THE ASTROLOGY OF HEART DISEASE

how to identify it in the natal chart



a lecture by

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from an NCGR Conference

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Heart disease is a complicated subject that requires years of study, and I doubt many of us are cardiologists. I don't have a total grasp of the subject as I have not been to medical school, but I do feel I have an understanding of heart disease as seen in a birth chart.

So today we are going to take a very complex subject and look at it in terms of categories. We will cover different types of heart problems and what signifies them astrologically. We will examine the chart of a woman who had two heart attacks and try to see why they occurred when they did. Her chart is a good example as it does point out the potential for heart disease. Heart disease can involve more than one ailment. It can include problems with the kidneys and other organs. So it isn't always the heart causing the problem, but for our purposes we are just going to talk about the heart.

Congestive heart failure is a term that means that the heart is not pumping enough blood into the body. There are many things that could cause it. It could be the result of a heart attack, problems with the heart valves or kidney failure, for example.

There are many types of afflictions that affect the heart such as congenital disease, valve disease, infiltrative disease, tumors, cardiomyopathies—explained below—and coronary artery disease. And then there are non-cardiac functional diseases where the heart action is halted.

MEDICAL TERMS

We'll start with heart disease that affects the coronary arteries which is the type you hear the most about. This information is from a CPR manual.

Coronary artery disease ("CAD"), is considered your primary cause of heart attacks. It is a blockage of the coronary arteries that supply blood to the heart muscle. The heart muscle is ruled by Leo. I will give you the medical information first followed by the astrological significators. I think you'll have a better comprehension if you understand the medical part. CAD is also called atherosclerosis. It is the gradual buildup of fatty deposits caused mainly by plaque on the artery walls. CAD essentially narrows the artery and decreases or stops blood flow and may be compared to the gradual buildup of lime deposits in a pipe ultimately plugging the pipe completely. Clogged arteries that lead to a heart attack can also cause clots that can travel to the brain and lead to a stroke, or to the lungs, causing a pulmonary embolism. They may also involve many other areas of the body. This process can begin at an early age.

Now, here is where astrology can help you. If we can figure out if you are prone to heart disease using your chart, and there are ways you can show it, you may discover that you are a person who is prone to hardening of the arteries. Those people who appear to be very healthy and end up having a heart attack are the ones who may not have had symptoms of heart disease. They weren't aware of it, yet this is what we can find in the chart.

You don't want to have a heart attack to find out you have a heart problem. This is where medical astrology can help.

Significant disease may be present in some individuals before they even reach age twenty. However, long before the function of the heart is diminished there may be a symptomatic period where risk factor modification may halt or even reverse the process of atherosclerosis. This is where exercise, right eating and taking care of your body may prevent heart disease from even starting. You don't want to have a heart attack to find out you have a heart problem. This is where medical astrology can help.

There are several symptoms of coronary heart disease. The first one is called angina—a pain in the chest which may be relieved by rest and nitroglycerin. This chest pain is caused by a narrowing of the coronary arteries that prevents the delivery of an adequate supply of blood and oxygen to meet the demands of the working heart muscle. Once the demands of the heart muscle are decreased, the pain disappears and a heart attack is usually averted—usually no death of the heart muscle occurs.

The next is Ischemia, which leads to a heart attack. It occurs when the demands of the heart muscle for oxygen greatly exceed the availability. This is usually a result of severe narrowing or complete blockage of a diseased coronary artery and results in infarction—we'll talk about this shortly. The heart itself needs its own supply of blood and oxygen, which is delivered by the coronary arteries, and if an artery becomes ischemic, angina occurs followed by a heart attack. Contributing factors of a heart attack are:

- High blood cholesterol
- High blood pressure, which weakens the vessel walls
- Cigarette smoking, which reduces cholesterol breakdown and causes constriction of blood vessels
- Lack of exercise
- Obesity

Acute myocardial infarction, another term for heart attack, means death of a section of the heart muscle due to an inadequate blood supply to that area. "Coronary" and "coronary thrombosis" are old-fashioned terms for heart attack.

ABOUT THE AUTHOR

Diane L. Cramer, M.S. is a certified (Level IV, NCGR) consulting astrologer, lecturer and teacher in all aspects of astrology in New York City. She is an expert in the various disciplines of astrology including natal chart interpretation, long-term forecasts, solar return interpretation, chart comparison, and chart rectification. She specializes in writing and instructing on medical astrology and nutrition and has published four books: Managing Your Health & Wellness (Llewellyn), How to Give an Astrological Health Reading (AFA), Dictionary of Medical Astrology (AFA) and Medical Astrology: Let the Stars Guide You to Good Health (Jove Press). She prepares health readings based on the natal chart.

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