



# Vedic Astrology and the Doshas

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In Ayurveda, your unique mind-body type is assessed through identification of your predominant dosha. The doshas are comprised of the five elements, and are termed Vata, Pitta, and Kapha. The predominant dosha indicates your constitution that manifests as your physical, mental-emotional, and relational characteristics and tendencies.

The unique characteristics of the planets and constellations in your Vedic Astrology birth chart also embody the qualities of the doshas. Here is a listing of the planets, and the doshas they primarily manifest:

<u>Vata</u>	<u>Pitta</u>	<u>Kapha</u>
Saturn	Sun	Jupiter
Moon	Mars	Venus
Rahu	Ketu	

\*Mercury can manifest balance or imbalance of all three doshas.

Wellness is enhanced when the doshas are in a dynamic state of balance. Dis-ease and suffering are generated when the doshas are out of balance. Learning the qualities of your predominant dosha, and practicing meditation specific to your dosha tendencies can help you attain more balance and wellness. Here are three examples:

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### Vata

When Vata is out of balance, there is an imbalance of the elements ether and air that can result in excess movement and ungroundedness on both the inner and outer levels of your life.

What to Do: Practice a grounding meditation to activate more balance. If sitting still while meditating is difficult, then consider going with, and harnessing the excess movement by practicing a walking meditation. You will find that over time it can become easier to cultivate more focused attentiveness while walking. After a time, you can experiment with returning to a sitting meditation practice.

### Pitta

When Pitta is out of balance, there is an imbalance of the elements fire and water that can result in excess heat and combustion that activate too much intensity, frustration, and aggressiveness.

What to Do: Practice a cooling meditation to activate more balance. Consider formally practicing a self-compassion meditation at least one time each day. Also, informally generate loving kindness throughout the day whenever you experience hyper-alertness or excessive passion, or when you witness others behaving in an overly dominant or aggressive fashion. For a soothing self-compassion practice, go to: <http://martycottler.com/mbsr.htm>, scroll down the page and click on "*10 STEPS to AWAKENING SELF-COMPASSION*".

### Kapha

When Kapha is out of balance, there is an imbalance of the elements water and earth that can result in excessive lethargy and dullness.

What to Do: Practice a stimulating meditation to activate more balance. Consider practicing mindfulness each day. As you practice consciously recognizing your sensations, emotions, and thoughts, you will kindle your attentiveness that can help you clarify and energize your desires and intentions, which can lead to more action. For a Mindfulness of Breath practice, go to: <http://martycottler.com/mbsr.htm>, scroll down the page and click on "*Intro to Mindfulness of Breathing*".

To learn more about how the doshas are affecting your life, schedule a Vedic Astrology consultation. Marty analyzes and clarifies which planets and constellations are strongly affecting you in specific ways, identifies the dosha that is primarily influencing you, and offers ways to help you find balance.

This article is for informational purposes only. If you have a medical or psychiatric problem, then please consult with a licensed health care provider, such as a Medical Doctor, Registered Nurse, Counselor, Psychologist.