



Review Article

HUMAN BODY AND ITS RELATION WITH PLANETS SIDDHA PERSPECTIVE

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ABSTRACT

Siddha system is the foremost traditional system, which was introduced by ancient Siddhar's. According to Siddhar's, nature is man, man is nature. Man is said to be microcosm and universe is macrocosm. The universe is made up of five elements namely Earth, Water, Fire, Air, and Space. Our body is also made up of five elements (*Panchaboothas*), three vital humors known as *Vatham* (air, space), *Pitham* (fire), *Kabam* (Earth, water), seven physical constituents are *Saram* (nourishing fluid), *Senneer* (blood), *Oonn* (muscles), *Kozhuppu* (adipose tissue), *Enbu* (bone), *Moolai* (bone marrow), *Sukkilam/Suronitham* (sperm/ovum) respectively. The universe has stars and planets. Each planet has an influence that reflects in our bodies. Thoughts were controlled by cosmic force in the universe. Nine planets in the universe correlate with the organs in the body Sun-Heart, Moon-Brain, Mercury-Lungs, Jupiter-Liver, Saturn-Spleen, Mars-Gall Bladder. This article explains how the planets have a connection with our human body.

INTRODUCTION

Astrology means deals with the study of stars. The origin of this word is from Greek, Astron means star; logy means Study. Medical Astrology (*Jothidam*) is an Ancient Siddha Medical system that associates various parts of the body and diseases with the nine planets and twelve zodiac signs. Weekly days relates to the planets are likely Monday-Moon, Tuesday-Mars, Wednesday-Mercury, Thursday-Jupiter, Friday-Venus, Saturday-Saturn, Sunday- Sun. The nine planets are also related to nine gems namely Sun-Ruby (*Manikam*), Moon-Pearl (*Muthu*), Mars-Coral (*Pavalam*), Mercury-Emerald (*Maragatham*), Jupiter Yellow Sapphire (*Pusharagam*), Venus-Diamond (*Vairam*), Saturn-Blue Sapphire (*Neelam*), Rahu-Hessonite (*Gomedhagam*), Kethu-Cats Eye (*Vaidooriyam*)<sup>[1]</sup>.

According to Pathinen siddhar naadi nool defines a physician who knows study astrology, breathing exercise (*Prayanamam*), alchemy (*Vatham*),

and medicine (*Vaithiyam*) be a perfect Siddha physician. This review article explores the relationships between planets and the human body and also assess the relationships between planets and vital humors (*Uyir thathu*)<sup>[2]</sup>, five elements (*Panchaboothas*)<sup>[2,3]</sup>, physical constituents (*Udal thathu*), taste (*Suvai*), sense with functions (*Lymporigal tholilgal*), functional system (*Kosangal*), *Chakras* (*Aadharangal*).

METHODOLOGY

The various Siddha literatures were collected from the Ambedkar central library, Chennai. Relevant Siddha literature was identified for this study. All data were collected, listed out, and tabulated.

RESULTS

The Five elements (*Panchaboothas*) relate to planets as shown in table-I. The taste is formed by the combination of the two *Boothas*, sweet (earth+water), Sour (earth+fire), salt (water+fire), bitter (air+space) pungent (air+water), and astringent (earth+air)<sup>[4,5]</sup>, table-II represents the planet five elements and taste. Three vital humors are formed by the five elements, i.e., *Vatham* (space+air), *Pitham* (fire) and *Kapam* (water+earth)<sup>[4,5]</sup> table-III relates the planets, five elements and vital humors<sup>[4,5]</sup>. Table-IV indicates the five senses with their functions related to planets

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respectively [6]. Table-V correlated between planets and physical constituents because our body is made up of five elements [6]. Table-VI correlated between planets and systemic functions of our human body [6]. Table-VII indicates the relationship between planets and chakras in our human body [7]. Planets and human body organs, and parts were correlated in table VIII [6].

Planets and zodiac signs are directly influenced on the human body in physical, mental, and normal or abnormal conditions. Wear ring the gem related to the Planets is most effective for good health and cure the diseases. Table-IX represents the relationships between planets, Gems, and Zodiac signs [1], [6].

**Table I: Relationships between Planets and *lymbootham* (Panchaboothas- Five Elements)**

S.no	Five elements	Planet name
1	<i>Mun</i> (Earth)	<i>Sevvai</i> (Mars)
2	<i>Neer</i> (Water)	<i>Chandhiran</i> (Moon), <i>Velli</i> (Venus)
3	<i>Thee</i> (Fire)	<i>Suriyan</i> (Sun), <i>Viyalan</i> (Jupiter)
4	<i>Vayu</i> (Air)	<i>Sani</i> (Satrun), <i>Puthan</i> (Mercury)
5	<i>Akayam</i> (Space)	<i>Raghu</i> , <i>Kedhu</i>

**Table II: Relationships between Planets and *Suvai* (Taste)**

S.No	Planets	Suvai (Taste)
1	<i>Suriyan</i> (Sun)	<i>Karppu</i> (Pungent)
2	<i>Chandhiran</i> (Moon)	<i>Inippu</i> (Sweet)
3	<i>Sevvai</i> (Mars)	<i>Thuvarppu</i> (Astringent)
4	<i>Puthan</i> (Mercury)	<i>Uvarppu</i> (Salt)
5	<i>Viyalan</i> (Jupiter)	<i>Inippu</i> (Sweet)
6	<i>Velli</i> (Venus)	<i>Inippu</i> (Sweet)
7	<i>Sani</i> (Saturn)	<i>Kaippu</i> (Bitter)
8	<i>Rahu</i>	<i>Pulippu</i> (Sour)
9	<i>Kethu</i>	<i>Pulippu</i> (Sour)

**Table III: Relationships between Planets And Tridhosas With Colours**

S.No	Tridhosas (Vital humor)	Niram (colour)	Planets
1	<i>Vatham</i>	Black	<i>Sani</i> (Saturn), <i>Puthan</i> (Mercury), <i>Rahu</i>
2	<i>Pitham</i>	Red or Yellowish	<i>Sevvai</i> (Mars), <i>Suriyan</i> (Sun), <i>Ketu</i>
3	<i>Kabam</i>	White	<i>Chandhiran</i> (Moon), <i>Velli</i> (Venus), <i>Viyalan</i> (Jupiter)

**Table IV: Relationships between Planets And Iymporigal (Sense With Their Functions)**

S.No	Planets	Sense	Functions
1	<i>Suriyan</i> (Sun)	<i>Kan</i> (Eye)	<i>Paarthal</i> (Vision)
2	<i>Chandhiran</i> (Moon)	<i>Naakku</i> (Tongue)	<i>Suvaithal</i> (Taste)
3	<i>Sevvai</i> (Mars)	<i>Mookku</i> (Nose)	<i>Nugarthal</i> (Smell)
4	<i>Puthan</i> (Mercury)	<i>Thol</i> (Skin)	<i>Unarthal</i> (Touch)
5	<i>Viyalan</i> (Jupiter)	<i>Kan</i> (Eye)	<i>Paarthal</i> (Vision)
6	<i>Velli</i> (Venus)	<i>Naakku</i> (Tongue)	<i>Suvaithal</i> (Taste)
7	<i>Sani</i> (Saturn)	<i>Kaadhu</i> (Ear)	<i>Kettal</i> (Sound)
8	<i>Rahu</i>	<i>Kaadhu</i> (Ear)	<i>Kettal</i> (Sound)
9	<i>Kethu</i>	<i>Kaadhu</i> (Ear)	<i>Kettal</i> (Sound)

**Table V: Relationships between Planets and Physical Constituents**

S.No	Planets	Physical constituents
1	<i>Suriyan</i> (Sun)	<i>Koluppu</i> (Fats)
2	<i>Chandhiran</i> (Moon)	<i>Maamisam</i> (Muscles)
3	<i>Sevvai</i> (Mars)	<i>Saaram</i> (Body fluids) <i>Seneer</i> (Blood/Plasma)
4	<i>Puthan</i> (Mercury)	<i>Enbu</i> (Bone)
5	<i>Viyalan</i> (Jupiter)	<i>Koluppu</i> (Fats)
6	<i>Velli</i> (Venus)	<i>Maamisam</i> (Muscles)
7	<i>Sani</i> (Saturn)	<i>Sukilam</i> (Semen) <i>Suronitham</i> (Ovum)
8	<i>Rahu</i>	<i>Sukilam</i> (Semem) <i>Suronitham</i> (Ovum)
9	<i>Kethu</i>	<i>Sukilam</i> (Sperm) <i>Suronitham</i> (Ovum)

**Table VI: Relationships between Planets And Kosangal (Systems)**

S.No	Planets	Kosam (Systems)
1	<i>Suriyan</i> (Sun)	<i>Manomayakosam</i> (Cardiovascular system)
2	<i>Chandhiran</i> (Moon)	<i>Piranamayakosam</i> (Respiratory system)
3	<i>Sevvai</i> (Mars)	<i>Annamayakosam</i> (Digestive system) <i>Piranamayakosam</i> (Respiratory system)
4	<i>Puthan</i> (Mercury)	<i>Vignanamayakosam</i> (Central nervous system)
5	<i>Viyalan</i> (Jupiter)	<i>Manomayakosam</i> (Cardiovascular system)
6	<i>Velli</i> (Venus)	<i>Piranamayakosam</i> (Respiratory system)
7	<i>Sani</i> (Saturn)	<i>Anandamayakosam</i> (Reproductive system)
8	<i>Rahu</i>	<i>Anandamayakosam</i> (Reproductive system)
9	<i>Kethu</i>	<i>Anandamayakosam</i> (Reproductive system)

**Table VII: Relationships between Planets and Aadharangal (Chakras)**

S.No	Planets	Aadharangal (Chakras)
1	<i>Suriyan</i> (Sun)	<i>Anakadham</i> (Superficial Cardiac Plexus)
2	<i>Chandhiran</i> (Moon)	<i>Manipooragam</i> (Solar plexus)
3	<i>Sevvai</i> (Mars)	<i>Mooladharam</i> (Pelvic plexus) <i>Suvatheetanam</i> (Superior Hypogastric plexus)
4	<i>Puthan</i> (Mercury)	<i>Visuthi</i> (Superior Cervical Ganglia)
5	<i>Viyalan</i> (Jupiter)	<i>Anakadham</i> (Superficial Cardiac Plexus)
6	<i>Velli</i> (Venus)	<i>Manipooragam</i> (Solar plexus)
7	<i>Sani</i> (Saturn)	<i>Aakinai</i> (Ganglia of Ribes)
8	<i>Rahu</i>	<i>Aakinai</i> (Ganglia of ribes)
9	<i>Kethu</i>	<i>Aakinai</i> (Ganglia of ribes)

**Table VIII: Relationships between Planets with Colours and Human Organs, Parts of the Body**

S.No	Planet Name	Colour	Parts	Organs
1	<i>Suriyan</i> (Sun)	Reddish yellow	Head	Heart
2	<i>Chandhiran</i> (Moon)	White	Face, Stomach	Brain
3	<i>Sevvai</i> (Mars)	Red	Hand, Shoulder	Gall bladder
4	<i>Puthan</i> (Mercury)	Dark green	Neck	Lungs
5	<i>Viyalan</i> (Jupiter)	Yellow	Heart	Liver
6	<i>Velli</i> (Venus)	White	Genital organs	Kidney
7	<i>Sani</i> (Saturn)	Black/Dark blue	Thighs, Foot	Spleen
8	<i>Rahu</i>	Black	Thighs, Foot	----
9	<i>Kethu</i>	Red	Hand, Shoulder	----

**Table IX: Relationships between Planets and Navamanigal (Gems) & Rasi (Zodiac Sign)**

S.No	Planets	Gems	Zodiac Sign
1	<i>Suriyan</i> (Sun)	<i>Manikam</i> (Ruby)	<i>Simmam</i> (Leo)
2	<i>Chandhiran</i> (Moon)	<i>Muthu</i> (Pearl)	<i>Kadagam</i> (Cancer)
3	<i>Sevvai</i> (Mars)	<i>Pavalam</i> (Coral)	<i>Mesham</i> (Aries), <i>Viruchagam</i> (Scorpio)
4	<i>Puthan</i> (Mercury)	<i>Maragatham</i> (Emerald)	<i>Midhunam</i> (Gemini) <i>Kanni</i> (Virgo)
5	<i>Viyalan</i> (Jupiter)	<i>Pusharagam</i> (Yellow Sapphire)	<i>Meenam</i> (Pisces), <i>Dhanus</i> (Sagittarius)
6	<i>Velli</i> (Venus)	<i>Vairam</i> (Diamond)	<i>Rishabham</i> (Taurus) <i>Thulam</i> (Libra)
7	<i>Sani</i> (Saturn)	<i>Neelam</i> (Blue Sapphire)	<i>Kumbam</i> (Aquarius) <i>Magaram</i> (Capricorn)
8	<i>Rahu</i>	<i>Gomedhagam</i> (Hessonite)	----
9	<i>Kethu</i>	<i>Vaidooriyam</i> (Cats Eye)	-----

## DISCUSSION

*Jodhidam* (Astrology) and the ancient Siddha system are related to spiritual and holistic sciences. Astrology is based on the concept that the planets and their movements are connected with the human body. It also gives an indication of which planet affects which part of the body. If sun affects heat-related diseases, Moon affects mind-related diseases, Mars affects blood-related diseases, Mercury affects *Vatha*-related diseases, Jupiter affects tumors like diseases, Venus affects urogenital diseases, Saturn affects kidney-related diseases, *Raghu* and *Kethu* affects sexual problems, cancers occur in the human body<sup>[6]</sup>. Astrology prescribes to wearing the gem related to the Planets is most effective for good health. Siddha system uses gemstones as internal medicine. The Gemstones are reduced to calcinated form or *Parpam*, oxide form, or *Chenduram* to treat various ailments.<sup>[1][8]</sup>

## CONCLUSION

*Jodhidam* (astrology) is the influence of the planets and stars on the human body. The ancient Siddha system and *Jodhidam* (astrology) established a way of life in India thousands and thousands of years back. Although both astrology and Siddha medicine was developed as a part of holistic, spiritual in ancient India, astrological principles related to prevention and relief from ailments were applied as a holistic approach. An astrologer gives guidance for taking medicines on a suitable day and time for the best remedy for diseases. Even the medicinal herbs were collected and used at appropriate times for their efficacy. Astrology and the ancient Siddha system are inseparable in human life. When a physician knows the pathophysiology of the disease, treatment with specific medication, diet, lifestyle, and also avoiding etiological factors. Hence we conclude that *Jodhidam* (astrology) and the ancient *Siddha* system to benefits the diagnosis, treatment, and prevention of health care.

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