Part -5

Dosha Prakriti and their Traditional Planetary Correlations



1. Introduction: Understanding the relationship between Ayurveda and Jyotiṣa

To understand the relationship between Dosha, Prakriti and planetary influences, we must first understand that Ayurveda and Jyotiṣa approach the human being from two complementary perspectives.

- **Ayurveda** studies the human body, its physiological functions, constitutional characteristics, metabolism and susceptibility to imbalance.
- **Jyotiṣa** studies the symbolic relationship between cosmic time, planetary configurations, psychological tendencies and traditional interpretations of human experience.

The central philosophical idea is that the human being is not separate from nature.

The same five Mahābhūtas (Pañcamahābhūta) that constitute the external universe are also represented in the human body.

This leads us to an important traditional principle:

Yathā Pinde Tathā Brahmāṇḍe — as in the individual organism, so in the cosmic order.

"If two people are exposed to the same environment, eat the same food and follow the same lifestyle, why might their bodies respond differently?"

This question introduces the concept of individual constitution.

Ayurveda explains individual variation through Prakriti, Agni, Dosha, Dhātu and other physiological principles.

Jyotiṣa provides a traditional symbolic framework for examining planetary configurations, temperament, life patterns and timing.

Three fundamental concepts

A. Prakriti — constitutional nature

The inherent psychophysiological constitution established at conception.

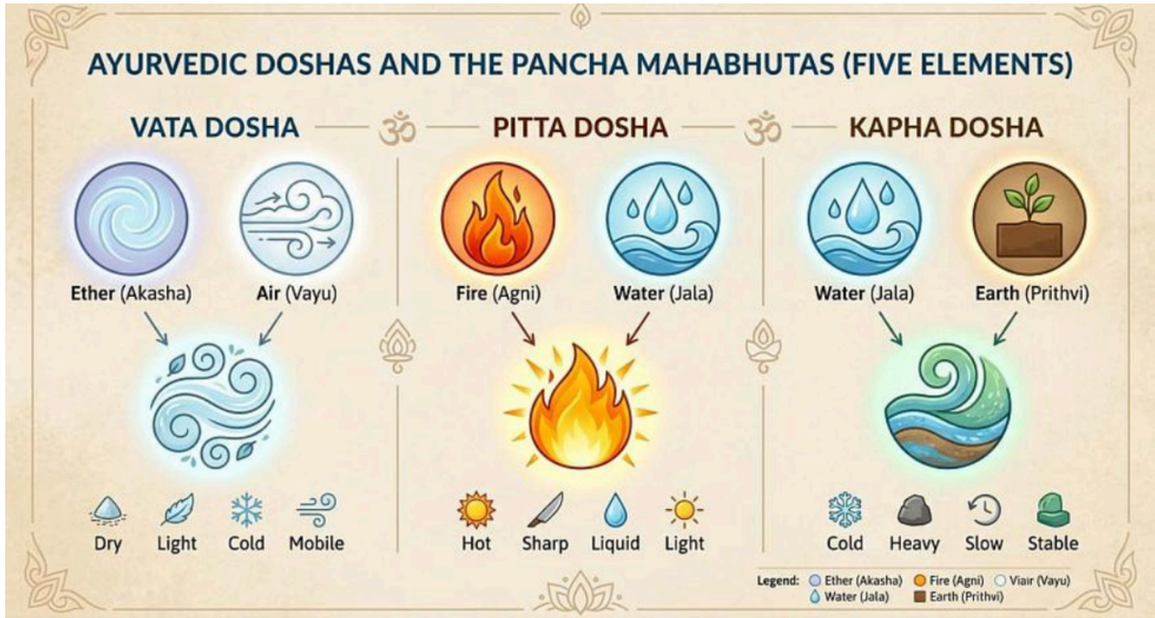
B. Vikriti — acquired imbalance

The present state of Dosha disturbance relative to the individual's constitutional baseline.

C. Graha influence — astrological symbolism

Traditional interpretation of planetary qualities, placements and their symbolic relationship with the individual.

Mahābhūta	Ayurvedic qualities	Functional interpretation
Ākāśa	Subtle, expansive	Space and channels
Vāyu	Mobile, light, dry	Movement
Agni	Hot, sharp	Transformation
Jala	Fluid, cohesive	Nourishment
Pṛthvī	Heavy, stable	Structure



Vāta	Pitta	Kapha
Rūkṣa – Dry	Snigdha – Slightly unctuous	Snigdha – Unctuous
Laghu – Light	Tīkṣṇa – Sharp	Guru – Heavy
Śīta – Cold	Uṣṇa – Hot	Śīta – Cold
Khara – Rough	Sara – Flowing	Manda – Slow
Sūkṣma – Subtle	Drava – Liquid	Sthira – Stable
Cala – Mobile	Visra – Characteristic odour	Picchila – Slimy

Important principle:

Samānya increases similarity, whereas Viśeṣa decreases similarity.

For example:

- **Dry food and a dry environment may aggravate Vāta.**
- **Excessively hot and pungent substances may aggravate Pitta.**
- **Heavy, oily and cold foods may aggravate Kapha.**

This is the basis of the Ayurvedic principle of maintaining balance through appropriate opposites.

What is Prakriti ?

Prakriti is the inherent constitution of an individual determined by the relative predominance of Doshas at the time of conception.

Classical Ayurveda explains its formation through factors including:

- **Śukra — reproductive element of the father.**
- **Śoṇita/Ārtava — reproductive element of the mother.**
- **Garbhāśaya — reproductive environment.**
- **Kāla — time and seasonal factors.**
- **Garbhāśaya-gata factors and maternal diet and lifestyle.**

Assessment domain	Vāta tendency	Pitta tendency	Kapha tendency
Body frame	Thin, variable	Medium	Broad, solid
Skin	Dry, rough	Warm, sensitive	Smooth, oily
Appetite	Variable	Strong	Relatively steady
Digestion	Irregular	Intense	Slow
Sleep	Light	Moderate	Deep
Activity	Quick	Purposeful	Steady
Speech	Fast, variable	Clear, direct	Calm, measured
Memory	Quick learning, variable retention	Sharp comprehension	

Planet	Elemental symbolism*	Primary Dosha association	Secondary
Sun	Agni	Pitta	—
Moon	Jala	Kapha	—
Mars	Agni	Pitta	—
Mercury	Pṛthvī	Vāta-like	Pitta-like
Jupiter	Ākāśa	Kapha-like	—
Venus	Jala	Kapha	—
Saturn	Vāyu	Vāta	—
Rahu	Variable	Vāta-like	Pitta/Kapha
Ketu	Variable	Vāta-like	Pitta

Planetary combination	Qualitative interpretation
Sun + Mars	Stronger Pitta-like symbolism
Saturn + Mercury	Stronger Vāta-like symbolism
Moon + Jupiter	Stronger Kapha-like symbolism
Mars + Saturn	Mixed Pitta–Vāta symbolism
Moon + Saturn	Mixed Kapha–Vāta symbolism
Sun + Moon	Mixed Pitta–Kapha symbolism

Zodiac sign	Element	Nature	Lord
Aries	Fire	Movable	Mars
Taurus	Earth	Fixed	Venus
Gemini	Air	Dual	Mercury
Cancer	Water	Movable	Moon
Leo	Fire	Fixed	Sun
Virgo	Earth	Dual	Mercury
Libra	Air	Movable	Venus
Scorpio	Water	Fixed	Mars
Sagittarius	Fire	Dual	Jupiter
Capricorn	Earth	Movable	Saturn
Aquarius	Air	Fixed	Saturn
Pisces	Water	Dual	Jupiter

Rāśi	Element	Indicative Dosha tendency
Aries	Fire	Pitta
Taurus	Earth	Kapha
Gemini	Air	Vāta
Cancer	Water	Kapha
Leo	Fire	Pitta
Virgo	Earth	Kapha
Libra	Air	Vāta
Scorpio	Water	Kapha–Pitta
Sagittarius	Fire	Pitta
Capricorn	Earth	Kapha
Aquarius	Air	Vāta
Pisces	Water	Kapha

Nakṣatra ruler	Nakṣatras	Indicative planetary quality
Ketu	Aśvinī, Maghā, Mūla	Vāta–Pitta
Venus	Bharaṇī, Pūrva Phalgunī, Pūrva Āṣāḍhā	Kapha–Pitta
Sun	Kṛttikā, Uttara Phalgunī, Uttara Āṣāḍhā	Pitta
Moon	Rohiṇī, Hasta, Śravaṇa	Kapha
Mars	Mṛgaśīrṣa, Citrā, Dhaniṣṭhā	Vāta–Pitta
Rahu	Ārdrā, Svātī, Śatabhiṣā	Vāta
Jupiter	Punarvasu, Viśākhā, Pūrva Bhādrapadā	Kapha–Pitta
Saturn	Puṣya, Anurādhā, Uttara Bhādrapadā	Vāta–Kapha
Mercury	Āśleṣā, Jyeṣṭhā, Revatī	Vāta–Kapha

Placement	Main symbolic association
Moon in Rohiṇī	Kapha-like nourishment and growth
Mars in Citrā	Pitta-like heat and sharpness
Saturn in Svātī	Vāta-like dryness and mobility

Integrated Ayurveda–Jyotiṣa model

Step 1 — Constitutional assessment
Determine Prakriti through Ayurvedic assessment.

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Step 2 — Identify present imbalance
Assess Vikriti, Agni, Āma, lifestyle and environmental factors.

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Step 3 — Examine planetary symbolism
Examine Graha, Rāśi, Bhāva, Nakṣatra, aspects and conjunctions.

Step 4 — Compare qualitative patterns
Identify possible similarities between planetary Guṇas and Dosha Guṇas.

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Step 5 — Construct a cautious synthesis
Discuss symbolic correspondences without claiming that a horoscope establishes a clinical diagnosis.

Important Points For Prakriti Assessment

1) D1 Birth Chart

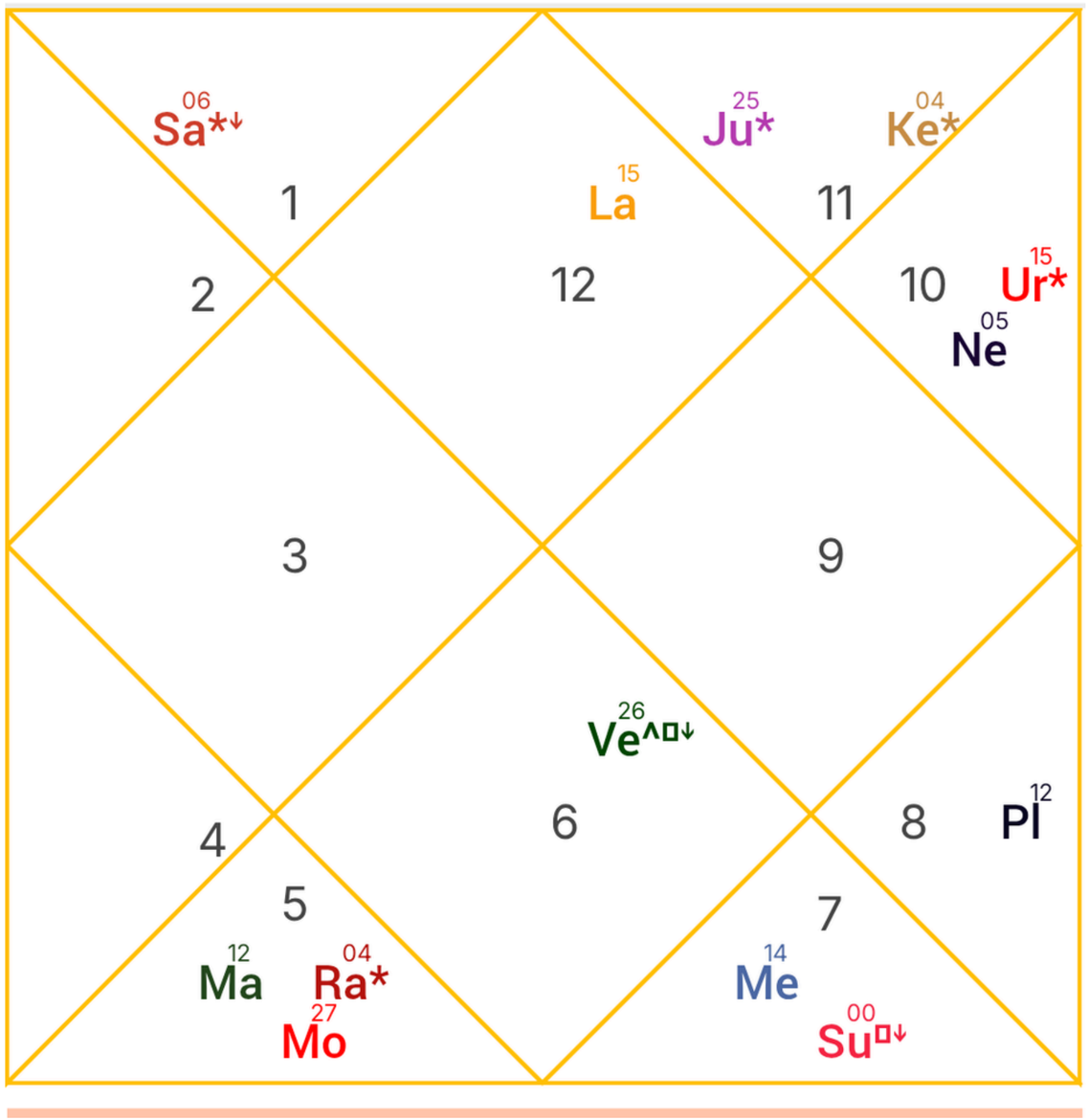
2) Ascendent zodiac Sign & it's Degree

3) Ascendent Lord and its Degree

4) Conjunction of Acendent Lord with other Planet

5) Aspect on Ascendent Lord or Ascendent House

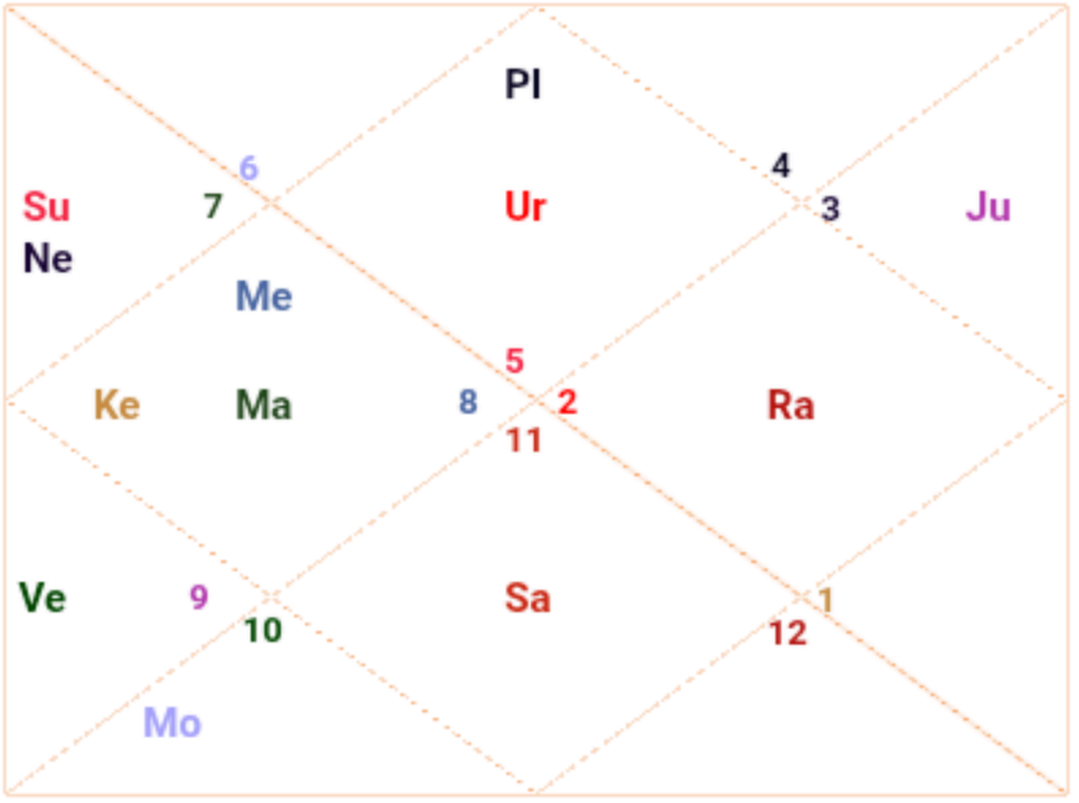
6) Nakshtra of Ascendent Sign and Nakshtra of Ascendent Lord



La	15°34'15"	Su	00°03'56"	Mo	27°56'42"
Ma	12°13'43"	Me	14°29'00"	Ju	25°33'48"
Ve	26°48'28"	Sa	06°48'05"	Ra	04°33'13"
Ke	04°33'13"	Ur	15°03'32"	Ne	05°29'19"
Pl	12°25'03"				

Pla		Sign	Degree	Naks	Rel
Lag		Pis	15°34'15"	UtBha	(4)
Sun		Lib	00°03'56"	Chitr	(3)
Mon		Leo	27°56'42"	UtPha	(1)
Mar		Leo	12°13'43"	Magha	(4)
Mer		Lib	14°29'00"	Swati	(3)
Jup	(R)	Aqu	25°33'48"	PoBha	(2)
Ven	(C)	Vir	26°48'28"	Chitr	(2)
Sat	(R)	Ari	06°48'05"	Ashwi	(3)
Rah	(R)	Leo	04°33'13"	Magha	(2)
Ket	(R)	Aqu	04°33'13"	Danis	(4)

Lagna Chart



Lagna Chart

		Ra	Ju
Sa	Birth Details Shah Rukh .. Nov 2, 1965 Time 2: 30: 1 Time Zone 5.5 Latitude 28: 40: N Longitude 77: 13: E		
Mo			Ur Pl Asc
Ve	Me Ke Ma	Ne Su	