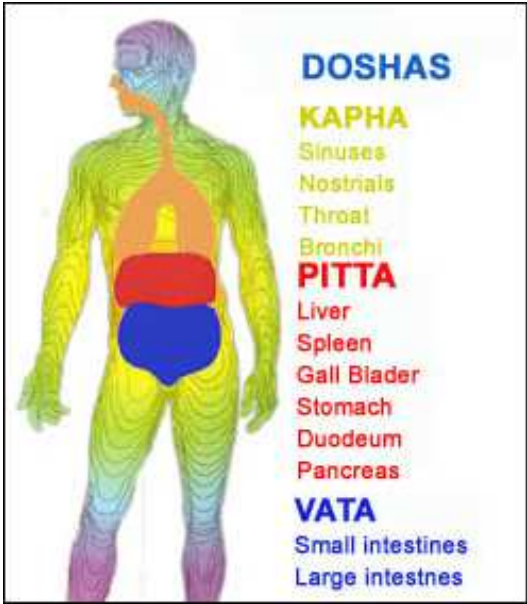
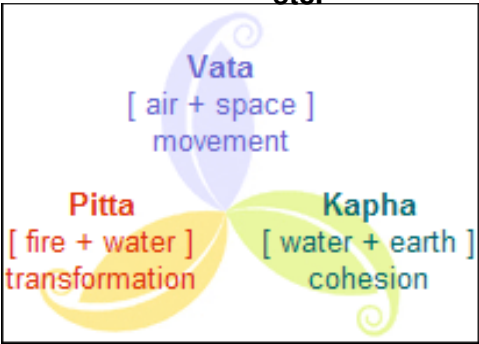


## Medical Astrology – Basics :

<http://jyotishvidya.com/prikriti.htm>

 <p><b>DOSHAS</b></p> <p><b>KAPHA</b> Sinuses Nostrils Throat Bronchi</p> <p><b>PITTA</b> Liver Spleen Gall Bladder Stomach Duodenum Pancreas</p> <p><b>VATA</b> Small intestines Large intestines</p>	<p>Ayurveda is based upon the three doshas, <b>Vata</b>, <b>Pitta</b> and <b>Kapha</b>, which make up our unique constitutional body type (prikriti).</p> <p>This can be determined from the Ascendant which is the prime significator of our physical body, unique characteristics, complexion, psychological make-up, general well- being, sense of self-worth etc.</p>
<p>Image source: "Online Herbal Medicine"</p>	 <p><b>Vata</b> [ air + space ] movement</p> <p><b>Pitta</b> [ fire + water ] transformation</p> <p><b>Kapha</b> [ water + earth ] cohesion</p>

**Vata:** Corresponds to air and is defined as *windy* by temperament. This dosha governs bodily functions concerned with movement and is especially involved in the movement of electrical activity up and down the nerves and therefore has a major function in the nervous system and brain. The flow of food through the digestive tract and the circulation also are controlled by the function of Vata, as are the senses of hearing and touch.

**Pitta:** Corresponds to fire and is defined as *bilious*. This dosha governs bodily functions concerned with heat, metabolism and energy production. Pitta's main activities are to control the chemical transformation processes associated with digestion and metabolism. Pitta controls the sense of sight.

**Kapha:** Corresponds to earth and water and is defined as *phlegmatic*. Kapha governs bodily functions and is mainly concerned with fluid balance and the buildup of the gross structure of the body including fat, tissues and muscles. Kapha controls the senses of taste and smell.

### **Vata Dosha:**

The dominant feature of vata is unpredictability. Vata people are changeable by nature and, as their physical and mental energy usually comes in bursts, they often lack the staying power to finish what they start. The true vata type has a typically thin physique with narrow hips and shoulders. They can be exceptionally tall (lanky) or very short and wispy (waif like). Vata's are extremely sensitive to change in their environment, they have quick (acute) responses to sound



**COLLECTION OF VARIOUS**  
**-> HINDUISM SCRIPTURES**  
**-> HINDU COMICS**  
**-> AYURVEDA**  
**-> MAGZINES**

**FIND ALL AT [HTTPS://DSC.GG/DHARMA](https://dsc.gg/dharma)**

**Made with**



**By**

**Avinash/Shashi**

**Icreator of  
hinduism  
server!**



**KAPWING**

and dislike loud noise. They have a vivacious, vibrant, excitable, unpredictable, imaginative and talkative personality.

Most vata people are prone to worry and can easily suffer from insomnia as a result of mental restlessness. Vata's most important function is to control the central nervous system. Tremors (shaking) or any nervous jittery movements of the body are indications of a disturbed (excess) vata. Unchecked vata imbalance can result in nervous disorders ranging from anxiety and depression to more serious mental disorders.

**Vata is known as the king of the dosha's, because when in balance, it leads the other dosha's into balance as well.**

#### Characteristics of Vata:

Light, thinner build Performs activity quickly Tendency to dry skin Aversion to cold weather Irregular hunger and digestion	Tendency towards worry Tendency towards constipation Light restless sleep Quick to grasp new information Quick to forget
---	--

<u>Balanced Vata:</u>	<u>Unbalanced Vata</u>	<u>Aggravates Vata:</u>
Exhilaration Sensitive Vitality Good tissues Sound sleep Proper elimination Enthusiastic/spontaneous Clear, alert mind  Resilient Imaginative	Dryness of skin Weight loss Constipation Anxiousness Restlessness Insomnia Hypertension Worried mind  Arthritis Pain/paralysis	Excessive exercise Excessive travel Insufficient sleep Injuries Weight loss Fear or grief Anxiety/worry Fasting Wrong food/drink Vata season

<table border="1"> <tr> <th colspan="2"><u>Foods that balance vata:</u></th></tr> <tr> <td>Sweet</td><td>Hot</td></tr> <tr> <td>Sour</td><td>Heavy</td></tr> <tr> <td>Salty</td><td>Oily</td></tr> </table>	<u>Foods that balance vata:</u>		Sweet	Hot	Sour	Heavy	Salty	Oily	<table border="1"> <tr> <th colspan="2"><u>Foods that aggravate vata:</u></th></tr> <tr> <td>Spicy</td><td>Cold</td></tr> <tr> <td>Bitter</td><td>Light</td></tr> <tr> <td>Astringent</td><td>Dry</td></tr> </table>	<u>Foods that aggravate vata:</u>		Spicy	Cold	Bitter	Light	Astringent	Dry
<u>Foods that balance vata:</u>																	
Sweet	Hot																
Sour	Heavy																
Salty	Oily																
<u>Foods that aggravate vata:</u>																	
Spicy	Cold																
Bitter	Light																
Astringent	Dry																

#### Vata Pacifying Diet - When this dosha is out of balance and during vata season.

(also recommended for adverse Saturn transit)

Favor warm, cooked foods and hot beverages. Soft and unctuous foods, such as pasta, cooked cereals and soups should be favored over dry and crunchy foods. Raw vegetables should be avoided except in small amounts. Avoid cold drinks and frozen desserts (such as ice cream, popsicles, frozen yogurt, etc.)



## **Favor the following foods**

GENERAL: Sufficient quantity, adequate amount of oil, warm foods and drinks. Have more sweet, sour and salty tasting foods.

GRAINS: Wheat products, rice, cooked oatmeal, bulgar wheat, cous-cous, quinoa.

LEGUMES: Yellow split mung beans (green skin removed), whole mung bean soup, red lentils.

VEGETABLES: Zucchini, asparagus, carrot, beets, sweet potatoes, tomato, artichokes, cucumber, yellow squash, okra, tender eggplant, fennel, spinach in small amounts. All should be cooked.

DAIRY: Milk (boiled and served hot), butter, ghee, cream, yogurt (only if freshly made at home), soft, non-aged cheeses (such as ricotta, cottage cheese, and cream cheese,) panir (homemade cheese from milk), sour cream.

SWEETENERS: Whole, natural cane sugar (in small amounts), raw honey, date sugar, fructose.

OILS: All (organic olive oil preferred.) Ghee.

NUTS & SEEDS: All nuts and seeds except peanuts. Soak the nuts in water to soften.

SPICES: Cumin, ginger, mustard seeds, celery seeds, fenugreek, hing (asafoetida), cinnamon, cardamom, cloves, anise, fennel, black pepper (small amounts), salt, lemon juice, tamarind. All others in small amounts.

FRUITS: All ripe, sweet, and juicy fruits. Dried fruit is better soaked in water before eating. Sweet grapes, banana, melons, plums, cherries, kiwi, peach, apricot, mango, papaya, pomegranate, sweet pineapples, avocado, sweet oranges, grapefruit, raisins, dates, prunes, and figs. Apples and pears only if sweet and juicy.

## **Reduce the Following Foods**

GENERAL: Light, dry, and crunchy foods. Cold foods and drinks. Pungent (hot, spicy), bitter and astringent tastes.

GRAINS: Barley, corn, millet, rye, buckwheat, raw oats.

LEGUMES: All except yellow mung beans and red lentils.

VEGETABLES: Green leafy vegetables, peas, potatoes, broccoli, cauliflower, cabbage, celery, orange pumpkin and squash, sprouts, mature eggplant, onion, radish, and raw vegetables.

FRUITS: Unripe fruits, Guava, cranberries, persimmon.

SPICES: Avoid cayenne, chili peppers and other very hot spices

## **Pitta Dosh:**

Pitta types are characterized by their intensity (hot -blooded). Anyone with reddish hair, florid or freckled complexion usually has a lot of Pitta in their physiology. When in balance pitta's are warm

and ardent in their emotions; expressionable, loving and content. Pitta's have a compelling charm about them... passionate, intense and somewhat volatile by nature. A face glowing with happiness is indicative of a healthy, balanced pitta. Physically pitta's are medium in size with a well-proportioned body and usually maintain their weight without drastic fluctuations. Their hair is characteristically straight and fine, red, auburn, blonde or sandy in color and tends to gray prematurely. Baldness, thinning hair or receding hair -line is also a sign of strong or excess pitta. The skin is warm, soft and fair and doesn't tan easily. Pitta's have sharp, penetrating intellects and good powers of concentration. Their work, usually intellectually orientated, can easily become an all-consuming passion leading to neglect of everything else. They incline towards anger as their negative emotion and stress easily brings this out. They can be irritable and impatient, demanding and perfectionistic, particularly if out of balance. Pitta's sleep is moderate and comes closest to the normal eight hours a night. Pitta's most important function is to regulate the metabolism. digestive disorders, heartburn, stomach ulcers, inflammation etc, are examples of disturbed or excess pitta.

### Characteristics of Pitta:

Moderate build Medium memory Prefers cold food/drink Sharp hunger/good digestion Can't skip meals Tendency to redness Assertive/forthright Good speakers	Inclined towards irritability/temper Enterprising/sharp character Aversion to hot, humid weather Performs activity with medium speed Orderly and efficient Medium time to grasp new information Tendency to moles and freckles Perfectionistic
---	---

<u>Balanced Pitta:</u>	<u>Unbalanced Pitta</u>	<u>Aggravates Pitta:</u>
Lustrous complexion Contentment Good digestion Softness of skin Heat/thirst balanced Loving and content	Yellowish complexion Excessive body heat Disturbed sleep Poor digestion Inflammation/ulcers Impatience/anger	Anger/resentment Hot, humid weather Fasting Wrong food/drink Overexposure to Sun Pitta season (summer)

<u>Foods that balance pitta:</u>	<u>Foods that aggravate pitta:</u>												
<table border="1"> <tr> <td>Sweet</td><td>Cold</td></tr> <tr> <td>Bitter</td><td>Astringent</td></tr> <tr> <td>Heavy</td><td>Dry</td></tr> </table>	Sweet	Cold	Bitter	Astringent	Heavy	Dry	<table border="1"> <tr> <td>Sour</td><td>Hot</td></tr> <tr> <td>Salty</td><td>Spicy</td></tr> <tr> <td>Light</td><td>Oily</td></tr> </table>	Sour	Hot	Salty	Spicy	Light	Oily
Sweet	Cold												
Bitter	Astringent												
Heavy	Dry												
Sour	Hot												
Salty	Spicy												
Light	Oily												

### Pitta Pacifying Diet - When this dosha is out of balance and during pitta season (also recommended for adverse Mars transit)

Favor juicy, cooling foods with high water content. Avoid hot spices (chiles, cayenne, jalepeno peppers, etc.), alcohol, vinegar, fried foods, tomatoes, yogurt and cheese.. Also, food should be fresh and organic if possible. Avoid leftovers, packaged, canned or bottled foods, processed foods, preservatives, artificial ingredients and salty foods.

## **Favor the Following Foods**

An asterisk\* after the item means it is especially helpful to favor or to avoid that particular food.

GENERAL: Cool to lukewarm drinks according to preference. Favor sweet, bitter, and astringent tastes.

GRAINS: Wheat, white rice ( basmati, jasmine, etc.) barley, oats, quinoa, kamut, amaranth, cous-cous.

LEGUMES: Mung beans, small kidney beans, non-fermented soy bean products (tofu is OK, avoid tempeh). All others OK in moderation.

VEGETABLES: Asparagus, artichokes, yellow squash\*, zucchini\*, okra, cauliflower, broccoli, cabbage, green beans, potatoes, sweet potatoes, peas, cilantro\*, sprouts, lettuce, chard\*, brussel sprouts, parsley, cucumber\*, kale\*, bok choy\*, winter squashes\*, sweet corn, all green leafy vegetables\* except spinach.

DAIRY: Milk\* (boiled and served cool to warm), butter, ghee\*, sweet lassi\*, cream, panir (homemade cheese from milk).

SWEETENERS: Whole, natural sugar cane (in small amounts), date sugar.

OILS: Ghee\* is best. Olive or coconut oils.

NUTS & SEEDS: Pumpkin seeds. Blanched almonds in small amounts.

SPICES: Coriander\*, cilantro\*, cumin, turmeric, saffron, fennel\*, cardamom, parsley\*, fresh basil.

FRUITS: Sweet grapes, avocado, sweet mango, coconut, melons\*, sweet plums, persimmon, pomegranate, sweet apples, sweet pears, raisins, dates.

NONVEGETARIAN: Chicken, turkey, egg white.

## **Reduce the Following Foods**

GENERAL: Pungent\* (hot, spicy), sour and salty tastes. Vinegar\*, alcohol\* and acidic\* foods.

GRAINS: Corn, millet, rye, buckwheat, brown rice.

VEGETABLES: Tomatoes\* and tomato sauce\*, radish, onions, carrots, beets, spinach\*.

FRUITS: Grapefruit\*, olives\*, orange\*, peach, sour grapes\*, pineapple\*, berries\*, prunes, banana\*, lemon\*, lime\*, cherries. Avoid any sour fruits.

DAIRY: Yogurt\*, cheese\* (especially aged and salty such as feta or blue cheese,) sour cream, cream cheese.

SWEETENERS: Molasses, brown sugar, honey.

OILS: Almond, corn, safflower, sesame\*, canola.

SPICES: Chili peppers\*, cayenne\*, onion, garlic\*, mustard seeds\*, cloves, celery seeds, fenugreek, catsup\*, mustard\*, asafoetida (hing.)\*, ginger, black pepper, soy sauce.

NONVEGETARIAN: Seafood, fish, beef\*, pork, lamb, egg yolk.

### Kapha Dosha:

The basic theme of kapha is relaxed. Kapha dosha gives strength and natural resistance to disease. Besides being well-built, kapha types tend to be thick-set with wide hips and shoulders. They have steady energy and their stamina exceeds that of other body types, as does their ability to perform physical exercise... weight lifting and body building are typical examples of kapha strength. By nature kapha's are affectionate, tolerant and forgiving. They are not easily shaken in a crisis and they anchor others around them. There is a tendency to become complacent however, and even the most balanced kapha will procrastinate when he feels stressed. Out of balance kapha's become lethargic and slow. If the imbalance is not corrected they become lazy and depressed; prone to colds, sinus problems and chest infections. Kapha types dislike cold, damp weather and respond to it mentally by becoming slow and lethargic. Kapha's sleep is heavy and long, often sleeping more than eight hours a night. Of the three body types kapha's are the slowest learners, but in compensation they have good retention, and in time they acquire a solid command of their subject. They absorb new information slowly and take a methodical approach to it.

Kapha governs all forms and substances in the body; muscles, bones, mucus membranes and so forth. Asthma, bronchitis, diabetes and tumors can be attributed to excess kapha (Jupiter expresses Kapha specifically) . However, as they normally have a strong immune system and good resistance to disease, it's one of the least likely dosha's to go out of balance.

### Characteristics of Kapha:

Solid, heavier build Good strength & endurance Slow & methodical in action Oily skin Slow digestion/mild hunger	Sleep is heavy and long Slow to grasp new information Slow to forget Slow to become excited Body hair plentiful
---	---

<u>Balanced Kapha:</u>	<u>Unbalanced Kapha:</u>	<u>Aggravates Kapha:</u>
Strength Normal joints Dignity Affectionate/forgiving Courage Good immunity	Pale complexion Coldness Excessive sleep Asthma/colds Overweight Depression	Cold, wet climate Sleeping in daytime Wrong food/drink Too much acidity Stress Kapha season (spring)

<u>Foods that balance kapha:</u>		<u>Foods that aggravate kapha:</u>	
Spicy	Light	Sweet	Heavy
Bitter	Dry	Sour	Oily
Astringent	Hot	Salty	Cold

## **Kapha Pacifying Diet - When this dosha is out of balance and during kapha season**

Favor warm foods and hot beverages. Eat a minimum of oil and fat. Avoid cold drinks, cold food, and frozen desserts (such as ice cream, popsicles, frozen yogurt, etc.) Avoid leftovers, canned, bottled, or packaged foods, frozen foods, processed foods, rich, creamy foods, sweets, salty foods and alcohol.

Eat mainly freshly prepared vegetable and legume dishes, with proportionately smaller amounts of grains and fruits. The food should be spiced according to taste.

### **Favor the Following Foods**

An asterisk\* after the item means it is especially helpful to favor or to avoid that particular food.

GENERAL: Lighter diet of less rich foods. Favor dry, light and crunchy foods. Favor pungent (hot, spicy), bitter and astringent tastes.

GRAINS: Barley\*, millet, corn, buckwheat, rye, quinoa, cous-cous and oats. (All grains should be a minimum of one year old).

LEGUMES: All except tofu.

VEGETABLES: All green leafy vegetables\*, carrot, beets, white potatoes, artichoke, broccoli\*, corn, celery, tender eggplant, cabbage, cauliflower, peas, bell pepper, green beans, sprouts, tender radish. In small amounts: tomato, asparagus, zucchini, cucumber.

DAIRY: Skim milk (boiled and served hot), small amounts of ghee and lassi made of nonfat yogurt (1part yogurt 4 parts water dilution.)

SWEETENERS: Raw honey\*.

OILS: Mustard, corn, sesame, (all used sparingly). Ghee in small amounts.

NUTS & SEEDS: Small portions of sunflower, sesame and pumpkin seeds, pecans and walnuts.

SPICES: All spices except salt; favor hot spices (ginger, black pepper, etc.), lemon juice in moderation.

FRUITS: Apples, pears, figs, papaya, guava\*, pomegranate\*, cranberries, persimmon\*.

### **Reduce the Following Foods**

GENERAL: Avoid large quantities of food\*, especially at night. Avoid oily, greasy, cold, heavy food; sweet, sour and salty tastes.

GRAINS: Wheat, rice, all yeasted or sourdough breads\*.

LEGUMES: Tofu, tempeh, soy or rice cheeses\*.

VEGETABLES: Sweet potatoes\*, tapioca.

FRUITS: Strictly avoid avocado\*, banana\*.



## The six tastes and some major foods within each category:

### Sweet:

Most grains like wheat, rice, barley, corn, etc.

Milk and sweet milk products like ghee, cream, butter

Sweet fruits like coconuts, dates, figs, grapes, pears, mangoes and especially dried fruits

Cooked vegetables like potato, sweet potato, carrot, beet root, cauliflower, string beans

Sugar in any form-raw, refined, brown, white, molasses, sugar cane juice, etc.

### Sour:

Sour fruits like lemons, limes, oranges, pineapples, passion fruit, cherries,

plums Sour milk products like yogurt, cheese, whey, sour cream, etc.

Fermented substances like wine, vinegar, soy sauce,

cabbage Carbonated beverages

### Salty:

Any kind of salt like rock salt, sea salt, salt from the ground

Any food to which salt has been added (pickles, nuts, chips)

### Pungent:

Hot spices like chilies, black pepper, mustard seeds, ginger, cumin, cloves, cardamom, garlic, etc.

Mild spices like turmeric, anise, cinnamon, and “fresh” herbs like oregano, thyme, mint, etc.

Raw vegetables like radish, onion, cauliflower

### Bitter:

Fruits like olive, grapefruit

Green leafy vegetables like spinach, green cabbage, brussel sprouts

Spices like fenugreek, turmeric

### Astringent: (drying)

Turmeric, honey (do not heat hotter than lukewarm water), walnuts, hazelnuts,

cashews Pulses (legumes) i.e. beans, lentils, peas, (dahl)

Vegetables like sprouts, lettuce, green leafy vegetables, most raw vegetables Fruits

like pomegranate, berries, persimmon, lemon, cranberry, most unripe fruits

The three doshas can be seen in all cycles of nature.			
	Vata	Kapha	Pitta
Time of Day	2:00AM - 6:00AM	6:00AM - 10:00AM	10:00AM - 2:00PM
	2:00PM - 6:00PM	6:00PM - 10:00PM	10:00PM - 2:00AM
Seasons	Late Autumn - Winter	Spring - Early Summer	Midsummer - Early Autumn

## Methods used to determine the Prakriti from birth chart

Some follow the line that lagna/lagnesh, representing the constitution/body-type, determines the Prakriti at birth. Others maintain that Prakriti is determined by considering the nakshatras of Chandra, Lagna and Surya.

Readers are encouraged to compare both methods with as many charts as possible before reaching a conclusion. I have found the first method to be most reliable...

If determining from lagna, as an example; say the ascendant is Virgo (a vata sign) and the lord of the Ascendant (Mercury) is in Capricorn (a vata sign), it will point to a strong vata influence. Conjunctions and/or aspects to either Ascendant or its lord can add additional qualities.

**NB:** Parashara describes the temperament of the Planets in BPHS >Ch 3: 23-30<

The temperament of the Signs are also given in >Ch 4: 5-5 1/2<

#	Nakshatra	Dosha	#	Nakshatra	Dosha	#	Nakshatra	Dosha	Lord
1	Ashwini	Vata	10	Magha	Kapha	19	Mula	Vata	Ketu
2	Bharini	Pitta	11	P.Phalguni	Pitta	20	P.Shadha	Pitta	Venus
3	Krittika	Kapha	12	U.Phalguni	Vata	21	U.Shadha	Kapha	Sun
4	Rohini	Kapha	13	Hasta	Vata	22	Shravana	Kapha	Moon
5	Mrigasira	Pitta	14	Chitra	Pitta	23	Dhanishtha	Pitta	Mars
6	Ardra	Vata	15	Swati	Kapha	24	Satabhisha	Vata	Rahu
7	Punarvasu	Vata	16	Vishaka	Kapha	25	P.Bhadra	Vata	Jupiter
8	Pushya	Pitta	17	Anuradha	Pitta	26	U.Bhadra	Pitta	Saturn
9	Aslesha	Kapha	18	Jyeshtha	Vata	27	Revati	Kapha	Mercury

Sign	Dosha	Ruling Planet	Dosha	Co-Ruler	Dosha
Aries	Pitta	Mars	Pitta		
Taurus	Vata	Venus	Kapha/Vata		
Gemini	Vata/Pitta/Kapha	Mercury	Vata/Pitta/Kapha		
Cancer	Kapha	Moon	Vata/Kapha		
Leo	Pitta	Sun	Pitta		
Virgo	Vata	Mercury	Vata/Pitta/Kapha		
Libra	Vata/Pitta/Kapha	Venus	Kapha/Vata		
Scorpio	Kapha	Mars	Pitta	Ketu	Vata
Sagittarius	Pitta	Jupiter	Kapha		
Capricorn	Vata	Saturn	Vata		
Aquarius	Vata/Pitta/Kapha	Saturn	Vata	Rahu	Vata
Pisces	Kapha	Jupiter	Kapha		

It's most common that the physiology (specifically) expresses the traits of more than one dosha i.e., the prikriti can be said to be vata/kapha, pitta/kapha, vata/pitta or whatever. It's not so common to be a pure vata, pitta or kapha type. Neither is it common to have a perfect balance of all three dosha's (known as Sama or Tridosha)...see examples below.

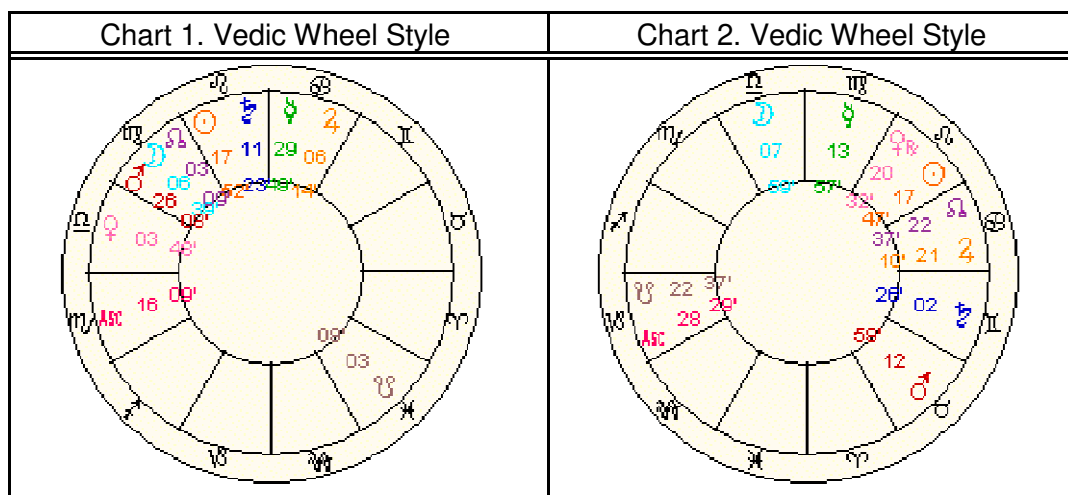
Chart 1. South Indian Style				Chart 2. South Indian Style			
♂ 03:09 ♈	♊	♋	♌	♈ 12:59 ♈	♊	♋ 02:26 ♋	♌
♎			♏ 08:14 ♏ ♏ 29:49 ♏	♎			♏ 21:10 ♏ ♏ 22:37 ♏
♍			♎ 11:23 ♎ ♎ 17:52 ♎	♍ 28:29 ♍ ♍ 22:37 ♍			♎ 17:47 ♎ ♎ 20:32 ♎
♐	♏ 16:09 ♏	♑ 03:48 ♑	♒ 03:08 ♒ ♒ 06:39 ♒ ♒ 26:08 ♒	♐	♑ 07:59 ♑	♒ 13:57 ♒	♓

In this chart Scorpio (kapha) rises with Ascendant lord Mars, in the vata sign of Virgo, conjunct Moon and Rahu. Moon, classified as vata/kapha, expresses more kapha when waxing (moving towards Sun) and more vata when waning (traveling away from Sun).

Rahu possesses the temperament of vata and, as he's tightly conjunct Moon in the vata sign of Virgo, the influence of vata on Ascendant lord Mars is strong. Jupiter, exalted in Cancer, aspects the ascendant from 9th house, imparting a strong kapha influence on the constitution. Therefore the native's prakriti is deemed to be either kapha/vata or vata/kapha depending on fluctuations.

In this chart Capricorn (vata) rises with Ascendant lord Saturn in the sign of Gemini who possesses all three humors so none really dominate. The Ascendant is occupied by Ketu (vata) and is aspected by Jupiter (kapha) from the kapha sign of Cancer. This native's physiology (constitution) strongly expresses the qualities of kapha/vata.

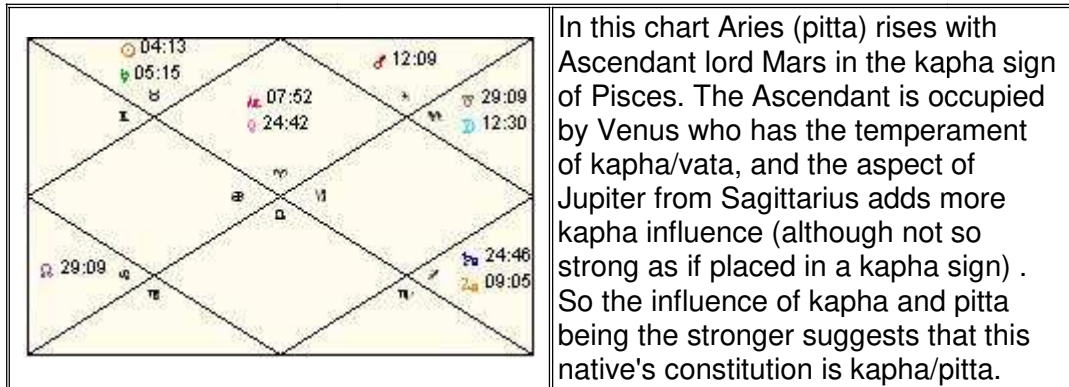
Jupiter, exalted in sign of Cancer, is obviously the stronger influence, therefore the native's prakriti is deemed to be kapha/vata rather than vata/kapha. However the dosha's do fluctuate and often it may be that vata is stronger. As we get older, vata increases in everyone. This dosha also increases naturally during late autumn/winter season.



Chronic dosha imbalance (vrikriti) can develop when planets get afflicted in 8th house of vulnerability. A native with kapha/vata prikriti for instance can also have a strong pitta imbalance (vrikriti). Prikriti is kept in balance with diet and lifestyle - Vrikriti with rasayanas (good medical treatment/intervention). Afflictions to Moon can also indicate a strong imbalance (vrikriti) as is seen in chart 3. below.

Knowing our prakriti is a step towards good health, and certainly tells us a great deal about the native's innate nature. I'm therefore mystified why this important area of jyotish is so neglected.

Chart 3. North Indian Style - Vata imbalance (vrikriti) disturbing Moon



Some vata present due to Venus and if this dosha were to become imbalanced it could certainly disturb the other two. Vata is known as the king of doshas as, when in balance, it leads the others into balance as well.

Vrikriti (imbalance):

Moon is badly afflicted by the aspect of (vata) Saturn and the conjunction of (vata) Ketu, resulting in mental/emotional disturbances that can develop into severe mental illness if not kept in check. A vata pacifying diet and a nightcap (rasayana) made with scalded milk, vata churna and a little ghee would go a long way in pacifying this affliction.

### Sign and Physiology

The part of the body represented by the sign/bhava can be afflicted if it's occupied by a malefic and/or if it's lord is afflicted. This manifestation will be even more likely if that sign has become the eighth house (vulnerable point).

#### \*Limbs of Kalapurusha\*

More info here...		
Sign / House	Body Part	Additional physiological indications/ Disease
Aries - Mesha - 1 -	Head, Brain, forehead	Digestive fire venereal or bilious disease, constipation, deafness, headache, insomnia, mental tension, stammering.

Taurus - Vrishabha - 2 -	Face, Neck	All organs of Face and Neck reproductive vigour, production of semen, female barrenness, disease of bronchial tube.
Gemini - Mithuna - 3 -	Shoulders, Arms, Hands	Palms, Wrists, Nipples, Ears indecision, asthma.
Cancer - Karka - 4 -	Heart, Chest, Lungs	worried mind, heart disease, impurity of blood, cold.
Leo - Simha - 5 -	Stomach	Liver, Gallbladder, Spleen, Navel, Pancreas, Kidney indigestion, enlargement of liver, reduced fertility, anger, greed
Virgo - Kanya - 6 -	Hips	Back, Waist, Small intestine Indigestion, pain in back.
Libra - Tula - 7 -	Space below navel	Abdomen, Belly, Bladder, Large intestine, Buttocks urinary disease, diabetes.
Scorpio - Vrischika - 8 -	Privy parts	Generative and Excretory organs venereal disease, water in stomach, restlessness, anger, over-sensitiveness.
Sagittarius - Dhanu - 9 -	Thighs	problems due to weather changes, greed, restlessness.
Capricorn - Makara - 10 -	Knees	reluctance, cold, skin disease, hypertension.
Aquarius - Kumbha - 11 -	Calves, Ankles	rheumatism, heart trouble, heat in body, self-indulgence.
Pisces - Meena - 12 -	Feet	diseases related to urine, stomach or skin, pain in joints, dysentery.

### Graha (Planet) and Physiology

Organs mentioned can be diseased or sickness may occur if related graha is weak, afflicted, or in dusthana...

Graha	*Sapta Dhatu*	Physiology / Disease
Sun - Surya	Bones	Head, Brain, Right eye, Bile, Organ of voice, Physical heart, Arteries, Veins ----- fever, cholera, blood pressure.
Moon - Chandra	Blood	Face, Lungs, Lymph, Left eye, Glands, Tonsils, Womb, Breasts, Blood circulation, Stomach, Kidneys ----- phthisis, cold, cough, lunacy, colics.



Mars - Mangala	Marrow	Bile, Muscles, Sinews, Nose, Digestive fire, Reproductive organs, Intestine ----- dysentery, piles, typhoid, pox, boils, accident.
Mercury - Budha	Skin	Tongue, Bronchial tube, Bowels, Sensorium, Nerve centres, Gastric juice, Hands ----- epilepsy, loss of memory or speech, dyspepsia, vertigo.
Jupiter - Guru	Fat (adipose tissue)	Liver, Ears, Navel, Hips, Physical development, Palate, Throat ----- dyspepsia, cough, cold, phthisis, sinus congestion, asthma, allergies, thrombosis, diarrhoea.
Venus - Sukra	Semen / Ovula	Reproductive organs, Bladder, Kidneys, Pancreas, Fluids, Secretion, Emission. ----- venereal disease, asthma, diabetes, phthisis, cough, cold.
Saturn - Sani	Muscles	Knees, Feet, Legs, Gall bladder, Respiratory system, Nerves ----- gout, indigestion, dyspepsia, rheumatism, rickets, insanity, consumption.
Rahu - Dragon's head	---	Alimentary canal, Excretory system ----- indigestion, gas accumulation in stomach or intestines, skin disease (swelling) insect bite, hiccough.
Ketu - Dragon's tail	---	Nervous system, Spine ----- poisoning, plague, consumption, fever, wounds, snake bite.

### More about Sapta Dhatus:

The dhatus are the basic varieties of tissues which compose the human body. The word “dhatu” comes from a Sanskrit word which means “that which enters into the formation of the body”

### The primary Dhatus are:

*Rasa dhatu* (Chyle, Lymph, Plasma)  
*Rakta dhatu* (Haemoglobin fraction in blood)  
*Mamsa dhatu* (Muscle tissue)  
*Medas dhatu* (Fat or Adipose tissue)  
*Asthi dhatu* (Bone-tissue including cartilage)  
*Majja dhatu* (Bone Marrow)  
*Sukra dhatu* (Semen, Sperm, Ovum).

Together the dhatus and upadhatus make up the physical bulk of the body.

The upadhatus include hair, nails, ligaments, etc; they are important structurally but usually are not implicated in disease conditions of the body.

Each dhatu consists of countless infinitesimal paramanus (cells) which are units of structure and function. Each paramanu contains innumerable suksma srotas (channels, pores) through which it receives nutrients and subtle energies and eliminates waste materials. The srotas of each dhatu are unique in their structure and function and in the materials which move through them. All the seven dhatus are well connected to each other - damage or malformation of one dhatu can in turn affect all other dhatus.

According to Ayurveda, diseases are due to Tridosha (Vata, Pitta and Kapha) but actual pathology took place in Sapta Dhatu (Rasa, Rakta, Mamsa, Medas, Asthi, Majja, Sukra) whichever is weak.

### **To Sum Up:**

The Sapta (seven) Dhatus (tissues) elements form the pillars of the body that form the means of nourishment and growth while providing support to the body as well as the mind.

**Rasa (fluid) dhatu** – Derived from the digested food, it nourishes each and every tissue and cell of the body and is analogous to the plasma.

**Rakta (blood) dhatu** – Regarded as the basic of life, it is analogous to the circulating blood cells. It not only nourishes the body tissues, but provides physical strength and colour to the body.

**Mamsa (muscle) dhatu** – The muscle tissue, its main function is to provide physical strength and support for the medas dhatu.

**Medas (fat) dhatu** – Consists of adipose tissue providing support to ashti dhatu. It also lubricates the body.

**Ashti (bone) dhatu** – Comprising of bone tissues, including cartilages, its main function is to give support to the majja dhatu and provide support to the masma dhatu.

**Majja (marrow) dhatu** – Denoting the yellow and red bone marrow tissue, its main function is to fill up the ashti and to oleate the body.

**Sukra (semen) dhatu** – The main aim of this reproductive tissue is to help reproduction and strengthen the body.

Since the dhatus support and derive energy from each other, affecting one can influence others. For instance, interference in the manufacture of the plasma affects the quality of the blood, which in turn effects the muscle. Each tissue type has its own agni, which determines metabolic changes in the tissues. And forms by-products, which are either used in the body or excreted. The tissues are also governed by the three doshas, and any imbalance in them also causes imbalances in dhatus.

Vedic Astrology is able to pinpoint inherent and/or transient weaknesses in specific Dhatus.



**COLLECTION OF VARIOUS**  
**-> HINDUISM SCRIPTURES**  
**-> HINDU COMICS**  
**-> AYURVEDA**  
**-> MAGZINES**

**FIND ALL AT [HTTPS://DSC.GG/DHARMA](https://dsc.gg/dharma)**

**Made with**



**By**

**Avinash/Shashi**

**Icreator of  
hinduism  
server!**



**KAPWING**

## THE SEVEN CHAKRAS

### 1) ROOT CHAKRA (Muladhara)

Location: *Base of spine*

Element: *Earth*

Dosha: *Vata*

Subdosha: *ApanaVata*

Color: *Red*

Body Part: *Sex Organs*

Nature: *Body, Energy, Security, Kundalini*

Planet: *Saturn*

### 2) SACRAL CHAKRA (Svadhithana)

Location: *Lower abdomen/Sacral plexus*

Element: *Water*

Dosha: *Kapha and Vata*

Subdosha: *AvalambhakaKapha/ApanaVata*

Color: *Orange*

Body Part: *Legs, Bladder, Kidneys*

Nature: *Peace, Sexuality, Action, Anger*

Planet: *Moon*

### 3) SOLAR PLEXIS CHAKRA (Manipura)

Location: *Solar Plexus*

Element: *Fire*

Dosha: *Pitta*

Subdosha: *RanjakaPitta*

Color: *Yellow*

Body Part: *Spleen, Large Intestine, Gallbladder, Liver, Stomach*

Nature: *Action, Wisdom, Power, Emotion*

Planet: *Mars*

### 4) HEART CHAKRA (Anahata)

Location: *Center of Chest*

Element: *Air*

Dosha: *Pitta (Kapha)*

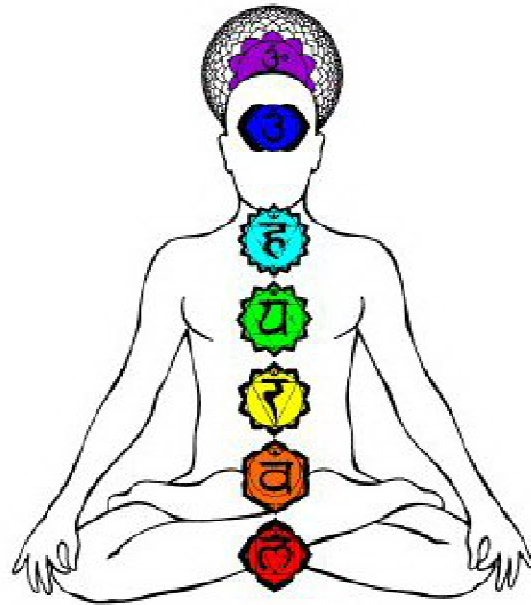
Subdosha: *SadhakaPitta/AvalambhakaKapha*

Color: *Green*

Body Part: *Arms, Vagus Nerve, Blood, Liver, Lungs, Heart*

Nature: *Life Force, Compassion, Love, Consciousness*

Planet: *Venus*



### 5) THROAT CHAKRA (Vishuddha)

Location: *Throat*

Element: *Space*

Dosha: *Vata*

Subdosha: *UdanaVata*

Color: *Sky Blue*

Body Part: *Throat, Vocal cord, Upper lungs, Alimentary canal*

Nature: *Communication, Sound, Self expression, Creative energy*

Planet: *Mercury*

### 6) BROW CHAKRA (Ajna)

Location: *Forehead (third eye)*

Element: *Ether*

Dosha: *Pitta/Vata*

Subdosha: *AlochakaPitta/PranaVata*

Color: *Indigo*

Body Part: *Nose, Ears, L Eye, Brain, Spine*

Nature: *Telepathy, Intuition, Third Eye, Clairvoyance, Light*

Planet: *Jupiter*

### 7) CROWN CHAKRA (Sahasrara)

Location: *Top of head*

Element: *Ether*

Color: *Violet*

Body Part: *Head, R Eye*

Nature: *Enlightenment, Spirituality*

Planet: *Sun*