



CosmicCues

Body Constitution Astrology

Report Frequency: One Time

Prepared On: August 15, 2025, 5:37 p.m.

For valued user: Nickunj

Report Id: 4cfe45678bc4eb9cb11c02e87939d4c39fa0a815ffbc1ad72b38434133e615ac

Nickunj's Birth Details

Gender	M
Date & Time of Birth	September 16, 1992, 2:09 p.m.
Latitude	32.78
Longitude	-96.80
Birth Day Sunrise	06:02:47
Birth Day Sunset	17:41:40

Birth Panchang

Vara	Budhavara
Lunar Month	Adhik Phalguna
Vedic Year	Nandana
Hora	Surya
Tithi	Shukla Dvitiya
Karana	Kaulava
Yoga	Indra
Rahu Kaal	13:19-14:46

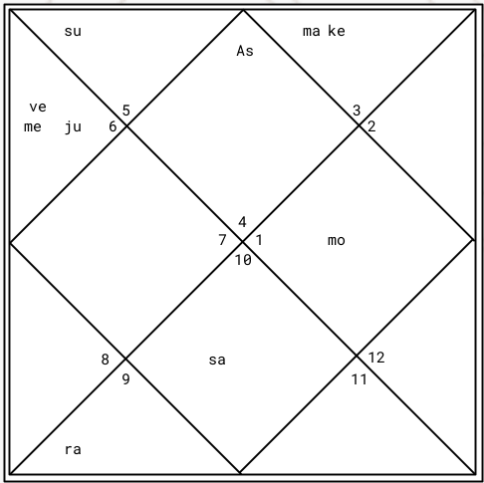
Planets In Rashis & Houses

Planet	Rashi	Degree	House
Lagna	Cancer	14.55	1
Sun	Leo	29.99	2
Mercury	Virgo	1.04	3
Venus	Virgo	25.50	3
Mars	Gemini	8.57	12
Jupiter	Virgo	1.06	3
Saturn	Capricorn	18.79	7
Moon	Aries	18.18	10
Rahu	Sagittarius	2.16	6
Ketu	Gemini	2.16	12

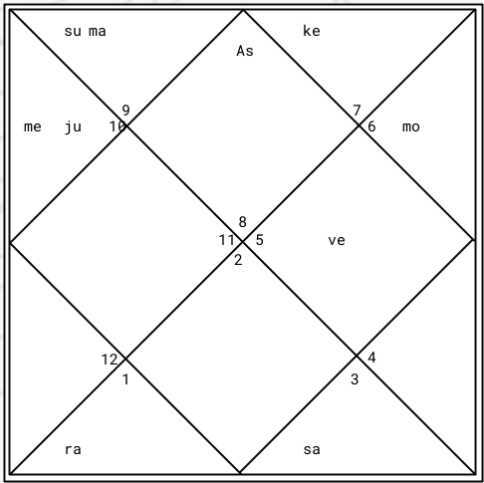
Planets In Nakshatras

Planet	Nakshatra	Pada
Lagna	Pushya	4
Sun	Uttara Phalguni	1
Mercury	Uttara Phalguni	2
Venus	Chitra	1
Mars	Ardra	1
Jupiter	Uttara Phalguni	2
Saturn	Shravana	3
Moon	Bharani	2
Rahu	Mula	1
Ketu	Mrigashira	3

Lagna Chart



D9 Chart



Report Analysis

Your Body Constitution Astrology Report

Namaste. It is with sincere respect that I present this analysis of your natal body constitution, or Prakriti, as revealed through the sacred science of Vedic astrology. This report, prepared on August 15, 2025, offers insights into your inherent physical and mental tendencies for your lifetime.

Body Constitution (Prakriti) Report

Vedic wisdom teaches that our physical and mental makeup is a unique blend of three fundamental energies or doshas: Vata (Air & Ether), Pitta (Fire & Water), and Kapha (Earth & Water). Your birth chart provides a profound map of your unique doshic blueprint, known as Prakriti. Understanding this helps in cultivating a life of balance and well-being.

Primary Constitutional Analysis from the Ascendant (Lagna)

Your Ascendant, the sign rising on the eastern horizon at the moment of your birth, is Cancer. This is a Watery and movable sign, which forms the foundational layer of your physical constitution. The water element is the primary building block of the Kapha dosha, which governs stability, structure, lubrication, and immunity in the body. This indicates that your core physical nature is endowed with inherent strength, stamina, and a steady disposition. The Kapha influence provides a naturally robust framework for your body, suggesting good physical endurance and a calm, nurturing presence.

Modifying Influence of the Ascendant Lord (Lagnadhipati)

The ruler of your Cancer Ascendant is the Moon, which represents your physical self and overall life path. In your chart, the Moon is placed in the fiery sign of Aries in the 10th house. This is a significant modifying influence. While the Moon itself is a Kapha planet (watery, cool), its placement in Aries, a sign of fire and action, introduces a powerful and dynamic Pitta element into your constitution. Pitta governs metabolism, digestion, transformation, and energy. This blend suggests that while your foundational structure is Kapha, your functional energy is driven by Pitta. You possess the stamina of Kapha combined with the drive and ambition of Pitta, creating a potent combination for worldly success and activity.

Direct Doshic Influences on the Body and Mind

A deeper look at your Ascendant reveals a powerful aspect from Saturn, which is strongly placed in its own sign of Capricorn in your 7th house. Saturn is the primary planet of the Vata dosha, which governs movement, the nervous system, and all subtle processes in the body. Saturn's direct influence on your physical self introduces a significant Vata quality to your constitution. This adds elements of structure, discipline, and dryness. Furthermore, your Sun, representing vitality, is exceptionally strong in its own fiery sign of Leo, greatly amplifying the Pitta dosha. Therefore, your constitution is not dominated by a single dosha but is a complex and unique interplay of all three: the Kapha foundation from your Ascendant, the Pitta drive from your Ascendant Lord and Sun, and the Vata structure from Saturn's influence.

The Moon's Role in Determining Mental Constitution (Manas Prakriti)

Your mental and emotional nature, or Manas Prakriti, is primarily understood through the Moon. Your Moon is in the sign of Aries and the Nakshatra (lunar mansion) of Bharani. The sign of Aries imparts a Pitta nature to your mind, making you quick-thinking, courageous, pioneering, and goal-oriented. You likely have a sharp intellect and a direct, forthright way of processing thoughts and emotions. However, Rahu, a Vata planet, aspects your Moon, which can add a layer of mental restlessness, intensity, and unconventional thinking. The Nakshatra Bharani, ruled by Venus (a Kapha planet), softens this fiery intensity with a desire for harmony, creativity, and connection in your inner world. This combination points towards a predominantly Pitta-Vata mental constitution: a mind that is both fiery and active, driven and fast-moving.

Constitutional Weaknesses and Predispositions from the 6th House

The 6th house of your chart indicates the areas of the body that may be more sensitive or prone to imbalance (Vikriti) under stress. Your 6th house is the fiery sign of Sagittarius, which reinforces that the Pitta dosha is the most likely to become aggravated. This house is occupied by the planet Rahu, a Vata-natured planet known for causing unusual or fluctuating conditions. The lord of your 6th house, Jupiter, is placed in the 3rd house in the sign of Virgo. Jupiter is somewhat weakened by being in an enemy's sign and combust. The sign Virgo is associated with the digestive system, particularly the intestines. This combination suggests a constitutional predisposition towards imbalances related to digestion and metabolism, where an excess of Pitta (heat, acidity) is complicated by the irregular nature of Vata (gas, bloating), often triggered by stress or over-exertion.

Synthesis and Final Determination of the Natal Prakriti

Synthesizing all these astrological factors, it is clear that you have a Tridoshic constitution, meaning all three doshas are significant in your makeup, but they operate in a distinct hierarchy. Your foundational physical nature is Kapha-Pitta-Vata.

Kapha, from your Cancer Ascendant, provides your underlying physical strength and stability.

Pitta, from your strong Sun and Ascendant Lord in Aries, fuels your metabolism, ambition, and energy.

Vata, from Saturn's powerful influence on your Ascendant, governs your nervous system and provides structure.

Your mental constitution (Manas Prakriti) is predominantly Pitta-Vata, characterized by a sharp, active, and ambitious mind that can be prone to restlessness and overthinking. This combination gives you great capacity for achievement but also requires conscious effort to maintain inner calm and balance.

Astrological Indicators for Current Imbalances (Vikriti)

Your natal constitution represents your baseline, but planetary cycles (Dashas) and transits (Gochar) can cause temporary imbalances, known as Vikriti. As of August 2025, the astrological climate strongly indicates a period where Vata and Pitta are likely to be aggravated.

Dasha Period: You are currently in the major period (Maha Dasha) of Mars, which will last until June 2028. Mars is a pure Pitta planet, and its period naturally increases heat, intensity, and inflammation in the body and mind. Within this, you are in the sub-period (Antar Dasha) of Mercury and the sub-sub-period (Pratyantar Dasha) of Rahu. Both Mercury and Rahu are primarily Vata in nature. This combination of a Pitta major period lord and Vata sub-period lords creates a strong tendency for a Vata-Pitta imbalance, which can manifest as anxiety, digestive issues, burnout, and inflammation.

Planetary Transits: Most significantly, the transit of Saturn in Pisces places it in the 12th house from your natal Moon. This marks the beginning of your Sade Sati, a profound seven-and-a-half-year cycle. This initial phase is known to significantly increase the Vata dosha, leading to mental stress, anxiety, changes in routine, and a feeling of being ungrounded. This transit strongly amplifies the Vata imbalance shown by your Dasha period.

Therefore, the current period requires special attention to pacifying both Vata and Pitta to maintain your health and well-being.

General, Non-Prescriptive Dietary Principles for Doshic Balance

Given your tridoshic nature and the current Vata-Pitta sensitivity, a diet that balances all three energies is most beneficial. The focus should be on foods that are nourishing, calming, and cooling.

Supportive Tastes: Focus on the sweet taste (found in rice, milk, whole grains, sweet fruits), which pacifies both Vata and Pitta. Incorporate bitter (leafy greens, turmeric) and astringent (beans, lentils, pomegranate) tastes to balance Pitta and Kapha.

Foods to Favor: Warm, cooked, and moderately moist meals are ideal. Think of nourishing soups, steamed vegetables, basmati rice, quinoa, and mung beans. Use cooling oils like ghee or coconut oil for cooking. Sweet, ripe fruits like berries, melons, and pears are excellent.

Foods to Moderate: It would be wise to reduce foods that are excessively spicy, sour, salty, and fried, as these aggravate Pitta. Also, moderate cold, dry, and raw foods (like large raw salads or iced drinks), as these can increase Vata. Stimulants like caffeine and alcohol should be consumed with mindfulness, as they can disturb both Vata and Pitta.

Disclaimer: These are general dietary principles for educational purposes based on astrological indications and are not a substitute for professional medical or nutritional advice.

Recommended Lifestyle, Exercise, and Daily Routines (Dinacharya)

A balanced lifestyle that honors all three doshas in your constitution is key to your vitality, especially during this sensitive period.

Routine is Your Anchor: With Vata elevated due to Sade Sati, establishing a consistent daily routine (Dinacharya) is your most powerful tool for balance. Try to wake, eat, and sleep at roughly the same times each day. This provides the stability that Vata needs.

Mindful Movement: Your Kapha-Pitta nature benefits from regular, but not overly intense, exercise. Activities that blend strength with mindfulness, such as Vinyasa yoga, swimming, hiking, or Tai Chi, are ideal. Avoid exercising in the intense heat of midday to keep Pitta in check.

Cultivate Calmness: The Pitta-Vata combination of your mind and the current planetary cycles calls for practices that promote tranquility. A daily practice of meditation, even for just 10-15 minutes, can be transformative. Cooling breathing exercises (like Sheetali Pranayama) can help calm a fiery mind.

Connect with Nature: Spending time in nature, especially near water or in lush green environments, is very balancing for all three doshas. It helps soothe Pitta's intensity, ground Vata's movement, and refresh Kapha's stability.

Cosmic Cues

This summary provides an overview of the inherent strengths, weaknesses, opportunities, and threats related to your body constitution as indicated by your astrological chart.

Cosmic Strengths

Your chart is blessed with significant inherent strengths that support vitality. Your Sun, the planet of health and energy, is powerful in its own sign of Leo, bestowing you with natural leadership and a robust inner fire. Your Ascendant lord, the Moon, is well-placed in the 10th house, indicating a strong connection between your physical self and your purpose in the world. The Kapha foundation of your Cancer Ascendant provides you with natural stamina and resilience. Furthermore, an exalted Mercury gives you a sharp, discerning intellect to understand and manage your own well-being.

Cosmic Weaknesses

The primary area of sensitivity lies in the potential conflict between your emotional and logical minds, indicated by the challenging placement between your Moon and Mercury. This can create internal stress, which is a key trigger for doshic imbalance. The lord of your 6th house of health, Jupiter, is weakened, suggesting that you may need to be more conscious and proactive in maintaining your health routines. The placement of Mars and Ketu in the 12th house can point to hidden or sudden inflammatory issues that may arise if Pitta is not well-managed.

Cosmic Opportunities

The current major period of Mars, while potentially aggravating Pitta, is also a time of immense energy and drive. By consciously channeling this energy through balanced diet, exercise, and lifestyle, you can use this period for significant personal and physical accomplishments. The onset of Sade Sati, though challenging for Vata, is a profound opportunity for spiritual growth, self-discipline, and building a more resilient, mature foundation for the next chapter of your life. This is a time to build routines that will serve you for decades.

Cosmic Threats

The most immediate cosmic threat is the combined effect of the Mars Dasha (increasing Pitta) and the start of Sade Sati (increasing Vata). This potent Vata-Pitta aggravation can lead to burnout, anxiety, sleep disturbances, digestive problems like acidity, and other inflammatory conditions if not consciously managed. Rahu's transit through your 8th house calls for an element of caution regarding sudden or unexpected health flare-ups.

Paying close attention to your body's signals during this time is paramount to navigate this period smoothly.

Recommendations

To harmonize with the current cosmic energies and support your unique constitution, the path forward is one of conscious balance and proactive self-care. The central theme for you now is managing the heightened Vata and Pitta energies.

Prioritize Routine: The single most effective strategy to manage the current Vata influence of Sade Sati is to create and adhere to a stable daily routine. This simple act provides a powerful grounding force that calms the nervous system and soothes anxiety.

Embrace Calmness: Actively schedule time for calming activities. This is not a luxury but a necessity during this period. Practices like daily meditation, gentle walks in nature, listening to soothing music, and cooling breathing exercises will effectively counter the fiery intensity of Mars and the restlessness of Vata.

Nourish, Don't Agitate: Your diet should be your medicine. Focus on a Vata-Pitta pacifying diet as outlined above. Think warm, nourishing, and calming, rather than spicy, stimulating, or cold. Eating your meals in a peaceful environment will also greatly improve digestion and balance.

Listen to Your Body: During this period of heightened sensitivity, your body will give you clear signals when it is out of balance. Pay attention to signs of excess heat (skin rashes, acidity), or excess movement/dryness (anxiety, constipation, dry skin). Responding to these early signals with adjustments in your diet and lifestyle will prevent deeper imbalances from taking root.

By embracing these principles, you can navigate this powerful astrological phase not as a victim of circumstance, but as a conscious co-creator of your own health and vitality, turning potential challenges into opportunities for profound growth and well-being.