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Medical Astrology: A Study With Special Reference To Diabetes

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Abstract

Medical astrology, or Ayur Jyotisha, explores the interplay between planetary influences and human health, offering a complementary perspective to modern medical understanding. This study focuses on diabetes mellitus, a chronic metabolic disorder increasingly prevalent worldwide, through the lens of astrological principles. In medical astrology, the Chandra represents pancreatic and fluid regulation, Guru governs metabolism and fat processing, and Sukra indicates sugar balance and hormonal functioning. Afflictions to these planets-particularly by Sani, Rahu, or Ketu-are traditionally viewed as potential indicators of diabetic tendencies. The 6th, 8th, and 12th houses, associated with disease, chronicity, and long-term management, further help interpret susceptibility to Type 1 and Type 2 diabetes. While astrology does not replace scientific diagnosis or treatment, it offers a symbolic framework to understand innate vulnerabilities and lifestyle patterns that may contribute to metabolic imbalance. This paper highlights the relevance of integrating traditional astrological insights with holistic health approaches for enhanced disease awareness and preventive care.

Keywords: Medical Astrology, Diabetes Mellitus, Chandra Affliction, Guru Weakness, Sukra and Sugar Metabolism, Chronic Diseases, Astrological Houses.

Terms used: Jyotisha - Astrology; Surya - Sun; Chandra - Moon; Angaraka - Mars; Budha - Mercury; Guru - Jupiter; Sukra - Venus; Sani - Saturn

1. Introduction

Medical astrology, traditionally referred to as Ayur Jyotisha, is an interdisciplinary field that examines the relationship between cosmic influences and human physiological processes. Rooted in ancient systems such as Ayurveda, Siddha, and classical Jyotisha, it proposes that planetary positions at the time of birth, along with their subsequent transits, may reflect inherent constitutional tendencies, potential health vulnerabilities, and long-term disease patterns. Rather than predicting illness in a deterministic manner, medical astrology attempts to offer a subtle understanding of bodily imbalances by correlating planets, zodiac signs, and astrological houses with specific organs, tissues, and metabolic functions.

In recent years, interest in medical astrology has grown, especially in the context of chronic lifestyle disorders. Among these, diabetes mellitus-traditionally known as Madhumeha - has drawn particular attention due to its rapid rise and complex nature. The disorder involves disturbances in insulin production, glucose regulation, and fat metabolism, all of which fall under the symbolic domains of key astrological signifiers such as the Chandra, Guru, Sukra, and Budha. By analysing planetary afflictions, house placements, and karmic indicators like Rahu and Ketu, medical astrology provides a

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complementary framework to explore predispositions and lifestyle patterns associated with diabetic conditions. While it does not replace scientific diagnostics or therapeutic interventions, it serves as a holistic tool to enhance awareness, prevention, and integrative health understanding.

2. Medical Astrology: An Overview

Medical astrology is grounded in the principle that the twelve zodiac signs, planets, and houses correspond to various body parts and physiological systems:

- Surya - Vitality, heart, eyes
- Chandra - Fluids, lymphatic system, pancreas
- Angaraka - Muscles, blood
- Budha - Nerves, endocrine system
- Guru - Liver, fat metabolism
- Sukra - Reproductive and hormonal system
- Sani - Chronic diseases, blockages
- Rahu–Ketu - Imbalances, karmic tendencies

2.1. Among the zodiac signs:

Taurus, Libra, Pisces, and Sagittarius are often considered sensitive to sugar–metabolism disorders. 6th house governs disease; 8th house chronic ailments; 12th house hospitalization or long-term management.

3. Understanding Diabetes Through Astrology

In medical astrology, diseases are not viewed as isolated physiological events but as manifestations of deeper constitutional imbalances reflected in planetary configurations. Diabetes mellitus, traditionally correlated with Madhumeha in Ayurvedic literature, is understood astrologically as a disorder arising from disturbances in metabolic regulation, hormonal balance, and fluid management. These functions are symbolically governed by specific planets, zodiac signs, and houses, whose afflictions indicate susceptibility rather than inevitability.

The Chandra plays a central role in understanding diabetes through astrology, as it governs bodily fluids, nourishment, and pancreatic functioning. Affliction to the Chandra by malefic planets such as Sani, Rahu, or Ketu is traditionally associated with irregular insulin regulation and disturbances in glucose absorption. The waxing and waning nature of the Chandra is also symbolically linked to fluctuating blood sugar levels observed in diabetic individuals.

Guru, the significator of expansion, metabolism, and fat processing, is another crucial planetary indicator. When Guru is debilitated, combust, or afflicted, it may signify inefficient metabolic activity, obesity, or excessive accumulation of glucose in the bloodstream—conditions commonly preceding Type 2 diabetes. Sukra, representing

sweetness, hormonal balance, and bodily comforts, is astrologically connected to sugar metabolism. Afflicted Sukra often reflects dietary indulgence, hormonal imbalance, and impaired glucose regulation.

Sani's influence is interpreted as contributing to the chronic and progressive nature of diabetes. Its association with obstruction, delay, and long-term suffering explains the persistent management required for the condition. Additionally, Rahu and Ketu introduce irregularity, cravings, and karmic predispositions, often linked with sudden onset or atypical diabetic patterns.

Thus, medical astrology conceptualizes diabetes as a multifactorial condition rooted in planetary imbalances, emphasizing early awareness, disciplined living, and preventive care rather than deterministic prediction

Key Astrological Indicators Linked to Diabetes

Astrologers traditionally examine the following:

3.1. Chandra Affliction (Pancreatic and Fluid Regulation)

The Chandra rules bodily fluids and plays a role in pancreatic functioning. Astrological texts indicate that affliction to the Chandra by Sani, Rahu, or Ketu may cause imbalance in insulin secretion.

3.2. Guru's Weakness (Liver and Fat Metabolism)

As the significator of growth, expansion, and metabolism: A weakened or afflicted Guru can lead to issues in fat processing, obesity, or metabolic syndrome—common precursors of Type 2 diabetes.

Guru in inimical signs (Capricorn, Gemini, Virgo) or heavily debilitated may increase susceptibility.

3.3. Sukra and Sugar Metabolism

Sukra represents sweetness, reproductive hormones, and bodily comforts.

Astrologers associate:

- Sukra combusts
- Sukra in malefic conjunction
- Sukra in 6th, 8th or 12th house
- with disturbances in sugar metabolism.

3.4. Sani's Role in Chronicity

Sani does not directly cause diabetes but indicates chronic, long-term diseases. If Sani afflicts Chandra, Guru, or Sukra, the disorder may become lifelong or difficult to manage.

3.5. The 6th, 8th, and 12th Houses

- 6th house: Diseases, lifestyle disorders
- 8th house: Complications, genetic tendencies
- 12th house: Hospitalization, expenses on long-term care

When diabetes-signifying planets are placed in these houses or are influenced by their lords, astrologers consider it a significant indicator.

3.6. Rahu–Ketu Axis

Rahu is linked with toxins, addictions, and unusual cravings.

Ketu is associated with detachment and autoimmune imbalances.

When these nodes affect the Chandra or Sukra, astrologers find higher chances of erratic sugar levels.

4. Common Astrological Combinations Observed In Diabetic Cases

Though not universally present in all cases, some recurring patterns include:

For Type 1 Diabetes

- Strong Ketu influence on Chandra or Sukra
- Affliction of 6th house from malefics
- Weak or combust Budha

For Type 2 Diabetes

- Afflicted Guru and Sukra together
- Strong Sani–Chandra aspect
- Rahu in 1st or 7th house causing dietary irregularities
- Obesity-inducing combinations involving Guru and Chandra

4.1. Astrological Remedial Suggestions

- Strengthening Chandra through mantra, meditation, fasting on Mondays
- Sukra pacifying remedies like white/yellow foods (in moderation), chanting Shukra Mantra
- Guru strengthening through charity, chanting Guru Mantra
- Wearing specific gemstones only after expert consultation

4.2. Lifestyle-Based Remedies (Aligned with Astrology)

- Avoiding excessive sweets and heavy foods
- Maintaining dinacharya and yogic routines
- Practicing pranayama to balance Ida–Pingala (Chandra–Surya channels)

5. Scientific Perspective

From a scientific standpoint, diabetes mellitus is a well-documented metabolic disorder characterized by chronic hyperglycemia resulting from impaired insulin secretion, insulin action, or both. Modern medicine identifies genetic predisposition, lifestyle factors, obesity, stress, dietary habits, and physical inactivity as the primary contributors to the onset and progression of diabetes. Diagnostic protocols rely on measurable biochemical markers such as fasting blood glucose, postprandial glucose levels, and HbA1c values, while treatment strategies focus on pharmacological intervention, dietary regulation, physical activity, and long-term monitoring.

Medical astrology does not function within the framework of empirical biomedical science and therefore cannot establish causal relationships or substitute for evidence-based medical care. However, its relevance lies in its role as a complementary interpretative system rooted in traditional knowledge. Astrological models symbolically associate planetary influences with physiological systems, offering insights into constitutional tendencies, behavioral patterns, and lifestyle inclinations that may indirectly affect metabolic health. In this sense, astrology operates at a psychosocial and cultural level rather than a biochemical one.

Recent interdisciplinary discussions in integrative medicine emphasize the importance of patient awareness, preventive care, and individualized lifestyle modification. When applied responsibly, medical astrology may contribute to these goals by encouraging self-reflection, adherence to disciplined routines, and proactive health behavior. Practices such as yoga, meditation, regulated diet, and stress management—often suggested alongside astrological consultations—are independently supported by scientific research for their benefits in diabetes management.

Thus, while medical astrology lacks empirical validation in clinical diagnostics, it can be viewed as a supportive tool that enhances holistic health perspectives. Its greatest value emerges when it is integrated ethically with modern medical science, reinforcing preventive strategies and patient engagement rather than promoting deterministic or unscientific claims.

6. Conclusion

The study of medical astrology in relation to diabetes offers a holistic interpretative framework that complements modern medical knowledge without attempting to replace it. By examining the symbolic connections between planetary influences and key metabolic functions, medical astrology highlights potential predispositions to disorders such as diabetes mellitus. Afflictions to the Chandra, Guru, and Sukra are associated respectively with pancreatic regulation, metabolic processing, and sugar balance—are frequently noted in astrological literature as indicators of susceptibility. Likewise, the involvement of the 6th, 8th, and 12th houses underscores the chronic, multifactorial, and often lifestyle-linked nature of diabetic conditions.

While astrology does not claim causal authority in biomedical terms, its value lies in offering a broader, integrative perspective on health. It encourages individuals to become more aware of their inherent tendencies and adopt preventive measures through balanced living,

mindful dietary choices, and harmonious routines aligned with traditional wisdom. When used responsibly, medical astrology enriches the dialogue between ancient knowledge systems and contemporary healthcare approaches. Thus, integrating astrological insights with evidence-based medical practices can lead to a more comprehensive understanding of diabetes, fostering early awareness, personalized well-being strategies, and a deeper appreciation of the interconnectedness between the cosmic and the physiological.

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