libra)	Venus	Virgo	Twelfth	Diseases of eyes
8.	<i>Vṛścika</i> (Scorpio)	Mars	Cancer	Ninth	Wounds on hips or thigh
9.	<i>Dhanu</i> (Sagittarius)	Jupiter	Capricorn	Second	Diseases of mouth
10.	<i>Makara</i> (Capricorn)	Saturn	Aries	Fourth	Diseases of heart
11.	<i>Kumbha</i> (Aquarius)	Saturn	Aries	Third	Diseases of throat and trachea
12.	<i>Mīna</i> (Pisces)	Jupiter	Capricorn	Eleventh	Diseases of ear, filaria etc.

Curative aspects related to astrological remedies

Principles of astrological remedies for diseases

There are several methods described in astrological and Vedic literature for treatment

of curable diseases. Some of them are *mantrānuṣṭhāna*, wearing a particular gem or drug, charity and bath with medicines by particular way, which prescribed by an experienced astrologer are most important.

The *mantrānuṣṭhāna* is the best method for cure. Because disease-producer-planet does not create disease after pacification by *mantrānuṣṭhāna* of Vedic-hymns or *bijamantra*. So patient should repeat Vedic-hymns or *bijamantra* daily by systematic procedure prescribed by an astrologer and well-versed in Vedic-hymns till the disease is cured. *Mantrānuṣṭhāna* of *Mahāmṛtyuñjaya* mantra not only prevents but also cures diseases.

Procedure of *mantrānuṣṭhāna*

The patient should perform *japa* (chanting prayers, repeating in a murmuring tone passages from scriptures or charms or names of a deity)⁷ of Vedic-hymns or *bijamantra* in prescribed number of times with meditation and worship of disease-producer-planet. Then he should perform the *havana* (ceremony in which oblations are offered through the Fire God) with the *havana-samidhā* (fire-wood that is used as fuel in sacrificial fire) by *āhuti* (offering oblation with fire to the deities)⁷ of disease-producer-planet in one-tenth part of *japa*. Then he should offer *tarpaṇa* (a particular ceremony performed with a magical *mantra* with libation of water)⁷ in one-tenth part of *havana*. Then he should do *mārjana* (purification by sprinkling holy water) in one-tenth part of *tarpaṇa*. Then he should feed *brāhmaṇa* (who have divine knowledge)⁷ in one-tenth part of *mārjana*. It is the best procedure for pacification of disease-producer-planets. So *bijamantra*⁵, *havana-samidhā*⁸, number of *japa*⁹ (four times in *Kaliyuga*), number of *āhuti*⁹, number of *tarpaṇa*⁹, number of *mārjana*⁹, number of *brāhmaṇa*⁹ for feeding are mentioned in following table for appeasement of afflicted planets by method of *mantrānuṣṭhāna*.

Bijamantra of the planets, havana-samidhā and number of japa, havana, tarpaṇa, mārjana and feeding of Brāhmaṇa

Table-VI

Sl. No.	Planet	<i>Bijamantra</i>	<i>Havana-samidhā</i>	Number of <i>japa</i>	Number of <i>āhuti</i> in <i>havana</i>	Number of <i>tarpaṇa</i>	Number of <i>mārjana</i>	Number of <i>brāhmaṇa</i> for feeding
1.	Sun	<i>Ōm</i> <i>ghṛṇiḥ</i> <i>sūryāya</i> <i>namaḥ</i>	<i>Arka</i> [<i>Calotropis procera</i> (Ait) R.Br.]	28000	2800	280	28	3
2.	Moon	<i>Ōm sōm</i> <i>sōmāya</i> <i>namaḥ</i>	<i>Palāśa</i> [<i>Butea monosperma</i> (Lam.) Kuntze.]	44000	4400	440	44	5
3.	Mars	<i>Ōm am</i> <i>aṅgārakāya</i> <i>namaḥ</i>	<i>Khadira</i> [<i>Acacia catechu</i> Linn. (f.) Willd.]	40000	4000	400	40	4
4.	Mercury	<i>Ōm buṛi</i> <i>budhāya</i> <i>namaḥ</i>	<i>Apāmārga</i> [<i>Achyranthes aspera</i> Linn.]	36000	3600	360	36	4
5.	Jupiter	<i>Ōm bṛi</i> <i>brhaspatayē</i> <i>namaḥ</i>	<i>Aśvattha</i> [<i>Ficus religiosa</i> Linn.]	76000	7600	760	76	8
6.	Venus	<i>Ōm śum</i> <i>śukrāya</i> <i>namaḥ</i>	<i>Udumbara</i> [<i>Ficus glomerata</i> Roxb.]	64000	6400	640	64	7

7. Saturn	<i>Ōm śamī śanaīscarāya namaḥ</i>	<i>Śamī</i> [Prosopis cineraria Druce.]	92000	9200	920	92	10
8. <i>Rāhu</i>	<i>Ōm rām rāhavē namaḥ</i>	<i>Dūrvā</i> [Cynodon dactylon (Linn.) Pers.]	72000	7200	720	72	8
9. <i>Kētu</i>	<i>Ōm kēm kētavaē namaḥ</i>	<i>Kuśa</i> [Desmostachya bipinnata Stapf.]	68000	6800	680	68	7

Suggestions

A lot of literature is available on Astrology as medicine. But author has presented concisely about Health promotion, Preventive and Curative aspects of diseases in Astrology in this article. Author wants to discuss more details on each topic related to medical aspects on Astrology in series of articles. A lot of research work should be carried out for advancement of Medical Astrology. Author thinks that Medical Astrology to be include not only in B.A.M.S., M.D. syllabus but also in all faculties related to medical science at present time. Author presumes that Medical Astrology may be helpful to uplift the medical science after some research work on astrological and medical literature both simultaneously. Author is hopeful that Medical Astrology will be a good therapeutic branch of medical science in 21st century.

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सारांश

ज्योतिष-शास्त्र में स्वास्थ्य-संरक्षण, रोगों की रोकथाम एवं चिकित्सिकीय पक्ष

भुवनेश कुमार शर्मा, पी.के.जे.पी. सुभक्ता एवं अला नारायण

वैश्वीकरण के इस युग में समस्त विश्व एक इकाई के रूप में सिमट रहा है। सम्प्रति विभिन्न संस्कृतियाँ, जीवनशैलियाँ एवं विज्ञान की विविध शाखा-प्रशाखाएँ एक-दूसरे को सहयोग प्रदान कर रही हैं। सन् २०२० तक प्रत्येक मानव के स्वास्थ्य और परिवार कल्याण के लिए विश्व-स्वास्थ्य-संगठन सभी प्रचलित चिकित्सा-पद्धतियों के सहयोग से कार्य कर रहा है।

ज्योतिष-शास्त्र भारतीय ज्ञान-सम्पदा का एक अङ्ग है। ज्योतिष-शास्त्र का अर्थ ग्रह एवं नक्षत्रों के प्रभाव का अध्ययन करके मानव-जीवन सम्बन्धित भविष्यवाणी करने की कला है। एस्ट्रोलोजी शब्द का उद्भव ग्रीक शब्द एस्ट्रोन, स्टार+लोगोस से हुआ है। मनुष्य द्वारा जन्म-जन्मान्तरों में किये गये शुभ या अशुभ कर्मों का परिणाम उसे इस जन्म में कब, क्या और कैसे मिलेगा? इसका सटीक ज्ञान ज्योतिषीय विश्लेषण से प्राप्त किया जा सकता है। चिकित्सा-शास्त्र से सम्बन्धित अत्यधिक विकसित ज्योतिषीय ज्ञान भारतीय पवित्र धर्म-ग्रन्थों में संरक्षित है। यह ज्ञान कतिपय परिवारों में पीढ़ी दर पीढ़ी हस्तान्तरित किया जाता है। स्वास्थ्य-संरक्षण, रोगों की रोकथाम, चिकित्सिकीय एवं अन्य पक्षों के लिए यह ज्योतिषीय ज्ञान एक उत्तम स्रोत है। आयुर्वेद साहित्य में भी चिकित्सा से सम्बन्धित ज्योतिषीय पक्षों का संक्षिप्त निर्देश उपलब्ध है।

सम्प्रति आयुर्वेदीय चिकित्सक, विद्यार्थी, अध्यापक एवं वैज्ञानिक चिकित्सा से सम्बन्धित ज्योतिषीय ज्ञान की आवश्यकता अनुभव करने लगे हैं। प्राचीन काल में चिकित्सक, ज्योतिषी और पुरोहित साथ-साथ मिलकर स्वास्थ्य एवं परिवार कल्याण से सम्बन्धित व्यक्तिगत, पारिवारिक और देश की देखभाल करते थे। ज्योतिषी रोगों की बेहतर चिकित्सा के लिए उपयुक्त समय पर औषधि लेने का निर्देश देते थे। इतना ही नहीं अपितु क्षमता (प्रभाव) की वृद्धि हेतु औषधीय पादपों का संग्रहण और चिकित्सा के लिए उपयुक्त समय चयन किया जाता था। ज्योतिष और आयुर्वेद अवियोज्य विज्ञान हैं। अतः स्वास्थ्य-संरक्षण, रोगों की रोकथाम और चिकित्सा से सम्बन्धित ज्योतिषीय पक्षों का एक संक्षिप्त ज्योतिषीय विवेचन इस लेख में प्रस्तुत किया गया है।