



PHYSICAL FITNESS AND PLANETS

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Abstract:

Physical fitness is a set of attributes that are either health- or skill-related. Being physically fit has been defined as "the ability to carry out daily tasks with vigor and alertness, without undue fatigue and with ample energy to enjoy leisure-time pursuits and to meet unforeseen emergencies" Physical fitness can be broadly divided into Metabolic fitness, Health- related and Skill-related. These components are all influenced by nine planets and it controlling various factors like Physical Exercise, Hormonal, mindset, sleep quality, Digestion, Nutrition, Defecation, Genetics, Ageing etc

Key Words: Physical Fitness, Components of Fitness, Metabolic Fitness, Health Related Fitness and Skill Related Fitness, Saturn, Sleep, Detox, Housekeeping, Cleanliness, Physical Activity, Hormonal, Mindset, Sleep Quality, Digestion, Nutrition, Defecation, Genetics, Ageing

Introduction:

Physical fitness is a state of health and well-being and, more specifically, the ability to perform aspects of sports, occupations and daily activities. Physical fitness is generally achieved through proper nutrition, moderate-vigorous physical exercise, and sufficient rest along with a formal recovery plan. Before the Industrial Revolution, fitness was defined as the capacity to carry out the day's activities without undue fatigue or lethargy. However, with automation and changes in lifestyles, physical fitness is now considered a measure of the body's ability to function efficiently and effectively in work and leisure activities, to be healthy, to resist hypokinetic diseases, improve immune system and to meet emergency situations. Fitness is defined as the quality or state of being fit and healthy. Around 1950, perhaps consistent with the Industrial Revolution and the treatise of World War II, the term "fitness" increased in western vernacular by a factor of ten. The modern definition of fitness describes either a person or machine's ability to perform a specific function or a holistic definition of human adaptability to cope with various situations. This has led to an interrelation of human fitness and physical attractiveness that has mobilized global fitness and fitness equipment industries. Regarding specific function, fitness is attributed to persons who possess significant aerobic or anaerobic ability (i.e., endurance or strength). A well-rounded fitness program improves a person in all aspects of fitness compared to practicing only one, such as only cardio/respiratory or only weight training.

A comprehensive fitness program tailored to an individual typically focuses on one or more specific skills, and on age- or health-related needs such as bone health. Many sources also cite mental, social and emotional health as an important part of overall fitness. This is often presented in textbooks as a triangle made up of three points, which represent physical, emotional, and mental fitness. Physical fitness has been shown to have benefits in preventing ill health and assisting recovery from injury or illness. Along with the physical health benefits of fitness, it has also been shown to have a positive impact on mental health as well by assisting in treating anxiety and depression. Physical fitness can also prevent or treat many other chronic health conditions brought on by unhealthy lifestyle or aging as well and has been listed frequently as one of the most popular and advantageous self-care therapies. Working out can also help some people sleep better by building up sleeping pressure and possibly alleviate some mood disorders in certain individuals. Developing research has demonstrated that many of the benefits of exercise are mediated through the role of skeletal muscle as an endocrine organ. That is, contracting muscles release multiple substances known as myokines, which promote the growth of new tissue, tissue repair, and various anti-inflammatory functions, which in turn reduce the risk of developing various inflammatory diseases.

Components of Fitness:

Fitness defines the ability to perform physical activity, and encompasses a wide range of abilities. Each sport and activity requires a specific set of skills, and so being fit for a particular sport requires a specific skill set. Being fit for one sport does not necessarily make you fit for another. Physical fitness can be broadly divided into Metabolic fitness, Health- related and Skill-related.

Metabolic Fitness: Blood Pressure, Pulse Rate, Blood Insulin

Health Related Fitness: Cardio Respiratory Endurance, Muscular Strength, Muscular Endurance, Body Composition, Body Flexibility

Skill Related Fitness: Balance, Coordination, Power Agility

Fitness Testing: Fitness testing is a central and essential feature of all fitness training and will be used before training begins, during the training programme and again at the end of the training programme.

- The importance of fitness testing
- The different types of fitness tests and their function before, during and after training.
- The different types of fitness tests and their function before, during and after training
- Methods and protocols of fitness testing
- Here are some of the most popular methods of testing each component of fitness with a short description of the protocol for each.

Metabolic Fitness: It depicts the physiological systems' state of health when they are at rest.

Blood Pressure: It involves indirect measuring the effectiveness of the heartbeat, adequacy of blood volume and presence of any obstruction to vascular flow through the use of sphygmomanometer and a stethoscope. Normal BP is 120/80

Pulse Rate: It is the number of throbbing sensations felt over a peripheral artery when the heart beats. Normal ranges from 60 to 100 pulses per min.

Blood Insulin: Insulin test measures blood samples for the amount circulating insulin, responsible for blood glucose usage by surrounding tissue. Normal values are 5 to 20 μ m/mL while fasting. Lower than normal suggest Type 1 diabetes and above normal level suggests Type 2 diabetes.

Health - Related Fitness:

Good health have a strong relationship with health related components of physical fitness because it determines the ability of an individual to perform daily activities with vigor and demonstrate the capacities associated with low risk of premature development of the hypokinetic diseases. It is also known as physiological fitness. The main aims of health-related fitness testing are:

- Educating clients about their present health-related fitness status in relationship to standard age and sex- matched normative values
- Providing data that are helpful for making clinical decision while prescribing exercises to address all fitness components
- Collecting baseline and follow up data that allow evaluation of progress by exercise program participants
- Motivating participants by establishing SMART goals
- Stratifying cardiovascular risk
- The components of health-related fitness includes: body composition, muscular endurance, muscular strength, cardiovascular endurance and flexibility.

Body Composition:

Body composition can be expressed as the relative percentage of body mass that is fat and fat-free tissue using a two-compartment model. It can be measured with both laboratory and field techniques that vary in terms of complexity, cost, and accuracy. Anthropometric methods are: Body mass index, Circumferences and Skinfold measurements. Hydrodensitometry weighing, plethysmography are some methods used in lab.

Skin Fold Thickness: measurements involve measuring skin and subcutaneous adipose tissues at several different standard anatomical sites around the body and converting these measurements to percentage body fat.

$$\text{Percentage (\% body fat)} = (\text{fat weight}/\text{total body weight}) * 100$$

BMI- Key index for relating a person's body weight to height.

$$\text{BMI} = M/(\text{H}^2), \text{ where } M = \text{body mass in kilograms and H} = \text{height in meters}$$

(A higher BMI score usually indicates higher levels of body fat)

Waist to Hip Ratio: Measured using a tape measure around the waist and the largest hip circumference. The ratio is a simple calculation of the waist girth divided by the hip girth.

Muscular Fitness:

It include muscular endurance and strength. They determine bone mass, glucose tolerance, musculo-tendinous integrity, and ability to carry out ADLs. Muscle function tests are very specific to the muscle group tested , the type of contraction, the velocity of muscle movement, the type of equipment, and the joint range of motion.

Muscular Strength:

It is the muscle's ability to exert force at high intensities over short periods of time. It can be assessed either statically or dynamically. Static or isometric strength can be assessed by using various devices such as dynamometer and tensiometers. 1 repetition maximum (1- RM), the greatest resistance that can be moved through the full range of motion in a controlled manner with good posture, is the standard for dynamic strength assessment.

Muscular Endurance:

It is the ability of muscle group to execute repeated contractions over a period of time sufficient to cause muscle fatigue, or to maintain a specific percentage of the maximal voluntary contraction for a prolonged period of time. Absolute muscular endurance is the total number of repetitions at a given amount of resistance is measured. Relative muscular endurance is the number of repetitions performed at a percentage of the 1 -RM (eg: 75%) which is in both pre- and post-testing.

Cardiorespiratory Endurance:

Cardiorespiratory fitness is related to the ability to perform large muscle, dynamic, moderate to high intensity exercise for prolonged periods. The performance depends upon the functional state of the respiratory, cardiovascular, and skeletal muscle systems. The criterion measure of cardiorespiratory fitness is determined by maximal oxygen uptake (VO₂max). The best measure of cardio-respiratory fitness is VO₂ max, volume (V) of oxygen used when a person reaches his or her maximum (max) ability to supply oxygen (O₂) to muscle tissue during exercise.

Flexibility:

Flexibility is the ability to move a joint through its complete range of motion. It is important in the ability to carry out ADLs and in athletic performance. It depends on a number of specific variables including distensibility of the joint capsule, adequate warm-up, and muscle viscosity. Flexibility is joint specific, thus, no single flexibility test can be used to evaluate total body flexibility. Goniometers, inclinometers, electrogoniometers, the Leighton flexometer and tape measures are some common devices to measure flexibility in degrees. Sit and reach test is one of the flexibility test.

Skill-related Fitness:

It is also known as performance-related fitness components. It is associated with athletic competition but should be considered in the overall fitness of all individuals. These components are pertaining with the athletic ability of an individual. There are 6 components of physical fitness: balance, co-ordination, agility, speed, power, and reaction time.

Balance:

Balance is the ability of an individual to maintain their line of gravity within their base of support. It can be classified into static and dynamic. Balance is control by three different system: somatosensory, visual and vestibular system. It can be assessed by various outcome tools such as berg balance scale, BESTest, etc.

- One leg stance test- Individual is asked to stand on 1 leg for 10s with eyes open or closed
- Sharpened Romberg's test- Individual stands with both feet in tandem (feet touching heel to toe) with eyes closed to mask the problem with balance.
- Time up and Go test- This balance test measures the time needed to rise to standing from a chair, walk 3m, turn, walk back to chair and sit down.

Coordination:

It is the ability to use the senses, such as sight and hearing, together with body parts in performing motor tasks smoothly and accurately. Alternate hand wall toss test is one the test via which co-ordination can be assessed.

Finger to Nose Test: This test is designed to observe the smoothness and timing of arm movement. The individual is asked to repetitively touch the nose using the index finger and then to touch the clinician's outstretched finger.

Power: It is the rate at which one is able to exert maximal force. Vertical jump test and hop test are some examples of power testing for lower extremity. Medicine ball throw test can be used to assess upper extremity power.

Agility: Agility is defined as "a rapid whole-body movement with change of velocity or direction in response to a stimulus". It performs a series of explosive power movements in a rapid succession in opposing directions.

Reaction Time: Reaction time is related to the time elapsed between stimulation and the beginning of the reaction to it. Reaction time is affected by several variables including attentive, cognitive and motor functions. Three basic reaction time paradigms have been described:

- Simple reaction time has a single stimulus and a single predefined response,
- Recognition reaction time has several false stimuli mixed with one correct stimulus prompting the response, and
- Choice reaction time involves multiple stimuli and differing responses for each stimulus.
- It can be assessed via Ruler drop test. Please watch the video below to understand this test.

Speed:

It relates to the ability to perform a movement within a short period of time. Speed combined with strength will provide power and force. Sprint test is one of the example of the test that can be used to examine person's speed.

Planets that Influence Physical Fitness:

Mars:

Exercise is a subset of physical activity that is planned, structured, and repetitive and has as a final or an intermediate objective the improvement or maintenance of physical fitness. Physical fitness is a set of attributes that are either health- or skill-related. "Mars is the planet of passion and action," says astrologer Rachel Lang. "It represents what motivates and drives us. When we're creating a fitness regimen, we want to look at where Mars is in our chart. That will show what kind of physical activity best suits us as well as what will help us stay on track with our fitness goals." Per Lang's take, if we know our Mars sign and how to meet

our Mars sign's needs, we can design a fitness plan that works for us. Below, find her suggestions for the most cosmically balanced way to get our sweat on.

Mars in Aries: The "Go Hard or Go Home" Warrior

Someone with Mars in Aries has plenty of physical energy to exert, which is why they need to sweat—especially when stressed. "An Aries Mars wants to be pushed to the limit, and they may even desire competition," Langs says. "To please this Mars, train for a race or an Ironman. Bootcamp, HIIT, and CrossFit work well. So does something like solo sports, martial arts, or boxing." Since Mars rules Aries, people with the planet in this sign run the risk of pushing themselves to hard, so take care to give your body plenty of rest and recovery to avoid overtraining.

Mars in Taurus: The Solo Sweater:

"Taurus is ruled by Venus, which is lush, sensual, and luxuriating," Lang says. "People with Mars in Taurus tend to prefer exercises that build strength over time, so, a great workout might be Pilates or even TRX classes. They're also independent and not afraid to work out alone. So, they might enjoy walking or slow jogs in nature." Your best bet as a Taurus Mars is to pace yourself in your workouts, and focus on long-term goals that you can work toward.

Mars in Gemini: The queen of mixing it up

Gemini is known for its fickle yet extraordinary mile-a-minute mind, which means that a Gemini Mars is prone to boredom and also love variety. "They may do well with ClassPass or something that allows them to try new things on a whim," Lang says. "Gemini rules the lungs, and Gemini Mars needs cardio in their routine." And, since Gemini is social, a class setting for exercising is great.

Mars in Cancer: The class connoisseur

Cancer is about feeling and connecting, not acting, and a Cancer Mars might need some help in the accountability department in order to stay motivated and fully exert energy. "Working out with a trainer or a friend can help them stay motivated," Lang says, adding that Cancer rules the stomach so the core is a key area of focus. "Planks are helpful. Yoga is also great for the core. Pilates, strength training, and yoga will help Cancer's mind/body/spirit connection so their workout goes beyond the physical."

Mars in Leo: The cardio lover

Leo is a passionate and driven fire sign, so it's hardly shocking if you always put in 110 percent when you hit the gym. "Mars in Leo works out to look good," says Lang. "They have a lot of energy to exert, and need a good mix between cardio and strength training—HIIT or interval training is good for them. Mars in Leo needs to feel passionate about their routine. Since Leo rules the heart, it's important for them to emphasize heart-health in their fitness routine."

Mars in Virgo: The early a.m. riser

Virgos excel at discipline and love routines. If your Mars sign is in Virgo, you are ready for that 6 a.m. class. That need for ritual keeps you on track. "Someone with Mars in Virgo is the type to be at the gym each morning," Lang says. "They do well with a combination of strength, cardio, and stretching. They might enjoy a barre class, and Pilates is another good option for them, as are cardio exercises like rowing, elliptical, and jumping rope. They stick to goals."

Mars in Libra: The perfect accountability buddy

You're more likely to use the "I'll go to the gym tomorrow" excuse than actually go to the gym. Lang's tip? Get a workout buddy. "It's important for Mars in Libra to stick to a routine, even on the days when they lack motivation," Lang says. "Working with a trainer or having an accountability partner is helpful for Mars in Libra. They need to focus on the lumbar region of the body."

Mars in Scorpio: The HIIT lover

Scorpions are known for their passion, and if you're a Scorpio Mars, that definitely comes across in how you approach your sweat sessions. "They would tend toward high intensity workouts, like HIIT, Tabata, CrossFit, or TRX classes. Water sports are also favorable for Mars in this water sign," Lang says. People with their Mars in Scorpio have a tendency to push themselves too hard, though, so be sure to stay in tune with what your body needs and give it plenty of rest between workouts.

Mars in Sagittarius: The adventure aficionado

Sagittarius is a fire sign, and so a Mars Sagittarius needs physical activity to keep the flames fanned and stress levels down. As such, they're more inclined to take their exercise outside, where they can connect with their environment. "This sign craves outdoor activities, like hiking, rock climbing, skiing, or mountain biking," Lang says. "For them, physical activity can be spiritual in nature. They might even enjoy going on adventures to experience more of the great outdoors. Mars in Sagittarius can be quite athletic."

Mars in Capricorn: The team player

Slow and steady wins the race for Mars in Capricorn, but that's not to say they're lazy by any stretch of the imagination. In fact, a Mars Cap is likely to push their limits when getting physical. "In Capricorn, Mars is exalted, which means it is well-placed and right at home. Mars in Capricorn can be competitive, but more so with themselves than with others. Capricorn rules the bones, and any exercise that helps strengthen the bones

and joints is good for Mars in Capricorn," Lang says, which means that low-impact modalities (which don't involve jumping, so are easy on the joints) are the name of the game here. Capricorns also tend to be very in tune with their bodies, so finding the motivation to sweat is second nature.

Mars in Aquarius: The social sweater

"Aquarius is an air sign, and someone with Mars in Aquarius may prefer exercises that combine mental and physical acuity. Aerial sports, acrobatics, or trampoline would be favorable for this Mars sign," Lang says, also pointing out that team sports may cater to the Aquarius motivation for community and connection. "They have a tendency to get bored...so, they need to change up their routine. Something social, like a spin class, will be good for Aquarius."

Mars in Pisces: The zen-seeker

Unsurprisingly, Pisces, the twin-fish water sign, gravitates toward water sports like swimming, water polo, rowing, or diving. They're just not super big on exerting energy. Hate the water? Mars Pisces can also focus on activities that zero-in on Zen. "Exercises that combine body, mind, and spirit are excellent for this Mars sign," Lang says, specifically highlighting Acroyoga, dancing, martial arts, and Zumba as great options for Mars in Pisces. "This Mars sign can be very expressive and motivated by creative expression."

Mercury - The Planet of Communication

Mercury is the nearest planet to the sun. Apart from the astronomical interest, the role of Mercury in astrology interests many Vedic researchers and astrologers. Coming to the planet as a vedic god, it is linked with fortune. Mercury or Budh will grant a good education, sharp mind and a charming appearance. It is a rejuvenator and wards off any negative feelings. It also helps in keeping the pitta induced disease, melancholy and fragility. It also impacts family affairs in a positive way. Mercury is more of a positive planet. However, it can become malefic if it conjuncts with other malefic planets. Mercury is often called as the grahapati – all the lord of planets. It is the guru planet of Gemini and Virgo. Mercury is often called as the messenger of gods in many mythological stories. It is the planet of expression and communication—many times. Mercury is an opportunistic planet. People who are good orators and can shower flattery words are ruled by Mercury. Communication is not the only thing Mercury pushes the synergy between couples. Mercury rides on air. A strong Mercury will bestow the native with good analysing skills, good social life and humour. In short, if you have a good family life, that means Mercury is gracious to you.

Scientific View:

Humans have two types of communication systems. These are the nervous (Bio-Electricity) system and the endocrine (hormone) (Bio-Chemical) system. These systems regulate body processes through chemical and electrical signals that pass between cells. The pathways for this communication are different for each system.

- Electrical Communication – Nervous Communication
- Chemical Communication – Endocrine (Hormonal)

Hormones serve as the messengers in our bodies to catalyse different chemical reactions in the brain and body. Exercise has a huge impact on how our hormones work and can ultimately result in balanced hormone levels depending on the type of movement you do. Balanced hormones also play a role in body performance and overall health outcomes.

Hormonal Imbalance:

While there are plenty of different hormones in the body, a hormonal imbalance means that you either have too much or too little of a specific hormone which can cause all kinds of side effects in your body. Signs of hormonal imbalance include but aren't limited to:

- Gaining weight or losing weight quickly;
- Fatigue, swearing, or an increase or decrease in heart rate;
- Muscle weakness, aches, stiffness, or tenderness;
- Heat or cold sensitivity;
- Joint pain, swelling, or stiffness;
- Thinning, brittle, or fine hair;
- Increase in thirst or hunger;
- Depression and anxiety.

The most common hormonal imbalance is polycystic ovary syndrome, or PCOS. However hormones change during events like puberty, pregnancy, menopause, or breastfeeding so hormonal changes during this time are to be expected.

What Causes Hormonal Imbalances?

It may be difficult to pinpoint a specific cause of a hormonal imbalance, but some of the most common causes include the following:

- Medications;
- Hormone therapy;
- Chemotherapy and other cancer treatments;

- Cancerous, benign, or pituitary tumours;
- Stress, trauma, or injury;
- Eating disorders;
- Diabetes or diabetes insipidus;
- Hypo or hyperthyroidism (underactive or overactive thyroid),

How does Exercise Affect Hormones?

Supporting balanced hormone levels can be helped by the hormones that are affected by exercise. Exercise can impact three overarching types of hormones: happy hormones, anabolic hormones, and stress hormones. Anabolic hormones are the happy hormones dopamine, serotonin, and endorphins.

Types of Happy Hormones:

Dopamine is our pleasure hormone which helps with learning, motor skills, and memory. It can also affect your mood, appetite, digestion, and your sleep. Much like dopamine, serotonin helps stabilize your mood, well-being, and your overall happiness in addition to aiding your sleep, appetite, and digestion. The most notable hormone linked to exercise are endorphins which serve as our natural painkillers. They are released from our pituitary gland when we experience pain or stress. Endorphins are the reason you feel great after working out, like the runner's high. Many medical professionals will recommend exercise to improve conditions like depression and anxiety since it increases the amount of happy hormones in our body, which ultimately boosts our mood. Serotonin released from physical activity can also help us sleep and can help combat insomnia.

Types of Anabolic Hormones:

The next set of hormones that are impacted by exercise are your anabolic hormones. Anabolic hormones help you grow and build muscle. The first type of anabolic hormone is the human growth hormone (HGH), which aids growth, body composition, metabolism, and even cell repair. Growth hormones are extremely helpful if you're looking to boost your muscle growth or your strength, or even simply improve your performance. If your HGH levels are low, you can get them back up by improving your diet and lifestyle. Testosterone is another anabolic hormone that is present in everyone at different levels and affects several bodily functions such as bone strength, muscle mass, and maintaining a healthy body overall. While testosterone is typically higher in men, women also need certain amount of testosterone to be healthy. Overall, testosterone and growth hormones are integral to muscle growth and increasing metabolism. Higher levels of testosterone in men often result in males having a lower body fat percentage than women because of their faster metabolism. Estrogen is the anabolic hormone responsible for cognitive and bone health, the cardiovascular system, and reproductive health. Much like testosterone, it is present in everyone but women tend to have more estrogen. Sex hormones like estrogen and testosterone decrease as we get older, but regular exercise can help slow the symptoms of menopause and signs of ageing. The last anabolic hormone we'll cover is insulin, which regulates things like your blood sugar, carbs, and protein to provide your body with energy. The more you exercise, your insulin will increase causing you to be more hungry since your body needs more nutrients to build muscles and repair your body. The term insulin resistance refers to the phenomenon when the body doesn't respond well to the hormone insulin and isn't able to take glucose, or sugar, from your blood. This can lead to prediabetes or type 2 diabetes. Exercise can actually help prevent insulin resistance from occurring and improve sensitivity to insulin.

Types of Stress Hormones:

Stress is your body's natural response to threats or danger, but stress hormones can also be impacted by physical activity. Cortisol is the most noteworthy stress hormone which increases the amount of sugar in the bloodstream. It's often triggered by acute stress, awakening in the morning, and exercising. Consistent exercise can actually lower cortisol levels since high cortisol is linked to chronic stress. Adrenaline is often associated with our body's fight or flight response. It increases the heart rate as well as blood flow to your brain and muscles. If you've heard the term "adrenaline rush," this typically refers to the excitement or nerves in your body which can be triggered by different activities. Finally, thyroid hormones are in control of your metabolism and body temperature. These hormones regulate how fast or slow you burn calories and ultimately determines if you will lose or gain weight depending on your metabolism. Routine physical activity can actually increase your metabolism and the rate at which you burn calories.

Astrological View:

Hormonal balancing improves just about every aspect of our life. we can experience: more energy, less stress/anxiety, elevated mood, sharper mind, and a deep, restful, rejuvenating sleep every night. Hormonal balancing means feeling better and living longer. Well placed mercury planet gives higher level of testosterone, it gives physical fitness, similarly weaker mercury gives hormone imbalance it leads more body weight and obesity

Mercury in Astrology: General Characteristics

Sage Paras describes Mercury as a god with a charming personality and has a capacity to hold you with the choice of his words. According to Paras, Mercury is fond of jokes. Mercury is often resonating with green.

The colour of calmness. Green relates to easiness, balance and harmony. So Mercury has the capacity to calm an agitated mind. Tulsi is offered to Lord Vishnu, who symbolises Mercury. The green Tulsi is recommended for many mercury related problems. Mercury starts showing its best effect when the native has just crossed 30 years of his life. Mercury is the planet of communication. It is a dual nature planet that rules Virgo and Gemini. The body parts which are affected by Mercury are arms, ears, lungs and nervous system. It also develops people's artistic and soft skills. So one may often see strong mercury in astrology of a surgeon, painters, commentator etc. It takes 12 months to complete its journey across all the Zodiac signs, and the effect on each zodiac depends on the house Mercury decides to land. Mercury's generous influence will keep a person's reputation on a high in family and society. People will look at him in a respective way in profession and education. A person with strong Mercury will be an apple of the eye for their relatives. To have the beneficial effects of Mercury one can wear green emerald. So, if you want to know in which House of your birth chart, Mercury resides, then call the expert astrologers.

Mythology of Mercury:

Mercury in Vedic astrology is often called the budh planet. It is treated as a deity. In legends, budh is seen as the son of Moon (Soma) and Tara (wife of Jupiter). According to the mythology, the moon became obsessed with Tara, the wife of Brihaspati. Their union produced Mercury. It is a combination of intellect and charming personality. Mercury reaches the full maturity at the age of 32. As earlier, the legends and epics were not preserved in the form of a script but in the form of oral verses or dialogues. This led to many different versions of the birth of Mercury, budh in other versions is the son of moon and Rohini (daughter of Daksha). One of the earliest mentions of mercury in Indian Ved history appears in Pancavimsa Brahmana. Mercury in astrology is often called the Gyani chief. He is considered as a mirror image of Lord Vishnu because of his beauty and resemblance to Lord Vishnu. Vishnu is the lord of Mercury planet. Wednesday is considered to be the day of Mercury and a prayer to him on that day shall remove all the hurdles, and obstacles one faces due to mercury.

Moon:

Astrological View:

The mental strength and stability of a person are analyzed on the position of the moon in the horoscope. The Moon is the significator of mind. Exalted Moon provides success in all types of sports career. A person does not panic even after facing many problems when the Moon is strong, rather he works patiently. Strong Moon is another factor to build a career in sports as it helps to overcome potential, physical injuries while playing. The Fitness Mindset Eat for Energy, Train for Tension. The fitness mind-set gives us everything we need to get the body we've always dreamed of, ramp our energy levels through the roof and develop the mind-set to keep it forever. Develop strategies to minimise stress, anxiety and the fear of rebounding so we can create a bulletproof body and mind- finally get into the best physical and mental shape of your life. When it comes to achieving your fitness goals, your mindset is the ultimate determinant of your success. As the famous saying goes, "whether you think you can, or think you can't. Physical results only follow mental training, so when we get our mindset locked down, we're well on our way to success.

Goal Setting: The Mental Trick to Stay On Track

What's the secret to achieving the body and superior health you've always wanted? Sorry to rain on your parade, but there's no definitive secret fitness relies on a variety of lifestyle factors. That said, perhaps the most important thing you can do to achieve success is this: set concrete goals for yourself. Goal setting is a powerful tool in our fitness journey because it encourages the behavioral changes we know are necessary to reach our target. If our goal is to lose fat, get stronger, and tone up, we need to change our behaviors around food and exercise to achieve that goal. Where many people run into trouble, though, is in the type of goals they set. To successfully reach your target, it's important to be practical. While we truly believe no goal is out of reach (eventually), we also know that setting lofty goals from the get-to can hinder your progress. It's fantastic to have an ultimate, long-term goal, but in the meantime, setting realistic goals is key. So how can you do that? By setting SMART goals:

- Specific. Set a clear, well-defined goal rather than a general target.
- Measurable. Set precise, measurable amounts to track our success.
- Attainable. Be honest with yourself. Can you realistically accomplish our goal?
- Relevant. Set goals that align with the direction we want to move.
- Time-bound. Give yourself a concrete deadline for reaching our goal.

Progressive, short-term, attainable goals are far more manageable because they are within your realm of immediate accomplishment. When you set an attainable, short-term goal, and you successfully achieve that goal day after day, that gives you the confidence and gratification necessary to continue pushing forward. It builds momentum in your fitness journey and allows you to raise the bar in manageable increments.

Trade Your "All or Nothing" Attitude for a More Flexible Approach:

When it comes to working out and improving your health, an "all or nothing" approach is bound to backfire, especially if you're new to the game. No matter how diligent and consistent you are, something is

bound to happen that will knock you off track—whether you stay there or hop back on the train is up to you. Unfortunately, when it comes to working out, a super rigid mental attitude eventually ends in disappointment and feelings of inadequacy. Here's a prime example that's all too common with an all or nothing mental approach: A client wants to exercise three times per week, so she joins group fitness classes and is finally making progress on her weight loss journey! Unfortunately, life gets in the way, and she accidentally shows up 10 minutes late to class. Worried she'll be an unwelcome interruption, she decides to throw in the towel and retreat back home. Disappointed in herself for missing class, she spends the night curled up on the couch, self-soothing with her favorite new show. Unfortunately, our client didn't only give up on the class; she also gave up on her goal by failing to substitute another form of physical activity for the missed class. See how this mindset can sabotage your progress? When you let go of the "all or nothing" approach and adopt a more flexible mindset around your daily exercise, you learn to substitute when necessary. In our client's case, the goal of exercise was still possible. She could have gone for a walk, performed an at-home workout routine, or performed light cardio at the gym but since she already "messed up," she decided to throw in the towel for the day. Life will happen, you will make mistakes, and you won't always be thrilled with your progress (or yourself). That's just the honest truth. But when you have a flexible mindset around your workouts, you don't beat yourself up when you fall off track. Instead, you find ways to keep pushing forward toward your goals.

Dedication Vs. Motivation: Which is More Important?

Speaking of pushing forward toward your goals, dedication is key. If you've set a target, the only way you'll reach it is through consistency and dedication; motivation is fleeting, but dedication is not. Motivation is an emotional state, and like any emotional state, it will wax and wane. Motivation might propel you forward during the initial leg of your fitness journey, but when progress slows (and it always does), it's very easy to feel discouraged. What keeps you going even when progress is slow? Dedication. If you hope to reach your goal successfully, you must train your mind just as hard as you train your body. When you center your mindset around your commitment to your goal rather than your fleeting emotional state, you consistently perform the actions necessary to achieve that goal.

Mental Attention: The Catalyst for Results from Your Workouts

If you already have your mental attitude locked down, and you're working out consistently, here's a critical question: Are you training with intention? When it comes to achieving your physique goals, the manner in which you train is just as important as the frequency of your workouts. Sure, you can go to the gym and haphazardly go through the motions, but how much progress will you see? For most people, the answer is not much. Why? Because you're not tapping into the incredible power of your mind. To really see results from your workouts, training with intention is key. To train with intention, your mental focus must be zeroed in on the task at hand. Conscious, deliberate movement allows you to develop a strong mind-muscle connection that solidifies proper technique. You must know why you're performing each movement, which muscles you're targeting, and how your muscles respond to each repetition. Because you're paying attention, you feel constant feedback from your body and can adjust your movements accordingly. When you train with intention, you solidify your "why" behind each workout. You take ownership of your movements because you know exactly what you're doing and what those actions are meant to achieve. When you train your mind to control your body, that's when you'll see the most profound results.

Saturn-Sleep-Detox-Housekeeping- Cleanliness:

Saturn is feared because he removes things that are not needed for our growth. Whether it's a job, relationship, health or finances, Saturn is infamous for its ability to sweep into our lives and take away whatever isn't conducive to our spiritual evolution. Whilst this may seem harsh and in many cases is encountered with great difficulty, it should be known that Saturn is not all melancholy and restriction – a positive influence of Saturn can help in overcoming obstacles and hardships, and can bring the discipline and hard work needed to reach your goals. The great news is that there are ways to get on Saturn's good side.

Cleaning-Decluttering-Staying organized:

A weak Saturn represents disorder. Where there is order, there is no space for negative Saturn (disorder). So from time to time, declutter your home and workplace and put things in order. This is a great remedy for Saturn. Dirt and dust is also signified by a weak Saturn. This is why in many cultures, footwear is left outside the door when entering the house. This way the negative Saturn energies, represented by the dirt on the shoes, are left outside rather than being brought into the home. We may have heard the term, 'Cleanliness is Godliness,' and astrologically this is true. Jupiter, the divine Guru, gets debilitated (weak) in Capricorn, the sign of Saturn. This means that where there is dust and dirt, the Saturn energy could be negative. The Moon represents the water element and rules the water sign, Cancer. Jupiter (divine) gets exalted (strong) in the sign of Cancer. Water cleans dirt and dust. So keeping ourselves and our environment clean is very important to get rid of negative Saturn energies.

Sleep-Detox-Housekeeping:

Sleep gives our body time to recover, conserve energy, and repair and build up the muscles worked during exercise. When we get enough good quality sleep, the body produces growth hormone. During childhood

and adolescence, growth hormone makes us grow as the name implies, Winter says. "And when we are older, it helps us build lean muscle and helps our body repair when we have torn ourselves up during a hard workout," he adds. "Growth hormone is essential for athletic recovery."

Sleep can increase the space between brain cells, flushing out damaging molecules in the brain that are associated with neurodegeneration. This means that when you sleep, the cellular structure of your brain is in a completely different state than when you are awake. It is like a plumbing system opening, letting healing fluid flow through brain cells. Our body builds up toxins on a daily basis. Stress, anxiety, feelings of burnout, and more can lead to a build-up of toxins in your body. Stress also increases the permeability of the blood-brain barrier with corticotropin-releasing hormones, which may cause neuroinflammatory conditions. Sleep kicks off another detox activity in the body by releasing hormones to slow breathing and relax muscles. The release of these sleep-inducing hormones may reduce inflammation in the body. So, good sleep can decrease inflammation in your body. Similarly, lack of sleep may increase levels of inflammation in the body because it leads to a decrease in detox activity from the brain.

When sleep helps our brain and entire body flush out toxic molecules, at the same time there tends to be an increased flow of blood, oxygen, and nutrients, leading to new healthy tissue growth. The regeneration of tissue can help some parts of the body heal from damages during the day. These damages may be caused by injury or exercise training. For example, intense resistance exercises may cause certain levels of muscle damage to proteins that make up muscle fibers. Hormones released during sleep detox can help repair the body's damages. Healthy sleep habits can also reduce the risk of certain neurological disorders, such as Alzheimer's Disease. This is because the protein associated with this disease tends to decrease when we get enough sleep. People use detox methods to flush out waste from the body through detox diets, drinks, fasting, and saunas. However, the easiest way to detox your body is to get a good night of sleep. A good, regular sleep pattern is vital because many bodily and hormonal functions depend on that sleep rhythm. Your body has an internal biological clock that regulates sleepiness and alertness. Overwork or social media consumption can disrupt that natural healthy rhythm. This can lead to compromising the body's detox ability and key organs' suboptimal functioning during the day. Take the liver for example. It plays a key role in body detox during sleep by filtering the blood to remove toxins. Lack of sleep or disrupted sleep patterns may affect the liver's natural metabolic clock, putting the liver at a higher risk of harmful medical conditions.

People don't always realize sleep is the best detox or certain things impede their sleep. Because of this, they may put things like dieting or over-indulgence in screentime above good sleep. There are certain lifestyle changes we can make to boost your chance of getting good sleep each night. First, avoid caffeine, alcohol, and nicotine. These chemicals are stimulants and can make it difficult for you to fall asleep. It is a common misconception that moderate drinking of alcohol can prepare us for a relaxing sleep. The fact is, alcohol can make you sleep only lightly without enjoying the benefits of detox. Setting up your bedroom for maximum peace can help the body relax. Keeping the light dim in the evenings can help your body release melatonin which is a sleep-regulating hormone. Equally important is the practice of turning on night-mode filters on all screens or even stopping screen-time two hours before bedtime. Try to keep clutter minimal and the temperature ideal in your bedroom to create a comfortable sleep environment.

If you struggle to get enough sleep, examine your diet to see if you have been consuming too much sugar or processed foods. They may hinder the body's natural detox processes. Cut down on junk food and opt for a diet of unprocessed food that balances all food groups for optimal nutrition. This can help the good bacteria in your gut grow, keeping your digestive system on a natural rhythm, which can be good for your sleep. A good night of sleep can not only help re-energize our body but also detox our brain. Brain science shows that the brain and other parts of the body depend on good sleep to repair and replenish. For people who are recovering from the harmful influence of drugs and alcohol, ensuring good sleep quality is especially healing for the brain, mood, and physical health. Adopting a holistic approach to addiction recovery, including relaxation techniques that enhance sleep

Sun:

Digestion:

Stomach problems happen frequently just like headache. Many people in the world suffer from poor digestive tract. Acid reflux, indigestion, flatulence, diarrhoea, constipation, bloating, vomiting, ulcers and heartburn are some of the most common known diseases regularly harassing people.

- Astrological Reason For Stomach Problems
- Vedic knowledge says there are three doshas namely:
- Vata Dosha
- Pitta Dosha
- Kapha Dosha

Most of the diseases related to the stomach are due having excess of Vata Dosha or Pitta Dosha. Vata Dosha is excess of wind element. Disease like flatulence and bloating are result of Vata Dosha. Disease like acid

reflux, ulcers and heartburn in stomach are caused by excess of Pitta Dosha. Pitta Dosha is excess of fire element.

Planets responsible for Stomach Problems:

Mars and Ketu are more likely to cause ulcers, acid reflux and heartburn compared to Sun. Sun normally gives good health and good digestion. Unless in a very bad condition Sun is unlikely to cause stomach problems. Since all three are planets which have fire element in abundance things like inflammation and acid reflux happen due to them. Saturn is responsible for constipation and flatulence. Saturn has excess of wind element which causes problems related to passing of stool and wind formed by certain foods. Jupiter is responsible for bloating and flatulence. Jupiter has excess of space element which leads to swelling of digestive region. Venus and Moon are normally responsible for diarrhoea and vomit. Basically passing of food in liquid form via mouth or anus. Mercury is the normally the main culprit who along with other planets causes stomach ailments of all kinds especially indigestion and nausea. Mercury has excess of earth element which doesn't allow food, digestive fluids and air to mix whereby causing indigestion.

Astrological Signs with greatest Stomach Problems:

- Normally the earthy signs like Taurus, Virgo and Capricorn are most affected by indigestion, nausea, flatulence and acid reflux.
- The watery signs like Cancer, Scorpio and Pisces are more liable to diarrhoea or vomit. They can also see heartburn, acid reflux as well as bloating.
- The windy signs like Gemini, Libra and Aquarius are susceptible to flatulence and constipation. Also they can have acid reflux.
- Fiery signs like Aries, Leo and Sagittarius are less likely to have stomach problems. But they do see ulcers, heart burn or issues related to swelling in stomach. Haemorrhoids are also possible for those with fiery signs having influence on digestive tract.

Foods for Stomach Problems:

- Green leafy vegetables, oats, curd/yogurt, some pulses and papaya are the best foods for stomach. Also great are wholegrain breads in moderate quantity. Water-melon is great for acidity and constipation. For flatulence a bit of ginger and lemon in regular foods helps. Clove helps relieve from nausea and vomit.
- Glass of butter milk with cumin powder is also great for digestion. Butter milk is suitable for lactose intolerant
- People as it contains minimum lactose.

Jupiter – Nutrition:

Being physically active has many health benefits, and good nutrition plays an important role in physical activity and athletic performance. Whether participating in physical activity for personal fitness or for competition, Natives ruled by Jupiter will love oily/sweet taste. If Jupiter is strong, then they might like the oily, sweet, pungent taste. They will be fond of foods such as butter, ghee, nuts and seeds. Sagittarians prefer more bold preparations like they don't even mind having bitter gourd juice or a stuffed Karela. Additionally, they love fried, hot crispy snacks and all kinds of spicy pakoras and Paneer tikkas. Lemons, tomato, garlic and onion are the best food for them. These natives are more likely to have fruit juices and would be more interested in observing the flavour and aroma of the food. Natives should eat food that is rich in iron, dried beans, apricot and peaches and avoid too salty a diet. Natives with weak Jupiter should consume Chana Dal and food items prepared from Besan. They generally lack support from elders.

Physical fitness is a general state of health and well-being and, more specifically, the ability to perform aspects of sports, occupations and daily activities. Physical fitness is generally achieved through proper nutrition, moderate-vigorous physical exercise, physical activity, and sufficient rest. Before the industrial revolution, fitness was defined as the capacity to carry out the day's activities without undue fatigue. However, with automation and changes in lifestyles physical fitness is now considered a measure of the body's ability to function efficiently and effectively in work and leisure activities, to be healthy, to resist hypokinetic diseases, and to meet emergency situations. Physical activity and exercise are crucial for your body. There are many physical as well as psychological and emotional benefits that come with daily physical activity. Not only will exercise help us maintain a healthy weight, or even decrease excess weight, we will have more energy, improve our mood, and feel better when we are consistently active. Eating a healthy balanced diet accompanied by regular exercise is essential in maintaining physical and mental health and well-being. Not only are these effective in preventing excess weight gain or in maintaining weight loss, but healthier lifestyles are also associated with improved sleep and mood. Physical activity particularly improves brain-related function and outcomes

Ketu:

Defecation:

Ketu controls Rectum, Interior and Exterior Sphincter muscles. Proper function of these muscles will give healthy body. If ketu affected the person will suffer from constipation. Defecation (or defaecation) follows

digestion, and is a necessary process by which organisms eliminate a solid, semisolid, or liquid waste material known as feces from the digestive tract via the anus. The act has a variety of names ranging from the common, like pooping or crapping, to the technical, e.g. bowel movement, to the obscene (shitting), to the euphemistic ("dropping a deuce" or "taking a dump"). The topic, usually avoided among polite company, can become the basis for some potty humour.

Humans expel feces with a frequency varying from a few times daily to a few times weekly. Waves of muscular contraction (known as peristalsis) in the walls of the colon move fecal matter through the digestive tract towards the rectum. Undigested food may also be expelled this way, in a process called egestion. When birds defecate, they also expel urine and urates in the same mass, whereas other animals may also urinate at the same time, but spatially separated. Defecation may also accompany childbirth and death. Babies defecate a unique substance called meconium prior to eating external foods. There are a number of medical conditions associated with defecation, such as diarrhea and constipation, some of which can be serious. The feces expelled can carry diseases, most often through the contamination of food. *E. coli* is a particular concern. Before potty training, human feces are most often collected into a diaper. Thereafter, in many societies people commonly defecate into a toilet. However, open defecation, the practice of defecating outside without using a toilet of any kind, is still widespread in some developing countries. Some people defecate into the ocean. First world countries use sewage treatment plants and/or on-site treatment.

Rahu:

Genetic:

Rahu carries the DNA information and genes from their parents. The physiological as well as psychological impact of different forms of exercise and physical exercise has been associated with key genetic markers, which can modulate the outcome to a great extent. Scientifically established relation exists between risk genetic markers and their impact on attenuation by exercise regimen tailored as per impact linked genetics. To cite an example, one study among Taiwanese adults assessed the impact of aerobic exercise and badminton on levels of high-density cholesterol and its relation with the genetic variant rs328 in the lipoprotein lipase gene. This study involving 3,742 men and 4,071 women between the ages of 30 and 70 were subjected to no exercise, aerobic exercise, and badminton. Individuals engaged in the aerobic and the badminton exercise group exhibited higher levels of good cholesterol, high-density lipoproteins (HDL), and were also carriers of the rs328 genotypes (Nassef et al., 2020). Studies have also investigated the impact of genetic variants in leptin (LEP) and LEP receptor (LEPR) on habitual PA, and the body composition response to a unilateral upper body resistance training (RT) program. The variants rs2167270, rs1137100, rs1137101, rs1805096, and rs8179183 were studied. Carriers of the GG genotype of rs2167270 exhibited more kcal per week in vigorous-intensity PA and sports recreation compared with "A" allele carriers. In case of RT carriers of the LEPR "G" allele for variant rs1137101 exhibited greater gain in arm muscle and subcutaneous fat volume (Walsh et al., 2012). The fat mass and obesity-associated gene (FTO) is the first and widely studied obesity loci identified through genome-wide association studies. The variant rs9939609 has been widely reported, wherein each additional minor allele increases the risk of obesity by 20–30% (Frayling et al., 2007). Studies have correlated the impact of PA to attenuate obesity risk through FTO variant rs9939609. One such metaanalysis study, involving 45 studies on adults and nine on children, identified the minor allele "A" of rs9939609 to increase odds of obesity by 1.23-fold/allele. Further, the risk was also shown to be attenuated by PA, wherein the risk odds reduced to 1.22/allele, when compared with the inactive group with odds risk as 1.30/allele, thus exhibiting a risk reduction of 27% among the physically active (Kilpeläinen et al., 2011).

Physical exercise influences physiological, psychological, and genetical changes, which results in producing various benefits, including preventing metabolic and mood disorders. Aerobic exercise benefits on physiology among sedentary adults have also been evaluated with genetic markers. One such study involved participants in a 30-min submaximal aerobic exercise session and found two variants in the FTO gene, viz rs8044769 and rs3751812, to change positively during exercise (Karoly et al., 2012). The CREB1 gene variants, viz rs2253206 and rs2360969, were linked to change in body temperature during exercise and with maximal oxygen capacity (VO₂ max). The variant rs1379659 (SLIT2 gene) and rs1935881 (FAM5C gene) were linked to changes in norepinephrine during exercise, whereas the OPRM1 variant rs1799971 was linked to changes in norepinephrine, lactate, as well as the rate of perceived exertion during exercise. This highlights the impact of genetic markers in determining the outcome and benefit of aerobic exercise (Cagnin et al., 2019). Studies have also identified heritability to affect VO₂ max response to exercise training by 47% (Jones et al., 2016). More than a dozen genetic variants have been linked to exercise-related traits and outcomes, and this paved way for the development of genetics-based algorithms for personalized training programs. One such study report highlighted an algorithm that facilitated the achievement of better results in response to high- and low-intensity RT program by predicting the potential of the athlete for power and endurance by studying 15 genetic markers linked to performance. This algorithm development included two studies involving athletes from different sports and soccer players who were subjected to 8-week low- and high-intensity RT with genetically matched and mismatched. The athletes in the matched group exhibited a significant increase in countermovement jump

(CMJ; $p = 0.0005$) and aerobic 3-min cycle test (Aero3; $p = 0.0004$), whereas those in the mismatched group hardly exhibited any improvement. Further, among the soccer players, the matched group exhibited better improvement in CMJ and Aero3 ($p < 0.0001$). The frequency of nonresponders in this study was found to be 82% from the mismatched group. This reiterates the effectiveness of genetically-tailored exercise programs (Jones et al., 2016). Study literature till date reports on the presence of 36 genetic markers from mitochondrial DNA, Y chromosome, as well as autosomal genes to be linked to elite athlete status, whereas 39 genetic markers from 19 genes and mitochondrial DNA have been linked to interindividual variability in response to endurance/strength training (Ahmetov and Rogozkin, 2009). These findings highlight the significance and need to include genetic signature analysis when utilizing exercise as an intervention for risk, disease, as well as treatment management in known cases.

The benefits of long-term exercise, which include better endurance capacity, stamina, as well as improved oxygen supply to the muscles, have been well documented. However, the kind of benefit that can be induced to alter the genetic status of the individual, including genetic markers are less reported. Genetic markers can also impact the body temperature during exercise, making the entire experience of training either comfortable or unpleasant. Thus, there is an overwhelming amount of scientific evidence which has gathered around the benefits of exercise, which has become a pressing need from the 21st century when the belief on the value of exercise started waning, and that spiked up the era of lifestyle and noncommunicable ailments.

Venus:

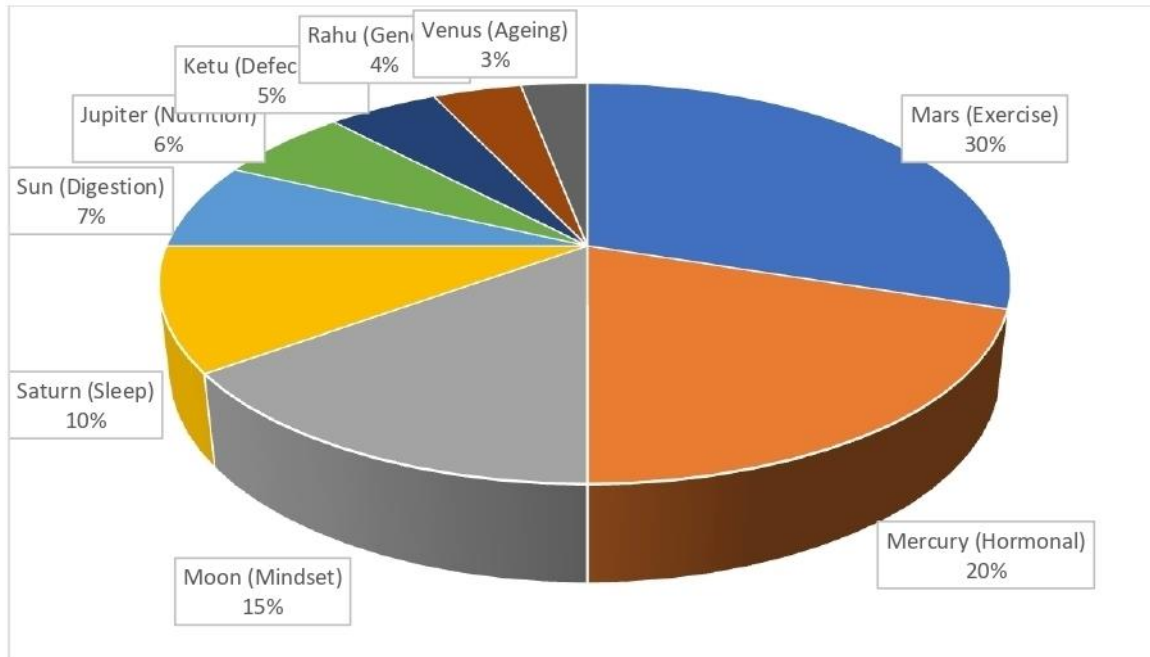
Like other planets, Venus also plays a vital role in the native's personal life. This benefic planet is the provider of happiness and pleasure in the love life. Venus is also the significator of marriage, love affairs, and adultery. In the zodiac circle, auspicious Venus rules Taurus and Libra signs. The exalted sign for Venus is Pisces and it gets debilitated in the Virgo sign. It is important to check the placement of Venus in the individual's birth chart so that we can learn about its traits and conjunction with other planets. If it is negatively influenced by the bad planets, it may have a negative impact on you. Especially, female natives may not find peace and harmony in their life. They may have issues during childbirth. Venus's placement in the individual's Kundali determines the marital status of the natives. If the planet is debilitated, you may badly suffer from a sexually transmitted disease, diabetes, or kidney stone. Moreover, if the planet is under the aspect of malefic planets, you may face urinary problems, swelling, or genital organs. On the brighter side, well-placed Venus may help you to choose the profession of your choice. You may find interest in the field of arts, painting, or poetry. You may develop a desired career in the automobile sector in the income tax department. Here, it is also important to know Venus's association with other planets, and on the basis of that, it may give you positive or negative results.

Ageing is a natural and inevitable process with degenerative changes in most of the physical, physiological and psychological functions. Furthermore, the ageing process has an impact on the physical of elderly people. effects of ageing and changes in physical fitness as one of the major causes of chronic diseases of ageing people. In addition, the association between physical fitness and physical activity in elderly shows health benefits in this population. In conclusion, the evolution of aging is essentially understood as a gradual accumulation of damage which produces the functional declination of any organism. The main characteristic of ageing is a gradual and inevitable deterioration of physical capacities and degenerative diseases, commonly seen in the elderly. Ageing process cause the decrease of physiological reserves, commonly known as homeostenosis. The ageing process consists of two types of influences: negative (acceleration of ageing effects) or positive (delay of ageing effects). Therefore, knowledge of physical fitness evolution during the ageing process is necessary to guarantee a better understanding of elderly people and reduce their consequences. Disability, somatic diseases and depression are common characteristics that appear in the ageing process without any connection between them.

The evolution of aging is essentially understood as a gradual accumulation of damage which produces the functional declination of any organism. In addition, about 100.000 people die every day in the world due to age related causes. According to the physical activity, is a very important component of physical fitness and improves the mobility, physical fitness and muscular work capacity of elderly. Moreover, a regular physical activity produces a reduction in inflammation and chronic diseases. According to physical fitness in elderly, strength and aerobic capacity, the second shows a decrease of VO₂ over the age of 60 which is due to a reduction in maximum cardiac output and arterial-venous oxygen difference reduction. Furthermore, the aerobic capacity starts to decrease after the age of 40 with a loss of 30% after the age of 65. On the other hand, there is a reduction in maximal oxygen uptake of 0.5%–1.0% per year and this has an influence on the physical fitness of healthy and sick elderly. However, the loss of muscular strength ranges between 12%-14% per decade in people over the age of 50. Lower body strength is often more affected than upper body strength. Regarding to the balance in elderly is usually poor and is considered as a risk of falls in elderly. The balance, specially the dynamic balance, is related to body posture decreases with the ageing process. Finally, the flexibility decreases with age but the reduction is irregular, being in women always higher than in men. Thus, it is necessary a high intensity of physical exercise under the supervision of a fitness specialist to improve the strength in this

population. According to the same authors, a muscle-strengthening activity for an elderly person should have a frequency of a minimum of two days a week with 8-10 exercises involving most muscle groups. Flexibility and balance exercises might be performed for a minimum of two days per week.

Scientific Causes and Planetary Influences of Fitness									
Planets responsible for Fitness	Mars	Mercury	Moon	Saturn	Sun	Jupiter	Ketu	Rahu	Venus
Scientific Causes	Exercise	Hormonal	Mindset	Sleep	Digestion	Nutrition	Defecation	Genetics	Ageing
Fitness Population %	30	20	15	10	7	6	5	4	3



Body Type Analysis			
Body Mass Index ↑	Athletic	Over Weight Muscular	Obese
	Low Fat Muscular	Standard	Over Fat
	Low Fat Low Weight	Low Weight	Thin Fat
	Percentage Body Fat (BF%) →		

Conclusion:

Astrology guides us best way to lead a healthy and fit life, as per zodiac sign and planet strength. Good Planet strengths are responsible for Fitness Mars gives physically active and vigorous exercise regimen, Mercury planet develops testosterone. Moon giving stable mindset, Saturn planet acts as a plumber and it detox brain and other organs, Sun influence proper digestion, Jupiter planet gives nutrition to our body, Ketu defecation and excretes toxic from our body, Rahu carries the genetically fitness body shape, Venus planet ageing fitness

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