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A PILOT STUDY ON THE ETIOLOGICAL FACTOR OF TYPE 2 DIABETES MELLITUS ON THE BASIS OF ASTROLOGY

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Abstract
Astrology has a thousand-year history in India. It provides a greater understanding of planetary impacts on human beings, as well as an intricate component of a person's day-to-day life and their relationship with destiny. Astrology knowledge is valuable. It is included in *VEDAS*, which were passed down to us by past sages through their intuitive understanding. Astrology is a science based on information about the movements of planetary systems such as planets and stars. An astrologer does nothing more than analyze the effects of these motions on people's lives. Astrology is the study of the stars. The Sciences of the Stars this is known as *Jyothisham* in Sanskrit, which means "LIGHT SCIENCE." *Ayurveda* is a Science of Life conveyed to us through *VEDAS* for the purpose of maintaining good health. This is essentially a method of holistic treatment which derives its power from the understanding the enormous influence of the nature holds on human beings and aims at eradication of human sufferings both physical and mental through the products of nature. Astrology and *Ayurveda* are branches of the same tree, and when used together, they produce greater results. This pilot study has been carried out in 10 patients randomly selected through OPD, SBLD Ayurved Vishwabharti, GVM ,Sardarshahar, dist. Churu (Rajasthan), than we make collect data for making their Kundali for interpretation diabetes yoga.

Key word- *Ayurveda*, Astrology, Vedas, Pilot study and health

Introduction-

Ayurveda is an eternal holistic science concerned with life knowledge. *Acharya Sushruta* says, just as the moon, sun and wind are necessary for the regular functioning of this world, so also it is Kapha, Pitta and Vata that regulate the human body.[1]The planets and stars that are part of astronomy also personify the qualities of *Doshas*, such as-Mercury indicates three *Doshas* are in balance or out of balance.[2]

Type 2 Diabetes mellitus is a metabolic condition that develops as a result of a sedentary lifestyle. Diabetes is on the rise all across the world. India has seen the largest increase in the previous several years. In India's adult population, diabetes affects an estimated 72.96 million people.[3]In urban regions; the prevalence ranges from 10.9 percent to 14.2 percent, whereas in rural areas, the

incidence is 11.6 percent. Rajasthan was included in the ICMR India diabetes study. Diabetes mellitus affects 5.7 percent of the population, according to this study.[4]

Type 2 Diabetes is the most common lifestyle disorder and non-communicable disease in the world today. Approximately 85-95% of all cases of diabetes are type 2 diabetes and the worldwide explosion of this disease is a major health care burden. Diabetes can affect anyone, and that person does not aware lifestyle. In *Ayurveda, Madhumeha*[5]can be correlated with type 2 diabetes mellitus. *Ayurveda* and modern literature both mention their etiological factor. We would like to add astrology to the etiological factor of type 2 diabetes mellitus.

Diabetes and its complications pose a major threat to public health resources throughout the world. Looking at its gravity, the World Health Organization (WHO) has taken up a close vigilance and survey about this problem the world over.[6]

Astrology is the science of predicting or determining the influence of the planets and stars on human affairs. The origin of this word is from the Greek word astron, star + logos (discourse). Both *Ayurveda* and Astrology have been established as a way of life in India since time immemorial. The Indians are well aware of the role of Astrology in a healthy life and the pathogenesis of disease.

लग्नेश्वरः क्रूर समन्वितश्च देहस्य सोख्यादि विनाशमाहुः

If the *Lagnadhipati* is associated with malefic the native will suffer from ill health.[7]

When a physician knows the etiology of the disease, he attempts to treat the disease with specific medication, diet and life and also avoids causative factors. When a physician is unable to understand the etiopathogenesis of a disease, the patient turns to astrology.

Account of good and bad deeds during this life and previous lives, their consequences of health or ill health during this life, which order, when, what and how will be clearly known through Astrology. It provides guidelines for human welfare as well as the welfare of the entire creation, as well as indicating disasters and their solutions to the greatest extent possible. Hence, a concise astrological evaluation is related to the prevention, health care, diagnosis and treatment of diseases.

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8 **पापे विलग्ने बलैर्विहीने लग्नेश्वराः रोगनिपीडितस्यात्।।**

If the lord of *Lagna* occupies bad houses (6-8-12) and if bad lords occupy lagna the native will suffer disease. Also if malefic planets are in *Lagna* and the *Lagnadhipathi* is devoid of strength then also the native will become sick.

Most probably, *Guru* and *Shukra Graha Dosha* are responsible for type 2 diabetes mellitus. So in this study we revalidation of this phenomenon.[9]

AIMS AND OBJECTIVES-

- To conduct a Pilot study to verify the astrology effect in type 2 diabetes.

OBJECTIVES-

- To observe astrology effect in type 2 diabetes mellitus from review patients *Kundali* according to their birth time and place.

Research design- Observational study-

- **Source of data-** S.B.L.D. AYURVEDA VISHWA BHARTI HOSPITAL.
- **Diagnostic criteria-**Already diagnosed patients with type 2 diabetes mellitus.

- **Inclusion criteria –**
  - Already diagnosed patients with type 2 diabetes mellitus on the basis of laboratory investigation of FBS and HbA1c will be randomly selected according to sex, religion, occupation and economic status after a due process of informed consent.

- In this study, patients between 18 and 75 year of age will be included.
- Diabetic patients that have been diagnosed at least 6 months old.

- **Exclusion criteria-**
- Uncooperative patients and patients with serious chronic illnesses will be excluded.
- Patients under the age of 18 and those over the age of 75 are not eligible.
- Patients are excluded that don't know about date of birth, place and time.

- **Sample size-10**
- **Sampling techniques-** Randomization
- **Name and place where the study conducted-**S.B.L.D. AYURVED VISHWA BHARTI, G.V.M., SARDARSHAHAR CHURU (RAJASTHAN).

Assessment criteria-

A. Kundali-

1. Zodiac sign
2. Planter position
3. Lagana chart

B. Blood sugar and HbA1C

Observation and result-

Table 1. Demographic observation-

s.no.	category	Male	Female
1	Sex	8	2
2	Literate	9	1
3	Diet	Vegetarian	Vegetarian
4	Religion	All Hindus	All Hindus
5	Habitat	3 urban and 5 rural	All rural

Table no. 2- Observation of total 10 patients with FBS and HbA1c value

S.no.	Patient Id	Age	Sex	FBS	HbA1c
1	001	38	Male	140	6.10 %
2	002	50	Male	200	7.00 %
3	003	42	Male	180	6.90 %
4	004	57	Male	168	6.80 %
5	005	65	Male	145	5.50 %
6	006	57	Male	156	6.10 %
7	007	53	Male	186	7.10 %
8	008	34	Female	166	6.80 %
9	009	62	Female	135	5.70 %
10	010	52	Male	114	5.50 %

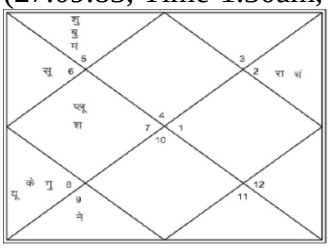
- All patients are diagnosed with type 2 diabetes mellitus on the basis of laboratory investigations of FBS and HbA1c.
- These Diabetic patients were diagnosed at least six months ago.

Table no. 3- Observation of total 10 patients with birth related information

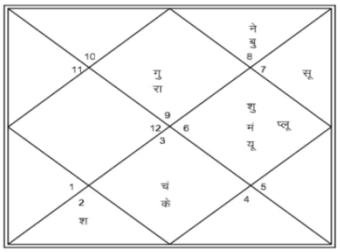
S.no.	Patient Id	Date of birth	Birth place	Birth time
1	001	27/09/1983	Ratangarh	01.30 am
2	002	26/10/1972	Ratangarh	11.15 am

3	003	01/01/1980	Bheenchari (Ratangarh)	12.15 am
4	004	16/04/1965	Kusumdesar	11.00 am
5	005	15/03/1957	Kusumdesar	02.00 pm
6	006	26/4/1965	Bheenchari (Ratangarh)	01.00 am
7	007	01/01/1969	Chhabrimeethi	04.00 pm
8	008	16/10/1988	Ratangarh	02.15 am
9	009	02/9/1960	Ramgarh (churu)	10.00 pm
10	010	10/04/1970	Swayimadhopur	01.30 am

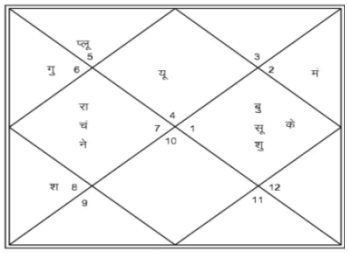
Patient id- 001- (27.09.83, Time-1.30am, Ratangarh (Raj)



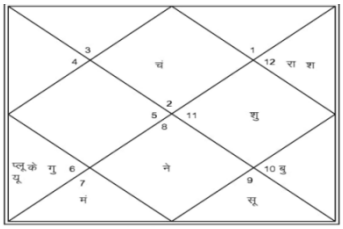
Patient id- 002



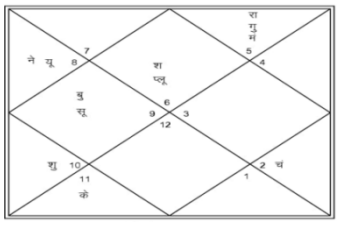
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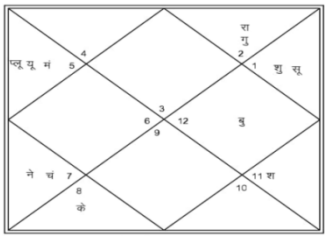
Patient id- 004



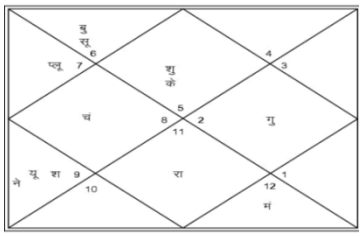
Patient id- 005



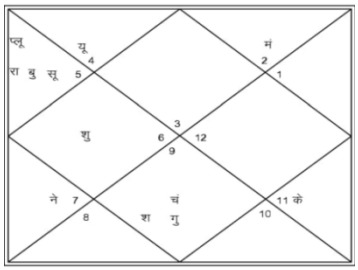
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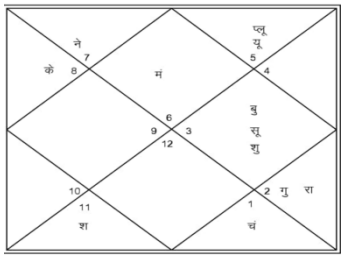
Patient id- 007



Patient id- 008



Patient id- 009



Patient id- 010

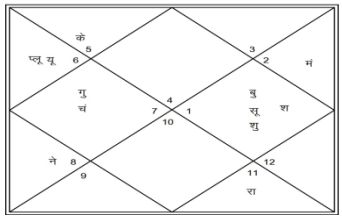


Table no. 3- Observation of total 10 patients Kundali

S.no.	Patient Id	Zodiac sign	Lagna	Phaladesa
1	001	Taurus	Cancer	• Sixth Jupiter Mars are in the water sign Scorpio. • Saturns full vision on the tenth house. • Presently *Mahadasha* of *Shashtesh Guru* is going on. • There is full aspect of the malfenic Saturn
2	002	Pisces	Sagittarius	• Sixth Lord *Shukra* is in the tenth house with Mars in the lower sign.

				• The ascendant is being aspected by malfenic planets Mars and *Ketu.* • *Rahu* is situated in the ascendant along with ascendant Jupiter • Saturns *Mahadasha* is currently going on.
3	003	Libra	Cancer	• Sixth Jupiter is in the sign of Mercury in the third house. • Presently Mahadasha of Ketu is going on
4	004	Taurus	Taurus	• Jupiter being the eight lord is in the zodiac sign of Mercury and Sun is under evil influence in Jupiter. • The ascendant is aspected by malfenic planets Mars and Saturn. • Saturns *Mahadasha* is currently going on.
5	005	Taurus	Vigro	• There is evil from Jupiter *Rahu* and Mars at 12^{th} place. • Mercury is in the 4^{th} house of Jupiter. • *Ketu* and sixth lord Saturn are in ascendant at 6^{th}place. • Saturn vision is tenth place.
6	006	Libra	Gemini	• Jupiter is with *Rahu* at 12^{th} place. • Mercury is in the tenth place in Jupiter house.
7	007	Scorpio	Leo	• The twelfth lord Moon is under evil aspect on the tenth house Jupiter and the sun is under evil aspect. • Sun *Mahadasha* is currently going on. • In the sixth house of *Navamsha,* Sun and sun along with Mars are increasing the disease.
8	008	Sagittarius	Gemini	• Rogesh Mars being in twelfth house is aspecting Jupiter in 7^{th} house. • *Rahu* is aspecting jupiter. • Saturn *Mahadasha* is currently going on.
9	009	Aries	Virgo	• Jupiter is with *Rahu.* • Saturn, the sixth lord, is in ascendant in the ninth house and is aspecting Jupiter. • Currently *Rahu Mahadasha* is going on.
10	010	Libra	cancer	• *Rahu* is aspecting the sixth jupiter. • Venus and Jupiter have mutual aspect. • Saturns *Mahadasha* is going on.

Discussion-

1. Age range of taken subjects are 38 to 65 years, this age is highly prone to diabetes type 2.
2. All patients were Hindu; this is due to the dominance of Hindu community in this area.
3. As per observation, the highest numbers of patients were found educated. This may be due to increased rate of literacy in this region.
4. In the present study overall analysis based on dietary habits of patients revealed that all patients were vegetarian.
5. Total 6 (60%) patients Jupiter (*Guru Graha*) were suffering from *Rahu Graha*.
6. Total 3 (30%) patients were suffering from *Saturns Mahadasha*.
7. Total 2 (20%) patients were suffering from Sun *Mahadasha*.
8. Total 5 (50%) patients were influence by Marsh *Graha* Vikriti such as *Shani Prabhav*, Marsh in 12^{th} house, *Ketu Prabhav* and Marsh in 10^{th} house.
9. One patient (10%) was showing Jupiter in a watery sign.

How Modern Astrologers Find Diabetes-[10]

Let's now talk about some more astrological conjunctions that indicate diabetes in a natives birth chart and tell if you have diabetes in your stars.

1. Relationship of Jupiter with 6th house or 6th lord.
2. Relationship of Venus with 6th house or 6th lord.
3. Water signs such as Cancer, Scorpio, Pisces; or Virgo and Libra under the effect of more than one inauspicious planet.

We just talked about 3 situations; 4th situation is like a mixed situation between 2nd and 3rd point mentioned above. It means that if planet Venus and Jupiter are in a watery sign such as Cancer, Scorpio, Pisces; or Virgo and Libra; and they are under the effect of any planet (especially Saturn), native is considered to be prone to diabetes.

Another conjunction as per medical astrology states that if auspicious planets such a Moon, Mercury, Jupiter, Venus, and also Sun (which is the significator of good health) are under the effect of inauspicious planets such as Saturn, Mars, *Rahu-Ketu*; and they have some relationship with 6th, 8th, and 12th house (or their lords); chances of diabetes become higher.

What Ancient Scriptures Have To Say-

107th Sutra of *JatakaTatva's* 6th chapter states that if Saturn, Sun, and Venus are conjunction in 5th house, diabetes may happen. Additionally, 108th Sutra states that Sun in ascendant and Mars in 7th also signifies the possibility of diabetes. Also, in 109th Sutra, it is mentioned that diabetes is possible if Mars is in 10th and placed with Saturn or aspected by Saturn.[11]

According to *Devagya Bharanam*, Mars in 6th house and 6th lord in effect of inauspicious planet may cause diabetes.

Vrihad Yavan states that aspect of Mars in 6th house may give urinary diseases. However, it is not necessary that it will be diabetes. But still, we need to be cautious.

As per *JatakaParijatham*, Venus in 8th house and aspected by afflicted planets may cause diabetes.

In *Prashna* Marg, it is said that the effect of inauspicious planets over ascendant, afflicted ascendant lord, or ascendant lord's position in enemy sign and in 8th house (or aspecting 8th house), may cause diabetes.

Conclusions-

It may be mentioned Medical astrology and Ayurveda have got many things common and both believe in the fundamentals and the planetary influences on human beings. The only main difference is that while Ayurveda, mainly concentrated on healthy growth of physical disease. The Medical Astrology care about the influences of planets on both body and mind. As such a combination of Medical astrology and Ayurveda is followed there is a better chance of maintain good health in human beings. So in this pilot study I have concluded that Guru and

ShukraGrahadusti, ShaniMahadasha, Surya Mahadasha, RogeshMangal, Rahu-KetuDasha is responsible for development of diabetes.

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