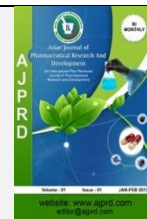


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Review Article

## Astrological Biochemistry of Vitamins

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### ABSTRACT

Vitamins are organic compounds and an integral part of the balanced diet. Biochemically they function as coenzymes. The vitamins belong to the zodiacal sign Virgo in astrological parlance. They complement medicine by the application of astrological knowledge for the eradication of ailments.

**Keywords:** Vitamins, Astrology, Deficiency, Coenzyme, Balance diet, Aliments.

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### INTRODUCTION

Vitamins are organic compounds<sup>1-2</sup> and integral part of the balance diet. They are required in small amounts and perform specific cellular function, therefore essential for the normal metabolism. Biochemically they function as coenzymes. The certain vitamins have chemo preventive roles in the cardiovascular disorders (Niacin), cancer (Vitamin C), and infections (Vitamin A).

The assimilative solubility in intestine classified vitamins into lipid and water soluble.

- Lipid soluble vitamins: Vitamins A, D, E and K.
- Water soluble vitamins: They are sub classified into non-B-complex (Vitamin c) and vitamin B-complex, which is further classified in three categories:
- Energy releasing (Vitamin B1 Thiamine , Vitamin B2 Riboflavin , Vitamin B3 Niacin, Biotin)
- Hematopoietic (Folic acid , Vitamin B12)
- Miscellaneous (Vitamin B6)

Astrologically vitamins belongs to Zodiac sign Virgo<sup>3-4</sup>. It is related to Spica constellation, depicted holding a spike(composed of many grains and vitamins containing foods).

Their benefic effects bring prosperous health and freedom from disease. Vitamins become important in following conditions.

- Great physical exertion

- Active sports
- In old age
- The irregular energy supply
- When dieting for weight loss
- During lactation and pregnancy
- In season with lack of fresh vegetables

The cosmopolitan sources of vitamins are fruits, vegetables, nuts, eggs, dairy products, mushrooms, oils and seeds.

### Theoretical Methodology

Mercury planet rules Gemini and Virgo signs. They command the affairs of 3<sup>rd</sup> and 6<sup>th</sup> houses respectively. Gemini conveys biological information and knowledge for cellular communication in cell sociology. Virgo governs absorption, assimilation and biosynthesis of vitamins in microbial flora of intestines.

The intestinal hygiene is essential for the absorption of vitamins especially in Earth signs (Taurus, Virgo, Capricorn). The antibiotics and other drugs block the absorption of vitamins.

The degrees of Virgo and Gemini determine, diet, nutrition and digestibility. They can help to identify area of Zodiacal weakness (detrimental and opposite signs of planets and signs).The natal position of Sun in the signs show possible chronic deficiency of vitamins. Sagittarius and Pisces are the most disadvantaged in this respect.

A comprehensive review of medically oriented knowledge<sup>5-9</sup> is briefed in tables one and two.

Table 1: Astro-medical Profiles of Zodiacal Signs

Zodiacal signs and their rulers	Human body organs ruled	Aliments	Tissue salts
Aries Mars	Head, brain, eyes, face, muscles and pineal gland	Headache, migraine, sinus problems, high BP, skin eruptions, burns, faintness, fever, inflammation, neuralgia, insect bites and stings	Potassium phosphate helps nerves and brain imbalances.
Taurus Venus	Neck, throat, thyroid gland, larynx, chin, lower jaw, ears, tongue, vocal chords	Stiff neck, tension, excess weight obesity, apoplexy, sore throat, diphtheria, tonsillitis and hypothyroidism	Sodium sulphate regulates metabolism and water supply.
Gemini Mercury	Hands, fingers, arms, shoulders, nerves system, upper ribs, lungs, bronchial tracts, trachea thymus gland	Mental faculty, nerves, nerves strain, lung cancer, asthma, pleurisy, insomnia, restlessness of mind, chest and lungs complains, amnesia, pneumonia and pulmonary disease	Potassium chloride formation and distribution of fibrin fibrous growth clogging of nose and throat.
Cancer Moon	Breast, stomach, lower ribs, womb and pancreas	Stomach, digestive component, dyspepsia, dropsy, upset stomach, breast disorders, glaucoma, cataracts, jaundice and obesity, gastric disorder and lymphatic system	Calcium fluoride good for muscles and ligament tonicity, so prevent muscle prolepsis, healthy teeth enamel.
Leo Sun	Upper back, spine, spleen, heart, aorta and circulation	Cardiovascular heart problems, hardening of arteries, back problems, faintness, fever, blood disorder, aneurysm, high and low BP, angina pectoris spinal, chord problems	Magnesium phosphate healthy nerve tissue and neurotransmission
Virgo Mercury	Nerves systems, intestines, spleen, stomach, nerves, blood, nails, abdomen, lower dorsal nerves	Anxiety, nerves tension, intestinal cancer, appendicitis, cholera, peritonitis, tapeworm, abdominal disorders, bowel disorder, colic pain and dysentery	Potassium sulphate circulation of lipids, helps digestion, kidney function, excretion of toxins
Libra Venus	Lower back (lumber region), lumber nerves, blood vessels, skin, pancreas, adrenal glands, buttocks and kidneys	Kidneys, abscess, bladder disorder, thigh's disease, eczema, gout, sexual problems, diabetes, gout and tumors	Sodium phosphate balance the acid alkaline function, helps acid function affecting nerves system
Scorpio Pluto and Mars	Genitals, bladder, cervix, anus, genital urinary tract and prostate gland	Prostate cancer, reproductive and excretory system, venereal diseases, all sexual transmitted problems, and hemorrhoids, piles, renal stones, ruptures, menstrual problems	Calcium sulphate building and sustaining epithelial tissue
Sagittarius Jupiter	Liver, hips, thigh, arterial system, pelvis and femur(thighbone)	Liver and many components of it. As Jupiter's main keyword is that of expansion, swelling, tumor growth, over weight, overindulgence in food, alcohol and drugs, Rheumatoid	Silica building and maintaining skin, hair, nails, and nerve covers remove skin decomposed matter.
Capricorn Saturn	Bones, joints, knees, skin and teeth	Skin bones disorders degenerative blockages poor growth, teeth problems, epilepsy, leprosy, constipation, arthritis and depression	Calcium phosphate bone builder prevent bone disorders
Aquarius Uranus	Circulatory system, ankles, Achilles heel, calves, shins and breath	Stress anxiety, muscular spasms, electric shock, circulatory problems, arthritis, varicose veins.	Sodium chloride regulate water regulator of temperature
Pisces Neptune	Feet	Glandular problems, addiction to alcohol, drugs, wasting diseases, lethargy gradual, erosion of functions, immune system problem, fluid retention, hormonal imbalances	Ferrous sulphate oxygen transport helps blood circulation purity of internal organs.

Table 2: Relationship between Planets and Organs of Human body and Astro-assignment<sup>4,7-9</sup> of Vitamins

Planets	Human body parts	Astro-assignment of Vitamins
Sun	Cardiovascular spine	Vitamin A
Moon	Digestive system	Vitamin B
Mars	Muscles, Adrenal glands, Head and Sense of smell and taste	Vitamin K
Mercury	Brain, Central nervous system, Thyroid, Hands, and five sense	Vitamin C Thiamine
Jupiter	Liver, Thigh, Feet, Pituitary gland	Vitamin P Flavonoids
Venus	Throat, kidneys, Thymus gland, Sense of touch & Ovaries	Vitamin E
Saturn	Skin, Hair, Teeth, Bones, Spleen Immune system	Vitamin D
Uranus	Parathyroid gland, Aura neural activity	Vitamin A and U Methionine
Neptune	Pineal gland, Psychic healing	Vitamin C
Pluto	Pancreas metabolism Elimination	Vitamin B and E

## Discussion and Results

Medically human organs are governed by planets and Zodiacal signs, therefore occultly control the physiological chemistry of cells and tissues.

They modulate Zodiacal homeostasis through cosmic energy by keeping all the activities (physical, emotional, intellectual and spiritual) in balanced equilibriums. Whenever they are imbalanced or disturbed by unfavorable planetary aspects and opposite signs (180 degrees) from each other and Detrimental signs for planets:

Aries	Libra	Sun (Libra)	Moon (Scorpio)
Taurus	Scorpio	Mercury (Pisces)	Mars (Cancer)
Gemini	Sagittarius	Venus (Virgo)	Jupiter (Capricorn)
Cancer	Capricorn	Saturn (Aries)	
Leo	Aquarius		
Virgo	Pisces		

The normal physiology becomes pathology. The chemo preventive roles of Vitamins and minerals are diluted.

The elemental compositions suggested that vitamins are cosmic hybridization of Sun and Moon. The relationships with minerals and biological precursors have astrological connectivity

Sun – Vitamin A and D, Magnesium and Iodine

Moon – Riboflavin and potassium

Mercury – Thiamine

Jupiter – Vitamin B6 and Choline inositol, Biotin, Manganese, Sulphur, Pangamic acid, Chromium and Zinc

Neptune – Pantothenic acid

Pluto – Orotic acid

The astrological impetus<sup>10-16</sup> on human pathology was studied with scientific outlook as follows :

**Vitamin A** – Deficiency is manifested when Sun is determinatl in Libra and Aquarius being enemy of Venus Saturn and Rahu. The skin is the largest organ of human body undergoes loss of complexion, aging and pigmentation. The ophthalmic weakness may be manifested in Libra and Aquarius.

**Vitamin B Complex-** is essential for nervous system and metabolism. Scorpio and Capricorn need them most. Hydrophilicity of this vitamin is attributed to water sign. Cancer with variability of moods analogous to changes in moon shapes. Moon becomes detrimental in Scorpio, so there is loss of vitamin B- complex through urinogenital system, leading to deficiency.

**Vitamin B complex-** plays role as coenzymes and they serve as hydrogen carriers in redox reaction that produce the energy for all the cellular processes Niacin, Riboflavin and Pantothenic acid are bio energetically vitals. Scorpio and Capricorn need them most. The former has excretory loss and later need for sluggish metabolism which cause depression. The overall loss of vitality is due to declined bioenergy.

**Vitamin C** - Water soluble fruits, mountain ash, prevent respiratory system disorder and chemo preventive in Cancer. Mercury is detrimental Pisces but weak in Sagittarius as both signs have common ruler Jupiter.

**Vitamin D-** It helps in the absorption of calcium and requires sunlight for synthesis. Saturn and Sun are foes of each other, therefore geographical areas deficient in sunlight led to bones disorders and loss of osteocytes in geriatrics.

**Vitamin K** - Detrimental mars in cancer, negativity support adrenal physiology and reduce tonicity of muscles.

**Vitamin E** – Debilitated Venus in Virgo may aggravate kidney ovaries and throat disorders due to free radicals attack on bio membranes of these organs.

The triplicity of Zodiacal Signs related with Vitamins demands.

Air signs (Gemini, Libra, Aquarius) – Vitamin A and P

Earth signs (Taurus, Virgo, Capricorn) – Vitamin B, K and P

Fire signs (Aries, Leo, Sagittarius) – Vitamin D

Water signs (Cancer, Scorpio, Pisces) – Vitamin B, C, D, and K

The biochemical and physiological synergy is supported by Vitamin C (hydrophilic), and Vitamin E (lipophilic). Both are potent antioxidants. Their noteworthy functions are Immunomodulation free radical scavenger, longevity and growth promoters, cleaner of GIT junk and dead cells, revitalize of body strength, shrinkage of tumor cells, asphoridac for libido/ sex drive. Amazingly they are happy companions of Heart and Kidney.

## CONCLUSION

Vitamins are indispensable for the cellular bioenergetics, metabolic efficiency and chemo preventive for clinical disorders.

An individual (his/her) can ascertain needs of Vitamins according to Zodiacal signs for keeping healthy human – physiology therefore Vitamins are medical industry. It is logical to infer that Vitamins have biochemical trust of physiological friendliness.

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