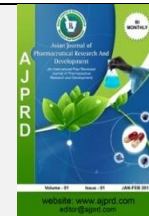


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Research Article

Astrological parlance of macro and micro nutrients

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ABSTRACT

The dietary minerals are astro-elements. They maintain normal biochemical physiology and anatomical strength. Their deficiencies under unfavorable planetary configurations cause health-maladies.

Keywords: Astro- element, Zodiacal salt, macronutrient, micronutrient.

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INTRODUCTION

The dietary minerals are chemical elements, derived from biogeochemical process. About 26 elements including carbon, hydrogen, oxygen, nitrogen used for human biochemical machinery⁴. They are indispensable for water and electrolyte metabolisms and contribute to nutrition as macro/micro nutrients⁵⁻⁹. The minerals are an integral part of essential physiological compounds such as zinc in metalloenzymes and insulin, iodine in thyroxine, iron in hemoglobin, cobalt in vitamin B₁₂, sulphur in coenzyme A and lipoic acid. The physiological chemistry is impaired by the deficiencies of minerals¹⁰⁻¹¹.

Theoretical methodology

The dietary minerals are astro-elements¹⁻³ because they are governed by zodiacal signs and planets. We classify major minerals in three astrological categories.

1. Solar elements – Na⁺
2. Lunar elements – Mg⁺⁺
3. Mercurial elements are sub-classified
 - Gemini – Ca⁺⁺, Zn⁺⁺, Cu⁺⁺, Cr⁺⁺⁺, Fe⁺⁺
 - Virgo – K⁺, Cl⁻

Interestingly each zodiacal sign has tissue salts (Table-one) composed of cations and anions. The extracellular and intracellular cell compartments have Na⁺, K⁺, Ca⁺⁺, Cl⁻. They define ion- channels of cell-membrane receptors of pharmacological importance.

DISCUSSION AND RESULT

The essential minerals of the physiological importance includes macro/micro nutrients (Table-two). The sun/moon (royal planets) and mercury participate in cosmic regulation of macro-nutrients (Na⁺, K⁺, Ca⁺⁺, Mg⁺⁺, Fe⁺⁺). Surprisingly zodiacal tissue salts have cations and anions. Both the ions exhibited the astro compliance with classification of astro-elements.

Micronutrients are biochemical players of human metabolism¹²⁻¹⁴. They act as cofactors, coenzymes, genetic controllers, and free radical quenchers for oxidative metabolism. The ergonomics of metabolism (ATP generation for bioenergetics machinery through energy rich bonds) utilizes Cu⁺⁺ and Fe⁺⁺ in electron transport system. Both minerals are mercurial elements, therefore they have functional duality in redox reactions for electron transport, supported by mutable Gemini zodiacal sign. The impaired biochemical function causes functional defects and depletes the levels of micronutrients, therefore their deficiencies are clinically manifested. The specific micronutrients of food improve the health and patient recovery. Micronutrients interactions should be avoided. It is attributed to planetary enmity and zodiacal incompatibilities, for example calcium and iron become antagonist, if mars and Jupiter are debilitated in negative zodiacal signs. We made novel approach for public health welfare by offering cosmic connectivity and occult communication of astrology. The modern astrological concepts were applied to popularity of astrology.

Table: 1 Astro biochemical relationships

Zodiacal Signs and their rulers	Tissue Salts	Ruler of Cations	Ruler of anions
Aries(Mars)	Potassium phosphate	K ⁺ Mercury	PO ₄ ³⁻ Moon
Taurus(Venus)	Sodium sulphate	Na ⁺ Sun	SO ₄ ²⁻ Moon
Gemini(Mercury)	Potassium chloride	K ⁺ Mercury	Cl ⁻ Mercury
Cancer Moon	Calcium fluoride	Ca ⁺⁺ Mercury	F ⁻
Teo(Sun)	Magnesium sulphate	Mg ⁺⁺ Moon	SO ₄ ²⁻ Moon
Virgo(Mercury)	Potassium sulphate	K ⁺ Mercury	SO ₄ ²⁻ Moon
Libra Venus	Sodium phosphate	Na ⁺ Sun	PO ₄ ³⁻ Moon
Scorpio Mars/ Pluto	Calcium sulphate	Ca ⁺⁺ Mercury	SO ₄ ²⁻ Moon
Sagittarius Jupiter	Silica	SiO ₂	SiO ₂ Moon
Capricorn Saturn	Calcium phosphate	Ca ⁺⁺ Mercury	PO ₄ ³⁻ Moon
Aquarius Uranus/Saturn	Sodium chloride	Na ⁺ Sun	Cl ⁻ Mercury
Pisces Neptune/Jupiter	Ferrous sulphate	Fe ⁺⁺ Mercury	SO ₄ ²⁻ Moon

Table: 2 The physiological glimpse of minerals

Minerals	Functional Roles	Nutrient classes
Calcium	Bone health, blood coagulation, pressure, muscle contraction	Macro
Phosphorus	Bone and tooth health	Macro
Sodium	Maintains fluid and electrolyte balance	Macro
Potassium	Maintain fluid and electrolyte balance	Macro
Magnesium	Muscle activity, and fat, protein and carbohydrate metabolism	Macro
Manganese	Brain function, energy metabolism,	Micro
Iron	Hemoglobin formation, brain development, temperature regulation	Micro
Zinc	Taste perception	Micro
Copper	Electron carrier	Micro
Iodine	Thyroid hormone synthesis	Micro
Selenium	Antioxidant	Micro

CONCLUSION

Minerals nutrients are the most essential physiological entities for the survival of human body. The configurational trine of sun, moon, and mercury includes almost all the macro/micro nutrients to sustain livingness. The unfavorable influences of them retrograde the performance of dietary minerals. The versatile diet composed of vegetables, fruits, and seeds cure the biological maladies due to mineral deficiencies.

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