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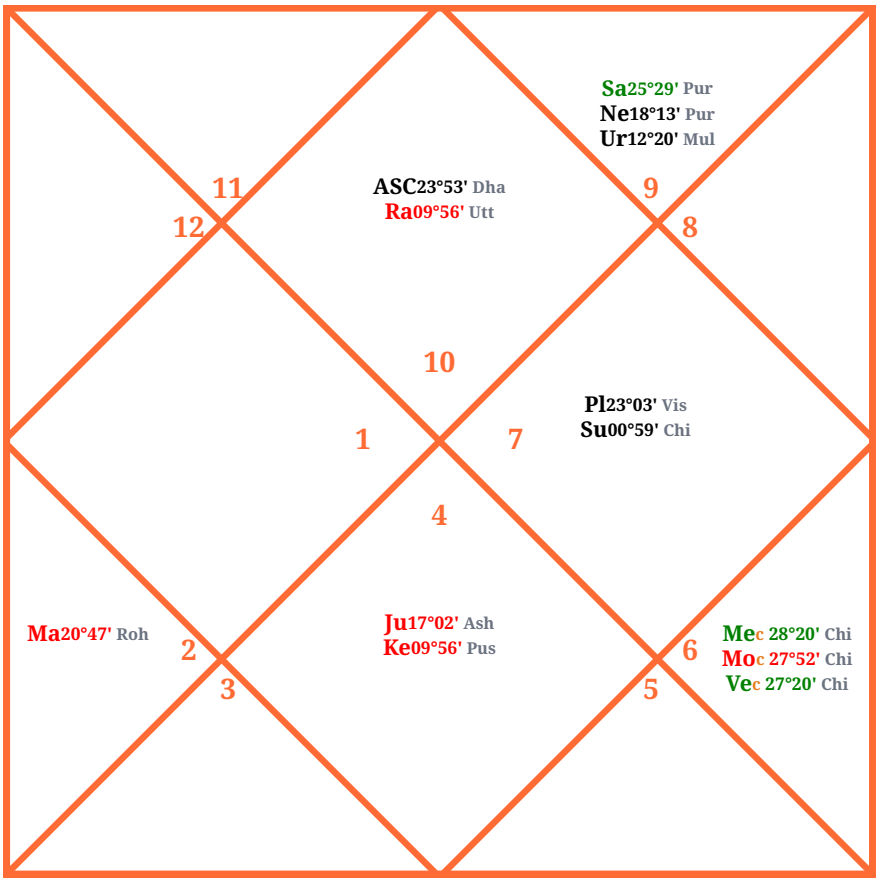


Prediction Report: Physical traits

Sample report

Datetime	1990-10-18T14:30:00
Timezone	Asia/Kolkata
Latitude	28.6139
Longitude	77.209
Prepared	8 November 2026
Language	en

Charts



Birth chart (D1)

Ayanamsha · ID	Lahiri
Node	True
Lagna	Capricorn
Lagna lord	Saturn
Moon nakshatra	Chitra

Classical

The lord of Capricorn Lagna is Saturn. According to Brihat Jataka and Phaladeepika, the native will be of medium to tall height with a lean, bony and angular frame that is characteristic of Saturn's austere and disciplined nature. The body frame is spare and somewhat gaunt in youth but gains strength and substance with age — Capricorn natives often improve in physical condition as they grow older. The face is long and narrow with high, prominent cheekbones, a pointed chin and serious, thoughtful expression. The eyes are deep-set, serious, intelligent and penetrating with an air of quiet authority and wisdom. The complexion is dark, dusky or sallow and the skin tends to be dry, rough and somewhat coarse. According to Saravali, the joints, knees and bones of the Capricorn native are particularly prominent and may be subject to health issues. The teeth may be prominent and the nose is often aquiline or beaked. The hair is generally dark, coarse and straight. According to Jataka Parijata, the native projects an air of seriousness, authority, experience and seasoned wisdom beyond their years. The walk is steady and deliberate. The constitution is Vata-dominant, conferring a lean physique, dry skin, susceptibility to cold and tendency toward joint and bone-related health issues.

Traits

- The native will be of medium to tall height with a lean, bony and angular frame.
- The face will be long with high cheekbones, a pointed chin and serious expression.
- The eyes are deep-set, serious and intelligent with an air of quiet authority.
- The complexion will be dark, dusky or sallow and the skin can be dry.
- The joints, knees and bones are prominent; the body gradually becomes stronger with age.
- The hair is generally dark and straight; the teeth may be prominent.
- The native projects an air of seriousness, authority and seasoned experience.

Modern

The Capricorn Lagna native has a Vata-dominant constitution with Saturn governing the physical structure, bones and longevity. The skeletal system — bones, joints, knees, teeth and skin — is the primary health focus area and requires careful, consistent and long-term attention. The native's constitution is slow but steady and responds exceptionally well to disciplined long-term health care practices. Cold, dryness and isolation negatively affect this constitution significantly and must be carefully avoided. The native is prone to arthritis, osteoporosis, knee problems, dental issues, skin conditions and depression when isolated or under prolonged stress. The native benefits greatly from warming and nourishing foods, regular sesame oil self-massage, consistent sleep hygiene, structured physical activity emphasising spine, knee and joint strength such as yoga and weight-bearing exercise, and deliberate avoidance of cold, damp environments. Calcium, vitamin D and magnesium supplementation should be considered. Social connection and warm relationships are important for psychological wellbeing which directly supports physical health for this constitution.

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