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## Critical study of mental disorders and its causes in view of astrological concepts and different yoga of moon in their kundali

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### Abstract

Astrology is the traditional science very much popular all around the World, especially in India. It is consider as the part of Vedas. The astrological chart is the basic tool used for the prediction. Psychology is the scientific study of the mind and behaviour of the people.

Now a day's Depression and anxiety are very common, Anxiety and Depression can have some overlapping symptoms, they are two distinct mental health conditions. Anxiety is characterised by excessive worry or fear about everyday situations or events. On the other hand Depression is characterised by feeling of sadness, helplessness.

One of the very fine tools to know the depression and anxiety is Astrology. The tendency of getting depression can also be located in the horoscope. The horoscope analysis we have endeavour using the insights of the astrology and psychology combined with the tools of advanced technology to offer us, with all the planetary positions, houses and zodiac signs of horoscope addresses different mental States of depression and anxiety.

The main objective of the study is to find out the position of Moon, conjunction of planet Moon with other planets and astrological reason for the occurrence of the anxiety and depression in horoscope of respondents under the study. Study was conducted in the Nagpur by using the purposive sampling methods Total 59 out of 100 female respondents complaining of anxiety, depression were selected. The questionnaire was introduced to the respondent's.

In this research it is observed that the moon is seen in the 4th house which is the natural house of the Moon and in 10th house which is exactly opposite of 4th house.

If the 4<sup>th</sup> house is imperfect, it has no power and if moon is under the influence of the malefic planet. Then the person will usually suffers from depression.

Moon was found in conjunction with Ketu, Saturn, Sun.

The severity of depression depends on the position of planets and their conjunction with the planet moon. Moon was found aspected by malefic planets namely Rahu, Ketu, Mars, Saturn and sub planet Mandi.

When there were no malefic planet aspect on the moon or if there were no conjunction of malefic planet with the Moon, then Moon is a hemmed between malefic planets means in a paapkartari or in a Kemdrum yoga. Position of Ascendant and fourth House also checked in respondent's horoscope.

**Keyword:** Depression, anxiety, natal chart, moon, aspect

### Introduction

Astrology is a traditional science very much popular all around the world specially in India, Vedas are considered as a holy text of the Indian culture and astrology is considered as a part of Vedas, Categories of vedas Siksha, Kalpa, Nivrutta, Chhanda, Vyakaran, Jyotish, Jyotish is six of them, which is properly known as the Vedang Jyotish.

मेषो वृषश्च मिथुनः कर्क-सिंह-कुमारिकाः।

तुलाऽलिश्च धनुर्नक्रे कुम्भो मीनस्ततः परम् ॥१॥<sup>1</sup>

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1 Bruhat Parashara Hora Shastra Commentary by R. Santhanam Adhay 4, Shloka no.3.

2. Bruhat Jatakam Commentary by Shri. Shrimad Achutanand JHA Adhay 1, Shloka no. 4.

3. Rugveda Rucha.

Aries, Taurus, Gemini, Cancer, Leo, Virgo, Libra, Scorpio, Sagittarius, Capricorn, Aquarius and Pisces are the 12 Signs of the Zodiac in order.

In Astrology, Natal Chart is the basic tool used for astrological prediction. The original purpose of astrology is to inform the individual's course of life on the basis of position of the planets of zodiac signs.

Chart is the representation of the position of the planets in particular time it is a diagram with the 12 regions that is 360 degree divided into the 12 regions with the 30 degree each.

कालाङ्कानि वराग्दमाननमुरो हृत्क्रोडवासोभृतो  
वस्तिवर्षजत्रन मूरुजानुयुगले जघ्ङ ततोडघ्नव्ययम् ।  
मेषाविश्वप्रथमा नवज्ञवरणाश्रवक्रस्थिता राशया  
राशिज्ञेत्रगृहर्ज्ञभानि भवन चकार्थसम्प्रत्ययाः ॥<sup>2</sup>

Kalpurush is term used to representation of the planetary position in horoscope. Each Zodiac Sign represents a part of the body in Kalpurush. Aries -Head, Taurus-face, Gemini-Shoulders, neck and breast, Cancer-Heart, Leo-Stomach, Virgo-Navel., Libra -Lower abdomen, Scorpio-External Genital, Sagittarius-Thighs, Capricorn-knees, Aquarius-Legs. Pisces-Feet, so, as per the Acharya Varah Mihira the heart represents the fourth house viz. cancer.

Kundali's 4th house represents cancer sign and cancer signs lord is Moon. So, mainly in mental disorder like Anxiety & depression we focused on Moon's Position & their Yogas.

It is well known fact that the planetary situations have a great impact on human life. It is because of the position of planets that different people have to face the different problems and different situation are created in their life (Times of India www.indiatimes.com).

॥ चंद्रमा मनसो जातः॥<sup>3</sup>

In Veda it is said that Moon is Lord & Manna, if in any one's Horoscope or Kundali Placement of Moon is not good or in Ashubha Yoga then that person may face the problem regarding Mental disorder.

सर्वात्मा च दिवानाथो मनः कुमुदवान्धवः ।  
सत्तवं कुजो बुधैः प्रोक्तो बुधो वाणीप्रदायकः ॥  
देवेज्यो ज्ञानसुखदो भृगुर्वीर्यप्रदायकः ।  
ऋषिभिः प्राक्तनैः प्रोक्तश्छायासूनुश्च दुःखदः ॥२॥<sup>4</sup>

The Sun is the soul of all. The Moon is the mind. Mars is one's strength. Mercury is the speech giver while Jupiter confers knowledge and happiness. Venus governs semen (potency) while Saturn indicates grief.

In the Horoscope Moon governs one's mind, Mercury controls the nervous system, Jupiter governance the ethical values and maturity etc.

The natives will face unpleasant effect due to the improper position of planets in various houses especially in 6<sup>th</sup> 8<sup>th</sup> and 12<sup>th</sup> house.

The tendency of getting depression can also be located in the horoscope. The horoscope analysis we have endeavour using the insights of the astrology and psychology combined with the tools of advanced technology to offer us, astrological portrait which uniquely and individually focus and which aims at providing greater knowledge.

With all the planetary positions, houses and zodiac signs of horoscope addresses different mental States depression and anxiety.

The Moon, Mercury, Sun and Jupiter are the most important planets that are responsible for the wellness of mind.

Planet Moon is the controller of the mind and it is directly related to the strength and the weakness of the mind. In one's birth chart suppose the planet moon is debilitated or forms negative yogas with the malefic planets, such as a Saturn Rahu or Ketu, it can be lead the native to become a suicidal thoughts or developed the psychological disorders such as a bipolar, chronic anxiety, depression or schizophrenia.

### Objective

The objective of study was to find out the position of Moon in different houses. Conjunction of moon with the other planet and position of Ascendant and lord of 4th house to find out astrological reasons for occurrence of anxiety and depression in the horoscope of respondent under the study.

### Materials and Methods

Credibility and validity of work is shown by the selective scientific materials and methods. Survey method is used for study.

### Locale of the study

The study was conducted in Nagpur city purposive sampling method was used. An approval letter from the head of the institution was obtained by the investing investigator before selecting the subject for study and it was introduced to the local renowned doctors (Psychiatric) for seeking the permission to meet the patient and visit their clinics for interviewing the patients.

4. Bruhat Parashara Hora Shastra Commentary by Girish Chandra Sharma, Adhay 3, Shloka no.12, 13.

### Size of sample

Total 59 female samples with the complaints of anxiety and depression were selected from the renowned psychiatrist clinics. Female age group of 30 to 45 years of age were taken as a sample for research paper.

### Collection of data

#### Primary data

The primary data directly obtained from the subjects/patients. The researcher collected this information from the specific purpose of study.

#### Secondary data

The secondary data were collected from the references books, journals, website textbooks, newspaper case studies from doctors.

### Procedure

The details like date of birth, time of birth and place of birth were collected and based on these details the North Indian type of astrological chart were generated with the help of the software Astro Office 2018, Jagannath Hora Version 8 was used.

The most challenging phase in the study was to generate the horoscope details of 59 female respondents were noted by the researcher as the astrological prediction always perform by the analysing the astrological chart.

In Astrological chart there are 12 houses that may or may not contain planets the house with or without planet should be considered for the analysis. The presence and absence of planet in the houses are equally important.

**Tools and techniques****The following tools were used for research**

1. Questionnaire: The questionnaire was introduced to the respondent and information was collected.
2. Scheduled was prepared to conduct the interview of some special cases.

**Data Analysis**

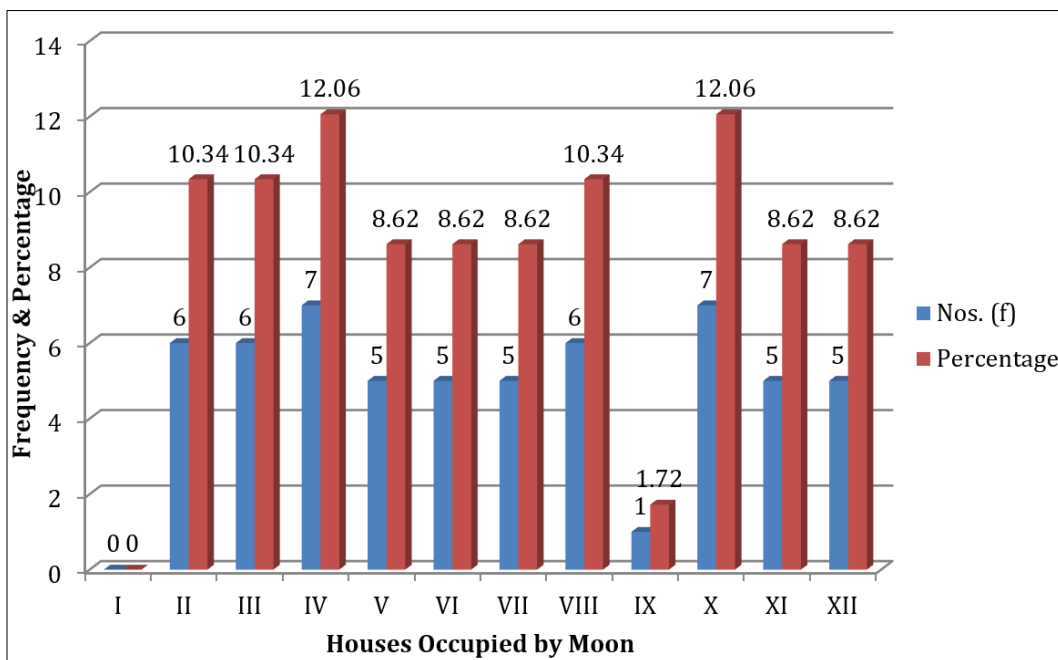
Table 1A shows name of the houses from the 1 to 12 occupied by the planet moon. The planet moon is the significator of the natural 4<sup>th</sup> house. And moon associated with the mind or "Manas" as called in Sanskrit, was taken into the consideration while studying the anxiety and depression.

**Table 1:** A houses occupied by moon

Name of House	Nos. (f)	Percentage
I	0	0
II	6	10.34
III	6	10.34
IV	7	12.06
V	5	8.62
VI	5	8.62
VII	5	8.62
VIII	6	10.34
IX	1	1.72
X	7	12.06
XI	5	8.62
XII	5	8.62

In graph 1B it is observed that 4<sup>th</sup> house occupied by moon that is 12.6% the same percentage is seen in the house 10<sup>th</sup> that is 12.6% that may be because of the reason that 10<sup>th</sup>

house is directly opposite to the 4<sup>th</sup> house these houses are cardinal houses the another being 1<sup>st</sup> and the 7<sup>th</sup>.

**Graph 1B:** A houses occupied by moon

The houses occupied by the planet moon are 2<sup>nd</sup>, 3<sup>rd</sup> and 8<sup>th</sup> that are 10.34%. 8<sup>th</sup> house is not good for the planet moon and third house is also considered as the eight houses from 8<sup>th</sup> house because it is 8<sup>th</sup> from 8<sup>th</sup> house. But in horoscope from the ascendant it is second house.

Out of 59 cases moon found in the 9<sup>th</sup> house that is 1.27% which is very much negligible.

Graph number 1B shows the houses occupied by the moon and also shows the same finding as in the table number 1A.

A person may suffer from depression if the 4<sup>th</sup> house is imperfect that is it has no power if the 4<sup>th</sup> house or its lord is under the influence of malefic planet the native will usually suffer from depression and stressful life.

- The symptoms were as follows depressed mode loss of interest in daily activities, restless.

- The prevalence of depression was consistently higher in women.
- Depression as a disorder has always focus on attention of researchers in India over the last 60 to 70 years large number of research have been published address in the various aspects of the commonly prevalent disorder.

**Signs occupied by moon**

There are four tattvas means elements four elements are considered in astrology like Agni (Fire) Prithvi (Earth) Vayu (Air) and Jal (Water) above four elements having the different energies.

Cumulative Study of Percentage of Agni, Pruthvi, Vayu & Jal Tattva.

**Table 2:** A sign occupied by moon

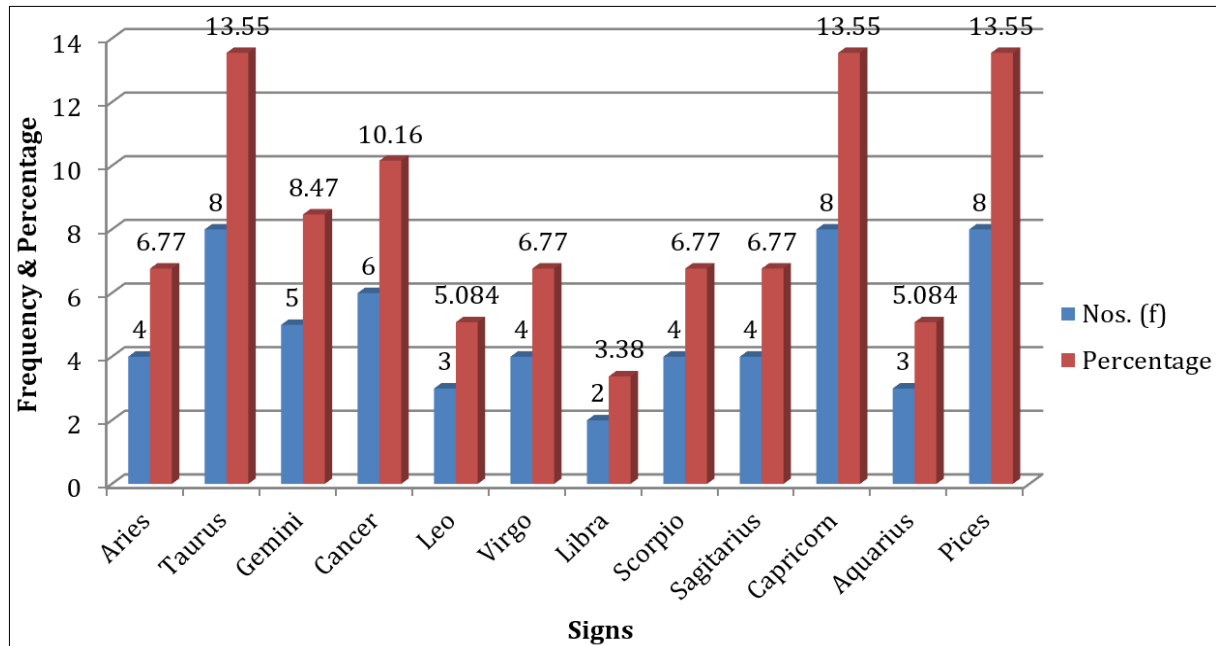
Agni	Pruthavi	Vayu	Jala
1, 5, 9	2, 6, 10	3, 7, 11	4, 8, 12
1→6.77	2→13.55	3→8.47	4→10.16
5→5.08	6→6.77	7→3.38	8→6.77
9→6.77	10→13.55	11→5.08	12→13.55
18.62	33.87	16.93	30.48

Moon is Maximum 33.87 in Pruthavi Tattava, Second Highest in Jal Tattava 30.48 and following by Vayu Tattava, and Agni Tattava.

Three types of signs which is depending upon their nature Chara, Sthira, Dwiswabhav. Means movable sign, fixed sign and dual sign. Movable signs are Aries, Cancer, Libra and Capricorn. Fixed Signs are Scorpio, Taurus, Leo & Aquarius. Dual Signs are Gemini, Pisces, Virgo & Sagittarius.

In table 2A occupied with the maximum percentage sign is a Taurus, Capricorn and Pisces that is 13.55%, followed by the cancer 10.16% water element and the Charatattva, on 8.47 and 8% Gemini and Pisces both dual signs and Jaltattva.

Moon is Maximum 33.87 in Pruthavi Tattava, Second Highest in Jal Tattava 30.48 and following by Vayu Tattava, and Agni Tattava.



**Graph 2B:** A sign occupied by moon

**Table 3:** Conjunction and Association of Moon with other planet

Planets	Nos. (f)	Percentage
Sun	5	13.51
Mars	2	5.40
Mercury	8	21.62
Jupiter	1	2.70
Venus	3	8.10
Saturn	4	10.81
Ketu	5	13.51
Rahu	3	8.10
Mandi	4	10.81
Neptune	2	5.40

There are multiple combination of moon with other planets that can cause the mental illness like Anxiety and Depression. Moon with Saturn, Rahu, Ketu can give the depression debilitated Mercury and Jupiter with Moon can give depression (Outlook india.com Astro 2022 May 3).

Table 3A shows conjunction and association of the Moon with various planets.

It was observed that Moon is found in association with Mercury in the most of the cases i.e. 21.62%. Followed by Moon is conjunct with Ketu and Sun i.e. 13.51%. And Saturn and Mandi found associated with Moon i.e. 10.81%. Rahu found associated with Moon i.e. 8.10%.

Mercury rules over the person's central nervous system and grasping power also it rules two signs i.e. Gemini and Virgo.

If the Moon is mind and emotions then Mercury makes one use of it and Mercury is a natural planet which gives the result according to the position and effect in the horoscope.

Ketu the main cause of depression is when the Moon is in conjunction with Ketu, Ketu is a south node and it represents one's subconscious thoughts.

Saturn and the Moon in a conjunction makes depressive by putting extra burden and feeling of heaviness on emotional side. When the planet Moon accompanied by Saturn, Mercury and Mars then the things becomes especially effective for the mental diseases. (Bajrangi, Dr. Vinay 2<sup>nd</sup> September 2022), if the Moon is with the Sun and debilitated Mercury then Moon loses its power and fails to give desire results, so one may get Anxiety or Depression. If along with Moon ascendant is badly affected either with the placement or with the aspect of malefic planet depression may occur.

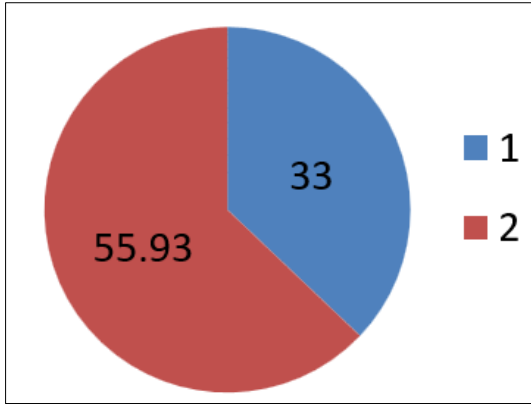
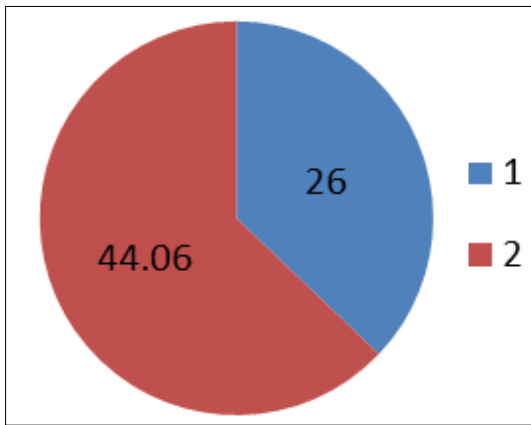
Mandi is consider in auspicious and it gives negative effect on individuals life when Mandi is in various planetary combination (Rajput Rohit Quora.com). Mandi is consider as a shadow of Planet Saturn, Mandi is very powerful based on the location in the birth chart.

Pooja Kumari in her study on Astrology opined that "Depression is a wounded heart that is persistent with treatments, it damages more than a biological ^Moon is the planet accountable for the mind and its action". (3<sup>rd</sup> May 2022 outlookindia.com)

The Moon is the karka for mind so the weak Moon or conjunction and association or aspected by malefic planets can create high level of negative emotion.

**Table 3B:** Moon with and without association of Planets

Moon	Frequency	Percentage
1. Moon without association of Planets	33	55.93
2. Moon with association of Planets	26	44.06
Total	59	99.99

**Fig 3:** Moon without association of Planets**Fig 4:** Moon with association of Planets

After deep observation of the researcher it is found that in Table No. 3B is seen Moon associated with malefic planet i.e. 44.06% and Moon without association with other planet is 55.93%.

Moon without association with other planet is in higher percentage i.e. 55.93%, but that Moon found in kemdrum yoga or hemmed between malefic planets.

In kemdrum yoga is created when there is no planet on either side of the moon.

चन्द्रादाद्धनाऽन्त्यस्थो विना भानुं न चेद्ग्रहः ।

कश्चित् स्याद्वा विना चन्द्रं लग्नात् केन्द्रगतोऽथवा ॥

योगः केन्द्रमो नाम तत्र जातोऽतिगर्हितः ।

बुद्धिबिदाविहीनश्च दरिद्रापत्तिसंयुतः ॥

अन्ययोगफलं हन्ति चन्द्रयोगो विशेषतः ।

स्वफलं प्रददातीति बुधो यत्नाद् विचिन्तयेत् ॥३॥<sup>5</sup>

**Kemadruma yoga:** If with the Moon or in the 2<sup>nd</sup> and 12<sup>th</sup> House from the Moon and in an angle from the Ascendant there is no planet except the Sun, the yoga thus formed is called Kemadruma. The native born in this yoga will be very much disgraced, be devoid of intelligence and learning and be subject to penury and calamities. The Chandra yogas particularly destroy the effects of other yogas and give their

own effects and therefore the wise should consider them with great care and attention. This is the position when sun and moon are closed i.e. Krushna Chaturdashi- Amavasya-Shulka Pratipada, in this condition moon is always weak.

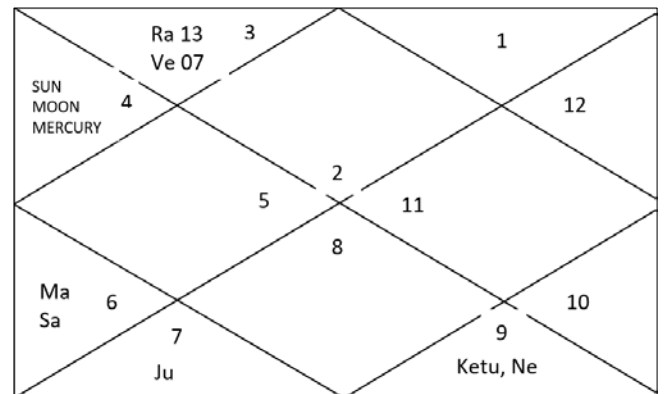
It is well known fact that in the birth chart where when there is a no planet in the second and the 12<sup>th</sup> house of the moon then yoga is form which is unsuspecting yoga and creates a various mental problem in absence of any planet around the moon the position of the moon is the weakened the about condition is on the logic of lack of baking support 12<sup>th</sup> house and the future prospectus 2<sup>nd</sup> house the effect of this condition is that the moon is the mind when the native have the proper planet with the moon or in the front or a back its stabilizers the moon. And if the Moon is without association means moon is single, but if it is hemmed between malefic planets or debilitated planet then it gives the same result like Anxiety and Depression. In table 3B that percentage of Moon is 53.93%.

And it is considered and believes that a person with the Kemdrum dosha will unlucky, grief stricken, bereft of intelligence, depressed, anxious, restless, will be devoid of result of other good yoga's in chart. And conjunction or association with malefic planets or aspected by malefic planet always gives mental disorders. In table no. 3B that percentage is 44.06% out of 59 cases.

5. Bruhat Parashara Hora Shastra Commentary by Girish Chand Sharma, Adhay 39, Shloka no.11,12,13.

### Case Study

Female Case No. 1: - D.O.B. 22<sup>nd</sup> July 1982, T.O.B. 1.32 AM, P.O.B. Nagpur



### Signs and Symptoms of Depression

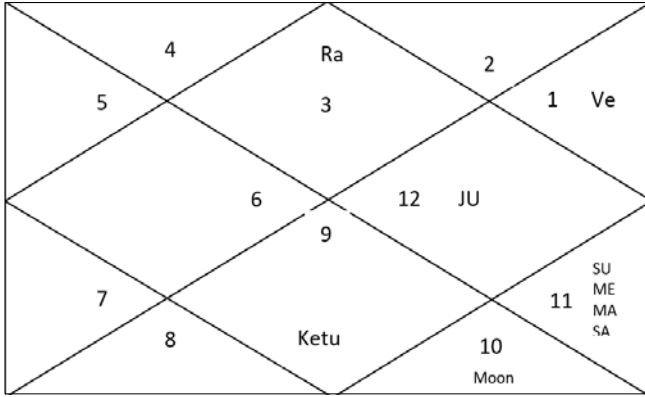
Complaints of depression she feels helpless and hopeless, lack of interest in routine activities, feeling irritable and angry, she committed two times suicidal attempts.

### Combination responsible for Depression in Astrology

1. If ascendant and its lord are in association with malefic planets like Saturn, Mars, Rahu or Ketu then it may cause depression.
2. If Moon or Mercury is in conjunction or association with Sun in same house causes depression. As we mentioned in table 3B.
3. The 4<sup>th</sup> house and its lord are weak then it may stressful life in all manners.
4. Ascendant lord venus is associated with Rahu means family life disturbances.
5. Union of Moon with sun and mercury mix Amavyasa Yoga makes moon weak, Moon and mercury too take it more sadness and depression.

In above female case, who has complained about depression researcher found all about three astrological rules matched in her horoscope i.e. her ascendant in association with malefic planet Rahu and Moon is in association with Sun in the same house were due to the conjunction with Sun, Moon and Mercury loses its strength and unable to give the good results. 4<sup>th</sup> house is the house of mental peace, happiness and comforts. Here 4<sup>th</sup> house lord i.e. Sun is in vayasthana means in 12<sup>th</sup> house from its position, in this condition the native will usually suffer from depression and departed stressful life in all matters. Because of above planetary combinations in her horoscope she committed two times suicidal attempts and taking medicines of depression.

Female Case No. 2 D.O.B. 11 March 1964, T. O.B. 13.50 P.O.B. Nagpur



### Signs and Symptoms of Depression

Complaints of depression she feels behavioral changes, lack of energy, changes in sleep pattern, body aches and inability to concentrate.

### Combination responsible for Depression in Astrology

Here malefic planet Rahu and Ketu is placed in ascendant and 7<sup>th</sup> house respectively, Moon is hem between Ketu and Sun, Mars, Saturn and Moon is placed in the 8<sup>th</sup> house, these all condition causes depression. As we mention in table 3B 4<sup>th</sup> house, which is the house of mental peace and happiness is aspected by malefic planet Mars from 9<sup>th</sup> house.

Ascendant is in association with malefic planet Sun, Mars, Saturn and Mercury which also causes depression.

### Conclusion

मनः एव मनुष्याणाम् कारणम् बन्धमोक्षयोः ।<sup>6</sup>

The mind attached to sense objects leads to bondage and that which is free of sense objects sets one free. Hence it is said it is indeed the mind that is the cause of men's bondage and liberation.

शरीरिन्द्रियसत्तवात्मसंयोगो धारि जीवितम् ।

नित्यगश्चानुबन्धश्च पर्यायौरायुरुच्यते ॥४॥<sup>7</sup>

The body when combined with the sense organs, mind and soul, becomes life.

6. Brahmabindu Upanishad-Amritbindu-Upanishad-Canto-2

7. Charak Samhita Sutrasthana, Chapter 1 – Shloka 42

This can be concluded that the planetary position in houses, zodiac signs, and aspects of planets in horoscope addresses

different mental States like depression and anxiety. In the study 4<sup>th</sup> and the 10<sup>th</sup> house occupied by the planet moon which is a maximum percentage in of total 59 cases and zodiac sign occupied by the moon is a Taurus followed by the Capricorn and Pisces, It is seen moon is exalted in Taurus but that moon is hemmed between the malefic planet or aspected or conjunct with the malefic planet or that moon is in Kemdrum yoga, above all the condition shows the inclination of horoscope towards anxiety and depression which is the serious condition that can impact every area of women's life it effects social life, family relationship and even the career. There is ongoing research on exploring the potential cause and the contributing factors to women's increased risk of depression.

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