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Astrology and Mental Health

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ABSTRACT

The review article explains that the mental disease is an integral part of Medical Astrology based on principles propounded by the ancient sages in India. The planets mainly responsible for sound or unsound mental health are the Moon, Mercury and Jupiter. These planets together either keep a native in perfect good mental health or cause him mental illness. Experimentation on diagnosing major mental disorders says that the nature of the mental illness can be ascertained from the relationship between the afflicted and the afflicting planets aided by a good understanding of the inherent qualities of such afflicted and afflicting planets like Moon: feelings, emotions, love, attachment, intuition and tenderness. Mercury: deep thoughts, logic, analysis, mathematics, rationality, planning, Mars: hot temperament, impulsiveness, knee-jerk reactions, violence and anger, Saturn: cunning, obstacle, suffering, stoic behaviour and suppression, Rahu: Evil thoughts, suffering, inciting, tempting, fantasizing

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Introduction

Astrology helps him to judge the strength and weakness in a particular horoscope, particularly the combinations mental weakness and mental disorders. This helps one to strengthen the weak points in the growing years especially if the parents know the particular combinations which need to be given special attention and help in nurturing the children in their growing years. We will see the relation of astrology and mental disorders in this article.

The advantage of knowing these things much in advance can go a big way in avoiding the problems to become severe. Pre-caution is always better than cure. Moon, mercury and venus are the primary planets which govern the mental hemisphere of the person. Moon particularly indicates nourishment of the mind, a badly placed moon renders the horoscope weak. A well nourished mind can positively contribute to mental strength and fertile imagination.

Mercury indicates the retention capacity of the brain, the activity of the nerve centers in the brain, it governs the nervous system and the respiratory system in the body. Venus is the planet of love and beauty when afflicted can make that love fall to base instincts and activate the animal instincts. The unsatisfied desires lead to mental maladies or outbursts of energy in a wrong way. These 3 planets when bearing maximum affliction along with the 5th have in the horoscope play a huge role in astrology and mental disorders.

The mental disorder can be classified into many types as follows :-

1. Anxiety
2. Depression
3. Neurasthenia
4. Phobia
5. Mania
6. Schizophrenia
7. Obsessive compulsive disorders

Like the above there are many more, but most of us suffer from more or less of the above problems like anxiety, phobia, OCD with more or less intensity whereas there are others who can suffer from Phobias, Schizophrenia etc which can bring havoc if not treated in time. A weak moon in the horoscope indicates bad nurturing or lack of proper care during the growing years which definitely makes an impact depending on the weakness in the horoscope.

Psychiatric Problems & planets:

- Significant Planets: Moon is symbolic of mind. Mercury rules communication and nerves capabilities controlled by the brain
- Significant Houses: The fourth and fifth
- Significant Signs: Cancer and Leo. Natal afflictions to the concerned planets, houses, and signs can cause the psychiatric difficulties and mental problems be active for long durations, where transit afflictions can relate to short-term disturbances
- Divisional Chart for Depression: Divisional fifth: Panchamsa

Emotional Health symbols:

- Depression: The Fifth House
- Emotional Peace: The Fifth and Moon
- Mental Peace: The Fourth and Moon
- Nervous Control: The Sixth and Mercury
- General Karaka (significator) for the fifth: Jupiter
- General Karaka (significator) for the fourth: Moon and Venus

Remedies for mentally disorder person

- Make the Lagan Lord strong by wearing gems or worshipping.
- Do worship of Lagan Lord and his/her related God.
- Wear Moon Yantra.
- Donate silver Elephant.
- Do worship of malefic planet.

Weak Mercury- Mercury is responsible for wit and humour in a person and hence weakening of it leads to problems. People having weak Mercury were found to have troubles with

speech, head. Other than that they were also found to have the problem of insomnia and hysteria. Following are the steps that one must take:-

- Avoid green colour as much as possible.
- Wearing a steel ring, the stainless one.
- Wearing a saffron tilak.
- Donate rice and milk at temples.

Weak Rahu- Rahu is said to be one of the most powerful planets, having control of a person's ego and aggression. People having weak Rahu suffer from different kinds of phobias and even certain incurable diseases. Some of the most effective remedies include:-

- Consuming coconut in any form.
- Not consuming leftover food or stale food for that matter.
- Not eating food late at night, one should eat food within an hour of sunset at max.
- Drink sharbat made out of pure sandalwood, make sure it's made from purest sandalwood.

Weak Moon- Moon brings peace and joy in a person's life. In certain cases, it was found that people had weak Moon as well, in that cases the person was found to be suffering from problems related to the mind and also face more frequent irritation than before. Here are some remedies one must take up in order to cure weak Moon in his/her kundali:-

- Meditate on a regular basis, preferably under the moonlight in order to have maximum benefits.
- Donate white clothes to the needy.
- Wear silver kada.
- Fasting on Monday's helps strengthen the Moon.

B R Bhawaan(2007)explains that the Clinical Astrology is one of the branch of Medical Astrology aims at generate positive personality, better understanding of emotional control and related behavior problems in human beings are dealt with by this concept. Birth Chart reveals the mental and emotional aspects, which gives a strong clue for the diagnose of most of the

diseases. Exercises help to gain Physical strength, Prayers help to develop inner mental strength and Astrology helps to develop a faith in divinity and nature. Lack of the above faith and belief is the root cause of all diseases. While Ayurveda aims at healing the physical disorder, Medical Astrology goes the root causes namely Psychological and mental imbalances and develops the firm belief in cosmic life process.

Krishna Murthy Kavirayani(2013)explain that the human nature, character and health, it has a very significant history and at times it gives an idea that it is nearly scientific, but, rigorous experiments with the available scientific methodologies of present times.

Ashish Chauhan(2014) shows that the Moon, Mercury and Jupiter are the key planets responsible for the soundness of the mind. When these planets along with fifth, sixth house in the horoscope of an individual is afflicted by any means then mental illness occurs. Astrology plays a key role to guide and enlighten the man and his thoughts to get the right approach and put in the best efforts to improve and achieve the goal.

Kulratan singh(2015) suggested that the growing of stress disorders: brahma muhurat jaagaran.30 clinically diagnosed patients of anxiety and depression were treated with Brahma muhurat jaagaran for 2 months.

Anand Sagar Pathak (2017) explain that the afflictions of "Rahu" and "Ketu" on the Moon can cause more complications. If "Rahu" afflicts the Moon in the horoscope, the person may be cunning by thoughts and may suffer from schizophrenia and phobias. It may also give birth to suicidal tendencies. If "Ketu" afflicts the Moon, it may also produce similar tendencies. It may make the person irrationally suspicious of others and can make him a maniac. In Vedic astrology, Moon signifies mind and Mercury stands for logic and intellect. Jupiter is seen for maturity and wisdom. If these three planets are afflicted in the horoscope, chances of mental illness may increase.

Rajesh Krishna P B et al(2018) finding that the good sensitivity and specificity for identifying mental illness of more than 75% for lifetime mental illness and more than 80% for the current mental illness.

CONCLUSIONS: Astrologers believe that it is possible to make astrological predictions by studying the house position of a certain planet and the influence of other planets on the presiding planet of a chart. This, they say, requires deeper and devoted study, if not the predictions can go awry. Though the scientific explanations cannot be drawn about the value of predictability, those who believe continue to believe it. Hence, it is difficult to say which one gives a reasonable explanation to human creation, religion or science.

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