

# Ayurvedic Astrology

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## Contents

<b>1</b>	<b>ASTROLOGY AND AYURVEDA</b>	<b>1</b>
1.1	Ayurvedic Astrology Introduction by Vamadeva Shastri for Hinduism Today Magazine	2
1.2	ASTROLOGY AND HEALING THERAPIES . . . . .	7
1.3	MEDICAL ASTROLOGY AND YOGA . . . . .	7
1.4	AYURVEDIC CONSTITUTION & MEDICAL ASTROLOGY QUESTIONNAIRE .	8
1.5	PHYSICAL AND MENTAL NATURE . . . . .	8
1.6	THE SIXTH SIGN AND SIXTH HOUSE . . . . .	10
1.7	MEDICAL CORRESPONDENCES . . . . .	11
1.8	SIGNS AND HOUSES . . . . .	11
1.9	SIGNS, HOUSES AND DISEASE TENDENCIES . . . . .	12
<b>2</b>	<b>PLANETS AND DISEASE</b>	<b>14</b>
2.1	MALEFIC PLANETS AND DISEASE . . . . .	14
2.2	BENEFIC PLANETS AND DISEASE . . . . .	15
2.3	DISEASE-CAUSING PLANETS AND ASCENDANT SIGNS . . . . .	16
<b>3</b>	<b>AYURVEDIC DOSHIC TYPES</b>	
	<b>INDIVIDUAL CONSTITUTION</b>	<b>20</b>
3.1	MENTAL CONSTITUTION . . . . .	21
3.2	EXAMPLE CONSTITUTIONAL CHARTS . . . . .	21
	VATA CONSTITUTION CHARTS . . . . .	21
	PITTA CHARTS . . . . .	25
	KAPHA CHARTS . . . . .	28

# 1 ASTROLOGY AND AYURVEDA

This section of the course, Part II, contains technical information on Medical Astrology that will be relevant to those who wish to specialize in that branch. Yet all students can benefit from some knowledge of this important aspect of astrology. It goes very far to help us understand the temperament of a person and what he or she can achieve at any period of life. Health, moreover, is a concern for everyone and something that all our clients wish to know about. In addition medical astrology affords a broader range of interaction with our clients. If we can combine it with a medical discipline, like Ayurveda, it will greatly increase the scope of our practice and the help that we can provide others.

As preliminary to this material on Ayurveda you should read the book *Ayurvedic Astrology*, particularly the first two chapters as an orientation. You can also go over the chapter in *Astrology of the Seers on Medical Astrology and Ayurveda*.

The seers of ancient India devised the system of Ayurveda, which literally means the science of life, to diagnose and treat the ailments of both body and mind (*sharirika* and *manasika rogas*). They devised the system of Vedic Astrology to understand the patterns of karma behind how our mind and body function, and their external interactions and relationships. In this regard Vedic Astrology has a more important psychological usage because it deals with the entire scope of our life and character, not just with the physical body. Astrology deals mainly with the subtle or astral body that includes most of what we call “the mind.”

Astrology is most useful as a form of psychological treatment because it reveals the psyche and character of the person. It can aid us greatly in any psychological evaluation. Treating the physical body is much more complex than what can be revealed in the birthchart and should not be attempted through astrology alone. But even on this level Vedic Astrology is helpful, particularly for the timing of disease and its outcome, determining when disease is likely to occur and how it is likely to develop. Vedic Astrology therefore is essential to any Vedic psychology and a great aid to Ayurvedic medicine. It can be used with other systems of medicine as well, at least to the extent that it shows us basic physical strength and weakness of a person, but it works better with the system of Ayurveda with which it has long been integrated.

It is hard to treat people on a physical level only by reference to their astrological chart. Ayurvedic Astrology requires a great deal of skill and is aided by a specific Ayurvedic examination or medical history. Ayurvedic practitioners are likely to be critical about too hasty applications of Ayurveda to astrology, like trying to read a person's Ayurvedic constitution according to a few mechanical astrological principles. On the other hand, it is difficult and generally simplistic to treat people psychologically only by reference to their Ayurvedic constitutional type or medical history. Astrologers may find the psychological counseling of Ayurvedic practitioners based primarily on the physical constitution to also be presumptuous, limiting people to the few typical emotional responses of the doshas.

## 1.1 Ayurvedic Astrology Introduction by Vamadeva Shastri for Hinduism Today Magazine

With the Covid-19 era focusing humanity on wellness more than ever before, we present a little-known branch of knowledge—medical astrology

**Seeking Knowledge:** OUR HUMAN LIVES ARE GOVERNED BY the same cosmic forces that rule over the universe as a whole. Hindu thought teaches us that the individual human being is a reflection of the universal Being and explains how we can link the two together for overall well-being and for ultimate Self-realization. This connection is mirrored in the discipline of Vedic astrology, or Jyotish, the science of light, which shows how the influences of the stars and planets at a cosmic level affect the movement of our personal human lives through our karma and our dharma.

Modern physics is recognizing our human activities are interrelated with those of the cosmos, both on subtle and vast levels. Modern medicine is slowly accepting the existence of powers of life and intelligence in nature that we cannot reduce to mere chemistry and which we are an integral part of.

One of the most important branches of astrology is medical astrology. After all, among the first questions everyone asks an astrologer are “How long am I going to live?” and “Will my health remain good?” Medical astrology assesses our health potential, our likely diseases, their timing and their treatments. Yet it is not confined to the physical. Medical astrology encompasses our psychological well-being and addresses emotional and mental afflictions, as these are usually our main source of suffering in life. It helps us discern the karmic issues in what we experience, which are mirrored in the placement of the planets in the Vedic birth chart.

Vedic astrology is a limb of the Vedas (Vedanga). It is connected with Ayurveda, which is a secondary Veda (Upaveda). Vedic medical astrology, also called Ayurvedic astrology, is cast in the mold of Ayurvedic medicine, sharing concepts, principles and values relating to human life. Many Ayurvedic doctors use Vedic astrology or consult with Vedic astrologers, particularly about difficult-to-treat cases. They examine the birth chart to assess the client’s well-being and possible issues and timing relative to disease. Similarly, many Vedic astrologers consult with Ayurvedic doctors on their patients’ health conditions. Some Vedic practitioners are trained in depth in both Jyotish (Vedic astrology) and Ayurveda.

**Astrology, Health and Disease** Ayurveda and Jyotish work best when used together. Ayurveda examines individual constitution and disease factors according to the three doshas, or biological humors, vata, pitta and kapha, which correspond generally to the air, fire and water elements respectively, as imbued with prana and functioning at a biological level.

The nine planets of Vedic astrology relate to the Ayurvedic doshas (biological humors). When dominant in the chart, planets set their corresponding doshas in motion. While I have indicated the general dosha and planet correspondence below, the actual interrelationship is more specific. Each planet has its doshic signature and effects.

Mars, the Sun and Ketu are pitta or fiery planets. Moon, Venus and Jupiter are kapha or watery in nature. Saturn, Mercury and Rahu are vata or airy in nature.

Similarly, the twelve signs of the zodiac ( rashis ) follow the scheme of the elements as earth, water, fire or air signs, starting with Aries and the fire element. The twelve houses ( bhavas ) relate to different parts of the body, functions of the mind and factors of health and disease, starting with the first house as the head and relating to our overall health.

According to Ayurveda, most diseases are caused by vata dosha, the biological air humor that governs our overall pranic energy and the aging process. Reflecting this fact, the main planet for causing disease is vata-ruling Saturn, which shares vata dosha qualities of being dry, cold, light and depleting. Saturn, like vata, is responsible for most chronic and degenerative conditions, from arthritis to cancer and nervous debility, including poor immunity and limited longevity, as well as vata-based emotional conditions like depression, fear and anxiety.

Fiery Mars, which governs most pitta diseases, does its share of damage, causing acute diseases, fever, infection and bleeding, extending to fiery mental conditions like anger and jealousy, and often causing physical injuries. Even watery or kapha Moon, Venus and Jupiter, which generally promote positive health, can cause illness, such as diabetes and heart disease.

As factors that cause eclipses, the lunar nodes, Rahu (cut off head of the serpent) and Ketu (cut off tail of the serpent), said to be like Saturn and Mars respectively, are dangerous relative to our long-term vitality and immunity. In addition, they can subject us to collective karmas beyond our personal control, such as wars and epidemics. The nodes govern mysterious psychological and nervous system derangements, often involving the subtle body, and produce karmic conditions that are difficult to cure or treat.

In Vedic astrology, the malefic or difficulty- and disease-causing planets (Saturn, Mars, Rahu, Ketu) are most dangerous when placed in angular houses in the chart (houses one, four, seven and ten) or located with the Sun or Moon, where their influences are stronger.

Usually benefic planets—the Moon, Venus, Jupiter and Mercury—promote positive health and happiness, as do the planets ruling trine houses (first, fifth and ninth). These planets can counter the effects of disease-causing planets, particularly if located in angular or trine houses in the chart. Yet, malefic planets can protect one's health if located in certain houses (upachayas like the third, sixth and eleventh), where they promote immunity, mental and physical strength.

Even naturally benefic planets, like Jupiter, Venus, Moon and Mercury, can cause health problems if they rule difficult houses in the birth chart from the ascendant, or if afflicted by malefic planets. The sixth and eighth house lords, which govern disease and death, in particular can cause disease and sorrow.

**The Practice of Ayurvedic Astrology** Vedic medical astrology can appear ominous. Everyone has periods of ill health and will eventually get sick and die, so every chart has negative health potentials. To look for these combinations, particularly in one's own chart or that of someone close to us, can be disturbing. One is bound to find something. This looking for health afflictions should be balanced by looking for positive health-promoting combinations to counter them.

**Jyotish in the Covid-19 era:** The global pandemic was anticipated by astute astrologers.

Like other factors of Vedic astrology, the medical side can be quite accurate. For example, I have seen a lot of consistency in the charts of cancer patients in terms of planetary afflictions and timing of the disease.

One chart in particular had typical combinations for breast cancer, from which the patient eventually died. Years later I saw the same combinations in the third house of another client. As these combinations related to the third house of younger siblings, I thought they might affect the client's younger sister. I also saw that the timing would not be favorable for the sister.

Proceeding carefully, I first asked the woman if she had a younger sister. When she said yes, I asked if that sister had any major health problems. She replied that she was very ill. I asked if it could be cancer, perhaps breast cancer. She confirmed my suspicion and said that was one of the reasons she was consulting me. She thought I was a psychic, but I was merely applying classical principles of Vedic astrology based upon previous chart experience.

More recently I have specialized in psychological astrology. Combinations and timing for such conditions as depression, bipolar disorder and even suicide can be found in the chart, particularly relative to the Moon, Mercury, Rahu, Ketu and Saturn. For example, if there are joint Saturn and Mars aspects on the Moon, which is otherwise weak, personal or domestic happiness will be difficult

to achieve and a life of renunciation or independent living would be better for overall emotional well-being.

**Use of Medical Astrology** Medical astrology has many usages and levels of application. It can show if a person is likely to become ill and when they are likely to recover. If a person with a major illness is entering into a difficult planetary period ( dasha ), the prognosis is not likely to be good. But if the planetary periods are positive, a quick recovery can be indicated. The chart can also show the types of treatment the person may receive or which treatments may work best for them. Even malpractice or wrong treatment shows up in the chart!

The Vedic system does not leave us helpless before negative planetary forces. By warning us of impending negative planetary periods for health or emotional well-being, Vedic astrology helps us take precautions and be prepared so as to minimize the dangers.

Special remedial measures of Vedic astrology are used to promote health as well as the other goals of life. Gems, yantras, mantras and rituals for planetary Deities or difficult birth times can make a real difference in the vitality of a person and strengthen the immune system. These are commonly prescribed in India and at Hindu temples.

The right gems fortify the pranic field and subtle body, which is highly sensitive to cosmic rays. Yellow sapphire, the stone for benefic Jupiter, is often the best in this regard. Mantras and rituals are even more powerful, but must be performed regularly and with devotion. Rituals are particularly good for problems caused by Rahu and Ketu that have an occult influence or for psychological disorders in general.

However, we cannot simply remove negative karmas with expensive gems or complex rituals. The devas cannot be bought, cheated or treated without proper respect. To counter our negative karmas, we must understand and face them, then change how we live. We must develop more humility, or these measures may not work. We can also use astrology to improve our practice of Ayurveda through the right timing of treatments and by using a person's chart to guide the treatments overall, or bringing in gems and mantras to help enhance dietary or herbal treatments with their subtle energies.

**Medical Astrology and Global Health** Mundane astrology is the astrology of the world at large, looking at similar factors as the birth chart but for different countries. Ten years ago I predicted 2020 as the beginning of a "New Time of Troubles for Humanity" based upon difficult astrological factors that were impending. This prediction extended not only to global health problems but to ecological and political issues and dangers.

The lunar nodes, Rahu and Ketu, are the main indicators of collective karma, as they govern eclipses. One difficult type of Rahu/Ketu influence for collective karma is called a Kalasarpa Yoga, or "Serpent of Time" combination. This occurs when all the planets are located between Rahu and Ketu on one side of the zodiac. As the nodes move backward in the zodiac, the Kalasarpa can be either Rahu predominant, if all the planets are behind Rahu in the zodiac, or Ketu predominant if all the planets are behind Ketu.

A Kalasarpa Yoga occurred in 2020 in a rare and ominous manner, with Ketu, which indicates death, transformation or liberation, located in early Sagittarius in the nakshatra or lunar constellation of Mula, which marks a crucial point of the galactic center, suggesting major karmic changes.

The Rahu-Ketu axis goes backward through the zodiac every 18-19 years, so Ketu crossing the galactic center in itself is not that unusual. It was rendered unusual by the fact that it occurred

along with a Kalasarpa Yoga. Most crucial was the fact that this Yoga occurred on the Yugadi or yearly annual chart for the Earth as a whole (new Moon in Pisces), affecting various countries according the rising sign at that time.

This 2020 Kalasarpa Yoga was dominated by Rahu in Gemini at the point in the zodiac opposite the galactic center. Rahu is the planet of epidemics and Gemini is the sign relating to the lungs and respiratory disorders.

Looking at the annual chart for different countries, I found Rahu was rising in Gemini in western Europe, notably Italy. This included a malefic Saturn/Mars combination in the eighth house of death, particularly afflicting the elderly (who are ruled by Saturn and the eighth house of longevity).

Based on different rising signs in different countries, problems of a related nature occurred globally. In addition, Rahu and Gemini relate to the mind and the media, which shows the many psychological disturbances created by this transit.

Ketu retrograding over the galactic center in this situation brings up deep-seated collective karmic issues and planetary karmic rectification. Ketu, when positive, rules over liberation, higher knowledge and astrology. At a lower level, however, it indicates dangerous technologies, weapons, conflict and terrorism, with a weakening physical and psychological immunity.

While this particular Kalasarpa Yoga has ended now, its side effects remain. Another Kalasarpa Yoga will come up later in 2021, not as dangerous but still reflecting the ongoing difficulties of our new time of troubles, which is related to yet other astrological factors we do not have the space to address here. A previous difficult Kalasarpa Yoga in 2019 prepared the way for that of 2020.

**Conclusion** With a growing interest in traditional medicine and natural healing, people are developing a new interest in medical astrology, and the Ayurveda/Jyotish connection is gaining recognition once more. By understanding our Vedic birth chart as well as our Ayurvedic constitution, we gain a compelling model for life counseling and the development of positive life strategies, for physical health and right living on all levels. National or planetary well-being as examined through medical astrology is yet another important area of study that needs more trained astrologers to examine and verify.

This important branch of Vedic medical astrology will remain at the forefront and grow worldwide as Vedic knowledge continues its modern renaissance. Not surprisingly, Ayurvedic schools often teach astrology, and Vedic astrology conferences and seminars include medical astrology with an emphasis on Ayurveda.

If we can bring the beneficent forces of the universe into our lives, starting with the planets, we can greatly increase the spiritual powers at work within and around us. For this we must remember that the entire universe dwells within us, and that we ourselves ultimately transcend all time, space and karma as the Self of all.

**The Planets Don't Decree Our Fate** “A fatalistic and predictive jyotish is indeed dangerous, but we must also respect that karma cannot be merely wished away or ignored, and that jyotish helps us understand its consequences. Planets do not directly cause karma, but they do reflect it. Much of the chart indicates prarabdha karma, which is difficult to change. We need to be humble before the cosmic forces and not think that at an ego level we can control our destiny, or that planets, doshas and gunas do not affect us.”

We move on to an overview audio of the subject of Ayurvedic Astrology, its nature, application and usage, and place in both Ayurvedic practice and in Vedic astrology practice and as connected

on different levels. Please listen to carefully as it contains much material not in the text part of the course.

AUDIO INTRODUCTION TO AYURVEDIC ASTROLOGY AND ITS PRACTICE BY DR. DAVID FRAWLEY Audio Player

## 1.2 ASTROLOGY AND HEALING THERAPIES

Some Ayurvedic practitioners use gem therapy according to Ayurvedic principles, recommending gems by the Ayurvedic constitution of the person. Gem-therapy, however, is properly a domain of astrology, as the different gems transmit the influences of the different planets. While gem-therapy can be applied in terms of Ayurveda alone, such knowledge is not always sufficient. For a truly effective gem-therapy the astrological chart should be consulted. That will show not only how the gem may affect the physical body but also how it will effect the mind and the life generally, to the balance of astral energies and to the planetary type. This we will examine in detail in later chapters.

On the other hand, herbs and diet can be prescribed astrologically to some egree. This can be helpful for mild or long term type tonic or harmonizing remedies but should not be resorted to in acute conditions without considering daily changes in the physical condition. We must be aware of the limitations of medical astrology in regard to treatment and not attempt too much by the chart alone.

While the same practitioner can use both Vedic Astrology and Ayurveda, usually it is easier to specialize in one or the other. Astrologers should recommend clients for Ayurvedic treatment through an Ayurvedic specialist. Ayurvedic practitioners should send clients to an astrologer to examine deeper issues or more long-term life trends. Adding both approaches together provides a truly holistic examination and treatment of our entire lives. But a Vedic astrologer should know the basics of Ayurveda, just as the Ayurvedic practitioner should know the basics of Vedic Astrology.

## 1.3 MEDICAL ASTROLOGY AND YOGA

In our application of medical astrology we should look back to the whole field of Vedic Science. This brings us beyond astrology it brings us to yoga. Yoga, in the original system, is the development of self-knowledge to silence the mind and allow for direct perception of reality. In this the practice of asanas, with which many of us associate yoga, is only preliminary part. Vedic Science aims at attunement to the cosmic mind and beyond that to the transcendent Self or spirit that is beyond all names. Ayurveda creates a foundation for this pursuit. Astrology gives a good map of the territory to be covered. Yoga shows the way to achieve the goal. In addition Yoga is the basis of the psychological therapy of Ayurveda. Vedic astrology meanwhile provides a better understanding of the temperament and psychology of a person than merely examining doshic types of Ayurveda.

Ayurveda gives a holistic system, along with the rest of Vedic Science, for dealing with the human being on all levels. Hence we must learn to integrate within it other relevant healing modalities for the mind.

For an effective holistic treatment we must consider not just the physical body but also the astral. We must consider the relationship between the different bodies and not merely just judge one in terms of the other. Sometimes it is better to treat the imbalance of the mind even when that of the physical body may be of a different element. One approach is not necessarily right or wrong. They are different strategies.

What is astrologically an air (Vata) problem may occur in the context of a physical body ruled by a different element. Hence, we should try to ascertain not only the physical but also the mental constitution. The same system of elements can be used, though the doshas do not quite as exactly apply to the mind as to the body. While this may appear to complicate the practice of Ayurveda and of astrology, in the long run it will help us understand and resolve more difficult cases. It is often helpful to try ascertain the mental nature of the individual as well as the physical.

In Vedic Astrology, the doshas are represented by the following planets:

## Planets and Doshas

Vata	Saturn, Rahu, Mercury
Pitta	Sun, Mars, Ketu
Kapha	Moon, Venus, Jupiter

## 1.4 AYURVEDIC CONSTITUTION & MEDICAL ASTROLOGY QUESTIONNAIRE

Below presents a typical but simple Ayurvedic Constitution and Medical Astrology Questionnaire. You can use this one, devise one for yourself, or adopt other models. It is helpful to use this form along with the astrology chart as an Ayurvedic model to cross-reference our astrological readings. Try to see how the predominant dosha relates to the predominant planet in the chart.

Relative to this Dosha test, you can examine our book Ayurvedic Healing, which has more detail on this topic and provides an Ayurvedic overview of the Doshas as well, if you wish further information on this topic.

## 1.5 PHYSICAL AND MENTAL NATURE

Some confusion sometimes arises because the physical type of a person does not always agree with what we see as their psychology or temperament through the birthchart. For example, a person with many planets in air signs may have a watery (Kapha) physical body. Here the interaction between Ayurveda and Vedic Astrology is important.

The usual approach in Ayurveda is to consider the emotional nature of the individual to be the same as his or her predominant physical dosha. Hence, a person with a Pitta body – a body with many fiery attributes like good digestion and a ruddy complexion – is likely to possess a Pitta emotional nature. That is, they are likely to be dominated by fiery emotions like anger and to be of a critical bent of mind. This is a good general rule, but astrology comes in and gives us more clarity. There are many exceptions.

Physical and mental nature are usually the same but are sometimes different. Astrology gives us a better indication of the psychological nature and astral body, while Ayurveda allows us to more easily understand the physical. For example, a Gemini ascendant will tell us much about the character of a person, but a Kapha build – a round, stocky body – will show us much about the physical state of the person.

The mental nature can be ascertained to a great extent by the elements of the signs in which the planets are located. The elements of astrology do not refer directly to the make up of the physical body. They relate more to the astral body and the levels of it on which our energy will tend to manifest. A person with many planets in air signs will be highly mentally active and communicative, perhaps a teacher or a writer, but may not be of Vata constitution physically.



	VATA (AIR)	PITTA (Fire)	KAPHA (Water)
	Saturn, Mercury, Rahu	Sun, Mars, Ketu	Moon, Jupiter, Venus
HEIGHT:	tall or medium	very short	usually short but can be tall and large
FRAME:	thin, bony	moderate, good muscles	large, well-formed
WEIGHT:	low, hard to hold weight	moderate	heavy, hard to lose weight
JOINTS:	stiff, crack easily	loose	firm, large
BONES:	thin, narrow	moderate	large, thick
SKIN LUSTER:	dull or dusky	ruddy, lustrous	white or pale
SKIN TEXTURE:	dry, rough, thin	warm, oily	cold, damp, thick
EYES:	small, nervous	piercing, easily inflamed	large, white
HAIR:	dry, thin	thin, oily	thick, oily, wavy, lustrous
TEETH:	crooked, poorly formed	moderate, bleeding gums	large, well formed
NAILS:	rough, brittle	soft, pink	soft, white
CIRCULATION:	poor, variable	good	moderate
APPETITE:	variable, nervous	high, excessive	moderate but constant
THIRST:	low, scanty	high	moderate
SWEATING:	scanty	profuse but not enduring	low to start but becomes profuse
STOOL:	hard or dry	soft, loose	normal
URINATION:	scanty	profuse, yellow	moderate, clear
SENSITIVITIES:	cold, dryness, wind	heat, sunlight, fire	cold, damp
IMMUNE FUNCTION:	low, variable	moderate, sensitive to heat	high
DISEASE TENDENCY:	pain	fever, inflammation	congestion, edema
DISEASE TYPE:	nervous	blood, liver	mucous, lungs
ACTIVITY:	high, restless	moderate	low, moves slowly
ENDURANCE:	poor, easily	moderate but exhausted	high, focused
SLEEP:	poor, disturbed	variable	excess
DREAMS:	frequent, disturbed	moderate, colorful	infrequent, romantic
MEMORY:	quick but absent-minded	sharp, clear	slow but steady
SPEECH:	fast, frequent	sharp, cutting	slow, melodious
TEMPERAMENT:	nervous, changeable	motivated	content, conservative
POSITIVE EMOTIONS:	adaptability	courage	love
NEGATIVE EMOTIONS:	fear	anger	attachment
FAITH:	variable, erratic	strong, determined	steady, slow to change
TOTAL	Vata	Pitta	Kapha

The relationship between the physical and astral bodies can occur in different ways. Sometimes they will be of the same nature. Sometimes they will be of opposite nature, as the body attempts to compensate for the nature of the mind. We may see an obese or Kapha body compensating for an overactive or oversensitive mind. Sometimes the nature of the mind may override the nature of the physical body. A very mentally active person can wear down even a strong physique and make it weak.

A typical example occurred once in my practice. A client came in, diagnosed by another Ayurvedic practitioner (which I would agree with), as Pitta-Kapha. Yet he was said to be suffering from a Vata disorder. This was quite evident from his chart, which showed an airy ascendant, Libra, and a predominance of planets in airy and cardinal signs. He was also in a planetary period ruled by Saturn, an airy planet. His mind was Vata, not Pitta-Kapha and the nature of the mind was causing a similar disorder in the physical body overriding the basic physical constitution. Though his physical constitution was Pitta-Kapha, he had to be treated as Vata. While Ayurveda would consider this condition as unusual, from the standpoint of the Vedic Astrology chart we would expect it. The tendency toward Vata disorders could be predicted to last throughout the period of Saturn's influence and perhaps longer. Astrologically, we would see such an individual as primarily an air type and consider his physical constitution to be more exceptional.

I have seen a number of cases of individuals with Kapha bodies and Vata minds. They are usually overweight, sluggish in physical movement, constant in appetite. They often have enough Kapha physical characteristics so that they do not appear to be the anabolic or heavy form of Vata. In their case, the physical body becomes Kapha to compensate for the Vata nature of the mind. As the mind becomes too light and active, the body becomes heavy and slow. Such individuals cannot be treated as Kapha. When the Vata in their minds is reduced, the Kapha in their bodies will also be lowered. The two bodies have to be brought into harmony. One cannot be treated without reference to the nature and energy of the other, as both form one organic system. One body can go excess while the other becomes deficient or one can become hyper while the other becomes hypo.

Another example was a Pitta man who was suffering from much indecisiveness and instability in his life and who was unable to follow any specific career or life-direction. This related astrologically to the Sun with the north node of the Moon (Rahu) in Pisces, giving much changeability, confusion and illusion about the self. Counseling him required encouraging Pitta-like emotions and attitudes like being more decisive, aggressive, independent and determined in his actions.

Astrology gives us more specific knowledge about the nature of an individual. A strong Venus, or Venus ruling the self of the individual, will give a strong devotional or artistic bent, regardless of the physical constitution which may be determined by other factors. Those with such a strong Venus will benefit from certain meditational and visualization exercises, though their physical constitutions may be different. Hence, from the standpoint of astrology, we consider planetary types and different levels of planetary energies. Individuals usually follow the type of their ruling or strongest planet. Yet this determines more the qualities in their character, it does not always determine the nature of the physical body. One ruled by the Moon may have a life characterized by the role of a mother but may not necessarily be Kapha in constitution.

## 1.6 THE SIXTH SIGN AND SIXTH HOUSE

The sixth house and sixth sign Virgo, which govern the digestive nerves, are particularly important in determining disease potential.

The Sun in Virgo with the sixth house afflicted will give chronic poor digestion. The Moon in Virgo gives an emotionally sensitive digestion, food allergies and difficulty digesting dairy products. Mars in Virgo causes ulcers, intestinal bleeding, excessive appetite and sometimes diabetes. Mercury in Virgo is not too difficult but causes a nervous and sensitive digestion. Jupiter in Virgo can cause obesity, diabetes or hypoglycemia. Venus in Virgo causes hypoglycemia, diabetes and infertility. Saturn in Virgo causes constipation, distention, low appetite, malabsorption and arthritis. Rahu in Virgo causes nervous digestion or nervous weakness generally. Ketu in Virgo causes ulcers, intestinal bleeding, surgery on the intestines, etc. much like Mars.

The aspects of planets on Virgo have similar affects but to a lesser degree. Saturn's aspect on Virgo will also promote constipation and low digestive power. If malefics also afflict Mercury, the sixth house and its ruler, their capacity to cause these problems will be very high.

The sixth house is similar but malefics generally are good for health. The Sun, Mars and Saturn are not bad for health if in the sixth if they are not significantly afflicted. On the contrary, they give a good immune system and the ability to overcome diseases. Rahu and Ketu are similar but may also produce diseases that we can overcome. These malefics when afflicted, however, can cause much harm and strange or mysterious diseases.

Benefics suffer in the sixth house, particularly if afflicted. The Moon in the sixth causes weak digestion and easy emotional upset. Mercury gives a sensitive nervous and digestive system. Venus gives weakness to the urinary and genital tracts. Jupiter gives trouble with the liver and pancreas, though it can also promote healing and aid in ones becoming a medical practitioner.

The sixth house and sign represent our basic health and purity. Afflicted they show disease and the accumulation of waste materials. They indicate how we are connected to our bodies and the way we take care of our bodies. Afflicted, they show devitalization, which usually occurs through our own wrong habits, like worry, lack of care of the physical body, bad diet, insufficient rest or excessive sexual indulgence. They may, however, indicate congenital weakness.

Virgo governs Vata, the biological air humor in the body, in general. As most diseases are of the air element and through weak digestion, planets in this sign tend to cause disease. On the other hand, planets in this sign can make one a healer, if they are more beneficly disposed. Sometimes our own diseases make us turn to healing. Virgo shows service to the physical body, either our own or that of others.

Wherever the sixth sign and house are afflicted, we must be very careful in regard to purity of diet, cleanliness of physical and psychic environments, moderation in sexual activity, and peace of mind.

## 1.7 MEDICAL CORRESPONDENCES

The following are some typical correspondences of medical astrology that should be memorized.

## 1.8 SIGNS AND HOUSES

The signs and houses correspond to certain parts of the body. These are as follows:

Aries	First House	Head
Taurus	Second House	Neck
Gemini	Third House	Upper Chest
Cancer	Fourth House	Breast
Leo	Fifth House	Solar Plexus
Virgo	Sixth House	Navel Region
Libra	Seventh House	Lower Abdomen
Scorpio	Eighth House	Pubic Region
Sagittarius	Ninth House	Thighs
Capricorn	Tenth House	Knees
Aquarius	Eleventh House	Calves
Pisces	Twelfth House	Feet

If both the sign and house of the same number are afflicted, the particular bodily part that corresponds to them is likely to be afflicted. For example, if Saturn aspects the ninth sign and the ninth house as well as their rulers, arthritis or paralysis of the hip is likely. If Saturn aspects the fifth house, the fifth house from the Moon and their rulers, there is apt to be infertility in women, with possible surgery or hysterectomy. These correspondences can be made more specific.

ARIES AND THE FIRST HOUSE govern the head, the brain and the eyes. They govern the front of the head down to the eyes and the back of the head to the base of the skull.

TAURUS AND THE SECOND HOUSE govern the face, the upper neck to the larynx and the back of the neck to the shoulders, including the cerebellum.

GEMINI AND THE THIRD HOUSE govern the shoulders, the upper arms and upper chest, including the lungs.

CANCER AND THE FOURTH HOUSE govern the front part of the chest to the border of the ribs and the elbows, including the stomach. The breasts are also included here.

LEO AND THE FIFTH HOUSE govern the solar plexus region and the mid and upper back, including the small intestine, as well as body vitality in general via the heart.

VIRGO AND THE SIXTH HOUSE govern the mid-abdomen and the hands, including the colon. They govern the digestive system generally, as well as bodily health as a whole.

LIBRA AND THE SEVENTH HOUSE govern the lower abdomen and the lumbar region, including the kidneys and internal genitalia.

SCORPIO AND THE EIGHTH HOUSE govern the sacrum, rectum, bladder and external sex organs.

SAGITTARIUS AND THE NINTH HOUSE govern the arteries, as well as the lower back, hips and thighs.

CAPRICORN AND THE TENTH HOUSE govern the bones and joints as well as the knees.

AQUARIUS AND THE ELEVENTH HOUSE govern the power of exhalation, the skin, as well as the calves.

PISCES AND THE TWELFTH HOUSE govern the lymphatic system, as well as the feet.

## 1.9 SIGNS, HOUSES AND DISEASE TENDENCIES

ARIES AND THE FIRST HOUSE show fevers, headaches, brain disorders, strokes, cerebral bleeding, injuries to the skull and head, as well as difficulties at the time of birth.

TAURUS AND THE SECOND HOUSE show swelling of the neck, sore throat, thyroid problems,

obesity, injury to the face or throat, as well as childhood diseases like colds, flu, mumps, measles. GEMINI AND THE THIRD HOUSE show cough, pulmonary disorders, asthma and injury to the shoulders, also nervous disorders, agitation and poor musculoskeletal coordination. CANCER AND THE FOURTH HOUSE show breast disorders including tumors and cancer, lung problems, dropsy and injury to the chest, as well as emotional disturbances. LEO AND THE FIFTH HOUSE indicate heart problems, lack of vitality, weakness of the solar plexus, stomach and digestive problems, and lack of fertility or menstrual problems. VIRGO AND THE SIXTH HOUSE show poor digestion, malabsorption, gas, constipation or poor elimination, stomach ulcers, food allergies, hypoglycemia, weak immunity, diabetes and appendicitis. LIBRA AND THE SEVENTH HOUSE show urinary disorders, kidney problems, infertility in women, venereal diseases and sexual problems. SCORPIO AND THE EIGHTH HOUSE show hemorrhoids, rectal cancer, venereal diseases, blood disorders and toxic blood conditions, impotence in men, and wrong use of the sex organs. SAGITTARIUS AND THE NINTH HOUSE indicate obesity, circulatory problems, arteriosclerosis, paralysis below the waist, arthritis in the hips or injury to the hips. CAPRICORN AND THE TENTH HOUSE show weakness, injury or arthritis of the knees, as well as weakness of the bones and structure of the body. AQUARIUS AND THE ELEVENTH HOUSE show poor circulation, skin disorders, and nervous disorders. PISCES AND THE TWELFTH HOUSE show lymphatic disorders, hypoglycemia, diabetes and sugar metabolism problems, tumors, trouble with the feet and often fungal infections or edema.

The correspondence of signs and houses is more exact in terms of disease than in terms of other factors. Yet the sign correspondence is usually more important. Houses from the Moon and Navamsha should also be considered.

For example, should all fiery planets, the Sun, Mars and Ketu, aspect the first house and first sign, the person would likely suffer at some time from a fire or weapon injury to the head. This is more likely if Mars is the lord of malefic houses as well.

**Video Interview with Ksanati Nakshatri on the Integration of Ayurveda and Vedic Astrology** [https://www.youtube.com/watch?v=20ntG0NaCbU&ab\\_channel=KsanatiJyotish](https://www.youtube.com/watch?v=20ntG0NaCbU&ab_channel=KsanatiJyotish)

## 2 PLANETS AND DISEASE

In this lesson we will examine the general propensity of each planet to cause diseases and the particular types of disease each planet is likely to cause. Naturally, malefic planets are more likely to cause disease, as this is one of the main factors which makes them malefic. Benefics mainly cause disease when weak or afflicted. We will also look into the sign influences involved from the planets.

**Planets and Disease Audio Introduction by Dr. David Frawley**

### 2.1 MALEFIC PLANETS AND DISEASE

Natural malefic planets and their influence are the main causes of most diseases. When the influence of malefic planets combines, then disease is more likely and more difficult to treat. Malefic planets by nature tend to cause disease.

**SATURN** Saturn is the general significator of disease, old age and death. It represents the forces of decay and obstruction in our lives, which is one reason why it has been so much feared. Saturn shows chronic and wasting diseases, as well as constitutional and congenital weakness. Under its domain are constipation, inability to discharge waste materials, low vitality, poor resistance and poor digestion. It gives numbness, stiffness, rigidity and spasms. It causes depression and hypofunction of the organs. It causes surgery, particularly that which causes our organs to be removed or limbs to be amputated.

Saturn-caused diseases include arthritis, rheumatism, premature aging, broken bones or osteoporosis, nervous disorders including paralysis, multiple sclerosis, Parkinson's disease and cancer. Saturn causes deafness, failure of vision, emaciation, tremors, deformity and poor growth. It gives deficiency of vital fluids, dehydration, pain and itch. These cover most Vata Dosha conditions and old age as the Vata stage of life. Saturn also causes psychological and emotional issues like depression, dullness of mind, lack of mental energy and negative attitudes overall.

**RAHU** Rahu indicates plagues, epidemics, nervous disorders and possession on a psychic level. It can make one suicidal or manic-depressive and prone to illusions. Its influence causes insomnia, bad dreams, palpitations, nervous disorders, insanity, paralysis and cancer. It causes neurosis, anxiety, hysteria, vertigo, fright and convulsions. It gives nervous digestion, loss of appetite and parasites. It gives hormonal imbalances and all kinds of mysterious disorders, including possession and curses.

When its influence combines with Saturn it can cause cancer and paralysis. Extreme Vata disorders that are hard to treat come under Rahu. It is found behind most mental and nervous system disorders. The Rahu-Ketu axis when afflicted is often a disease-causing axis or an axis that disturbs the mind.

**MARS** Mars represents injury and accidents, particularly those that cause bleeding. It causes surgery or even removal of organs. It indicates acute febrile and infectious diseases, with high fever and toxins. It causes fever in general, inflammation and burning sensations; in other words, many acute diseases and most Pitta disorders. Sometimes it is hard to tell whether Mars will cause accidents, injuries or diseases.

Mars gives liver and gall bladder disorders including hepatitis and jaundice, as well as cancer of the liver. It causes impure blood including acne, boils and ulcerative sores, herpes and venereal diseases. It may cause cancer of the blood, particularly leukemia, and may also cause anemia. It

may cause hypertension. Smoking and diseases from it are generally under Mars, as Mars types can be attracted to stimulants overall.

**KETU** Ketu indicates mass catastrophes and wars, including accidents and injuries as well as psychic disorders, including paranoia and self-negativity leading to suicidal tendencies. It gives radiation diseases and damage from surgery. It causes neuromuscular disorders, cancer and febrile diseases, particularly those that damage the brain or nervous system. Ketu causes weak immunity associated with blood, bleeding, low grade fever and chronic infectious diseases. It causes surgery and removal of organs, including cases of malpractice or wrong surgery.

Ketu shares many of the same conditions as Rahu, as these two planets often act together, particularly in nervous system and psychological disorders, including paranoia. Ketu is the terminator and can bring about death, as for soldiers or those involved in potentially violent occupations. It causes Pitta conditions of an extreme nature.

**SUN** The Sun as the significator of the first house is the giver of health, vitality and energy, so can reinforce positive health. Yet when overly strong it can cause heat diseases and a number of Pitta problems. The Sun indicates burn out and can give heart attacks or other circulatory system disorders. It can give high fevers that exhaust the body fluids.

When the Sun is weak, it gives largely Saturnian diseases of a Vata nature, chronic and wasting disorders, including weak heart, poor digestion, degenerated metabolic functions (like hypotension or hypothyroid), and poor vision or failure of eyesight, particularly poor visual acuity. Usually there is also pallor and anemia and the resistance to disease is low. Psychologically an overly strong Sun can cause arrogance and a domineering nature. Opposite when weak can make a person fearful, lacking in self-confidence and wanted to stay behind the scenes.

## 2.2 BENEFIC PLANETS AND DISEASE

Benefic planets are usually planets of positive health. They cause disease mainly when they are weak or afflicted in the chart, in which case they often reflect the nature of the planet afflicting them. For example, the Moon afflicted by Saturn will mainly cause Vata or airy diseases. Yet benefic planets can also cause disease when they are strong. These are largely conditions born of self-indulgence or overweight. The houses that they rule in the chart can have their influence as well, particularly when they rule difficult houses.

**MOON** The Moon is an Ascendant in itself and so also governs health and wellness for body and mind. When weak the Moon gives generally airy or Vata dosha diseases. The lungs may be weak, the vital fluids insufficient, the mucous membranes fragile. In the extreme, there may be tuberculosis or severe asthma, perhaps epilepsy. Secretions will be difficult. There may be nervous or emotional disorders, along with moodiness, depression or hysteria. There is often insomnia or bad dreams. It also gives bad eyesight, particularly lack of fluid in the eyes.

When too strong or towards full, the Moon gives Kapha disorders, and will give excessive mucous, as in chronic bronchitis. There will usually be swollen lymph glands. It will give edema and obesity but usually no real acute problems. There will be a tendency to diabetes.

**MERCURY** Mercury when weak gives generally airy Vata diseases, somewhat like the Moon, with weak lungs and nervous disorders. It will give cough, allergies (including skin and food

allergies) and hay fever. There may also be speech defects, lack of intelligence, perceptual issues, growth difficulties and coordination problems. There may be premature loss or greying of the hair. There may be excessive stomach acidity and other inflammatory disorders may develop. Health problems during childhood are more likely.

A strong Mercury can make the nervous system over energized, hyper and at times unstable, though it usually gives some awareness of health and can make one into a healer. Yet overall there will be a sensitivity that can create vulnerability.

**VENUS** Venus when weak gives generally airy or Vata disorders. The kidneys and reproductive systems are weak, with low Ojas. There will be infertility or impotence, menstrual irregularity and also menstrual pain and cramping. A tendency to miscarriage will exist. There may be leucorrhea or nocturnal emission. There may be chronic kidney or bladder infections or even stones. There may be difficult urination or urinary incontinence. There may be swollen breasts or breast cysts. The complexion will be poor and the skin will lack in moisture or softness. Gynecological or childbirth issues may be indicated.

When overly strong Venus, even with Jupiter, can give diseases of self-indulgence, whether from excess sexual practices, overeating or the excesses of a luxurious life. These show more later on in life.

**JUPITER** Jupiter is generally the planet of positive health, opposite in Saturn in many ways, but when excessively indisposed gives watery Kapha diseases. As a planet of expansion, it may give overweight, edema and diabetes. This can lead to poor circulation, accumulation of cholesterol and weak liver function leading to heart attacks. Jupiter may cause tumors but these will be generally benign. It can give excessive growth of the tissues of all kinds.

When weak and afflicted by malefics, Jupiter gives airy Vata diseases like emaciation, lack of strength, low Ojas, cough, shortness of breath, nervous disorders and hormonal imbalance. Healing powers and ability to recover from diseases will be less. Right judgment, attention and positive attitude in life can be compromised.

## 2.3 DISEASE-CAUSING PLANETS AND ASCENDANT SIGNS

Disease-causing planets may be of the same or different elements than those of the Ascendant and its lord. Disease tendencies can arise from an excess of the element of the ruling planet (the planet which rules the ascendant), or from a deficiency of the element. Deficiencies or weakness of the ruling planet, however, are the main causes of diseases. These usually come from the two main houses of disease, the sixth and eighth.

Planets that indicate disease may indicate the type of disease, like Saturn giving airy (Vata) diseases. Or they may indicate the site of disease, like Mercury giving nervous disorders (which may be from an excess of air, fire or water, depending upon the totality of influences).

For each ascendant, there is usually one planet showing the disease tendency based on an excess of the element represented by the lord of the ascendant. There is also a second planet showing disease tendency based on an insufficiency of the element represented by the lord of the ascendant. When the lord of the ascendant is strong disease tendency usually follows the first planet. When the lord of the ascendant is weak it usually follows the second. When examining disease tendency relative to the ascendant we must consider both types of disease and see which is more likely. Similar considerations must be made according to the Moon sign (and sometimes even the Sun sign).



**ARIES** Aries types usually suffer from excess fire or Pitta diseases from Mars ruling both houses 1 and 8, houses of health and disease. Many of their excess fire disorders are self-produced or a product of their own wrong behavior, which can include alcohol and rajasic foods. They suffer from fire (Pitta) disorders of the head, the brain, the eyes and the liver.

When Mars is weak or when they have burned themselves out, Aries types tend to suffer from excess air disorders as Mercury, ruler of houses 3 and 6, causes their air element to dominate. These are mainly digestive and nervous disorders, including ulcers.

**TAURUS** Taurus types tend to suffer from excess water and earth or Kapha diseases from Venus ruling both houses 1 and 6, houses of health and disease. Many of their excess water disorders are self-produced from self-indulgence. These are mainly obesity and kidney disorders, like edema or kidney stones, including neck and thyroid problems (mainly hypothyroid).

Jupiter, as ruler of the eighth house, also gives obesity, diabetes and spleen-pancreas disorders. So Taurus types either way tend to get the same disorders as their constitution (watery or Kapha problems), because Kapha planets rule both the ascendant and the disease houses (six and eight).

**GEMINI** Gemini types suffer from excess air or Vata diseases largely from Saturn's rulership of the eighth, as well as the basic nervous nature of Mercury itself. These include such problems as weak lungs, asthma and nervous disorders, allergies and weak hearts. They easily get insomnia, speech problems, or hypersensitivity. Physical and psychological problems often go together.

Geminis can suffer from fire or Pitta disorders from Mars rulership of the sixth and the eleventh house. This may occur through injury or accidents, often to the head, as well as febrile diseases damaging the brain and nervous system. Gemini types are the most prone to accident and injury of all signs (as they are the most ungrounded of the signs).

**CANCER** Cancer types suffer from excess water diseases due to Jupiter ruling the sixth and the Moon ruling the first. Such diseases include dropsy, edema, obesity, tumors and cancer, with a tendency to weak lungs and kidneys as well as congestive heart problems. Many of these are emotionally connected. Cancer types require emotional attention or they are likely to have health problems.

When the Moon is weak, they suffer from airy diseases due to Saturn's influence as ruler of the eighth. Such diseases include asthma, emotional sensitivity, grief and depression. When socially minded they can overextend themselves and emotionally burned out.

**LEO** For Leo types, the disease-causing planets are Jupiter as lord of the eighth and Saturn as lord of the sixth. Jupiter gives mainly watery Kapha diseases, like obesity, hypertension and arteriosclerosis. Saturn gives mainly airy Vata diseases, including poor vitality, a weak heart and arthritis.

Usually Leo types are constitutionally healthy and disease mainly will occur through deficiency of their native fire. Their good solar fire gives strong health as different from Mars fire that tends towards disease or injury. Mainly, Leos can suffer from heart disease, often from attempting too much in life and putting too much responsibility on themselves. Owing to their high Pitta natures, they can burn themselves out, with their strong will power pushing the body beyond its limits.

**VIRGO** Virgo types tend to suffer from excess air or Vata diseases from Saturn's rulership of the sixth, as well as the nervous nature of Mercury. These include weak digestion, gas, bloating and constipation, prolapse of the stomach or rectum, hernia and appendicitis. They are also prone to metabolic and digestive disorders like diabetes or ulcers. Their nervous sensitivity manifests itself as insomnia, hypersensitivity and allergies. They are the most disease prone of the ascendants.

Virgo also can suffer from fiery disorders from Mars influence as ruler of the eighth. These include liver disorders and bile secretion difficulties. Often Virgo types are unhealthy and may develop severe health disorders. Such problems may include mysterious diseases of the nervous system like Parkinsons or M.S. Virgos must always guard their health and maintain purity of diet.

**LIBRA** As Venus rules the eighth as well as the ascendant and Jupiter, another watery planet, rules the sixth, Libra types tend to suffer from watery and phlegm or Kapha diseases. Such diseases include reproductive, urinary tract and pulmonary disorders.

As an air sign, Librans are usually healthy and suffer from disease only if they take on too much weight or water or eat too many sweets. Most of their diseases are self-caused by bad habits or self-indulgence. As they are active both physically and mentally, they can burn themselves out and end up with weak kidneys and low Ojas.

**SCORPIO** Scorpio types tend to suffer from excess fire or Pitta diseases from Mars influence as ruler of the first and the sixth. These include liver and gall bladder disorders like hepatitis and jaundice, anemia, and venereal diseases like syphilis, gonorrhea or genital herpes. They easily develop toxic blood conditions, extending to chronic deep-seated fevers.

They also can suffer from airy Vata diseases when Mars is weak, from Mercury's influence as lord of the eighth. These include neuromuscular disorders. They are prone to infectious diseases, particularly of the reproductive system, which can leave them weakened.

**SAGITTARIUS** Sagittarius types tend to suffer from watery Kapha diseases as the disease-causing planets are Venus as lord of the sixth and the Moon as lord of the eighth. These include obesity, hypertension, tumors, diabetes and high cholesterol, which can occur from their overly expansive nature, which can extend to overeating.

Generally they are healthy, as this is the positive sign of Jupiter which is the planet of good health. Yet when Jupiter is weak, Vata disorders and low Ojas can come into play.

**CAPRICORN** Capricorn types tend to suffer from airy diseases from Mercury's influence as lord of the sixth house. These include arthritis, osteoporosis and weakness of the joints, tendons and ligaments, particularly the knees. This may result from excess activity on their part. They can push their bodies too hard.

When Saturn is weak they tend to suffer from fire or Pitta diseases due to the Sun's influence as lord of the eighth. These include stress, hypertension and heart attacks, often from overwork.

**AQUARIUS** Aquarius types tend to suffer from airy Vata diseases from Mercury's influence as lord of the eighth. These include weak digestion and weak lungs, which may develop into skin diseases. They also easily develop depression and low emotional energy. Often they don't take good care of themselves in life and suffer from bad associations or self-negativity.

They can suffer from watery Kapha diseases from the Moon's influence as lord of the sixth. These include pneumonia, bronchitis and other pulmonary disorders. Health and psychology are closely related.

**PISCES** Pisces types tend to suffer from watery Kapha diseases from the influence of Venus as lord of the eighth, and the watery nature of the ascendant and Kapha nature of Jupiter. These include allergies, edema, dropsy and diabetes as well as emotional problems, depression and attachment.

They can suffer from fiery diseases from the Sun's influence as lord of the sixth house when Jupiter is weak. These include heart weakness and poor digestion, extending to coronary heart disease. They are emotionally often up and down.

### 3 AYURVEDIC DOSHIC TYPES INDIVIDUAL CONSTITUTION

The following lesson shows the main points of determination of Ayurvedic constitution from the birth chart with ten sample charts of this type.

Once you have finished it, you should then go on to the Workbook Lesson 5 which provides more detail on the health and psychological implications of the birth chart. Then you can also go on to the Workbook Lesson 6 that discusses the disease and death causing Maraka planets.

This lesson here, along with the two lessons from the Workbook will provide you a good background in the practicum of Medical or Ayurvedic Astrology. But first go over this introductory overview of the subject.

#### **Ayurvedic Astrology and Constitutional Types Audio by Dr. David Frawley**

Determination of individual mind-body constitution as Vata, Pitta or Kapha dosha is the main factor in Ayurvedic healing, for lifestyle therapy, treatment of disease, creativity and spiritual development. Ayurvedic astrology shows us how to use the birth chart to determine constitution and understand its unique unfoldment in each person. The astrological keys for this doshic ascertainment are provided in this lesson, along with a number of example charts.

Planets influencing the first house, its lord and significator (the Sun) tend to determine the physical constitution according to Ayurveda and are the first factors to look into. This means that if a planet aspects both the Ascendant and its lord, it will have great power to determine the constitution of a person. Here we should note that Mars, Jupiter and Saturn with their special aspects are more likely to be the determinative factors. These three planets fall into a clear Ayurvedic pattern of Mars as Pitta, Jupiter as Kapha, and Saturn as Vata.

Planets influencing the sixth house and its lord (sometimes also the eighth or twelfth) determine disease tendency. However, planets determining disease tendency also have some effect in determining the general constitution. The diseases that we are prone to naturally will color our constitution and determine it, if they are significant. The general rule is that if there are more planetary influences on the sixth house, this will indicate the constitution of the person more so than the influences on the Ascendant.

For example, a chart with the Sun, Saturn and Rahu in the sixth house in an airy sign may not only give airy diseases, these planets may produce an airy or Vata constitution. The reason is that whatever dominates the digestive system affects the body as a whole.

Hence, if the planetary influences on the sixth house are similar to those on the first house, then most likely the constitution will be of that type. If they are different, then the constitution may follow the first or sixth houses depending upon the influence that is stronger. When planets relating to houses of disease are stronger than those relating to the ascendant, then they may determine the physical type, which will usually be unhealthy.

In addition, disease-causing planets may, in the long term, through a serious disease, change the basic constitution of a person. Chronic, debilitating diseases tend to make a person more airy. This is also the effect of aging. Hence, for those who are very sick or for the elderly, the disease-causing planets will tend to determine the constitution more so than for others. We may have to treat these planets regardless of the constitution.

For this reason, we cannot determine constitution from the factors relating to the first house alone; houses of disease, particularly the sixth, must be considered. Even if they do not indicate the nature of the problem, they usually indicate its site.

### 3.1 MENTAL CONSTITUTION

Mental constitution is different from physical constitution, one should note. This is determined by the influences on the Moon and the fourth house. This determines the emotional type of the person. If the Moon and Mercury, the fourth house and its lord are afflicted, one's psychology or emotional nature will be disturbed. If they are under benefic influences like that of Jupiter, one will be happy and optimistic. Predominant influences of Saturn and Rahu will make the person depressed or at best detached.

Influences on the fifth house, its lord, Jupiter and Mercury show the nature of the intelligence of a person. A Mars influence, for example, will make the person logical but critical, aggressive and perhaps rash in decisions. A Venus influence will give good creativity but not necessarily clear judgment. Mercury will give good communication as well as powers of judgment. The indications follow the nature of the planets.

### 3.2 EXAMPLE CONSTITUTIONAL CHARTS

Below are charts that demonstrate how to ascertain constitution from the birthchart. As one can perceive, it is not a simplistic or mechanical matter but requires an examination of all relevant factors and a determination as to which are most important. Generally, the strongest planet in the chart determines the constitution, as we have indicated. Note how positions from the Moon are also important in determining constitution, and how much Mahapurusha Yogas place their mark on the individual's physical type.

The charts are typical people, including some famous personages, but none with very severe medical problems. Hence, they are more indicative of the types of charts we will see from people who do not suffer from severe or debilitating diseases. Three examples are given as per each constitution.

I have not listed the Navamsha charts here. There is some evidence indicating that the Navamsha can affect or change the constitution, as all people born during the time of the same Ascendant (a period of about two hours) do not always appear to have the same constitution. Sometimes the Navamsha Moon plays an important role in determining physical as well as mental constitution. But this is a matter of more advanced study. One should, however, check and see if the Navamsha tends to reinforce what appears to be the constitution or the strongest planet relative to the Birthchart.

For the gemstone recommendations, first examine the chapters on gem therapy.

### VATA CONSTITUTION CHARTS

Vata Dosha charts show the influence of airy planets, particularly Saturn, and signs.

#### VATA CONSTITUTION (MALE) CHART 1

Saturn, a Vata planet, is quite strong exalted in Libra in the seventh house (with directional strength). Though Jupiter is exalted in Cancer in the fourth house, Saturn is stronger and also aspects Jupiter (by its tenth aspect). Saturn also aspects the Sun, along with Rahu, another Vata planet (with its third aspect), while Rahu influences the Sun and also aspects the Ascendant (with its ninth aspect).

Mars	ASC		Ketu Moon
			Jupiter Rx
Mercury			
Rahu Sun	Venus	Saturn	

Figure 1:

Mercury is also strong in the chart, in the tenth house and in Capricorn, another Saturn ruled sign. The Moon is in Gemini, another Mercury ruled sign, along with one of its nodes. Hence, the nature is primarily Vata with Pitta second (note the aspect of Mars upon the Moon and the Aries Ascendant).

The person is a Yoga teacher (Mercury in the tenth) who is rather successful, as well as very skillful in his practice, not only with asanas but also with yoga philosophy. He has had no specific health problems up to nearly the age of forty. His character is outgoing, straightforward and leadership oriented, with many friends, much travel and good success in his vocation. Note the influence of Aries along with cardinal and angular planets.

The combination of the Sun with Rahu in the ninth in Sagittarius and the Moon with Ketu in the third in Gemini is good for spiritual experiences and gives the capacity to transcend the ordinary mind and ego.

The person, however, is primarily a Mercury type (Mercury in the tenth), though with some additional Saturn and Mars energy. He can benefit from a gemstone for Mars because of its occupancy of the twelfth house.

**VATA CONSTITUTION (MALE) CHART 2** Gemini, a Vata ascendant, predominates. Saturn, a Vata planet, though debilitated in Aries, aspects both the Ascendant (third aspect) and Mercury, its lord, (tenth aspect) and disposes of Mercury in Capricorn. Saturn similarly aspects the Sun and rules over it. Rahu in the fourth, a house of the mind, and in Virgo, a sign of health, gives a Vata or nervous type digestive system.

The Venus-Moon conjunction in the seventh gives a happy marriage, artistic skills, and makes

Ketu	Saturn Jupiter		ASC
Mercury Sun			
Venus Moon	Mars		Rahu

Figure 2:

the person a doctor of natural medicine. However, the waning Moon cannot give much Kapha to the nature, though the person is very sensitive or even psychic.

Mars in the sixth in its own sign Scorpio (and as the final dispositor in the chart) gives some Pitta, but not enough to counter the Vata. It gives the capacity for work and service in the medical field.

The person has no major health problems (being also a practitioner of natural healing), works long hours and is an excellent speaker, but does suffer from transient Vata disorders (difficulty sleeping, nervousness and a nervous heart condition). He also has a very sattvic, kind and sensitive disposition and a degree of charisma.

A gemstone for Mercury is primarily indicated because of its occupancy of the eighth house, and one for debilitated Saturn can also be considered. Yet the person appears to be primarily a Mercury type, in this case perhaps owing to the strength of the Gemini Ascendant. Pitta is second in his nature.

**VATA CONSTITUTION (MALE) CHART NO. 3** At first sight one might look at this chart as Pitta, with Mars rising in Leo, a fiery planet in a fiery sign. Yet the Sun, the ruler of the Ascendant, is in Virgo, a Vata sign, with Mercury, a Vata planet, which disposes of it and is exalted. The sixth house, however, is the decisive factor. The Moon is here, not only in the sign of Saturn, a Vata planet, but in close conjunction with Rahu, also a Vata planet. Though the Moon is waxing, it is isolated and devoid of any benefic influence.

Saturn is also in the tenth from the Moon, exalted (giving a mild Mahapurusha Yoga – Shasha Yoga), thus adding its influence, and is also strong as a Vata or airy planet. The positions from the

			Jupiter
			Ketu
Rahu Moon			Mars Venus ASC
		Saturn	Mercury Sun

Figure 3:

Moon are thus primarily Vata, which makes Capricorn predominate over Leo in the constitution. Rahu also aspects the Sun and Mercury.

Hence, the Mars/Leo traits make the individual rather dramatic in their self-expression, but the constitution is Vata, with Pitta secondary. The individual has a weak back, one lung unable to inflate, and a general Vata nature. The Moon-Rahu conjunction brought about a period of mental disorders and a nervous breakdown, but only of a mild nature. It also gives the native nightmares and weak nerves. Yet the individual is active physically and does construction work, though not without periodic episodes of weak health. He is interested in spiritual matters but often lacks the energy or motivation to pursue them seriously.

Here we see the importance of the sixth house and the Moon in determining health, as well as how crucial conjunctions, particularly of the luminaries with the lunar nodes, can be.

In this case, a gemstone for the Moon is indicated but perhaps on a pendant, as the individual will be sensitive toward wearing gems in public, having Mars on the Ascendant.

**VATA CONSTITUTION (MALE) CHART NO. 4** This chart is classically and typically high Vata. Pisces, a mutable sign, is rising. Yet Rahu, a Vata planet, is located near it. Opposite the Ascendant is an exalted Mercury, which is an airy planet, with watery Venus being debilitated and within a degree of Ketu.

Jupiter, the lord of the Ascendant, is debilitated in Capricorn, a sign of airy Saturn, along with the Moon. The Sun is in a close (less than one degree) conjunction with Saturn in the sixth house of health and disease. Mars is also debilitated in early Cancer and hence not strong. In the fifth house of health, it does not do much good for the person.



ASC Rahu			
			Mars
Jup. Rx Moon			Saturn Sun
			Mercury Venus Ketu

Figure 4:

The person suffers from various Vata disorders including insomnia, nervous and variable digestion, intestinal gas and pain, low energy, and weakness of the bones. The heart is also weak, with poor circulation, and the relationship with the father has been very poor. There is also a weak sexual function through the debilitated Venus.

In this case, a gemstone for Jupiter is essential and one for Mars can also be helpful. Even one for Venus could be useful during its planetary period.

With such a strong Mercury, the person is a writer and an accountant, with a sensitive, spiritual and artistic nature. The imagination is good and he aspires to be a novelist. Yet there is danger of emotional instability (Rahu and Pisces), moodiness, and allergies from hypersensitivity. This kind of chart can be very easily damaged by medical or recreational use of drugs.

However, the strong Mercury gives an interest in health and healing that may allow the person to overcome these health problems by following a strict and appropriate diet and life-style.

## PITTA CHARTS

Pitta Dosha has its special determinatives relative to the power of fiery planets, Sun, Mars and Ketu and their aspects and fiery signs.

**PITTA CONSTITUTION (FEMALE) CHART NO. 1** In this particular chart, Aquarius is an airy Ascendant, and is aspected by its lord Saturn, who also aspects the Moon. However, note the seventh house; the Sun and Mars are located there in a fiery sign, Leo, and both aspect the Ascendant (with their seventh aspects). Mars also aspects the Moon in Scorpio (with its fourth

		Saturn	Jupiter
ASC Ketu			Venus
			Sun Mercury Mars Rahu
	Moon		

Figure 5:

aspect), which it rules. Mercury and Rahu are dominated by the Sun and Mars and, hence, their mutable nature serves to magnify the fiery influences of these planets. The person is therefore of a Pitta constitution. Though generally healthy, she has suffered from many febrile diseases throughout her life, and will usually catch whatever fever is around.

The person is a healer and astrologer. Note the debilitated Moon in the tenth house indicating a career working with the subconscious or the occult, and also the compassionate Aquarius Ascendant with perceptive Ketu in it. She is a strong and dominating personality – as one would expect with so many strong angular planets in Leo – a good teacher, writer, and speaker, very clear in her thinking. Jupiter in the fifth in Air Signs is noted for giving good intelligence and creativity. However, with all the fixity in the chart (note planets in fixed signs), she is not always the most adaptable person.

Note that there is also a severe Kuja Dosha in the chart with such a strong Mars in the seventh house; she has never been married. The person is too strong to function in a feminine role in relationship, though she can have a strong mothering influence (the Moon in the tenth). Hence, apart from patients, her main close relationships have been with women, with whom she usually takes a dominant role.

**PITTA CONSTITUTION (MALE) CHART NO. 2** Note the strength of Mars in the chart. It aspects the Ascendant (with its fourth aspect), the Lord of the Ascendant (Jupiter, with its seventh aspect), and is located with the Moon in the prominent tenth house. It also aspects Jupiter as lord of the Moon. Jupiter and Mars in mutual aspect as the lords of the ninth and tenth houses (Scorpio and Sagittarius) gives a strong Raja Yoga, or much power and influence. The Moons combination with them, as the Lord of the auspicious fifth house, increases this yoga. Such

ASC		Ketu	Jupiter
			Saturn
Mars Moon	Rahu Mercury	Venus Sun	

Figure 6:

a strong Mars dominates the chart and determines the character and constitution.

The Pisces Ascendant, with its enthusiasm, emotionality and religious sense, works its way out in the character of the person, who is a fundamentalist preacher (Billy Graham). The chart is mutable but angular, giving good powers of communication and persuasion. Note in this regard that Mars, the lord of the second house of speech, is in the tenth house of public influence. The person is very successful, a good orator, famous, and travels widely. This is owing to high Pitta and a fiery and confident nature. But we can see the self-righteousness in the chart via the strong Mars influence and the Pisces Ascendant, as well as the debilitated Sun in the eighth. His ego therefore interferes with his mind. There is also some dabbling in politics and confusion of politics with religion for this reason.

Mercury, moreover, is with Rahu in Scorpio, a sign of the subconscious. This gives the ability to influence the masses, but it also gives an obsession with good and evil, heaven and hell, sin and guilt, as does the general ambivalence of the Pisces ascendant. Saturn in the sixth gives the capacity for hard work and overcoming enemies.

**PITTA CONSTITUTION (MALE) CHART NO. 3** Mars is also clearly the strongest planet in this chart. It is in its own sign, Aries, in an angle from the Ascendant (the seventh) and from the Moon (the tenth), and aspects both the Ascendant (by its seventh aspect) and the Moon (by its fourth). This creates the Mahapurusha Yoga (Ruchaka Yoga) for Mars, which gives strong powers of action and self-expression, and a Mars type personality. Rahu helps magnify the power of Mars, making him a Mars-Rahu type. However, this combination gives turbulence in the field of relationship, with several unhappy marriages and charges of abuse against him. The chart suggests

	Mars Rahu	Sun Mercury	Jupiter Venus
			Moon
Saturn		ASC Ketu	

Figure 7:

some validity to these charges since Mars and Rahu together give anger and violence that is often unpredictable.

The person is a successful actor (Rahu again), of the more violent type (Mars), doing a lot of violent westerns (Clint Eastwood). He also has been active in politics as a mayor (note the Libra Ascendant). The Moon in Cancer in the tenth gives popularity and prominence.

The Sun in the eighth also gives a tendency to take criminal or notorious roles. The exchange between Venus and Mercury (Venus in Gemini and Mercury in Taurus) gives acting abilities. Venus in the ninth in mutable Gemini, along with Jupiter, gives acting abilities, and adds qualities of friendliness and compassion to help modify the influence of Mars. Libra itself is good for acting, as it gives the ability to modify the character relative to the influences necessary to affect the public.

## KAPHA CHARTS

Kapha type charts show the dominance of watery planets and signs.

**KAPHA CONSTITUTION (MALE) CHART NO. 1** At first sight this chart appears rather airy with a Gemini Ascendant, Libra Sun and the Moon with Rahu. However, note that the Moon is only one house after full, in its sign of exaltation, and aspected by both Jupiter and Venus (seventh aspect), watery planets, from Scorpio, a watery sign.

If we turn the Moon into the Ascendant, the Kapha nature of the constitution becomes evident. Jupiter and Venus in the sixth in a watery sign like Scorpio also give a tendency toward weight gain and sluggish liver function. Though the individual has been generally healthy past the age of forty,

		Moon Rahu	ASC
			Mars Saturn
	Jupiter Venus Ketu	Sun Mercury	

Figure 8:

the tendency to heart disease and hypertension is beginning to arise. The planets in the sixth also give a strong capacity for work, service and devotion.

The airy traits do come out in the character, however, as he is very communicative, fond of books and of spiritual subjects. The Moon-Rahu conjunction did result in a mild mental breakdown in youth, but also shows a strong spiritual or devotional sensitivity. It also has provided the individual with a government pension. In addition, Kala Sarpa Yoga prevails with all the planets between Rahu and Ketu, adding to the strong psychic nature of the person.

Note that there are no planets in fiery signs and that both main fire planets, the Sun and Mars, are debilitated and not located in good houses like upachayas. Hence, there is not much Pitta in the constitution, Vata being second to Kapha in strength, particularly relative to the mind and character.

This chart would benefit primarily by a gemstone for Mercury, which would also help the debilitated Sun.

**KAPHA CONSTITUTION (MALE) CHART NO. 2** Both the Ascendant and Moon are in watery signs (Scorpio and Cancer). The Moon itself is just one sign after full and in its own sign, and in the ninth, the best trine house, thus making it very strong. Opposite the Moon is a conjunction of Venus and Jupiter, Kapha planets, along with mutable Mercury, which serves to magnify their influence. These planets are located in Capricorn, an earth sign, and aspect the Moon (seventh aspect). Hence, the Moon is very powerful and brings many Cancerian influences into the persons life, including on a physical level. These factors make for a primarily Kapha constitution, with a large frame and tendency to hold excess weight.

Rahu			
			Moon
Venus Jupiter Mercury			Saturn
Sun	ASC		Mars Ketu

Figure 9:

Pitta is second in influence, as Mars and Ketu are in Virgo (digestive system) and Mars aspects the Sun, which in turn is located in a fiery sign.

The Moon gives wealth from its ninth house location, in this case inherited from the family, mainly the father, from whom the individual has a large fortune. Mars as the lord of the Ascendant in the eleventh house also gives income. Yet the debilitated Jupiter makes the person rather unsuccessful in their career as an artist. Saturn in the tenth in Leo, an unfriendly sign, does not help with this.

The Moon creates a friendly, compassionate and social nature, and he has a strong concern for human and planetary problems. It gives additional artistic and photographic skills, and much understanding of the earth and the feminine nature.

The person is basically healthy with no real health problems into his forties. In this case, a gemstone for Jupiter would be most indicated owing to its debility as an important benefic for both the Ascendant and the Moon.

**KAPHA CONSTITUTION (MALE) CHART NO. 3** Note the prevalence and strength of both watery planets and watery signs. Pisces is rising along with the Sun, Mercury and an exalted Venus. Mercury has its debility canceled by this and the Mahapurusha Yoga for Venus (Malavya Yoga) is in effect, adding Kapha to the constitution. The Moon is in Scorpio, another watery sign and still at some distance from the Sun so it retains its watery nature. Jupiter, the lord of the Ascendant, is in an angle (the best – the tenth) and in its own sign, thus creating also the Mahapurusha Yoga for Jupiter (Hamsa Yoga). However, we should note that the spiritual aspects

ASC Sun Mercury Venus	Mars		Ketu
Jupiter Rahu	Moon		

Figure 10:

of Hamsa Yoga are diminished by Jupiters combination with Rahu, which directs it towards worldly fame and influence, along with the pursuit of pleasure.

All of this produces a fairly robust, athletic Kapha constitution, as well as a communicable and adaptable nature, with great success both in financial ventures and communication. The person is a football coach turned television announcer (John Madden). Note Rahu in the tenth in this regard, as well as the prevalence of mutable signs in the chart giving communication skills, along with Mars in its own sign in the second house giving clarity of speech.

His basic health problems will tend to be heart disease from the combination of mutable nature and high Kapha, along with diabetes from Pisces Ascendant (the pancreas). Weight has frequently been a problem for him. Kapha-Pisces types are noted for their food and other addictions (commonly alcohol and sugar), their use of food or attention to help balance fluctuating emotions, and a tendency toward metabolic disorders.