



ROLE OF NAVGRAHA PLANTS IN MANAGEMENT OF NON- COMMUNICABLE DISEASES

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ABSTRACT

Non-communicable diseases (NCDs), mainly cardiovascular diseases, cancers, diabetes, obesity and chronic respiratory diseases, represent a leading threat to human health and human development in today's world. Medicinal plants have always been the principle sources of medicine worldwide. Ayurvedic medicines share the millennia of Ayurvedic herbs which prevent and effectively treat many non-communicable diseases. These drugs are safe, effective and affordable. We cannot limit the study of Indian plants based on their therapeutic values but we should also consider their use from Astrological point of view. As we all know, in astrology it is believed that there are nine planets which are controlling the destiny of a person and there are certain specified herbs which act as a remedy to treat disastrous effect of planets. To minimize the ill effect of *Navgrahas* one of the easiest methods is to plant the *Navgrah Vatika* (garden). It protects from various problems including non-communicable diseases. Astrology along with *Ayurveda* shows how we can heal ourselves through the herbs corresponding to their particular star. Combining astrology and Ayurveda fruitful results can be obtained. Each plant in this paper corresponds to that particular planet/star which gives energy to that particular person born during that particular star time. Present paper will describe the importance *Navgrahavatika*, role of planets in health and how these *Navgraha* plants are useful in prevention and treatment of non-communicable diseases.

KEYWORDS: *Navgraha* plants, *Rashi*, Astrology, Non- communicable diseases (NCDs).

INTRODUCTION

Noncommunicable diseases (NCDs), also known as chronic diseases, are not passed from person to person. They are of long duration and generally slow progression. The 4 main types of non-communicable diseases are cardiovascular diseases (like heart attacks and stroke), cancers, chronic respiratory diseases (such as chronic obstructed pulmonary disease and asthma) and diabetes. These four NCDs factors are the world's leading causes of death and kill an estimated 35 million people each year - 60% of all deaths globally - with 80% in low and middle income countries. WHO estimates that total deaths from non-communicable diseases will increase by a further 17% over the next 10 years.^[1]

On escalating cost of treatment and side effects of allopathic medicines had prompted medical experts to think of widening their horizons to traditional systems of medicine.

Medicinal plants have always been the principle sources of medicine worldwide through centuries. *Ayurvedic* medicines shares the millennia of *Ayurvedic* herbs, experience of preventing and effectively treating many common and not so common ailments, supported with remedies and treatments that are safe, effective and affordable. As allopathic medicine only cures the sign and symptoms of a disease that too with severe side effect *Ayurvedic* medicines focus on the root cause of disease

with no or limited side effects. *Ayurvedic* medicines do nothing but just seek to strengthen and enhance the body's own healing process - to help the body help itself. We cannot limit the study of Indian plants based on their therapeutic values but we should also consider their use from Astrological point of view. As we all know, in astrology it is believed that there are nine planets which are controlling the destiny of a person and there are certain specified herbs which act as a remedy to treat disastrous effect of planets. We cannot limit the study of Indian plants based on their therapeutic values but we should also consider their use from Astrological point of view. It protects from various problems including non-communicable diseases. Astrology along with *Ayurveda* shows how we can heal ourselves through the herbs corresponding to their particular star. Combining astrology and Ayurveda fruitful results can be obtained. In astrology it is believed that there are nine planets which are controlling the destiny of a person. Each planet is associated with different parts of the human body. The following table shows which tissues or organs in the human body are influenced by the movements of each of the nine planets. When the planets are in weak positions, then they will likely cause some ailment corresponding to the body part that they influence.

Table 1: Planet in Astrology [2]

Planet in Astrology	Western Name	Body Part Represented
<i>Surya</i>	Sun	Soul
<i>Chandra</i>	Mars	Vitality
<i>Buddha</i>	Mercury	Nerves
<i>Brihaspati</i>	Jupiter	Heart
<i>Shukra</i>	Venus	Sex organs
<i>Shani</i>	Saturn	Feet
<i>Rahu</i>	North Lunar Node	Bones
<i>Ketu</i>	South Lunar Node	Secret parts

There are several remedies in astrology to pacify the ill effects of the planets. Similarly there are certain specified herbs which act as a remedy to treat disastrous effect of planets. To minimize the ill effect of *Navgrahas* one of the easiest methods is to plant the *Navgrah Vatika* (garden). It protects from various problems including non-communicable diseases. **Navagraha Vatika (Celestial Garden)** [3]

Navagraha Vatika (Celestial Garden) means garden of Nine planets represented by the plants or trees or bushes or grasses which have the forces of Nine planets. These plants and trees of 9 planets are planted in a particular direction to get the benefit of Nine planets and then it is called the *Navagraha Vatika* (Nine Planets Garden).

Table No. 2 Navagraha Vatika (Celestial Garden) Plants With Its Directions

S.no.	Planet (ग्रह)	Common Name (सामान्यनाम)	Direction (दिशा)	Scientific Name (वैज्ञानिकनाम)
1.	Sun (सूर्य)	<i>Aak / Shwetark</i> (आक / श्वेतार्क)	Middle	<i>Calotropis gigantea</i>
2.	Moon (चन्द्र)	<i>Palash</i> (पलाश)	South-East	<i>Butea monosperma</i>
3.	Mercury (बुध)	<i>Apamarg</i> (अपामार्ग)	North	<i>Achyranthus aspera</i>
4.	Venus (शुक्र)	<i>Gular / Anjeer</i> (गूलर / अंजीर)(Fig)	East	<i>Ficus racemosa</i>
5.	Mars (मंगल)	<i>Khadhir (Nalla Sandra)</i> (खादिर)	South	<i>Acacia catechu</i>
6.	Jupiter (बृहस्पति)	<i>Peepal / Ashvath</i> (पीपल / अश्वत्थ)	North-East	<i>Ficus religiosa</i>
7.	Saturn (शनि)	<i>Shami / Khari</i> (शमी / खरी)	West	<i>Prosopis cennearia</i>
8.	<i>Rahu</i> (Dragon's Head) (राहु)	<i>Durva</i> (दूर्वा)	South-West	<i>Cynodon dactylon</i>
9.	<i>Ketu</i> (Dragon's Tail)	<i>Darbha</i>	North-West	<i>Desmostachya bipinnata</i>

Importance of Navagraha Vatika (Celestial Garden)

Navagrah Vatika is very important and source of energy if planted anywhere. As these plants represents different planets i.e. represents different celestial forces so this Garden is used to get the power of *Navagraha* (Nine Planets). Astrologers also suggests that any ailment or health problems are set right, healed or cured when the affected people spend time, request, talk or mediated near or under that particular tree, corresponding to their star.

Power of Navagraha (Celestial Garden)

1. *Navagraha Vatika* or garden is used to get the power of *Navagraha* (Nine Planets).
2. It Protects from various diseases problems including non-communicable diseases.
3. It Gives the visitors and the person taking care of them a Healthy and Wealthy life.
4. If planted heartily in auspicious time and in well directions then it attracts the power of divine energies.
5. Removes *Vastu Dosha* (problems coming in life due to wrong architecture).
6. Encourages tree plantation.

Every person born on earth will belong to any one of the nine stars according to his place and time of birth. If the exact time of birth of a person is known then the planet of his personal *Rashi* can easily be traced by any astrologer. Astrologers also suggest that any ailments or health problems are set right, healed or cured when the affected people spend time, request, talk or meditate near or under that particular tree, corresponding to their star.

Role of Planets in Health

All the nine planets are significant for health. Every planet is associated with a different health problem. Ayurveda relies on herbal remedies for the treatments of diseases. These remedies have been carefully prepared since several millennia in order to offset the negative influences of external elements in the human body. As such, they are also effective for planetary imbalances that can cause diseases in the human system. There are specific treatments for problems caused by each of the different *Navgrahas*. [4] The following table shows the ailments caused by the different *Grahas* and the Ayurvedic medicines used for the treatment of the same. [5]

Table 3: Graha and its Important Role in Different Diseases

Graha	Role in Different Diseases
Sun	headaches and troubles related to heart, eyes, bile and bones.
Moon	somnambulism (sleep-walking), coughs, dysentery, tumor, malaria, hydrophobia, fear of animals with horns, problems concerning women, hallucinations.
Mars	problems like burns, cuts, bile, loss of blood, indigestion, acidity, head injury, abortion, tumors in stomach and appendicitis, leprosy, eye diseases, epilepsy, bone marrow diseases and piles.
Mercury	A weak Mercury results in less intelligence. Mercury can also be related to problems with voice, skin and neck. Lack of self-confidence, irrational fears, throat and eye problems, goiter, nose diseases, colds, coughs fevers, flatulence, poisoning, skin diseases, jaundice, excessive fear of fire.
Jupiter	the amount of fat in the body increases. It can also be associated with the problems related with liver, jaundice, diabetes, cancer etc. Stomach tumors such as gastric tumors appendicitis, typhoid, coughs, ear diseases, comas, frequent litigations.
Venus	Anemia, diseases of the eye, flatulence, cough, urinary diseases, diabetes, syphilis, prostatitis, low sperm count, impotence, dryness of mouth, constipation, irrational fears, unable to socialize with people.
Saturn	causes chronic ailments like arthritis, dental problems, skin problems, problems in legs, paralysis, swelling in the feet, stress and surgeries. Flatulence, cough, pain in the legs, excessive fatigue, illusion, excessive heat in the body, mental shocks, personal calamities, accidents causing temporary or lasting wounds in the body, problems with the heart, frequent bereavement.
Rahu	Heart diseases such as attacks and inflammations, leprosy, illusions, hallucinations, diseases due to poisoning, irrational fears, excessive hurt and wounds.
Ketu	<i>Ketu</i> can be associated with surgeries. It can also be connected to chickenpox and stammering. Conflicts between castes, unknown mysterious diseases that cannot be easily found out by doctors.

Table 4: Treatment of non-communicable diseases with Navgrah plants is as follows

Cardiovascular diseases	<ol style="list-style-type: none"> 1. Water extract of <i>B.fondosa</i> seeds possess antihypertensive activity.^[6] 2. <i>C. dactylon</i> exerted a strong protective effect on right heart failure, in part by positive inotropic action and improving cardiac functions.^[7]
Cancer	<ol style="list-style-type: none"> 1.The anti-tumor potential of the root extracts of <i>Calotropis procera</i>. The root extracts of <i>C. procera</i> inhibit the proliferation of Hep2 cells via mechanisms based on apoptosis and cell cycle disruption.^[8] 2. The ability of aqueous extract of <i>Butea monosperma</i> flowers to impose growth arrest and trigger pro-apoptotic death in cell culture strongly correlated with its strong chemo preventive effect in vivo when given orally.^[9] 3.Methanolic extract of <i>Achyranthes aspera</i> contains potent anti-proliferative compound with specific activity against pancreatic cancer.^[10] 4. Cytotoxic agent has been isolated from <i>F. carica</i> latex that showed in vitro inhibitory effect on proliferation of various cancer cell lines.^[11] 5. Extract of imperatacylindrical shows anticancerous properties on human oral squamous cells.^[12]
Diabetes	<ol style="list-style-type: none"> 1. The efficacy of dry latex of <i>Calotropis procera</i> as an antioxidant and as an anti- diabetic agent was comparable with that of the standard antidiabetic drug, glibenclamide.^[13] 2. The ethanolic extract of <i>B.monosperma</i> was studied in glucose loaded and alloxan induced diabetic rats. Single dose treatment of BMEE 200mg/Kg p.o. significantly improved glucose tolerance and caused reduction in blood glucose level.^[14] 3. Ethyl acetate extract of <i>Acacia Catechushoes</i> hypoglycaemic activity in alloxan induced diabetic albino rats.^[15] 4. Aqueous extract of <i>Ficus religiosa</i> bark possesses significant antidiabetic activity.^[16] 5. An aqueous extract of <i>Ficus carica</i> leaves was studied in streptozotocin-diabetic rats. The extract induced a significant hypoglycaemic effect after either oral- or intraperitoneal (i.p.) administration. ^[17]
Chronic respiratory diseases	<ol style="list-style-type: none"> 1. Apamarga <i>A. aspera Antardhooma Bhasma</i> on cases of <i>Tamaka Shwasa</i> bronchial asthma was found to be effective.^[18] 2. <i>P. cineraria</i> extract shows concentration dependent relaxant effect on bronchioles, acts as a bronchodilator and used for the treatment of respiratory diseases like asthma, cough and bronchitis.^[19]

CONCLUSION

After the detailed discussion on the above topic, it is concluded that NCD's are the most common cause of death worldwide in the present era. Where modern medical science is at loss, astrology and Ayurveda combinely can solve the problems easily. By the combination of Ayurvedic herbs according to person's *Rashi* various ailments can be cured easily. The need of the hour is to use combine therapy of Ayurveda and Astrology to obtain fruitful results.

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