



Nadi Dosha in Kundali Matching : Why It Scores 8 Points and When It Cancels

By Arpita Nath · Yogas, Doshas & Matching · 2026-09-20

In Vedic Astrology (Jyotish), Nadi Koota is the most heavily weighted component of the classical 36-point Ashtakoota system used for marriage compatibility (Kundli Milan). Carrying 8 full points - nearly a quarter of the total score - Nadi reflects the couple's deeper physiological harmony, genetic compatibility, cellular vitality and energetic balance for healthy progeny.

When both partners fall under the same Nadi category, the compatibility score for this Koota drops to 0 out of 8, resulting in the classical affliction known as Nadi Dosha.

1. The Three Nadis and the 27 Nakshatras

The three Nadis mirror the tri-dosha system of Ayurveda (Vata, Pitta and Kapha), representing the movement of biological and pranic currents through the physical and subtle body.

Your Nadi is determined strictly by your Janma Nakshatra (the Moon's birth constellation):

Adi Nadi (Initial / Vata Energy — Air & Ether)

- **Nature:** Dynamic, nervous, fast-moving, mental and intuitive.
- **Nakshatras:** Ashwini, Ardra, Punarvasu, Uttara Phalguni, Hasta, Jyeshtha, Mula, Shatabhisha, Purva Bhadrapada.

Madhya Nadi (Middle / Pitta Energy — Fire)

- **Nature:** Fiery, metabolic, transformative, decisive and ambitious.
- **Nakshatras:** Bharani, Mrigashira, Pushya, Purva Phalguni, Chitra, Anuradha, Purvashada, Dhanishta, Bhadrapada.

Antya Nadi (Final / Kapha Energy — Earth & Water)

- **Nature:** Grounding, lubricating, cohesive, stabilizing and emotional.
- **Nakshatras:** Krittika, Rohini, Ashlesha, Magha, Swati, Vishakha, Uttarashada, Shravana, Revati.

2. What Is Nadi Dosha and Why Is It Feared?

In Ayurvedic and energetic terms, pairing two identical biological polarities can create an excess of that specific element:

- **Two Adi Nadi** partners amplify Vata (nervous instability, sensory fatigue, erratic flow).
- **Two Madhya Nadi** partners amplify Pitta (excessive heat, inflammation, fiery conflict, reproductive friction).
- **Two Antya Nadi** partners amplify Kapha (stagnation, lethargy, emotional heaviness).

Classical texts caution that unmitigated Nadi Dosha can manifest as:

- Difficulties in conception or genetic complications for children
- Chronic vitality or health imbalances in either partner
- Energetic incompatibility leading to mutual physical burnout

3. Classical Cancellations of Nadi Dosha (Nadi Dosha Bhanga)

Classical treatises - including the Muhurtha Chintamani, Prashna Marga, and Brihat Parashara Hora Shastra - state that Nadi Dosha is not absolute. In practice, specific astronomical and planetary conditions completely dissolve or mitigate the blemish:

A. Same Rashi, Different Nakshatras

If both partners have their Moon in the same Zodiac Sign (Eka Rashi), but their Moon sits in two entirely different Nakshatras, Nadi Dosha is canceled.

Example: Both have a Taurus Moon, but one is in Kritika (pada 2, 3 or 4) and the other is in Rohini.

B. Same Nakshatra, Different Rashis

If both partners share the same Nakshatra, but that Nakshatra spans across two zodiac signs and their Moon falls into different signs, the dosha is canceled.

Example: Both have the Moon in Kritika, but one has Kritika in Aries (1st pada) and the other has Kritika in Taurus (2nd, 3rd or 4th pada).

C. Same Nakshatra, Different Padas (Quarters)

If both partners have the Moon in the exact same Nakshatra, but in different Padas, classical texts grant cancellation - provided the Nakshatra is not considered a sensitive or critical star (such as Jyeshtha or Mula).

D. Strong Rashi Lord Friendship (Graha Maitri)

If the planetary rulers of both partners' Moon signs are mutual natural friends (e.g., Jupiter and Mars or Venus and Saturn) or are the exact same planet, the physiological friction of identical Nadis is largely smoothed over by mental and social harmony.

E. Nakshatras Exempt from Nadi Dosha Several classical authorities explicitly state that pairs sharing the following Nakshatras do not suffer from Nadi Dosha:

- Rohini, Mrigashira, Ardra, Punarvasu, Pushya, Shravana, Uttara Bhadrapada and Revati.

4. Remedial Measures for Nadi Dosha

If Nadi Dosha exists without a natural cancellation, classical tradition recommends the following remedial practices:

- **Maha Mrityunjaya Japa:** Daily recitation or a dedicated ritual of the Maha Mrityunjaya Mantra to protect health, vitality and longevity.
- **Gold / Cow Donation (Godaan or Swarna Daan):** Traditional symbolic donation of a small gold coin or supporting animal welfare on auspicious days to clear biological karmic debts.
- **Gauri Shankar Rudraksha:** Wearing a consecrated Gauri Shankar Rudraksha to unify the subtle pranic fields of the couple.
- **Medical / Genetic Screening:** In modern practice, couples with Nadi Dosha are advised to consult modern blood and genetic screenings (such as Rh factor compatibility and carrier panels) to align astrological caution with empirical health.

<https://astroarpitanath.com/nadi-dosha-and-its-cancellations/>

Astrology is offered for guidance only. For important life decisions, please consult a qualified professional.