



ASTROLOGY
& AYURVEDA

Astro Ayurveda Nutrition



astrologyayurveda.com

Rainbow Meals & 6 Tastes Approach

Ayurveda's RAINBOW MEAL philosophy encourages eating a vibrant variety of foods to receive a full spectrum of nutrients and energetic qualities. By including all SIX TASTES—sweet, sour, salty, pungent, bitter, and astringent—in each meal, you promote balance, support digestion, and nourish both body and mind.

GUT HEALTH in ASTRO-AYURVEDA

In Astro-Ayurveda, food is not only fuel for the body but also a bridge between cosmic energy and personal vitality. Each planet carries a unique influence on our constitution and connects deeply with the three doshas—Vata, Pitta, and Kapha.

By understanding the planetary effects of different foods, we can personalize our diet and daily routines to correct imbalances or avoid foods that do not serve us.

Personalized nutrition is central to Ayurveda because no two bodies are alike. Beyond physical well-being, gut health plays a profound role in shaping our energy, mental clarity, and mood—making mindful food choices and digestive balance a true priority.

MENU:

Fruits | Vegetables | Grains | Dairy Nut& Seeds | Legumes | Herbs & Spices

SIX TASTES:

Sweet | Sour | Salty | Pungent | Bitter | Astringent

MEAL TIMES:

- Breakfast: 8:00–9:00 AM
- Lunch: 12:00–1:00 PM
- Dinner: 6:00–7:00 PM

SIX TASTES:

- Sweet: Venus, Jupiter
- Salty: Moon
- Sour: Mars
- Astringent: Saturn
- Pungent: Sun, Mars
- Bitter: Saturn, Mars

SUN

- Overall Metabolism & Vitality
- Digestive Fire & Pancreatic Support
- Heart & Circulatory System
- Yellow & Red Foods
- Mineral Absorption & Balance

The Sun represents vitality, energy, and the life force that sustains all living beings. Foods aligned with the Sun include grains such as rye, wheat, oats, and other whole grains. These complex carbohydrates are rich in dietary fiber, vitamins, and minerals that fuel energy metabolism, strengthen immunity, and support overall vitality.

- **Key Benefits:** These grains help regulate blood sugar, support digestive health, and promote holistic wellness.
- **When the Sun is well placed:** Digestion is strong, nutrient absorption is efficient, and enzyme production functions optimally.
- **When the Sun is weak or afflicted:** Digestive imbalances, such as gluten sensitivity, may arise. In such cases, a gluten-free diet can be beneficial.

We are not separate from the universe—we are expressions of it. The same rhythms that move the planets stir our inner tides, shaping our health, moods, and patterns of being.



Planetary Profiles and Their Nutritional Significance

SUN

Integrating Vedic astrology with Ayurveda offers a unique path to balance, helping you align body, mind, and spirit with both the energies of the cosmos and the natural rhythms of life.

- **Eat for Your Body Type** – choose foods that balance your doshas and planetary influences
- **Boost Energy & Digestion** – meals that support metabolism and gut health
- **Sharpen Focus & Mood** – nutrition that promotes mental clarity and mood stability
- **Strengthen Immunity & Vitality** – foods that enhance overall wellness and resilience
- **Align with Your Nature** – eat in harmony with your life rhythm and goals

MARS

Blood | Muscles | Stamina | Heat | Immunity

Mars represents energy, vitality, and stimulation, governing the body's strength, endurance, and immune response. It is associated with heating, red, and protein-rich foods that energize and activate the body. Foods such as tomatoes, red peppers, lean meats, fish, and seafood reflect Mars' fiery nature, while spices like chili and black pepper enhance circulation and metabolism. Mars also governs salt and vinegar, which, in moderation, support digestive fire and tissue nourishment. Overuse, however, can lead to acidity.

- Improves digestion
- Boosts metabolism
- Enhances stamina and endurance
- Strengthens immunity
- Supports muscle development
- Promotes blood health
- Increases overall vitality and energy

7 DHATUS & PLANETARY INFLUENCES

When Mars is well-placed, there is a natural surge of vitality, courage, and resilience, with energy flowing smoothly through the body and mind. When Mars is poorly placed, however, the same fiery energy can manifest as digestive discomfort, inflammation, acid reflux, or heartburn.

Awareness of Mars' influence allows for mindful food choices and lifestyle adjustments, tempering heat and supporting balance while maintaining strength and stamina.

Physical activity and staying away from alcohol and meat become key remedies for those with very afflicted Mars.



MOON

- **Overall Metabolism & Vitality**
- **All Fluids & Lymphatic System**
- **Mental Health & Emotional Well-being**
- **Stomach**

The Moon governs nourishment, hydration, and the emotional comfort that food provides. The lunar cycles influence both our emotional states and how our bodies respond to nourishment and daily routines.

- **The New Moon** is a time of cleansing and renewal, gentle detox practices, or beginning a new diet plan.
- In contrast, **the Full Moon** brings heightened sensitivity and intensity. This is not a time to disrupt the body with strict changes or deprivation. Instead, it calls for comfort, grounding foods, and soothing rituals that nurture stability and emotional ease.

Choosing the right foods in Astro-Ayurveda is not just about what to eat, but also about understanding which foods may not serve us well. By learning how certain ingredients support or disturb our doshic balance, we gain the power to make mindful choices that nurture both body and mind.

This awareness goes beyond digestion—when we eat in harmony with our constitution and planetary influences, we support emotional balance, mental clarity, and a steadier mood.

Planetary Profiles and Their Nutritional Significance

MOON

Dairy products, smoothies and soothing rice dishes, align with the Moon's nurturing energy.

- **Key Benefits:** Supports proper hydration, bone health (through calcium), and provides calming support for digestion.
- **When the Moon is Well-Placed:** Optimal hydration and digestive balance.
- **When the Moon is Poorly Placed:** Challenges with hydration, water retention, lactose intolerance, and difficulty detoxifying.



MERCURY

- **Nervous System**
- **Hormonal Health**
- **Skin Health**
- **Mental Health**
- **Stomach**

Mercury emphasizes freshness, vitality, and adaptability. Leafy greens and vegetables like spinach, kale, and cabbage are ideal, along with raw foods such as fruits, nuts, and seeds. Other beneficial foods include asparagus, broccoli, cauliflower, bok choy, and lettuce.

- **Key Benefits:** Supports cellular health, detoxification, and immune function.
- **When Mercury is Well-Placed:** Optimal digestion and nutrient absorption.
- **When Mercury is Poorly Placed:** Increased food sensitivities or allergies, particularly to soy-based products.

Mercury plays a vital role in the body–mind connection, guiding processes that require communication and regulation. It governs the nervous system, keeping signals sharp and reflexes quick, while also supporting hormonal health—especially during times of stress, when balance is easily disrupted.

Mercury's sensitive nature extends to the skin, which may show dryness or irritation when the mind is overstimulated. When Mercury is balanced, focus, clarity, and memory thrive; when imbalanced, it can lead to worry, restlessness, or anxiety.

Planetary Profiles and Their Nutritional Significance

MERCURY

Just as Mercury thrives on adaptability, fresh, raw green foods are easy to digest, quick to energize, and enhance mental sharpness.

Incorporating greens, sprouts, and prana-rich foods aligns with Mercury's gift of refinement and balance, supporting both physical vitality and a clear, discerning mind.



VENUS

- Rejuvenation
- Reproductive Health
- Cleansing & Urinary Tract
- Sexual Health
- Creative Spark
- Harmony & Relationships

Venus plays a key role in reproductive health, supporting fertility and nourishing the reproductive system, while also aiding cleansing and urinary function to maintain optimal fluid balance. It is closely tied to sexual health, enhancing passion, sensuality, and intimate connection. Venus also nurtures harmony and enriches the enjoyment of sensory experiences.

When Venus is well-placed, there is a balanced appreciation for nourishing, sweet foods, enjoyed in moderation.

When Venus is poorly placed, however, tendencies toward overconsumption of sugar or other indulgences can arise, potentially leading to weight gain, metabolic imbalances, or overstimulation of the senses.

Planetary Profiles and Their Nutritional Significance

VENUS

Venus governs indulgent, pleasurable foods, particularly sweets and fruits, which nourish both body and soul.

Fresh fruits align with Venus' energies, providing natural sweetness, essential vitamins, minerals, and antioxidants that support vitality and enjoyment.



JUPITER

Fat tissue | Sugar levels | Growth

Jupiter governs growth, nourishment, and the body's fat tissues, influencing how we store and metabolize energy. It favors healthy fats—such as ghee, nuts, seeds, and avocados—that support vitality, hormonal balance, and overall well-being.

Imbalances in Jupiter can manifest as issues with fat metabolism, weight gain, or sugar-related disorders, including diabetes. By aligning with Jupiter's guidance, one can focus on wholesome, nutrient-dense foods that support healthy growth, stable energy, and long-term vitality.

Jupiter's energy, can amplify tendencies toward retention—not only of weight but also emotions, water, or toxins.

Jupiterian imbalances are often associated with an excess of Kapha dosha.

This can manifest as fluid imbalance, sluggish metabolism, or emotional heaviness.

A Kapha-balancing approach—through movement, lighter foods, and mindful eating—helps maintain physical vitality and emotional equilibrium.



PERSONALIZATION

Sweet | Salty | Sour +

VATA (AIR + SPACE) – WARM, GROUNDING, NOURISHING FOODS TO STEADY THE MIND AND BODY.

- Planets: Mercury, Saturn
- Foods: Warm cooked grains, root vegetables, nuts, ghee, warm teas.
- Avoid: Cold, dry, raw foods, and stimulants that scatter energy.

Bitter | Sweet | Astringent +

PITTA (FIRE + WATER) – COOLING, CALMING FOODS TO TEMPER INNER HEAT.

- Planets: Sun, Mars, Ketu
- Foods: Fresh greens, cucumbers, melons, dairy, cooling herbs (coriander, mint).
- Avoid: Spicy, fried, and overly sour foods that inflame.

Pungent | Bitter | Astringent +

KAPHA (WATER + EARTH) – LIGHT, STIMULATING FOODS TO PREVENT STAGNATION.

- Planets: Moon, Venus, Jupiter
- Foods: Light grains, legumes, bitter greens, warming spices (ginger, black pepper).
- Avoid: Heavy, oily, and overly sweet foods that increase inertia.

SATURN, RAHU & KETU

Tamasic influences from Saturn, Rahu, and Ketu can impact nutrition and fasting practices in both positive and negative ways. Saturn supports disciplined eating and fasting routines, promoting detoxification and mindful nourishment. On the negative side, it can reflect poor dietary choices, such as frozen, dried, or overly processed foods.

Rahu often signifies highly processed or artificial foods that may appear attractive in color and taste but lack true nutritional value. Ketu, when well-placed, supports vegan and plant-based diets, promoting whole, nourishing foods; however, it can also indicate insufficient or imbalanced nutrition if not carefully managed.

FOOD & PLANETS

These influences can help personalize your diet,

SUN | whole grains, nuts, seeds

MOON | dairy products, all fluids

MERCURY | green leafy vegetables, row foods

VENUS | sweets, smoothies, almost all fruits

MARS | meat, fish

JUPITER | fats, ghee, butter,

SATURN | root vegetables, dry fruits.



DOSHAS

- **Vata:** Practices that ground and calm. Gentle breathing, body-scan meditation, mantra chanting. Focus on connecting to earth, stability, and slow rhythm.
- **Pitta:** Practices that cool and soften the fire. Mindfulness meditation, guided visualization, sunset reflection. Focus on compassion, release of tension, and soothing the mind.
- **Kapha:** Practices that energize and invigorate. Dynamic movement meditation, chanting, walking meditation. Focus on alertness, circulation, and breaking mental inertia.

AYURVEDIC CLOCK

Kapha (6–10 AM & 6–10 PM): Morning activity awakens and energizes the body, while the evening is ideal for social connection and unwinding.

Pitta (10 AM–2 PM & 10 PM–2 AM): Midday meals, proper hydration, and cooling practices help maintain balance, while Pitta night-time supports optimal digestion and restoration.

Vata (2–6 AM & 2–6 PM): Creative pursuits and grounding practices help relax the body-mind and support restful sleep.

RHYTHMS, ROUTINES & RITUALS

Understand your dosha, the planetary influences in your life, and the natural cycles of the day, season, and moon.

- **Vata:** Needs steady routines. Wake, eat, and sleep at consistent times.
 - **Pitta:** Needs balance of work, rest, and play. Cooling routines, mid-day breaks, and mindful pauses reduce over-activation.
 - **Kapha:** Needs variety and stimulation. Morning exercise, changing surroundings, and creative challenges prevent stagnation.
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VATA | Mercury,

Saturn, Rahu

PITTA | Sun, Mars,

Ketu

KAPHA | Moon,

Venus, Jupiter

Ayurveda, there is no one-size-fits-all approach—true health begins with understanding the uniqueness of each individual.

Deep personalization considers your dosha, constitution, lifestyle, and even the subtle influences of the seasons and planetary cycles.

By tailoring diet, routines, and self-care practices to your specific needs, Ayurveda helps restore balance at both the physical and emotional levels. This personalized approach allows you to work with your body's natural rhythms, rather than against them, cultivating lasting well-being, resilience, and a deeper sense of self-awareness.

Ayurveda and Vedic wisdom remind us that we are not separate from the world around us—our body, mind, and spirit are made out of the same fabric as nature and the cosmos.

Recognizing this interconnectedness encourages mindfulness, guiding us to live in harmony with ourselves, others, and the universe as a whole.

“As Above, So Below...”

In Vedic philosophy, the same rhythms that guide the stars and planets also flow within us. Astro-Ayurveda helps you attune to these rhythms—offering a pathway to balance, clarity, and vitality.

- Know Your Dosha
- Honor Planetary Influences
- Follow Dinacharya (Daily Routine)
- Eat Mindfully
- Move Mindfully
- Meditate and Reflect
- Adjust your Rhythm to Seasonal Shifts

Attuning to both inner and outer cycles helps you transform daily living into a conscious practice of alignment—allowing health, clarity, and vitality to flourish naturally.