

Diabetes in Medical Astrology

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Abstract: Diabetes is a metabolic disorder of the endocrine gland pancreas. When we eat, the pancreas automatically produces the appropriate amount of insulin to break down the sugar into glucose which is the main source of energy. Diabetic people's pancreas either produces little or no insulin, hence excess glucose builds up in the blood which overflows into the urine. In this way the body loses its main source of energy and subsequently becomes weak. In astrology by the careful examination of the horoscope, it is possible to predict the susceptibility to the disease diabetes.

Keywords: Sanivad Rahu, Rahu.

1. Introduction

It is possible to identify the diseases a person is having, or susceptible to in the future, using Astrology. Once a person knows that he is susceptible to certain kinds of diseases, he/she could take precautions and preventive measures so as to either prevent the disease from manifesting or to reduce the intensity of a disease if it becomes inevitable. This is an example to show how Astrology can help the human kind to anticipate a problem and take preventive measures to reduce the pain and agony in the future. Diabetes, though known as "rich man's disease" in the past, is fast becoming a common man's disease in our country. This could be due to changing lifestyles irrespective of whether one is rich or poor. Diabetes makes it difficult for people to live their life normally. It is a gateway to many other health complications if not properly contained. Hence, it is in our own interest to be aware if one is susceptible to this disease or not, and what to do to prevent or contain it at a manageable level. The purpose of this paper is to help people to understand what diabetes is in brief and to help them identify astrological symptoms of diabetes in their charts. The dictums specific to diabetes are not found in the ancient texts. And, many astrologers are still grappling to understand different types of diabetes and methods to map different aspects of the disease on to Astrology, hence this attempt.

2. Astrological symptoms of type 1 diabetes

Type 1 diabetes is a chronic (life-long) disease that occurs when the pancreas produces too little or no insulin to regulate blood sugar levels appropriately. From the definition we know that pancreas will not produce insulin or produce too little insulin being the main reason for the disease. But, what causes such a deficiency. Doctors have given the following reasons. In Type 1 diabetes, the cells in the pancreas that make insulin are

destroyed, causing a severe lack of insulin. This is thought to be the result of the body attacking and destroying its own cells in the pancreas - known as an autoimmune reaction. It's not clear why this happens, but a number of explanations and possible triggers of this reaction have been proposed. These include infection with a specific virus or bacteria; exposure to food-borne chemical toxins and exposure as a very young infant to cow's milk, where an as yet unidentified component of this triggers the autoimmune reaction in the body.

An infection introduces a viral protein that resembles a beta-cell protein. T cells and antibodies are tricked by this resemblance into attacking the beta protein as well as the virus. Let me try to link the medical explanation with astrological explanation insulin producing cells in the pancreas become weak (less resistant), when Venus is weak/malefic in the chart. This enables the virus to become active. The so called trick/cheating could be represented by Rahu. Next, research has shown that Type 1 diabetes can be transmitted from one person to another through a Bone Marrow Allow graft, when the donor is suffering from Type 1 diabetes. Also, experiments have shown that when in a Type 1 diabetes patient, insulin production could be induced using a healthy bone marrow. Hence, it appears that a defective bone marrow seems to be connected to diabetes. It is to be remembered that, in Astrology, Mars represents Bone Marrow or Majja. Hence, to identify Type 1 diabetes in a chart, look for severely afflicted Venus, Mars and 5th house/lord (as pancreas is located in the 5th house of Kalapurusha), and afflictions specifically by Rahu. One can observe some kind of connectivity between these entities.

3. Astrological symptoms of type 2 diabetes

Type 2 diabetes is the most commonly occurring diabetes. About 90% of the diabetics suffer from this type of diabetes. The Definition for type 2 diabetes is as follows: Type 2 diabetes results from insulin resistance (a condition in which the body fails to properly use insulin), combined with relative insulin deficiency. There are two aspects here,

- *Relative insulin deficiency* - Not enough insulin is produced b. Insulin resistance - Body fails to properly use the insulin produced. It is a well know fact that pancreas produce insulin and in Astrology Venus is the karaka for pancreas. Hence, an afflicted Venus could indicate defective or under efficient pancreas. Hence, one could find a weak and afflicted Venus in

this case also. But it is not mandatory as an individual with healthy pancreas could possibly get Type 2 diabetes. Hence, it is important to look for other symptoms which are mandatory for Type 2 diabetes. Take a look at the second part (aspect 'b' above). Insulin resistance plays important role in Type 2 and is a mandatory condition. Insulin resistance is the condition in which normal amounts of insulin are inadequate to produce a normal insulin response from fat, muscle and liver cells. Hence, the problem is related to defective fat/muscle/liver cells. People who are overweight have a higher risk of insulin resistance, because fat interferes with the body's ability to use insulin. The primary treatment for insulin resistance is exercise and weight loss.

- *To interpret the above sentence* astrologically, increased exercise could be read as strengthening Mars. Weight Loss (manage body weight) could be read as reduce the malefic effect of Jupiter. The involvement of Mars and Jupiter can be explained. Fat cells and Liver cells indicate Jupiter. And, muscle cells indicate Saturn. Hence, the problem could be seen in relationship with Jupiter, Mars and Saturn. These cells interact with the insulin in the blood. Mars is the signification for 'Majja' or bone marrow where blood is produced. And, as Venus's affliction is not a necessary condition, in many cases one can clearly see the involvement of Venus as well. The afflicted Jupiter and Mars in relationship with Saturn in the charts of people suffering from diabetes type 2. However, there was a small change in the pattern is noticed. Instead of Saturn getting involved with Mars and Jupiter every time, it was Rahu that showed up in the combination most of the time. It is not surprising as our rishis have proclaimed "Sanivad Rahu".

4. Finding the chances of diabetes in from one's chart

Diabetes is a disorder connected with our metabolism. Metabolism is the process of breaking the nutrients and proteins in required rate. These proteins and nutrients are arranged and distributed so that the body can function properly.

Frequent urination, increased thirst, hunger, fatigue and blurred vision can be the symptoms of diabetes, but not always. Diabetes is a long-term disease, mainly caused by the lack of insulin. The pancreas is indicated by Jupiter in astrology. Jupiter is the natural signification of the 5th house too.

So, any negative impact on the Jupiter and 5th house show the chances of getting diabetes. To check the full chart as just looking at the one factor may not be sufficient. If there is a positive aspect on the Jupiter, then the impact of diabetes can be controlled easily. If the 5th house has any beneficial placement, then that also is a positive signal. If you find out in the early stages, Diabetes is curable. It is controllable even at the later stage. There are so many herbal remedies available.

If you are a diabetic, then your diet should have a lot of sugar-free food items. Brown rice, brown bread, legumes and raw fruits will be ideal, if you are diabetic.

5. Probable combinations of diabetes

- Jupiter debilitated or placed in dursthana houses. They are 6-8-12.
- Saturn of Rahu aspect on Jupiter
- Combust Jupiter
- Jupiter in Rahu/Ketu axis
- Venus in 6th to Jupiter and Jupiter in 12th
- 5th lord conjunction dursthana lords
- Jupiter retrograde
- Mars afflicting Venus

There are other combinations which show the chances of diabetes, but these are the easiest ways to find the chances of diabetes. There are many ayurvedic remedies available and ayurveda will be the best option to cure diabetes. Diabetes is the way of life today. Hate the statement, don't you? But this is the truth of our times. Once upon a time, Diabetes was the disease of the rich, of the people who did nothing much but sat around, sitting pretty and indulging in rich foods. However, over the years, it has become surprisingly common the young and old alike. It is genetic disorder which is rapidly affecting everyone.

So if an individual is lazy, irregular with their eating habits, skipping breakfasts, eating rich foods, avoiding exercise etc. Diabetes is sure to attack them! Another major factor contributing to Diabetes is stress. Our day to day lives are marred by stress; high demanding jobs, peer pressure, erratic sleep and food habits, lack of exercise etc. While diabetes is now an inherited disease, horoscope analysis through Vedic astrology is an effective medium to find out in advance whether one may or may not suffer from this disease. Fortunately, Vedic astrology also offers many remedies and solutions to battle diabetes.

Let us explore the astrological reasons contributing to diabetes based on one's birth chart/horoscope:

1. Undeniably, genes play an essential role in determining how much a person is prone to the disease. It could be inherited from one's ancestors, parents – both maternal or paternal or even due to lifestyle. In one's birth chart, Jupiter is the planet which gives us information about one's past life, deeds and Venus indicates all information about the family in which the person has taken birth in. Therefore, to know about diabetes, these two planets are analysed. If Jupiter is not placed well in the horoscope, it can lead to obesity and pancreatic issues which then leads to insulin imbalance, and therefore, type II diabetes. When one is piling on weight, it is an indication from Jupiter that their deeds are not being channelled in the right direction.
2. Analysing Venus in the birth chart leads to the formation or diagnosis or type I diabetes. This is

commonly known as inherited diabetes. If there is a family history of diabetes, the person maybe trapped in it. This is because Venus rules over family, i.e. house 2 which is ruled by Taurus sun sign. Bad Venus damages the white blood cells when protecting the body from toxins and in the fight against harmful viruses. This weakens the body, requiring one to depend on medicines and irregular lifestyle. This leads to diabetes. The damaged blood cells are inherited by following generations and hence, even the type I diabetes.

Therefore, it is important to control Venus. Here are some important astrological remedies for controlling diabetes:

1. **Balancing Chakras:** It is important to balance the three chakras in one's body – the root, navel and solar plexus. Meditation helps to balance them as well as yoga and sound vibrations etc. these will help control diabetes.
2. **Surya Namaskaar** in the morning is the best remedies for all kinds of diseases. However, it needs to be performed during the Brahm Mahurat, i.e. the time when the sun rises.
3. **Fast** on every Thursday and offer yellow grams, jaggery, and water to a Banana tree and distributes sweets at a temple. Following this for a year will help appease Jupiter and seek redemption from diabetes.
4. **Offer Puran poli or meethi roti** to cows (white) on every Friday if you have a family history of diabetes. Follow this for lifetime and help redeem your future generation from this disease.
5. **Donate everything yellow** – food, clothes, sapphire etc. to a priest at the temple. This will help pacify a wrongly placed or bad Jupiter in the horoscope.
6. **Donate white zircon, opal, diamond, ghee, clothes or sugar** at Maa Lakshmi's temple or to little girls aged between 1 to 9 years.
7. **Exercise daily.** Follow a good, healthy diet, control your weight and stay calm.

Influencing Astrological factors in diabetes:

- **Ascendant:** The general build up and strength of physical body
- **Venus:** Rules kidney, suppression of urine
- **Moon:** Rules pancreatic action and blood flow, urinary derangement
- **Jupiter:** Arteries, veins, degeneration, diabetes
- **Sign cancer:** Rules pancreas, blood
- **Sign Libra:** Rules kidneys and excretory system
- **Sign Sagittarius:** Arterial system

- **6th house:** House of disease

Planetary combination's which cause diabetes are Venus, Moon, and Jupiter. Venus afflicted by Sun/Mars in watery signs. Venus and Jupiter are afflicted by malefic and a malefic planet is posited in 8th house gives diabetes. Malefic Venus placed in ascendant/inauspicious house. Venus and Jupiter are afflicted by malefic and a malefic is posited in the ascendant. Venus combined with a malefic in 8th house and also aspect by a malefic. Ascendant is afflicted by malefic and its lord is in depression/set/hammed between malefic/inimical sign and Venus placed/aspect 8th house causes diabetes. Venus placed in 2nd house, ascendant is aspect by malefic and lord of ascendant placed in 6th house in the state of debilitation.

Moon afflicted by Sun/Mars in watery sign. Moon is heavily afflicted by Saturn. Moon in a watery sign and that's sign lord placed in 6th house again aspect by a watery sign planet indicates diabetes. Moon placed in a watery sign and lord of that sign is placed in 6th house and aspected by Mercury [which is placed in watery sign]. Moon and Jupiter are afflicted by malefic and a malefic sitting in 8th house.

Saturn heavily afflicts Jupiter. Jupiter placed in Purvashadha constellation. Jupiter situated in the constellation of Rahu and afflicted by it.

6. Sign cancer/libra/7th house

Two or more malefic planets placed in 7th house or sign Libra. Sign Cancer is heavily afflicted by Saturn. 6th lord is placed in 8th house or vice versa.

Two or more malefic planets placed in 6th house. Rahu combined with lord of 8th house in 8th house/trine causes diabetes to the native. A very negative malefic planet sitting in 8th house and Jupiter and Venus are heavily afflicted indicates diabetes. Lords of 4th and 7th house are placed in 6th/8th/12th house. Lord of 6th/7th combined with lord of 12th house and aspected by Saturn indicates diabetes disease.

7. Conclusion

Two or more malefic planets placed in watery signs. Lords of 4th and 7th are sitting in inimical signs and aspect by malefic. Lord of 3rd combined with mercury and Mars in ascendant indicates diabetes. Mercury posited in the sign of Jupiter [Sagittarius and Pisces] and aspect by Mars may cause diabetes.

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