

2 <sup>nd</sup> Bhava Gemini Mars	1 <sup>st</sup> Bhava [Lagna] Taurus Moon	12 <sup>th</sup> Bhava Aries
3 <sup>rd</sup> Bhava Cancer Sun	4 <sup>th</sup> Bhava Leo Mercury	11 <sup>th</sup> Bhava Pisces Saturn
5 <sup>th</sup> Bhava Virgo	6 <sup>th</sup> Bhava Libra Jupiter	7 <sup>th</sup> Bhava Scorpio
	8 <sup>th</sup> Bhava Sagittarius	9 <sup>th</sup> Bhava Capricorn
	10 <sup>th</sup> Bhava Aquarius Venus [Lagnesha]	

# AYURVEDA AND JYOTISHA: MERGING THE TWO DISCIPLINES

by Radhe Pfau

## PART THREE: The Trik-Dusthanas and Their Role in Disease and Illness

### Overview

In Part Two,<sup>1</sup> a person's constitutional strength was based foremost on the condition of the Lagna-Lagnesha, as this condition dictates the capacity of the individual to overcome, or avoid all together, chronic disease and illness otherwise indicated in the birth chart. Secondly, the condition of each bhava-bhavesha and graha karaka was similarly assessed for potential Kala Purusha (KP) limbs-organs at risk. In this article we address the unique nature of the 6B-6BL (acute illness), 8B-8BL (chronic illness), and 12B-12BL (prolonged hospitalization) as agents of disease and illness, along with their special principles.

### THE TRIK-DUSTHANAS

"Anything about disease and sickness should be ascertained through those planets occupying the 6th, 8th and 12th bhavas; planets owning the 6th (8th and 12th) bhava(s) and planets in association with such planet(s)." (Mantreswara, Phala Deepika, pg 145)

Phala Deepika<sup>2</sup> informs us in the above sloka that disease and illness is determined by the following factors:

Grahas placed in the 6B-8B-12B

The 6B-8B-12B bhaveshas or lords (i.e., 6BL-8BL-12BL)

Grahas influenced by the 6BL-8BL-12BL

In the last two articles, a general set of principles was introduced to assist in the evaluation of the overall health of the individual and potential areas of disease and illness. This set of principles related to the condition and placement of a bhavesha and the stabilization of its corresponding bhava. A well-placed and conditioned bhavesha whose bhava is stabilized, protects and supports the health of its respective KP limbs-organs; whereas a poorly-placed and conditioned bhavesha whose bhava is destabilized puts at risk such limbs-organs.

However, when addressing the flip side of the trik-dusthanas in their ability to create conditions of ill-health, we must re-examine our general principles regarding the condition and placement of bhavesha and the stabilization of its bhava.

### Condition of Bhavesha

In their trik-dusthana capacity, we must question the desirability of a well-conditioned (strong<sup>3</sup>) 6BL-8BL-12BL. In the sloka below, Phala Deepika informs us as to the results of a strong 6BL. Although the sloka does not speak specifically about the acute health conditions of the 6B-6BL but rather to a person's 'enemies',<sup>4</sup> we can logically apply the predicted results to conditions of health, as disease and illness are the internal enemies of the body.

"The native (with a well-conditioned 6B-6BL) will forcibly subdue the most powerful of his enemies. He is arrogant and rough in his behaviour, having bruised limbs, quarrelsome but possessing a strong body."<sup>5</sup> (Mantreswara, Phala Deepika, pg 65)

Phala Deepika alerts us to several important and unique aspects of the trik-dusthanas. Firstly we are informed that at best one can expect mixed results from a strong 6BL, i.e., a person will have 'powerful enemies' but also the ability to 'subdue his enemies,' a 'strong body' but also 'bruised limbs' (no doubt caused by grappling with powerful enemies). Hence we can conclude that a strong 6BL brings forth the challenging aspects of the 6B (acute illness and disease) as well as its positive aspects (the ability to combat acute illness and disease).

In the following commentary, Bhasin, translator of Sarvarth Chintamani, qualifies the desirability of a strong 6BL by stating that the person will overcome enemies (i.e., illness and disease) so long as the Lagna-Lagnesha are stronger than the 6B-6BL.

"...the question of who will win between the native and his enemies has to be decided based on who is stronger. If the lagna and its lord are stronger than the 6th house and its lord, the native wins and if otherwise is the case, the enemies win." (Shaman, Sarvarth Chintamani, pg 146)

1 Information presented in this series of articles is intended as introductory and exemplary only. This article assumes the reader is familiar with the concepts presented in *Ayurveda and Jyotish* published in *Ayurveda Today*, Fall 2011, Volume XXIV, Number 2.

2 Phala Deepika is a 13th century compiled text written by Shri Mantreswara based on various Vedic astrological sources such as Saga Parasara and Varahamihira.

3 The condition of a graha-bhavesha is determined primarily by its strength or weakness and only secondarily by its stabilization or destabilization. Therefore, this section focuses on the attribution of strength or weakness when referring to the condition of a graha-bhavesha. See previous articles for detailed discussion of factors of strength and weakness.

4 Enemies, opponents and adversaries are 6B significations.

5 References to rough, quarrelsome and arrogant behavior are attributed to the competitive and adversarial nature of the 6B.

Sarvarth Chintamani implies the same with respect to the 8BL in the sloka below.<sup>6</sup>

“If the Lord of the 8B is stronger than the Lord of the Ascendant (Lagnesha) and malefic planets occupy the kendras or the 8B and the 12B, the native gets short or medium life. It is only after facing dangers with courage that he may get a long life” (Shaman, Sarvarth Chintamani, pg 71)

Both slokas advise us that the preferred condition of a trik-dusthana bhavesha is based upon the condition of the Lagna-Lagnesha. In effect, a strong trik-dusthana bhavesha is only desirable when the condition of the Lagna-Lagnesha indicates a strong and vibrant constitution. On the other hand, if the Lagna-Lagnesha is poorly-conditioned (i.e., the person’s overall constitution is weak), the body will struggle to overcome the disease-producing nature of a strong trik-dusthana bhavesha.

Although not explicitly stated in shastra, we can deduce that a poorly-conditioned trik-dusthana bhavesha is equally harmful for health since it delivers disease and illness without the corresponding ability to overcome ill-health, especially when the Lagna-Lagnesha is poorly-conditioned. To this point, it is fair to say that we rarely, if ever, prefer a poorly-conditioned trik-dusthana bhavesha as such graha is also the bhavesha for at least one non-trik-dusthana bhava.<sup>7</sup> As importantly, each graha represents attributes apart from the affairs of its bhava(s). These include personality traits (Jupiter, wisdom; Saturn, fortitude; Mars, courage), relationships (Sun, father; Moon, mother; Jupiter, teachers) and general significations (Jupiter, morals and values; Sun, ability to shine and be recognized; Moon, our connectedness with the world) and hence, when such graha is weak, it will struggle to manifest its attributes.

Therefore, our principle regarding the condition of a trik-dusthana bhavesha is that strength is preferred so long as the Lagnesha’s strength is greater and, under no circumstance, is a weak trik-dusthana bhavesha considered auspicious for health.

### Bhava Placement

In the following sloka, Phala Deepika speaks to the inauspiciousness of an 8BL (and hence 6BL-12BL)

6 Additional comments regarding the inauspiciousness of natural malefics (Sun, Mars, Saturn, Rahu, Ketu) occupying the kendras (1B-4B-7B-10B) and/or a destabilized 8B or 12B is discussed under Bhava Placement and Space of the Bhava, respectively.  
7 Excepting trik-dusthanas ruled by Leo or Cancer.

located in a kendra EVEN when the Lagnesha is well-placed and conditioned and the Lagna is stabilized.

“Should the Lagnesha occupy a trine (5B-9B) or kendra (i.e. the Lagnesha is well-placed) with clear rays (i.e. the Lagnesha should not be combust), in exaltation or own house (i.e. the Lagnesha is with strength), the lord of the 8th house is in a house other than a kendra and the Lagna is occupied by a benefic (i.e. the Lagna is stabilized), the native will be blessed with long life and wealth ...” (Mantreswara, Phala Deepika, pg 167)

Trik-dusthana bhaveshas are not welcomed in the kendras as here they are greatly empowered to deliver their grief-producing nature in the life of the individual, harming not only the health of the individual but also the pillars of life.<sup>8</sup> Especially detrimental is a trik-dusthana bhavesha located in the Lagna, bringing health issues directly into the physicality of the person, particularly so in the absence of a well-conditioned Lagnesha.<sup>9</sup> Location in the trikonas is also problematic. The trikona 5B represents critical KP organs (heart, liver, spleen, pancreas, stomach). The trikona 9B is the most fortunate and dharmic bhava in the birth chart though on a physical level represents less critical significations (thighs).

Hence, our special principle regarding bhava placement is that a trik-dusthana bhavesha should not be located in a kendra or trikona, especially when such placement results in an association with the Lagna or Lagnesha.<sup>10</sup> In fact, any bhava placement resulting in an influence to the Lagna-Lagnesha is unfavorable from a health perspective.

As is obvious by now, the preferred condition AND placement of a trik-dusthana bhavesha ultimately must be determined within the context of the chart!

### Space of the Bhava

Lastly, our general principle states that the space of a bhava should be stabilized by the influence (aspect or occupation) of a benefic graha (Moon, Mercury, Jupiter,

8 The kendras are considered the pillars of life as the 1st kendra (Lagna) supports and sustains the physical body, health and personality; the 2nd kendra (4B), home, mother, emotional contentment, education; the 3rd kendra (7B), marriage, spouse, relationship with others; the 4th kendra (10B), professional life, worldly activities.

9 Likewise, it is best that the Lagnesha not occupy a trik-dusthana unless in doing so it gains strength, thus arguably enhancing one’s overall ability to resist disease and illness.

10 Of particular concern is the association of a strong trik-dusthana bhavesha OR weak trik-dusthana bhavesha with a poorly-conditioned Lagna-Lagnesha.

### References

- Mantreswara. 2001. *Phala Deepika*, translated by S.S. Sareen, New Delhi, India, Sagar Publication.
- Sharma, Vyankatesh. 2002. *Sarvarth Chintamani*, translated by J.N. Bhasin, New Delhi, India, Sagar Publication.



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or Venus). However, a graha-bhavesha occupying a trik-dusthana bhava puts at risk the KP limbs-organs associated with such a graha-bhavesha. Hence, we can quickly conclude that the placement of a benefic graha in a trik-dusthana bhava is disadvantageous for health<sup>11</sup> and therefore our special principle states that stabilization of a trik-dusthana bhava by benefic aspect rather than occupation is preferred.<sup>12</sup>

The following summarizes the above principles to be applied to the 6B-6BL, 8B-8BL and 12B-12BL when assessing their capacity to create disease and ill-health.

**Condition:** A strong trik-dusthana bhavesha is preferred only when the Lagna-Lagnesha are with greater strength. Under no circumstance is a weak trik-dusthana bhavesha considered auspicious for health.

**Location:** A trik-dusthana bhavesha should not be located in a kendra or trikona, particularly if such placement causes an association with the Lagna-Lagnesha.<sup>13</sup>

**Bhava Space:** Bhava stabilization should occur by benefic aspect rather than occupation.

As you might suspect, rarely will a chart meet all or even most of the above requirements, which brings us back to our single most important Ayur-Jyotisha principle: a well-placed and conditioned Lagna-Lagnesha is the best safeguard against disease and ill-health! When well placed and conditioned, the Lagna-Lagnesha promises a strong constitution capable of withstanding or overcoming chronic health conditions; while when poorly placed and conditioned, the constitution is weak and highly susceptible to even acute disease and illness indicated in the chart.

The following 3-step assessment process should be applied when determining the health of an individual and their propensity for ill-health and disease.

1. Assessment of the overall constitutional strength and vitality

<sup>11</sup> Under this same rationale, natural malefics are also not preferred in the trik-dusthanas with the exception that a well-conditioned natural malefic in the 6B, which is also an upachaya bhava (i.e. a bhava whose affairs improve with time and effort), may actually help the body fight disease and ill-health.

<sup>12</sup> Clearly we are far less concerned with a natural benefic in a trik-dusthana who gains strength by such placement.

<sup>13</sup> In fact, any placement of a trik-dusthana bhavesha which results in an influence to the Lagna-Lagnesha is not preferred.

of the individual, i.e., condition and placement of Lagna-Lagnesha.

2. Identification of potential KP limbs-organs at risk, i.e., condition and placement of each bhava-bhavesha and graha karaka.

3. Impact of the trik-dusthanas as agents of disease and illness.

In *Part Two: Reading the Health and Vitality from the Vedic Birth Chart*, we applied Steps 1 and 2 to John's chart at left. In our assessment of the Lagna-Lagnesha, we concluded that John will have a certain propensity for disease and illness, yet also the constitutional strength to overcome such health conditions. Let's now assess the results of Step 3, the impact of the trik-dusthanas.

Beginning with the 6B-6BL, the 6BL-Jupiter is weak (planetary war with Venus)<sup>14</sup> and placed prominently in a kendra (10B), while the 6B is of mixed stability (aspected by Jupiter and Saturn). The weakness and kendra placement of the 6BL, along with its aspect on the Lagnesha-Moon in the 4B, brings acute health conditions prominently into the life, especially since John has an inherent propensity for ill-health.

The 8BL-Saturn is also in association with the Lagnesha, strong (exalted) and placed in a kendra (4B), while the 8B is stabilized by a benefic Mercury.<sup>15</sup> More critical than an aspect to the Lagna-Lagnesha by a trik-dusthana bhavesha is its association with the Lagna-Lagnesha, i.e., in the same bhava. In John's case, not only is the 8BL-Saturn in association with the Lagnesha and of equal strength,<sup>16</sup> notice that it also aspects the Lagna! Hence, both the placement and condition of the 6BL and 8BL implies that John is likely to encounter acute and chronic health conditions.

Lastly, the 12BL-Mercury is weak (combust the Sun) and located in a trik-dusthana (8B), while the 12B has no stabilizing-destabilizing influences. Fortunately the 12BL does not influence the Lagna-Lagnesha, yet a condition of weakness is still disadvantageous for health.

<sup>14</sup> In terms of stabilization-destabilization (a secondary factor), Jupiter is also greatly destabilized by two strong natural malefics (swa Mars and exalted, retrograde Saturn).

<sup>15</sup> Mercury's placement in the 8B puts at risk the KP significations of Mercury's bhavas (3H-12H) as well as Mercury's karaka nature (skin, respiration, nose, speech, thyroid, throat, hands, mind).

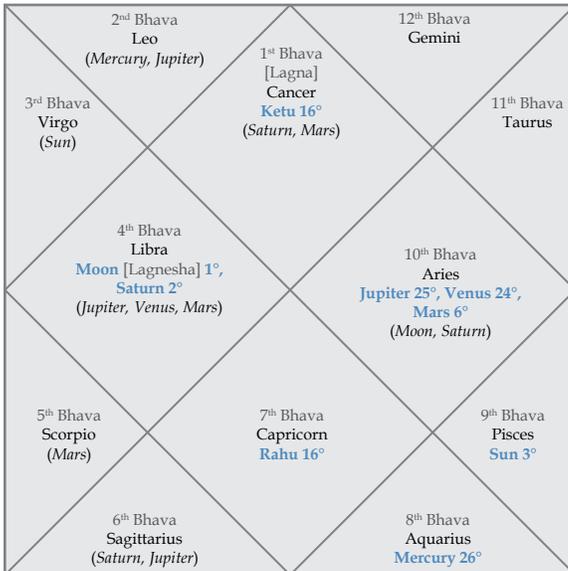
<sup>16</sup> Remember our trik-dusthana principle that the Lagnesha should be stronger than a trik-dusthana bhavesha, especially when such bhavesha is influencing the Lagnesha.

**About the Author**

Radhe is trained professionally in Ayurveda and Jyotisha. She is author of two books: *A Journey of Self-Discovery: Understanding Your Vedic Astrological Birth Chart* and, soon to be published, *Your Healing Stars: The Integration of Ayurveda and Jyotisha*. Radhe offers courses and workshops in Jyotisha, TARA Health Consultations (Therapeutic and Rejuvenative Ayur-Jyotisha) and astrological consultations (personal birth chart readings, annual forecasts, and relationship compatibility). She has formulated a proprietary line of Celestial Tinctures and Ayurvedic Herbal Remedies. For more information, visit [www.celestialgazing.com](http://www.celestialgazing.com) and [www.cosmiclila.com](http://www.cosmiclila.com).

## JOHN'S CHART

*Planetary aspects noted in parenthesis*



Armed with our additional assessment of the trik-dusthanas and their capacity to create conditions of ill-health, we must now refine our initial assessment, down-grading John's overall ability to avoid or overcome acute and/or chronic health conditions. Although the Lagnesha-Moon is strong (full Moon) and well-placed in a kendra, the Lagna-Lagnesha is greatly destabilized by an exalted 8BL-Saturn placed within 1° of the Lagnesha while the Lagnesha is concurrently aspected by a weak 6BL-Jupiter.

*Case Study:* John has been ridden with acute illnesses throughout his life with several becoming chronic over time and today continues to suffer from Crohn's disease.<sup>17</sup> John first discovered he had Crohn's at the age of 30 and has since had three operations to remove sections of the small intestines. In *Part Two: Reading the Health and Vitality from the Vedic Birth Chart*, we concluded that both the 6BL-Jupiter (bhavesha for the small intestines) as well as Venus (graha karaka for the small intestines) were weak due to planetary war and greatly destabilized by swa Mars and exalted Saturn.

In the next and final article in this series on Ayurveda and Jyotisha, a case example will be presented that illustrates the integration of an Ayurvedic consultation with the Vedic birth chart, along with recommended Ayur-Jyotisha remedies. 🌀

<sup>17</sup> Crohn's disease is an extreme form of inflammatory bowel disease affecting the intestines.