

PLANETS AND THEIR RELATION WITH HUMAN**Dr. Minakshi Kaundal*¹, Dr. Rashmi Shrivastva², Dr. Navneet Sharma³ and Dr. Ashwani Upadhyaya⁴**¹Research Scholar, P.G. Department of Dravyaguna, Rajiv Gandhi Govt. P.G. Ayurvedic College & Hospital, Paprola, Distt. Kangra, H.P.²Senior Lecturer, P.G. Department of Dravyaguna, Rajiv Gandhi Govt. P.G. Ayurvedic College & Hospital, Paprola, Distt. Kangra, H.P.³Reader, P.G. Department of Dravyaguna, Rajiv Gandhi Govt. P.G. Ayurvedic College & Hospital, Paprola, Distt. Kangra, H.P.⁴Professor and Head, P.G. Department of Dravyaguna, Rajiv Gandhi Govt. P.G. Ayurvedic College & Hospital, Paprola, Distt. Kangra, H.P.***Corresponding Author: Dr. Minakshi Kaundal**

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ABSTRACT

Our body is made up of some elements which keep on acting both chemically and physically to keep it in a state of homeostasis. We are nothing more than bundle of atoms made up of certain elements i.e. Panchmahabhoota and Tridosha, just like planets are. Due to same atomic make up, our bodies react to the planetary cycles and their relative gravity which influence it either in a positive or negative way. This may be called the basis of Astrology, possible prediction and possible remedies thereof. Stars and planets each have a different influence on our life depending on their position in the Kundali. Cosmic forces in the universe control our thoughts which in turn direct our actions. The nine planets are Sun (Surya), Moon (Chandra), Mars (Mangal), Mercury (Budha), Jupiter (Guru), Venus (Shukra), Saturn (Shani), Rahu and Ketu.

KEYWORDS: Panchmahabhoot, Planet, Kundli.**INTRODUCTION**

Ayurveda (Vedic medicine) and Vedic Astrology are closely related branches of Vedic science designed to harmonize ourselves with the greater universe of consciousness.^[1] The two have been used together throughout the centuries in India to promote balance and well-being in all aspects of our nature. Astrology presents the main factors behind health, both physical and mental, according to the Vedic vision of the unity of the human being and the cosmos. It emphasizes the special typologies of both Vedic systems, combining the Doshik (mind-body) constitutions of the Ayurveda with the planetary types of Vedic Astrology.^[2] This correlation shows how psycho- physical and planetary forces reflect one another in our makeup and in our expression, including noting their disease causing potential.

AIMS AND OBJECTIVES

- (1) To make a co-relation of nine planets and human.
- (2) To analyse the effect of planets on person's thought process and their behaviour and hence on their action.

MATERIALS AND METHODS

- (1) A survey was conducted in district Kangra of Himachal Pradesh.
- (2) Area for study was based upon Tehsil level survey.
- (3) Local priest or religious teachers were located in each area and information about nine planets has been gathered.
- (4) Astrological text books were explored to find out information regarding planets and their relation with human.

OBSERVATION

Planets and Human Body: As per ancient Astrological text we find that the body is enshrined with the control of so many subtle forces. The study of Astrology lies in the analysis of these in relation to the planets.^[3] In order to find out the disparities in the body by the imbalance caused due to the influence of planets we have to know the significance (Karakatwa), related body parts (Shariranga) and results of their action and interaction. Following is the survey information given by various religious teachers, which is same as mentioned in the astrological texts.

Table 1: Planets and their properties, representing body parts.^[4]

Planets	Guna	Tatva	Karka	Prakriti	Rasa	Sharirang
Sun	Satva	Agni	Atma	Pitta	Tikta	Shira, Netra
Moon	Satva	Jala	Mana	VataKapha	Kshara	Budhi, Rakta
Mars	Tama	Agni	Bala	Pitta	Katu	Majja
Mercury	Raja	Prithavi	Vanni	Tridhosh	Sarvrasa	Tawak, Mukha
Jupiter	Satva	Akasha	Vidya	Kapha	Madhura	Meda (Fat)
Venus	Raja	Jala	Kama	VataKapha	Amla	Virya
Saturn	Tama	Vayu	Sanghr-Asha	VataKapha	Kashya	Snayu
Rahu	Tama	Chaya	Dukkha	Vata	Kashya	Asthi (Bone)
Ketu	Tama	Chaya	Kashta	Vata	Kashya	Charma

Table 2: Planets corresponds to a specific vibratory frequency i.e, Varna, Ranga (Color), Sambandha, Sawabhava, Dhatu and Disha.^[4]

Planets	Varna	Ranga	Sambandh	Sawabhav	Dhatu	Disha
Sun	Ksatriya	Rakta	Pita (Father)	Krur	Sona	Purva
Moon	Vaishya	Shawet (White)	Mata (Mother)	Saumya	Chandi	Paschimuttar
Mars	Kshatriya	Laal (Red)	Bhai (Brother)	Krur	Tamra	Dakshin
Mercury	Vaishya	Hara (Green)	Mitra (Friends)	Mishra	Kansya	Utara
Jupiter	Brahmna	Pila (Yellow)	Santaan	Shubh	Sona	Ishana
Venus	Vaishya	Safed (White)	Satri	Shubh	Chandi	Dakshin- Purva
Saturn	Shudra	Nila (Blue), Kala (Black)	Bharitya	Krur	Loha	Paschim
Rahu	Atayaj	Dhumra	Shatru	Krur	Loha	Dakshin
Ketu	Shudra	Dhumra	Vadha	Krur	Loha	Utara

DISCUSSION

A. Main Governance^[5]

Sun governs soul. Moon governs mind. Mars governs strength. Mercury governs speech. Jupiter governs knowledge and happiness. Venus governs potency. Saturn governs struggle (Sangharsha). Rahu governs grief (Dukha). Ketu governs hardships (Kashta).

- Life on earth is sustained due to presence of almighty Sun. Astrologically speaking Sun is the centre of extreme power and all the planets revolve around it due to its huge gravitational force. This is the reason Sun is depicted as soul of the person. Hence adverse placement can make a person arrogant and may cause emotional disorders.
- As Moon governs the mind. So positive moon indicates joy, enthusiasm and peace of mind in life while negative or afflicted moon causes tension, depression, suicidal tendencies etc.
- Being a fiery planet Mars governs strength, if posited favourable, it controls passion and energy. If negative it can give aggressiveness and low self-esteem.
- As Mercury is the planet for communication it governs the means off communication too. If malefic persons do ill- relevant talk or they can have any speech related problems.
- Jupiter is considered as Guru in Vedic Astrology as Jupiter is the largest planet in our solar system. Jupiter represents education, wisdom, wealth, happiness and knowledge. It is also considered as highly beneficial planet. Its nature signifies growth and development.

- Venus the planet for well-known for love, romance, sex, beauty, music, dance and recreation. This is also known as morning star and can be easily recognised when seen in the North direction early in the morning. This is the brightest planet in the sky. If the Venus is not so strongly placed in the natal chart of an individual, he or she can suffers from lack of physical appeal, amicable behaviour, or a tendency for failure in love and married life.
- Saturn is considered a malefic planet in the Astrology, in adverse condition this planet gives loss, sorrow, poverty and hurdles in life. As this planet governs the struggle (Sanghrasha), person under the influence of this planet have to work hard in his life.
- Rahu and Ketu both are shadow planet and considered as malefic planets. If Rahu placed negative in kundali it can create confusion, depression and emotional imbalances. So this planet is considered as governor of grief.
- Ketu is considered as governor of hardships (Kashta), if unfavourable can causes unnecessary depression, poor concentration, bundles of worries and anxiety.

B. Planets and Colors^[6]

Sun shows blood-red colour. Moon shows white colour. Mars shows red colour. Mercury shows grass green colour. Jupiter shows golden yellow colour. Venus is variegated or curdy white. Saturn shows black, blue colour.

Each planet responds to a certain colour, that serves to make up our aura or energy fields. This influence of each planet can be increased by exposure to its corresponding colour, or decreased by exposure to opposite colour.

So colours are particularly good for targeting emotional, psychological imbalances and physical diseases. E.g.

- Jupiter is the planet responsible for jaundice, so we advise patient not to wear yellow to counter the effect of planet Jupiter. In that particular Dasha of malefic Jupiter person can be advised to donate yellow colored clothes and things like Tuhar dal, turmeric etc. on Thursday.
- Individual under the influence of dark planets like Saturn and Rahu tend to live in dark place and wear dark colored clothes, which increases the malefic powers of these planets. To counter this negative influence, they should live in bright environment, surround themselves with bright colors.

C. Sex of Planets

Sun, Mars and Jupiter are male. Moon and Venus are female. Saturn and Mercury are also females. This information can be used for predicting the sex of children based on one's natal chart.^[7]

E.g. If the house ruling the first child is influenced by Jupiter, Mars, Mercury we may predict a son. If it is influenced by Moon, Mercury we may predict a daughter.

D. Planets and Five Elements

- (1) Agni Tatva (fiery element) is ruled by Mars. Sun also has the same nature.
- (2) Bhoo Tatva (earthy element) is ruled by Mercury.
- (3) Vaayu Tatva (airy element) is ruled by Saturn.
- (4) Aaksha Tatva (ethery element) is ruled by Jupiter.
- (5) Jala Tatva (water element) is ruled by moon and Venus.

These rulerships throw light on the basic nature of the planets and same effect they produce on humans.^[7] E.g.

- Being a fiery planet i.e. Pitta type, Mars governs leadership, enterprise etc. same thing is also described in Ayurvedic classics in Pittaj Prakruti Purush.
- Being an earthy planet, Mercury governs memory, logical abilities. In Ayurveda same thing is described in case of Kaphaj Prakruti Purush.
- Being an ethery planet, Jupiter governs wisdom, intelligence and perceiving knowledge. In Ayurveda Acharya Harita also describe that Budhi is governed by Akash Mahabhoota.
- Being an airy planet, Saturn governs wandering and free spirit. In Ayurvedic classics these characteristics are described in Vataj Prakruti Purush.

E. Planets and Varans

Sun and Mars are Kshatriyas (warriors). Jupiter and Venus are Brahmanas (learned). Moon and Mercury are Vaisyas (traders). Saturn is a Sudra (worker).

Learning and intelligence is the forte of the learned class. Bravery is the forte of the warrior class. Getting along with others well is the forte of trader class. Hard work is the forte of the working class.^[8]

In this manner, we should understand Varans of the planet to show one's basic nature or Prakruti rather than the caste of one's family. If these planets are Lagan Lord of any person they influence person's basic nature and behaviour as their own.

E.g. Sun represent courage, actions, and strong will power so people under the influence of these planets are generally action oriented, leaders and more tuned toward their work. In Ayurveda these are the qualities of Pittaj Prakruti Purush.

F. Planets and Gunas

Sun, Moon and Jupiter are Sattwik planets. Mercury and Venus are Raajasik planets. Mars and Saturn are Tamsika planets. They exert their effect only on the mind and behaviour of a person. E.g.

- Sattwik Guna of planets like Sun, Moon, Jupiter leads to purity and truthfulness in one's thoughts and action.
- Rajo Guna of planets like Mercury and Venus shows some passion, energy and impurities in thoughts and actions.
- Tamo Guna of planets Mars, Saturn shows a dark, mean and depraved spirit in thoughts and action.

This concept of Triguna i.e. Satva, Raja and Tama is also described in Ayurvedic classics which are considered as Mansika Guna and they tell about the psychological nature of the person.

G. Seven Dhatus

Sapta Dhatus or seven matters make up human body. The planetary rulerships are as follows: Sun rules bone. Moon rules blood. Mars rules marrow. Mercury rules skin. Jupiter rules fat. Venus rules semen (materials related to the reproductive system). Saturn rules muscles. These rulerships can be helpful in diagnosis a particular disease wiz:

- The planet Sun rules bone. So affliction of planet Sun in one's natal chart leading to have some problems related to bones. If the planet is in strong house, the person will have strong bony texture.
- As Jupiter rules fat, if a person has malefic Jupiter or as a Lagan lord there are possibilities of having problems like obesity.

H. Planets and Taste

Sun governs the pungent taste (e.g. onion, ginger, pepper). Moon governs the saline taste (e.g. sea salt, rock salt). Mars governs the bitter taste (e.g. Karela, Neem leaves). Mercury governs a mixed taste. Jupiter governs sweetness (e.g. sugar, dates). Venus governs the sour taste (e.g. lemon, tamarind). Saturn governs the astringent taste (e.g. pomegranate). The 2nd house shows one's preference in food. The planets influencing it may decide one's favourite taste. In addition, one should avoid the tastes of the planets that are likely to bring diseases.^[9] E.g.

- If one is running a Dasa or Antardasa of a sign containing Moon as per ShoolaDasha (Dasha that shows sufferings). Then suffering related to Moon is possible. Moon can give a problems related to blood pressure as it governs the blood. So eating too much salty food during such a period may result in high blood pressure.
- Similarly, one should cut down on sweets during a period in which Jupiter related troubles are indicated because one may develop too much fat (Jupiter) or get other Jupiter related diseases.

I. Planetary Strengths

Mercury and Jupiter are strong in the eastern direction (Lagna). Sun and Mars are strong in the southern direction (meridian- 10th house). Moon and Venus are strong in the northern direction (nadir- 4th house). Saturn is strong in the west (7th house). These are the Digbalas (strength associated with direction) of planets.^[10] Directions of planets are useful in case of Vastu.

Moon, Mars and Saturn are strong in the night time. Sun, Jupiter and Venus are strong in the daytime. Mercury is always strong.^[7]

CONCLUSION

The human body is one tiny universe which exhibits or represents all the nine planets. Each and every planet and the sign is related directly to various parts of our body responsible for the adequate functioning. The position of planets in the signs is represented by a birth chart that not only displays events and possibilities of life but also the state of a person's body and mind. At the time when a person is born, every planet in our solar system including the stars like the moon and sun place them at a particular position, which is represented in a person's natal chart in the various houses of astrology. This action and configuration not only influences the terrestrial life but also influences human life on earth. These planets have a natural force which influences the biological, physical, mental emotional states of individual. Their different configurations, locations and sizes have either positive or negative effects on mankind.

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