

Kapha Planets and Polycystic ovarian syndrome

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Abstract

Aims and Objectives:

Examination of malefic affect of Kapha (Phlegm) planets, namely Jupiter, Venus, and the Moon on the fourth house in the birth charts of patients with Polycystic ovarian syndrome.

Materials and Methods:

This is a Pilot study. The time, date and place of birth were collected from 60 patients who were diagnosed to be having Polycystic ovarian syndrome. For the control group the data of 30 healthy people has been collected. After analysing their birth charts, affliction to fourth house from Kapha related planets Jupiter, Moon and Venus has been determined. Affliction in the charts of the patients and of healthy subjects has been compared by doing Chi-square/ Fisher Exact test.

Results:

After doing Chi-square/ Fisher Exact test, statistically significant association is found for afflictions of Jupiter and Moon, with $p < 0.001$ and $p = 0.027$ respectively. The odds ratio is 11.45 and 5 for the affliction of Jupiter and Moon respectively which indicates that people with these afflictions are 11.45 and 5 times more prone to develop Polycystic ovarian syndrome than others.

Conclusion:

The fourth house afflicted by Kapha related planets makes one more prone to develop Polycystic ovarian syndrome. The affliction from Jupiter more commonly causes PCOS followed by the Moon and Venus in that order.

Introduction:

Medical Astrology is useful in assessing the timing, prevention, diagnosis, severity and outcome of the disease and its treatment¹.

The timing of the onset of disease at a future date and forestalling the malady are strong areas of Astrology which is not possible to assess for a modern doctor. Multiple screening guidelines are discouraging people from attending screening techniques. By analysing the birth chart we can predict disease and people can attend specific screening techniques thereto by preventing confusion regarding

screening techniques. Unnecessary screening techniques are associated with adverse effects like stress, anxiety, radiation, and chemical exposure besides, of course, waste of money.

Most of the sufferings of modern civilization are due to focusing on Artha and Kama at the cost of Dharma and Moksha which leads to loss of mental peace and humaneness². Medical astrology rectifies this lapse because it reveals the past and present deeds (karma) as responsible for the present sufferings². Negative emotions like fear, anger, greed, compulsiveness and doubt damage the body at the quantum level. They also release stress hormones which lead to several diseases³. These Karmic explanations of Astrology help in prevention of the disease by promoting positive psychological feelings.

Assessment of severity and outcome of the disease are also important areas in Astrology. Sometimes an Astrologer can assess severity and outcome of the disease better than a doctor¹. Ayurvedic doctors without knowledge of astrology could not, sometimes, predict the results of treatment because the same herb may work well for some patients but may not give relief and may even create complications for other patients with the same disease and symptoms⁴. In some cases, for the same patient, a particular herb gives good results during a certain period and may create complications during another period depending on the Ascendant, Dasa and Bhuktis, and the transits of planets⁴.

Astrology also helps to decide whether or not surgical intervention would help, if so, when¹. Unfortunately Astrology has not so far been explored to safeguard health and to avoid unnecessary surgeries⁵. But it is still not too late to gain the benefits of this science⁵. The twelve Schuessler's cell salts have been assigned to the twelve zodiacal signs⁶. The Siddha system refers to Marmas relative to the effects of the Moon and other planets on the human body⁷. Thus for the development of Integrative Medicine, knowledge of Medical Astrology is essential.

Ayurveda classifies PCOS as a kapha disorder. Excessive Kledaka kapha affecting the digestive fire in the stomach is the root cause for the development of Polycystic ovarian syndrome⁸.

The fourth house rules the stomach, the Kapha part of digestive system: Jupiter, Moon and Venus are Kapha planets⁹. The malefic affect of these Kapha planets on the fourth house has been examined in this study.

Materials and Methods:

This is a cross sectional study conducted among patients suffering from PCOS and healthy people .

Selection of Sample, Sample size and Questionnaire:

This is a Pilot study . Data was collected from patients diagnosed to be having Polycystic ovarian syndrome and who were coming to the JJ Hospital and Anu test tube baby centre at Hyderabad. We were able to collect birth data from 60

patients. For the control group, data was collected from the staff working at JJ Hospital and who were free from polycystic ovarian syndrome and symptoms of PCOS, like menstrual irregularities and obesity. The data of 30 healthy people was considered as control group. Birth Charts of patients and control group were analysed by using Astrology software.

Four Groups

Based on afflictions to the 4th house from Kapha planets, namely, Jupiter, Moon and Venus, four groups were identified both in patients and healthy people as follows:

- i) No afflictions to fourth house from Kapha planets.
- ii) Afflictions to fourth house from Jupiter.
- iii) Afflictions to fourth house from Moon.
- iv) Afflictions to fourth house from Venus .

Affliction Criteria

Affliction to the 4th house from the above planets was determined based on the following criteria:

- i) Aspect or presence of functional malefic Kapha planet on 4th house¹⁰.
- ii) Aspect or presence of Kapha planet having lordship of the 6th, 8th, and 12th houses (Trika houses) on the 4th house. Even though it is functional benefic, the Trika lord's presence or aspect is considered as affliction as the Trika lord causes ill-health¹¹. But Mars for Aries and Scorpio and Venus for Taurus and Libra are not considered as malefics inspite of their 6th and 8th lordships, because they are more benefic than malefic on account of their Ascendant Lordships¹².
- iii) Aspect or presence of retrograde Kapha planet on the fourth house. Even though a Kapha planet is functionally benefic, if it is retrograde its presence or aspect is considered as malefic because retrograde planets cause illhealth¹¹..

Statistical Analysis:

Statistical analysis was performed using SPSS 15.0. Descriptive statistical analysis has been carried out in the present study. Results on continuous measurements are presented on Mean \pm SD (Min-Max) and results on categorical measurements are presented in Number (%). Significance is assessed at 5 % level of significance. Chi-square/ Fisher Exact test has been used to find the significance of study parameters on categorical scale between two or more groups. Odds ratio has been used to find the strength of relationship between two groups.

Results:

Characteristics of the Sample: Mean age of the patients participating in this study is 28.07 ± 3.64 . Mean age of control group is 28.20 ± 4.37 . Thus samples are age matched.

Discussion:

Polycystic Ovarian syndrome or disease was earlier known as Stein-Leventhal syndrome¹³. It affects women between 15 and 30 years of age. It is a syndrome characterized by multiple small cysts in the ovaries, menstrual irregularities and features of excess androgen production such as hirsutism (excess facial or body hair), male or female pattern balding, Obesity, hyperinsulinemia and insulin resistance^{8,14}. Infertility occurs in 30% of PCOS patients¹³.

When excessive Kledaka Kapha affects the digestive fire in the stomach, ama (toxin) is produced from improperly digested food. This excess Kapha mixed with ama moves out of the G.I. tract and enters various channels (srotas) and impairs various *Dhatu Agnis* causing *Dhatu Vruddhi* including Artava Dhatu (Ovaries). Ama entering the cells of Artava Dhatu begins to affect the cellular intelligence and function leading to hormonal imbalances and Polycystic ovarian syndrome⁸.

Table1

Table showing number of afflictions by Kapha planets as Functional Malefics, Trika lords and Retrograde planets for various Ascendants.

LAGNA	MOON		JUPITER				VENUS		
	FM	TRI	FM	TRI	RET RO	Both TRI& RETR O	FM	TRIK A	RETR O
ARIES				1		2	2		
TAURUS	2		2						
GEMINI			5						
CANCER				2		2	4		
LEO				5		1	1		
VIRGO			2						
LIBRA	3		3						
SCORPIO									
SAGITTA RIUS		2			1		1		
CAPRICO	3		6						

RN									
AQUARIUS	4		4						
PISCES					2				

Table1 illustrates the number of afflictions from Jupiter and Venus as retrograde planets and afflictions by the Moon, Jupiter and Venus as functional malefics and Trika lords in patients with different Ascendant. Some patients are afflicted by more than one Kapha planet.

After doing Chi-square/ Fisher Exact test, statistically significant association is found, for afflictions of Jupiter and Moon, with $p < 0.001$ and $p = 0.027$ respectively, as illustrated in the Table II.

Table2: Table showing comparison of Affliction in two groups

Affliction	P value	OR
No affliction	$<0.001^{**}$	0.04
Affliction by Jupiter	$<0.001^{**}$	11.45
Affliction by moon	0.027^*	5.00
Affliction by venus	1.000	1.00

These findings explain that people with affliction of 4th house from Jupiter and Moon are more prone to develop PCOS. The odds ratio is 11.45 and 5 for the affliction of Jupiter and Moon respectively which indicates that people with these afflictions are 11.45 and 5 times more prone to develop Polycystic ovarian syndrome than others.

Based on fourth house affliction, the affliction rate has been calculated for each Ascendant as shown in Table III.

Table 3: Affliction rate according to the Ascendants

LAGNA	ARIES	TAURUS	GEMINI	CANCER	LEO	VIRGO	LIBRA	SCORPIO	SAGITTARIUS	CAPRICORN	AQUARIUS	PISCES
Rate Of Affliction	67	75	63	100	100	68	100	0	80	89	100	50

It indicates that people with Cancer, Leo, Libra and Aquarius Ascendants are more susceptible to PCOS because their 4th house is afflicted cent per cent. . However it should be verified by further study on a large group .

People with 4th house affliction due to Kapha related planets can cope with PCOS and associated Diabetes by taking Kapha soothing diet and herbs and by Kapha balancing yoga techniques.

Conclusion:

This study confirms that people with the 4th house afflicted by Kapha related planets Jupiter, Moon and Venus are more prone to develop PCOS due to impaired digestive enzymes and ama formation. Among the three planets, Jupiter is found to be most commonly afflicting the 4th house followed by the Moon and Venus. _Sukra Dhatu is Seminal fluid in the male and Ovum and reproductive juices in the female¹⁵. Venus rules Sukradhatu⁹. Thus further studies are invited on affliction to Venus in causing PCOS. Further studies are also invited on larger groups to verify the findings in this study.

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The Natal charts of 5 cases from this study have been included in this paper to illustrate our findings

Chart 1: Female born on June 27,1979, 15h.30m (IST). at Hyderabad at 17 N 22, 78 E 28with a balance of 3y of Saturn Dasa at birth.

		Ma07:23 Ve25:29	Su11:36
Ke16:53			Me6:26 Mo14:33 Ju16:29
			Sa15:28 Ra16:53

		As26:30	
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Chart 2: Female born on May 28, 1982, 9h.15m (IST).at Hyderabad at 17 N 22, 78 E 28with a balance of 10y 11m 11d of Mercury Dasa at birth .

	Ve03:15	Su12:53 MeR19:49	Ra20:18
			As01:27 Mo21:24
Ke20:18		JuR 08:12	Ma08:21 SaR22:15

Chart 3: Female born on October 18, 1983 at 20h.30m (IST) .at Hyderabad at 17 N 22, 78 E 28with a balance of 11y 9m 9d of Jupiter Dasa at birth.

		As15:21 Ra23:46	
Mo23:31			
			Ve15:44 Ma17:51
	Ju16:08 Ke23:46	Su 1:02 Sa12:05	Me22:41

Chart 4: Female born on January 6, 1986 at 17h.20m (IST).at 20h.30m (IST) . Vijayawada at 16 N 31, 80 E 37with a balance of 7y 3m 7d of Jupiter Dasa at birth

	Ra13:01		As 16:34
Ju 25:46			
Su22:12 Ve19:03 Me 7:16	Sa12:03	Ke13:01 Ma20:15 Mo27:16	