

A HANDBOOK OF
**MEDICAL
ASTROLOGY**

JANE RIDDER-PATRICK

SECOND EDITION • REVISED AND ENLARGED



A HANDBOOK OF MEDICAL ASTROLOGY

Second Edition, Revised and Enlarged

Jane Ridder-Patrick

CrabApple Press Edinburgh

OceanofPDF.com

Reviews

“A Handbook of Medical Astrology is a masterpiece of clarity, a mine of information and quite simply a classic in its field. ... An indispensable resource for the consulting astrologer.”

Melanie Reinhart, author of *Chiron and the Healing Journey*

“A rare achievement... An outstanding contribution to the field of medical astrology ... An immensely practical and informative guide for anyone wishing to understand the relationship between astrology, the body and the emotions - essential reading.”

Clare Martin, Past President of the Faculty of Astrological Studies

“This is a very important book. It provides both a comprehensive survey of the current state of Western astro-medicine and lays down valuable guidelines about how astrology can be used effectively in the healing arts.”

Charles Harvey, Past President of the Astrological Association of Great Britain

OceanofPDF.com

ALSO BY JANE RIDDER-PATRICK

The Aries Enigma
The Taurus Enigma
The Gemini Enigma
The Cancer Enigma
The Leo Enigma
The Virgo Enigma
The Libra Enigma
The Scorpio Enigma
The Sagittarius Enigma
The Capricorn Enigma
The Aquarius Enigma
The Pisces Enigma

OceanofPDF.com

For my sons, Alleyne and Max, with love and gratitude
And for Katze, with great affection

OceanofPDF.com

Copyright Jane Ridder-Patrick, 1990.
All rights reserved.
The moral right of the author has been asserted.

CrabApple Press
29/3 East London Street, Edinburgh, EH7 4BN, Scotland

ISBN 978 0 9551989 0 8

No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage or retrieval system, without permission in writing from CrabApple Press. Reviewers may quote brief passages in connection with a review written for insertion in a magazine, newspaper or broadcast.

A catalogue record for this book is available from the British Library and the National Library of Scotland.

First published 1990. Second edition 2006

OceanofPDF.com

Contents

[Cover](#)

[Title Page](#)

[Reviews](#)

[Also by Jane Ridder-Patrick](#)

[Dedication](#)

[Copyright](#)

[Figures and Tables](#)

[Foreword to the First Edition by Charles Harvey](#)

[Preface to the First Edition](#)

[1. On Sickness and Health](#)

[2. The Web of Well-Being](#)

[3. The Planets and Aspects](#)

[4. The Signs and Houses](#)

[5. The Degree Areas](#)

[6. The Decumbiture Chart](#)

[7. The Therapeutic Situation](#)

[8. Medical Astrology in Action](#)

[9. Materia Medica](#)

[Bibliography](#)

[About the Author](#)

[*OceanofPDF.com*](#)

Figures and Tables

[Figure 1: Calculating planetary hours](#)

[Figure 2: Tom's Decumbiture Chart](#)

[Figure 3: Angela's Chart](#)

[Figure 4: Renate's Chart](#)

[Figure 5: The Traditional House Rulerships](#)

[Table 1. The Astrological Alphabet of Health](#)

[Table 2: Age-Sign Correlation](#)

[Table 3: Fixed Stars](#)

[Table 4: Planetary Hour Rulers](#)

[Table 5: Qualities of Signs and Planets](#)

[Table 6: Ptolemy's Table of Essential Dignities and Debilities of Planets](#)

[Table 7: Lilly's Table of Dignities and Debilities](#)

[Table 8: The average motions of the planets](#)

[Table 9: Antiscions](#)

[Table 10: Lilly's Table of Parts of the Body](#)

[*OceanofPDF.com*](#)

Foreword to the First Edition by Charles Harvey

This is a very important book. it provides both a comprehensive survey of the current state of Western astro-medicine and lays down valuable guidelines about how astrology can be used effectively in the healing arts. With her professional background as a practising pharmacist, medical herbalist and astrologer, Jane Ridder-Patrick brings an unparalleled level of experience and clear-sighted understanding of the ways in which astrology can be used as a practical diagnostic and therapeutic tool. She shows that astrology is a world view through which we may more readily attain to that ideal harmony between the forces of heaven and earth within us. Drawing on her broad knowledge of the world's astro-medical practitioners and the literature of the field, Ridder- Patrick has produced a book that will prove an invaluable introduction to the area for layman and medical practitioner alike.

The great astrologer and philosopher John Addey declared, 'From being an outcast from the fraternity of sciences astrology seems destined to assume an almost central role in scientific thought.' For this transformation of astrology's position in Western thought to come about, it will be necessary for science to arrive at an understanding of the real principles of astrology. But equally, and as important, this development will be dependent upon skilled practitioners showing how astrology's ancient and revolutionary principles can be usefully applied to their own fields of science and art.

Much pioneering work has already been done in the fruitful application of astrology to depth psychology by those such as Carter, Rudhyar, Greene, Arroya and Tarnas. Now in this work Ridder-Patrick, with her deep

understanding of medical and astrological principles, opens the way to a new era of astro-diagnosis and astro-medicine. As the author says, 'There is a sense of renaissance in the air, and a willingness to learn, to co-operate and to exchange our often strikingly different views.' What she is too modest to state is that if this is so, and if we are indeed approaching a time when, as Hippocrates is alleged to have said, 'A doctor without a knowledge of astrology will not rightly be able to call himself a physician', then it will be in no small measure to her own work as a tireless practitioner and correspondent with the whole astro-medical community. I would encourage all of you who are inspired by this book, and who would like to further the development of medical astrology, to spread the word and to join her in this vitally important work for the true healing of mankind and the world.

Frome, 1989

OceanofPDF.com

Preface to the First Edition

In this book i have attempted to bring together some of the major approaches that are or have been used in Western medical astrology. This is in no sense an authoritative rulebook. It is more an anthology of methods, some of which need stringent testing before being accepted into the mainstream of astrological knowledge. It is offered as a possible framework, a base from which readers can start to explore the subject for themselves and make their own discoveries.

Where possible, I have tried to use original material and the work of astrologers who have been involved in serious research in the field. My own work has brought me into contact with many of the world's practising medical astrologers. There is a sense of renaissance in the air, and a willingness to learn, to co-operate and to exchange our often strikingly different views. We live in exciting times. The various strands are drawing together to provide a solid, consistent and reliable body of information on medical astrology that conforms to the first principles of both medicine and astrology. However unlikely it seems at this juncture, perhaps we are nearing a time in which, as Hippocrates is reputed to have said, a doctor without a knowledge of astrology will not rightly be able to call himself a physician.

Kilsyth April 1989

OceanofPDF.com

ONE

On Sickness and Health

The world health organisation defines health as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. This definition, which has not been amended since 1948, is far-reaching and even radical. Perhaps unsurprisingly though, given how contentious the subject is, it does omit the spiritual aspect of life, that fundamental human need for a meaningful context in which to base and evaluate experience. The importance of the spiritual dimension has been underlined by the Swiss psychiatrist, C. G. Jung, who said that, of all his patients over the age of forty, there was not one whose problem was not essentially religious in nature.

The word 'health' comes from the same root as the word 'whole'. What does it mean to be whole – to be fully alive in every part of our being? The Chinese have a lovely image of man moving between the forces of heaven and earth with the goal of remaining in harmony with both. That is one of the best models for health that I have come across. For me, health is an awareness, an affirmation and an active participation in one's own destiny, with all the responsibility, pain and joy that that entails. It is an expression of creative free will within the boundaries of natural and cosmic events, so that the individual participates in the fullest possible unfolding of self in the context of the given life circumstances. Health is not a static or passive state; it is a process of becoming. It means taking up the challenge of

existence and meeting life honestly and openly within the constraints of the individual character and situation. Implicit in this attitude is the willingness of individuals to participate in their own destinies, so far as their state of consciousness allows, and a readiness, which balances both flexibility and steadfastness, to adapt to the demands of constantly changing circumstances.

Astrology is one of the most accessible and reliable methods of pinpointing and analysing those factors that permeate inner and outer circumstances at any given moment, the individual's relationship to them, and the adjustments that need to be made to maintain a dynamic balance. Health is the result of the state of inner harmony that comes from co-operating with these forces.

This view of health also includes the experience of disease and death, which are not necessarily enemies to be attacked and eliminated at all costs. Illness can be a teacher, as well as a source of strength and growth. Larry Dossey, in *Beyond Illness*, gives a moving account of an elderly patient, John, who was dying in an intensive care unit of pneumonia, blood poisoning and renal failure. Dossey writes:

As I stood there I was taken with a thought that made no sense at the time: *This man is healthy*. Lying helplessly, affixed to various gadgets, this gentle, wise, alert man seemed beyond the distinctions of health and illness. John seemed to transcend the easy classifications of 'sick or well', 'better or worse'. And he *knew* it too – he *experienced* this transcendence, radiating a kind of healthiness even when moribund.

An hour later John died – I am convinced, in good health.

The Causes of Disease

Health, viewed from the above perspective, can be seen as an on-going conscious engagement with life, a yes-saying to life, whatever the circumstances. But what about ill health? Our attitude and response to clients who are unwell are influenced, consciously or unconsciously, by what we believe are the origins of illness, and what disease means for us, so it is important to be aware of where we are coming from. There are many theories about what causes dis-ease and a few of these are sketched out below.

1. Bad Things Happen

The 'Bad Luck' school of medical thought sees the world as a randomly hostile place, where accidents or germs 'strike' or 'attack' the good as well as the wicked. Illness in this world view has no meaning or significance beyond the pain, anguish and inconvenience it brings. Those who suffer are seen as innocent victims, with little or no connectedness with, or responsibility for or in, the misfortune apart from the fact that they happened to be in the wrong place at the wrong time. Sometimes they may even be, deservedly or undeservedly, elevated to saintly or heroic status. This random, disconnected viewpoint does not sit well with the astrological perspective.

2. Faulty Maintenance

The body, mind, emotions and spirit need certain conditions in which to flourish. If these are not met, ill health and/or disturbed life conditions are the eventual results. Each level influences every other. An improvement or blockage at one level has a corresponding effect on the others, usually most marked in the level next to it in the hierarchy of: body-emotions- mind-soul-spirit. The correspondences seem to be rather like the Escher waterfalls that cycle endlessly in defiance of the laws of gravity.

Some people seem to get away with abusing the system for longer than others, but this is usually because they have inherited resilience and hardiness or have naturally strong constitutions, as can be seen from their birth charts. At each level there must be correct input, throughput and output. This is most easily understood at the physical level. Just as it is inadvisable to try to run a car on treacle, an unsuitable diet makes for less than optimal functioning of the bodily processes. That leads to disturbances in metabolism and excretion, which in turn leads to various degrees of auto-intoxication (self-poisoning). Where this is continued long enough and severely enough, organic disease is the outcome.

I once had a practice in the disease badlands of Britain. To put it flippantly, the main problem with many of my patients was chips, chocolate and chauvinism. Change the first two – the third, whether as victim or perpetrator, could take a bit longer – and the results were often dramatic. There was no magic involved; all they had done was stop poisoning themselves.

The inability to understand, process and assimilate experience, and then to let go and excrete the waste, lies at the root of many psychological and psychiatric disorders. Inappropriate or powerful input at the level of the psyche and higher can lead to health problems if not dealt with. It is just as possible to suffer from faulty metabolism and constipation at these levels as it is to do so in the body. While it is not always as easy to control mental and emotional input as it is to regulate food taken into the body, it is possible to modify it a great deal. Much of the material churned out by the media is the psychological equivalent of junk food. With care and thought a lot of it can be eliminated and more wholesome fare substituted. Indiscriminate and excessive ingestion of soap-opera sentiment and tabloid sensationalism caters as little for sparkling psychological vigour as dining regularly on fast food does for the body's needs. Used sparingly, as spices, a sprinkling of these experiences is fun, preserves our humanity and is a good prophylactic against po-faced health piety. But as a basic 'diet' they can hardly be said to provide the raw materials for creativity, original thought or authentic emotional response.

3. Avoidance Tactics

Jung said that neurosis is always a substitute for legitimate suffering. In the same way, at the physical level, ill-health can be a way, mostly – though not always – unconscious, of avoiding the emotional and existential suffering that accompanies life's growing pains. When the ego is confronted with evidence that it is not all-powerful, or where its old familiar and carefully defended identity is challenged, there can be great resistance to accepting the dawning of a new reality. For those with a poorly developed relationship with the authentic self (as opposed to the false 'adapted' self) it can be intensely painful to leave behind fantasies of power, glory and perfection and settle for the knowledge that one is simply human. Rather than adjusting to new circumstances, a leap that often demands enormous emotional courage, a retreat into illness can be an attempt to climb back into the comfy bed of unawareness and pull the bedclothes one's the head.

4. A Resting Place

In our workaholic society, developing an illness can often seem the only socially acceptable way of claiming time out when the pressures of daily

life become too much to bear. Acute conditions like the common cold and 'flu are important safety valves for an overburdened system. It's a pity that we can't just schedule an agreed amount of flexible down time into our work contracts rather than having to pay for it via the discomfort of coughs, sniffles and sneezes – or worse. Other illnesses too can act as temporary stepping-stones, giving a person time to reflect and to gather strength to deal with whatever difficulty or new situation needs to be faced and adjusted to.

5. Illness as Initiation

At times illness can be 'an initiation for the soul' and play a major role in the process of an individual's unfolding. There may be developments that can only take place through experiencing the conditions of some particular ailment. Often people who have been subjected to the trials and sufferings of a life threatening or debilitating disease express gratitude for the insights and maturity they have gained by having been forced to face that crisis. The Belgian Nobel Prize-winning physicist, Ilya Prigogine, has put forward the theory and mathematical proof of what he has called 'dissipative structures'. This theory may have great relevance in explaining these shifts towards new levels of health and awareness. The body functions optimally within the limits of certain closely regulated conditions of temperature, pH, chemical composition, etc. These conditions are kept in a state of dynamic equilibrium by the process of homeostasis. This involves a network of feedback loops which, put simply, increases that which is too little and decreases that which is too much. Analogous processes are found in the structures of societies, civilisations and other cohesive systems. In the evolutionary process, any entity, be it a body, psyche or society, is at certain times challenged by strong internal and external forces. When more and more stress is applied to the system, the central balance point which has, up until that time, formed the status quo, becomes untenable, as the system is unable to summon enough force to resist the changes and maintain the 'norm'. A homeostatic shift becomes inevitable, and the resultant change leads to a higher order of organisation. This is what seems to happen to some people, physically, emotionally and spiritually, through the experience of illness.

6. Repaying Karmic Debt

Many people believe that the origins of some cases of illness can be traced back to actions in previous lifetimes. As I know of no way of verifying whether or not this is literally true, I prefer to look at whether the karmic theory is helpful to the patient or not. Many years ago I met a man of great dignity in his late eighties. At his first Saturn return a container of hot caustic soda exploded in his face, leaving him blind and horribly scarred. With a promising career now ended, he became bitter until he was told by someone that the accident was the karmic consequence of his cruelty to others in a former lifetime in ancient Egypt. This resonated with him and allowed him to bear his condition with equanimity. He consequently spent much of his long and fruitful life in spiritual development and helping others.

The term ‘it’s karmic’ can however be applied sloppily in the same way that hard-pressed practitioners can resort to using the catchall phrase of ‘it’s a virus’ to explain away puzzling ailments. Worse, it can be used to abdicate responsibility for poor lifestyle choices – ‘I can’t help it, it’s karmic.’

7. Illness as Intelligence

At all levels of life there seems to be a purposeful intelligence at work. In the spiritual domain, the philosopher and priest, Teilhard de Chardin, put forward the teleological principle that ‘everything is in motion, everything is raising itself, organising itself in a single direction, which is that of the greatest consciousness.’

One of Jung’s major contributions to psychology was to describe the individuation process, where the psyche moves towards ever-increasing wholeness, as distinct from perfection. At the body level practitioners of natural medicine refer to the Healing Power of Nature. Nature, as the body’s innate intelligence, is always doing its best in any given circumstances, working for protection and survival and signalling warnings when something is wrong and needs to be attended to, whether this is an attitude or the lifestyle habits of a lifetime. In arthritis, for example, waste products are preferentially deposited in the joints where they may cause pain and mobility problems, but avoid obstruction or damage to the vital organs, which could have life-threatening consequences.

8. Social Evolution

Some types of disease and instances of health breakdown can also be the spur for the development of social consciousness in society as a whole. Examples of this are AIDS as well as the recent phenomenal increase in cases of autism and Attention Deficit Disorder. In this category I would include too hereditary and congenital conditions as the implications of these go far beyond the individual's own lifetime to family and cultural inheritance.

9. Illness as Self-Expression

Illness can be seen as a creative expression of the personality. Just as heaven and earth mirror each other – ‘As above, so below’ – outer form reflects inner conditions. In other words our bodies are formed and shaped by our beliefs, thoughts, words and deeds. Architecture has been described as frozen music, and, similarly, our diseases and disorders are the embodiment of how we are, or have been, conducting the music of our personalities.

The Creation of Health and Illness

At birth our chart configurations are pure potential but, as we come into contact with the world, through our environment, family, culture and schools, these configurations – or sub-personalities as they are sometimes called – start to flesh themselves out and take on lives of their own. I believe it is the complex charge attached to certain parts of the personality, made up of self-image, thoughts, feelings and behaviours that correspond to the personal profile of symptoms and illnesses that each of us as an individual is prone to manifesting. A particular symptom or illness can be the precise manifestation of certain beliefs, ideas, emotions and behaviours that are operating, often just below the level of consciousness. The potential for certain physical manifestations show up in the natal chart, which can then be used to decipher the meaning of an illness, as well the physiological processes associated with it.

Every chart factor and configuration can be examined using the following questions:

- What is the self-image around this theme?

- What are the thoughts and assumptions about it?
- What emotional charge has accumulated around it?
- What behaviour results because of these recurrent beliefs, thoughts and feelings?
- What are its physical manifestations?

Watch Your Words

Each individual expression of illness gives heavy hints about its own meaning, causes and cures, sometimes in a wickedly witty way as puns and it pays to take the time and trouble to decipher the clues. Time and again a client and I have burst out laughing when the blatantly ‘obvious’ message the body is trying to deliver finally hits home. The subconscious mind is quite literal. Anything that is repeated often enough in feelings, thoughts or words is automatically made manifest sooner or later.

Here are a few expressions, used by patients to describe themselves or people in their lives, and which have manifested as physical symptoms:

- A young man with constant nausea who said he couldn’t stomach his work any more
- A woman with bladder irritation (cystitis) who was ‘pissed off’ with her husband
- A woman who reported that her husband was ‘getting on her tits’ had a benign pituitary tumour that caused her breasts to secrete milk
- Someone who ‘can’t bear all this extra work’ presented with a frozen shoulder
- A woman who refused to take notice of her partner’s emotional cruelty and infidelity lost her sense of smell and developed poor short-term memory
- The frantically busy person who contracted Still’s Disease
- The large lady with a pain in the left buttock who described her emotional state as being left behind
- A patient with diarrhoea described it as something that runs in the family
- A man with Parkinson’s disease who had been saying for years ‘I’m shaking with frustration’

The Biomedical Model of Health

In the west there are currently two broad ways of viewing healthcare, the biomedical and the holistic models. The set of assumptions on which orthodox medicine is based has been called the biomedical model. This is composed of two sets of ideas, those of Descartes (1596-1650), and the concept of reductionism. Descartes was a brilliant mathematician and philosopher whose view was that 'there is nothing included in the concept of the body that belongs to the mind; and nothing in that of the mind that belongs to the body'. He saw the body in purely mechanical terms, rather like a clockwork model. When the mechanism is functioning well, the person is healthy. Disease means that there is something wrong with the machine. This can be put right by tinkering with the appropriate cogwheels or, if that does not work, cutting off the offending piece, throwing it away and fitting a spare part.

Reductionism suggests that all phenomena, no matter how complex, ultimately arise from one primary cause. Taken to its logical conclusion, this means that for every disease, no matter who has it, there is one cause and therefore one correct way of dealing with it.

In the world of the senses it is impossible to do two things at once with any degree of efficiency, so by narrowing the focus of attention more rapid progress can often be made, whether it be in the arts, sciences or simply the concerns of everyday life. The wider the focus, the more difficult it is to investigate matters in depth. However, we also need a broad overview to prevent the development of tunnel vision, and to see how the subject under the microscope fits into the larger whole. Limiting research to the fundamental ideas of Cartesian philosophy and reductionism has produced a rich harvest of knowledge about the mechanical workings of the human body and many factors associated with disease. It has produced great blessings in the form of antibiotics, anaesthetics and sophisticated surgery, to name but a few. However, all models have a limited usefulness, for they are in reality artificial frameworks for examining the truth, and not the truth itself.

The biomedical model is now nudging the limits of its usefulness as the number of facts that it cannot explain increases. It has led to the notion that patients participate very little in their states of health, and that disease is a

visitation of bad luck from the outside in the form of, for example, ‘viruses’ which cause a breakdown in the good working order of the body. There is a parallel notion that claims that unless tests show that there is a dysfunction or foreign body present, the patient is not ill. In other words, the limits of medical science are equated with the limits of the truth, which, to put it at its most charitable, shows lack of insight. There is also an unspoken assumption and agreement between many patients and their doctors that the patient has the right to demand that the doctor make them well. In return, the patient hands over all the power and responsibility for their own body to the doctor. It is becoming increasingly clear, however, with the escalating costs and crises in health care, as well as an actual decline in real health, that this and other assumptions based on the biomedical model are no longer valid.

The Holistic Model of Health

Many doctors and health professionals, in the fields of both orthodox and alternative medicine, have realised this and are actively working on new concepts of health care which are not machine-oriented and which put the whole person at the centre of the treatment. Whereas previously patients who asked questions were labelled ‘difficult’ and regarded as nuisances to be shaken off as quickly as possible, in recent years the notion of ‘expert patients’ who take an active role in managing their own health, is being increasingly accepted and welcomed. One of the foremost pioneers of the new approach is Lawrence LeShan, who has developed a model of holistic health based on the following principles:

1. A person exists on many levels, each of which is of equal importance.
2. The patient has systems of self-repair which are crucial to the prevention and treatment of that particular person’s illness.
3. Individuals must be actively and knowledgeably involved in their own treatment.
4. Each person is unique and needs to be treated as such.

In LeShan’s view: ‘A disease, from the viewpoint of holistic medicine, is a sign that something is wrong with your life. Your task is to find out what

that something is and to take appropriate action.’

There are several reasons why a person may be out of harmony with the flow of creation. The most common is faulty maintenance at one or more levels as has been touched on previously. Another is that the individual is in the vulnerable and usually painful process of moving from one steady state of development to another. At the highest level, the esoteric teachings of many of the world’s great religions speak of certain souls consciously taking on the burden of suffering and illness to lessen the load for others. In treating a patient, before probing into the higher causes, it is usually best to work up the ladder of priorities and likelihood, from the body and emotions heavenwards. For example, the first thing to do when a person has been run over is to move the vehicle off the patient, not to call a priest. Similarly, where a patient is malnourished, the immediate task is to attend to the diet, leaving exploration of the relationship with Mother till an appropriate later date.

An Astrological Model of Health

The holistic health model dovetails with the concepts of modern astrology. That the client is unique is self-evident from the natal chart; the ability to mirror back this uniqueness to the client is one of the major strengths of astrology, and is, in many cases, therapeutic in itself. Identification of the problem and then of the options available are the first steps in healing. The natal chart gives a detailed map of the inner territory, which is both a concrete starting point and an invaluable tool for the journey towards wholeness.

The natal chart may be looked at in many different ways. The most common approach nowadays is the psychological one, and a competent astrologer can make a substantial contribution by helping clients understand the make-up and dynamics of their own psyches. Some astrologers specialise in the spiritual approach, but it is unusual, indeed difficult, for a reading of any depth not to touch on this aspect. Spiritual does not refer to religious in the sense of organised worship, but rather goes back to its original meaning. The word religion comes from the Latin re-, meaning ‘again’ or ‘back’, and ligere, to ‘bind’ or ‘connect’. Religious or spiritual here refers to self in the context of the whole, in other words the

relationship between the individual's sense of meaning and purpose and that of the cosmos. Astrology can show to any client, who is willing and able to look, their own particular connection with the universe and how it can be linked to their health.

However, one of the great dangers in recognising the interrelationship between patients and their own illness can be in presenting these insights to the person in such a way that it amounts to what could be described as karmic terrorism. While it is true that a person has responsibility *towards* all that happens in their life, whether it is disease or anything else, it does not imply that they are responsible *for* it. It is insensitive to say the least to add to a patient's burdens, which may already be considerable, by insinuating that they are to blame and that it is all their own fault anyway.

The patient's involvement in the healing process is intrinsic to the practice of astrology. Each problem carries within it the seeds of its own resolution, and astrology can pinpoint and elucidate the problem or problems that need to be addressed. Each chart factor has the potential for positive and negative manifestations. It is only with the awareness and conscious co-operation of the client that a shift towards the more positive dynamic can come about.

Astrology and Medicine

Hippocrates (supposedly) wrote that a physician without a knowledge of astrology had better call himself a fool rather than a physician, and Culpeper (definitely) stated that physic without astrology is like a lamp without oil. Now these are pretty strong statements: What is it that astrology can offer to medicine that makes it so indispensable?

Astrology can be useful in providing insights concerning the diagnosis, prognosis and most effective treatment for individuals and their illnesses. It is in the ability to address the specific, individual case that astrology excels. The experimental data that provide the guidelines for orthodox medical assessment and treatment are based mainly on statistical averages. That gives us the average man or woman who, of course, does not exist. Almost every assessment and treatment will therefore be only approximately right if that patient falls within the peak of the average, and potentially

disastrously wrong if they happen to be one of the few per cent at the tail ends of the frequency curves.

Sir William Osler (1849-1919), a Canadian doctor who was highly influential in his time, once said that it was more important to know what sort of patient has the disease than to know what sort of disease the patient has. Thoughtful practitioners ponder the question, ‘Why does this particular person have this particular illness at this particular time?’ These are issues that astrology is well equipped to tackle. The natal chart can certainly demonstrate what sort of person has the disease, and transits and progressions show why, and why at this time. The birth chart will reveal, too, the likely reaction of the individual to challenge and stress. Since unresolved stress seems to have a major part to play in the aetiology (causation) of disease, this knowledge is of paramount importance. Examining transits to the natal chart around the time the disease started will pinpoint the underlying psychological patterns associated with the problem as well as possible environmental and lifestyle characteristics that may be contributory factors.

Astrology is one of the finest and most advanced tools for understanding the individual psyche. This has come about through the work of skilled astrologers, such as Liz Greene, who also have a high degree of proficiency and scholarship in the theory and practice of psychology and psychotherapy. A great deal of work needs to be done by practising astrologers who are also medically fluent, whether it be in the Western, Ayurvedic, Tibetan or Chinese system, before medical astrology can reach the same degree of sophistication as psychological astrology. However, there are many correlates that have been pieced together over the years. [Chapters 3](#) and [4](#) contain information that by tradition and/or experience has been shown to provide valuable clues.

The decumbiture chart is a specialised form of horary astrology that has been adapted for medical use. It is a useful tool to help evaluate what is going on at any one moment in the patient’s life, and in particular the state of health. It is especially valuable as it shows the practitioner’s involvement in the treatment, a factor overlooked at one’s peril, as well as the types of remedies to be given. [Chapter 6](#) deals with this in some detail.

A prognosis can be made by assessing the personality of the individual who has the illness, and how they are likely to handle challenges and the

need to adapt. Much information can also be gained from the timing of the transits and progressions, and from the decumbiture chart. In addition, the constitutional make-up will also determine which therapeutic measures are likely to be the most effective. The practitioner can then assess the factors at work and choose whether to oppose, assist or balance those processes. [Chapters 7](#) and [9](#) on psychological therapies and materia medica provide further information on this subject.

Astrology's Potential Role in Medicine

Astrology can throw light on:

- The dynamics of the personality of an individual ('Dynamics' means any driving force instrumental in growth or change)
- The dynamics of a person's living body
- Vulnerabilities and likely immunities to certain diseases
- Psychological patterns that correspond to these vulnerabilities and immunities
- How an individual can keep well and prevent disease
- Why this particular person is suffering from this particular disease at this particular time
- When the disease is likely to flare up, worsen or improve | Differential diagnoses of a potential or actual condition | What needs to be addressed at all levels
- What options for unfolding that are open to the person at that time

Astrology can

- give a diagnosis in terms of underlying astrological dynamics
- suggest approaches which might best alleviate or cure the trouble, tailor-made for that individual. (How to treat the patient who has the disease and not the disease that has the patient.)
- indicate the best times that to administer medicines for successful treatment

References

Capra, Fritjof, *The Turning Point*, Flamingo, London, 1983

Culpeper, Nicholas, *Culpeper's British Herbal* reprinted Milner & Co, Manchester, undated.

Dossey, Larry, *Beyond Illness*, Shambala, Boston and London, 1984

LeShan, Lawrence, *Holistic Health*, Turnstone, Wellingborough, 1984

OceanofPDF.com

TWO

The Web of Well-Being

According to Professor Robert Ornstein, a neurophysiologist at Stanford University, the function of the brain is not to produce rational thought but to defend the body. It constantly monitors changes in the external and internal environments, assesses whether or not they are threatening, and orders any adjustments required to maintain the stable internal state that is crucial for health and integrity. A growing body of experimental evidence shows that what makes an impact on the brain and motivates its instructions to the nervous system is not rational thought, but emotion. In astrological terms this brings us straightaway to the Moon. Emotions are triggered, however, not by an objective response to an event, but by how the person interprets that event. That interpretation is highly subjective, and the event might well be perceived by others in a quite different light. The interpretation of changes in the environment depends on what kind of attitudes and belief system the person has built up, based on past experience – which now brings in a Jupiter connection.

It has been demonstrated that when we learn or experience something that is accompanied by an emotion, even if that emotion is totally unconnected with the experience, then every time that particular experience is repeated the same emotion will arise. First experiences seem to make the greatest impression, as do strong emotions.

The Moon and Emotions

We live in a sea of emotional currents, but are generally aware of them only when they are strong. This sea is described by the sign, aspects and position of the Moon in the natal chart. (And probably the sign on the cusp and planets in the tenth and/or fourth houses.) The influence of the Moon is greatest in childhood. It shows how a child is primed to pick up and generate emotions and is therefore a primary indicator of the emotional tone of the early years of life. During these early years we are constantly bombarded by new experiences that forcibly impress themselves upon us. How we receive these impressions depends both on our own emotional climate and on the nature of the experiences. The result is a deep-seated pattern of automatic response that forms the basis of behaviour for the rest of our lives. That is why, in medical astrology, the Moon is one of the most fundamental factors to consider.

A person with the Moon in flowing aspect to the Sun, Venus or Jupiter is more likely than someone with the Moon in hard aspect to Mars, Saturn, Neptune or Pluto to respond to and create a happy and optimistic emotional atmosphere, and thus grow to be more trusting and open to outside stimuli. This has important implications for health, for many studies have highlighted the link between negative emotions and compromised immunity, and therefore susceptibility to disease. Positive emotions are protective.

The Brain and Meaning

Any changes in the environment are detected by the free nerve endings and special receptors, and messages are sent via the afferent nerves to the brain. These processes are ruled by Mercury.

The area of the brain responsible for processing this information and giving it meaning is the cerebral cortex, which is divided into two hemispheres. I believe that Jupiter may rule the left side of the cortex, while Neptune has obvious associations with the right. The left brain is concerned with linear, logical thinking, while the right brain deals with form, intuition, the relationship between things and seeing the whole picture.

The cortex has a rich network of connections with the limbic system, a part of the brain concerned with registering emotions and helping to

respond to the body's fluctuating needs; it is thus linked with the Moon. It is in this cortico-limbic area that the process of emotionally based assessment of 'threat or non-threat', referred to above, takes place. The stronger the emotion connected with the incoming information, the more vigorous the response ordered by the brain. It has been found that negative emotions are picked up more quickly by the right hemisphere and positive ones by the left, which is what we would expect from the Neptune and Jupiter rulerships. Neptune is more selectively attuned to suffering and Jupiter to joviality and optimism.

The Brain and the Immune System

Dr Margaret Millard, in a fascinating article on the brain and the immune system, seen from the astrological perspective, touched on the work of the Frenchman Renoux, who discovered that damage to the left side of the cerebral cortex depressed the immune system. Right-brain damage, on the other hand, caused increased activity in the white blood cells, which play a major role in the body's defence system. It would seem that the left side of the brain is concerned with the Jupiterian function of protection, while the right brain is more interested in connectedness and dropping the barriers between self and the other, a well-known Neptunian characteristic. The experiment seems to suggest, too, that there is some sort of dynamic balance between these two functions, so that in the healthy state neither the one nor the other is predominant.

Meditation and creative visualisation, which are the province of the right brain, have been shown to stimulate the body's immune system and powers of recovery. It has been suggested that the reason these measures may work is that they keep the right brain so preoccupied that it does not have time to sap the vigour of the immune system. Astrologically this makes a great deal of sense. Neptune is notorious for its insidious undermining of health. However, if its creative potential is harnessed, and expressed as in the use of such techniques as guided imagery and active imagination, the negative effects of Neptune, the victim, may be switched into the positive, transcendent aspects of Neptune, the mystic, poet and healer.

The pineal gland is a structure deep within the brain that, in esoteric literature, is said to be related to Neptune. Descartes called it the seat of the

soul. It produces chemicals that control the cycles of sleep and wakefulness and it has been shown to be light sensitive. Experiments show that it is stimulated when a person watches the sun rise over the horizon. Light deprivation is linked with depression, negative emotions and lack of motivation, all of which give a predisposition to ill health. A psychiatric experiment in the USA showed that exposure to high-intensity light can be dramatic in countering depression. Perhaps this is another way of working positively with Neptune.

The Brain and Regulation

The limbic system influences the hypothalamus and shares with it control of monthly and circadian rhythms of, for example, hormone levels, peaks and troughs of organ activity, digestive power and body temperature, as well as emotion. All of these functions fit the symbolism of the Moon, which makes it the most likely ruler. The hypothalamus influences the immune system and also helps to regulate the activity of the pituitary gland. The pituitary gland is responsible for controlling endocrine gland function throughout the body. Esoteric tradition also places the pituitary in the Moon's domain. Dr William Davidson connects the *anatomy* of the anterior pituitary gland with Capricorn and the posterior pituitary with Cancer and my own experience agrees with this. Since the Moon rules Cancer, and the posterior and anterior pituitary glands are actually separate though interconnected entities, the two views need not be contradictory. The posterior pituitary releases an anti-diuretic hormone (ADH) and oxytocin, the former to do with conserving body water and the latter with contraction of uterine and breast-tissue muscles. Both have Moon-Cancer connotations. It may then be that the Moon passes on the baton of rulership to Jupiter and Saturn at the level of the pituitary.

The anterior pituitary gland regulates the female sex glands, which are closely linked with Venus. It also controls the thyroid gland, which is associated with Mercury, and the adrenal glands which are ruled by Mars. Disturbances of hypothalamic and pituitary functions lead to suppression of the immune system and to hormone imbalances, which provide an ideal breeding ground for disease.

The Defence of the Body

Recent research provides evidence of two-way links between the central nervous system and the spleen and thymus and other parts of the immune system. The most likely rulers of the immune system are the Sun, Jupiter and Mars. The Sun represents our vitality. Its natal sign, position and aspects show how we receive, contain and transmit the sustaining energy of life. Jupiter has already been considered in relation to the cerebral cortex, but it is also traditionally linked with the liver, the major detoxification (therefore protective) centre of the body. Mars has the important role of warrior defending the body's integrity. It is associated with the preparation of the body for action whenever danger threatens.

Pluto can be tentatively incorporated into this map as being linked with the so-called reptilian brain, the most primitive part of the brain, one of whose functions is to alert the body to the approach of danger. Pluto may also be linked with lower regions of the brain, mainly parts of the hypothalamus and mesencephalon, which govern behavioural patterns for the expression of defence and rage, as well as extreme docility. Defence, rage and the docility of the victim scapegoat are, of course, well-known Plutonian characteristics.

Coping With Stress

Stress, or more correctly a stressor, is any stimulus that disturbs the status quo and calls on the individual to make some sort of response or adjustment. If the stress applied is relatively minor in terms of impact or duration, this can be achieved by an attempt to re-establish the balance via the homoeostatic mechanisms. Where the challenge is greater, the person needs to change and grow to accommodate and integrate the new factor. But in either case it must be dealt with in some way. The effectiveness of the individual's coping mechanisms determines whether the situation leads to growth or illness. As Nietzsche put it, 'That which does not kill me, makes me stronger'.

Astrologically, a time of challenge and stress can be detected by observing the transits and progressions in the natal chart. One of astrology's aphorisms is that there are no events without significators, and no significators without events. Events can be inner as changes in thinking or

feelings, outer in the form of, for example, crises in relationship or career or can take place in the body as accidents or illnesses.

All of this needs to be seen, too, within the context of the individual interacting with their environment, which also has its own astrological signifiers. For example, each of us comes from a certain family, lives in a town or district, which is in a specific country. Each of these – family, town and country – has its own chart, which is constantly being activated by planetary movements and interacting with each individual within its sphere. It seems likely that epidemics and cycles of illness are just as much, if not more, bound up with these factors than with individual charts. While it is vital to keep these considerations in mind, it is often difficult, if not impossible, to examine the effects of these astrologically, as generally we do not have the required data.

A stressor can be anything from an employer's harassment to falling in love – though it is more often negative than positive. It is the person's subjective perception of whether an event is stressful or not that determines the bodily response, not the objective reality of the situation. The subjective reality, as seen above, is dependent on in-built expectations and past experience.

The Effects of Stress

The effects of stress are non-specific, the process being the same for everyone, regardless of the nature of the stressor, whether it be exposure to a toxic mother-in-law, junk foods, an unsatisfactory work situation or an accident. When something is registered by the brain as a threat (or excitement), the hormones adrenalin (USA: epinephrine) and noradrenalin (USA: norepinephrine) are released by the medulla of the adrenal glands. This increases the activity of the heart, slows down the movement of the gut, and shifts blood to the large muscles so that the person is ready to fight or run away. Astrologically this 'fight, fright or flight' response is ruled by Mars.

The body is geared for action, and the physiological effects of this response need to be used and discharged in some Mars-like way, either physically or emotionally, and preferably both. However, generally it is not socially acceptable to punch the boss or to run screaming from demanding

children! Yet if some outlet is not found, the pattern of ‘stress- reaction- blocked discharge’ becomes a habit, and the result in the long term is damage to the body. It is not the ‘stress response’ activity that damages health; it is the lack of an appropriate expression for it. Properly discharged it is health promoting. Anyone who has ever successfully run to the limits of their physical strength to protect themselves will know that the resulting exhilaration is one of the greatest highs that life can offer.

The General Adaptation Syndrome

Hans Selye, who spent most of his life working with stress, constructed a physiological model of the reactive mechanisms that come into play whenever we are subjected to repeated demands. He called this the general adaptation syndrome (GAS).

Put in simple terms, the response to stress can be divided into three stages – alarm, resistance and exhaustion. The everyday example of food hypersensitivity may clarify this. When a person first takes food or drink to which they are sensitive (that is, the body sees it as a threat), the body will employ vigorous Martian measures to try to eliminate it or otherwise signal that it is unhappy about the situation. Some common reactions are skin rashes, vomiting, diarrhoea or headache.

If that substance is repeatedly introduced into the body, the pituitary gland produces increased amounts of adrenocorticotrophic hormone (ACTH), which in turn causes the adrenals to produce more cortisol. Cortisol damps down the alarm response and also gives a feeling of well being. This is the second stage of resistance or adaptation, where it appears as if the ingested substance is not only not harmful, but is associated with pleasurable sensations because of the increase in cortisol levels. A situation of mild (and in some cases not so mild) addiction or dependency may arise.

After a long exposure the body moves into the stage of maladaptation and eventual exhaustion, when the mechanism breaks down. It is then that the person becomes clinically ill, although in actual fact it is only the culmination of a process that has been going on for a long time. The cycle of a transit can often be divided into three stages, which parallel Selye’s GAS. In the first stage the problem is stated, often in the form of a crisis or some challenge which demands resolution. When the planet goes

retrograde, there is a stage of resistance where the person tries to regain the status quo of the past. In the final, direct stage of the transit, resolution comes about one way or another. Depending on the nature of the planets involved, this can take the form of a divorce, a change of job, home or direction, or indeed illness.

When Stress Accumulates

Stress is also cumulative. In 1967 Holmes and Rahe drew up what they called the Social Readjustment Scale of life events, grading them according to their stressful impact. According to them, marriage (normally viewed as a joyful event, at least at the time), to which they assigned 50 points, is only slightly less difficult to cope with than suffering a major personal injury or illness, which scores 53, and is tougher than being fired at work, which rates 47. Research showed that people scoring more than 300 points within a year are 90 per cent more likely to become ill than those totalling fewer than 100 points. This gives a clear indication of the connection between severe stress and illness. Countless experiments on animals subjected to various kinds of stress have come up with the same results.

Astrologically, periods of stress are relatively easy to pick out in the natal chart. As the planets move on from their positions at birth to transit the natal planets, they trigger, or correlate with, stimuli which need to be processed, assimilated and integrated into the psyche. It is a cardinal rule that influences impinging on the individual must be expressed somehow. Where this is done successfully, the person grows and unfolds according to their potential. Where it is not, tension builds up as the demands of the unused and unassimilated energy increase. Where the build-up of pressure goes beyond a certain level, which is specific for each individual at any one time, it overflows and is expressed outside the psyche as events appearing to happen out of the blue and/ or as illness.

Stress and Inhibition

Selye said that people have a need to express their inherent nature without obstruction. This makes an interesting parallel to the first law underlying occult healing, given by Alice Bailey in her book *Esoteric Healing*, which states that all disease is the result of inhibited soul life.

A certain amount of stress is a necessary and enriching spur to greater effort, growth and achievement. The most stressful circumstance, according to Selye, is lack of motivation. Astrologically we come across a correlation to this in the occasional client who is ill, yet there is very little in the way of activity from transiting heavy planets to account for it. Often in such a case, most of the chart factors are found clustered within a few degrees of one of the quadruplicities or crosses – frequently involving Aries or Scorpio. The person becomes ill precisely because there is nothing to provide a challenge. As Goethe said:

Nichts ist schwerer zu ertragen Als eine Reihe von guten Tagen.
(Nothing is more difficult to bear than one good day after another.)

Individual Response to Stress

Studies in the USA and Israel, carried out by researchers like Pines and Kobasa, have shown that the attitudes which consistently determine good health are these: a strong commitment to self, work and family; the ability to see change as a challenge rather than a threat; a sense of control over the environment so that the person feels capable of dealing with whatever comes along; and an ability to make some sort of sense of what is happening and to feel that the challenge and effort are worthwhile. On the other hand, people are more likely to become ill in response to stress if they feel alienated from the outside world, if they feel powerless, and if they lack a commitment to anything they do.

Astrologically, this points to the importance of having good relationships with the personal and social planets – the Sun, Moon, Mercury, Venus, Mars, Jupiter and Saturn. Each of these will be dealt with in turn in the next chapter.

The Manifestation of Illness

Before a disease or health problem can appear in a person's life there are three factors that need to be present – potential for the disease as shown in the natal chart, conditions conducive to realising that potential and one or more triggers that prompt the manifestation of the problem.

Disease Potential

The natal chart of each of us shows a vulnerability to certain types of disease or health problems. If there are none of the significators that are associated with a particular disease in an individual's chart, it follows that that person will never manifest that disease. It cannot be stressed enough that challenging factors in a chart do not mean that illness is inevitable, only that it is a possibility. It has been said that if the chart shows potential for malaria, but you never meet a mosquito then you will never get malaria. It is important not to worry about so-called 'bad' aspects but to look at them as helpful hints, indicating that it would be wise to make precautionary lifestyle choices and so avoid unnecessary health problems. Our charts show too where we have health bonuses as well as potential blockages and challenges. Using this information we can cultivate good habits that allows us to take the best possible care of our bodies and minds, according to our own unique profiles.

Factors Favouring Disease

Certain conditions that are conducive to incubating the disease potential shown in the chart must be present before a problem can develop. Planetary aspects are lines of force that demand some sort of expression, of which ill health is only one. The way of life is the most important indicator of whether or not the individual is travelling in the direction of health or disease. No matter how difficult a chart is, by cultivating a wholesome lifestyle at all levels, the individual can move towards and attain optimal health. As Davidson wrote; 'If you learn to live properly and keep your system free of toxins, all the bad aspects in the world won't act against you.' Physical, emotional, mental and spiritual hygiene and the avoidance of internal and external toxins are the best health insurance. Negative attitudes and beliefs are internal toxins, while poor diet and lifestyle, environmental pollution, toxic relationships and unfulfilling work conditions are examples of external toxins.

Triggering the Potential

Finally, there needs to be a trigger which will activate the chart potential and, astrologically, that means transits, and to a lesser extent progressions.

These show when the chart potential will be activated in some way. The effects of transits can be experienced at three different levels:

1. in the inner world of thoughts, attitudes, beliefs and feelings
2. in the outside world through events and relationships
3. at the interface of the two which is the body

By working at becoming conscious and by developing the courage to do what life is inviting us to do at any given moment it may be possible to prevent unnecessary health problems. Although I certainly wouldn't go so far as to say it is always true, I use a rule of thumb about transits that can often give useful insights. It is this: When an individual is conscious of the need to make the changes that are being flagged up by transits and is willing (no matter how reluctantly) to accept and enact them, then the experience will be lived mainly in the inner life through reflection and mental and emotional adjustments. If the person is more or less unconscious of the changes needed then the transit is more likely to be experienced in the outside world as events and relationship situations that force adjustments. If there is a semi-conscious recognition that something needs to be done, but there is resistance for some reason, perhaps through fear or the inability to see how changes can possibly be made, then that is when symptoms may well appear in the body.

Transits are triggering off chart configurations constantly. It is tempting to concentrate exclusively on the transits of Saturn and the outer planets, which can coincide with dramatic changes in health and life situation. But it is the often-overlooked transits of the inner planets that set the scene for these bigger shifts. Over a month the Moon transits every chart feature by every aspect, keeping the emotional broth stirring. The days of the year when the Sun transits natal chart factors, especially by conjunction, square and opposition can be significant for many people and it can be illuminating to work out, through observation over several years, whether an annual pattern of health peaks and troughs emerges. The daily rotation of the Sun is also worth investigating and this will be dealt with briefly in the next chapter along with the other factors to note in the astro-medical analysis of a chart.

References

- Bailey, Alice, *Esoteric Healing*, Lucis Press, London, 1984
- Davidson, William, *Medical Lectures*, Astrological Bureau, Monroe, 1973
- Frankl, Victor, *Man's Search for Meaning*, Washington Square Press, New York, 1984
- Holmes, T.H., and Rahne, R.H., 'The Social Readjustment Rating Scale' in *Journal for Psychosomatic Research*, No11, 1967, pp.213-18
- Kobasa, S.C., 'Stressful Life Events, Personality and Health: An Enquiry into Hardiness' in *Journal of Personality and Social Psychology*, No. 37, 1979
- Millard, Dr Margaret, 'The Brain and the Immune System' in *Astrology and Medicine Newsletter*, No 3, 1987, pp. 2-3
- Ornstein, Robert, and Sobel, David, *The Healing Brain*, Macmillan, London, 1988
- Pines, M., Psychological Hardiness: The Role of Challenge in Health' in *Psychology Today*, December 1980, pp. 34-44
- Rosenthal, N. E., Sack, D.A., et al., Seasonal Affective Disorder: A Description of the Syndrome And Preliminary Findings with Light Therapy' in *Archives of General Psychiatry*, No 41, 1984, pp. 72-80
- Selye, Hans, *The Stress of Life*, McGraw-Hill, New York, 1956

THREE

The Planets and Aspects

‘Let it be stated here once and for all that we are not dealing with symbols but activities, are not instituting metaphorical allusions but commenting upon urgent forces, quite capable of practical demonstration.’

Heinrich Daath, *Medical Astrology*

One of the most difficult problems in medical astrology is trying to decide what each factor represents. The dividing lines between sign, house and planet tend to get blurred; rulership of structure and function seems to have been claimed indiscriminately by all at one time or another. This however has its counterpart in natal astrology, where the same personality trait can be described in several different ways. The themes of, say, Saturn conjunct the Sun, Saturn in the fifth house and Saturn in Leo are similar (though not identical) and can lead to similar concrete manifestations.

Dr Harry Darling in *Essentials of Medical Astrology* makes a useful distinction. He says that the planets rule physiology, that is, the functions of the body, while the signs rule anatomy, which deals with body structure rather than how it works. Dr William Davidson believed that signs are character, houses are fate. By this he meant that the signs are what is inside a person – character, talent, disease tendencies – while the houses show environmental influences. This echoes what William Lilly, author of *Christian Astrology*, was saying at one point. However, both of them break their own rules on several occasions.

The following is the framework that I use for working with medical astrology:

Planets = WHAT is happening – action, physiological processes

Signs = WHERE these processes take place – location, structure, anatomy

The WAY in which physiological processes are carried out

Aspects = HOW planets modify the physiological processes of other planets

Houses = WHICH external influences affect health

Transits & = WHEN – timing of onset, remission,
Progressions recurrence of health problems

The Planets

The planets symbolise the psychological drives and the physiological processes corresponding to these drives. In the grammar of astrology the planets are the verbs, the doing words. They describe actions and *processes* in the body, not states. For speed and simplicity we may often refer to the planets as if they symbolised organs, for example the Sun represents the heart and Saturn the bones. But for accurate understanding it is important to remember that the Sun symbolises not the flesh and blood material of the body's vital pump, but the dynamic activities of the heart, and Saturn is not the skin and bones but the processes active in their formation.

The Signs

The signs show both *how* the planetary energies are expressed and *where* in the body they are manifest. The signs are the adjectives and adverbs of the astrological grammar and show the ways in which the action of a planet is modified by being in a particular sign. For example, Mercury rules communication and therefore the functioning of the nerves. Where Mercury is in Aries, sensory input and nervous transmission would be expected to be quick and impulsive. With Mercury in Pisces, on the other hand, the nerve endings which pick up information from the environment might be

oversensitive to pain, touch, heat and cold, etc, and transmission of these sensations to the higher centres might become ambivalent along the way. The signs are covered more extensively in [chapter 4](#).

Aspects

The aspects between planets show how the planetary energies interact with and modify each other. Saturn, for example, slows down all that it touches and Saturn in aspect with Mars will, in medical astrology, be seen as putting restraints on muscle activity, which is one of Mars' functions. The aspects can show health advantages as well as potential problems. Here, the Mars-Saturn aspect is favourable for disciplined exercise and slow and sustained effort leading to healthy, well-functioning muscles into and throughout old age.

The Houses

The houses show *which* external and environmental factors – outside of the body – have an impact on an individual's health. A person with the Moon in the 10th House, for example, needs a good enough degree of civic responsibility, status and social acceptance to feel secure. If those are not present for any reason in that individual's life it could eventually contribute or even lead directly to health problems. The houses are covered in [chapter 4](#).

Transits and Progressions

Whereas the natal chart shows the basic constitution and dynamic make-up of the body the transits, and to a lesser extent the progressions, are the moving fingers that shake awake the chart potential and bring it to life. The transits of each of the heavenly bodies contribute to this unfolding, but it is usually when one or more of the slower-moving planets activates a chart factor that the inherent capacity of that factor to manifest healthy evolution or health breakdown becomes apparent. It is important to pay close attention to eclipses affecting the natal chart and to the subsequent transits to the eclipse degree by other planets, especially Mars, which can trigger off critical events.

Astro-Medical Correlations

The following are some of the common astrological correlations of the planets, angles and aspects with anatomy, physiology and pathology that have been gathered by various authorities over the years. Some of the material has come from my own experience. The signs and houses are covered in the next chapter.

It is more important to look at root causes and work out their likely effects from an understanding of astro-physiology than to come up with endless lists of ailments. These are pretty meaningless anyway, as the same result can derive from a variety of underlying factors. A lesion or malfunction in one part of the body can show up as a symptom at a completely different site, and possibly in several seemingly unconnected areas. Conversely, if two people have the same symptom it does not necessarily mean that the causative factor is the same. Take, for example, jaundice, where the skin and mucous membranes take on a yellow coloration due to excess bilirubin circulating in the blood. This can have several different causes. There may be an excessive breakdown of circulating red blood cells. There could be obstruction of the bile duct by gallstones, or inflammation or pressure from other adjacent organs as in, for example, cancer of the pancreas. It can be caused by liver damage from hepatitis, drugs or toxins. The end result is the same, but the underlying causes are different. Davidson claimed that the beauty of medical astrology is that it can pinpoint the true cause, which orthodox medicine, in many cases, cannot and that it can also often distinguish between pseudo forms of the disease and the real thing.

The following astrological correspondences with illness are not, of course, intended to be used for prediction. No responsible astrologer would ever scare clients with lists of possible future diseases. Furthermore, such predictions are likely to be inaccurate. There are many ways that planetary energies can be expressed and a breakdown in health is only one of them. The best preventative measures to ensure that health does not become a problem are attention to diet, hygiene, and the appropriate handling of the challenges of everyday life. Astrology is superbly equipped to give guidance in the last matter. Where I find these correlations of most practical use is in the insights they give in understanding the underlying issues when

a person is actually ill or feels unwell. The symptoms point to the astrological factors involved and show what has to be dealt with to restore health.

Planets and Angles

The Sun

The Sun represents:

- Vitality
- Consciousness
- Vision
- Heart function
- Cell nucleus

Vitality

The Sun represents the vital force as well as the will to live. The Sun is the centre of the solar system. It is the only source of energy for life on earth, which it radiates out as heat and light. In the same way, the Sun in a chart represents the vital fire of the body. We know that there is a difference between a living body and a dead body. The difference is that the living body radiates heat. The Sun symbolises the mystery that is the life force. Its sign, aspects and house position indicate the vigour of the body, describe how the life fire burns and can give clues about the basic metabolism. The Sun can be thought of as the light shining out of a light bulb. The type of bulb, however, will determine how bright that light is and how long it will burn. The light radiates most freely in the fire signs, then in the air signs. Water is more condensed and therefore a more difficult medium through which to manifest, so it takes a bit longer to 'charge up' again. Davidson says that people with the Sun in water signs, especially Cancer and Pisces, should not take frequent hot baths, as they tend to drain their vitality. The earth signs, which are linked with the densest matter of all, give tenacity rather than vitality, as they take in and give out energy more slowly. Their light bulbs glow rather than radiate brilliance, but they do conserve what they have for longer and they can outlast the others. Body heat is an index of vitality and it is essential to keep the body within the correct temperature range. If heat is not conserved by clothing and warm enough surroundings, the result is hypothermia, a lowered body temperature, which leads to

drowsiness and confusion, weakness, loss of coordination and slowed breathing or heart rate and in extreme cases coma and death. Too much heat from external sources or excessive exercise can cause hyperthermia – overheating, where the core body temperature rises rapidly and the body’s heat regulation control system, which includes sweating, is overloaded. If not cooled quickly enough it can cause damage to the brain and other vital organs and even death from heat stroke. Both hypo- and hyperthermia may be linked with the Sun.

Consciousness

The energy of the Sun also radiates out as light. Psychologically, and medically, light symbolises consciousness and this, as well as heat, is an attribute of human life, no matter how brightly or dimly it shines. The Sun represents our potential, our goals, and our mission in life, part of which Jung suggests is to become increasingly conscious of who we truly are through the process of individuation. If we forget who we are and lose sight and consciousness of our goals we can become ill. In extreme cases of despair this can be life threatening. There are people who have stayed alive through a sheer act of will and others who have died by turning their faces to the wall. This appears to be one of the factors behind cancer – there comes a point of hopelessness when the person doesn’t care if they live or die. They have literally lost the will to live. They may subsequently change their minds and decide to commit themselves fully to life and many who have gone through this experience report a heightened sense of vitality, vision and fulfilment. A sense of purpose is one of the best health tonics – it may even be essential. As Nietzsche wrote ‘Wer ein warum zu leben hat, erträgt fast jedes wie.’ Jung said something almost identical, which may even be a translation: ‘Meaning makes a great many things endurable, perhaps everything.’ Consciousness is also the waking state. It is too the awareness of ourselves as individuals, as separate from others and our surroundings, as opposed to what is called *participation mystique*, an unconscious and undifferentiated fusion and identification with what is around us.

Vision

The Sun rules the function of the eyes, which is vision. Physically this refers to the faculty of sight, where external images first impinge on the back of the eyes and then become meaningful as we engage with and so 'see' them. The Sun also relates to our inner vision, which is the imagination. It symbolises our image of ourselves – the self-image and sense of purpose and meaning of our lives. The self-image that we hold generally becomes a self-fulfilling prophecy as en-visioning is the first step of creation and of self-expression. Athletes make good use of this fact when they engage in what is called mental rehearsal, where they use their imaginations to create images of successful future performances. The body then tends to oblige by following the pathways already laid down in the brain.

We use both our physical and inner eyes to look ahead to where we aim to go in the future. Our inner vision is the instrument of consciousness, allowing us to look forward and back and to reflect upon ourselves. When the inner vision is constrained in some way it can lead to a corresponding lack of outer vision. Lilly says that the Sun rules the right eye of a man and the left eye of a woman and my experience tends to bear that out.

The Heart

The heart is the central vital organ of the body. It is the core of our being; core, cordial and courage are all derived from the word for heart. When the heart dies, we die. It is a powerful muscle whose main function is to pump blood throughout the body, carrying nutrients and oxygen to the tissues and removing waste products. Every cell of the body needs and uses oxygen, which is an essential component in the chemical reaction that releases the energy in foodstuffs. The Sun delivers energy to support life on earth but it cannot be used directly by animals or humans, apart from triggering vitamin D synthesis in the skin. The light energy from the Sun, together with water and carbon dioxide, is first of all converted by the green leaves of plants into sugars by the process of photosynthesis. We, and animals, then eat these complex sugars, and some of us then go on to eat the animals. A green pigment in plants called chlorophyll is the photoreceptor – receiver of light – that traps that most elusive of all energies, the light of the Sun. Its chemical structure is very similar to that of haem, the part of the haemoglobin molecule that carries oxygen in the blood, except that

chlorophyll's central atom is magnesium and that of haem is iron. The function of the heart is to 'radiate' via the bloodstream the keys, in the form of oxygen, that release the packets of sun energy locked in plant cells and eaten by us as food. The symbolism of this is profound, linking as it does the concept of the Sun as representative of the divine mystery and giver of life to earth, and the heart as the divine core of the individual and also, at the physical level, as the giver of life to each cell.

The Cell Nucleus

Each cell of the body, if drawn simply, looks like the glyph for the Sun. The dot or circle in the centre of the cell is the cell nucleus, which contains the DNA of the cell. The main components of this are the chromosomes. These are fundamental to all life and hold genetic information in the form of genes, which carry all the complex instructions the body needs to allow it to function. Genes are the blueprints that make us human and keep us alive. The information that DNA holds enables each cell to express its individuality and it is through DNA that we are able to reproduce ourselves and create new life and so, to an extent, achieve the god-like state of immortality.

Diseases of the Sun include

- Hypothermia or hyperthermia
- Mania
- Loss of the will to live
- Loss of consciousness
- Disturbances of heart function
- Eye problems, especially in the right eye of a man and left eye of a woman
- Hereditary diseases
- Congenital disorders

Lilly's list of organs and diseases associated with the Sun.

The Braine, Heart, Eye-sight, right Eye of a man, left of a woman, Cramps, Swoonings or sudden tremblings at the Heart, the Cardiack Passion, Fluxes in the Eyes, Catarres, red Choller.

Passion is an expression used to describe pain or suffering, so cardiack passion is any kind of distressing heart condition. Fluxes are discharges, and Catarres is an inflammation of the mucous membranes, here of the eyes. Red choller is a term for itchy, burning skin diseases.

The Sign of the Sun

When we are not living out the qualities of our Sun to a good enough degree or the expression of our authenticity is compromised in some way, we may develop symptoms in the area of the body corresponding to the natal Sun – or sometimes in that of the opposite sign or those in square aspect to it (see [chapter 4](#) under the relevant signs). On the other hand, when the Sun is allowed to shine, those areas of the body function well and with good vitality. (Also, if we are not able to make the impact on life that we would like, then the area corresponding to the Ascendant sign can be affected.)

Transits to the Sun

Jung once wrote that the meeting of two personalities is like the contact of two chemical substances; if there is any reaction, both are transformed. So it is with the contact of two planets by transit, but it is the carrier of the energy of the two planets who is transformed one way or another, either by inner evolution, outer turmoil or the experience of illness. Every planet, by transit, has its own agenda for change, and health problems caused by a transit will be of the nature of both planets. For example, in the week that Saturn squared one woman's Sun her father almost died and she was stung in the eye by a bee. The symbolism is exquisite. Saturn transiting the Sun demands that the Sun be made manifest in some way. She came to understand its meaning as the command – Be in your I! – in other words to follow and be true to her own nature.

Transits of the Sun

Transits of the Sun attempt to bring the factor transited to consciousness. The days of the year when the Sun transits the natal planets, especially by conjunction, square and opposition are significant for many people and it can be illuminating to work out whether an annual pattern of health peaks and troughs emerges. The daily rotation of the Sun round the natal chart can

provide useful information too. Take the Ascendant as dawn, the MC as noon, the Descendant as sunset and the IC as midnight, then work out approximately when the Sun would be transiting each birth planet by conjunction, square or opposition. For example if Mars is halfway between the Ascendant and MC it will be mundanely transited by Sun daily at about 9am. By observing any recurrent variations of energy, mood and motivation at different times of the day, a pattern may emerge. This can reveal habitual behaviours that have become locked into the daily rhythm. Sometimes these behaviours are harmful, as in the case of one client who, regular as clockwork reached for the wine bottle, glass and corkscrew towards dusk as the Sun went down and opposed his natal Neptune on the Ascendant. When that sensitive period of around an hour was spent in other Neptunian activities like taking a nap, reading poetry, listening to music, meditating or just daydreaming, the craving for alcohol simply diminished and passed. Interestingly, his normal time for attending to his spiritual practises, a decidedly Neptunian activity, was in the early morning as the Sun mundanely transited his natal Neptune by conjunction.

The Moon

The Moon represents:

- The limbic system
- Circadian rhythms and body cycles in general
- The menstrual cycle
- Fertility, pregnancy and lactation
- Feeding patterns
- Habits
- The right eye of a woman, the left of a man
- Lymphatic system
- Body fluids

The Limbic System

The limbic system is a complex set of structures in the brain which appears to be primarily responsible for the emotional life. It is also involved in the formation of memories. An important part of this system is linked with the hypothalamus (see Jupiter), which is responsible for regulating hunger,

thirst, response to pain and pleasure. It also regulates the autonomic nervous system, which is in charge of pulse, blood pressure, breathing and arousal in response to emotions. The hypothalamus gets information from these nerves about light and dark, skin temperature and any unacceptable levels of toxins in the cerebrospinal fluid, which can cause reflex vomiting. It also receives intelligence about the fullness of the stomach and levels of leptin. Leptin is a chemical that is released by fat cells when we overeat and the hypothalamus responds by decreasing the appetite. Another part of the limbic system, the hippocampus, is involved in converting the contents of the short-term memory into long-term memory.

Davidson considers that, while the Sun indicates constitutional vigour, the Moon represents health, in that its sign and aspects show the flow of vital force rather than its quality. A disturbed flow will cause fluctuations in vitality and therefore ill health. The Moon shows instinctive, reflex actions, the quality of response to the body's needs and how the body adjusts to everyday challenges and stresses. Moon patterns of reacting are set up in early childhood and tend to be fixed for life unless worked on consciously. Thereafter the Moon acts rather like the body's housekeeper, running on semi-automatic pilot. Moon problems can have far-reaching consequences and it can be the single most important chart factor to consider when examining the health of the individual.

Circadian and other Biological Rhythms

The new science of chronobiology studies biological time structures – patterns or rhythms that repeat themselves cyclically – and investigates what determines them and what changes them. A number of chronobiological rhythms have been found so far. Ultradian rhythms, such as brain waves and heartbeat, are cycles of less than a day. Circadian rhythms, such as the waking-sleeping cycle of 16/8 hours and the daily temperature and blood pressure cycles, are roughly 24 hours in length. Cycles of about seven days are called circaseptan (meaning round about seven), those of about 29 to 30 days, often involving hormone levels, are called circamensan, or circalunar (approximately monthly); yearly or seasonal rhythms are known as circannual rhythms. These rhythms are inbuilt but can be influenced by environmental factors such as light and dark. By changing these the rhythms of sleep, activity, body temperature

and even reproduction can be changed or disrupted. All of these cycles and rhythms may be linked with the astrological Moon.

Diseases of The Moon include

- Emotionally based illnesses
- Eating disorders
- Vomiting
- Stomach and bowel problems eg irritable bowel syndrome
- Menstrual problems
- Disorders of pregnancy and lactation
- Water retention
- Eye problems, in the right eye of a woman and the left of a man

Lilly's list of organs and diseases associated with The Moon.

Left Eye of man, right Eye of woman, the Braine, the Intestines or small Guts, the Bladder, Taste, falling Sicknesse, Palsie, Collick, Menstrues in women, Apostems, Fluxes of the Belly, viz, Loosenesse, and all coagulated, crude Humours in any part of the Body. Falling sickness is epilepsy, Palsie is paralysis or weakness, Collick is colic and Apostems are abscesses.

The Sign of the Moon

Functioning in the areas of the body ruled by the natal sign of the Moon is likely to experience cyclical fluctuations and be highly susceptible to variations in mood. Feelings of insecurity and discomfort can trigger off problems in these areas, but what constitutes insecurity or discomfort is very different for each sign. What might be bliss for a Moon in Sagittarius could trigger a panic attack in a Moon in Cancer.

The Soli-Lunar Cycle

Lyall Watson, in *Supernature*, has reported on some interesting theories and experiments linking the phases of the Moon with medical matters. According to one study, where the timing of more than half a million births was examined in New York between 1948 and 1957, there is a clear maximum just after a Full Moon and a minimum around the New Moon. An American doctor studying over a thousand cases of post-operative haemorrhaging found that 82 per cent of these crises occurred between the

first and last quarters of the Moon, with a clear peak around the Full Moon. There are also suggestions that variations in blood pH and uric acid levels are lunar-dependent.

In 2004 the Department of Gastroenterology in a hospital in Barcelona, Spain reported on a study of 447 consecutive patients admitted with gastrointestinal bleeding over two years. It was found that there was a higher incidence of admissions of haemorrhage in men and in patients experiencing variceal haemorrhage (bleeding from a dilated vein in the oesophagus or stomach) at the Full Moon.

Aggression in relation to the phases of the Moon has also been studied. Work in Florida demonstrated statistically significant clustering of cases of homicides and aggravated assaults around Full Moon. Psychiatric emergency room visits clustered around the first quarter and showed a significantly decreased frequency around New and Full Moon. The suicide curve showed correlations with both aggravated assaults and fatal traffic accidents, suggesting a self-destructive component for each of these behaviours. The researchers went on to postulate the existence of a biological rhythm of human aggression that resonates with the lunar synodic cycle.

The Moon and Surgery

Astrologically, the time around the Full Moon has always been regarded as unfavourable for surgical operations, as have times when the Moon is Void of Course. The Moon is said to be Void of Course from the time it makes its last aspect to a planet while in one sign until the time it enters the next sign. Neither is it favourable to operate when the Moon is in the sign ruling the part of the body to be operated on, nor when it is in those signs opposing or squaring that sign. I have however come across many cases where operations at these times have been completely successful, presumably because nowadays there is a great deal that can be done to control bleeding so it is no longer the problem it once was. According to Dr Darling, the very worst time for surgery is in the three days preceding the New Moon, as there are likely to be complications and the necessity for further intervention.

Transits of the Moon

Transits of the Moon stir up again the feelings that, through experience and over time, have come to be linked with the chart factor transited and will reinforce these feelings, associations and emotional responses if left unchecked. Moon transits are excellent times for gathering information about ingrained habits and behaviour patterns as the feelings associated with them are heightened during those periods.

Transits to the Moon

Transits to the Moon, especially from the slower-moving planets, can be among the most challenging and may take their toll health-wise. The effects will depend on the sign and house of the Moon and the transiting planet. As an example, one client with Moon in Cancer in the 10th house was diagnosed with osteoporosis on the day that Saturn made an exact aspect with her Moon.

Mercury

Mercury represents

- The Nervous System, which is made up of the Central Nervous System (CNS); Autonomic Nervous System (ANS); Enteric Nervous System (ENS); Sensory Receptors
- Breathing
- Hearing (with Saturn)
- Verbal skills
- Manual dexterity
- Mental faculties

The Nervous System

Mercury is the messenger, and in medical astrology it symbolises those processes that allow systems and parts of systems to connect with each other. It is the natural ruler of the entire nervous system. The nervous system is made up of several components: the receptors that detect changes in the internal and external environments, the sensory (afferent) nerves that convey information to the brain, the nervous pathways and functional areas of the brain itself, and the motor (efferent) nerves that transmit instructions to the muscles and glands. In itself Mercury is neutral, but it has the

chameleon-like quality of taking on the coloration of any planet it closely aspects. Where Mercury is in aspect to the Sun, the ego becomes involved; to the Moon, family and habitual bias creeps in; to Jupiter, there is exaggeration; to Pluto, a heightened watchfulness and possibly even a touch of paranoia; and so on. This means that Mercury's messages can sometimes be distorted, with the result that the brain processes inaccurate information and inappropriate commands may be transmitted. Response then does not match stimulus, and, especially if the heavier planets are involved, this can have important consequences for health, both physically and mentally.

Breathing

Breathing, which involves an exchange of gases, is also ruled by Mercury. Oxygen-rich air is drawn into the lungs where it is traded for air saturated with carbon dioxide. Arterial blood transports the oxygen to tissues throughout the body. At the cellular level there is also a Mercury-ruled gaseous exchange where the cells take in fresh oxygen and release their waste product, carbon dioxide.

The Senses

Hearing, speech and touch, the means by which we communicate with each other, are related to Mercury, as is the use of the hands. It is these faculties, together with the ability to reason, that gives humankind the superior dexterity and cunning and which enables us to interact so skilfully with the environment, but sadly sometimes making great mischief, which is another Mercury trait.

The Mental Faculties

I don't believe that the IQ, or intelligence as it is normally understood, can be read from the birth chart. However the word intelligence comes from the Latin *inter*, meaning 'between' and *legere*, which means both 'to choose' and 'to read'. So, in its original meaning, intelligence is the ability to read between the lines and to make choices between different courses of action. The sign, aspects and house of Mercury can indicate what and how a person selectively notices, and 'picks up' any changes in the environment. It shows too what factors influence the course of action to be taken, based on that information.

Diseases of Mercury include

- Nervous disorders, both physical and mental
- Speech, hearing and learning difficulties
- Respiratory complaints
- Dexterity and co-ordination problems

Lilly's list of diseases and organs associated with Mercury:

The Braine, Spirit, Fancy, Imagination, Speech, Tongue, Fingers, Hands, privation of Sense, Madnesse, Lethargy, Stammering, Hoarsenesse, Coughs, falling Evill, abundance of Spettle, &c.

Falling Evill is epilepsy and Spettle is spittle.

The Sign of Mercury

The areas ruled by the sign of natal Mercury are susceptible to nervous system glitches when Mercury's natural style of communication is compromised, impeded or overburdened in some way. This can result in impairment at the physical, mental or emotional level, depending on the sign, element and cross involved.

Transits of Mercury

Mercury transits can be helpful for facilitating healing, as it is possible at those times to make connections that hadn't been seen before and therefore to understand the nature of the problem. They may also indicate favourable times to administer the appropriate medicines.

Venus

Venus represents:

- Homeostasis
- Kidneys
- Hormonal activity
- Veins

Homoeostasis and the Kidneys

Venus is the principle of harmony, relationship and equilibrium. Translated into body terms, that means homeostasis and hormonal secretions. Homeostasis (from the Greek *homos*, meaning ‘the same’, and *stasis*, ‘standing still’) is the body’s ability to maintain the stable internal environment that it needs to function properly, whatever the external circumstances may be. One of the ways it does this is to keep the chemical composition of the body fluids constant through the action of the kidneys, which are ruled by Venus. The kidneys filter out all the unwanted soluble material in the blood and maintain the correct balance between acidity and alkalinity, and the amount of sodium, potassium and other ions in the body. Failure of the kidneys to function properly has serious consequences for health.

Hormonal Activity

Inner conditions are also kept constant by the action of the hormones, which are secreted into the bloodstream by the glands. It is questionable whether Venus actually rules all the hormones as such. It is more likely that it rules the overall feedback mechanisms, rather than the individual hormones themselves. It does seem, however, to have a close association with female sex hormones. Venus has been traditionally linked with diabetes, so perhaps it is involved with insulin production and secretion, although some writers claim this function for Mars. The section on the Cardinal Cross in the next chapter may help clear up this confusion. I feel that the significance of Venus in maintaining health is greater than is normally credited.

Lust and its Legacy

Venus is the planet of desire, which can lead to over-indulgence in food and other bodily and bawdy delights. Too much of a good thing combined with too little caution can lead to typical Venus problems. Sometimes the opposite – having too little of what you fancy – can lead to similar problems. I am not yet entirely convinced of the correlation between Venus and veins and wonder if the connection comes from the similarity in sound between vain and vein or the similarity between veins and reines, the old word for kidneys.

Diseases of Venus include

- Venereal diseases
- Kidney and bladder disorders
- Prostate problems
- Health consequences of overindulgence in eg sweet food or sex
- Diabetes
- Hormonal disturbances
- Congestion, swellings and benign tumour and cyst formation
- Vein disorders

Lilly's list of organs and maladies associated with Venus

The Matrix, Genitals, Paps, Throat, Liver, Sperme, or Seed in man or woman, Suffocations or Defections in the Matrix, Pissing Disease, Gonorrhoea, Debility in the Act of Generation, Strangury, weaknesse of Stomack and Liver, French or Spanish Pocks, imbecility or desire to vomit, or that Disease when presently after eating, all comes up againe.

The Matrix is the uterus and the Paps are the breasts. The Pissing Disease is diabetes; Strangury is painful urination, where the urine is passed drop by drop. French or Spanish Pocks is syphilis.

Transits of Venus

Transits of Venus are times of restoring the old balance or reaching a new equilibrium. Venus transits traditionally have been seen as beneficial and when Venus transits, by any aspect, the significator of a health problem it can signal a time when improvement is likely.

Mars

Mars represents:

- The immune system
- Inflammatory response
- Adrenal function
- The production of body heat via Digestion; Muscular action
- Sexual arousal
- Haemoglobin and blood fibrinogen
- White blood cells

The Defence System

As in natal astrology, Mars represents the principle of energy and self-assertiveness. Heinrich Daath refers to it as focused heat. It is a centrifugal force and a strong Mars, no matter how it is aspected, gives the ability to throw off, confront and burn out anything that threatens the integrity of the body. It is the natural adversary of Saturn, which slows down and cools, and of Neptune, which undermines the separateness of the unit, whether that is the cell or the individual. It governs inflammation, which is the body's response to injury. The injured area is first walled off with fibrin clots formed from the blood protein fibrinogen, which is said to be ruled by Mars. Then white blood cells are attracted to the area in large numbers, and they ingest any foreign bodies and prevent infection while the damage is repaired. It is likely that Mars rules white blood cell formation and function, as well as that of haemoglobin, which carries oxygen and carbon dioxide to and from the cells and lungs. Iron, the metal of Mars, is essential to the formation of haemoglobin and forms the central atom of haem, the part of haemoglobin which carries oxygen. Mars also rules the adrenal function (see [Chapter 2](#), under The Effects of Stress and [Chapter 4](#), under Aries).

Body heat, which belongs to Mars symbolism, is produced mainly by the digestion of food and by muscular activity, both of which, again, are ruled by Mars.

The aspects of sexuality, which involve aggression – arousal, increased blood flow, erection and penetration – as well as the organs involved, come under Mars.

Diseases of Mars include

- Inflammation – any conditions ending in *-itis*, like colitis, bursitis
- Fevers
- Burns
- Skin eruptions
- Sexual dysfunction | Immune disorders | Wounds
- Problems caused by or requiring surgery

Lilly's list of diseases and organs associated with Mars.

The left Eare, Gall, Reines, Privities and Stones, the Plague, wounds in the Face, Imposthumations, burning-Feavers, yellow-Jaundies, carbuncles, Fistula's, Epilepsies, bloody-Flux, Calentures, St Anthonies fire.

The Reines are the kidneys, Privities are the private parts, Imposthumations are abscesses, Bloody-Flux is dysentery and Calentures are any fever caused by exposure to great heat. St Antonies fire is a term used to describe both erysipelas, an acute skin infection with swollen red areas, often accompanied by fever; and ergotism, an intoxication from eating grain infected with ergot fungus. This causes vomiting, convulsions and psychotic behaviour.

Transits of Mars

Mars transits can lead to a rise in temperature or flare-ups of a potential or ongoing condition as the immune system is whipped into action. Increased temperature is one of the body's ways of destroying invasive organisms, just as a bonfire burns up rubbish in a garden, and although some of the effects of Mars transits can be dramatic and even alarming, they tend to build up the immune system and make positive contributions to the body's defence capabilities.

Jupiter

Jupiter represents:

- The Cerebrum, particularly the left hemisphere, and its role in the Integrative function of the brain; Memory; Reasoning powers
- Motor response to meaning
- Morale
- Arterial blood flow
- Fat metabolism in the liver

The Cerebrum

The cerebrum is the largest and most recently evolved part of the brain. Along with the hypothalamus, which is part of the ancient brain (see the Moon) it integrates information gathered from the five senses and from physiological stimulation. It brings together all of the attributes and associations of an experience into a single clear 'concept'. This produces a succinct, emotionally satisfying understanding and judgement of the experience itself. Command messages are then sent out to the body, based on the meaning that has been put on the incoming stimuli, to produce voluntary muscular movements. The cerebrum is also concerned with memory, and integrating information for reasoning.

The cerebrum is divided into two hemispheres, both of which analyse sensory input and send motor impulses to the opposite side of the body. In around 90% of the population the left hemisphere is dominant. The non-dominant hemisphere specialises in nonverbal functions and controls emotions and intuitive thinking. Jupiter is the likeliest candidate for rulership of the left hemisphere and Neptune for the right one.

Morale

Morale, which is the outcome of beliefs and which is linked to the above mechanisms, has an important role to play as a health resource as the following Israeli experiment demonstrates. In order to examine the effects of hope and expectation (Jupiter's undisputed territory) some Israeli soldiers were required to go on a long march. They were divided into four groups and separated so that they could not communicate. They all covered the same distance of 40 kilometres, over the same terrain, on the same day, carrying packs of the same size and weight. The first group was told exactly how far they had to travel and were kept well informed by their officers of their progress. The second group were only told that 'this is the long march you have heard about' and were given no information about how far they had travelled or still had to go. The third group were initially told that they had to march 30 kilometres, but at the last moment were told to go another 10 kilometres. The fourth group were told that they had to cover 60 kilometres, but were stopped at 40 kilometres. All groups marched the same distance but had different beliefs about the situation. The effects of the march were measured in terms of morale, performance (including how many dropped out during the march) and changes in blood cortisol and prolactin, chemicals whose levels rise as stress increases.

The first group did best as they were well informed; group two did worst as they had no information or idea of what was before them; group three were discouraged but completed the extra 10 kilometres and group four were demoralised at the outset. Many dropped out after only 10 kilometres. Those that reached the 40-kilometre mark and were told to finish then, were so exhausted and hopeless that they were beyond caring one way or the other. It would have been a valuable astrological exercise to have had the charts of these soldiers to see if there was any correlation, especially within

groups two and four, between the Jupiter placements and the measurable stress effects.

The Arterial System

Jupiter is protective, supportive and generous. Where it is poorly aspected there can be an over-abundance, leading to what used to be called a plethora – an over-fullness, usually of blood. Jupiter is strongly connected with the nourishing and protective properties of blood, and with the expansive, outgoing arterial system.

The Liver

Jupiter is traditionally connected with the liver, which has three main functions. It regulates, synthesises and secretes many substances that are important for maintaining the body's normal state eg blood clotting factors, blood proteins and cholesterol. It stores vital nutrients including glucose, in the form of glycogen, fat-soluble vitamins, folate and vitamin B12 as well as minerals, such as copper and iron, which are released as needed. The liver also filters the blood and removes from it drugs, harmful substances and waste products. It then breaks them down or transforms them into less harmful compounds. The liver also has a quite remarkable ability to regenerate itself.

Diseases of Jupiter include

- Benign tumours
- Blood disorders
- Haemorrhage
- Stroke
- Lung disease, especially tuberculosis
- Liver disease, especially fatty degeneration
- Hyperglycaemia, associated with liver problems
- Cognitive disorders
- Locomotor disorders

Lilly's list of organs and illnesses associated with Jupiter

The Lungs, Ribs, Grissels, Liver, the Pulse, the Seed, Arteries, Apoplexies, Pluresies, wringings at the Heart, Convulsions, Inflammations of the Liver, Diseases in the Head,

prickings and shootings neer or upon the Ridgebone, all windiness in the Veins and Body, or any Disease arising from the putrifaction in the Blood, &c.

Grissels is gristle or cartilage, Apoplexies are strokes, and the Ridgebone is the backbone.

Jupiter Transits

Jupiter is known as the Great Benefic and its transits signal times of hope and opportunities for healing, possibly because they tend to boost the morale. However Jupiter transits can promote enlargements and tumours which, even though they are in themselves benign, can cause problems by pressing on neighbouring structures, restricting blood supply and interfering with function generally. The case study in [chapter 8](#) describes a situation of this kind.

Saturn

Saturn represents:

- The skin
- The skeletal system
- Ossification
- Teeth, especially the back teeth
- Hearing (with Mercury)
- Sclerosis (hardening) of tissues
- Maturation and aging
- The spleen

Saturn is the planet most closely connected with the solid matter of the body. It rules all the dense structural components of the body and the processes that produce them. Saturn was formerly known as the 'greater malefic' because of its seemingly life-threatening properties. While it is certainly true that Saturn is the planet furthest away from the fiery natures of the Sun and Mars, which carry the heat and impulse of life, without Saturn there would be no concrete form for this life energy. Saturn builds structures, in and through which the vital force can manifest. It is only where its energy is excessive or misplaced that problems arise. Saturn afflictions tend to produce chronic and deep-seated conditions, because the

energy necessary to revitalise and recuperate is being obstructed. These illnesses tend to be associated with depression.

The areas associated with Saturn's position are often the slowest functioning parts of the body and delays and blockages there may be the real cause of problems whose signs and symptoms appear elsewhere. Davidson said that Saturn is at its most malign when in a challenging aspect with the Sun and/or Moon and second worst when it is retrograde, especially if in a difficult aspect with Mars or one of the outer planets.

Saturn, Mercury and Hearing

Any source of sound sends vibrations or sound waves through the air. These pass into the ear and strike the eardrum, causing it to vibrate. The vibrations impact on the tiny bones (ruled by Saturn) in the middle ear and these help transfer sound to the inner ear, which contains the auditory (hearing) nerve and like all nerves, is ruled by Mercury. Here the vibrations go directly to the brain, which interprets them as different sounds, such as music, speaking or just meaningless noise. Lilly associates Mars with left ear disorders and Saturn with those of the right ear.

Saturn problems include:

- Chronic skin complaints
- Stiffness of the joints and muscles
- Dental problems
- Deafness
- Depression
- Parkinson's disease
- Thickening, hirsutism (hairiness – usually unwanted) and deformity
- Poor blood supply to areas ruled by the Saturn sign
- Slowed functioning and progressive atrophy of body processes and structures
- Chronic diseases in general
- Geriatric problems
- Dull aches rather than sharp or burning pains
- Fevers alternating with chills

Noyse or rumbling in the right Eare and Head, Deafnesse, the Tooth- ach, paine in the Bones, in the Bladder, all cold Diseases proceeding from a deflux of the Humours, the Gout, Scab, Melanchollick infirmities, Leprosie, Palsie, Consumptions, black-Jaundies, quartan Agues, the Iliack-passion, Dropsie, Chin-coughs, Catarres of Rheums falling upon the Lungs and Pectorals.

Black-Jaundies is hepatitis, quartan agues are recurrent fevers previously commonly found in marshlands in England, possibly related to malaria. The Iliack-passion was a disease characterised by severe griping pain, constipation, vomiting of faecal matter and spasm of the abdominal muscles. Chin-cough is whooping cough, Consumption is tuberculosis and rheums refer to watery discharges.

Transits of Saturn

Saturn transits can produce a relapse, or a recurrence of a chronic ailment as it can slow down the processes of repair and healing. It can also be the time when a potential condition is made manifest for the first time.

Uranus

Uranus represents:

- Co-ordination of bodily activities
- Rhythmic pulsation
- Body 'electrics'
- Pyramidal tract of the spinal cord where nerves cross over
- Active transport mechanisms

Everything that is alive pulsates. The pulsation of the heart is obvious, as is the rhythmic process of breathing. What is not so obvious is that every living cell pulsates because of its membrane potential. Smooth muscle tone is maintained by rhythmic pulsation. The whole digestive tract moves in co-ordinated pulsations to propel food particles from mouth to anus. Uranus may be associated with all of the rhythmic processes of the body.

In-co-ordination

The most common keyword for Uranus in medical astrology is spasmodic, and that is certainly how it manifests pathologically when rhythms are disrupted. Uranus is concerned with the co-operation between individual units and systems, so that the whole can function in a co-ordinated fashion. Where one part operates at a different pace from the rest, the smooth

running of the whole is affected. It is the same as when one process in the production line of a factory speeds up or slows down. The result is disruption. If one part is too slow, there is delay while the rest wait for the necessary components to arrive. If it is too fast, there is frantic activity to process the excess and prevent a build-up. In the body this can lead either to paralysis or spasm.

Some Uranus disorders are:

- Spasm
- Shock
- Cramp
- Ruptures
- Arrhythmia
- Asperger's and autistic-like syndromes
- Attention deficit hyperactivity disorder (ADHD)
- Lack of motor co-ordination

Transits of Uranus

Uranus transits tend to put a spanner in the works of the normal functioning of the processes represented by the planet and sign transited. They force us out of our comfort zones, to look at life in new ways and to consider as-yet untried options.

In recent years there has been a rise in children suffering from hyperactivity and attention deficit behaviours. While a great deal of this may be caused by lack of exercise and the irritant and over-stimulating effect of junk foods, an important factor may be Uranus' transit through the universal signs (Sagittarius through to Pisces) since 1981. This affects children born from then until Uranus leaves Pisces in 2010, and most especially those who have Uranus configured with the personal planets. Uranus is the great disrupter and in Sagittarius it can interfere with the integrative function of the brain, in Capricorn it affects the pituitary where the regulation of endocrine gland activity takes place, while in Aquarius the body electrical circuits seem to fire differently and in Pisces rhythms of sleep, wakefulness and intuitive awareness may be disturbed. People born with Uranus in the universal signs are agents of breakdown and change in the larger social order. This is a difficult energy to carry in childhood and

youth, both for the person involved and their caretakers, but as they mature there is the potential of bringing, or forcing, improvements in society as a whole.

Neptune

Neptune represents:

- Pineal gland function
- The appendix
- Right-brain function
- Membrane permeability

Neptune vitiates and renders permeable whatever it touches, as it is concerned with breaking down the barriers between self and the environment in the wider sense. Wherever Neptune is found, the drive to differentiate and compete is weak. However noble that may be in terms of a spiritual philosophy, it is bad news for the body, which relies on clear distinctions between self and other for its integrity and health.

Allergies and Autoimmunity

Neptune afflictions can lead to autoimmune disorders. These are caused by a hypersensitivity reaction similar to allergies. In allergies, also a Neptune problem, the immune system reacts to an external substance that would normally be harmless. With autoimmune disorders however, because the body has lost the ability to distinguish between self and non-self, the immune cells turn on the body rather than something 'out there', attacking certain kinds of its own tissues and organs.

Confusion and Fungi

Conditions that are difficult to diagnose, or are wrongly diagnosed, are often linked with Neptune, either natively or by transit. As Neptune fuses, permeates, dissolves and confuses, nothing is as it seems when it is around. Its keynote is loose tone with 'leakage' of vitality and with hypersensitivity. Dr Baldur Ebertin, in *Kosmobiologische Diagnostik*, suggests that it has to do with slackness or laxity of the aura. It is interesting that Davidson, in the late 1950s, mentioned the relationship between Neptune and fungi, viruses and other parasitic forms of life. While Neptune was in Capricorn (the polar

opposite of Cancer which rules mucous membranes) between 1984 and 1998, there was an upsurge in cases of gut candida infection (candida is a yeast), which has been linked with allergic and hypersensitivity disorders.

Addictions

Neptune resists incarnation and where it is prominent there is an aching sorrowfulness and a longing not to be in this harsh world of restriction and responsibility, which can lead to escapist behaviours and addictions. An addiction has been defined as something that produces an altered state and promises to improve the quality of life but actually makes it worse. Addictive substances are usually harmful to the health and prolonged use of them is tantamount to slow suicide. It has been said that behind addictions is a deep and sacred state that the addictive substance or behaviour will never satisfy. Healing comes by finding a means of accessing the authentic state that the addiction is pointing towards, yet is at the same time blocking. Neptune can also be linked with the pineal gland, which mediates altered states of consciousness and right-brain function (see [Chapter 4](#) under Pisces).

Some pathological manifestations of Neptune are:

- Allergies
- Addictions
- Autoimmune disorders
- Fungal and viral diseases
- Poisoning
- Chronic Fatigue Syndrome
- Lethargy and coma
- Hallucinations and altered states of consciousness
- Obscure diseases of psychic origin
- Alzheimer's disease
- Misdiagnoses

Neptune in Sign

Neptune promotes permeability, diffusion and weak functioning. There can be vague and hard to diagnose problems in the parts associated with Neptune's sign or cross if Neptune isn't going with the flow. However,

where there is a mature willingness to 'listen to and obey the whispers', in the areas of life that Neptune's sign represents, and to discriminate fantasy from genuine inspiration, the ability to give and receive healing may be available on many levels.

Transits of Neptune

Neptune transits can have a subtly undermining and weakening effect that is hard to pin down or even describe adequately. There is often a generalised malaise with a lack of energy, motivation and orientation. Because the body's defences are lowered it is susceptible to allergies and food intolerances as well as invasion by parasites and fungal and viral infections. The sensitivity of the intuitive function is usually markedly increased and can provide invaluable information and guidance. If this is not engaged with consciously however, through openness, surrender and acceptance, the feeling of being rudderless and out of control can lead to panic attacks.

Pluto

Pluto represents:

- Formation of new tissue
- Birth
- Death
- Defecation
- Waste elimination

Pluto is concerned with survival at all costs. It has been described as a triple-strength Mars, as it is also centrifugal in action, tending to great inflammation, forcefulness and destruction in the eliminative process. It has a concentrating action as well as an eruptive phase. The processes that are closely connected with Pluto are sex, childbirth and defecation. A foetus is a focal point of energised matter, which ruthlessly extracts from the comparative stillness of the depths of the womb what it needs from the mother, whatever her state of health. When it has reached a state of ripeness where it can no longer be contained, it is expelled with great force into a new state of being.

A similar process of holding in a hidden place while concentrating, followed by expulsion, takes place with waste matter in the colon. Boil and abscess formation are related to the same symbolism. The distinctive feature of Pluto involvement is that the process is irreversible. The baby cannot return to the womb, any more than pus can be put back into the burst pustule. It is a one-way passage, with no turning back. If the expulsive phase fails for some reason, and the foetus, pus or faeces is retained, it can lead to toxicity and even death in extreme cases. It is futile to resist the cleansing effect of Pluto; it is ultimately life giving, even though an old form has to be destroyed in order to create a foundation for the new. It is related to the cycle of nature – birth, growth, maturity, death and rebirth – and is said to be linked with Kundalini energy. Pluto aspects give a degree of violence and ruthlessness to the bodily processes regulated by whatever planet it touches.

Pathological manifestations of Pluto include

- Abscesses
- Malignancies
- Fistulas
- Toxicity
- Obsessive compulsive disorders
- Conditions requiring or caused by radical surgery
- Fitting of a prostheses – an artificial device that replaces a missing body part

Transits of Pluto

Pluto transits bring to the surface that which was previously hidden and needs to be expelled, both physically and psychologically. Like other Pluto processes, this cannot be hurried and requires its own gestation period, which can be very wearisome and frustrating for the patient. Many of the patients I have seen with myalgic encephalomyelitis (ME), or postviral syndrome, have had strongly Neptunian charts and Pluto transits to personal planets or important chart features at the time the illness began. Part of the bitter, but potentially freeing lesson of this devastating complaint seems to be a loss of naivety and an acceptance, and coming to terms with what truly is, rather than what the socially adapted will desires.

Pluto transits over the Ascendant can bring about dramatic alterations in the appearance, which can include heroic weight loss.

The Ascendant

Although they are points not planets, the Ascendant and Midheaven are included here for convenience. The Ascendant is the point of incarnation and describes the qualities of potency for engaging with life. Davidson compares the Ascendant to an electric wire and talks about its conductivity or resistance to the inflow of vital energy. In these terms, again like the Sun, the fire and air signs are the best conductors, with the water signs managing reasonably well, and earth proving the most resistant. This is why children with earth Ascendants, and most especially Capricorn, are often sickly early in life but become healthier later on. The Ascendant describes the individual's interaction with the environment. It is the point of meeting between the internal world of the individual and all that is external. In natal astrology it has been compared to a lens through which the person views the world and through which the world looks back at them, or to the front door of the person's 'house'. Medically it shows how patients perceive and receive their 'diet', in the ancient sense of the word. Diet used to mean anything and everything that was taken in and included not only food and drink, but air, thoughts, emotions and atmospheres. Seen in this way, it is easy to understand why fire, with its enthusiasm, and air, with its curiosity and readiness to relate, are good 'conductors'. They are generally open to interaction. Water tends more to self-protection, and earth to caution, which slow down the process of spontaneous exchange. These different ways of facing and coping with the environment have profound effects at the body level.

The Ascendant also relates to the moment of birth, and the sign on the first-house cusp, as well as planets aspecting it. This can often throw light on the nature of the delivery and the atmosphere surrounding it. My first son has Scorpio rising and Uranus exactly on the Ascendant. Labour was protracted, as thunder and lightning stormed outside. There was high drama at the last moment, as the doctors decided that to continue without intervention would endanger the baby's life. He had to be extracted forcibly with an electrical apparatus that applied suction to his head and was then separated from me abruptly and rushed to an incubator to restore his birth

colour of a deep navy-blue to a healthy pink. In contrast, my second son has the Sun conjunct his Virgo Ascendant. Labour went like clockwork – I had a list of all the stages with me, which I mentally ticked off as they passed. It was a completely natural birth with no painkillers or medical assistance, and the sense of triumph, joy and light as he emerged was almost tangible. The entry into the world is of crucial importance, as it sets the precedent for all future dealings with the environment. If we are not able to make the impact on life that we would like, then the area corresponding to the Ascendant sign can be affected.

The Midheaven

The Midheaven crowns the chart and represents our highest aspirations and ambitions in the outer world. Its sign shows the qualities on which we would like to found our reputation, our public image. Medically, Reinhold Ebertin suggests that the Midheaven is connected with the brain proper, by which he presumably means the cortex, which deals with consciousness of self. I have often found that an illness makes itself manifest – ‘goes public’, for all the world to see – when the Midheaven is transited by one of the heavy planets.

The Aspects

I have made no attempt here to discriminate between the various types of aspect. In general the hard aspects produce more health problems, although this is not invariably so. According to Dr Mario Jones, quoted in Robert Hand’s *Horoscope Symbols*, hard aspects coincide with the onset of an acute illness which reaches a definite critical point, while the flowing aspects are linked with chronic illnesses which build up gradually, persist for a long time, but never come to a crisis.

Where one planet is said to afflict another, it means that it forms a difficult aspect to it. The outermost planet is usually regarded as the afflicter and the innermost one as the afflicted. Pluto can afflict all the other planets, while Uranus can afflict all except Pluto and Neptune as they are further from the Sun than Uranus. Mercury can only afflict the Moon and Sun. The most difficult aspects are the square, opposition and quincunx. The semi-square and sesquiquadrate are normally of minor importance,

unless the chart has no or few other difficult aspects. The effect of the conjunction depends on the nature of the planets involved and other aspects to them.

Sun-Moon

The Sun refers to action taken consciously. It is a positive, creative force, concerned with actively facing and fashioning the here and now, which is always new. The Moon is a reactive energy, conditioned by patterns and experiences from the past. It responds rather than initiates. Where the Sun and Moon are in harmony, the creative energy and vitality are nourished by appropriate back-up responses and the basis for health is good. Where the aspect is a hard one, action and responsiveness are out of tune and the ground is prepared for unstable health. By itself, the hard aspect is unlikely to produce poor health. Davidson says that when the Sun and Moon are in opposition, the energy fluctuates, coming in waves. It is either high or low, and it is necessary to rest when it is absent and to push forward when it is available. Flowing aspects tend to give a feeling of being comfortable in one's own skin, while difficult aspects produce a deep-seated unease with the self. This can make life so uncomfortable that the person is driven to explore their own psyche in an attempt to find peace, which can be both positive and productive.

Sun-Moon aspects, either natively or by transit, can affect the eyes with sharpness of vision fluctuating and also the composition of body fluids – the blood, serum, extra- and intracellular fluids. Vitality is also dependent on mood.

William Lilly says that where the Moon is either in conjunction or opposition to the Sun, there is likely to be a blemish near one of the eyes, especially if the planets are near the angles, or either one receives a hard aspect from Mars.

Sun-Mercury

The only aspects that Mercury can make to the Sun are the conjunction and semi-sextile, as the furthest Mercury can be from the Sun is 28 degrees. Where it is within 8 degrees, it is said to be combust and thereby weakened. This can result in an overly subjective viewpoint which can be troublesome to the health, for as patients these people may find it difficult to stand back

far enough to take an objective look at the situation and see any part they play in contributing to their own illness.

Where Mercury is at the heart of the Sun, that is, within 17 minutes of orb, it is cazimi. This can give a brilliant mind, with exceptional insight and penetration. The nervous system is likely to be healthy. According to Reinhold Ebertin the combination of the Sun and Mercury corresponds to the puberty of the male and to the vitality of the nervous system. There seems to be a connection with the formation of granulation tissue, which is found in the stage of tissue repair following damage caused by inflammation.

Sun-Venus

As Venus is never more than 48 degrees away from the Sun, the only aspects it can make are the conjunction, semi-sextile and semi-square. Each of these can take the edge off the body's vitality by giving a desire for soft living, good food and general self-indulgence. Unless the aspect is afflicted and the tendency underlined by other chart factors, this is unlikely to be serious. The combination affects glandular tissue and especially the Graafian follicles of the ovary, which are the mature eggs just before they are released on ovulation.

Sun-Mars

Mars in hard aspect to the Sun gives a fast metabolism. Often these people gives off so much heat that they are hot to the touch, but have a subjective feeling of chill and do not like the cold. There is a tendency to acidosis, and it is important to ensure that the organs of elimination are functioning well so that the rapidly produced metabolic wastes are removed promptly from the body. It may be helpful to eat frequent small meals to compensate for all this expenditure of energy.

Even hard aspects between Mars and the Sun can be helpful in warding off illness, as Mars produces the necessary action and heat to overcome invasion of the body's boundaries, as well as deal with internal 'enemies'. Children with these aspects can suddenly run very high fevers, which is an excellent sign that the body's defence system is working well; the process should certainly not be interfered with by giving drugs unless the temperature becomes dangerously high.

The Sun-Mars combination refers to the inflammatory response, and the muscular activity which leads to heat production. Reinhold Ebertin suggests that it has a connection with sperm.

Sun-Jupiter

The Sun and Jupiter in flowing aspect is a big plus point when considering convalescence and the restoration of health, owing to Jupiter's connection with protection and the liver function. It is also a sign of 'healthy blood'.

With challenging aspects there may be a tendency to over-indulgence, which can be hard on the liver and lead to all the repercussions associated with an immoderate appetite for life.

Sun-Saturn

Sun-Saturn aspects slow down the metabolism. People with these aspects tend to be cool to the touch, but subjectively feel warm, as they are not losing heat in the same way as those with hard aspects between the Sun and Mars. They can usually tolerate the cold quite well; indeed it can act as a useful stimulant. They may have a poor appetite and be better off with large meals taken at infrequent intervals, if other factors in the chart support this. There is a tendency to alkalinity of the system.

Saturn damps down the vitality of the Sun, so that although there are often few or no episodes of acute illness, neither is there a glowing feeling of health. Later in life the repeated onslaughts on the Sun's vitality can result in chronic, hard-to-resolve conditions. Regular cold water treatments, like a daily cold bath or shower, may be beneficial in Sun- Saturn conditions.

The accumulation of mineral deposits in the body tissues and structures is associated with hard Sun-Saturn aspects. This causes the tissues to harden, thicken and lose their flexibility. The conditions include rheumatic problems and arteriosclerosis, in which there are degenerative changes in the arteries. These vessels lose their elasticity, become thicker and often contain deposits of calcium, which, being the main constituent of bone, is the mineral of Saturn. There may also be a connection with hereditary disease. The ageing process also belongs to Sun-Saturn.

Sun-Uranus

Sun-Uranus is associated with the rhythmic functions of the body, such as the heartbeat, pulse and breathing. Where there are difficult aspects Davidson suggests that the result may be cerebral embolism or effort syndrome, known as neuro-circulatory asthenia (NCA) in the USA. He goes on to say that one common cause of cerebral embolism is atrial fibrillation, or disturbed rhythm of the atria of the heart, which fits well with the symbolism of the two planets. NCA is a form of anxiety neurosis where there is no evidence of organic disease and the symptoms and signs resemble a functional disorder of the autonomic nervous system.

There is also a suggestion that even easy aspects between the Sun and Uranus can be linked with paralysis, if other factors support this. It is interesting given the link between the Sun and heredity and Uranus and technology that Britain's first test-tube baby, Louise Brown, has a square between her Sun in Leo and Uranus in Scorpio.

Sun-Neptune

With Sun-Neptune contacts the vitality and immune resistance tend to be compromised, unless shored up by other positive factors. Anaemia may be one result. There can be disturbances and even breaks in awareness or consciousness. I have one patient with a Sun-Neptune opposition across the sixth-twelfth house axis who has several times been found, or has come to, miles from home. Once she drove her car on to the platform of a Scottish railway station, left it there with the keys still in the ignition, boarded the first train and was found by a policeman wandering the streets of London with no recollection of how she got there. On a couple of other occasions when a similar thing happened, alcohol, whose effects are distinctly Neptunian, played a part.

Eye diseases of indeterminate origin and those affecting the ability to focus, are linked with Neptune aspects to both the Sun and the Moon. Traditionally the Sun rules the right eye of a man and the left eye of a woman, while the Moon rules the right eye of a woman and the left eye of a man.

Sun-Neptune, as is also the case with Moon-Neptune, can be linked with oedema and disturbed fluid balance in the cells, but the effects are much more pronounced with the Moon, especially in women. Allergies and addictions to reality altering substances like alcohol, sugar and tobacco, that

undermine the health and cause a slow but often socially acceptable suicide, can also be a feature here.

Sun-Pluto

Like Sun-Mars aspects, Sun-Pluto links, even if they are hard, give toughness and resilience to the constitution. The only problem is that if the aspect comes under too much stress for a prolonged period, the organism may be pushed beyond its breaking point, especially in the fixed signs where heart disease or malignancy can be the result. Pluto trining or sextiling the Sun is an excellent sign of regenerative abilities. With the hard aspects there may be a tendency to swellings, tumours and abscess formation. According to Davidson, where Pluto is in a fixed sign afflicting a fixed sign Sun, there is a tendency to sarcoma, a cancer of the connective tissue. However, there would have to be several other very strong signifiers to back this up. There can also be a tendency to paranoia.

Sun-Ascendant

The Sun in aspect to the Ascendant deals with conscious perceptions of the environment via the organs of sense, especially the eyes. Even a seemingly harmless transit of the Sun to the Ascendant can trigger off latent eye trouble in susceptible individuals.

Sun-Midheaven

This aspect deals with body image and the sense of self. If the Sun and Midheaven are not in harmony there is an unhappy perception of self, which may produce the sense of inadequacy and negative self-image that leads to lowered resistance and susceptibility to illness. This is a general background feature that may provide a breeding ground for health problems, rather than an indication of any specific disorder.

Moon-Mercury

Hard aspects between the Moon and Mercury can produce a mental disposition prone to emotional upset and worry. The sign and house placements of the two planets will indicate the specific type of emotion and worry. The mind is strongly conditioned by attitudes picked up in early

childhood. Where these attitudes are negative they can sap the strength of the nervous system, both physically and psychologically.

There may be a poor or unreliable memory, or mental or respiratory disorders. Reinhold Ebertin links this aspect with puberty in the female, and with the cerebral and cerebro-spinal fluids.

Moon-Venus

Psychologically, a Moon-Venus contact challenges the individual to integrate the nurturing with the independent aspects of the feminine. Women who have not achieved this to a good enough degree can identify with one planet rather than the other, for example taking on a mothering role and neglecting her desirous Venus nature. A common complaint in this instance is kidney or bladder problems where the woman is 'pissed off', often with a partner. Too much identification with Venus can lead to menstrual or other Moon problems. Men with hard Moon-Venus aspects may have the Madonna-Whore Syndrome where he marries a motherly woman but lusts after ladies he views as vamps. This can lead to sexual performance problems with his wife and in some cases to castration via the wallet when she finds out why.

Both planets influence conception and the menstrual cycle, the Moon in its rhythm and ebb and flow of body fluids, and Venus with hormonal secretion and regulation. Where there is an imbalance, there may be a slackness of tone in the menstrual and reproductive function, giving such problems as vaginal discharge, swollen breasts and many of the symptoms of pre-menstrual syndrome. Easy aspects and the conjunction, especially in Cancer, and to a lesser extent in the other water signs and Taurus, predispose to easy conception, even outside the ovulation period. Adequate contraceptive measures must be taken at all times if the woman does not wish to become pregnant. As might be expected, problems with Moon-Venus contacts are more likely to show up in women rather than men.

Moon-Mars

With Moon and Mars in hard aspect there is a conflict between the need to nurture and be nurtured by others and the drive to compete with others and to come first. In *The Astrological Aspects*, Charles Carter states that individuals with inharmonious Moon-Mars aspects may be either self-

willed and pugnacious or, if they are 'nice' people, prone to ill health. Where Moon-Mars energy and emotion does not find a suitable outlet externally – and it does not have to be expressed as anger – it will turn in on itself, thus undermining the health. One survey of patients who survived cancer showed that the common factor was that they had all learned to express their assertiveness during the time of healing.

It may upset some commonly held, sentimental notions about the nature of health to associate it so strongly with aspects of Mars and Pluto, both of which embody some pretty selfish and ruthless energies. But one law of nature is the survival of the fittest, and that involves quite a degree of competitiveness and self-interest.

Moon-Mars represents the mobilisation of emotions. An everyday example of this is blushing. This aspect can be associated with copious menstruation, bilious nausea, and fevers that produce reddish skin eruptions. Termination of pregnancy, either voluntary or by miscarriage, or the disinclination to have children can also be found with this aspect. Reinhold Ebertin links the combination with involuntary muscle movement, thyroid gland function, and Grave's disease. This is a disease that often runs in families, whose cause is unknown. It most commonly affects women and involves increased growth and activity of the thyroid gland, accompanied by protruding eyes, excessive sweating, nervousness and palpitations.

Moon-Jupiter

Classically, hard aspects between the Moon and Jupiter point to a sweet tooth and gluttony, neither of which does wonders for health.

As with Moon-Venus, the emphasis is on slackness of tone, but this time the digestion is likely to be involved. Moon-Jupiter combinations refer to secretions of the liver, pancreas and gall bladder. Before food can be assimilated (a Moon function), it needs to be broken down into simpler units. Before this breakdown process takes place, fats, which are ruled by Jupiter, need to be emulsified by the bile which is produced in the liver (also ruled by Jupiter) and stored in the gall bladder. The bile salts are also responsible for ferrying the digested fat products to the wall of the intestine, where they are absorbed. Thus it is not difficult to see that a Moon-Jupiter imbalance can lead to digestive problems, often those involving the gall bladder and fat metabolism.

Moon-Saturn

Like Sun-Saturn, Moon-Saturn afflictions can show up as hereditary diseases, but the most common pathology is neurosis and depression owing to the fear and abnormal sensitivity that Saturn produces when aspecting the Moon. It gives a slowed and inhibited emotional response as well as restrictive and controlling eating behaviours, which provide fertile ground for illness of all kinds. It is associated with chronic disturbances in the water balance, defects of mucous membranes and bladder diseases. In women it can be linked with late onset of puberty and with late, painful or scant menstruation.

Moon-Uranus

Psychologically this aspect is associated with the sense of a lack of stability and security, where emotional upheaval is felt to be possible at any moment and nurturing is inconsistent and unreliable. There is often intense emotional excitability, which is greatest in the fire signs. This is combined with sensitivity, a highly-strung nature and nervous tension. There can be erratic and overwhelming emotional outbursts. The resulting high-tension, emotional 'electricity' needs to be grounded, and the person soothed and centred by periods of quiet and relaxation in which the charged feelings can be processed and assimilated. Otherwise it is possible that a breakdown in health might occur due to the prolonged over-stimulation of the nervous system. There may be a link with autism and Asperger's syndrome, especially if the Moon is in Aquarius.

There can be menstrual irregularities, pain at ovulation and dysmenorrhoea. It can lead to colic in any fluid-excreting or fluid-containing organ, such as the bladder, prostate gland or colon as well as disturbances in blood pressure. Wherever Uranus is involved it is common to want to over-ride the restrictions of the natural cycles of the body. I have known women with these aspects who can, at will, put back the arrival of a period if it was due at a time that did not suit their schedules and others, both men and women, who can go for long intervals without noticing the body's prompts to sleep or eat. Eating disorders such as bulimia are another possibility, where the instincts of the body are ignored and the sufferer gorges on food and then reverses the process by vomiting it up again.

Moon-Neptune

Neptune seeks to erode barriers wherever it is found, and here it is emotional separateness which is affected. These people are extremely impressionable and often have difficulty in distinguishing between their own emotions and those of people around them. In some cases this can lead to emotional dependency on others, or allowing others to depend on them, to the point of being parasitic. Psychosomatic conditions are common, and in extreme cases there can be psychosis and delusional insanity. One problem that may arise is addiction, usually to drugs, sugar or alcohol, those substances that further break down barriers and give a sense of oneness with the whole of creation.

As this aspect produces dissatisfaction with the inevitable disappointments and restrictions of life in the flesh, and a tendency to give up and retreat from harsh reality, it is detrimental to the fighting spirit needed to shake off illness. Any treatment which keeps Neptune usefully occupied at such a time, for example creative visualisation techniques, prayer and meditation, can be powerful tools in turning victim into victor.

The most common physical manifestation that I have found is water retention, generally aggravated by emotional tension, ranging from pre-menstrual bloating to full-blown idiopathic oedema. The latter is a condition of unknown origin whose symptoms are similar to many glandular disturbances, but where the clinical tests all prove negative. Typically, patients have several vague or conflicting diagnoses, depending on how many doctors they have visited. It may be linked with disturbances in osmotic pressure. The distribution of body fluid can shift dramatically within a few hours or sometimes minutes, especially after exercise and eating even small quantities of food. Clothes that are loose fitting when put on in the morning cut into the body by evening. One patient claimed that she had fasted for five days and drank nothing but sugarless tea, but had still managed to gain four pounds. I should add that I have no proof of this either way, and it could be an alternative manifestation of Moon- Neptune imagination, although that may be unfair to the patient. That is the problem with Neptune – it is difficult to distinguish reality from illusion, if in fact there is any such thing as reality.

I have found that, in many cases, Moon-Neptune trines, even more than the hard aspects, are linked with food and environmental sensitivities and

allergies, and with asthma.

Moon-Pluto

Reinhold Ebertin links the Moon and Pluto with blood diseases and hereditary schizophrenia. The most common problems that I have found in women are fibroids, endometriosis and excessive menstrual bleeding. Many of these patients, whatever the aspect, have either had or been threatened with a hysterectomy or have intense and sometimes difficult experiences around childbirth where the survival of mother or child or both was at risk. There is also a link with disturbances of bowel function and surgical removal of parts of the colon, which in some cases ends with a colostomy. Eating disorders like anorexia are another possibility, often in an attempt to control the body's demands to mature, ripen and become sexual. Moon-Pluto contacts are also associated with life-threatening conditions like cancer, especially of the bowel and reproductive organs.

During treatment some patients start to acknowledge an uncanny degree of intuitive insight and power that they had been afraid to look at before because they felt overwhelmed by it. Once the psychological element was recognised, with astrological counselling, and the realisation that they were not mad or bad, the physical problems lessened and became more manageable.

Moon-Ascendant

Moon-Ascendant contacts increase subjectivity, causing these people to take impressions and stimuli from the outside world personally and very much to heart. Where the aspect is a hard one, or a conjunction, they may be so strongly attuned to their own particular needs in a given situation that they are unable to see what, objectively, the appropriate response might be. The most common health problem I have found is pre-menstrual syndrome, where the women involved, in the week before menstruation, retain fluid to such an extent that it can alter their appearance and negatively influence their self-image. They crave comforting junk foods, which exacerbates the problem, and find themselves subjected to almost uncontrollable mood changes that contrast strongly with their normal personalities.

Moon-Midheaven

This is said to represent the distribution of blood and other fluid in the body. When a hard Moon-Midheaven aspect is triggered there may be a shift in the distribution of body fluid. The most extreme case is in shock, where the person collapses because a vital organ has been left with an insufficient supply of blood. It has been linked with postural hypotension, where the blood supply to the head diminishes when the person stands up.

Mercury-Venus

The only aspects that can be formed are the conjunction, semi-sextile, semisquare and sextile, which are unlikely to cause trouble unless either planet is afflicted natively by other planets or by transits of the heavier planets. Mercury-Venus relates to the nerve supply of the endocrine glands.

Mercury-Mars

This combination relates to the motor nerves which control the muscles. In hard aspect, there can be spastic paralysis, increased reflex action, irritability of the nerves leading to involuntary twitchings and tics, and inflammation of nervous tissue. In extreme cases there may even be tumours of the nervous tissue. It is a very excitable aspect, often combined with fear and nervousness, and sometimes linked with bilious diarrhoea and thirst.

Mercury-Jupiter

The effect of any stimulus to Mercury-ruled structures or processes will be magnified by this aspect. For example, coffee, tea, cola drinks and food additives, which have an irritant effect on the nervous system, are often badly tolerated by those with hard aspects between Mercury and Jupiter. In turn these substances may not be processed adequately by the liver, leading to systemic nervous disturbances.

Mercury-Saturn

Where Mercury and Saturn are in aspect there can be an underfunctioning of the nervous system generally, but especially that part supplying the organs of speech and hearing. It is commonly found in cases of dyslexia and deafness. It also refers to the nerve supply to the skeletal system, and afflictions may be linked with stiffness and deep dull pain in the joints.

Mercury-Uranus

Hard aspects between Mercury and Uranus can give a brilliant mind, but one which at times is as easily curbed as a blaze in a fireworks factory. People with these aspects tend to rush about, suffering from a chronic lack of time, and consequently rarely take the opportunity to relax properly. Periods of low-stimulus rest are essential for them. They need time to contemplate and assimilate all the new and exciting information they have acquired. This is generally the last thing they do, and it tends to take its toll if not dealt with in time.

Physically it refers to the co-ordination of movement and balance, which are monitored by the proprioceptors in the muscles and joints. These respond to changes in joint position, muscle stretch and tendon tension. With this feedback information the muscular system can be orchestrated to function smoothly. Hard aspects between Mercury and Uranus can lead to a kind of dyslexia where words come out in the wrong order, the wrong words are used altogether or there are isolated episodes of stammering or being inarticulate, while at other times being extraordinarily fluent.

Mercury-Neptune

Problems associated with this aspect are weak nerves, irrational fears, nerve paralysis, loss of consciousness and a decreased ability to feel or sense. It is usually found with a fantasy-rich imagination, which could be more healthily occupied in meditation, guided imagery or other suitable Neptunian activities instead of being allowed to drift into free-floating anxiety and undermining the confidence. It is sometimes associated with myasthenia gravis, an autoimmune neuromuscular disorder whose name literally means 'serious muscle weakness'. It is caused by antibodies that block nervous transmission to the muscles.

Mercury-Pluto

Psychologically, people with hard Mercury-Pluto aspects are highly attuned to detecting possible threats to themselves from the words and communications of others. At the slightest hint of perceived danger they may lash out verbally, with unnecessary vehemence. Unnecessary, that is, to the casual observer. For the Mercury-Pluto person it is a survival issue. Their verbal darts are aimed to destroy, and they seldom miss as they have

an uncanny perception of their opponent's vulnerability. They tend to take things literally and seriously when they are meant lightly and often fear that their mind is giving way and that they are heading towards insanity. Clients with this problem can be greatly helped when they start to investigate the symbolism and meaning of Pluto, but the subject can only be broached when trust has been established, as they guard their fears and secrets jealously. Mercury-Pluto also applies to nervous over-stimulation, the metabolism of the nervous system, and the formation of new nervous tissue. It can be linked with obsessive-compulsive disorder and being trapped on the treadmill of terror-filled recurrent thoughts.

Mercury-Ascendant

Mercury-Ascendant aspects concern the point at which stimuli from the environment are picked up by the sensory receptors. They relate to the perception of the environment, the nature of which can be seen from the signs, aspects and house placement of Mercury.

Mercury-Midheaven

Reinhold Ebertin relates this combination to the motor-nerve centres of the brain.

Venus-Mars

Hard aspects between Venus and Mars are generally found where there is a plentiful outpouring of sex hormones and consequently a strong sex drive. There may be kidney infections, copious urine, menstrual problems, and possibly a tendency to varicose veins, phlebitis and thrombophlebitis.

Venus-Jupiter

Hard aspects between these planets give a tendency to self-indulgence where food and drink are concerned, coupled with a liver which may not be capable of handling such richness, so that the person tends to run to fat. There may be excessive glandular secretions, especially of the female sex hormones, leading, in men, to some degree of softness. These people are often disinclined to take exercise, which does not help the tendency of this aspect to produce venous engorgement and stasis.

Venus-Saturn

People with these aspects find it difficult to relate spontaneously and easily. Since a feeling of social relatedness ranks high in the list of preventative measures against illness, for this reason alone hard aspects between Venus and Saturn must be reckoned a health hazard.

There may be some malfunction in the secretion of hormones and a slow-down or under-functioning of their regulatory system. Some glands may atrophy or enlarge to try to compensate for the low hormonal output as, for example, in goitre. This aspect has also been linked with emphysema, where the air sacs of the lungs become distended. There may be under-functioning of the kidneys or hardening of the kidney tubules or glomeruli. Venus conjunct Saturn in Aquarius has been linked with varicose veins.

Venus-Uranus

Venus-Uranus in hard aspect can give a disturbed rhythm to the sex drive. At one moment there is a great upsurge of sex hormones and a strong urge to relate, the next moment it is gone – nothing there. Now you see it, now you don't. There is general instability throughout the hormonal system and a lack of balance. It is sometimes associated with spasmodic kidney pains. Where Venus is in a fixed sign in hard aspect to Uranus, there may be a heart murmur.

Venus-Neptune

There may be weakened glandular function and lack of tone in the sex organs. Some glands may become enlarged, develop diffuse boundaries and release hormones when they are not required. These people may escape into alcoholism or drug abuse. Interestingly, among chronic alcoholics, there is an increase in chronic pancreatitis, in which enzymes leak out of the pancreas to destroy the surrounding tissues.

Relationships and sexuality may be areas of confusion for these people, who are often easily seduced because of a deep longing to merge with an idealised beloved. There may therefore be difficulty in distinguishing their own desires, needs and boundaries from those of anyone with whom they are in intimate contact.

Venus-Pluto

Hard aspects between Venus and Pluto can cause a powerful, sometimes compulsive, sex drive and intense, even destructive, emotions. Glandular secretions are excessive. It is connected with the onset of menstruation and the ovarian function, especially ovulation.

Venus-Ascendant

As this aspect is more concerned with appearance and the complexion, it does not generally have any significant effects on health.

Venus-Midheaven

Reinhold Ebertin links this combination with the third ventricle of the brain and the pituitary, the body's master gland.

Mars-Jupiter

Even with the hard aspects this should present no great health risk. Mars-Jupiter gives a rich blood supply, sometimes to the point of engorgement, enlarged organs, and a great capacity to fight off anything that threatens the body's integrity. Davidson says that it is almost a guarantee of immunity. It can also have a connection with the benign fatty tumours called lipomas.

Mars-Saturn

This combination refers to the processes of bone and red cell formation. The classic manifestation of the hard aspects is inflammation of the joints, as in arthritis. There can also be bone malformations, inflammation of the bones or bone marrow, anaemia, pathological fractures, or paralysis of the muscles of breathing leading to suffocation. Depending on which planet is the stronger, there will be either inflammation or stiffness. It is also linked with gallstones.

Mars-Uranus

Mars-Uranus is concerned with the rhythm of muscle contraction and lengthening, both in muscles like those of the heart and gut, and those under voluntary control like the large muscles used in locomotion. When the process is disrupted there can be jerky movements, pains and cramps from sudden muscular spasm, or ruptures and wounds. These people usually

carry scars from one or more accidents caused by impulsive action or lack of co-ordination. There can also be muscular tics and twitches.

Mars-Neptune

This has been called *the* pathological aspect because Mars, the warrior of the body's defences, is confused and undermined by Neptune's diffuseness and lack of boundaries. The body does not know whether to attack or to surrender and while it is paralysed, trying to make up its mind, infection sets up home at whichever site provides the best breeding ground. The result can be chronic, hard to diagnose, low-grade infections. There can be paralysis, weakness or wasting of the muscles, and a great susceptibility to infection, with discharge of pus. The aspect can also be linked with autoimmune disorders, where the body is attacked by its own defence system. People with a Mars-Neptune aspect often feel anxious and guilty about sticking up for themselves or stating clearly, never mind fighting for, what they want. They are scared of being thought selfish and of offending those they believe they are dependent on. This comes from an overwhelming terror of abandonment and the impotence they imagine that would cause. Mars-Neptune people can show phenomenal courage and stamina when dedicated to an ideal, preferably a cause greater than their own egos and one that helps others. When they are on a mission of redemption that makes sense to them, even if it seems like complete lunacy to onlookers, self-sacrificing Neptune and go-getting Mars make a formidable team. The planetary energies then have an external focus and the body is no longer the default battlefield.

Mars-Pluto

With the hard aspects there can be intense inflammations or violent release of toxins. Mars-Pluto has also been linked with parasitic infections, poisonous insect bites, and the bites of wild or large animals. Because these people have a tendency to push themselves to the limits of endurance, there is danger of damage to the muscles and tendons. Sometimes this aspect is involved with surgery where the natural body parts are replaced; examples are false teeth, replacement joints, artificial limbs and organ transplants. Mars-Pluto has been linked with physical and sexual abuse, which often leads to chronic insecurity that can undermine the health.

Mars-Ascendant

This has been linked with surgical operations and accidents, especially burns and head injuries.

Mars-Midheaven

Reinhold Ebertin relates this aspect to the regulation of body temperature, fever and the functions of the muscles under voluntary control.

Jupiter-Saturn

This combination is connected with under-functioning of the liver, which may also be smaller than normal. The metabolism is slowed down and there is a tendency to gall bladder and liver problems, including cirrhosis of the liver. There may also be hardening of the arteries, associated with high blood pressure. As Saturn dampens Jupiter's natural confidence these contacts can lead to depression. Where the planets are in opposition there is often a seesawing between optimism and pessimism. Saturn's restriction of Jupiter's protective function can also be an underlying factor in a wide variety of chronic disorders.

Jupiter-Uranus

There is a tendency to gall-bladder colic, and colics throughout the whole of the gastro-intestinal tract, but these pains do not generally last long. The metabolism is erratic and there can be fatty diarrhoea at times, followed by constipation.

Jupiter-Neptune

If in hard aspect, there is a general lack of tone in the organs of the body. There can be a tendency to haemolysis. Because the walls of the small arteries may be more permeable than normal, fluid can leak out, producing waterlogged tissues. The metabolism is also weak, so that food particles are not broken down properly. This results in fermentation, gas production, and a build-up of gas in the gut leading to abdominal distension. Wrong diagnoses are common as these problems are often of psychological origin. There can also be fatty diarrhoea or clay-coloured stools that float.

Jupiter-Pluto

Where these planets are in good aspect it is an excellent sign of ease of recovery and recuperation after illness. Blood transfusions are generally successful and organs regenerate well after injury. The hard aspects are sometimes linked with compulsive risk-taking, gambling or overeating and excessive weight gain.

Jupiter-Ascendant

The conjunction and hard aspects can lead to corpulence, especially in middle age.

Saturn-Uranus

As Saturn is the densest form of matter and Uranus is the bringer of disruption and abrupt change, lack of alignment between the two can give a tendency to tears or breaks in the hard tissues of the body, such as the bones, joints, skin and teeth. These can be the result of accidents, which may happen when the person is on the brink of making some radical life change. When that is the case there is often an unconscious resistance to moving out of familiar territory and into a new role where they fear they will be inadequate or burdened by responsibilities too heavy to bear. There can also be skin eruptions that appear suddenly, usually due to shock. In extreme cases this aspect has been linked with amputation.

Saturn-Neptune

Since Neptune dissolves boundaries and Saturn is concerned with forming and maintaining them, the combination of these principles is not an easy one, as they are set on opposite courses. Psychologically the hard aspects are linked with anxieties, neuroses, confusion and phobias. There is generally some kind of inferiority complex and feeling of inadequacy, as it is difficult for these people to define who they are in the world; there may also be a martyr complex. All of this makes a splendid breeding ground for ill health.

Physically there is a tendency to degeneration and weakness of the structural tissues. Examples of this are osteoporosis and osteomalacia. Once illness has set in, it is difficult to shake it off, and there is a tendency to retain metabolic wastes, which of course aggravates any underlying problem.

Saturn-Pluto

Anything that Pluto touches is affected by its intensity. Here the task of Saturn to lay down and maintain solid body structures is intensified, so there is a tendency to hardening or calcification of connective tissue, formation of cheloids and adhesions after injury or surgery. There may also be under-development of some organs, because both Saturn and Pluto are energies that concentrate into small spaces. Waste products may not be eliminated, which can lead to potentially serious auto-intoxication (self-poisoning). Psychologically these people can suffer from severe depression.

Saturn-Ascendant

This aspect can give rise to skin troubles as both principles are concerned with interfaces – Saturn with body boundaries, and the Ascendant with the individual and the environment. In some cases there are chronic middle-ear problems or hereditary shortsightedness.

Saturn-Midheaven

With Saturn in hard aspect to the Midheaven it can be difficult for the individual to have a spontaneous and joyous sense of self although with hard work and self-discipline a great deal can be achieved in the world. This contact has been linked with a general feeling of being out of sorts and in extreme cases disintegration of the personality and ego-related mental disorders.

Uranus-Neptune

As with all aspects between the outer planets, this one will go unnoticed in most charts unless it is sensitively placed. Hard aspects can lead to paralysis or weakness of the rhythmic processes of the body. Examples include breathing disorders, heart failure and stroke. There is a tendency to over-sensitivity and over-reaction. The areas affected will depend on aspects to other planets and the house positions occupied by Uranus and Neptune.

Uranus-Pluto

With Uranus and Pluto in hard aspect and sensitively placed in the chart, or triggered by transit or progression, there can be excessive tone in the body areas represented by the sign and house position of the planets (especially

Uranus). This can lead to intense, painful spasms, and possibly changes in some of the biological rhythms of the body.

Uranus-Ascendant

Here the nervous system responds extremely quickly to environmental stimuli, often too quickly for the messages it is picking up to be processed properly. This aspect can be linked with sensitive skin, headaches and sometimes trigeminal neuralgia. Psychologically, people with these aspects can be infuriatingly unpredictable. It is not that they mean to be unreliable, it is simply that they carry the energy of disruption and are so much more open to the constantly changing stimuli that they never seem to stay in one place long enough to consolidate or commit. There is a high degree of nervous strain involved in these aspects, which can lead to a breakdown in health if not channelled in some constructive way.

Uranus-Midheaven

This combination does not seem to have any particularly significant implications for health, apart from the general restlessness that it brings.

Neptune-Pluto

Pluto represents the single-minded determination to survive. Neptune is more interested in the death of the separateness of self. Bring these two principles together and there is conflict. Where hard aspects are highlighted in the chart, the person may lack incentives and even the will to live. The patient simply gives up and either waits patiently to die, or submits to a long and tedious illness, sometimes combining the Neptunian tendency to martyrdom with the Plutonian urge for power in a display of manipulation through guilt and sweet resignation. Neptune-Pluto aspects are generational. From 1929-1933 they were in semi-square aspect, but most people born between 1940 and 1993 have them in sextile, which does not seem in itself to present any specific health problems.

Neptune-Ascendant

It is difficult for people with these aspects to have a clear sense of self, or perhaps it is more accurate to say that their idea of self is fluid and will depend what fantasies about themselves they have picked up from the last

person with whom they were in contact. Physically their senses may deceive them, as in, for example, the feeling of the skin crawling. They may be sensitive to, and could easily become dependent on, mood- altering substances like alcohol, coffee and tea, which are best avoided. A polluted atmosphere, physically or emotionally, may also have a detrimental effect on health.

Neptune-Midheaven

The hard aspects may give rise to mental disturbances and a lack of a clear sense of purpose in life, which can be linked with periodic low- grade depression.

Pluto-Ascendant

These aspects are associated with a heightened sense of alert to potential threats that can sometimes border on the paranoid. On the positive side they give great tenacity of purpose, which can be very helpful in their determination to find the correct therapy and recover. The physical appearance may alter greatly from time to time, when it can seem as if the person has undergone a major transformation. Pluto transits over the Ascendant can bring about this effect, as they are conducive to sustained and often extreme effort. This can be a great help if there are illnesses to be thrown off or weight to be lost.

Pluto-Midheaven

As with Pluto-Ascendant contacts, this aspect is most closely bound up with the determination to get well and to find the right therapy. This is often psychological in nature and tackles the roots of the problem. However, it may also involve an irreversible treatment like amputation, or a deep cleansing and regeneration programme, like the Gerson therapy.

Midpoints

A midpoint is a sensitive point exactly halfway between the shortest distance between two planets. The shorthand method of writing it is, in the case of the Sun and Moon, Sun/Moon. When another planet falls on that midpoint we write, if it is Pluto, Pluto = Sun/Moon, which means that Pluto is situated halfway between the Sun and the Moon. To find the midpoint

between two planets convert their positions into zodiacal longitude, shown in the table below, add them together and divide by two.

0 degrees Aries = 0	0 degrees Leo = 110	0 degrees Sagittarius = 240
0 degrees Taurus = 30	0 degrees Virgo = 150	0 degrees Capricorn = 270
0 degrees Gemini = 60	0 degrees Libra = 180	0 degrees Aquarius = 300
0 degrees Cancer = 90	0 degrees Scorpio = 210	0 degrees Pisces = 330

For example, if the Sun is at 19.52 Taurus and the Moon is at 9.18 Gemini, their midpoint is:

Sun	19.52+30	=	49.52
Plus			
Moon	9.18+60	=	69.18
		=	118.70
Divide by 2		=	59.35
		=	29.35 degrees Taurus

There is no universal agreement about the orbs used with midpoints. I use one degree. Experts in midpoints, like Charles Harvey and Michael Harding, find that all aspects based on 45 degrees, including the so-called minor semi-square and sesquiquadrate, as well as the conjunction, are important. The Ebertins, who have researched midpoints extensively, have developed the 45-degree dial, an astrological tool which greatly simplifies the identification of all these aspects.

To find the meaning of a planet at any midpoint it is necessary to consider the meaning of the combination of the two planets forming the midpoint, and then work out how the qualities of the third planet at their focal point would affect this combination, or be affected by it. Reinhold Ebertin's *The Combination of Stellar Influences* gives some excellent, if somewhat sparse, information on the interpretation of midpoints. By using keywords, it is possible to gain some insight into how activated midpoints might manifest pathologically. The following keywords are to be taken as guidelines only and can be fleshed out using the information on the planets given above.

- Sun – Heart, vision, vitality
- Moon – Body cycles, body fluids, feeding patterns
- Mercury – Nervous system
- Venus – Homeostasis, glandular activity
- Mars – Muscles, inflammatory response
- Jupiter – Liver, integrative function of the brain
- Saturn – Body structures
- Uranus – Disruption
- Neptune – Dissolution
- Pluto – Survival, excretion, regeneration

Some of the most important health midpoints are Sun/Moon, Mars/Neptune, Mars/Saturn and Saturn/Neptune.

The Sun/Moon combination refers to the harmony, or otherwise, between the will and the habitual response. The Moon provides the nourishment that enables the Sun to shine. Any planet at this midpoint, either natively or by transit, will affect this dynamic. For example, Pluto at this midpoint indicates a critical phase where life purpose and direction seem to be torn apart and destroyed, only to be reconstituted in a new and more potent form. The past is left behind forever, and a new way of expressing and supporting creativity laid down. If this process is resisted, it can lead to a massive breakdown in health. Uranus at this midpoint shows sudden and periodic changes in whatever life rhythms form the status quo at the time. The effect can be disruptive until a new and more valid pattern is established.

Mars, the principle of self-assertion, and Neptune, the urge to dissolve all barriers and to renounce ego-centeredness, make uneasy bedfellows. Any planet at their midpoint becomes involved in the conflict between these two quite disparate energies. When the Sun is here, vitality can be low and there is a danger of poor resistance to infection. If Jupiter is at the midpoint, liver function can be weak, or there can be a tendency to lung infections.

Mars/Saturn, where the aspect is flowing, refers to the disciplined use of energy; where it is challenging, free expression of muscular activity is blocked and frustrated, and the blood and inflammatory response may be inadequate. With Venus at this midpoint there may be glandular dysfunction.

The Saturn/Neptune combination refers to the formation and maintenance of structure versus its dissolution. Mars at this midpoint may be connected with muscle wasting or hardening, low energy or malformed red blood cells.

As with all the other interpretations in this chapter, it is by no means inevitable that any pathological conditions associated with these midpoints will appear. It is fascinating and awe-inspiring to trace the connection of the planets with anatomy, physiology and pathology, but the most desirable function of medical astrology in the healing arts is surely to prevent problems arising in the first place.

References

- Bircher-Benner, Max, *Ordnungsgesetze des Lebens als Wegweiser zur echten Gesundheit*, Bircher-Benner Verlag, Bad Homburg and Zurich, 1984
- Carter, Charles, *The Astrological Aspects*, L. N. Fowler & Co, Romford, 1981
- Daath, Heinrich, *Medical Astrology*, L. N. Fowler & Co, London, 1914
- Darling, Dr Harry, *Essentials of Medical Astrology*, American Federation of Astrologers, Tempe, Arizona, 1981
- Davidson, Dr William, *Medical Lectures*, Astrological Bureau, Monroe, 1959
- Ebertin, Dr Baldur, *Kosmobiologische Diagnostik*, 3 vols, Ebertin Verlag, Freiburg im Breisgau, undated
- Ebertin, Reinhold, *The Combination of Stellar Influences*, American Foundation of Astrologers, Monroe, 1972
- Gerson, Dr Max, *A Cancer Therapy – Results of Fifty Cases*, Gerson Institute, Bonita, California, 1986
- Hand, Robert, *Horoscope Symbols*, Para Research, Rockport, Massachusetts, 1981
- Lieber A.L., 'Human aggression and the lunar synodic cycle' *J Clin Psychiatry*, May 1978; 39(5): 385-92.
- Roman E.M., Soriano G., Fuentes M., Galvez M.L., Fernandez C., 'The influence of the full moon on the number of admissions related to gastrointestinal bleeding' in *The International Journal of Nursing Practice*, December 2004, 10(6): 292-6.
- Simonton, C, Matthews-Simonton, S, and Creighton, J, *Getting Well Again*, Bantam Books, New York, 1981
- Watson, Lyall, *Supernature*, Coronet, London, 1973

FOUR

The Signs and Houses

‘The horoscope is music of the soul projected into the body. It is a graphic representation of the forces that vitalise and maintain your body. Medical astrology is the key to the physical and physiological idiosyncrasies of the body.’

William Davidson, *Medical Lectures*

Planets describe the physiological processes that go on in the body and the signs describe both *where* in the body these processes take place and also *how* these processes are carried out, ie fast or slow or erratic and so on. In medical astrology the chart can be examined in two ways. The first is to focus on the planet and from the sign it occupies get a sense of how that planet will function. For example, when Mars is in Capricorn the defence system, Mars, can be described as acting slowly and persistently. Alternatively, we can focus on the sign. We then look at what Capricorn rules ie the skin, joints and bones and conclude by Mars’ presence in that sign that there will be heat generated in those areas. This means that there is a potential for inflammatory conditions of the skin, joints and bones, like arthritis or dermatitis, to develop.

Traditional Sign Correspondences

The traditional model is a simple and effective scheme. It starts at the top of the body with Aries representing the head and moves downwards to finish with Pisces, which is associated with the feet.

Aries – Head
Taurus – Neck and throat
Gemini – Shoulders, arms, hands, fingers and lungs
Cancer – Breasts and stomach
Leo – Heart and spine
Virgo – Small intestines
Libra – Kidneys
Scorpio – Genitals and bladder
Sagittarius – Buttocks, hips and thighs
Capricorn – Knees
Aquarius – Lower leg and ankles
Pisces – Feet and anklebone

Useful though it is, the traditional list does not reveal the whole picture, especially as great advances have been made in the understanding of anatomy and physiology since the 17th century when the above list was current. However when I find myself puzzled or stuck about what a sign represents I come back again and again to the traditional sign correspondences and ask myself – what goes on in that part of the body? Just that simple question yields gold time and again.

Aries

Aries is the sign of attack and defence. Aries represents the principles of assertive energy and the awakening of the awareness of self through interaction with the environment. With the Sun in Aries the temperature rises very quickly, both in response to illness and when the person is exposed to the sun and other sources of heat. Such people are said to be liable to heat- and sunstroke.

It is associated with the

- Head, including the skull and face
- Adrenal glands

Because of its connection with defence, Aries is linked with the adrenal glands. These are small triangular glands found, as their alternative name the suprarenals (supra – above, renal – kidneys) suggests, on top of each kidney. The adrenal glands are under the regulatory control of the pituitary gland (see Capricorn later in this chapter).

The adrenals have several functions.

- They help the body cope with stress and prepare it for activity. When the body encounters stress, or blood sugar levels are low, the adrenals release adrenaline into the bloodstream. Adrenaline immediately increases the blood pressure, stimulates the heart and relaxes the lung muscles to prime the body for ‘fight or flight’ activity. Blood sugar, which is the body’s energy fuel, is also increased.
- The Basal Metabolic Rate (BMR) rises in response to this, which increases body temperature.
- They stimulate the kidneys to maintain sodium balance, which is important for regulating body water.
- They enhance the body’s resistance to stress.
- Their effects make the body more masculine and prepare it for sexual activity.

Health problems linked with Aries

- Headaches and migraines
- High temperatures
- Eye problems
- Depression when Aries activities are blocked
- Accidents, especially to the head
- Adrenal function problems, including adrenal exhaustion
- Stress-related immune system disorders
- Conditions requiring surgery

Lilly’s list of areas and illnesses associated with Aries

All diseases incident to the Head and such as proceed or have originall from Choller, small Pocks, Pushes, Pimples.

Choller is anger and Pushes are pustules.

Saturn in Aries often gives a small head and poor blood supply to the brain. These people are reputed to benefit from yoga exercises, like headstands.

Taurus

Taurus represents the principles of accumulation, building up, maintaining stability and regularity of rhythm and resources.

It is associated with the

- Nape of neck
- Throat
- Voice
- Thyroid Gland
- Medulla oblongata of the brain
- Middle ear

Thyroid hormone is stored in the thyroid gland, ready to be distributed as instructed by the higher centres of the anterior pituitary, which is part of Capricorn's territory. The thyroid gland regulates the metabolic rate, so it is a bit like the body's energy bank account. This assures a slow, steady flow of thyroxine into the tissues. Thyroxine increases cardiac output, heart rate, ventilation rate and basal metabolic rate.

At the base of the skull is the portion of the brain stem known as the medulla oblongata. This contains the vital reflex centres, including the cardiac centre for heart rate, the vasomotor centre for muscle tone of the blood vessels and the respiratory reflex centre for breathing. Injury or disease to this part of the body is often fatal.

The brain stem is the oldest region in the evolving human brain, often called the reptilian brain, and its impulses are instinctual and ritualistic. It is concerned with fundamental needs such as survival, physical maintenance, hoarding, dominance, preening and mating. The emotions of love, hate, fear, lust, and contentment all have their origins here. When we are out of control with rage, our reptilian brain is overriding our rational brain.

Because of the drive to accumulate and retain, where Taurus is strong there is a tendency to tumour formation. With a poor diet and inadequate processing of strong emotions the result can be malignancy. However if toxicity is avoided with a healthy physical and psychological lifestyle, Taurus has a great natural strength that favours robust good health.

Health problems linked with Taurus

- Throat, ear and tonsil maladies
- Neck problems
- Thyroid disorders
- Heart conditions
- Tumour formation

Lilly's list of areas and illnesses associated with Taurus

Diseases of the Neck and Throat, having their beginning from Melancholy, Kings Evill.

Kings Evill is tuberculosis

Gemini

Gemini is the intermediary. Where two systems or parts are linked and joined, Gemini, or its ruler Mercury, is almost certainly involved. Both are also associated with the perception, picking up and transference of information.

Gemini is associated with the

- Shoulders, arms, hands and fingers
- Lungs
- Breathing, especially inspiration
- Nerves, especially those of the upper limb
- Sensory receptors eg for heat, pressure, taste
- Tubes, tunnels and connectors in general as passageways including the Eustachian tubes, Fallopian tubes, vas deferens, ureters and urethra
- Blood capillaries
- Thymus gland (possibly)

Health problems linked with Gemini

- Lung conditions
- Breathing difficulties, especially on inspiration
- Shoulder, arm and hand problems
- Blockages, kinking, spasm or other problems with tubes
- Hearing problems, often via blocked, spasmodic or kinked Eustachian tubes
- Speech defects
- Learning difficulties
- Blood capillary disorders eg Raynaud's Disease

Lilly's list of areas and illnesses associated with Gemini

Shoulders, Armes, Hands, proceeding from Blood distempered.

Cancer

Cancer's remit includes containing, surrounding, protecting and nourishing. Davidson suggests that it is connected with the eyeballs, bone marrow, cheeks, ovaries, and the posterior pituitary gland and its hormones. It is also linked with body fluids like breast milk, digestive juices, saliva and chyme and there is a possible connection with glycogen storage in the liver.

Cancer is associated with the

- Breasts
- Stomach
- Pregnant uterus
- Ovaries and testes
- Containers of all kinds eg the stomach, gall bladder, sinuses and eyeballs
- Protective coverings of organs eg the pericardium which surrounds the heart, the liver capsule and the meninges of the brain
- Mucous and serous membranes
- Body fluids of all kinds
- Posterior pituitary gland

The posterior pituitary gland is an extension of the hypothalamus. It holds and secretes two hormones, oxytocin and antidiuretic hormone (ADH) that are produced by the hypothalamus. Oxytocin is responsible for the contraction of uterus when it is time to give birth and for milk 'let-down' in the mother in response to the baby's cries or suckling. ADH acts on the kidneys to retain fluid when the body water is becoming too concentrated.

Health problems linked with Cancer

- Sinus conditions, which are aggravated by drinking pasteurised milk
 - Water retention
 - Mucous and serous membrane disorders
 - Birth and breastfeeding difficulties | Stomach and digestive problems | Diseases of the breast
 - Diabetes insipidus
-

Lilly's list of areas and illnesses associated with Cancer

Scabbiness, Cancers of the Brest, Hurts in the Brest, ill Digestion in the Stomack, Spleen, Lungs, upper part of the Belly, Cold & Moisture being the cause, Surfets.

Surfets means excesses. Here it refers to nausea caused by overindulgence in food.

Leo

Leo is associated with the unabashed expression of exuberant, self-confident life energy. Anatomically, Leo rules those parts concerned with core vitality – the heart, the spine and the eyes. The Sun in Leo, when unafflicted, gives abundant vitality.

Leo is associated with the

- Heart
- Spinal cord and column
- Eyes
- Cell nucleus

The cell nucleus (see The Sun in [chapter 3](#)). contains chromosomes that hold genetic information encrypted in the DNA. This allows an individual to have some degree of immortality, as in the creation of new life through conceiving a child the characteristics of each parent are passed down the generations.

Health problems linked with Leo

- Heart conditions
- Disorders of the spine or spinal cord
- Eye and vision problems
- Genetic or cell reproduction dysfunction

Where Mars is in Leo, there is so much heat produced from the vital parts that no more should be added, and heat to the back and heart areas is best avoided.

Lilly's list of areas and illnesses associated with Leo

Back-bone, Sides, Ribs, Heart, lower part of the Brest, such infirmities as proceed from Choller and excesse of Blood

Virgo

Virgo's qualities include discrimination, skill and striving to 'get it right'. Virgo enjoys providing a useful service where tasks are completed economically and efficiently. The work ritual involves analysing, splitting up, purifying, dividing into categories, and then arranging everything in order in its proper place. In the body, when the correct, unadulterated component is not in the right place at the right time and in the right quantity, there is a breakdown in function, not only of the part but also of the whole, which may be why Virgo and sixth-house afflictions have such problematic consequences for health.

According to Davidson, those with a strong positive Virgo emphasis tend not to suffer from cancer, which is a disease of aggregation, as the body has the ability to break down and assemble the correct materials in the correct place.

Virgo is associated with the

- Intestines, especially the small intestine
- Digestive enzymes from the duodenum and pancreas
- Splitting and purifying functions of the liver
- Enteric nervous system
- Diaphragm which separates upper and lower body
- Spleen – which breaks down worn out red blood cells

Digestion

The duodenum and pancreas produce digestive enzymes that split up the large food molecules of proteins, fats and carbohydrates into small molecules so that they can be absorbed into the blood or lymph. The liver, which is sometimes referred to as the chemical factory of the body, has an important role to play in digestion too. It synthesises and stores amino acids, proteins and fat and produces bile, which breaks down fat molecules. The liver also breaks down or inactivates harmful substances like alcohol and bilirubin, the product of worn-out red blood cells destroyed by the spleen. These are excreted into the bile, which serves as the waste disposal system for toxins that the liver removes from the blood.

The Brain in the Belly

The enteric nervous system (ENS), sometimes called the belly brain, is a network of nerves that surrounds the oesophagus, stomach and intestines and is directly linked with the brain. Its job is to regulate all the normal activities of the digestive system and to prepare the gut for potential danger. When it is working normally the ENS directs gut muscle to contract in a co-ordinated fashion, so that the food is kept moving along and the digestive enzymes are well mixed in with it. It also directs the duodenum and pancreas to secrete the enzymes needed for the particular type of food in the intestine.

However, if the individual experiences an external threat, the digestive system gets a stress signal from the brain via the vagus nerve. The gut then tries to empty itself to make it easier for the body to prepare for 'flight, fight or fright'. Depending on the person's make-up, this can lead to vomiting or diarrhoea. Alternatively digestive activities may simply shut down, resulting in constipation or the stomach 'going into knots'. Whether the threat is real or perceived, physical or psychological, the reaction is the same, as anybody who has experienced a false alarm or pre-exam nerves knows only too well. In addition to the action on gut movement, histamine is released into the intestines. This is a highly irritating substance (think of nettle or wasp stings) that triggers an inflammatory response, which in turn attracts immune system cells from the bloodstream into the area. Its ancient function was probably to protect against infection in case the gut was pierced by predators' teeth or claws. Unfortunately if the stress reaction is repeated long enough, strong enough or often enough the result can be irritable and allergic problems in the digestive tract.

Health problems linked with Virgo

- Anxiety and nervous tension
- Digestive problems, including duodenal ulcers, irritable bowel, chronic diarrhoea, flatulence, constipation, colic and ulcerative colitis
- Liver function problems
- Breathing difficulties
- Hernias of the diaphragm

Afflictions to Saturn in Virgo are connected with poor circulation and under-function of the liver, hardening of the liver and biliousness.

Lilly's list of areas and illnesses associated with Virgo

Shewes Melancholly, Diseases in the Guts, and Belly-akes, Fluxes, &c. impediments in the Miseraicks, Wind-chollick.

Fluxes is diarrhoea and the Miseraicks is the mesentery, the membrane that attaches the small intestine to posterior abdominal wall.

Libra

Libra balances and harmonises. It is the sign of homoeostasis, which means 'the same state'. The body can only function and even survive within a fairly narrow range of physical conditions, including temperature and chemical balance. Homoeostatic mechanisms ensure that a dynamic equilibrium is achieved by increasing that which is too little and decreasing that which is too much, as in the maintenance of the electrolyte balance by the process of filtration through the kidneys.

Homoeostasis also helps to maintain a steady body temperature. When the temperature rises, blood is shunted to the vessels nearest the skin surface where it loses heat and cools the body. In cold weather the reverse happens, and blood is withdrawn from the peripheral body areas to conserve heat.

Libra is associated with homoeostatic mechanisms especially those of the

- Kidneys
- Islets of Langerhans of the Pancreas

The kidneys regulate the chemical balance of the body. Blood containing waste products, as well as chemicals the body can re-use, flows into the kidneys tubules and is filtered by them. The kidneys assess and regulate the levels of salts like sodium, potassium and phosphorus, releasing them back into the blood, or excreting them as urine, so as to maintain their optimal levels in the body.

The kidneys also release three important hormones:

- 1) Erythropoietin (EPO) which stimulates the bone marrow to make red blood cells

- 2) Renin which regulates blood pressure by increasing body water
- 3) Calcitriol (vitamin D3), the active form of vitamin D, which regulates calcium levels by increasing the absorption of calcium from the gut.

The pancreas is a dual-purpose organ. It secretes digestive enzymes (see Virgo above) and also has specialised areas called Islets of Langerhans that secrete insulin and glucagon. These two hormones, which have opposite effects, regulate carbohydrate metabolism and work together to maintain constant blood sugar levels.

Afflictions to Mars in Libra can give rise to itchy burning eyes and a tendency to skin eruptions associated with kidney dysfunction. It is also prone to ear infections involving discharge. Saturn in Libra or Aries can give thickening of the kidney tubules, which are then unable to function adequately, leading to renal retention.

Health problems linked with Libra

- Kidney problems, such as infections and kidney stones
- Poor kidney function can lead to eye problems, headaches and skin eruptions
- Hypoglycaemia, metabolic syndrome and diabetes mellitus
- Venereal diseases
- Iron deficiency anaemia

Lilly's list of areas and illnesses associated with Libra

Great Heats in the Back, or the Stone in the Reines or Kidneys, Surfets by drinking or eating or from too much Venery, Diseases in the Buttocks, Joints, Hammes and Haunches.

Great Heats in the Back are kidney infections; venery is sexual indulgence.

Scorpio

Scorpio deals with the processes of transformation and elimination, of survival and excretion. It is therefore linked with concentrating and holding on to body wastes until they are changed into a form suitable for excretion. It also claims those parts of the reproductive process where life energy changes form, including the transformation of the fertilised egg into a foetus, the expulsion of the baby from the body in the birth process, as well

as death and dying. Scorpio rules the colon and all eliminative channels and body outlets, including the nose and sweat glands. The urinary system from the kidney pelvis to the urethra, including the ureters and bladder, belong to Scorpio, as well as all waste products. Traditionally the best time to give laxatives was thought to be when the Moon is in Scorpio.

Scorpio is associated with the

- Reproductive organs
- Colon
- Urinary system in its eliminative capacity
- All channels of elimination including the nose, rectum and sweat glands
- Reptilian brain – reflexly from Taurus

Health problems linked with Scorpio

- Toxic conditions affecting the heart, nose and throat
- Lower bowel conditions including haemorrhoids
- Anal fissures
- Reproductive organ disease and dysfunction
- Critical life-threatening conditions
- Malignancies
- Abscesses
- Obsessive compulsive disorders
- Life-saving surgery
- Replacement of body parts by transplant or prosthesis

Lilly's list of areas and illnesses associated with Scorpio

The Groin and parts of the privy Members, the Arse, Bladder, Pyles, Stone in the Bladder, Strangury.

Privy members are the sex organs, pyles are haemorrhoids and strangury is painful, restricted urination.

Sagittarius

The symbol for Sagittarius is the centaur, half man-half beast, shooting an arrow into the distance. This beautifully depicts the sign's association with

the integration of the instinctual and higher centres in the brain with locomotion and moving forward towards new horizons.

Sagittarius' quest is to seek fresh adventures, to create an ever-expanding philosophy of life by integrating the significance of new and old experiences, and then giving advice based on the meaning that has been intuited. This has parallels in the brain (see Jupiter in [chapter 3](#)) where the meaning and significance for the body of what is happening at any given time is distilled from a combination of two sets of information; the emotional impact of similar past experiences and intelligence currently being garnered by the senses. Once the meaning of a situation has been assessed, signals are sent out to the body via the nerves, directing the muscles to respond appropriately.

Sagittarius is associated with the

- Buttocks, hips and thighs, whose powerful muscles allow the body to travel
- Cerebrum, particularly the left hemisphere
- Reasoning powers
- Integration of the endocrine and nervous systems to give a meaningful response to stimuli
- Locomotion
- Lower spinal cord
- Ability of the eye to focus

Afflictions in Sagittarius tend to show up almost anywhere in the body, as well as in the hips and thighs, which the sign traditionally rules. Sports injuries, especially riding and driving accidents, are a Sagittarian speciality. There is a tendency for these mishaps to be much less serious than they might have been, involving an element of recklessness and lucky escape. A typical example is a man with a Sagittarian Sun who constantly pushed his luck when both driving and riding. He was thrown from his horse only seconds after crossing a high narrow railway bridge infamous for the number of suicides committed there. Although he suffered some unpleasant injuries, if he had come off any earlier it would have meant certain death. Another person with a Sagittarian Ascendant, when speeding dangerously

along a normally busy road, skidded out of control a full 360 degrees in the only few seconds when there was no traffic around in either direction.

Health problems linked with Sagittarius

- Hip and thigh injuries
- Sciatica
- Brain maladies, both physical and mental
- Locomotor disorders
- Sports injuries
- Lung conditions eg tuberculosis

An afflicted Mars in Sagittarius tends to sciatica and, since both are hot, this condition is said to respond best to cold packs.

Lilly's list of areas and illnesses associated with Sagittarius

The Hipples, Hammes, Buttocks, Fistulas, Itches, Sciatica.

Capricorn

Capricorn is the sign of regulation and boundaries. Like its ruler Saturn, Capricorn is concerned with defining limits, with slowing down, cooling and condensing into solid matter. It is associated with the control and structure of large organisations, which is of course what the body is. Its traditional association with the skin is easy to see, as it defines the limits of the body, while bone provides the underlying condensed framework of the body's structure. Capricorn's controlling function can be found in its rulership of the anterior pituitary gland. This secretes hormones that have wide-reaching regulatory functions throughout the body.

It is also linked with the joints, calcium metabolism and anti-peristaltic movement. Due to the last association, it used to be the rule that medicine was never given when the transiting Moon was in Capricorn, as the patient would not be able to keep it down.

Davidson says that Capricorn rules the gall bladder and that afflictions in, or emphases on, Capricorn may give rise to arteriosclerosis due to excess cholesterol. There may also be a tendency to sluggish bile production, leading to poor emulsification of fats and to jaundice.

Capricorn is associated with the

- Skin
- Bones
- Joints, especially the knee
- Teeth
- Anterior Pituitary Gland
- Gall bladder

The anterior pituitary gland is an endocrine gland about the size of a pea in the base of the brain, which secretes several vital hormones. These regulate a wide variety of activities in the body. Endocrine glands secrete hormones, which are chemical messengers, into the bloodstream to have an effect on distant organs. The anterior pituitary gland was once known as the 'master gland' because it controls the activities of many other endocrine glands, although it is now known that it is in turn regulated by the hypothalamus. The anterior pituitary secretes the following hormones:

1) Growth Hormone

In the growing child this promotes the development and enlargement of all bodily tissues. After adolescence it stimulates protein synthesis, increases calcium retention, which strengthens bones, helps maintain the Islets of Langerhans of the pancreas and stimulates the immune system.

2) Thyroid Stimulating Hormone (TSH)

This controls the amount of the hormone, thyroxine, secreted by the thyroid gland. Thyroxine speeds up the metabolism of every cell of the body.

3) Adrenocorticotrophic Hormone (ACTH)

ACTH regulates the secretion of the hormones of the adrenal cortex.

4) Gonadotropic hormones

In women these prepare the ovaries for fertilisation and cause them to secrete oestrogen. In males it stimulates sperm development.

5) Luteinising hormone (LH)

This promotes the secretion of testosterone in men and progesterone and oestrogen in women. It also causes the ovum to pass into the abdominal

cavity to allow fertilisation to take place.

6) Prolactin

Prolactin is secreted in the last few days of pregnancy and during the entire period of milk secretion after childbirth. It stimulates both breast growth and its secretory function.

7) Melanin Stimulating Hormone (MSH)

This stimulates the production of pigment found in the skin, hair, eyes, adrenal glands and in the substantia nigra area of the brain. In Parkinson's disease there is a reduced amount of melanin in the substantia nigra.

Health problems linked with Capricorn

- Skin
- Bone disorders
- Dental problems
- Deafness, associated with the small bones of the middle ear
- Pituitary tumours and disorders eg acromegaly, abnormal breast milk secretion
- Parkinson's disease
- Depression

Lilly's list of areas and illnesses associated with Capricorn.

The Knees, back of the Hammes, Scurfs and Itches in and about the Knees, proceeding from Melancholly.

Aquarius

Aquarius is the non-conformist, with a tendency to operate against the prevailing direction of the status quo, but for the greater good of all. Traditionally it rules the lower leg and that symbolic connection becomes clear when we remember that it is the action of the large muscles of the calf that pumps the blood back to the heart through the veins. Without this reversal there would be no circulation, only stagnation.

Aquarius is associated with the

- Lower leg, especially the calf

- Ankle
- Blood circulation
- Pyramidal tract
- ‘Body electrics’
- Rods and cones of the retina of the eye
- Oxygen exchange in cells
- Active transport mechanism

The Pyramidal Tract

The pyramidal tract, also known as the corticospinal tract, is a massive bundle of nerve cells that carry motor commands from the brain down the spinal cord. Most of the nerve fibres cross over to the opposite side at the top of the spine and run down the length of the spinal column to the arms and legs. This ‘wires up’ the extremities to the brain, which can then send electrical signals down the nerves to order the body to make voluntary movements.

Rods and Cones of the Retina

The retina is a thin layer of cells at the back of the eyeball that contain two types of photoreceptor (light-receiving) cells, the rods and the cone, so named because of their shapes. They complement each other well. The rods are not good for seeing fine detail but are used for peripheral, night and monochromatic vision while the cones need bright light and so are used for central, daytime and colour vision and for resolving fine detail.

Active Transport

Body pulsations are regulated by the differences in electrical charge between the inside and outside of cells. The potential, as the difference is called, depends largely on the relative proportions of sodium and potassium ions. Potassium should predominate internally and sodium externally. The sodium group should be ionised, or charged, with positive potentials and the potassium group with negative potentials. To quote Dr Max Gerson: ‘In a sick body – mainly in cancer – potassium is inactive – sodium and minerals of the sodium group are ionized with negative potentials. On this basis all other abnormal processes develop as consequences.’ To keep the sodium and potassium in the right proportions and in the right places requires a

mechanism to transport the potassium into the cell and the sodium out of it. The sodium/potassium pump is a prime example of this mechanism known as active transport, which goes against the natural chemical gradient. This certainly fits nicely with Aquarian contrariness. Active transport is also important in nerve impulse conduction and in the maintenance of water and acid-base balance.

Health problems linked with Aquarius

- Circulation problems
- Varicose veins
- Cold sweats from nervous system over-stimulation
- Colour blindness
- Peripheral and central vision disorders
- Sensitivity to barometric pressure changes, causing psychological changes
- Asperger's type syndromes
- Schizophrenia
- Ataxia, clumsiness, co-ordination impairment
- Chorea-type disorders with irregular, spasmodic, involuntary movements of the limbs or facial muscles
- Multiple sclerosis
- Parkinson's-like conditions

Lilly's list of areas and illnesses associated with Aquarius

The Legs, Shin-bone and Calves of the Legs, with the Ancles.

An afflicted Saturn in Aquarius is sometimes associated with cataracts. There can also be constant tiredness due to poor cellular respiration. These people need to be in the fresh air, and cold water treatment is of assistance, as well as a low- starch, low-sugar diet. An afflicted Mars in Aquarius can often react violently to intravenous injections.

Pisces

Pisces is the sign of universality and the dissolution of separateness. At first it seems odd that such an all-encompassing sign should be limited to the confines of the feet. They do, however, hold in miniature a reflection of the

whole body. This principle is used in reflexology to restore health by working on disturbed areas of the body through the corresponding zone in the foot.

People with a strong Pisces presence in their charts can have a talent for unconscious somatisation where emotions are translated into body symptoms, often in a highly dramatic fashion. As Pisces hates to confront, it can be easier to let the body do the talking. By paying close attention to the symptoms it is usually possible to understand what they are trying to convey. The symbolism can be so graphic and simple, yet clever and even wickedly witty, that once its meaning has been deciphered it is easy to wonder why it took so long to grasp the glaringly obvious.

Pisces is associated with the

- Feet and toes
- Pineal gland
- Appendix
- Lymphatic system

The Pineal Gland

The pineal gland is a small light-sensitive endocrine gland in the centre of the brain, situated between the two cerebral hemispheres. The pineal produces the hormone melatonin (not to be confused with melani – see Capricorn). This regulates daily body rhythms, most notably the circadian rhythm of day and night, sleep and wakefulness. Melatonin has been called the ‘hormone of darkness’ as it is released in the dark during sleep and peaks in the middle of the night. It is essential for healthy sleep and seems to stimulate the immune system and be protective against free radical damage. It can pass freely through the blood-brain barrier and since free radical damage is now known to play a role in many brain disorders, including Alzheimer’s disease, melatonin may be protective against these conditions. Light reduces melatonin production greatly. The pineal gland calcifies with age and melatonin production falls, which, it has been suggested, might be a trigger for the aging process. Excess melatonin production can lead to depression, as in seasonal affective disorder (SAD), which is caused by too little exposure to light, usually during the winter months. It also has the effect of lowering the libido.

In esoteric traditions the pineal is known as the third eye or the spiritual organ. Descartes called it the seat of the soul, the link between everything there is and the individual. Yogis have said that the pineal gland is the receptor and sender of the subtle vibrations that carry thoughts and psychic phenomena throughout the cosmos. According to Serena Roney-Dougal in her book *Where Science and Magic Meet* the pineal secretes a chemical, pinoline, almost identical to harmaline, the active principle found in certain hallucinogenic plants.

The Appendix

The appendix is a blind-ended tube found attached to the beginning of the large intestine. Its function is unknown but as it is rich in infection-fighting lymphoid cells, there are suggestions that it is part of the gastrointestinal immune system.

Health problems linked with Pisces

- Foot problems
- Auto-immune diseases
- Seasonal affective disorder (SAD)
- Lowered libido
- Hypersensitivity to radiation and magnetic fields
- Allergies
- Addictions
- Poisoning
- Fungal and viral diseases
- Chronic Fatigue Syndrome
- Sleep disturbances
- Hallucinations and altered states of consciousness
- Maladies that are hard to diagnose or are misdiagnosed
- Psychosomatic symptoms
- Obscure diseases of psychic origin
- Alzheimer's disease

Lilly's list of areas and illnesses associated with Pisces

The Ankle-bone and Feet, Gouts, Swellings in those parts.

The Quadruplicities or Crosses

As well as being linked with the anatomical areas associated with its signs, and the activities that go on in these areas, each of the three crosses focuses on certain interrelated groups of physiological functions. The signs in these crosses seem to work together reflexly. There may, for instance, be problems in one particular area of the body, but in the chart there are no planets in the sign associated with it. It is almost guaranteed that a planet in one of the other signs of the cross will be the culprit. Most often, though not always, it is in the opposite sign.

There is a strong link between body areas ruled by signs in opposition and/or square to one another. These links often cannot be explained by orthodox medicine, but they are there nevertheless and are a common feature of well-documented syndromes, for example, kidney disorders can lead to water retention (Cancer) especially noticeable in the face (Aries), and headache (Aries). Where there are no obvious clues to the associations, it is often helpful to check if there are planets in the same quadruplicity, and to assess what their contribution might be through reflex association.

The Cardinal Cross

This is the cross of Regulation, Structure and Protection. It is associated with the skeleton and inner and outer body surfaces as well as the endocrine and immune systems. There is inter-relatedness between the signs as shown below.

Aries

Aries rules the adrenal glands, which can act to increase blood sugar levels (Libra). They also stimulate the kidneys to maintain sodium balance (Libra), which is important for regulating body water (Cancer). The adrenal glands are under the regulatory control of the anterior pituitary gland (Capricorn).

Cancer

Cancer and Capricorn rule those parts of the body that are in contact with – and therefore confront – the outside world, that is, the skin (Capricorn) and the mucous membranes of the digestive tract, from mouth to anus (Cancer).

The contents of the lumen of the gut are, after all, only held in the body; they are not part of it and still belong to the exterior environment. There are many conditions that have connections with the gut and show in the skin, for example, allergic eczemas and rosacea. The skin (Capricorn) and mucous membranes (Cancer) are also the body's first line of defence (Aries).

Libra

Libra rules the kidneys, which control the proportions of salts and water in the body (Cancer) and regulate calcium levels needed for bones (Capricorn) by increasing absorption from the gut (Cancer). They also stimulate the bone marrow (Capricorn – bone) (Cancer – marrow) to produce red blood cells, which carry oxygen to every cell of the body. Adequate oxygen levels in the blood are essential for the muscles to respond to the call to action (Aries). Renin secreted by the kidneys starts off a cascade of events that increases the secretion of aldosterone in the adrenal glands (Aries) which affects the balance and regulation of electrolyte content of the blood and body fluids and antidiuretic hormone (Cancer) which orders the body to retain water.

Capricorn

Capricorn rules the anterior pituitary gland. This regulates the adrenals and stimulates the immune system (Aries), prepares the body for pregnancy and milk secretion (Cancer) and helps maintain the Islets of Langerhans of the pancreas (Libra).

The Fixed Cross

The fixed cross can be named the Vital Functions Cross. It is associated with the cardiovascular, reproductive and excretory systems as well as the core reflexes and instinctual survival drives of the reptilian brain. What goes on in the areas covered by this cross ensure survival and the signs often work in tandem to this end.

The fixed signs follow the cardinals, consolidating and holding fast to the initial impulse the latter set in motion. The fixed signs are aggregative, tending to accumulate toxins and to proliferate extra cells. Davidson says that the focus of these signs is the heart. I have certainly found in charts of

patients with heart conditions where there has been no Leo or Aquarius involvement, a strong Taurus or Scorpio tenancy.

Taurus and Scorpio

There are many connections between the throat (Taurus) and the reproductive organs (Scorpio), both in folklore and in medicine. The tone of the voice alters with the hormonal state of the sex organs. For instance, boys' voices break at puberty, and many women singers refuse to perform during menstruation as the timbre of the voice changes at that time. Middle European peasant girls used to tie a silk thread round their necks; when it became tight, due to the swelling of the thyroid gland, they knew they were pregnant. The parotid glands become swollen in the infectious disease of mumps. In adults the infection can lead to orchitis (inflammation of the testicles) or oophoritis (ovarian inflammation), a clear Taurus-Scorpio link-up.

Leo and Aquarius

The connection between the heart and circulation is too obvious to require comment. What may not be immediately so clear is the important role the large muscles of the calves (Aquarius) play in returning blood to the heart (Leo). In addition, the corticospinal tract (Aquarius) is the direct pathway from the motor areas of the brain to the spinal cord (Leo).

The Mutable Cross

The mutable cross I've called the metabolic cross, from the original Greek meaning change and exchange.

The mutable signs are focused on the respiratory, digestive and nervous systems. Another term for them is the common signs, which refers to the idea that they are a common ground shared between otherwise quite separate areas or functions. The mutable signs have the reputation of being the least robust, probably because of their vital, and therefore vulnerable, role as the body's mediators. Virgo and Gemini are biased towards splitting and dividing, while Pisces and Sagittarius are integrative.

Gemini and Sagittarius

Gemini is the messenger between the outside world and the body. It collects stimuli from the external and internal environments and passes them on. Sagittarius, its opposite sign, is concerned with processing this information into a meaningful whole. It works out patterns and 'laws', which can be used to understand and advise on the situation should it arise again. Gemini and Sagittarius are both involved in conditions of the nerves and together they make up the lungs and limb partnership needed for movement.

Virgo and Pisces

The Virgo-Pisces axis is the axis of service. Virgo's tasks include making creative ideas concrete. It rules the enteric (and possibly sympathetic) nervous system and is the link between psyche and soma, mind and body. Where this breaks down, complications arise in the form of psychosomatic disorders. Pisces lies at the shoreline of self and not-self. Pisces yearns for union with the greater whole, which is commonly displaced into alcohol and drug abuse. Another manifestation is in the autoimmune diseases, where the body fails to distinguish between self and the aggressor and attacks its own tissues. There is increasing evidence of the tie-up between the quality of food (Virgo) and a compromised immune system (Pisces) in the work of such pioneers as Dr Max Gerson in his treatment of cancer. Conversely, the work of the Simontons, also with cancer, shows clearly the value of creative visualisation (Pisces) in improving the health of the body (Virgo).

Summary of the Crosses

Cardinal Cross

Regulation, Structure and Protection

Skin, skeletal, endocrine and immune systems

Aries – head, adrenals

Cancer – stomach, breasts, ovaries, testes, mucous and serous membranes, posterior pituitary gland, 'containers' eg gall bladder and eyeballs, protective coverings and secretions

Libra – kidneys, islets of the pancreas

Capricorn – skin, bones, teeth, joints especially the knees, anterior pituitary

Fixed Cross

The Vital Functions

Heart and circulation, reproduction, excretion and instinctual survival drives

Taurus – throat, voice, thyroid gland, medulla oblongata

Leo – heart, spine, cell nucleus

Scorpio – colon, reproductive organs, excretory organs and openings

Aquarius – lower leg, circulation, active transport, body ‘electrics’

Mutable Cross

Metabolism as Change and Exchange

The nervous, respiratory and digestive systems

Gemini – shoulders, arms, hands, lungs, nerves of upper limbs, tubes and connections

Virgo – intestines, pancreas, liver

Sagittarius – buttocks, hips, thighs, nerves of lower limb, integration of meaning and movement

Pisces – feet, pineal gland

The Houses

Certain types of diseases can be associated with each of the houses, in the same way that the signs are linked with illnesses of specific areas. Lilly's list follows and as can be seen health problems indicated by the first house are similar (but not identical) to those for Aries; for the second house, Taurus; for the third house, Gemini and so on. Dr Margaret Millard found that planets in houses have a greater significance than anatomical rulerships. She quotes the cases of head injuries cited in Charles Carter's *The Astrology of Accidents*, where the first house was afflicted in every instance but few involved Aries, as might have been anticipated. In fact, in her research, and in that of Douglas Bradley, Aries was involved to a much lesser degree than might have been expected on a statistical average.

Lilly's list of diseases signified by the Houses

1. *The Head, the Eyes, the Face, Eares, stinking Breath, sore Mouth and Noli me tangere (an ulcerous skin disease)*
 2. *The Throat, Neck, King's Evill (scrofula – tuberculosis of the lymph glands)*
 3. *Shoulders, Armes, Hands*
 4. *The Stomack, Brest, Lungs*
 5. *The Back, hinder part of the Shoulders, Stomack, Liver, Heart, Sides*
 6. *Lower part of the Belly, Guts, Liver and Reynes (kidneys)*
 7. *Hammes, Flank, small Guts, Bladder, Matrix (uterus), members of Generation*
 8. *The Back-bone, Arse, Groine*
 9. *The Huckle-bone, or, the Hips*
 10. *The Knees, the Hamme of ones Leg behind the Knee*
 11. *The Shank, Legge from the Knee to the Ancle, Shin-bone*
 12. *The Feet, and all Diseases incident to them*
-

The Astrological Alphabet of Health

The houses can also show the external and environmental factors that may have an impact on an individual's health. Below is a much-simplified astrological alphabet of health, linking house, sign, planet, anatomy and issues involved.

Illness can be a displacement activity to avoid looking at problems in other areas. Physical symptoms can often mask underlying psychological issues. Sometimes useful clues about what is really at the root of the matter can be found by looking at the areas of life represented by the house associated with the part of the body concerned. For example, kidney problems may be a substitute for dealing with partnership difficulties, and lower-back pain can disguise deep resentments in the area of sexuality and resource and power sharing. [Table 1](#) contains a brief summary of some possible connections between all the various factors of the 'astrological alphabet.'

[Table 1. The Astrological Alphabet of Health](#)

House	Sign	Planet(s)	Body Area	Issues
1	Aries	Mars	Head	Potency, self-assertion, initiative
2	Taurus	Venus	Throat and neck	Possessions, values, stability, desire
3	Gemini	Mercury	Arms, hands, nerves	Siblings, communications, neighbours
4	Cancer	Moon	Stomach and breasts	Home and family, security, intimacy
5	Leo	Sun	Heart and back	Creativity, children, significance
6	Virgo	Mercury	Intestines	Service, skills, daily rituals
7	Libra	Venus	Kidneys	Relating, contracts, harmony, justice
8	Scorpio	Mars/Pluto	Colon, sex organs, lower back	Sex, shared resources, survival, secrets
9	Sagittarius	Jupiter	Hips, thighs	Beliefs, travel, law, higher education
10	Capricorn	Saturn	Skin, knees, bones	Career, status, duty, responsibility
11	Aquarius	Saturn/ Uranus	Circulation, legs	Friends, networks, social progress
12	Pisces	Jupiter/ Neptune	Feet	Self-sacrifice, transcendence, empathy

The Elements

The elements feature large in Indian philosophy and the two schools of medicine that have grown out of it – Ayurveda, the traditional Indian medicine, and Tibetan medicine. Ayurveda uses three elements – vata, pitta and kapha, which correlates well with the astrological elements of air, fire and water but the Ayurvedic system tends to include the earth element under water. It is not always easy to judge the relative proportions of the elements in a chart, as it does not depend just on the number of planets in the respective signs, although that is of course important. The element in which the Moon is placed is highly significant. The strengths of those planets associated with a particular element, the house emphasis, as well as the transits, need to be considered. In estimating the element balance you should examine:

1. The element of the Moon
2. The number and qualities of planets in each element
3. The aspects of the planets associated with each element

4. The transits of Mars, Saturn, Uranus, Neptune and Pluto
5. The house emphasis

Transiting planets can affect the natal element balance markedly. Mars increases fire; Saturn, earth; Uranus, air; and Neptune, water. The heavier the planet and the longer the transit, the greater the influence will be. In the natal chart, a mutable emphasis will increase the element of air; a cardinal emphasis, the element of fire; and a fixed emphasis, that of water and earth.

In traditional European physiology, diseases were thought to be due to imbalances of the four body fluids or humours. These were blood, phlegm, yellow bile and black bile. People with a preponderance of blood were said to be sanguine, and this is generally associated with the air signs. Yellow bile predominating gave a choleric temperament, associated with fire, while black bile was claimed for the melancholic temperament of earth and phlegm for the phlegmatic water triplicity.

Each element is linked with sites in the body where it can accumulate and cause disease. Suggested treatments for element imbalances are to be found in Chapter 9 on materia medica.

Air

The air signs are Gemini, Libra and Aquarius. In Ayurveda Virgo may be included as an air sign. The third, seventh and eleventh are the air houses, and Mercury and Uranus – and in some systems, Jupiter – are the air planets. Transits of these planets, and especially Uranus, can increase the air quality of a chart. Uranus is agitating at the best of times, but in a chart in which there is already an air overload its transit to a sensitive point can be especially disruptive.

The air element in Ayurveda is called ‘vata’ and this translates as ‘what blows’. Air rules the nervous system, which governs all body movements from the brain, and activates the potential of all the other elements. Air gives adaptability, flexibility and skill. In the body it rules anything that connects, for example, tubes, ducts, nerves, speech, touch, co-ordination and propulsion of any kind. The air element does not rule the physical organs as such, but rather the principle of movement through them, the function of connectedness. For example, it rules peristalsis, bowel movements, sneezing, urination and the inflow and outflow of breath.

Excess air accumulates in the lower bowel as toxic gas which spreads throughout the body, causing problems with movement and the workings of the nervous system. Air diseases are arthritis, paralysis and nervous disorders.

The air element becomes prominent with age and is also strong between 2am and 6am. People with excess air function often wake up in the early hours of the morning and find it difficult, if not impossible to get back to sleep, although they have had no difficulty in falling asleep earlier in the evening.

Air qualities can be increased by dry and windy weather. Excess sunlight, X-rays, computer and television radiation, and shock and fear also have an exacerbating effect, not to mention the constant barrage of information and stimuli from the media.

An excess of air in a person can be checked by examining their appearance, digestion, movements and mental activity.

Appearance

These people have bodies that are lean and dry, both internally and externally and may have prominent veins. Although they can be youthful in nature, their skin and appearance ages more quickly than normal.

Digestion

Air types can be out of touch with their bodies and instincts and not realise that they are hungry until they are ravenous. The digestion is poor and they need to eat little and often to keep themselves grounded, and they are frequently thirsty. There is a tendency to low blood sugar, flatulence and constipation. A pronounced and prolonged excess of air can lead to serious ageing diseases, senility, convulsions, epilepsy, and even paralysis and insanity.

Movements

The movements are quick and nimble. These people burn up too much energy because of their excessive response to stimuli. Their joints creak and they are prone to shooting pains and muscle twitches.

Mental activity

The mind never switches off. Such people even tend to talk in their sleep in the early hours of the morning. They are highly strung and find it difficult to relax. They jump from one source of stimuli to another without much self-control, and they hate to be alone. Although they are very quick at picking up information, they do not process and integrate it well, so that the long-term memory can be poor. Nothing goes deep, and they are prone to fretting, worrying and anxiety, which leads to fearfulness. They lack groundedness and the ability to anchor and use all the information they acquire.

Fire

The fire signs are Aries, Leo and Sagittarius and the fire houses the first, fifth and ninth. The Sun, Mars and, according to some, Jupiter are the fire planets. In Ayurveda, Capricorn may be included as a fire sign.

Fire is known as 'pitta' in Ayurveda, meaning 'what cooks'. It rules transformation and sight, both physical and psychological. It therefore regulates the process of internal combustion, that is, digestion, body temperature, and the immune system, which is concerned with fighting off foreign bodies. It is responsible for heat and light, and this includes all chemical reactions. Fire accumulates in the small intestine as hyperacidity and excess bile, which can eventually lead to infectious and inflammatory disorders.

Fire is competitive and idealistic, with a strong sense of fair play, but it is also very vulnerable and easily threatened by the other elements. It is predominant from puberty to middle age and strong at noon, in summer and after eating, when the digestive processes are activated. Fire qualities are damped down by discouraging competition and fair play. Fire becomes erratic with excess alcohol and excitement.

The balance of fire in a person is assessed by examining the urine, skin colour, eyes, digestion, emotions and resistance to disease.

The Urine

Where the urine is of a light colour, fire is low. Fire rules the digestive processes, and pale urine generally shows low excretion of waste products. When the urine is dark and smelly, fire is high.

The Skin

A rosy to red complexion shows normal to high fire. Where fire is high, there is a tendency towards the greasy, teenage-type skin problems and pimples. The skin is prone to inflammations and the body odour is strong. Heat is poorly tolerated because the body is producing so much of its own. A pale skin that is cold and has little oil indicates low fire.

The Eyes

Bright healthy eyes show normal fire. Dull eyes and shortsightedness indicate low fire. Long-sightedness is a sign of excess fire.

The Digestion

Excess fire shows up in a voracious appetite, where the person is hungry again soon after eating. It can be associated with thirst and diarrhoea, and in severe cases with jaundice and hepatitis.

Low fire gives poor digestion. Partially digested food begins to ferment, leading to the formation of gas, which in turn gives rise to confusion and headaches. Diabetes and headaches are associated with low fire.

The Emotions

A good balance of fire gives cheerfulness, optimism and spontaneity. There is a strong enthusiasm for causes. Fire is always vulnerable and hates to have its weaknesses exposed. Where it is high, provoke it at your peril! Excess fire leads to anger, irritability and aggression, both against others and self. When fire is low, so is self-esteem, drive, confidence, any sense of well-being and vision for the future. Fire is what produces happiness, and lack of fire gives depression and unwillingness to face up to life's challenges.

Immunity

Fire is competitive. A good balance of fire gives the ability to resist infection by what the body regards as foreign and dangerous invaders. Excess fire over-reacts with high temperatures and inflammations. Low fire means poor defences and consequently increased susceptibility to disease.

Water

The water signs are Cancer, Scorpio and Pisces and its houses are the fourth, eighth and twelfth. The water planets are the Moon, Venus and Neptune, and possibly Jupiter when it is afflicted. In Ayurveda the water element is called 'kapha' and this means 'what sticks'. Taurus may be included as a water sign in that system.

Water is most active in childhood, which is why catarrhal complaints are so common then. Water is the provider, both socially and physically, of cohesion. The quality of this relatedness falls somewhere between the stimulating, but superficial, light touch of air and the solid, unyielding attachment of earth. It flows into all interstices, lubricating and connecting. Water rules the lymphatic circulation and all body fluids; it is anabolic, that is, it builds up, unlike fire, which breaks down through digestion. It is also associated with taste in all senses of the word, including the physical ability to distinguish flavour as well as the perception of good and bad taste in relation to both behaviour and aesthetics. Excess water can accumulate in the stomach and lungs as mucus, creating diseases of excess phlegm, fat and water in the rest of the body, such as oedema, asthma and bronchial disorders. Where water is low it is rather like excess air and is treated in the same way. The person is stiff, dehydrated and has difficulties in sleeping. There is a lack of softness and calmness.

Body type

There is voluptuousness about the water type. The body is smooth, plump and soft, and the movements slow, flowing and graceful. The hair is thick and plentiful, the eyes soft and melting. The sex drive is strong and the body temperature low. Where there is excess water it can lead to overweight and laziness, but the weight is not due to fat; the body is simply waterlogged. Davidson suggests that over-watery people benefit from living by the sea and breathing salt air. This draws the water, by osmosis, out of the lungs and into the bronchial tree, where it can be coughed up and removed from the body.

Voice

The water type tends to speak in a monotone, and one sentence runs into another without punctuation.

Personality

When water is balanced the person is calm and unruffled. Its great gift is that of serenity. Water has an urgent need to protect itself and its own against the outside world, so when there is an excess or imbalance of water it can lead to greed, clinginess and possessiveness caused by insecurity. Everything is seen and valued subjectively, and this may be quite at odds with external reality and other people's view of what is taking place. It is hard for water to be objective. The memory is retentive, which contrasts strongly with air which rules short-term memory.

Earth

The earth signs are Taurus, Virgo and Capricorn and the houses the second, sixth and tenth. The planets most associated with earth are Saturn and possibly Pluto.

Earth's remit is the formation and laying down of the basic materials for construction, growth, maintenance and repair of body tissues. It is anabolic; that is, it builds up. It is associated with the sense of smell, both physically and in the sense of scenting danger. Earth is survival-orientated. It is strong in children and also in the convalescent, rebuilding stage after illness. It rules those body parts that are hard and structural, such as the skin, bones, teeth, nails, cartilage and muscle tendons.

Body type

Earth is hardy and possesses great stamina. Where it is in excess, all the body tissues become denser. The skin thickens to a leather-like consistency and there is a tendency to sclerosis, calcium deposition, sluggishness and increased body hair.

Personality

Earth is materialistic, cautious and respects tradition. It likes to control situations and obey natural laws. It does not care for change or unpredictability and tends to have the small-shopkeeper mentality. Where there is excess earth there is a resistance to new ideas of any kind, especially those of a spiritual nature.

References

Carter, Charles, *The Astrology of Accidents*, Theosophical Publishing House, London, 1931

Clifford, Terry, *The Diamond Healing – Tibetan Buddhist Medicine and Psychiatry*, Aquarian, Wellingborough, 1989

Davidson, Dr William, *Medical Lectures*, Astrological Bureau, Monroe, 1959

Frawley, David, *The Astrology of the Seers*, Passage Press, Salt Lake City, 1990

Lilly, William, *Christian Astrology*, 1647. Regulus Facsimile Editions, London, 1985

Millard, Dr Margaret, *Casenotes of a Medical Astrologer*, Samuel Weiser, New York, 1980

Roney-Dougal, *Where Science and Magic Meet*, Element, Shaftesbury, 1991

OceanofPDF.com

FIVE

The Degree Areas

Primarily there is an analogy, a sympathy, a communication, an adelphixis between each zodiacal division and some definite zone of the body. The location of these is broadly but closely defined.

Heinrich Daath *Medical Astrology*

The bulk of the information on the degree areas given below comes from the work of Elsbeth and Reinhold Ebertin which appeared in *Anatomische Entsprechungen der Tierkreisgrade*, and is reproduced by kind permission of the Hermann Bauer Verlag. The translation is my own. Unfortunately, the exact meaning of a few of the terms remains unclear, even after consultation with German medical colleagues. However, from the zodiacal area concerned, it is relatively simple to give a fairly reliable approximation. The doubtful terms are indicated by a question mark.

The areas and conditions in brackets are those put forward by Charles Carter. Although he did include them along with his own work, Reinhold Ebertin is of the opinion that these degree areas are not as reliable as those he himself uses.

There is some dispute about where one degree ends and another begins. Some insist, for example, that 1 Scorpio runs from 0 to 0 degrees 59 minutes. Others are equally adamant that it starts at 1 Scorpio and continues until 1 degree 59 minutes. The only way to solve the dilemma is to try it out and see which method works best for you.

Those working in the medical field might be interested in checking their suitability for their chosen career according to Carter. He gives as the areas for medical ability 4 degrees Cancer and Capricorn, 18 to 22 degrees Leo and Aquarius, 6 degrees Gemini and Sagittarius, and 22 degrees of the mutable signs. A study carried out by Rupert Gleason and Brigadier R Firebrace, quoted by John Addey in *Harmonics in Astrology*, examined the degree of the Sun in the natal charts of 7302 doctors. They found that the peak occurred at 22 degrees Taurus.

The azimene degrees are also included in the list. These degrees, which are sometimes called degrees lame and deficient, come from William Lilly's *Christian Astrology*. He says that blindness, deafness, lameness or any other crippling disability or deformity can often be explained by the person having the Ascendant, the Ascendant ruler, the Moon or the most important planet, in either the natal chart or the decumbiture chart, in any of the azimene degrees.

Dr Margaret Millard, who has done some work on the charts of AIDS sufferers, has suggested that there may be a correspondence between the incidence of AIDS and 16 degrees of the mutable signs, but most especially 16 degrees Sagittarius. However, she added that a great deal more research must be carried out before regarding this as a certainty. Machon, a Spanish astrologer researching the connections between degree areas and the chromosomes, came up with similar results.

There is no apparent explanation for certain degrees having particular associations. There has simply been an accumulation of empirical and symbolic evidence that this is so. Some of the degree areas have been linked with fixed stars.

In *Harmonics in Astrology*, John Addey says that degree-area influences always arise by virtue of the coincidence of certain harmonics, and that some are undoubtedly based on highly complex harmonic combinations. He also makes the point that for every degree area that positively denotes a certain attribute, there is usually a negative degree area that militates against that trait. This and the whole field of harmonics in relation to medical astrology are without doubt going to be one of the major areas of research in the future.

Charles Harvey looked at all the available charts of the descendants of Queen Victoria who were either carriers (five cases) or sufferers (seven

cases) of haemophilia. The most striking factors that he found were that the longitude of Queen Victoria's Saturn and Mars/Saturn midpoint appear to locate specific degree areas that are transmitted from generation to generation. Saturn and the Saturn/Mars midpoint, as well as Jupiter which has traditional associations with the blood, tended to occur in these same degree areas and in areas in an eighth harmonic (45-degree based) relationship to them, in both the charts of the carriers and the sufferers. The significant degrees he found were 28 degrees of the mutables and 8-9 degrees of the cardinals. Also prominent were 13-14 and 22-23 degrees of the fixed signs.

Charles Carter, in a footnote to his entry on abscesses in *An Encyclopaedia of Psychological Astrology* and referring to degree areas, underlines the importance of midpoints. He writes: 'In all cases where these special degrees are mentioned in connection with certain characteristics, pathological or otherwise, the student is asked to bear in mind that they may be brought into action by being "bracketed" between two bodies.'

When using the degree areas, the most sensitive points to check are the degrees occupied by the Sun, Moon, Ascendant, Ascendant ruler and the Mars/Neptune and Mars/Saturn midpoints, in both the natal chart and the decumbiture chart, if this is used. Also important are the positions stressed by transits of the heavy planets and the degree of the progressed Sun.

It is often the case that the anatomical structure represented by a specific degree is found to be associated with the degree in opposition, and sometimes with those in square to it. For example, the sex organs generally are ruled by Scorpio, but also have a strong connection with Taurus (see [chapter 4](#)).

Aries

- 1) Cerebrum
- 2) Midbrain
- 3) Cerebellum (Abscess)
- 4) Pineal gland (Goitre)
- 5) Eye, both right and left (Hair)
- 6) Eye socket, orbital cavity
- 7) The ears (Jaundice)
- 8) Cheekbone

- 9) Lens of eye
- 10) Eyeball
- 11) Optic nerve
- 12) Tongue (Hair)
- 13) Ventricles of brain (Rheumatism)
- 14) Frontal lobes of brain?
- 15) Lateral lobes of brain? (Suicide, stroke)
- 16) Pons
- 17) Vertebral canal
- 18) Nerve connections – Synapses?
- 19) Corpus callosum cerebri?
- 20) Hyoid bone
- 21) Eye muscles (Abscess)
- 22) Cheek muscles
- 23) Muscles of mastication
- 24) Zygomatic muscle?
- 25) Sternocleidomastoid muscle
- 26) Skull
- 27) Fornix/frontal bone? (Tuberculosis)
- 28) Fornix/parietal and occipital bones? (Hair)
- 29) Auditory canal (Bronchitis)
- 30) Parotid gland

Taurus

- 0) Throat, gullet
- 1) Palate
- 2) Pharynx – oral part
- 3) Uvula
- 4) Pharyngeal cavity
- 5) Larynx
- 6) Vocal cords. Azimene
- 7) Cervical nerves. Azimene
- 8) Jugular veins. Azimene
- 9) Cervical veins. Azimene. (Alcoholism)
- 10) Cervical and brachial plexi. Azimene. (Nervous debility)
- 11) Cervical and brachial plexi

- 12) Cervical and brachial plexi
- 13) Cervical and brachial plexi
- 14) True vocal cords
- 15) Epiglottis
- 16) Carotid arteries (Abscess)
- 17) Thyroid gland and tonsils
- 18) Lymph vessels (Hair)
- 19) Maxillary artery
- 20) Occiput (Goitre)
- 21) Arteries of nasal cavity
- 22) Tongue muscles
- 23) Teeth (Rheumatism)
- 24) Upper jaw
- 25) Lower jaw (Alcoholism, adenoids, suicide)
- 26) Nasal bone
- 27) Atlas
- 28) Deltoid muscle and main neck muscles
- 29) Deltoid muscle and main neck muscles (Eyesight)
- 30) Trapezius muscle

Gemini

- 1) Trachea
- 2) Oesophagus
- 3) Upper right pulmonary lobe (Appendicitis)
- 4) Lower right pulmonary lobe
- 5) Upper left pulmonary lobe
- 6) Lower left pulmonary lobe (Morbid fears, pneumonia)
- 7) Apex of lungs (Heart)
- 8) Bronchi (Eyesight)
- 9) Pulmonary arteries (Rheumatic fever)
- 10) Hilum of lungs (Enteric fever)
- 11) Thymus gland
- 12) Tracheal mucosa
- 13) Pulmonary veins (Rheumatic fever)
- 14) Clavicle
- 15) Scapulae

- 16) Pleura
- 17) First rib
- 18) Second rib (Chronic glomerulonephritis, asthma)
- 19) Laryngeal muscles
- 20) Third rib
- 21) Arm muscles (Enteric fever)
- 22) Upper arm (Appendicitis, insanity)
- 23) Head of the humerus (Spine)
- 24) Olecranon
- 25) Radius (Nervous debility)
- 26) Wrist bones (Suicide)
- 27) Fingers
- 28) Metacarpal bones (Tuberculosis)
- 29) Fourth rib
- 30) Fifth rib

Cancer

- 1) Sixth rib
- 2) Seventh rib
- 3) Eighth rib (Eyesight)
- 4) Ninth rib
- 5) Tenth to twelfth ribs
- 6) Diaphragm
- 7) Thoracic cavity
- 8) Oesophageal opening of diaphragm (Paralysis)
- 9) Pylorus. Azimene
- 10) Fundus of stomach. Azimene
- 11) Gastric veins. Azimene. (Chronic glomerulonephritis)
- 12) Greater curvature of stomach. Azimene
- 13) Lesser curvature of stomach. Azimene
- 14) Stomach walls. Azimene
- 15) Gastric nerves. Azimene. (Suicide)
- 16) Pancreas
- 17) Duodenal opening of pancreatic duct
- 18) Duodenal opening of pancreatic duct
- 19) Ampulla of bile duct. Perhaps bile

- 20) Superior pancreaticoduodenal artery?
- 21) Inferior pancreatico-duodenal artery?
- 22) Gastric mucosa
- 23) Gastric blood vessels
- 24) Blood vessels of digestive organs
- 25) Blood vessels of digestive organs
- 26) Mammary glands
- 27) Nipples
- 28) Cartilage of ribs (Hair)
- 29) Spleen (Bronchitis)
- 30) Twelfth thoracic vertebra

Leo

- 1) Left coronary artery
- 2) Aorta
- 3) Right coronary artery
- 4) Left carotid artery
- 5) Right carotid artery (Hair)
- 6) Entrance of pulmonary artery (Eyesight)
- 7) Left coronary vein
- 8) Inferior vena cava (Anaemia, hearing)
- 9) Superior vena cava (Alcoholism)
- 10) Jugular vein
- 11) Subclavian veins
- 12) Vertebral column
- 13) Right ventricle of heart (Rheumatic fever)
- 14) Left ventricle of heart
- 15) Right atrium
- 16) Left atrium
- 17) Right auricle
- 18) Right cardiac cavity. Azimene
- 19) Ventricular septum (Spine)
- 20) Mitral valve
- 21) Left atrium
- 22) Left auricle (Appendicitis)
- 23) Left auricle (Rheumatism)

- 24) Papillary muscles
- 25) Pericardium (Alcoholism, abscess)
- 26) Myocardium
- 27) Chordae tendinae. Azimene. (Goitre)
- 28) Chordae tendinae. Azimene
- 29) Atrioventricular septum? (Neuritis)
- 30) Back

Virgo

- 1) Duodenum
- 2) Small intestine
- 3) Appendix, caecum (Appendicitis)
- 4) Ascending colon (Asthma)
- 5) Transverse colon
- 6) Descending colon
- 7) Rectum
- 8) Abdominal cavity
- 9) Right hepatic lobe (Rheumatic fever)
- 10) Left hepatic lobe, bile (Enteric fever)
- 11) Falciform (or coronary?) ligament of liver, bile
- 12) Abdominal aorta
- 13) Hepatic arteries
- 14) Cystic arteries
- 15) 'Bare area' of liver
- 16) Groove for inferior vena cava
- 17) Abdominal muscles
- 18) Obliquus abdominis muscles
- 19) Oesophageal groove?
- 20) Bile duct
- 21) Cystic duct (Enteric fever)
- 22) Gall-bladder (Insanity, appendicitis)
- 23) Capsule and ligaments of liver (Spine)
- 24) Capsule and ligaments of liver
- 25) Liver (Cancer, gout, arthritis)
- 26) Abdominal veins (Suicide)
- 27) Iliac veins (Chronic glomerulonephritis)

- 28) Hepatic plexus (Tuberculosis)
- 29) Quadrate lobe of liver
- 30) Hepatic duct

Libra

- 1) Renal pelvis
- 2) Renal cortex
- 3) Adrenals (Abscess)
- 4) Kidney surface (Goitre)
- 5) Renal pyramids
- 6) Pubis
- 7) Nerve supply to kidney and renal pelvis (Jaundice)
- 8) Nerve supply to kidney and renal pelvis
- 9) Nerve supply to kidney and renal pelvis
- 10) Nerve supply to kidney and renal pelvis
- 11) Nerve supply to kidney and renal pelvis
- 13) Right renal system
- 14) Left inguinal lymph nodes
- 15) Right inguinal lymph nodes (Suicide, stroke)
- 16) Renal arteries
- 17) Suprarenal arteries
- 18) Fatty capsule of kidneys (Chronic glomerulonephritis)
- 19) Calyx major
- 20) Calyx minor
- 21) Renal hilum
- 22) Renal veins
- 23) Suprarenal veins
- 24) Blood vessels of renal cortex
- 25) Blood vessels of renal cortex
- 26) Vascular system of skin
- 27) Vascular system of skin (Tuberculosis)
- 28) Bladder (Hair)
- 29) Right ureter
- 30) Left ureter

Scorpio

- 1) Urethra
- 2) Urethral meatus
- 3) Prostate, uterus
- 4) Testicles, right side of uterus
- 5) Testicles, left side of uterus
- 6) Right epididymus, uterine cavity
- 7) Left epididymus, right Fallopian tube
- 8) Scrotum, left Fallopian tube
- 9) Sperm duct, vagina (Alcoholism)
- 10) Corpus cavernosum of penis (Nervous debility)
- 11) Penis, Labia majora
- 12) Seminal vesicles
- 13) Vulva, Labia minora, glans penis (Chronic glomerulonephritis)
- 14) Foreskin
- 15) Cowper's glands
- 16) Right ovary, cochlea of inner ear (Abscess)
- 17) Testicular lobes, left ovary
- 18) Vas deferens, hymen (Appendicitis, hair)
- 19) Uterine ligaments, Haller's net? Azimene
- 20) Ligaments of penis, Bartholin's glands (Goitre)
- 21) Sphenoid sinus
- 22) Ethmoid bone (and ligaments?)
- 23) Nasal bone, fimbria of Fallopian tubes (Rheumatism)
- 24) Nasal septum
- 25) Coccyx, Fallopian tubes (Tonsils, adenoids, alcoholism)
- 26) Perineum
- 27) Anus
- 28) Mucous membranes. Azimene
- 29) Vomer (Sight)
- 30) Nasal muscles

Sagittarius

Pelvic bones. Azimene

Pelvic girdle

Ischia (Appendicitis)

Femur

Right femoral artery* (Hair)
Left femoral artery* (Morbid fears, pneumonia)
Right superficial femoral artery. * Azimene
Left superficial femoral artery.* Azimene
Right lymphatic vessels. Eye diseases, as this is the degree of the fixed star
 Antares (Rheumatic fever)
Left lymphatic vessels (Enteric fever)
Adductor muscles
Long saphenous veins
Long saphenous veins (Rheumatic fever)
Cutaneous vessels of the thighs
Right iliac vein
Left iliac vein
Sciatic nerve
Right femur. Azimene. (Asthma)
Left femur. Azimene
Head of right femur
Head of left femur (Enteric fever)
Right trochanter (Insanity, appendicitis)
Left trochanter (Spine)
Popliteal fossa
Condyles of right femur (Nervous debility, gout)
Condyles of left femur
Gluteal muscles
Right leg muscles (Tuberculosis)
Left leg muscles
Pear-shaped muscle?

*It is difficult to determine just which arteries are referred to here. Possibly the femoral, popliteal or profunda femoris vessels. In any case arteries of the thigh are meant.

Capricorn

- 1) Right patella
- 2) Left patella
- 3) Cutaneous nerves of thigh (Sight)
- 4) Cutaneous nerves of lower leg
- 5) Cutaneous nerves of knee

- 6) Right adductor muscle
- 7) Left adductor muscle
- 8) Lymph vessels – of knee? (Paralysis)
- 9) Nerves of knee
- 10) Right cruciate ligaments
- 11) Left cruciate ligaments
- 12) Right knee joint
- 13) Left knee joint
- 14) Right knee cartilage
- 15) Left knee cartilage
- 16) Condyle of right tibia
- 17) Condyle of left tibia
- 18) Ligaments of right knee
- 19) Ligaments of left knee
- 20) Tendons of right knee
- 21) Tendons of left knee
- 22) Muscle insertions of upper to lower legs
- 23) Muscle insertions of upper to lower legs
- 24) Muscle insertions of upper to lower legs
- 25) Connections between femur and tibia
- 26) Connections between femur and tibia. Azimene
- 27) Deep nerves. Azimene
- 28) Right genicular arteries. Azimene
- 29) Left genicular arteries. Azimene
- 30) Adductor muscle (?)

Aquarius

- 1) Right tibial nerve (Obesity)
- 2) Left tibial nerve
- 3) Right fibula
- 4) Left fibula
- 5) Nerve of right fibula
- 6) Nerve of left fibula (Sight)
- 7) Right saphenous veins
- 8) Left saphenous veins (Anaemia)
- 9) Skin of right lower leg

- 10) Skin of left lower leg
- 11) Right cruciate ligaments
- 12) Left cruciate ligaments
- 13) Right tibial artery (Rheumatic fever)
- 14) Left tibial artery
- 15) Lymph vessels of right lower leg
- 16) Lymph vessels of left lower leg
- 17) Spinal nervous system
- 18) Spinal nervous system. Azimene. (Chronic glomerulonephritis)
- 19) Spinal nervous system. Azimene. (Spine)
- 20) Spinal nervous system
- 21) Spinal nervous system
- 22) Right gastrocnemius muscle? (Appendicitis)
- 23) Left gastrocnemius muscle? (Rheumatism)
- 24) Right tibialis anterior muscle?
- 25) Left tibialis anterior muscle? (Alcoholism, abscess)
- 26) Right fibula (Nervous debility)
- 27) Left fibula (Goitre)
- 28) Right tibia
- 29) Left tibia (Neuritis)
- 30) Connections – between what is not clear

Pisces

- 1) Right calcaneum
- 2) Left calcaneum
- 3) Nerves of right foot (Appendix)
- 4) Nerves of left foot (Asthma)
- 5) Right cuboid bone
- 6) Left cuboid bone
- 7) Right talus
- 8) Left talus
- 9) Right metatarsals (Rheumatic fever)
- 10) Left metatarsals (Enteric fever)
- 11) Lymph vessels of foot
- 12) Plantar artery of right foot
- 13) Plantar artery of left foot

- 14) Right cutaneous veins
- 15) Left cutaneous veins
- 16) Cruciate? ligaments of right foot
- 17) Cruciate? ligaments of left foot
- 18) Extensor muscles of right toes
- 19) Extensor muscles of left toes
- 20) Right fibula muscle?
- 21) Left fibula muscle? (Enteric fever)
- 22) Achilles tendon of right foot (Insanity, appendicitis)
- 23) Achilles tendon of left foot (Spine)
- 24) Right distal tibio-fibular joint?
- 25) Left distal tibio-fibular joint? (Cancer, gout)
- 26) Plantar nerves (Suicide)
- 27) Phalanges of right foot (Chronic glomerulonephritis)
- 28) Phalanges of left foot (Tuberculosis)
- 29) Toenails of right foot
- 30) Toenails of left foot

The Degree Areas of Wemyss

Maurice Wemyss gives a slightly different assessment of the degree areas. Wemyss, whose real name was Duncan Macnaughton, was an Edinburgh lawyer and astronomer with highly original ideas on the sign rulerships. Two volumes of his five-part scholarly work, *The Wheel of Life or Scientific Astrology*, are devoted to medical astrology and are crammed full of interesting data and case histories. He wrote two other medical volumes before his death. Apparently his publisher, who was also an astrologer, was alarmed by the transits around that time and made a hasty journey north. Alas, too late! The manuscripts had already been consigned to the flames with great satisfaction by the Presbyterian sister who had kept house for Wemyss.

Aries/Libra

Degrees	Anatomical	Pathological
0	Skull	Amputation
1	Skull	
2	Skull	
3	Skull	Asthma, cramp
4	Forehead	
5	Forehead	Muscle strain, accidents
6	Forehead	Cuts
7	Teeth	Bruising, scratching, bites
5	Nose	Adenoids
9	Nose	Bruising, horns
10	Nose	Burns and blisters
11	Nose	High fever, burns
12	Nose	Diphtheria
13	Eyes	
14	Eyes	Food poisoning, alcoholism
15	Under eye area	Cataract, excess eating
16	Under eye area	
17	Cheeks, ears	
18	Cheeks, ears	Suicide, asthma
19	Bladder	
20	Bladder	Bladder problems
21	Bladder	
22	Bladder	
23	Bladder	Tuberculosis
24	Bladder	Tuberculosis
25	Mouth	
26	Mouth	Carbuncles
27	Chin	Abscesses
28	Chin	
29	Beginning of neck	Stroke

Taurus/Scorpio

0	Top of neck	
1	Top of neck	
2	Top of neck	
3	Top of neck Epilepsy	
4	Sense of touch	Contagious diseases
5	Sense of touch	
6	Sense of touch	
7	Sense of touch	Adenoids
8	Eyeball	Alcoholism, deafness
9	Mucous membrane, eyes	Catarrh and colds
10	Mucous membrane, eyes	
11	Mucous membrane, eyes	Asthma
12	Adam's apple area	Sydenham's chorea, convulsions
13	Adam's apple area	
14	Circulatory system	Growths
15	Bottom of neck	Diphtheria
16	Shoulders begin	Colour blindness, cramp
17	Shoulders begin	Appendicitis
18	Shoulders begin	Tumours
19	Shoulders begin	
20	Bronchial tubes	Bronchitis
25	Bronchial tubes	Abnormal births
22	Bronchial tubes	Crushing injuries
23	Bronchial tubes	
24	Bronchial tubes	Dislocations
23	Collarbone	Fracture
26	Collarbone	
27	Collarbone	
28	Collarbone	Rheumatic fever, alcoholism
29	End of shoulders	
30	Beginning of arms	

Gemini/Sagittarius

0	U		
1	P		
2	P	Upper lung	
3	E	Optic nerve	Eye defects, colour blindness
4	R	Eyes	Blindness
5		Eyes	
6	A	Eyes	
7	R	Eyes	Adenoids
8	M	Elbows	Meningitis, tuberculosis
9		Elbows	Deafness
10	L	Elbows	
11	O	Elbows	Bites
12	W	Elbows	Accidents involving travelling
13	E	Elbows	
14	R	Elbows	Travel sickness
15		Elbows	Diphtheria
16	A	Breathing system	Breathing problems
17	R	Breathing system	
18	M	Breathing system	Mutism, blisters, burns
19		Speech	Blisters and bums
20	T	Wrists	
21	H	Wrists	
22	E	Wrists	
23		Lower lungs	
24	A	Lower lungs	
25	R	Lower lungs	
26	M	Lower lungs	
27	S	Lower lungs	
28		Lower lungs	Whooping cough
29		Fingers	
30		Fingers	

Cancer/Capricorn

0	Top of trunk	Chills and colds
1	Top of trunk	Indigestion, catarrh, flu
2	Top of trunk	Chronic rheumatic complaints
3	Top of trunk	
4	Ears	Deafness
5	Ears	Adenoids, stroke
6	Ears	
7	Kidneys	Adenoids
8	Bones	Broken bones, arthritis
9	Heart	Heart disease
10	Heart	Cardiac oedema
11	Heart	
12	Heart	
13	Heart	
14	Heart	Cataract
15	Heart	
16	Heart	
17	Heart	
18	Heart	Tumours
19	Gall-bladder	Constipation, gallstones, mutism
20	Gall-bladder	Drowning, choking, suffocation
21	Gall-bladder	
22	Gall-bladder	
23	Gall-bladder	
24	Gall-bladder	
25	Gall-bladder	Breathing problems
26	Gall-bladder	
27	Gall-bladder	
28	Gall-bladder	Crushing injuries
29	Gall-bladder	
30	Bottom of trunk	

Leo/Aquarius

0		Top of lumbar region	
1		Top of lumbar region	
2		Top of lumbar region	
3		Top of lumbar region	Biliousness
4		Sense of smell	
5		Sense of smell	
6		Sense of smell	
7		Kidneys	Oedema
8		Skin	Eczema
9		Skin	
10		Skin	
11		Skin	
12		Skin	
13		Skin	
14		Skin	Abscesses
15		Skin	
16		Skin	
17		Skin	Appendicitis, asthma
18		Skin	
19		Skin	Bladder problems
20	O	Skin	Diarrhoea
21	V	Skin	Strokes, tuberculosis
22	E	Bladder	
23	R	Bladder	
24		Bladder	
25	W	Bladder	Burns, inflammation
26	E	Bladder	Obesity, carbuncles
27	I	Bladder	Poisoning, food poisoning
28	G	Bladder	Alcoholism
29	H		Bladder
30	T		Bottom of lumbar region

Virgo/Pisces

0	U	Duodenum	
1	P	Duodenum	
2	P	Duodenum	Suicide
3	E	Duodenum	
4	R	Duodenum	Cuts
5		Duodenum	
6	B	Duodenum	
7	O	Duodenum	
8	W	Duodenum	Dysentery
9	E	Duodenum	Dysentery
10	LD	Duodenum	Dysentery
11	R	Duodenum	
12	O	Duodenum	
13	W	Duodenum	Alcoholism
14	N	Duodenum	
15	I	Duodenum	
16	N	Duodenum	
17	G	Duodenum	
18		Duodenum	
19	L	Duodenum	Constipation
20	O	Duodenum	Diarrhoea
21	W	Duodenum	
22	E	Appendix	Appendicitis
23	R	Appendix	Appendicitis
24		Appendix	
25	B	Appendix	
26	O	Appendix	
27	W	Appendix	
28	E	Appendix	
29	L	Appendix	
30		Appendix	

Once the chart has been assessed for diseases to which its owner is susceptible, it is, according to Wemyss, possible to work out by means of a table that he devised, at which age these afflictions are most likely to occur. For example, heart disease is said to be associated with 10 degrees Cancer and/or Capricorn. From [table 2](#) it can be seen that the sixty-ninth year is the most risky for those with these degrees badly aspected. However, simply because a person has a particular degree afflicted does not necessarily mean that illness is inevitable in the year corresponding to it. There would also have to be strong indications from other natal aspects, as well as transits and progressions, to increase the likelihood of its happening.

[Table 2. Age – Sign Correlation](#)

Years of age	Degrees of sign Cancer/ Capricorn	Years of age	Degrees of sign Leo/Aquarius	Years of age	Degrees of sign Virgo/Pisces
72	0 – 2.5	60	0 – 2.5	48	0 – 2.5
71	2.5 – 5	59	2.5 – 5	47	2.5 – 5
70	5 – 7.5	58	5 – 7.5	46	5 – 7.5
69	7.5 – 10	57	7.5 – 10	45	7.5 – 10
68	10 – 12.5	56	10 – 12.5	44	10 – 12.5
67	12.5 – 15	55	12.5 – 15	43	12.5 – 15
66	15 – 17.5	54	15 – 17.5	42	15 – 17.5
65	17.5 – 20	53	17.5 – 20	41	17.5 – 20
64	20 – 22.5	52	20 – 22.5	40	20 – 22.5
63	22.5 – 25	51	22.5 – 25	39	22.5 – 25
62	25 – 27.5	50	25 – 27.5	38	25 – 27.5
61	27.5 – 30	49	27.5 – 30	37	27.5 – 30

Years of age	Degrees of sign Aries/Libra	Years of age	Degrees of sign Taurus/Scorpio	Years of age	Degrees of sign Gemini/ Sagittarius
36	0 – 2.5	24	0 – 2.5	12	0 – 2.5
35	2.5 – 5	23	2.5 – 5	11	2.5 – 5
34	5 – 7.5	22	5 – 7.5	10	5 – 7.5
33	7.5 – 10	21	7.5 – 10	9	7.5 – 10
32	10 – 12.5	20	10 – 12.5	8	10 – 12.5
31	12.5 – 15	19	12.5 – 15	7	12.5 – 15
30	15 – 17.5	18	15 – 17.5	6	15 – 17.5
29	17.5 – 20	17	17.5 – 20	5	17.5 – 20
28	20 – 22.5	16	20 – 22.5	4	20 – 22.5
27	22.5 – 25	15	22.5 – 25	3	22.5 – 25
26	25 – 27.5	14	25 – 27.5	2	25 – 27.5
25	27.5 – 30	13	27.5 – 30	1	27.5 – 30

Fixed Stars

The fixed stars have long been considered to be significant in medical astrology. They were used extensively in decumbiture. The medieval interpretations were somewhat melodramatic to say the least, so only the planetary natures of the most important stars are given below. De Vore's *Encyclopaedia of Astrology* contains a more complete list of fixed stars.

Because of the precession of the equinoxes, the fixed stars gain approximately one degree of longitude every seventy years, which is about fifty seconds a year. The positions listed in [Table 3](#) are the positions for 2006. To find the positions for charts referring to other years, add or subtract fifty seconds for each year from 2006.

The orb allowed for fixed stars is not normally more than one degree, and usually only the conjunction is considered. However, Marcia Starck has carried out some interesting work on eye disorders. She has found that the conjunction, square or opposition of certain fixed stars to the angles, Sun, Moon and other planets is often found in these conditions. Those which seem to be most actively involved are the Pleiades, the Hyades, the Asselli, Antares and Spiculum.

[Table 3 Positions of the fixed stars in 2006](#)

<i>Sign</i>	<i>Name of Star</i>	<i>Nature</i>	<i>2006 Position</i>
Aries	Vertex	Mars, Moon	27.53
Taurus	Capulus	Mars, Mercury	24.17
	Algol	Saturn, Jupiter	26.15
Gemini	Pleiades (Alcyone)	Moon, Mars	00.04
	Hyades	Venus	06.52
	Aldebaran	Mars	09.52
	Rigel	Jupiter, Saturn	16.55
	El Nath	Mars	22.38
	Bellatrix	Mars, Mercury	21.02
	Mintaka	Saturn, Jupiter	22.26
	Ensis	Mars, Moon	23.01
	Betelgeuze	Mars, Mercury	28.50
Cancer	Sirius	Jupiter, Mars	14.09
	Castor	Venus, Saturn	20.19
	Pollux	Mars	23.18
	Procyon	Mercury, Mars	25.52
Leo	Praecepte	Mars, Moon	07.24
	N. Assellus	Mars, Sun	07.36
	S. Assellus	Mars, Sun	08.48
	Al Jabbar	Saturn, Mercury	27.58
	Alphard	Saturn, Venus	27.20
	Regulus	Mars	29.54
Virgo	Denebola	Mercury, Venus	21.42
	Copula	Moon, Venus	25.12
	Labrum	Mercury, Venus	26.45
Libra	Seginus	Mercury, Saturn	17.45
	Foramen	Saturn, Jupiter	22.14
	Arcturus	Mars, Jupiter	24.19
	Spica	Venus, Mars	23.55
Scorpio	Princeps	Mercury, Saturn	03.12
	Alphecca	Venus, Mercury	12.23
	S. Chelae	Saturn, Venus	15.09
	N. Chelae	Jupiter, Mars	19.25
	Unukhalai	Saturn, Mars	22.09
Sagittarius	Yed Prior	Mars, Saturn	02.21
	Antares	Mercury, Mars	09.51
	Rastaban	Saturn, Venus	11.59
	Aculeus	Mars, Moon	25.49
	Acumen	Mars, Moon	28.50
Capricorn	Spiculum	Mars, Moon	01.07
	Vega	Venus, Mercury	15.25
	Facies	Sun, Mars	08.23
	Manubrium	Sun, Mars	15.02
Aquarius	Altair	Saturn, Mercury	01.52
	Giedi	Venus, Mars	03.52
	Dagih	Saturn, Venus	04.05
	Oculus	Saturn, Venus	04.46
	Sadalsund	Saturn, Mercury	23.26
Pisces	Fomalhaut	Venus, Mercury	03.57
	Markab	Mars, Mercury	23.31
	Scheat	Mars, Mercury	29.28

Arabian Parts

There are many Arabian parts other than the familiar Part of Fortune. They are points of Sensitivity in the chart and are triggered by lunations, Full Moons, eclipses and transits and progressions. Those relevant to medical astrology are:

The Part of Sickness = Ascendant plus Mars minus Saturn
The Part of Death = Ascendant plus the 8th-house cusp minus Moon
The Part of Surgery = Ascendant plus Saturn minus Mars

According to some experts equal house cusps should always be used in calculating Arabian Parts. To find the appropriate Part, convert the Ascendant and planets concerned into zodiacal longitude using the table below.

0 Aries	= 00	0 Leo	= 110	0 Sagittarius	= 240
0 Taurus	= 30	0 Virgo	= 150	0 Capricorn	= 270
0 Gemini	= 60	0 Libra	= 180	0 Aquarius	= 300
0 Cancer	= 90	0 Scorpio	= 210	0 Pisces	= 330

For example, in a chart where the Ascendant is 26.14 Virgo, Mars is

Ascendant	= 150 + 26.14	= 176.14
plus Mars	= 300 + 21.46	= 321.46
		498.00
minus Saturn	= 270 + 1.54	= 271.34
		226.26

The Part of Sickness is 226.26 degrees = 16.26 degrees Scorpio.

References

- Addey, John, *Harmonics in Astrology*, L. N. Fowler & Co, London, 1976
Carter, Charles, *An Encyclopaedia of Psychological Astrology*, The Theosophical Publishing House, London, 1937
Daath, Heinrich, *Medical Astrology*, L. N. Fowler & Co, London, 1914
Ebertin, Elsbeth and Reinhold, *Anatomische Entsprechungen der Tierkreisgrade*, Ebertin Verlag, Aalen, 1971
Harvey, Charles, 'Astrology and Genetics – Haemophilia' in *Astrology and Medicine Newsletter*, No.3, November 1987
Lilly, William, *Christian Astrology*, 1647. Regulus Facsimile Editions, London, 1983

- Machon, Gregono Luis Lozano, *Los 360 grados del zodiaco astrologico*, Minuesa, Madrid, 1985
- Millard, Dr Margaret, 'The Brain and the Immune System' in *Astrology and Medicine Newsletter*, No.3, November 1987
- Starck, Marcia, *Key to Holistic Health*, Seek-It Publications, Birmingham, Michigan, 1982
- Vore, Nicholas de, *Encyclopaedia of Astrology*, Littlefield, Adams & Co, New York, 1980
- Wemyss, Maurice, *The Wheel of Left or Scientific Astrology*, 5 vols, L. N. Fowler & Co, London, 1927-45

OceanofPDF.com

SIX

The Decumbiture Chart

Although many astrologers of earlier times were profoundly concerned with using their art to shed light on the workings of the soul, the main emphasis tended to be on outer manifestations. Illness and disease are ‘events’ that take place at the interface between the psyche and the environment. This interface is the body, or more correctly the body-mind complex, so taking a closer look at earlier methods would appear to be a worthwhile and necessary part of any serious study of medical astrology.

The first thing that becomes obvious in traditional astrology is that, although the building blocks – planets, aspects, signs and houses – are much the same as in the more familiar psychological astrology of today, the rules for interpretation at times differ widely because the emphasis is different. It is not easy to make much sense of traditional medical astrology without a basic understanding of traditional rules. Because decumbiture, which is a specialised medical form of horary astrology, is a relatively unknown subject, I will go into the setting up of the chart and its interpretation in some detail. Very few decumbiture practitioners will use all of the information available, but it is useful to have it gathered in one place.

The outer planets, of course, had not been discovered when these rules were drawn up and therefore do not feature in this chapter. They are, however, entered in decumbiture charts nowadays and interpreted according to our present-day understanding of their properties.

The main functions of the decumbiture chart are to show:

1. The nature of the complaint and part of the body affected
2. What caused the condition
3. The prognosis
4. The practitioner's/astrologer's part in the therapeutic relationship
5. Critical phases in the course of the illness
6. What measures are indicated

The decumbiture (from the Latin *de*, meaning 'down', and *cumbere*, 'to lie'), is, in the strict sense, a chart drawn up for the time a person is so overcome by illness that they must lie down or take to their bed. However, many medical problems are not severe enough to force the patient to bed, so another suitable time usually has to be selected.

Timing the Chart

William Lilly, whose *Christian Astrology* was published in 1647, is one of the greatest and most accessible authorities on traditional astrology. His rules for choosing the moment to erect the chart are as follows:

...we ought carefully to take the exact time of the parties first falling sick, viz. the houre as neer as can be had, not that moment when first the Patient felt a smatch of it, but that very time when first he was so ill, or so extreemly oppressed, that he was enforced to take to his Bed, or to repose.

Secondly, if that cannot be had, then accept of that time when the sick parties *Urine* was first carried to somebody, to enquire of the Disease, whether the party enquired of was a Physitian or not.

Thirdly, if no such thing can be had, let the Physitian take the time of his owne first speaking with, or accesse to the Patient, or when first the Urine was brought unto him...

Of necessity, modern-day decumbiture practitioners tend to use the first moment that the patient has their full attention in the consulting room. This properly speaking is the consultation chart or the chart of the therapeutic relationship. It can also be seen as a horary chart, the question, spoken or unspoken being 'What ails me and how can I get well?'

Erecting the Chart

Once the moment has been selected and timed, the chart is drawn up. Traditionally Regiomontanus houses are used, but some astrologers prefer

to use one of the other quadrant systems such as Placidus, Koch or Porphyry. The co-ordinates used are the latitude and longitude of the place where the consultation occurs.

Radicality

Perhaps because of the difficulties of timing, a screening system is built into horary. Before it can be used the chart must be checked to see if it is radical, in other words fit to be judged. There are three methods of deciding strictures, planetary hours and aptness.

Strictures on Judgement

A stricture is a feature that gives warning that a chart should not be read. In practice, some medical astrologers use strictures as cautions rather than vetoes, but note the results carefully.

1. If the Ascendant is less than 3 degrees, especially in the signs of short ascension (Capricorn to Gemini inclusive), unless the patient is very young, or the body type or blemishes agree with the sign on the Ascendant.
2. If the Ascendant is 27 degrees or more, unless the age of the patient corresponds to the degree of the Ascendant, or the decumbiture is taken for the exact time that the patient took to bed.
3. If the Moon is in the Via Combusta, that is, between 15 degrees Libra and 15 degrees Scorpio, unless the patient's Ascendant falls within this zodiacal area.
4. If the Moon is Void of Course, that is, it does not make an aspect to any other planet before leaving the sign it is in. Some practitioners do use a chart having a Void of Course Moon, but give the judgement that nothing will come of the matter, that it is out of the control of the questioner. Lilly says that it is less unsafe to judge a chart with a Void of Course Moon if the principal significator is strong, or where it is in Taurus, Cancer, Sagittarius or Pisces.

5. If Saturn is in the seventh house, the astrologer's/practitioner's judgement may be faulty.
6. If the seventh-house cusp is afflicted, or if its ruler is retrograde and badly placed. Again this points to faulty judgement on the part of the practitioner.
7. If Saturn is conjunct the Ascendant or in the first house, especially where it is retrograde, or if the ruler of the Ascendant is combust, that is, within eight degrees of the Sun. These are normally regarded as strictures, although it can be argued that, in medical cases, it is still possible to use such a chart.

Aptness

For some astrologers, the acid test of radicality is whether the chart really does seem to describe the situation in question. If the Ascendant, the planets in the first house and the ruler of the Ascendant do describe the patient, and the sixth-house cusp, its ruler and any planets placed there describe the patient's complaint, then the chart is valid.

Planetary Hours

The most important traditional method of testing validity is to check whether the ruler of the hour for which the chart was erected is of the same nature as the Ascendant or the ruler of the Ascendant. The concept of each hour of the day being ruled by a particular planet is an ancient one. Each day of the week is associated with one particular planet as follows:

The Sun rules Sunday
The Moon rules Monday
Mars rules Tuesday (Mardi in French)
Mercury rules Wednesday (Mercredi in French)
Jupiter rules Thursday (after Thor, the Norse god similar to Jupiter)
Venus rules Friday (Vendredi in French. Freya is the Norse equivalent of Venus)
Saturn rules Saturday

In the system of planetary hours, the first hour of any day is ruled by the planet which rules the day. The subsequent hours are ruled in sequence by the planets in increasing order of speed, or decreasing order of length of cycle. In other words, the order is Saturn, Jupiter, Mars, Sun, Venus,

Mercury and Moon. Once the Moon is reached, the whole process starts again with Saturn.

The elegance of the system becomes apparent on setting out the planetary hours for the week. It can be seen that each day automatically starts with its own ruler, as shown in [table 4](#).

Table 4: Planetary Hour Rulers

	DAWN												SUNSET												
	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	
SUNDAY	☉	♀	♃	☾	♄	♅	♁	♂	♁	♀	♃	☾	♄	♅	♁	♀	♃	☾	♄	♅	♁	♂	♁	♀	♃
MONDAY	☾	♄	♅	♁	♂	♁	♀	♃	☾	♄	♅	♁	♂	♁	♀	♃	☾	♄	♅	♁	♂	♁	♀	♃	☾
TUESDAY	♂	♁	♀	♃	☾	♄	♅	♁	♂	♁	♀	♃	☾	♄	♅	♁	♂	♁	♀	♃	☾	♄	♅	♁	♂
WEDNESDAY	♀	♃	☾	♄	♅	♁	♂	♁	♀	♃	☾	♄	♅	♁	♂	♁	♀	♃	☾	♄	♅	♁	♂	♁	♀
THURSDAY	♅	♁	♂	♁	♀	♃	☾	♄	♅	♁	♂	♁	♀	♃	☾	♄	♅	♁	♂	♁	♀	♃	☾	♄	♅
FRIDAY	♀	♃	☾	♄	♅	♁	♂	♁	♀	♃	☾	♄	♅	♁	♂	♁	♀	♃	☾	♄	♅	♁	♂	♁	♀
SATURDAY	♄	♅	♁	♂	♁	♀	♃	☾	♄	♅	♁	♂	♁	♀	♃	☾	♄	♅	♁	♂	♁	♀	♃	☾	♄

Planetary hour rulers

If the first hour of each day was taken as starting at midnight and each planetary hour consisted of sixty minutes, life would be simple. Alas, that is not the case. The day starts at sunrise, and although some ancient authors are believed to have divided the day into sixty-minute hours, the more common system is more complicated. The times for sunrise and sunset must be known, then the hours between sunrise and sunset are divided into twelve equal parts. These are the first twelve planetary hours. The hours from sunset to the next sunrise are then divided likewise to make up the twelve planetary hours of the night.

The first reaction on coming across this complicated procedure is to want to dismiss the whole thing as being just too much of a nuisance. This is certainly what Zadkiel did when he published his bowdlerised version of Lilly's *Christian Astrology*. However, the planetary hours are more than a means of checking whether or not a chart is valid. They are a fundamental component in choosing the time to harvest and prepare herbs, to give medicines, and to perform any surgical procedures. So it seems that a little effort will yield much of advantage.

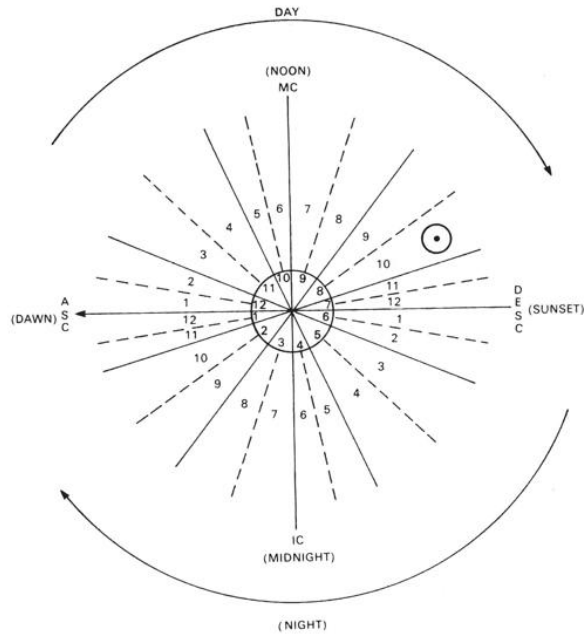
I am greatly indebted to the French astrologer, Denis Labouré, for showing me the following simple method for calculating the planetary hours, using Placidus house cusps. As the Placidus house system is purely time-based, each of the houses represents two planetary hours. The first daytime hour starts at dawn with the Ascendant. Moving clockwise, the area between the Ascendant and the twelfth-house cusp represents the first two planetary hours, that between the twelfth and the eleventh the third and fourth hours, and so on. The Midheaven represents the end of the sixth daytime planetary hour, while the Descendant corresponds to sunset. The sixth house is made up of the first two nocturnal planetary hours, and so it continues on round to the Ascendant.

The division between the two planetary hours in any house is found by dividing the house exactly in two. To find the planetary hour of the decumbiture, or indeed any chart, find the house in which the Sun falls, using Placidus house cusps. [Figure 2](#) illustrates this. Here the Sun is in the eighth house. It is therefore in either the ninth or tenth daytime planetary hour. Since it is clearly in the second part of the house, reckoned clockwise from the Ascendant, the Sun is in the tenth planetary hour. If this represented a chart drawn up on a Monday, one can see by looking along the line for Monday in the table of planetary hour rulers (see [Table 4](#)) that the ruler of the tenth daytime hour is Jupiter. If, instead, this were a Thursday chart, the ruler would be the Sun. Where the Sun is in houses one to six, use the planetary hours of the day before.

Using this system, a chart is not valid unless the ruler of the hour is in some way in harmony with the Ascendant or the lord (ruler) of the

Ascendant. There are several ways that this can be satisfied:

[Figure 1 Calculating the Planetary Hour](#)



1. If the ruler of the Ascendant and the ruler of the hour are the same, as, for example, where Virgo or Gemini is rising and Mercury is the ruler of the hour.
2. If the ruler of the hour is of the same triplicity as the Ascendant. The rulers of the triplicities are given in Ptolemy's table of Essential Dignities and Debilities ([Table 6](#)). An example of this would be where Jupiter is the ruler of a chart that is drawn up after sunset and the Ascendant is in a fire sign. Jupiter is the nocturnal ruler of the fiery triplicity.
3. If the ruler of the hour and the Ascendant are of the same nature. Each of the signs and planets has two qualities; they are either hot or cold, and either moist or dry. The fire and air signs are hot, while the negative signs, earth and water, are cold. The fire signs, as expected, are classed as dry, as are the earth signs. Air and water are moist. For example, if Venus is the ruler and Cancer ascends, the chart is valid because they are both of the same nature. The qualities are given in [table 5](#).
4. If the ruler of the hour is in strong aspect to the Ascendant, or its ruler, or to the lord of the triplicity of the Ascendant. For example, if 10 degrees Gemini is rising in a daytime chart, the chart is valid if the ruler of the

hour makes a close major aspect to 10 degrees Gemini, or to Mercury, the ruler of the Ascendant, or to Saturn, the daytime ruler of the air signs.

Table 5 Qualities of signs and planets

<i>Signs</i>			
Aries	hot and dry	Taurus	cold and dry
Gemini	hot and moist	Cancer	cold and moist
Leo	hot and dry	Virgo	cold and dry
Libra	hot and moist	Scorpio	cold and moist
Sagittarius	hot and dry	Capricorn	cold and dry
Aquarius	hot and moist	Pisces	cold and moist

<i>Planets</i>			
Sun	hot and dry	Moon	cold and moist
Mercury	cold and dry	Venus	cold and moist
Mars	hot and dry	Jupiter	hot and moist
Saturn	cold and dry		

2 shows a decumbiture chart drawn up at the first visit of a patient we shall call Tom. The chart is radical on all counts. There are no strictures, and the Moon, ruler of the hour, makes a close sextile aspect with Venus, daytime ruler of the triplicity of the Ascendant. The chief significator of Tom is Mercury, which is in its own sign in the ninth house, representing, among other things, foreign countries and higher learning. Tom is an academic who has recently returned from abroad, where he thinks his present complaint originated. The decumbiture Ascendant is also conjunct Tom's natal Ascendant, so the chart clearly indicates the situation in hand.

Table 6: Ptolemy's Table of Essential Dignities and Debilities of Planets

SIGNS		EXALTATION	TRIPLICITY DAY NIGHT	TERMS												FACES			DETRIMENT	FALL
				♂	♀	♁	♂	♀	♁	♂	♀	♁	♂	♀	♁	♂	♀	♁		
♈	♂	D	☉ 19	☉ 21	♁ 6	♀ 14	♁ 21	♂ 28	♁ 30	♂ 10	☉ 20	♀ 30	♀	♁						
♉	♀	N	☾ 3	♀ 8	♁ 15	♁ 22	♁ 26	♂ 30	♁ 10	☾ 20	♁ 30	♂								
♊	♁	D	♁ 3	♁ 7	♁ 14	♀ 21	♁ 25	♂ 30	♁ 10	♂ 20	☉ 30	♁								
♋	♁	DN	♁ 15	♂ 6	♁ 13	♀ 20	♀ 27	♁ 30	♀ 10	♁ 20	☾ 30	♁	♂							
♌	☉	DN		♁ 6	♀ 13	♀ 19	♁ 25	♂ 30	♁ 10	♁ 20	♂ 30	♁								
♍	♁	N	♁ 15	♀ 7	♀ 13	♁ 18	♁ 24	♂ 30	☉ 10	♀ 20	♁ 30	♁	♀							
♎	♀	D	♁ 21	♁ 6	♀ 11	♁ 19	♀ 24	♂ 30	☾ 10	♁ 20	♁ 30	♂	☉							
♏	♂	N		♂ 6	♁ 14	♀ 21	♁ 27	♁ 30	♂ 10	☉ 20	♀ 30	♀	♁							
♐	♁	D	♁ 3	♁ 8	♀ 14	♁ 19	♁ 25	♂ 30	♁ 10	☾ 20	♁ 30	♀								
♑	♁	N	♁ 28	♀ 6	♁ 12	♁ 19	♂ 25	♁ 30	♁ 10	♂ 20	☉ 30	♁	♁							
♒	♁	D		♁ 6	♁ 12	♀ 20	♁ 25	♂ 30	♀ 10	♁ 20	☾ 30	☉								
♓	♁	N	♀ 27	♂ 8	♁ 14	♁ 20	♂ 26	♁ 30	♁ 10	♁ 20	♂ 30	♁	♀							

Planetary Strengths

Modern astrology scarcely takes note of the strengths of the planets, but traditionally they were of primary importance. A planet is said to be strong when it has essential dignity by being either in its own sign, exaltation, triplicity, term or face, or is in mutual reception with another planet by sign, exaltation, triplicity, term or face. It is debilitated or weak when it is in its detriment or fall, or when it has no essential dignities. It is then said to be peregrine.

Looking at Ptolemy's table, we see that the signs are in the first column. Information about the planets in a particular sign may be gained by reading along the rows.

The second column lists the planet or planets ruling the sign on the left. The Sun and Moon are both followed by the letters D and N, the other planets by only one or other letter. D means diurnal, signifying that the sign concerned is the daytime house of that planet. N stands for nocturnal and shows that the planet has its night-time house in that sign. Leo is both the day and night house of the Sun, while, similarly, the Moon has the complete tenancy of Cancer.

Dignity by Sign

A planet is said to be in its own sign when it is in the sign it rules. For example, Jupiter is in its own sign in Sagittarius and Pisces, the Sun in Leo, and Mercury in Virgo and Gemini.

Exaltation

The exaltations appear in column three. The figure after the symbol refers to the exact degree of the sign on the left in which the planet is especially favoured.

Ptolemy has an interesting explanation of the exaltations, but one which assumes that the centre of the world is in the northern hemisphere. The Sun is exalted in Aries, because it is in this sign when it crosses from the lower to the upper hemisphere and its heat increases. It is in its fall in Libra for the same reason – the heat is now decreasing.

As Saturn opposes the Sun by quality as well as by natural house position, it is therefore exalted in Libra and in its fall in Aries. The Moon,

the night ruler of the earth signs, starts to increase its light in the first earth sign, Taurus, where it is therefore exalted, and is in its fall in Scorpio.

Jupiter, which is associated with the north, is in its exaltation in Cancer, which is where the Sun reaches its most northerly point. Its fall is consequently in the polar opposite sign, Capricorn. Mars, whose nature is fiery, is even more so in Capricorn, which is furthest south, and is thus exalted there, and in its fall in Cancer, sign of the north. Venus, being of a moist nature, becomes even more so with the dampness of spring; thus it is exalted in Pisces and in its fall in Virgo. Mercury, on the other hand, is dry and is naturally exalted in Virgo, which signifies the start of the dryness of autumn.

Dignity by Triplicity

Column four deals with the triplicities. The twelve signs are divided into the four triplicities still used in modern astrology, but traditionally one planet rules the triplicity for a chart drawn up in the daytime, and another for a chart drawn up at night.

The fiery triplicity, Aries, Leo and Sagittarius, is ruled by the Sun by day and Jupiter by night.

Gemini, Libra and Aquarius, the airy signs, are ruled by Saturn by day and Mercury by night.

In the earthy triplicity, Taurus, Virgo and Capricorn, Venus has domination by day and the Moon by night.

By way of contrast, the watery signs, Cancer, Scorpio and Pisces, have only one ruler, whether by day or night, and that is Mars.

Dignity by Term

The terms come next. Looking along the top line of the table, we read Jupiter 6, Venus 14, Mercury 21, Mars 26 and Saturn 30. This means that any planet which is found between 0 degrees Aries and 5 degrees 59 minutes Aries is in the terms of Jupiter. If Jupiter is here, it is said to be in its own terms. Venus's terms run from 6 degrees to 13 degrees 59 minutes Aries, Mercury's from 14 degrees to 20 degrees 59 minutes, and so on. The Sun and Moon have no terms.

Dignity by Face

Each sign is divided into three decanates or sectors of ten degrees. In each decanate one particular planet is said to be in its own face. It is interesting to look down the first column of the faces and note that the planets follow the order of the days of the week they rule. For example, the first column of faces starts with Mars, the ruler of Aries which rules Tuesday; below it is Mercury, ruler of Wednesday, followed by Jupiter (Thursday), Venus (Friday), Saturn (Saturday) and so on. The list is continuous. It always follows the same order right down the first list of faces, and takes up where it left off at the top of the next column.

Even more interesting is to follow the sequence of planets reading along the rows. Again there is a logical pattern, this time following the length of the planetary cycles. Mars starts off once again as the ruler of Aries, followed by the planets in decreasing order of length of cycle – Sun, Venus, Mercury, Moon. The sequence starts again with the heaviest and slowest planet, Saturn, then Jupiter, and so on.

Looking along the top line of the table, under the faces of Aries, a planet which is placed between 0 degrees Aries and 9 degrees 59 minutes Aries is in Mars's face. From 10 degrees to 19 degrees 59 minutes it will be in the Sun's face; and from 20 degrees up to the end of the sign in the face of Venus.

Planets in their Detriment

The last two columns deal with the debilities of planets. Planets are in their detriment in the signs which are opposite those they rule. For example, the Moon is in its detriment in Capricorn, and Saturn in its detriment in both Cancer and Leo.

Planets in their Fall

Planets are in their fall in the sign opposite the one in which they are exalted.

Mutual Reception

We are used to the concept of mutual reception by sign, where, for example, Mars is in Cancer and the Moon is in Aries. Each planet is in the sign of the other's rulership. Traditionally it is also possible for planets to be in mutual reception by exaltation, triplicity, term or face. It is very easy to find if any planets are in mutual reception using the grid form shown. For example, in the decumbiture chart (see [figure 2](#)), Venus is in Saturn's triplicity. To check whether Venus and Saturn are in mutual reception, look along the line to see in which triplicity Saturn falls. It is in Venus's, therefore Venus and Saturn are in mutual reception.

If a planet is not in essential dignity or in mutual reception, it is said to be peregrine and therefore weak or debilitated. This can be indicated by a star, as shown. Any planets debilitated by being in their detriment or fall can also be highlighted in the same way.

Lilly gives a relative weighting to the dignities and debilities of the planets ([table 7](#)). There is no mention of mutual reception by triplicity, term or face, but as these are mentioned elsewhere as being valid, it seems safe to assume that they would follow the pattern of sign and exaltation and be given the same value as the corresponding dignity.

Table 7 Lilly's Table of Dignities & Debilities

<i>Essential Dignities</i>		<i>Debilities</i>	
A planet in its own house or	+ 5	In its detriment	-5
in mutual reception with another		In its fall	-4
planet by house		Peregrine	-5
In its exaltation, or reception	+4		
by exaltation			
In its own triplicity	+3		
In its own terms	+2		
In its own face	+1		
<i>Accidental Dignities</i>		<i>Accidental Debilities</i>	
In the Midheaven or Ascendant	+5	In the 12th house	-5
In the 4th, 7th or 11th house	+4	In the 6th or 8th house	-2
In the 2nd or 5th house	+3	Retrograde	-5
In the 9th house	+2	Slow in motion	-2
In the 3rd house	+1	♃♂ occidantal	-2
Direct	+4	♀♁ oriental	-2
Fast in motion	+2	♃ decreasing in light	-2
♃♂ when oriental	+2	Combust of the ☉	-5
♁♀ when occidantal	+2	Under the ☉ beams	-4
♃ increasing, or occidantal	+2	Partill ♂ with ♃ or ♂	-5
Free from combustion and ☉ beams	+5	Partill ♂ with ♁	-4
Cazimi	+5	Besieged of ♃ and ♂	-5
In partill ♂ with ♃ and ♁	+5	Partill ♁ of ♃ or ♂	-4
Partill ♂ with ♁♁	+4	Partill ☐ of ♃ or ♂	-3
In partill △ to ♃ and ♁	+4	♁ within 5 degrees	-5
In partill ✕ to ♃ and ♁	+3	of Algol	
♁ Regulus	+6		
♁ Spica	+5		

House Strengths

Lilly states that the angular houses – the first, fourth, seventh and tenth – are the most powerful. The succedents – the second, fifth, eighth and eleventh – come next in strength, followed by the cadents – the third, sixth, ninth and twelfth. However, he then goes on to give, rather oddly, the relative order of houses as follows:

1, 10, 7,4, 11, 5, 9, 3, 2, 8, 6, 12

That is, the first house is the most powerful, the tenth house the second, and so on.

Average Motion

The average daily motions of the planets are given in [table 8](#).

Table 8 Average Daily Motions of the Planets

Moon	13 degrees	10 minutes	35 seconds
Sun	0 degrees	59 minutes	08 seconds
Mercury	4 degrees	06 minutes	00 seconds
Venus	1 degree	36 minutes	00 seconds
Mars	0 degrees	31 minutes	00 seconds
Jupiter	0 degrees	04 minutes	59 seconds
Saturn	0 degrees	02 minutes	01 second
Uranus	0 degrees	00 minutes	42 seconds
Neptune	0 degrees	00 minutes	24 seconds
Pluto	0 degrees	00 minutes	14 seconds

Oriental and Occidental

The terms oriental and occidental refer to the position of the planets in relation to the Sun. The superior planets – Saturn, Jupiter and Mars are oriental of the Sun from the time of making a conjunction to the Sun up to the opposition. They are occidental from the opposition to the time of the next conjunction.

The inferior planets, Mercury and Venus, since they cannot be more than 28 degrees and 48 degrees respectively from the Sun, obviously cannot come to an opposition with the Sun. They are oriental of the Sun when they occupy a lower degree of the sign in which the Sun is placed, or are in the preceding sign. They are occidental when they occupy a greater degree of the Sun sign or are in the following sign. The Moon is occidental of the Sun and increasing in fullness from the time of the conjunction of the new moon

up until the opposition or full moon. It is oriental from the full moon, through the third and fourth quarters, to the next new moon.

Combust, Cazimi and Under the Sun's Beams

Planets that are in the same sign as the Sun and are within 8 and a half degrees of orb are said to be combust and weakened by the power of the Sun. They are more afflicted if the Sun is applying to the conjunction than if it is separating. From 8 and a half degrees up to 17 degrees apart from the Sun's position, the planet is said to be Under the Sun's Beams and also weakened, though not so much as if it were combust. On the other hand, a planet at the heart of the Sun – within 17 minutes – is said to be cazimi and is greatly increased in strength.

Besieged

A planet is besieged by Mars and Saturn when it lies in the shortest arc between them. This is a Bad Thing! An example of this would be where Mars was at 15 degrees Leo and Saturn was at 10 degrees Virgo. If Venus was positioned anywhere between these two degrees, say at 26 degrees Leo, it would be besieged by Mars and Saturn.

Relative Strengths

Filling in the last line of the grid showing dignities and debilities reveals the relative strengths of the planets.

Fixed Stars

Note if any of the planets or angles conjunct fixed stars. The list of some of the commonly used fixed stars and their qualities is found in [table 3](#). The orb allowed is one degree.

Antiscions

Antiscion points are often used in horary work. They are judged in much the same way as conjunctions, and the effect depends on the nature of the planets involved. For example, the antiscion of Saturn falling on or

aspecting another planet generally creates difficulties, while one from Jupiter or Venus may be helpful. One degree orbs are allowed.

To find the antiscion point of a particular planet, take the point equidistant from that planet and 0 degrees Cancer and 0 degrees Capricorn, whichever is the nearer. If that is, say, 19 degrees Virgo, subtract 19 from 30, which equals 11.

Looking at the table, we see that Virgo equals Aries. Therefore the antiscion point is 11 degrees Aries. The contrascion point would be 11 degrees Libra.

Table 9 Antiscions

<i>Planetary position</i>	<i>Antiscion point</i>
Aries	Virgo
Taurus	Leo
Gemini	Cancer
Cancer	Gemini
Leo	Taurus
Virgo	Aries
Libra	Pisces
Scorpio	Aquarius
Sagittarius	Capricorn
Capricorn	Sagittarius
Aquarius	Scorpio
Pisces	Libra

Midpoints

Midpoints were not used in traditional work, but it can be highly significant when sensitive midpoints are triggered, especially by the heavy planets. Some of the more important midpoints relating to health are discussed in Chapter 3. A good guide to the interpretation of midpoints is Reinhold Ebertin's book, *The Combination of Stellar Influences*.

The Moon's Aspects

The Moon is often the most useful indicator of what is going to happen, as it has the greatest speed of all the heavenly bodies. In traditional astrology a strong distinction is made between separating and applying aspects. Aspects which are separating, that is, more than 6 minutes past exactitude, refer to events which have already taken place. They deal with the past. Applying aspects refer to the future. The last aspect that the Moon makes before

leaving the sign it occupies may have an important bearing on, and even be decisive in, the outcome of the matter.

Orbs

The orbs generally used differ slightly from those of today. Planets are said to be in aspect when they are within the sum of the moieties, or half sums of their orbs. Saturn has a moiety of 5 degrees and Venus one of 3 and a half degrees, making a total of 8 and a half degrees. So they are within orb up to 8 and a half degrees of exact aspect. Mercury, Venus and Mars, which each have moieties of 3 and a half degrees, would be within orb 7 degrees either side of an exact aspect to each other. Some decumbiture practitioners use standard orbs.

	<i>Orbs</i>	<i>Moieties</i>
Sun	15	8
Moon	12	6
Mercury	7	3 and a half
Venus	7	3 and a half
Mars	7	3 and a half
Jupiter	9	4 and a half
Saturn	9	4 and a half

Aspects

Only the major aspects are used, that is, the conjunction, opposition, square, trine and sextile. Aspects which are exact are said to be ‘in partill’.

The lighter planets make aspects to the heavier planets. An aspect made in the direction of the natural order of the signs, that is, Aries, Taurus, Gemini, Cancer, etc, is said to be sinister, while one made in the opposite direction, against the natural order, that is, Aries, Pisces, Aquarius, etc, is dexter. For example, Venus in Taurus makes a sinister aspect to Mars in Leo, but a dexter aspect to Saturn in Aquarius. A dexter aspect is stronger than a sinister.

Judging the Chart

The chart is now ready to judge. Note the word is judge and not read, as this type of astrology is very much concerned with weighing up the various factors to see which is strongest and therefore likely to have most influence.

The Significators

The first task is to find the main significators – the planets, houses and house cusps – which represent the problem.

The Ascendant and the ruler of the Ascendant are significators of the patient, with the Moon as co-significator.

The illness is represented by the sign on the sixth-house cusp, its ruler and any planets in the sixth house. Information about the illness can also be gained from the house position and sign of the Moon.

The end of the illness is seen from the fourth house, and the duration can be estimated by the nature of the sign on the cusp. Cardinal signs show that it will end quickly, one way or another. Fixed signs prolong the condition, while the mutables signify that the disease will be variable in nature as well as in its final resolution. The eighth is the house of death and surgery. The seventh represents the astrologer or practitioner. The tenth-house cusp, its ruler and the planets within the tenth house refer to the medicine.

The twelfth house represents hospitals and similar institutions and, since it is the house of self-undoing, refers to self-inflicted problems.

The houses also retain their usual meanings, for example, the second for possessions, the third for neighbours, etc. One useful feature of the horary chart is that it can be turned. This means that if we want to know something about, for example, the brother of the person to whom the chart refers, we can ‘turn’ the chart and make the third-house cusp (house of brothers and sisters) the brother’s Ascendant. If we want to know about the brother’s possessions, we then look at the second house of the turned chart, which is the fourth house of the original chart, and so on.

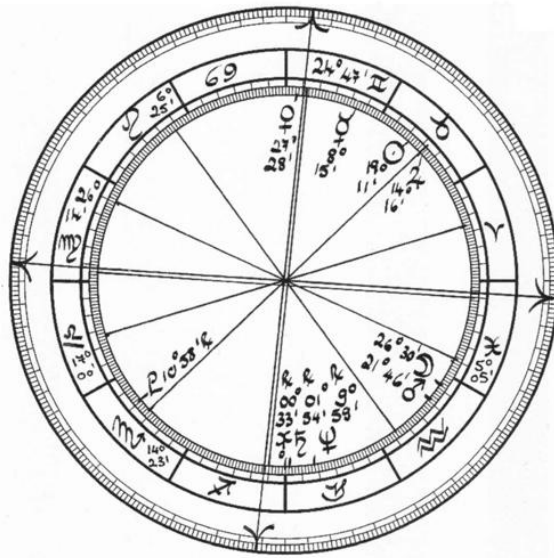
The ancient planets alone are used as primary significators, with the modern planets providing supplementary information. This means that if Pisces is on a house cusp, its main ruler is Jupiter and not Neptune; similarly Mars for Scorpio and Saturn for Aquarius. No doubt as more research is carried out in this field, the modern planets will play an increasingly important role, but so far not enough work has been done to warrant the use of the more recent rulerships.

In Tom’s chart ([Figure 2](#)) the chief significators are: for Tom – Virgo, Mercury and the Moon; for the illness – Pisces and Jupiter; and for the medicine – Gemini, Mercury and Venus.

Case History

Tom is a forty-three-year-old man who has lectured extensively abroad. He has had a great deal of stress over the last few years. There have been several deaths in the family, his wife has cancer, and he has a young child who is fretful and does not sleep well. His job is very demanding and he pushes himself hard. He came complaining of feeling utterly drained at times. His eyes are sunken and he has had a pain in his right side for the last four years. Ten years ago he had a bad attack of fever, with malaria-type symptoms, and he has had seven attacks of varying severity since then. He has had serological tests for malaria, and for many parasitic, bacterial and viral infections. The tests reveal no abnormalities in the blood, but doctors suggest some sort of virus or sore throat. He has a history of exhaustion, neck and shoulder pain, and emotional problems.

Figure 2: Tom's Decumbiture Chart



The Patient

Mercury, representing Tom, is very strong; he is apparently untouched by everything around him, as it makes no aspects and has no afflictions. Is he trying to weather this whole matter bravely and alone? In describing his problem he constantly refers to survival and refusing to give in to the illness. He admits to liking to be in control of everything around him.

The Moon is applying to the trine of Venus, which suggests that he may need to talk about his difficult situation with a woman, which is perhaps why he is consulting a female practitioner (Venus in Gemini and Mercury in Gemini, ruler of the tenth house of medicine). As Venus rules the ninth house, which is also the third house from the seventh, it could also represent a female neighbour or his wife's sister, in whom he could confide. In fact, it was a woman neighbour, who knows his wife, who insisted that he visit me.

Saturn in the fourth, which is strong, and the irritable Moon conjunct Mars in the fifth house of children, show his difficult home circumstances. Because Jupiter rules the seventh house as well as the sixth, it may indicate that he is, understandably, affected by his wife's condition.

Part Affected and Nature of the Disease

The disease is shown by the ruler of the sixth and the planet from which the Moon is separating. Jupiter is likely, given the malaria-type infection, to show the blood and liver and Mars, the planet from which the Moon separates, can show 'corrupted blood'. This is confirmed by Jupiter square Mars. The Moon in air shows the sensitive humour to be blood, as does Mercury in Gemini.

Lilly says that significators in the fiery signs show that a choleric temperament is the problem, and in earthy signs the symptoms are likely to last a long time and come from a melancholy temperament. In airy signs it shows that there is some 'putrefaction' or 'corruption' of the blood, and gouty conditions or certain skin diseases may be present. Watery sign significators show some cold, moist cause.

Lilly gives a list ([Table 8](#)), which is based on the premise that a planet in its own sign rules the head. The sign following then rules the throat and neck, and so on down the body to the feet. For example, Mars in its own sign of Aries rules the head. But Mars in Taurus rules the throat and neck, Mars in Gemini the arms and shoulders, and so on until we reach the feet, which are ruled by Mars in Pisces. Similarly, the Sun in Leo will rule the head, whereas the Sun in Virgo will rule the throat. Where a planet rules two signs, the head will be ruled by that planet in both signs. For example, since Mars also rules Scorpio, Mars in Scorpio also rules the head. A glance at the table will show, therefore, that under Mars in Aries two parts of the

body are mentioned – not only the head, as might be expected, but also the belly, which belongs to the sequence beginning with Mars in Scorpio. Under Lilly’s system, Jupiter in Taurus represents the shoulders, arms, neck and belly. Tom suffers from stiffness and strain in these areas, and has a pain in the belly.

Table 10: Lilly’s Table of Body Parts

	♃	♄	♅	♆	♇	♈	♉
♁	breast arm	neck throat heart belly	belly head	thighs	kidneys feet	reproductive organs legs	knees head
♂	heart breast belly belly	shoulders arms neck	kidneys throat	knees	sex organs head	thighs feet	legs throat
♂	belly heart	breast kidneys sex organs	sex organs arms breast	legs ankles	thighs throat	knees head	feet shoulders arms thighs head
♄	kidneys belly sex organs	heart sex organs thighs	feet	knees shoulders arms	knees shoulders arms	legs throat eyes	breast stomach
♄	sex organs kidneys	belly thighs knees	knees heart belly	head heart	legs breast shoulders	feet arms heart	throat stomach
♄	thighs sex organs feet	kidneys knees	legs belly	throat	feet stomach heart	head breast	arms shoulders bowels
♄	knees thighs	sex organs legs head eyes	feet kidneys sex organs	shoulders arms	head small intestines	throat heart stomach belly	breast kidneys heart belly stomach
♄	knees legs	thighs feet	head sex organs arms thighs	breast heart	throat kidneys sex organs	shoulders arms bowels back	heart sex organs heart back
♄	legs feet	knees head thighs	throat thighs hands feet	heart belly	shoulders arms sex organs sex organs	breast kidneys heart	bowels thighs back
♄	head feet	legs neck eyes knees	arms shoulders knees legs	belly back	breast heart thighs	stomach heart sex organs	kidneys knees thighs
♄	neck head	feet arms shoulders breast	breast legs heart	kidneys sex organs	heart knees heart	bowels thighs ankles	sex organs legs
♄	arms shoulders neck	head breast heart	heart feet belly ankles	sex organs thighs	belly legs neck throat	kidneys knees sex organs thighs	thighs feet

Left or Right Side of the Body

The left side of the body is considered to be feminine, the right masculine. The upper part of the chart, that ‘above the earth’ – houses seven, eight, nine, ten, eleven and twelve – are masculine, while the houses ‘below the earth’ – one, two, three, four, five and six – are feminine. The diurnal signs, those of fire and air, represent the front of the body, and the nocturnal signs, those of earth and water, represent the back.

If the significator of the disease is unfortunate and in a masculine sign, that is fire or air, above the earth, and afflicted by one or more masculine planets, it shows that the problem lies in the right side of the body, towards the front.

Likewise, if the disease significator is in a feminine sign, in aspect to a feminine planet in a feminine house, the disease is on the left side of the body, towards the back.

Where the matter is not as clear-cut as this, and usually it is not, then an assessment of the relative strengths and weaknesses must be made.

The upper part of the body area in question is affected if the planet is only a few degrees into the sign, the middle section if in the middle of the sign, and the lower part if the planet is towards the end of the sign.

Jupiter is above the earth in Tom's chart, in aspect to two masculine planets, and in a nocturnal sign, therefore the problem is on the right, towards the back, and halfway down the area in question the liver.

The Practitioner

Jupiter, ruler of the sixth house, is also ruler of the seventh and represents not only his wife, but also me, the practitioner, and the picture is a remarkably accurate one. I am shown here as very weak. Jupiter (me) is on the cusp of the ninth house, the house of astrology and publishing, etc. I am writing an astrology book, exhausted and greatly weakened by trying to do too much, wondering if perhaps I had not really bitten off more than I could chew (Jupiter) and feeling burnt out (Jupiter combust!). In fact, on the evening of Tom's appointment I was giving a talk away from home, and arrived back so ill that I had to go to bed for two days, literally unable to move. If the chart is turned to look at my sixth house – the twelfth of the radical (original) chart the significator of my illness is Mercury, in 'my' third house of communications. Too much writing, talking and rushing about had made me ill. The ruler of my tenth house, the house of medicine and the fourth of the radical chart, is Jupiter – myself. Physician heal thyself? I did, at least temporarily, with a complete banishment of all stimuli (Mercury) – no phone-calls, books, noise, movement or even thought.

The lord of the hour also influences the patient-practitioner relationship. If Saturn is lord of the hour in the decumbiture chart, the patient is likely to have a long illness. Where Mars is the hour ruler, the patient may be cantankerous, uncharitable and uncooperative towards the practitioner. Jupiter or Venus represents a happier relationship, and it usually means that the practitioner will be praised and well-rewarded financially, even if the patient does not get well. Perhaps we should arrange our appointment books accordingly!

Prognosis and Speed of Recovery

The course and outcome of the problem can be assessed by examining the relative strengths of the significators of the patient and those of the disease. The following aphorisms of William Lilly show that the assessment may be far from straightforward.

If the significators of the patient are well-aspected, unafflicted and stronger, then the illness will be thrown off in a short time. If the disease significators are stronger, and especially if they are in fixed signs, it indicates that the illness will be of long duration and hard to resolve.

The Sun gives short diseases.

The Moon's tend to be recurrent. Mercury's are changeable.

Venus brings problems which are neither too long nor too violent.

Mars's diseases are short and violent.

Jupiter's are short.

Saturn tends to chronic disorders.

If the sign on the sixth is fixed, the illness is likely to be a long one; if it is cardinal, of short duration; and if mutable, neither short nor protracted, but the symptoms will change often, the patient sometimes feeling better, sometimes worse, before it runs its course.

If the Moon is in a fixed sign, there will be a long illness; if in a cardinal, a short one, and if in a mutable, then in between and changeable.

Where the Moon is conjuncting a planet which is oriental, direct and swift, a short illness can be expected. Where the planet is occidental or retrograde, the opposite is the case.

If the ruler of the sixth is retrograde, combust, in the eighth or twelfth house, and either square, conjunct or in opposition to Mars, Saturn or the ruler of the eighth or the fourth, it can presage a long and difficult illness.

Bringing all these factors together gives a mixed picture of Tom's condition. Arguing for a short illness is the sheer strength of Mercury, as well as the fact that Jupiter usually indicates brevity. On the other hand, both the Moon and Jupiter are in fixed signs. The Moon is conjuncting Mars, which is occidental. As Mars is regarded as a malefic planet and seems to be the cause of the problem, this makes matters worse. Mutable Pisces on the sixth-house cusp promises a fluctuating course, but the very fact that the root problem has been going on for ten years makes it unlikely that this will clear up overnight.

Critical Days

The Moon is used to follow the course of acute illnesses. The days on which the Moon is at 45, 90, 135 and 180 degrees from its position in the decumbiture chart are called critical days, in which a change in the patient's condition can be expected. The nature of the aspects the Moon makes on these days, and with which planets, will show whether the condition is improving or becoming worse.

If the illness is very acute, a week may be too long to wait for the first critical day or half crisis to occur (at 45 degrees) in order to discover what is happening. If that is the case, the indicative days are used. This is where the Moon has transited 22 and a half degrees (or multiples of that figure) from its decumbiture position. Again the aspects made by the Moon are examined. In addition, the days that the Moon transits the cusps of the sixth, seventh and eighth houses are noted, as well as the nature of the aspects and the planets involved.

When the transiting Moon conjuncts, squares or opposes the decumbiture Moon, the ruler of the sixth, any planet in the sixth, or a planet afflicting the Ascendant or the Ascendant ruler, the patient's condition will deteriorate.

A sextile or trine of the Moon, however, to the ruler of the Ascendant, or to the rulers of the signs on the cusps of the ninth, tenth and eleventh houses, will bring an amelioration. This is also the case when the ruler of the Ascendant makes a good aspect to the Sun, provided the latter is not adversely involved in the disease.

Tom is suffering from a chronic condition and therefore the Sun is used as an indicator instead of the Moon. Its position 45, 90, 135 and 180

degrees further on from its decumbiture position is noted, as well as the aspects it makes to the other planets. These are the critical days. The indicative days are calculated and used in the same way as with the Moon, that is, to take an intermediate check.

In this case, at the half crisis, when the Sun is in Leo, it conjuncts the Moon and trines both Mars and Saturn. At the full crisis, in Scorpio, it conjuncts Pluto. Next, in Aquarius, it squares Jupiter. Finally, when back again in Taurus, it trines Saturn. This case clearly needs to be carefully monitored at those times.

Therapeutic Measures

The seventeenth-century herbalist, Nicholas Culpeper, gives the following guidelines for the use of remedies in his classic work, *Culpeper's Complete Herbal*:

1. Fortify the body with herbs of the nature of the Lord of the Ascendant, 'tis no matter whether he be a Fortune or Infortune in this case.
2. Let your medicine be something antipathetical to the Lord of the Sixth.
3. Let your medicine be something of the nature of the sign ascending.
4. If the Lord of the Tenth be strong make use of his medicines.
5. If this cannot well be make use of the medicines of the Light of Time [that is, the Sun by day and the Moon by night].
6. Be sure always to fortify the grieved part of the body by sympathetical remedies.
7. Regard the heart, keep that upon the wheels, because the Sun is the foundation of life, and therefore those universal remedies *Aurum Potabile*, and the philosopher's stone cure all diseases by fortifying the heart.

Mercury herbs are indicated immediately in Tom's case, as Mercury is so strong and rules both the Ascendant and Midheaven, which is itself strong. Valerian is a good choice and, as it is hot in the first degree and dry in the second, does not provide too much heat. (These qualities are discussed in Chapter 9, *materia medica*). Heat is to be avoided as Mars, the planet afflicting the Moon, shows that the disease is hot. Not only that, but Jupiter, which is usually sanguine by temperament, is heated up as it is combust with the Sun. Mercury medicines are antipathetical to Jupiter, lord of the sixth.

The best remedies for the grieved parts of the body are dandelion and dock, which cleanse the blood and liver. They are both ruled by Jupiter, and are cold and dry in the second degree. The expulsion of cholera requires

herbs sympathetic to the gall-bladder (Mars), such as gentian or barberry bark, but again only small quantities are needed as they engender heat.

Tom's case was not chosen to show the therapeutic excellence of this method. Many other case histories would have done that better. It was selected because it provides an unusually clear and uncomplicated demonstration of decumbiture technique. In reality, most charts are far less straightforward than this one, and a great deal of weighing and balancing of the various factors is required before coming to any judgement.

References

- Culpeper, Nicholas, *Culpeper's Astrological Judgement of Diseases*, London, 1655
- Culpeper, Nicholas, *Culpeper's Complete Herbal and English Physician Enlarged*, Richard Evans, London, 1811
- Ebertin, Reinhold, *The Combination of Stellar Influences*, American Foundation of Astrologers, Monroe, 1972
- Lilly, William, *Christian Astrology*, 1647. Reprinted Regulus Facsimile Editions, London, 1981
- Ptolemy, *Tetrabiblos*, Loeb Classical Library, William Heinemann, London, 1980

SEVEN

The Therapeutic Situation

Like any other therapeutic encounter, the astrological consultation has its own special set of structures and dynamics. I don't want to do more than touch on a few of these here as there are already some excellent books on the subject (see the reference section at the end of the chapter). Maritha Pottenger's *Healing with the Horoscope*, in particular, contains a wealth of valuable information. A basic awareness of the importance of the therapeutic setting, personal qualities, interpersonal skills, and the mechanisms of projection and counter-projection is vital for anyone who is using astrology as part of the healing process, for these factors can make or break the effectiveness of the treatment. It is important, too, for us to set some objectives and personal guidelines, as without them it is difficult, if not impossible to assess the quality of our work and to take steps to improve it. Five factors that should be taken into consideration are the astrologer, the client, the relationship between them, the therapy session and the stages of therapy.

The Astrologer

It is important to know what we are offering and what we are aiming at in working professionally with clients and patients.

The first question that needs to be asked is – what is a medical astrologer? It is obviously someone who is competent in astrology, but what

about the medical aspect? Does the person also have to have a medical background or training in some kind of therapy? My answer would be that, while it would obviously be advantageous, it is not essential. What is important, and ethical, is to do only what we have the expertise to do. There are many ways of helping people towards health. Most psychological astrologers are in fact already involved in healing work, in that they are able to put clients in touch with their own wholeness, which equals health.

Probably the most satisfying way an astrologer with no medical training can operate in the healing professions is as a key member of the therapeutic team work. To quote Simon Duindam of the Asclepios School of Medical Astrology in the Netherlands. ‘What I do as a medical astrologer is to clear up – after the diagnoses are made by physicians – the mental-psychic patterns that are related to this or that particular disease, and then refer the patient to experts who are able to give the necessary treatment. I believe this is a responsible way of working.’

Astrologers with a clear understanding of the basic medical sciences of anatomy, physiology and pathology, or of Ayurvedic or Chinese medicine are able to follow the dis-ease processes from their beginnings at an inner level to their manifestation at the physical level, and to trace the actions of the planets throughout the body. Many of these associations are as yet still only tentative, and there is some fascinating work waiting to be done in this field.

Those who are also trained in one of the healing arts have the advantage of being able not only to treat the patient in a more comprehensive way, but to apply the astrological language of symbols to their own speciality, which makes the process doubly challenging and rewarding.

It is generally accepted that astrologers are unable to interpret charts beyond the reaches of their own knowledge, understanding and wisdom. It is therefore imperative that astrologers with any degree of pride in their craft, in addition to improving their knowledge and skills, work at refining and polishing that most crucial tool of their profession – themselves. This, for a medical astrologer especially, needs to be carried out at all levels – physical, intellectual, emotional and spiritual – to allow the greatest possible understanding and empathy with the client.

The Client

Many clients have only a very hazy understanding of what astrology entails. This is hardly surprising, considering the narrow and often distorted view that the popular press promotes. I find it is essential to be very open and clear at the outset about what is possible, otherwise there are likely to be endless misunderstandings and false expectations that get in the way of the work. If realistic goals aren't identified, then there can be no sense of satisfaction of having reached, or at least approached them. I will not accept clients until they have read my information sheet, which states very plainly what I do and, just as important, do not offer.

The motivations of clients who come for treatment are varied. Some are genuinely determined to get well and are willing to do anything which is necessary to achieve this. Some would quite like to recover and are happy to go along with some of the measures, provided it does not involve too great an inconvenience. Some are not yet ready or able to relinquish their illness, but come along out of a sense of duty, for if one is ill one 'should' get treatment, shouldn't one? Yet others come, having been to therapists the length and breadth of the land, to prove once again that they are incurable. I feel that it is important to respect the patients' wishes and needs – whose life is it after all? – and not to insist insensitively that they get well. I believe that ultimately all we can do is to provide the most favourable conditions for healing, share our knowledge and experience gladly, and use our skills to the best of our ability and integrity in each case, suspending all judgements and expectations. The rest is out of our hands. There may or may not be, in each patient's life, a time to heal, and it is a privilege rather than our right if that time happens to coincide with a visit to our practice.

The Relationship

Healing work of any value is always a two-way process, and the therapist's own wounded areas will inevitably be exposed. For this reason therapists need to base their work on a solid foundation; the experience of psychological and spiritual processes, and considerable self-knowledge, maturity and dispassion are required in order to cope not only with the client's pain, but with their own, which is often touched simultaneously. There are no coincidences, and astrologers often experience, with wry

amusement, a stream of clients presenting problems not so very far removed from their own. One of the great advantages of astrology is that, with the aid of synastry techniques and the decumbiture chart, it is possible to look at the interpersonal issues between the client and the astrologer. With these insights the sting can be taken out of many problems that arise. I tend, however, not to check the synastry closely unless things start to get difficult, partly because there is usually no time for anything that is not essential, and partly because I feel it can get in the way of concentrating on the patient, whose time it is after all.

The Therapy Session

In interpreting clients' charts we are not simply handing over impersonal information. We are touching the very core of their beings. Astrology is a sacred art, and an astrological session is religious in the deepest sense of the word – it helps reconnect that person with their own and the greater wholeness. It is a situation that has potential for great healing or great destruction, especially as clients are generally rather overawed at first by what they perceive as the oracular nature of astrology.

A wrong word or insinuation can have devastating effects, leaching out acid over the years into a person's psyche. Most clients, of course, are selective listeners and will latch on to what they want to hear, either positive or negative, and are perfectly capable of believing, even insisting, that an astrologer has said something which in fact they have not. Recording each session can help to overcome that problem.

In order to make the most of the healing potential, the atmosphere of the session needs to be one in which the client can trust enough to be as open as possible, with no sense of being judged or pushed. George Eliot's description of friendship illustrates this quality beautifully: 'Friendship is the comfort, the inexpressible comfort, of feeling safe with a person, having neither to weigh thoughts, nor measure words but pouring all right out just as they are, chaff and grain together, certain that a faithful hand will take and sift them, keep what is worth keeping, and with a breath of comfort, blow the rest away.'

As astrology cannot be practised in a spiritual vacuum, the astrologer also needs to have come consciously to some sort of conclusions, even if

they are only provisional, about such issues as fate and free will, the meaning of illness and the purpose of life. These conclusions have a powerful influence on the direction, value judgements and quality of an astrologer's work. If they are not acknowledged, internally if not externally, it can lead to misunderstandings at best, and covert (or even blatant) missionary manipulation at worst. It is usually helpful to give clients a brief resumé of the frame of reference which is being used, so that they can (and indeed they should be actively encouraged to) translate it into their own philosophical terms, which are bound to be different from those of the astrologer. There are as many ways of interpreting the universe as there are individuals, and each way is valid if it makes life meaningful for that person.

Like any other tool, astrology can be used inappropriately and can even get in the way of therapy. One of the gifts of astrology is that it provides an objective map of subjective reality. This often gives clients the information and necessary distance from their own situation, so that they have a measure of choice and control over whether or not they remain in whatever situation they find themselves. Taken too far, this can lead the astrologer and client to being caught in the head trap of playing about with intellectual explanations. Talking about the chart rather than living it, after a certain point, is counterproductive, in that it cuts off both client and astrologer from experiencing the immediacy of the subjective reality and can spell therapeutic death.

The Stages of Therapy

The exercises below can be used on those who are basically psychologically healthy and stable. Anyone who is not needs professional help from a trained psychotherapist or psychiatrist. (The function of the astrologer in that type of case is to translate the astrological information for those practitioners, assuming that they are receptive.) The stages of therapy can be divided into identification, exploration and upgrading.

Identification

The first essential is to locate and define the problem areas. This can be achieved fairly easily using standard astrological techniques and some of

the methods found in other chapters of this book. The main function of medical astrology is not to provide a diagnosis in conventional medical terms – although this is sometimes possible. It is to identify the underlying astro-dynamic patterns linking the mind and body and then tackle the root causes as well as the outer manifestations. The underlying premise here is that by dealing with the problems ‘upstream’, in the psyche, there can be a sparing effect ‘downstream’ in the body.

Exploration

After the initial session the first question a client usually asks is, ‘But what can I do about it?’ The first impulse is to want to jump in immediately to try to change by willpower and force ‘unacceptable’ and painful patterns of behaviour into those which the conscious part of the client finds pleasing. This is tantamount to rape of one part of the psyche by another and can only be attempted at our own peril. Until a situation is acknowledged and known intimately, it cannot be dealt with constructively. The greater our knowledge and sensitivity to our psychological patterns, the less power they have over us. Awareness means no longer being chained to the wheel of fate, or blindly propelled by our own ego or unconscious, but actively and consciously walking, and staying loyal to, our own unique life paths. So the next necessary step, prior to trying to change anything, is to attempt to understand it.

One of the first things I ask many clients to do is to keep a special notebook and to note down the situations in which they find themselves indulging in the type of behaviour linked to whatever particular chart feature is under review. Making judgements on the behavioural pattern is absolutely forbidden. They are asked simply to look, as if they were outside observers reporting on an incident. They are to carry on with the activity whenever it arises spontaneously, for a certain length of time, usually a month, but to do it in full consciousness, not stopping it in any way. After a while they may be asked to exaggerate their actions, to actively encourage them, and to observe what happens. Even these simple exercises can be extraordinarily effective in breaking seemingly compulsive behaviour.

There are many methods of probing further. Clients can take specific examples of where the same or similar situations were prominent in the past

and describe them. This can be done through whatever medium the client finds most appropriate either verbally, in writing, or through drawings, sculpture or even sound, movement or dance. It is useful to trace the history of what happened when the problem area was activated by transits, especially of the heavy planets, to see if a pattern can be identified.

Clients with a strong Virgo or Gemini emphasis generally enjoy Progoff's Intensive Journal approach to exploration. This is an aid to self-understanding and therapy where expression through writing, using a specially structured journal, is the main therapeutic tool. Gestalt exercises, where clients re-enact and rescript old events and patterns, may also be helpful.

In *The Development of the Personality*, Howard Sasportas makes the suggestion, which I have found valuable, of turning interpretations of chart features into personal statements. Instead of saying, for example, Sun square Saturn means that the creative energy is blocked, the client makes it into a statement of a belief that they have incorporated into their life. It could be something like 'my father disapproves of me', or 'life is hard'. The next stage is to expand on that one point by writing about it or giving a lecture on it.

Astrodrاما is another good way of getting to know more about the interplay of planetary energies. Guided imagery and active imagination may also be employed, using astrological symbolism appropriate to the planet or planets involved. To use these methods effectively it is best to have some training, or at least personal experience, in psychosynthesis, psychodrama or transpersonal psychology.

Upgrading

The next step is to find new, more creative ways of expressing difficult chart features. It is not by concentrating on what is wrong with us, necessary though that stage is, that we become healthy in the full sense of the word. It is by living with joy with what is right with us and by embracing who we are. I have often found that problematic aspects become much less problematic simply by acknowledging and accepting them – what we resist, persists. It is as if they lose a lot of their power when exposed to the light of consciousness, and in some cases new, more

spontaneous and healthy behaviour patterns fall into place without any special extra effort. Liz Greene has said of Pluto that we cannot change it, but what we can change is our attitude towards it. I believe this to be true of all the planets. We cannot brook the urgency of the planetary energies to express themselves in our lives, any more than King Canute could hold back the waves. We can try to resist them, or attempt to harness their energies to serve our own ego desires – but that is where most of the problems arise in the first place. Or we can honour them and co-operate in trying to find a place for their highest and purest expressions. Frequently this latter course will run counter to our conscious wishes, but it leads to growth and richness beyond measure. As Epictetus said: ‘Seek not to have things happen as you choose them, but rather choose them to happen as they do, and so shall you live prosperously.’

So what is to be changed and upgraded, then, is not the planetary energies themselves, but our relationship to them. The important point is that any new patterns that are cultivated must allow a natural expression of the chart features under consideration. A fir tree is not an apple tree, and trying to force it to become one is not only disrespectful of the fir tree but, by denying its true nature and needs, will eventually deform and destroy it.

As well as changing our attitude to what is being expressed through us, another positive step is to find more appropriate outlets for these energies. There are obviously situations that are more favourable to certain types of planetary energies than others.

Charles Harvey gives a good example of this in his essay ‘Ideal Astrology’, published in *The Future of Astrology*. Writing about the potential of Sun square Mars, he refers to the Churchill Sailing Schooner Scheme for delinquent adolescents. There it has been found that the most unmanageable and disruptive ones are often those who become heroes, showing remarkable leadership potential when battling against the elements. Circumstances in which energies can be allowed to express freely and constructively are healing.

A useful way of providing role models for upgrading is in looking at the charts of other people who have the same configurations and who have coped well with life. For instance, Jung had only hard aspects to the Sun. One of the traditional delineations of this feature is that these natives will, with such afflictions, make nothing of their lives. Examples like this can be

enormously reassuring, allowing us to thumb our noses at the more negative expectations, both external and internal. It is often useful to find out the client's own heroes to see if there are any chart similarities which can be worked on.

Using keywords, new and more positive statements can be made about the planetary combinations. For example, those with a Sun-Saturn contact might say, 'I am a responsible person, capable of manifesting my creativity concretely in the world, using setbacks as valuable lessons on the way'. These statements can be used as affirmations. The one proviso is that the affirmation is a realistic statement of the aspect involved. It would be quite absurd, for example, for a Sun-Saturn person to pronounce, 'My life is easy; problems don't exist!'

Literature and art that describes the combination of planetary energies in a positive way can be inspiring, comforting and strengthening. I have always enjoyed collecting fragments of prose and poetry that have moved me. They have proved invaluable as resource material to give to patients as 'food' for the journey until they stock up on their own.

One of the most impressive examples of allowing a higher expression of energies is in the work of Alcoholics Anonymous. The negative Neptunian/Pisces behaviour of the drunk is transformed into compassionate, devoted service to fellow-sufferers and reliance on a greater power. The AA handbook, *Twelve Steps and Twelve Traditions*, is a useful guide not only for alcoholics, but for anyone interested in upgrading work, especially that which involves astrology's Factor 12

– Neptune, Pisces and the twelfth house.

Planetary energies do not always have to be expressed through behaviour patterns. Sport is a particularly good outlet for taking the edge off many of the hard aspects, but it must be an activity which relates closely to the symbolism, and, just as important, also appeals to the client. For example, karate is excellent for Mars in aspect to Saturn, as it

demands the disciplined use of force. A Venus-Mars contact might use fencing to express its grace, aggression and flirtation. Or bellydancing, as this demands the energetic, but seductive use of muscles. Dynamic meditation, which aims at stilling the mind by noisy and strenuous exertion, might suit Mars-Neptune. The permutations are endless.

The most common non-psychological activity for disturbed relationships between planetary energies, however, is in the giving and taking of medicines, and this is the subject of chapter 9.

References

- Alcoholics Anonymous, *Twelve Steps and Twelve Traditions*, A.A. General Service Office, York, 1987
- Arroyo, Stephen, *The Practice and Profession of Astrology*, CRCS Publications, Reno, Nevada, 1984
- Duindam, Simon, 'Medical Astrology: A Case Study' in *The Astrological Journal* July/August, 1988
- Greene, Liz, and Sasportas, Howard, *The Development of the Personality*, Routledge Kegan Paul, London, 1987
- Greene, Liz, and Sasportas, Howard, *Dynamics of the Unconscious*, Samuel Weiser, York Beach, Maine, 1988
- Mann, A. T. (ed.), *The Future of Astrology*, Unwin Hyman, London, 1987
- Pottenger, Maritha, *Healing with the Horoscope, a Guide to Counselling*, ACS Publications, San Diego, 1982
- Progoff, Ira, *At a Journal Workshop*, Dialogue House, USA, 1986
- Rose, Christina, *Astrological Counselling*, Aquarian Press, Wellingborough, 1982
- Rosenbaum, Bernard, *The Astrologer's Guide to Counselling*, CRCS Publications, Reno, Nevada, 1983

EIGHT

Medical Astrology in Action

It is useful to ask clients to write down, or record, in advance of the first consultation as much of their medical and emotional history that they can find or remember – with as precise dates and times as possible. Taking the time and making the effort to do that can in itself be of great therapeutic benefit to the client. It also has the advantage that the case history is written or spoken in the patient's own words, which can give important additional clues about what has really been going on. Such information, together with the client's chart, is a gold mine of material for future work as our understanding and expertise in medical astrology grows over the years.

This is the checklist I use for gathering the information:

- Accurate birth data
- Presenting complaint
- Past medical history
- Social and emotional history
- Times of significant health-related events

Accurate Birth Data

Not everybody, unfortunately, has access to an accurate birth time. But even with clients who do, I like to make sure that they have double-checked it for

accuracy. More often than I care to remember a client has quoted a time given by the mother or a close relative and then, on checking at the birth certificate or other record, has found that the remembered time was wrong.

The Presenting Complaint

The presenting complaint is the problem that brings the client to seek help or information; this may or may not be the real root of the matter. It is important to obtain as full and accurate description of the signs and symptoms as possible. Signs are factors that can be assessed objectively, like temperature, bruising and blood pressure. Symptoms are what the patient experiences subjectively.

Past Medical History

This is examined as carefully as the presenting complaint. Collecting information is a useful psychological exercise as well as a time-saving tool and permanent record, which often brings into clear focus recurrent conditions that had not been properly noticed before. Problems from the past provide a wealth of information about what has led up to the present condition. There are frequently recurring themes that may reveal what is, and has been, going on beneath the tip of the iceberg of the presenting complaint.

Social, Emotional and Event History

A description of the family, relationship and work backgrounds helps give a context for the client's condition. The nature and timing of important life changes and emotional events in the client's life, and how they were handled, can also give important information about the nature and severity of past stress and trauma and the individual's coping strategies.

Times of Significant Health-related Events

These include the onset of symptoms, formal medical diagnoses and improvements, worsening and recurrences of illnesses suffered. People differ widely in their ability to recall events and dates and these can sometimes be added to later as the fuller picture emerges.

Putting it all Together

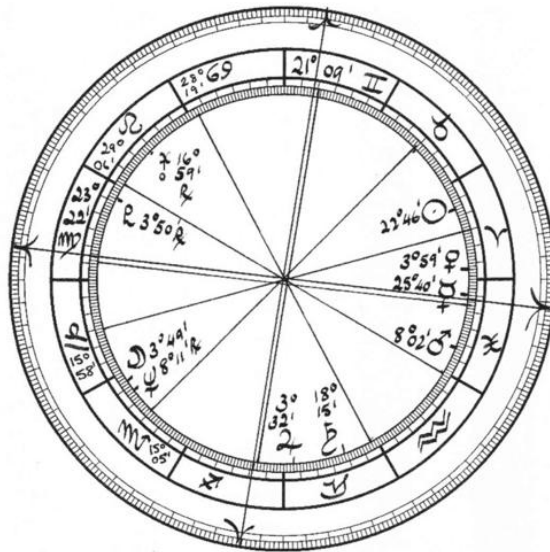
The symptoms can then be married up with those chart features that were being activated by transits, progressions and eclipses at the time they started. Often a clear pattern will emerge of illness being triggered when certain parts of the chart are transited. What the highlighted planet(s) signify, both physically and psychologically gives the astro-diagnosis and pinpoints those areas of the client's life that are crying out for care and cure. (Both words – care and cure – come from the same Latin root.)

Angela's Case History

Angela is one of those clients who appears like a gift from the gods. She sent a beautifully detailed case history complete with precise dates and often times too. If you are a medical astrologer may you be blessed with clients with Virgo Ascendants!

Angela's chart is shown in [Figure 3](#).

[Figure 3 Angela's Chart](#)



1. Presenting complaints

Angela had had a pituitary gland tumour, which led to acromegaly. The tumour had been removed successfully by surgery in 1994 but she wanted

to understand what had lead to the tumour in the first place and was hoping that a recurrence could be prevented. She also wanted to know what was behind her digestive problems, which did not seem to be improving despite healthy eating.

2. Past medical history

Other medical problems that Angela had experienced over the years are as follows:

- Colic from 3 months for the first two years of her life
- Eczema
- Occasional asthma attacks
- Multiple allergies
- Poor digestion
- Headaches, at least twice weekly
- Successful surgery for the removal of a potentially cancerous growth on her face
- Successful surgery for cysts

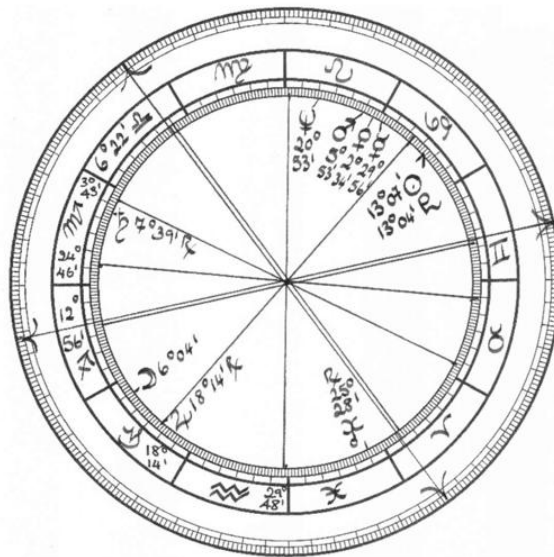
3. Background history

Where the data is available it is useful to examine the charts of the parents to find what was going on in their lives at the time of the client's birth. This gives important information about the emotional climate into which they were born and the kind of 'cradling' they are likely to have received. This can then be matched with the sign, aspects and house of the client's Moon. In many ways the Moon is the most important planet to look at first in medical astrology as it describes the body's complex cycles, which determine day-to-day wellness and well-being.

Fortunately in Angela's case the chart of her mother is available (see [figure 4](#). Renate's chart). Angela is an only child. Her mother's transits around her birth do not make happy reading. Her mother, Renate, severely traumatised by the Second World War, came to the British Isles from Europe and was cut off by her family because of her marriage to Angela's father, Richard. During the pregnancy she was totally on her own, couldn't speak the language of her new country and, because of temperamental and relationship difficulties, felt unsupported by her husband. Renate, with her

exact Sun-Pluto conjunction in Cancer in the 7th house needed a partner to mould and transform and to be transformed by, through intense and turbulent intimacy. Her Capricorn Moon would have made her dutiful and controlling, prone to depression, and wanting to do the right thing and make sure that her daughter was a credit to her. What she got instead was a husband who was a cross between a poet and a puer (Sun in Gemini, Moon conjunct Uranus in Pisces), a man who struggled with intimacy yet who had also dutifully sacrificed his own interests in painting, swimming and dancing to be present for his foreign wife. So almost inevitably, Renate annexed her daughter who was the only possible outlet for her emotional needs, using her as a partner and captive audience for her grief-filled dramas.

Figure 4 Renate’s Chart



At the time of Angela’s birth Saturn was exactly on her mother’s chart ruler, Jupiter, and had been opposing her Sun-Pluto conjunction throughout the pregnancy. Angela was born into the atmosphere of her mother’s despair and her father’s sense of entrapment, sacrificed joy and resentment which, as confrontation was not his style, led on to passive aggression.

Renate’s moods were erratic, swinging between inappropriate, invasive closeness and slaps and threats. Angela’s own words about her mother make chilling reading. ‘There was no privacy in my home. I enjoyed school as an escape. My mother did not allow doors to be locked, even the

bathroom door. Nothing was private including journals, phone calls etc. In the end I told her everything because I knew she would find out anyway. It took me a long time to figure out who I was as separate to my mother. I shut my body down at an early age. It is only in the past ten years that I know if I am hungry or not and try to eat accordingly rather than by mealtimes and how people around me feel. Likewise with tiredness. I have always pushed my body to do what my head wants.'

Angela's Moon in Scorpio sums up her embattled and tightly controlled upbringing perfectly and its conjunction with Neptune tells of a child defencelessly porous to the ambient emotional toxins, and totally confused about whose feelings it was she was experiencing. As she said 'I was acutely aware of atmospheres and peoples' feelings most of the time. I spent a lot of energy sussing atmospheres and trying to be a step ahead of others and felt frightened a lot of the time.' Many of Angela's on-going health problems can be linked with her Moon. These patterns are deep-seated and need much time and patience to bring them to consciousness before habitual destructive responses can be gradually replaced by healthier habits that fit the same astrological symbolism.

Angela felt that one of the most important gains she had from our work was the confirmation that her childhood really had been as bad as she had experienced it. Despite years of therapy she always had the uneasy doubt that she might have been making it up.

Reviewing the Symptoms

We went through each of her symptoms in turn and identified some the issues they raised.

Colic

Although, according to orthodox medical opinion, the cause of infant colic is unknown there are suggestions that it is linked with milk allergy, an immature gastrointestinal system and maternal anxiety. First-born children are most affected. (There may be an element of chicken and egg here – what inexperienced parent wouldn't become stressed and anxious with a babe that cries for hours!)

All of the above would apply to Angela, whose colic, which lasted almost two years, was prolonged much beyond the three to six months that it normally takes to settle. She did not take to breast milk (can one wonder!) and a cow's milk substitute was eventually found. Angela's Moon on Renate's Saturn probably made the latter feel rejected and a failure, which feelings in turn would have been picked up instantly by Angela and experienced as her own.

Astrologically Moon-Neptune contacts are the classic allergy aspects. At around four months the progressed Moon conjoined Angela's Neptune making her even more sensitive and vulnerable to the environment and her mother's suffering. When she was about a year old the progressed Moon squared her Uranus, which most likely added an extra element of anxiety and insecurity to Angela's already beleaguered emotional life.

Eczema

As with colic, doctors do not know the cause or cure for eczema and treatment is aimed at relieving the symptoms. Eczema causes intense itching and when the sufferer scratches a rash develops, sometimes leading to bacterial or fungal infection as the protection of the skin barrier is broken down. Eczemic skin is dry, sensitive, fragile and easily damaged as it has a defect that prevents it from staying moist. It is easily irritated by contact with clothing, bed linen and pets.

Angela's eczema started on her fingers between nine and eleven. Pluto at that time crossed her Ascendant and North Node and opposed Mercury, her chart ruler. At the same time Saturn was opposing her Moon and Uranus was opposing her Venus and squaring her Jupiter. This was a wake-up call for Angela to become her own woman, separate from mother and the past but, given her upbringing, how could she? The energy and drive for independence had to go somewhere, itching as her psyche was to break out. So it went into her fingers (symbolic of Mercury and the mutable signs) and was contained in virginal white cotton gloves. Anger that can't come out, assertiveness that is blocked and sexuality that has no outlet can appear as rashes at the skin, the body's boundary, as if it can go this far and no further. Angela writes of the 'rage and frustration at my powerlessness and disempowerment' throughout her life.

Another chance to break free came in 1983 when she was 23 and went to live abroad for a year. The eczema then disappeared completely. At that time transiting Saturn conjoined her Moon and Uranus was squaring her Mars. This time it was possible, at least physically, to define her separateness from mother and to become responsible for her own emotional needs. It was also the first time that she had opened up to her sexuality.

The eczema returned again in 1995 as patches on the legs and over the eyelids as well as on her hands. It was so bad that she had to wear white gloves with bandages under them. As they were so hot the only respite she got was by putting them in the freezer. Apparently her mother and grandmother had had the same condition. At that time Neptune was squaring her Sun, compromising her vitality and transiting Saturn was conjunct her Mars. In medical astrological terms both her digestive and immune systems were likely to have been sluggish and indeed the condition did improved greatly when she started to take digestive enzymes.

Allergies and Digestive Problems

Angela has multiple allergies – among others to wheat, dairy products, chocolate, citrus fruit, alcohol and to metals, especially silver. The silver allergy is interesting as silver is the metal of the Moon (mother). An allergy, or sensitivity, occurs where the body's defence system cannot distinguish between self and a potentially dangerous non-self and can end up attacking itself. Mars represents the body's 'armed forces' but Pisces is the sign of 'all is one' so it's hardly surprising that it gets confused about what is friend and what is foe. The process of digestion breaks down foodstuffs so that they can be easily assimilated. However in Angela's case both the digestion (Mars in Pisces) and assimilation process (Moon conjunct Neptune) are hypersensitive, leading to boundary problems and compensatory over-reactions.

Asthma

Angela's asthma started when she was three and stopped when she went to school at five, which she saw as a welcome escape from home. Then, in 1963-65, Pluto and Uranus were sextiling the Moon and Neptune and Saturn were trining it. All of these are transits of separation of one kind or another. It signalled the first early prisings away from mother who at this

time went back to her own country for a few months to look after her father who had cancer. Angela felt abandoned and this triggered her first a bad attack. In asthma there is difficulty in breathing out. It is as if one is holding one's breath and power in.

Headaches

As far back as she can remember Angela has had headaches and if not relieved by medication at the start can become quite severe. She now gets small headaches about twice a week, but has not had a full-blown one for many years. Headaches are typical of Aries energy unexpressed and are also a feature of acromegaly.

Multiple Surgical Interventions

Aries Sun and Scorpio Moon needs dangerous, life-and-death situations to feel alive. I have known several clients with this kind of chart and background to go under the surgeon's knife, often gladly, as an unconscious way of enacting the drama essential to these configurations. The Moon was in Aries at the time of the operation for the pituitary tumour. Traditionally, dire warnings were given against operating at a time when the Moon is in the sign or quadruplicity which rules the part of the body affected. I have not found this ruling to be valid (see [Chapter 3](#) under The Moon).

Acromegaly

Acromegaly is a hormonal disorder that results in excessive production of growth hormone (GH), most frequently caused by a benign tumour of the pituitary gland, called an adenoma. It is estimated to affect about 40 to 60 people per million of the population, but because of its slow and often insidious onset, it is frequently misdiagnosed and the actual number of cases is likely to be much higher. It can result in serious illness and premature death, but if it is recognised the condition is treatable in most patients. The name acromegaly comes from the Greek words for 'extremities' and 'enlargement' and refers to one of its most common symptoms, the abnormal growth of the hands and feet. Gradually, bony changes occur in the patient's facial features: the forehead and lower jaw protrude, the nasal bone enlarges, and spacing of the teeth increases. There

may also be enlargement of body organs, including the liver, spleen, kidneys and heart.

Other symptoms of acromegaly include thick, coarse, oily skin; skin tags; enlarged lips, nose and tongue; enlarged sinuses and vocal cords and upper airway obstruction (Angela had to use a nasal spray from pre-teen years until after surgery); fatigue and weakness; headaches; impaired vision; abnormalities of the menstrual cycle. The most serious health consequences of acromegaly are diabetes (often associated with the cardinal signs) and increased risk of cardiovascular disease.

In 1991-2 Angela started to feel increasingly unwell, with tiredness, mood swings, headaches. The palms of her hands and soles of her feet, and then the rest of her skin, began to turn orange. She needed a bigger size in shoes; looking in the mirror she thought her face was changing shape – and that she was going mad. By 1992 she was too sick to work but fortunately her alert dentist noticed by X-ray comparisons that her jaw had enlarged and that ‘her bite had increased’ (psychologically, about time too!) and sent her for immediate investigation which revealed that her growth hormone secretion was sky high. The condition was diagnosed in June 1993 and the tumour successfully operated on in February 1994 with no further symptoms except when under stress.

Astrologically the tumour was in the area of the body ruled by Capricorn – the anterior pituitary and Jupiter, signifying expansion and growth, is in that sign. Angela sums up her Jupiter in Capricorn perfectly ‘I believe that my acromegaly was emotionally in part a result of my growth being stifled in my family’.

The Build Up

In 1984-85 Pluto came into conjunction with her Moon, then Neptune. From 1985 to 1986 transiting Neptune conjuncted Jupiter and squared Venus. Neptune brings permeability and weakness. Saturn took up the baton in 1988, transiting Jupiter and Venus then went on to conjoin natal Saturn and square her Sun in 1989 to 1990. The next assault on Jupiter and Venus came from Uranus between 1989 and 1990. Her mother died in February 1989 as Uranus, the liberator, made an exact conjunction to her natal Jupiter, ruler of her fourth and seventh houses and squared Venus.

Exploring the Issues to Work on

Instincts and Feelings

It has taken Angela many years to get a sense of being separate from her mother and to claim her own boundaries and recognise her own needs. For those with fusion issues I often recommend the three 'Ms' – mastication, massage and meditation. These are all focussing techniques. Through thorough chewing of both food and life experiences they can be tasted, tested for wholesomeness and either spat out or assimilated. Massage gives a sense of the body's substance and boundaries and, done properly, is also an act of loving acceptance. Meditation, in whatever form that suits the client, is simply an aid to awareness and to staying in the present moment.

Assertiveness

With Mars in Pisces opposite Pluto, learning to confront and stick up for herself has been far from easy. It is easier to fight for the rights of others. Assertiveness training can often help here. Good outlets for Mars in Pisces are the more muscular forms of art, dynamic meditation or fighting for the dispossessed. As Mars energy begins to flow more freely so should the digestive juices and the immune system should grow stronger.

Spirituality and Boundaries

A strong Neptune-Pisces presence in a chart often means a reluctance to incarnate and commit to life on planet earth. To individuate and loosen the ties of co-dependent relationships takes immense courage and is not a trip for sissies. Angela has gone a great distance along this path and continues to walk it with dignity and increasing awareness.

Moon Issues

With Moon-Neptune in the 2nd house working on establishing and living out her own values is vital. By confronting painful mother-based dependency issues in important relationships over the last ten years Angela has laid solid foundations for herself.

Expansion and Growth

Jupiter (which rules the 4th house) in Capricorn speaks of both her own and her father's stifled exuberance, growth and faith in life's bounty. The

acromegaly is a sign that in Angela's case growth could not be restrained forever but has merely been postponed (Capricorn) until she could work cautiously and conscientiously towards her goals.

Achievement

With Saturn in its own sign square the Sun in the sign of its exaltation there is a strong drive to assert herself and make her mark on the world, accompanied by an equally strong anxiety about doing so, for fear of reprisals or failure. There is also a family tradition of giving up creativity and self-expression in exchange for security. At the time of our work together Saturn had just gone over her MC and would soon square her Sun at the same time that Pluto ploughed over the IC. Uranus would also be making a bid to smash the habitual patterns of her Mars-Pluto opposition and make possible a new repertoire of responses. It was a time of turmoil and great opportunity. Angela has done a great deal of work on herself and has built up formidable inner resources. My sense is that she will be able to rise to the challenge of her heroic Sun in Aries and go into the eighth house battleground and slay her ancestral ghosts.

OceanofPDF.com

NINE

Materia Medica

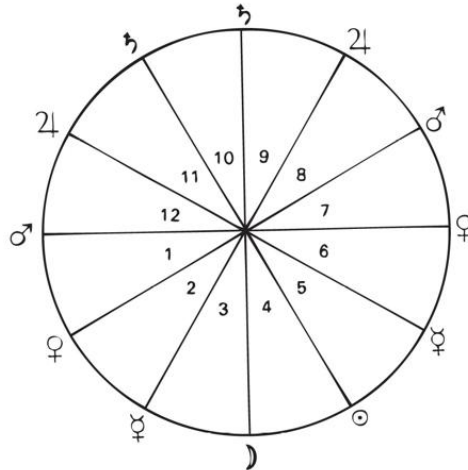
A medicine can have one of three functions. it can assist, resist or balance processes taking place in the body. One of the perennial debates in medicine is whether it is better to assist nature's attempts to heal or to intervene actively.

The doctrine of contraries states that medicine should be of an opposite nature to the symptoms of the disease. Modern orthodox medical practice is based almost entirely on this premise. It really comes into its own and is unrivalled in dealing with acute, life-threatening conditions. It has, however, a less impressive track record with chronic illness. The opposite approach is to use measures that are of the same nature as the disease process. These are the sympathetic remedies. An example of this approach is homoeopathy, in which it is maintained that 'like cures like'. Another, in the realm of psychology, is Viktor Frankl's technique of paradoxical intention, where the client, instead of trying to resist psychological symptoms, embraces them and actively encourages the process.

In native American Indian medicine, and in the European doctrine of signatures, the shape and colour as well as the habitat of a plant is important in assessing its medicinal qualities. The habitat, especially, shows which natural difficulties the species has learned to overcome and adapt to, and the conditions in which it flourishes. Each plant can therefore be seen as holding the quintessence of a particular challenge of nature that has been

successfully resolved. Where a person is faced with a challenging situation, either emotionally or physically, ingesting a plant which ‘knows’ how to survive and thrive in these conditions can teach the sufferer, at a deep level, how to do so too.

Figure 5 Traditional House Rulerships



According to that tradition, for example, where a person is going through a period of sour, acid feelings, and/or whose body tissues tend to acidity, taking plants which are native to acid soil will be helpful. It is interesting that many of the plants that grow in sour moorlands are used predominantly for arthritic and urinary problems, both of which have associations with excessive acidity.

An example of the third method, that of balancing the processes taking place in the body, is found in Ayurvedic medicine which, among many other techniques, uses foods to increase or decrease under- or over-activity. The use of nutritional and hormonal supplements is an allopathic equivalent.

Where there is an excess of any factor, say air, this implies an imbalance of the other elements too. This can be compensated, without interfering with the underlying process, by using foods and remedies that provide the qualities of fire, which is generally low when air is high. Earth and water remedies could be given as well, if these were indicated.

In *The English Physician Enlarged*, Culpeper says: ‘Consider, that all diseases are cured by their contraries, but all parts of the body maintained

by their likes: then if heat be the cause of the disease, give the cold medicine appropriated to it.' His rules for treating conditions astrologically are discussed more fully in Chapter 6.

[Figure 5](#) shows the traditional rulers of the houses. By looking at the houses, it can be seen at a glance which planets naturally oppose each other. By extension, the diagram can be used to find antipathetical remedies. If, for example, an illness is caused by Jupiter, this would be treated with a Mercury remedy, and not one ruled by Saturn as might be expected. Similarly, Saturn remedies counteract conditions caused by the Moon and the Sun.

The Sun

Many Sun herbs are effective against allergies and are mildly diaphoretic, that is, they induce sweating, which both gives a sensation of heat and throws off toxins through the skin.

The Moon

Moon remedies are generally cooling. Some work on the lymphatic system, some are alteratives (promoting a positive change in the vital functions), while others are emetics (producing vomiting).

Mercury

The main Mercury remedies are the nervines. These 'feed', tone and soothe the nervous system. As an over-active Mercury causes excitement and wind, many Mercury remedies are anti-flatulent carminatives.

Venus

There are more traditional remedies ruled by Venus than any other planet, presumably because the main requirement of a sick body or soul is that it is brought back into harmony. Venus rules the amphoteric balancing remedies, those which restore the correct functioning of an organ, whether it be over- or under-active. Because of its connection with the kidneys, most Venus herbs, as indeed most herbs anyway, are diuretics. The soothing remedies – the demulcents – also belong to Venus.

Mars

As might be expected, the hot fiery remedies are ruled by Mars. These range from the stimulants to the rubefacients (from the Latin ‘make red’) right through to the caustics, which raise blisters and burn. Surgery and cauterisation also come under Mars.

Jupiter

Jupiter remedies are restorative and antispasmodic. Many of them are anthelmintic, that is, they remove worms. Reflecting Jupiter’s connection with the liver, the alexipharmics (poison antidotes) so beloved of medieval writers belong here too. When reading old herbals it is easy to gain the impression that poisoning from the bites of mad dogs and scorpions were once everyday occurrences.

Saturn

Saturn cools and constricts and therefore rules the anti-inflammatory, anti-pyretic (fever-reducing) and astringent remedies. Applying cold water to the parts of the body ruled by Saturn’s sign and making it do some hard, disciplined work can bring out the best of Saturn’s qualities and keep the body healthy. Examples are for Saturn in Taurus – singing, chanting and cold water to the neck and throat and for Saturn in Pisces – treading the dew (or cold water in a basin) and meditating, especially in the early hours of the morning to give the pineal gland a workout.

Uranus

Electrical and vibrational therapies belong to Uranus. Two of the best known are the electric shock treatment, and the resuscitation of people suffering a heart attack using a strong electric current. Electric shock treatment for depression and mental illness has had a bad press, but certain doctors speak of impressive results too. Some recent research seems to indicate that it depends on the part of the brain stimulated as to whether the effect is pleasant and healing or produces catastrophic feelings. Stimulation of the right brain (associated with Neptune / Pisces) is implicated in the negative effects and that of the left (associated with Jupiter / Sagittarius) in

positive ones. Astrologically Uranus rules pulsation and electricity. Electric shock to both the brain and heart seems to reintroduce aligned rhythm to these organs by the principle of entrainment.

Neptune

Neptune is connected with altered states of sensation and consciousness, and its remedies are the analgesics, the hypnotics and anaesthetics. Suggestion, healing and hypnosis, as well as music and art therapy, are also Neptunian.

Pluto

Antibiotics – remedies that kill some forms of life in order to save others – radioactive treatments and those medicines used in cancer chemotherapy belong to Pluto's domain, as do radical detoxification. These are drastic measures, not to be used lightly. Amputation is ruled by Pluto (and Mars), especially if it is followed by fitting an artificial substitute (prosthesis). Organ transplants also relate to this symbolism.

The Healing Signs

Certain signs – Virgo, Pisces and Scorpio – have been traditionally linked with the healing arts and each has a characteristic therapeutic approach.

The Virgo Approach to Health

Virgo is the sign most associated with health and hygiene. The natal chart shows up tendencies to dietary indiscretions as well as constitutional strength. It is often possible to detect patients most at risk from a poor diet. While almost everyone would benefit from a major overhaul in their basic diet, there are some people who respond particularly well to careful nutrition. Wherever Virgo is highlighted in the chart, especially where it is the sign of the Sun, Moon, Ascendant or sixth-house cusp, the naturopathic approach, which is in harmony with the basic nature of Virgo, is strongly indicated.

Naturopathy works gently with the forces and products of nature to cooperate with and support the body's own healing powers. Food is eaten as fresh, pure and unrefined as possible. Among the therapeutic tools are fire

in the form of sunlight, pure air to fuel the lungs and bathe the skin, earth as the material constituent of food and as clay packs, and water for hydrotherapy.

The Virgo approach of naturopathy, I believe, is always appropriate no matter what other factors might be indicated in the natal chart, though the impact will be greater on some patients than on others. In the majority of cases it brings about significant improvements in health and well being, probably because true understanding of the laws of nature is not widespread. It is hard to over-emphasise the fact, underlined by Dr Max Bircher-Benner, that the chances of success with other therapeutic approaches are greatly enhanced where the liver is not over-burdened, the cells are well nourished, and the bloodstream is a river of life and not a sewer.

However, in itself, the Virgo approach is not enough to bring about healing where the underlying problem is the need for transformation, or one of faulty alignment with one's innermost nature. There is a prevailing notion in some health literature that if we all lived in a pollution free society, eating uncontaminated berries and leaves and taking adequate exercise, there would be no disease. Archaeological evidence, however, contradicts this. Arthritis, tumours and tuberculosis were present among the Ancient Egyptians, as well as in primitive man. Health is not simply a product of ideal physical factors, even if they are the foundation of the pyramid.

The negative aspect of the Virgo approach is to get locked into the cult of perfection and purity, and to end up unable to see the wood for the carrot juices and colonics.

The Pisces Approach to Health

The next stage, or rather one that is fundamental to any therapy and ideally is present at all stages, is the Pisces mode. The greatest healer, as Paracelsus said, is love. Here sufferers are offered a haven of safety and comfort where they can bare their souls in the knowledge that there will be no judgements and only acceptance of them in the fullness of their being, as they really are, unpleasant parts and all. The burden of pain, emotional and physical, can be lightened by sharing and merging with an understanding other. Listening,

compassion, healing, and unconditional acceptance both by the healer and the Great Healer all belong to Pisces.

However, this mode has its dangers and limitations too. The first reaction of a caring person to the suffering of another is to want to take it away, and as such has great value in bringing out compassion in the carer. But that first response may not be the most appropriate if the treatment is only concerned with removing the pain, and does not address the root of the matter and the reasons for the breakdown in health. Where the sufferer is put into or chooses the victim role, and the carer becomes saviour, taking over the power and personal responsibility of the patient, it spells health for neither.

Scorpio Approach to Health

Scorpio is the sign most closely associated with doctors, especially surgeons – in its Mars rulership – and psychotherapists in its Pluto connection. This is the realm of the power struggle between life and death, leading to either physical or psychological transformation, or both.

The function of the practitioner working in the Scorpio mode is to midwife and accompany the client through this black, powerless, often terrifying and painful stage of destruction and – hopefully – promoting rebuilding in another form. Shamanic healing lies in Scorpio's domain.

Herbal Medicine

This is probably the oldest form of medicine and it has long been used in conjunction with astrology. A few of the most common herbs are listed below, together with their rulerships and qualities. Most of the information comes from Culpeper's *An English Physician Enlarged*. Jean Elliott (see [bibliography](#)) has compiled an excellent and comprehensive list of all of the herbs found in Culpeper and Lilly.

Remedies are either hot, cold, dry or moist, a categorisation which is found in traditional Greek, Arab and European medicine. The quality describes the effect of the substance on the body. There are four degrees of each quality. The first degree is the most mild, while the fourth degree is the strongest. The human body is hot in the first degree, owing to its natural heat, therefore medicines which are hot in the first degree are the most

gentle and closest to the body's own nature. Where the illness has a cold cause, hot medicines are called for, and where the cause is hot, then cooler ones should be used. However, cold medicines should not be used for a prolonged period, as they are antagonistic to the nature of the body.

There is clearly a great deal of work to be done by astrologers who are also herbalists, as some of the rulerships seem, at first glance anyway, odd or inappropriate. There are also many plants with rulerships shared by two or more planets. Dylan Warren-Davis has carried out some interesting research work in this field and has, inter alia, written a scholarly treatise on the connections between willow and the Moon.

Herbs of the Sun

Sun plants have yellowish or reddish flowers, smell and taste pleasant, and grow majestically. They prefer open and sunny places.

Angelica (*Angelica archangelica*) – hot and dry in the third
Centauray (*Centaurium erythraea*) – hot and dry in the second
Chamomile (*Matricaria recutita*) – hot and dry in the first
Eyebright (*Euphrasia* spp.) – hot and dry in the first
Juniper berries (*Juniperus communis*) – hot in the third, dry in the first
Marigold (*Calendula officinalis*) – hot in the second, moist in the first
Rosemary (*Rosmarinus officinalis*) – hot and dry in the second
Rue (*Ruta graveolens*) – hot and dry in the third
Saffron (*Crocus sativus*) – hot in the second, dry in the first

Sun foods are rice (hot in the first, dry in the second), sunflowers, grapes and walnuts.

Herbs of the Moon

Moon plants have thick, juicy leaves and a watery or sweetish taste. They like to grow in damp places or by water.

Adder's Tongue (*Ophioglossum vulgatum*) – temperate of heat, dry in the second
Chickweed (*Stellaria media*) – cold in the second, moist in the fourth
Clary Sage (*Salvia sclarea*) – hot and dry in the first
Cleavers (*Galium aparine*) – hot and dry in the first
White willow (*Salix alba*) – cold and dry in the second

Moon foods are cabbages, the cresses, cucumber (cold and moist in the second), lettuce (cold in the second, moist in the fourth), melons (cold and

moist in the second), courgettes and pumpkins.

Herbs of Mercury

Mercury herbs like sandy, barren places; their flowers may be of almost any colour or even multicoloured. Their seeds are usually carried in husks or pods.

Aniseed (*Pimpinella anisum*) – hot and dry in the third
Dill (*Anethum graveolens*) – hot and dry in the second
Elecampane (*Inula helenium*) – hot and dry in the third
Fennel (*Foeniculum vulgare*) – hot and dry in the second
Horehound (*Marrubium vulgare*) – hot in the second, dry in the third
Lavender (*Lavandula officinalis*) – hot in the third, dry in the second
Liquorice (*Glycyrrhiza glabra*) – hot and moist in the first
Marjoram (*Origanum marjorana*) – hot and dry in the second
Parsley (*Petroselinum crispum*) – hot and dry in the second
Southernwood (*Artemisia abrotanum*) – hot and dry in the third
Valerian (*Valeriana officinalis*) – hot in the first, dry in the second (according to the Greeks),
moist (according to the Arabs)

Mercury foods are hazelnuts, beans, mushrooms, fennel and pomegranates.

Herbs of Venus

Venus herbs usually have white flowers, smooth leaves, a sweet taste and a pleasant smell.

Archangel (*Lamium album*) – hot and dry in the second
Burdock herb (*Arctium lappa*) – hot and dry in the first
Burdock root (*Arctium lappa*) – cold and dry in the first
Coltsfoot (*Tussilago farfara*) – cold and dry in the first
Daisy (*Bellis perennis*) – cold in the second, moist in the fourth
Lady's mantle (*Alchemilla vulgaris*) – hot and dry in the second
Marshmallow herb (*Althaea officinalis*) – hot and dry in the first
Marshmallow root (*Althaea officinalis*) – dry in the second
Meadowsweet (*Filipendula ulmaria*) – hot and dry in the third
Mints (eg *Mentha piperita*) – hot and dry in the third
Mugwort (*Artemisia vulgaris*) – hot and dry in the second
Pennyroyal (*Mentha pulegium*) – hot and dry in the third
Plantain (*Plantago major*) – cold and dry in the second
Tansy (*Tanacetum vulgare*) – hot in the second, dry in the third
Thyme (*Thymus vulgaris*) – hot and dry in the third
Vervain (*Verbena officinalis*) – hot and dry in the second
Yarrow (*Achillea millefolium*) – cold in the first

Venus foods are beans, brambles, parsnips (temperate and moist), cherries, gooseberries, lentils and plums.

Herbs of Mars

Mars plants are reddish with pointed, sharp leaves and a burning taste. They prefer to grow in dry places.

Agnus castus (*Vitex agnus castus*) – hot in the third
Anemone (*Anemone pulsatilla*) – hot and dry in the second
Broom (*Sarothamnus scoparius*) – hot and dry in the second
Bryony (*Bryonia dioica* and *alba*) – hot and dry in the third
Garlic (*Allium sativum*) – hot and dry in the fourth
Ginger (*Zingiber officinale*) – hot and dry in the third
Hops (*Humulus lupulus*) – hot and dry in the second
Mustard seed (*Sinapis alba*) – hot and dry in the third
Nettles (*Urtica dioica* and *urens*) – hot and dry in the third
Pepper (*Piper nigrum*) – hot and dry in the fourth
Wormwood (*Artemisia absinthium*) – hot and dry in the second

Mars foods are chives, onions (hot and dry in the fourth), leeks (hot and dry in the fourth), peppers, radishes and rhubarb. Tobacco (hot and dry in the second) also belongs to Mars.

Herbs of Jupiter

Jupiter plants are sweet or inoffensively scented and are bluish-purple or yellow in colour. They usually grow in magnificent abundance, like the dandelion.

Agrimony (*Agrimonia eupatoria*) – hot and dry in the first
Borage (*Borago officinalis*) – hot and moist in the first
Dandelion (*Taraxacum officinale*) – cold and dry in the first
Sage (*Salvia officinalis*) – hot and dry in the second

Jupiter foods are chervil, endive, asparagus (temperate) and figs.

Herbs of Saturn

Saturn herbs have a sour, bitter or sharp taste, and most of the poisonous plants come under its dominion.

Comfrey root (*Symphytum officinale*) – cold and moist in the first
Fumitory (*Fumaria officinalis*) – cold and dry in the second

Shepherd's purse (*Capsella bursa-pastoris*) – cold and dry in the first

Saturn also rules hemlock and henbane, both cold in the fourth, and both poisons. Saturn foods are barley (cold and dry in the first), beetroot (cold and dry in the first) and safflower.

Homoeopathic Remedies

Most of the information given below comes from Feerhov's *Astrologie als Grundlage der Heilkunst* and is representative of the confusion in linking the remedies with the planets. There is clearly still a great deal of work waiting to be done to marry up homeopathic and astrological personality profiles. This is one of the most promising and exciting areas for research in medical astrology as the two disciplines complement each other beautifully.

Sun

Asafoetida, Calcarea carbonica, Coffea, Mercurius, Nux vomica, Phosphorus, Pulsatilla

Moon

Alumina, Calcarea carbonica, Causticum, Clematis, Cyclamen, Dulcamara, Lycopodium, Mezereum, Mercurius, Natrum carbonicum, Pulsatilla, Sabadilla, Sepia, Silicea, Spongia, Sulphur

Mercury

Aconitum, Ambra grisa, Antimonium crudum, Apis, Aurum foliatum, Belladonna, Bryonia alba, Calcarea carbonica, China, Coffea, Colchicum, Cuprum, Dulcamara, Euphrasia, Gaiacum, Hepar sulph., Jodium, Lachesis, Lycopodium, Nitri acidum, Platina, Pulsatilla, Rheum palmatum, Rhus tox., Sarsaparilla, Selenium, Sepia, Thuja, Valeriana, Veratrum album, Zincum

Venus

Acidum phosphoricum, Belladonna, Calcarea carbonica, Causticum, China, Coccus cacti, Conium, Hepar sulph., Hyocyamus, Ignatia, Ipecac, Opium, Pulsatilla, Sepia, Silicea, Sulphur, Veratrum album

Mars

Apis, Arnica, Carbo veg., China, Hepar sulph., Ipecac, Sulphur, Veratrum album

Jupiter

Arsenicum album, Asclepias, China, Drosera, Ginseng, Lachesis, Pulsatilla, Senega, Stannium, Stibium, Sulphur, Symphytum, Valeriana

Saturn

Alumina, Antimonium crudum et tartaricum, Belladonna, China, Hyocyamus, Natrium muriaticum, Natrium salicylicum, Nux vomica, Opium, Platina, Stramonium, Sulphur acidum

The Bach Flower Remedies

An Astrological Study of the Bach Flower Remedies by Peter Damian gives an interesting guide to the possible links between the remedies and the zodiac. His suggestions are given below.

Aries – Impatiens
Taurus – Gentlyan
Gemini – Cerato
Cancer – Clematis
Leo – Vervain
Virgo – Centaury
Libra – Scleranthus
Scorpio – Chicory
Sagittarius – Agrimony
Capricorn – Mimulus
Aquarius – Water violet
Pisces – Rock rose

Biochemic Remedies

The Zodiac and the Salts of Salvation by Carey and Perry is a lively potpourri of esoterica, where mythological characters jostle with arcane titbits and astonishing word derivations, the whole liberally sprinkled with CAPITAL LETTERS and *italics* to ensure the reader's attention. Their zodiacal correspondences with the biochemic salts are given below.

Aries – Potassium phosphate (Kali. phos.)
Taurus – Sodium sulphate (Nat. sulph.)
Gemini – Potassium chloride (Kali. mur.)
Cancer – Calcium fluoride (Calc. fluor.)

Leo – Magnesium phosphate (Mag. phos.)
Virgo – Potassium sulphate (Kali. sulph.)
Libra – Sodium phosphate (Nat. phos.)
Scorpio – Calcium sulphate (Calc. sulph.)
Sagittarius – Silicon oxide (Silica)
Capricorn – Calcium phosphate (Calc. phos.)
Aquarius – Sodium chloride (Nat. mur.)
Pisces – Iron phosphate (Ferr. phos.)

Acupuncture

Reinhold Ebertin, in *The Combination of Stellar Influences*, gives the following associations with the acupuncture meridians.

Aries – Kidney
Taurus – Triple warmer
Gemini – Liver
Cancer – Stomach
Leo – Heart
Virgo – Large intestine
Libra – Circulation, sexuality
Scorpio – Bladder
Sagittarius – Pancreas, spleen
Capricorn – Gall bladder
Aquarius – Lungs
Pisces – Small intestine

Colour

There seem to be as many different permutations in the links between colours and planets as there are authorities on the subject. The associations given here are those used in the French colour method, 'Light and Life'. Apparently the confusion about colours lies in the fact that, at different levels, the colours change. The colours given here are at the third or mental level, which is said to be the most effective for colour healing. The colours are beamed on to the patient through coloured slides.

Sun – yellow
Moon – violet
Mercury – orange
Venus – emerald
Mars – scarlet
Jupiter – blue
Saturn – black
Uranus – grey
Neptune – none
Pluto – white

Earth – yellow, olive, carrot and black

Sound

Tuning forks are available which give the sound of each of the planets raised by as many octaves as makes them audible to the human ear. The sounds of some planetary frequencies, played on an instrument known as the monochord, are also available on cassette.

Michael Heleus, an American astrologer, has worked on a speciality called Astrosonics, which studies the expression of the planetary energies through sound and its effects. By using his methods, it is possible to find and record appropriate tone intervals for each of the aspects in an individual birth chart. He claims that the sound of the easy aspects can be used to enhance the beneficial influences in a person's life, while listening to the sounds of the hard ones can mitigate their effects, and that this clearly has an important bearing on and application to health matters.

Astrocartography

Charles Harvey has suggested that astrocartography could be used as a guide to indicate locations that would be favourable to healing, and also those places that could be distinctly unhealthy in times of stress. For example, places falling on Saturn, Uranus and Pluto lines would be either depressing or over-stimulating, while those on Jupiter and Venus lines would tend to be more conducive to harmony, protection and convalescence.

Gemstones and Metals

To be effective, the stones or metals apparently need to be in contact with the skin. Don't try this, however, with quicksilver (mercury) or lead; they are poisonous. If the other gems or metals are to be worn as rings, they work best on the finger that is ruled by the planet in question.

Jupiter rules the index finger, Saturn the middle finger, the Sun the ring finger and Mercury the little finger. Venus stones can be worn on the middle or little fingers, those of the Moon or Mars on the index or ring fingers.

The Edinburgh astrologer and gem therapist, Anna Estaroth, gives the following correspondences:

Sun – Amber, Heliodor, Diamond, Rock crystal, Gold
Moon – Moonstone, Pearl, Opal, Chalcedony, Silver
Mercury – Agate, Citrine, Yellow topaz, Yellow sapphire, Quicksilver
Venus – Emerald, Moss agate, Coral, Rose quartz, Copper
Mars – Garnet, Ruby, Spinel ruby, Jasper, Iron
Jupiter – Topaz, Jacinth, Ivory, Orange cornelian, Tin
Saturn – Onyx, Obsidian, Jet, Lead
Uranus – Turquoise, Amazonite, Malachite
Neptune – Amethyst, Ivory, Opal
Pluto – Bloodstone, Dark red agate, Almandine
North Node – Onyx
South Node – Cat's eye

Imbalances of the Elements

Ayurvedic medical treatment is bound up with balancing the elements. Examples of the classes of herbs mentioned in each section are given at the end of the chapter.

David Frawley, author of *The Yoga of Herbs*, has produced an excellent correspondence course on Hindu astrology, with a section on medical astrology. This gives a much more detailed description of the treatment of elemental imbalances than can be provided here.

Excess Air

As air is light, dry and cold, the qualities needed to balance it are heavy, moist and hot.

Suitable foods are dairy products, especially yoghurt, cooked rice and oats, vegetables cooked in oil, and some nuts and seeds. All salads should be taken with plenty of dressing. Because the digestion is usually weak, spices need to be used freely to provide fire.

Yeast, mushrooms, refined sugars, beans, excess quantities of the cabbage family and raw food should be avoided. Following the food combining or Hay diet, which separates concentrated starches from concentrated proteins and fruit from vegetables, may be beneficial here, as the poor digestive capacities of excess air may find these combinations hard to deal with.

The following classes of herbs are useful: digestive stimulants, sedatives, nervines, demulcents, bulk laxatives and antirheumatics.

Low Air

Here the opposite measures are required. The food and remedies should be light, dry and stimulating.

Heavy foods should be avoided. The best diet is therefore one of mainly raw food, with plenty of raw vegetable juices, sprouted seeds and grains. Beans are good, but the oil intake should be kept low. Fasting may be helpful, but in any case meals should be small and infrequent.

The most useful herbs are the digestive stimulants, circulatory stimulants, nerve stimulants, bitter tonics, purgatives, diuretics and astringents.

Excess Fire

Fire is hot, light and dry and therefore should be balanced by food and remedies which are cold, moist and heavy. As a powerful appetite is a feature of excess fire, anything that stimulates it should be avoided.

People with excess fire should eat bland foods, avoid the stimulating spices, and have little oil, meat, nuts and beans.

Raw or steamed vegetables are good, as are most fruits. However, too much sour fruit, peaches and bananas should be avoided. Milk is usually very good for these types, but yoghurt is less so as it is sour.

Appropriate herbs are the bitter tonics, alteratives, demulcents, astringents, laxatives and sedatives.

Low Fire

With low fire, the digestion and absorption of food are inadequate and therefore need to be stimulated. However, this must be done gradually to prevent irritation. Fire is light, hot, dry and aromatic and therefore will be increased by taking foods and medicines with these properties.

Hot spices and sour foods, like lemons and yoghurt, are good, as well as whole grains cooked in oil, spices and small quantities of rock salt.

Dairy products and meats should be kept to a minimum, and refined sugars avoided. Frequent, light meals are best.

Useful herbs are the digestive and circulatory stimulants.

Excess Water

Water is cold, wet and heavy so it needs to be balanced by foods and remedies that are hot, dry and light.

Heavy, oily food, dairy products, sweet foods, breads, and salt, which retains water, should be avoided. Beans are good, as are most vegetables and fruits, but large quantities of melon should be avoided.

Suitable herbs are the digestive stimulants, diaphoretics, diuretics, bitter tonics and nervines.

Low Water

Juicy fruits and vegetables as well as salt in small quantities are good here, as are wheat, rice, oats, seaweeds, dairy products and natural sugars. Beans should be avoided, and the consumption of raw diuretic vegetables like carrots, celery, cabbages and asparagus kept low.

Because most herbs are diuretic, herb teas should be used with care and only taken sweetened with honey or liquorice. The best herbs are the demulcents.

Excess Earth

Because earth is heavy, light foods should be taken, like fruit, salads, sprouts, steamed vegetables, with spices added to increase the fire. Meals should be simple, freshly cooked, with no desserts and plenty of time in between to allow digestion to take place. Dairy products are to be avoided.

Useful herbs are bitter tonics, digestive and mental stimulants, and purgatives.

Low Earth

Foods need to be heavy and nutritious. Examples are potatoes, unrefined grains, and dairy products. Judicious amounts of unrefined natural sugars, butter and oils can be taken too. To improve the digestion, which is often poor, spices, garlic and onions should be used. Vegetables, served with cheese and butter or oil, are good as this helps to increase the heaviness.

The best remedies are sedatives, digestive tonics, seaweeds and minerals.

Classes of Herbs

Below are some of the major classes of herbs, with a few examples of each.

Alteratives – Burdock, Yellow dock, Blue flag, Sarsaparilla

Antirheumatics – Angelica, Celery seeds, Bogbean

Astringents – Agrimony, Tormentil, Raspberry leaves

Bitter tonics – Gentian, Barberry, Goldenseal, Dandelion root
Bulk laxatives – Psyllium seeds, Bran, Linseed
Circulatory stimulants – Cinnamon, Prickly ash, Ginger
Demulcents – Liquorice, Marshmallow, Comfrey root, Slippery elm
Diaphoretics – Yarrow, Elderflowers, Peppermint
Digestive stimulants – Spices such as ginger, cayenne pepper and cumin, and hot foods like garlic and onions
Diuretics – Cleavers, Dandelion herb, Couchgrass
Nervines – Thyme, Mugwort and Mint
Nerve stimulants – Peppermint, Tea, Coffee
Nerve sedatives – Passionflower, Skullcap, Valerian
Purgatives – Senna pods, Aloes

References

- Bircher-Benner, Max, *Ordnungsgesetze des Lebens als Wegweiser zur echten Gesundheit*, Bircher-Benner Verlag, Bad Homburg and Zurich, 1984
Carey, Dr George Washington, and Perry, Inez Eudora, *The Zodiac and the Salts of Salvation*, The Carey-Perry School of the Chemistry of Life, Los Angeles, 1932
Culpeper, Nicholas, *The English Physician Enlarged*, Richard Evans, London, 1815
Damian, Peter, *An Astrological Study of the Bach Flower Remedies*, Neville Spearman, Saffron Walden, Essex, 1986
Ebertin, Reinhold, *The Combination of Stellar Influences*, American Federation of Astrologers, Monroe, 1972
Elliott, Jean, *Astrological Gardening with a Comprehensive Guide to plants assigned to planets by 17th Century astrologers, Nicholas Culpeper and William Lilly*, Starwaves Astrology, 1996
Feerhov, Dr Friedrich, *Astrologie als Grundlage der Heilkunst*, Baumgarten Verlag, Warpke-Billerbeck, Hanover, undated
Frawley, David, *The Yoga of Herbs*, Lotus Press, Santa Fe, 1988
Lad, Dr Vasant, *Ayurveda, The Science of Self-Healing*, Lotus Press, Santa Fe, 1984
Lilly, William, *Christian Astrology*, 1647. Regulus Facsimile Editions, London, 1985
Sawtell, Vanda, *Astrology and Biochemistry*, Health Science Press, Rustington, Sussex, 1947
Warren-Davis, Dylan, 'Planetary Symbolism in Traditional Herbal Medicine' in *Astrology and Medicine Newsletter*, No.3, November 1987

OceanofPDF.com

Bibliography

- Addey, John, *Discrimination of Birth Types*, Astrological Association, London, 1934
- Alkindus, *Iatromathematico*, Rostock, 1619
- Anath, G. A., *Practical Lessons in Medical Astrology*, Publisher unknown, India, 1925
- Baker, Dr Douglas, *Esoteric Healing*, Part III, *Flower Remedies and Medical Astrology*, Samuel Weiser, New York, 1978
- Bhasin, J. N., *Medical Astrology*, Ranjan Publications, New Dehli, 1986
- Blagrave, Joseph, *Astrological Practice of Physick*, London, 1671.
Reprinted Universe Bookstore, Ontario, 1980
- Bonatus and Cardan, *Anima Astrologia*, Regulus, London, 1986
- Carey, G. W., and Perry, I. E., *The Zodiac and the Salts of Salvation*,
The Carey Perry School of the Chemistry of Life, Los Angeles, 1932
- Carter, Charles, *The Astrology of Accidents*, Theosophical Publishing House, London, 1931
- Carter, Charles, *An Encyclopaedia of Psychological Astrology*, Theosophical Publishing House, London, 1937
- Carter, Charles, *The Zodiac and the Soul*, Theosophical Publishing House, London, 1960
- Charak, K.S., *Essentials of Medical Astrology*, Institute of Vedic Astrology, 1996
- Charak, K.S., *Subtleties of Medical Astrology*, Institute of Vedic Astrology, 2002
- Clogstoun-Willmott, Jonathan, *Western Astrology and Chinese Medicine*, Aquarian Press, Wellingborough, 1985
- Cornell, Dr H. L., *Astrology and the Diagnosis of Disease*, Cornell Publishing Co, Los Angeles, 1918

- Cornell, Dr H. L., *Encyclopaedia of Medical Astrology*, Cornell Publishing Co, Los Angeles, 1933
- Cornell, Dr H. L., *Magazine Articles on Medical and Biblical Astrology*, Cornell Publishing Co, Los Angeles, 1924
- Cramer, Diane, *How to Give an Astrological Health Reading*, Llewellyn Worldwide, 2006
- Cramer, Diane, *Managing Your Health and Wellness*, Llewellyn Worldwide, 2006
- Cramer, Diane, *Dictionary of Medical Astrology*, AFA, 2000
- Culpeper, Nicholas, *The Astrological Judgement of Diseases*, London, 1651
- Culpeper, Nicholas, *Culpeper's British Herbal* reprinted Milner & Co, Manchester, undated
- Culpeper, Nicholas, *Culpeper's Complete Herbal and English Physician Enlarged*, Richard Evans, London, 1815
- Culpeper, Nicholas, *Treatise of Aurum Potabile*, London, 1656. Reprinted Antares Press, Canada
- Cunningham, Donna, *Astrology and Vibrational Healing*, Cassandra Press, 1988
- Daath, Heinrich, *Medical Astrology*, L. N. Fowler & Co, London, 1914
- Damian, Peter, *An Astrological Study of the Bach Flower Remedies*, Neville Spearman, Saffron Walden, 1986
- Darling, Dr Harry F., *Essentials of Medical Astrology*, American Federation of Astrologers, Tempe, 1981
- Davidson, Dr William, *Introduction to Medical Astrology*, Astrological Bureau, Monroe, 1959
- Davidson, Dr William, *Medical Lectures*, 4 vols, Astrological Bureau, Monroe, 1959
- Dobereiner, W., *Patterns of Experience in Astrological and Homoeopathic Treatment of Illness*, The Munich Rhythm Theory Press, Munich, 1986
- Dreyer, Ronnie Gale, *Healing Signs, The Astrological Guide to Wholeness and Well-Being*, Doubleday, New York, 2000
- Duz, Dr., *Astro-medizin und Therapeutik*, Hamburg, 1956
- Ebertin, Baldur, *Kosmobiologische Diagnostik*, 3 vols, Ebertin Verlag, Freiburg im Breisgau, undated

- Ebertin E. and R., *Anatomische Entsprechungen der Tierkreisgrade*, Ebertin Verlag, Aalen, 1971
- Ebertin, Reinhold, *Astrological Healing*, Samuel Weiser, New York, 1989
- Ebertin, Reinhold, *The Combination of Stellar Influences*, American Federation of Astrologers, Monroe, 1972
- Feerhov, Dr F., *Astrologie als Grundlage der Heilkunst*, Baumgarten Verlag, Warpke-Billerhek, undated
- Folkert, Dr Wilhelm, *Sphaeron*, publisher unknown, Frankfurt am Main, 1958
- Frawley, David, *The Yoga of Herbs*, Lotus Press, Santa Fe, 1988
- Gammon, Margaret, *Astrology and the Edgar Cayce Readings*, A. R. E. Press, USA, 1974
- Garrison, Omar V., *Medical Astrology*, Tallis Press, London, 1972; Warner Paperback Library, New York, 1973
- Gauquelin, Michel, *How Cosmic and Atmospheric Energies Influence Your Health*, Aurora Press, New York, 1984
- Geddes, Sheila, *Astrology and Health*, Aquarian Press, Wellingborough, 1984
- Gibson, Mitchell E., *Signs of Mental Illness*, Llewellyn, 1998
- HAMSA, *Astrologie et Médecine*, Issues No. 1 and 2, Paris, undated
- Harmon, J. M., *The Complete Astro-Medical Index*, Astro-Analytics Publications, Venice, California, 1975
- Harvey, Ronald, *Mind and Body in Astrology*, L. N. Fowler & Co, Romford, 1983
- Heindl, Max, *Astrodiagnosis, a Guide to Healing*, Rosicrucian Fellowship, Oceanside, 1929
- Heindi, Max, *The Message of the Stars*, Rosicrucian Fellowship, Oceanside, 1980
- Hill, Judith, *Medical Astrology: A guide to planetary pathology*, Stellium Press
- Hitschler, K., *La Médecine Atomique*, publisher unknown, France, 1950
- Jansky, R. C., *Astrology, Nutrition and Health*, Para-Research, Rockport, Massachusetts, 1977
- Jansky, R. C., *Essays in Medical Astrology*, Astro-Analytics, Venice, California, 1980

- Jansky, R. C., *Introduction to Holistic Medical Astrology*, American Federation of Astrologers, Tempe, 1983
- Jansky, R. C., *Modern Medical Astrology*, Astro-Analytics, Venice, California, 1973
- Junius, Manfred F., *Practical Handbook of Plant Alchemy*, Thorsons, Wellingborough
- Lancetta, *Troila Raccolta Medica et Astrologica*, Guerigli Press, Venice, 1645
- Lane, Alice, *Guide to Cell Salts and Astro-Biochemistry*, Zebra Books, New York, 1975
- Mann, A. T., *Astrology and the Art of Healing*, Unwin, London, 1989
- Matzke, G. E., *Astromedizinische Diagnose*, Cosmopsychologische Verlag, Lauchwingen, 1985
- Millard, Dr Margaret, *Casenotes of a Medical Astrologer*, Samuel Weiser, New York, 1980
- Naiman, Ingrid, *The Astrology of Healing*, 3 vols, Seventh Ray Press, Santa Fe, 1986
- Nauman, Eileen, *The American Book of Nutrition and Medical Astrology*, Astro Computing Services, San Diego, 1982
- NCGR *Journal* Vol.4, No.2, Winter 1985-1986
- Ostrander, S., and Schroeder, L., *Astrological Birth Control*, Prentice Hall, New Jersey, 1972
- Parker, A. E., *Astrology and Alcoholism*, Samuel Weiser, New York, 1983
- Perry, Inez Eudora, *12 Lessons in the Astro-biochemic System of Body Building*, Health Research, USA, 1973
- Petulengro, Leo, *Herbs and Astrology*, Keats Inc., New Canaan, 1986
- Pleierus, Cornelius, *Medicus Criticus Astrologicus*, Nuremberg, 1627
- Pottenger, Maritha, *Healing with the Horoscope*, ACS Publications, San Diego, 1982
- Rao, Dr J., *Principles and Practice of Medical Astrology*, Sagar, New Delhi, undated
- Raphael, *Raphael's Medical Astrology*, W. Foulsham & Co Ltd., London, 1937
- Sawtell, V., *Astrology and Biochemistry*, Health Science Press, Rustington, Sussex, 1947

- Schwab, F., *Sternenmaechte und Menschen*, Bernhard Sporn Verlag, Zeulenroda im Thueringen, 1933
- Schylander, Cornelius, *Medicina Astrologica*, Antwerp, 1577
- Sewell, Rupert J., *Stressandthe Sun Signs*, Aquarian Press, Wellingborough, 1981
- Sims-Pounds, Dr F., *Seventy-Five Windows, Medical Astrology and Low Blood Sugar*, American Federation of Astrologers, Tempe, 1978
- Starck, Marcia, *Astrology, Key to Holistic Health*, Seek-It Publications, Birmingham, Michigan, 1982
- Starck, Marcia, *Earth Mother Astrology*, Llewellyn Publications, Minnesota, 1989
- Starck, Marcia, *Medical Astrology; Healing for the 21st Century*, 2002
- Thakkur, Dr C., *Medical Astrology*, Ancient Wisdom Publications, Bombay, 1976
- Tobyn, Graeme, *Culpeper's Medicine: A Practice of Western Holistic Medicine*, Element, 1977
- Tyl, Noel, *Astrological Timing of Critical Illness*, Llewellyn Publications, 1998
- Vogh, James, *Astrology and Your Health*, Granada, London, 1980
- Vogh, James, *The Cosmic Factor*, Granada, London, 1978

About the Author



Jane Ridder-Patrick PhD has trained as a pharmacist, naturopath, herbalist, psychotherapist and historian and writes, consults and lectures on astrology, its history and present-day psychological and medical applications in the UK and internationally. Her practice is in Edinburgh, where she also teaches astrology. She gained a PhD in History from the University of Edinburgh for her thesis on astrology in early modern Scotland. Her specialities are medical, experiential and pro-active astrology.

Website: www.janeridderpatrick.com

OceanofPDF.com