

ROLE OF AFFLICTED SUN IN AUTOIMMUNE ARTHRITIS

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ABSTRACT

Aims and Objectives: Examining the effect of afflicted planet Sun in an individual with autoimmune arthritis.

Materials and Methods: This is a Pilot study. Time of birth, date of birth and place of birth were collected from 90 patients who were diagnosed to be having autoimmune arthritis. For control group fifty healthy people's data has been collected. After preparing their birth charts by using Parasara software version 7, afflictions to the Sun by Saturn, Rahu- Ketu axis and Venus have been calculated. Afflictions to the patients versus healthy people have been compared by using Pearson's chisquare test.

Results: When we compared afflicted Sun of the patients versus healthy group, we got significant correlations ($p < 0.001$). The odds ratio was found to be 5.5 explaining that people with afflicted Sun are 5.5 times more prone to develop auto immune arthritis than people with unafflicted Sun. In autoimmune arthritis patients afflictions to the Sun by Saturn and Rahu- Ketu axis are more common than afflictions by Venus.

Conclusion: People with afflicted Sun by Saturn and RKA, in a birth chart are more prone to develop auto immune arthritis due to impaired digestion.

BACKGROUND

Ancient Indian practitioners used to give importance to horoscope of the patient and Medical astrology is interrelated to Ayurveda, the traditional Indian medicine developed 4000 years ago¹. They also believed in "Muhurtha" the auspicious day or moment for starting treatment. Ancient Indian doctors like Charak and Shusruta who practiced Ayurveda were well versed in the knowledge of Astrology. Based on arrival time, gait and appearance of the patient Sushruta used to guess the ailment¹. The Romans, Egyptians, Chinese, and Greeks also believed in the effect of the Sun and Moon on human behaviour. Despite State and Church in Rome fiercely condemning the practice of astrology yet astrological principles were appearing in the medical texts and casting the horoscope was a well established practice in the Roman world, in around 2nd century².

Astrology was a high specialism in the sixteenth century and all physicians in the sixteenth century accepted that different signs of the Zodiac ruled over different parts of the human body, over the four Hippocratic humours, over particular plants and metals and that knowledge of this was necessary to determine the most propitious time to administer medicine, let blood or operate². Based on the moment when the patient fell ill they used to cast a figure "Decumbiture" which is equivalent to a horoscope². Copernicus (1473 – 1543), the famous astronomer who formulated heliocentric cosmology was also an astrologer and suggested that the tides were under the influence of the moon.

In mid 17th century astrology had lost its hold on educated opinion. But still few people like Locke (1660) continued to consider that medicinal herbs should be picked up only at astrologically propitious times². Realising the necessity of verification and refinement of astrology, Goad (1680) undertook controlled trial with a thirty year record of observations on the influence of planets on weather and epidemics during the course of which he noticed and explained the seasonal variations in the suicide rate in terms of conjunction of Jupiter and Saturn. Probably he was the first ever to do so. A collection of seventeenth century astrologers' case books have been preserved in the Ashmolean Museum at Oxford².

Carl Jung stressed the importance of astrology, in his letters to Sigmoid Freud. Jung explained signs of the zodiac as character pictures. In other words 'libido symbols which depict the typical qualities of the libido at a given moment'. In his letters to B.V. Raman he explained the significance of horoscope in analysing complications in characters and diagnostic difficulties in his Psychology practice³.

Several research studies have been conducted all over the world, to evaluate the effect of Moon on the biology and behaviour of human beings, which is described as the Transylvanian effect⁴. There are contradictory opinions about the health impacts of lunar cycles and other astral bodies. Some research studies proved the effect of Lunar cycles on human behaviour⁵⁻¹¹. Other studies failed to support this hypothesis¹²⁻³⁰. Rheumatoid arthritis can be correlated to Ama vata in Ayurveda^{31,32,33}.

Materials and Methods:

This is a cross sectional study conducted among patients and staff of Amrita Institute of Medical Sciences.

Selection of Sample, Sample size and Questionnaire: There is no earlier evidence of research studies correlating autoimmune arthritis with birth chart. This is a first study and it can be considered as pilot study. Data were collected from patients who were confirmed to be having autoimmune arthritis by verifying their medical records at AIMS Kochi. We enquired patients telephonically about their date of birth, time of birth and place of birth. We were able to collect data from 90 patients. Most of them are unaware of their time of birth. For control group, data were collected from the staff and their family members at Endocrinology department who are free from auto immune arthritis. Fifty healthy people's data was considered as control group. Birth Charts of patients and control group were prepared by using Parasara software version 7.

Selection of variables:

By examining the Natal chart, afflictions to the natal Sun were assessed. As Venus, Saturn and Rahu are Natural enemies (*Appendix*) to the Sun^{34,35}, association or aspect of these planets on Sun was considered as affliction(*Appendix*).

Based on afflictions four groups were created, both in patients and healthy people.

- 1.No affliction to the Sun
- 2.Affliction by Saturn
- 3.Affliction by RKA (Rahu Ketu axis)
- 4.Affliction by Venus

Afflictions to the patients versus healthy people have been compared by using Pearson's chisquare test. Odds ratio was calculated to determine the probability distribution of disease among people with afflicted Sun.

RESULTS:

Characteristics of the Sample: Mean age of the patients participated in this study is 34.08 +/-14.873. Mean age of control group is 42.56 +/-19.842. Out of 90 patients participated in this study 59 are female patients and 31 are male patients. Out of 50 participants of healthy group 32 are female participants 18 are male participants.

Type of Disease	Total No. Of patients	No.of .Afflicted patients	No. Un afflicted patients
S.L.E	32	20	12
Juv.Arthritis	13	8	5
Dermatomyositis	1	1	0
Polymyositis	2	1	1
Rheumatoid arthritis	33	25	8
Sjogren's syndrome	2	2	0
Scleroderma	3	3	0
Mixed connective disease	2	2	0
Bechet's syndrome	1	1	0
Ankylosing spondylitis	1	1	0

Chart1

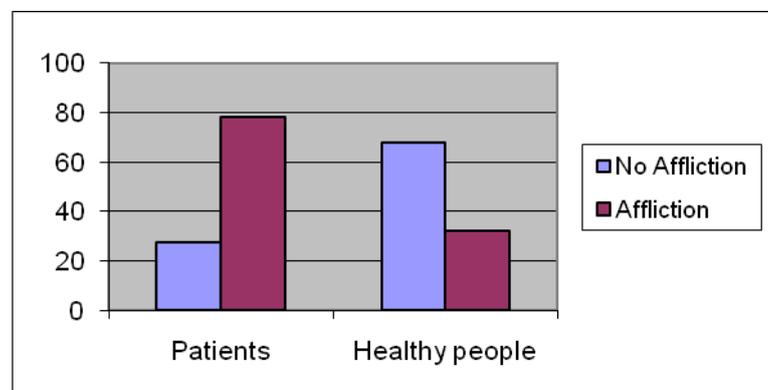
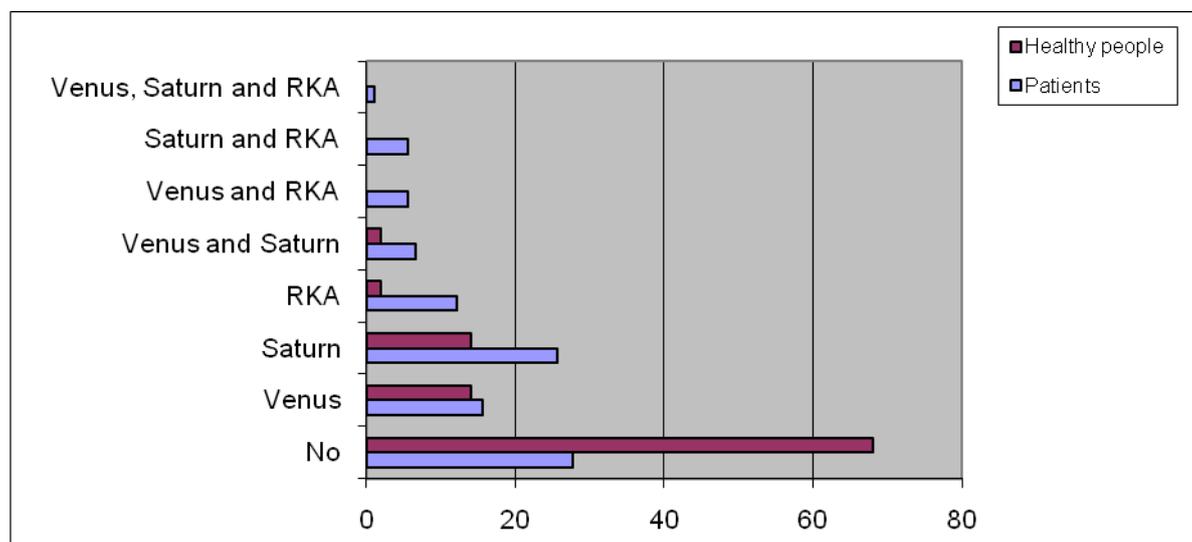


Chart 2



DISCUSSION:

Auto immune arthritis involves diseases affecting joints, tendons, muscles, ligaments and associated structures characterized by pain, stiffness, inflammation around the joints with varying degrees of disability. In this study autoimmune diseases like Juvenile arthritis(7), systemic lupus erythematosus(32), Dermatomyositis, polymyositis, Rheumatoid arthritis, Sjogren's syndrome, scleroderma, Mixed connective tissue disease, Behcet's disease with arthritis were considered.

There is an increasing amount of evidence³⁶⁻³⁹ that damage to the gut wall and increased gut permeability (leaky gut) play a role in autoimmune arthritis. Achlorhydrias, hypochlorhydria, impaired digestive enzymes causing impaired digestion are the key factors that increase intestinal permeability⁴⁰. Cuvelier et.al are³¹ reporting that patients with S.L.E. and Juvenile arthritis didn't have gut inflammation. In our studies out of 32 S.L.E. patients 20 had afflicted Sun. Out of 13 Juvenile arthritis 8 had afflicted Sun. Further research studies are invited to check gut inflammation for the afflicted patients.

Agnimandya (low digestive fire) causes improper digestion, absorption and improper assimilation of food and results in formation of *Ama* a toxic material^{31,32}. Thus the pathogenesis of *Ama* vata bears similarity to the intestinal permeability syndrome. There are various explanations on the triggering effect of *Ama* on the formation of 'antigen antibody complexes' which is a complex subject difficult to discuss here.

According to medical astrology 6th house and Planet Sun have been ascribed to digestion and assimilation of food. When they are weak and afflicted, faulty digestion and impaired immunity result⁴¹. After preparing 'Pearsons chi-squares', significant correlations were found between afflicted Sun of the patients and healthy people ($p < 0.001$) which is supporting our hypothesis that people with afflicted Sun in a birth chart are more prone to develop autoimmune arthritis. Odds ratio is 5.5, which is inferring that people with afflicted Sun are 5.5 times more prone to develop autoimmune arthritis than people without afflicted sun.

Bar chart 2 is illustrating that afflictions by Saturn and Rahu - Ketu axis promote autoimmune arthritis more commonly than Venus because there is no significant difference between control group and patients regarding afflictions by Venus.

This study is confirming the adverse effect of afflicted Sun on autoimmune arthritis. Sun is the source of energy and is responsible for all the metabolic activities of all living beings including plants⁴². Our traditional customs and ancient books are showing evidence that Gastric glands which secrete digestive juices are under the influence of Sun^{41,42}. During eclipse due to absence of clear rays of Sun our digestive juices become scant and our digestion suffers. Therefore we are prohibited to take any food during eclipse. Our digestion gets upset during rainy seasons and cloudy weather when there is impaired sun light⁴⁶. Several research studies have been conducted on health effects of sunrays⁴³⁻⁴⁶ but no research studies have been conducted on the influence of sun rays on digestion and assimilation of food. No research studies have been conducted on health effects of natal Sun in an individual's birth chart.

CONCLUSION

This study is confirming that people with afflicted Sun by Saturn and RKA, in a birth chart are more prone to develop autoimmune arthritis due to impaired digestion. This study is supporting the descriptions of Sun in standard astrological books as it influences digestion and assimilation of food and when it is weak and afflicted in an individual's birth chart it causes faulty digestion and impaired immunity of that individual^{41,42}. Thus it is advisable to people with afflicted sun in natal charts to avoid indigestion and inflammation of the bowels by increasing digestive fire by fasting, following dietary restrictions and taking appropriate herbs.. According to Ayurveda dietary restrictions are effective treatments for amavata^{31,32} which is being supported by modern research studies^{47,48,49}. Thus examining the Birth chart is an instantaneous, non-invasive procedure and worthwhile in predictive and preventive measures for autoimmune arthritis.

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Appendix:

Malefics : Planets of difficult or damaging effect

Malefic effect: Damaging effect of a planet

Aspects : Relationship between planets according to angle between their positions.

Friend: A planet is said to be a friend of the other whose rays it does not counteract.

Enemy: A planet is said to be an enemy of others whose rays it counteract.

Affliction: Un favourable planetary effect.
