

## test

01 January 1990, Monday

01:00:00 AM(5.5)

New Delhi, India

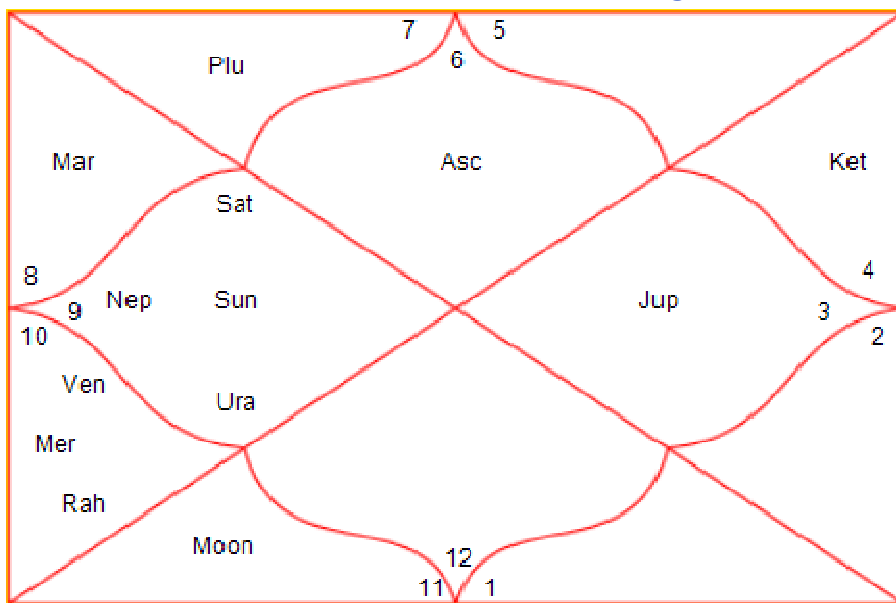
Longitude : 77.12E  
Latitude : 28.36N  
Sidereal Time : 7:19:34  
Local Mean Time : 00:38:48  
Ayanmash : 23.72 NC Lahiri

**Lagna** : Virgo  
**Lagna Lord** : Mercury  
**Rashi** : Aquarius  
**Rashi Lord** : Saturn  
**Nakshatra** : Dhanishta  
**Nakshatra Lord** : Mars  
**Charan** : 2

**Nadi** : Madhya  
**Nadi Pada** : Aadi  
**Tithi** : Chaturthi Shukla  
**Paya** : Gold  
**S.S. Yoga** : Vajra

**Karan** : Vishti  
**Varna** : Shudra  
**Varna** : Shudra  
**Vashya** : Jalachar  
**Yoni** : Lion(F)  
**Vihaga** : Vayas  
**Gana** : Rakshas  
**First Letters** : Go, Gee, Goo, Gay  
**Sun Sign** : Sagittarius

## Lagna Kundali



## Planetary Positions at Birth Time

Planets	Dir	Rashi	Lord	Degrees	Nakshatra-Qtr	Lord
Asc		Virgo	Mer	23:46:34	Chitra-1	Mar
Sun	Direct	Sagittarius	Jup	16:23:45	P.Sada-1	Ven
Mer	Retro	Capricorn	Sat	2:6:43	U.Sada-2	Sun
Ven	Retro	Capricorn	Sat	12:35:5	Sravana-1	Moon
Mar	Direct	Scorpio	Mar	15:47:57	Anuradha-4	Sat
Jup	Retro	Gemini	Mer	11:31:28	Aridra-2	Rah
Sat	Direct	Sagittarius	Jup	21:51:34	P.Sada-3	Ven
Moon	Direct	Aquarius	Sat	0:19:41	Dhanishta-3	Mar
Rah	Retro	Capricorn	Sat	24:45:17	Dhanishta-1	Mar
Ket	Retro	Cancer	Moon	24:45:17	Ashlesha-3	Mer
Ura	Direct	Sagittarius	Jup	12:1:38	Moola-4	Ket
Nep	Direct	Sagittarius	Jup	18:17:43	P.Sada-2	Ven
Plu	Direct	Libra	Ven	23:21:27	Vishakha-2	Jup

## Your Health This Year



This report analyses how your health is going to be in the next 12 months. To analyse your health we check the running transit, and the planetary dasha that you are under. Based on these two factors we help you discover how you can make the best of your health, and learn whether the coming time is lucky or not. You can get the best possible results by taking timely action on the opportunities and threats.



## Vimshottari Dasha (Mahadasha)

### Mars

	30 Apr 1986 - 30 Apr 1993
Mar	30 Apr 1986 - 26 Sep 1986
Rah	26 Sep 1986 - 15 Oct 1987
Jup	15 Oct 1987 - 20 Sep 1988
Sat	20 Sep 1988 - 30 Oct 1989
Mer	30 Oct 1989 - 27 Oct 1990
Ket	27 Oct 1990 - 25 Mar 1991
Ven	25 Mar 1991 - 24 May 1992
Sun	24 May 1992 - 29 Sep 1992
Moon	29 Sep 1992 - 30 Apr 1993

### Rahu

	30 Apr 1993 - 01 May 2011
Rah	30 Apr 1993 - 11 Jan 1996
Jup	11 Jan 1996 - 06 Jun 1998
Sat	06 Jun 1998 - 12 Apr 2001
Mer	12 Apr 2001 - 30 Oct 2003
Ket	30 Oct 2003 - 17 Nov 2004
Ven	17 Nov 2004 - 18 Nov 2007
Sun	18 Nov 2007 - 11 Oct 2008
Moon	11 Oct 2008 - 12 Apr 2010
Mar	12 Apr 2010 - 01 May 2011

### Jupiter

	01 May 2011 - 01 May 2027
Jup	01 May 2011 - 18 Jun 2013
Sat	18 Jun 2013 - 30 Dec 2015
Mer	30 Dec 2015 - 06 Apr 2018
Ket	06 Apr 2018 - 13 Mar 2019
Ven	13 Mar 2019 - 11 Nov 2021
Sun	11 Nov 2021 - 30 Aug 2022
Moon	30 Aug 2022 - 30 Dec 2023
Mar	30 Dec 2023 - 05 Dec 2024
Rah	05 Dec 2024 - 01 May 2027

### Saturn

	01 May 2027 - 01 May 2046
Sat	01 May 2027 - 04 May 2030
Mer	04 May 2030 - 11 Jan 2033
Ket	11 Jan 2033 - 20 Feb 2034
Ven	20 Feb 2034 - 21 Apr 2037
Sun	21 Apr 2037 - 03 Apr 2038
Moon	03 Apr 2038 - 02 Nov 2039
Mar	02 Nov 2039 - 11 Dec 2040
Rah	11 Dec 2040 - 18 Oct 2043
Jup	18 Oct 2043 - 01 May 2046

### Mercury

	01 May 2046 - 01 May 2063
Mer	01 May 2046 - 26 Sep 2048
Ket	26 Sep 2048 - 23 Sep 2049
Ven	23 Sep 2049 - 24 Jul 2052
Sun	24 Jul 2052 - 31 May 2053
Moon	31 May 2053 - 30 Oct 2054
Mar	30 Oct 2054 - 28 Oct 2055
Rah	28 Oct 2055 - 16 May 2058
Jup	16 May 2058 - 21 Aug 2060
Sat	21 Aug 2060 - 01 May 2063

### Ketu

	01 May 2063 - 01 May 2070
Ket	01 May 2063 - 27 Sep 2063
Ven	27 Sep 2063 - 26 Nov 2064
Sun	26 Nov 2064 - 03 Apr 2065
Moon	03 Apr 2065 - 02 Nov 2065
Mar	02 Nov 2065 - 31 Mar 2066
Rah	31 Mar 2066 - 19 Apr 2067
Jup	19 Apr 2067 - 25 Mar 2068
Sat	25 Mar 2068 - 04 May 2069
Mer	04 May 2069 - 01 May 2070

### Venus

	01 May 2070 - 01 May 2090
Ven	01 May 2070 - 30 Aug 2073
Sun	30 Aug 2073 - 31 Aug 2074
Moon	31 Aug 2074 - 30 Apr 2076
Mar	30 Apr 2076 - 30 Jun 2077
Rah	30 Jun 2077 - 30 Jun 2080
Jup	30 Jun 2080 - 01 Mar 2083
Sat	01 Mar 2083 - 01 May 2086
Mer	01 May 2086 - 01 Mar 2089
Ket	01 Mar 2089 - 01 May 2090

### Sun

	01 May 2090 - 30 Apr 2096
Sun	01 May 2090 - 18 Aug 2090
Moon	18 Aug 2090 - 17 Feb 2091
Mar	17 Feb 2091 - 25 Jun 2091
Rah	25 Jun 2091 - 19 May 2092
Jup	19 May 2092 - 07 Mar 2093
Sat	07 Mar 2093 - 17 Feb 2094
Mer	17 Feb 2094 - 24 Dec 2094
Ket	24 Dec 2094 - 01 May 2095
Ven	01 May 2095 - 30 Apr 2096

### Moon

	30 Apr 2096 - 02 May 2106
Moon	30 Apr 2096 - 01 Mar 2097
Mar	01 Mar 2097 - 30 Sep 2097
Rah	30 Sep 2097 - 01 Apr 2099
Jup	01 Apr 2099 - 01 Aug 2100
Sat	01 Aug 2100 - 02 Mar 2102
Mer	02 Mar 2102 - 02 Aug 2103
Ket	02 Aug 2103 - 02 Mar 2104
Ven	02 Mar 2104 - 31 Oct 2105
Sun	31 Oct 2105 - 02 May 2106



## Vimshottari-Pratyantar

### Jupiter - Venus

	13 Mar 2019 - 11 Nov 2021
Ven	13 Mar 2019 - 22 Aug 2019
Sun	22 Aug 2019 - 10 Oct 2019
Moon	10 Oct 2019 - 30 Dec 2019
Mar	30 Dec 2019 - 25 Feb 2020
Rah	25 Feb 2020 - 20 Jul 2020
Jup	20 Jul 2020 - 27 Nov 2020
Sat	27 Nov 2020 - 30 Apr 2021
Mer	30 Apr 2021 - 15 Sep 2021
Ket	15 Sep 2021 - 11 Nov 2021

### Jupiter - Sun

	11 Nov 2021 - 30 Aug 2022
Sun	11 Nov 2021 - 26 Nov 2021
Moon	26 Nov 2021 - 20 Dec 2021
Mar	20 Dec 2021 - 06 Jan 2022
Rah	06 Jan 2022 - 19 Feb 2022
Jup	19 Feb 2022 - 30 Mar 2022
Sat	30 Mar 2022 - 15 May 2022
Mer	15 May 2022 - 25 Jun 2022
Ket	25 Jun 2022 - 13 Jul 2022
Ven	13 Jul 2022 - 30 Aug 2022

### Jupiter - Moon

	30 Aug 2022 - 30 Dec 2023
Moon	30 Aug 2022 - 10 Oct 2022
Mar	10 Oct 2022 - 07 Nov 2022
Rah	07 Nov 2022 - 19 Jan 2023
Jup	19 Jan 2023 - 25 Mar 2023
Sat	25 Mar 2023 - 10 Jun 2023
Mer	10 Jun 2023 - 18 Aug 2023
Ket	18 Aug 2023 - 16 Sep 2023
Ven	16 Sep 2023 - 06 Dec 2023
Sun	06 Dec 2023 - 30 Dec 2023

### Jupiter - Mars

	30 Dec 2023 - 05 Dec 2024
Mar	30 Dec 2023 - 19 Jan 2024
Rah	19 Jan 2024 - 10 Mar 2024
Jup	10 Mar 2024 - 25 Apr 2024
Sat	25 Apr 2024 - 18 Jun 2024
Mer	18 Jun 2024 - 05 Aug 2024
Ket	05 Aug 2024 - 25 Aug 2024
Ven	25 Aug 2024 - 21 Oct 2024
Sun	21 Oct 2024 - 07 Nov 2024
Moon	07 Nov 2024 - 05 Dec 2024

### Jupiter - Rahu

	05 Dec 2024 - 01 May 2027
Rah	05 Dec 2024 - 16 Apr 2025
Jup	16 Apr 2025 - 11 Aug 2025
Sat	11 Aug 2025 - 27 Dec 2025
Mer	27 Dec 2025 - 30 Apr 2026
Ket	30 Apr 2026 - 21 Jun 2026
Ven	21 Jun 2026 - 14 Nov 2026
Sun	14 Nov 2026 - 28 Dec 2026
Moon	28 Dec 2026 - 11 Mar 2027
Mar	11 Mar 2027 - 01 May 2027

### Saturn - Saturn

	01 May 2027 - 04 May 2030
Sat	01 May 2027 - 22 Oct 2027
Mer	22 Oct 2027 - 25 Mar 2028
Ket	25 Mar 2028 - 28 May 2028
Ven	28 May 2028 - 28 Nov 2028
Sun	28 Nov 2028 - 22 Jan 2029
Moon	22 Jan 2029 - 23 Apr 2029
Mar	23 Apr 2029 - 26 Jun 2029
Rah	26 Jun 2029 - 08 Dec 2029
Jup	08 Dec 2029 - 04 May 2030

### Saturn - Mercury

	04 May 2030 - 11 Jan 2033
Mer	04 May 2030 - 20 Sep 2030
Ket	20 Sep 2030 - 16 Nov 2030
Ven	16 Nov 2030 - 29 Apr 2031
Sun	29 Apr 2031 - 17 Jun 2031
Moon	17 Jun 2031 - 07 Sep 2031
Mar	07 Sep 2031 - 03 Nov 2031
Rah	03 Nov 2031 - 30 Mar 2032
Jup	30 Mar 2032 - 08 Aug 2032
Sat	08 Aug 2032 - 11 Jan 2033

### Saturn - Ketu

	11 Jan 2033 - 20 Feb 2034
Ket	11 Jan 2033 - 03 Feb 2033
Ven	03 Feb 2033 - 12 Apr 2033
Sun	12 Apr 2033 - 02 May 2033
Moon	02 May 2033 - 05 Jun 2033
Mar	05 Jun 2033 - 28 Jun 2033
Rah	28 Jun 2033 - 28 Aug 2033
Jup	28 Aug 2033 - 21 Oct 2033
Sat	21 Oct 2033 - 24 Dec 2033
Mer	24 Dec 2033 - 20 Feb 2034

### Saturn - Venus

	20 Feb 2034 - 21 Apr 2037
Ven	20 Feb 2034 - 31 Aug 2034
Sun	31 Aug 2034 - 28 Oct 2034
Moon	28 Oct 2034 - 02 Feb 2035
Mar	02 Feb 2035 - 10 Apr 2035
Rah	10 Apr 2035 - 30 Sep 2035
Jup	30 Sep 2035 - 03 Mar 2036
Sat	03 Mar 2036 - 02 Sep 2036
Mer	02 Sep 2036 - 13 Feb 2037
Ket	13 Feb 2037 - 21 Apr 2037



## **Your Health This Year**

Everybody has to confront health problems at some point in life. Some people have to face more problems while others are usually healthier. Some individuals are healthy in the body but have to battle with excessive stress or mental pressures which may result in low self-confidence that can even have a direct impact on the body too.

Vedic Jyotish can help you achieve better health and stronger constitution by making you aware of your weaknesses and your strengths. By properly defending your weaknesses and exploiting your strengths you can lead a healthy life to your maximum potential.

## **The Impact of Planetary Dasha on Health**

### **Mahadasha : Jupiter**

01 May 2011 - 01 May 2027

The Mahadasha of Jupiter is running in your Kundali. Jupiter in your Kundali is situated in weak state. Due to the weak position of Jupiter, fat in your body may get reduced. Jupiter is the space element. It is also considered water element and air element. You may have Vata related diseases, i.e. gastric problems. Due to the weak position of Jupiter, you may suffer from diabetes. You may also suffer from the disorders related to ears.

### **Antardasha : Jupiter-Venus**

13 March 2019 - 11 November 2021

The Antardasha of Venus in Mahadasha of Jupiter is currently running in your Kundali. Venus is situated in strong state in your Kundali. Strong Venus will keep you healthy. You are less likely to suffer from physical disorders. The Mahadasha lord Jupiter and Antardasha lord Venus are auspicious planets, but they are enemies of each other. That's why you may have to face mental health problems. You should stay away from unnecessary problems.

### **Pratyantara Dasha : Jupiter-Venus-Mars**

30 December 2019 - 25 February 2020

The Pratyantara Dasha of Mars is running in your Kundali currently. Mars is present in strong state in your Kundali. You will be healthy during this period because of the strong state of Mars. You will be full of enthusiasm and energy. You will remain courageous and brave in this period.

The diseases related to the Karakas of Mars will not effect you during this period. The ailments like cuts, burns and phlegmatic diseases will stay away from you. Your blood pressure will be appropriate. Your anger might be furious sometimes. You should avoid it. Avoid driving a vehicle at a very fast speed.

### **Pratyantara Dasha : Jupiter-Venus-Rahu**

25 February 2020 - 20 July 2020



The Pratyantara Dasha of Rahu is running in your Kundali currently. Rahu is present in strong state in your Kundali. You will have to face less number of health problems due to the strong state of Rahu. You will remain fit and active. Although, Rahu is present in strong state in your Kundali but you may have to face mental troubles unreasonably in this Dasha of Rahu. You will be in the state of confusion.

### **Pratyantara Dasha : Jupiter-Venus-Jupiter**

20 July 2020 - 27 November 2020

The Pratyantara Dasha of Jupiter is running currently in your Kundali. Jupiter is in weak state in your Kundali. Your health will be affected due to the weak state of Jupiter. You may suffer from diabetes. You should avoid over-eating. You may suffer from constipation. Avoid mental troubles since it may cause diabetes. You may also suffer from ailments related to Vata. Your health may be affected due to formation of gas in your stomach.

Dizziness, ailments related to gall bladder, diseases related to stomach, diseases related to Kapha, diseases related to spleen, ailments related to ears, increase of fat in your body and diseases like Hernia may affect you.

### **Pratyantara Dasha : Jupiter-Venus-Saturn**

27 November 2020 - 30 April 2021

The Pratyantara Dasha of Saturn is currently running in your Kundali. Saturn is present in strong state in your Kundali. Your health will remain good during this period. You will keep laziness aside complete all your tasks actively. You will stay away from ailments related to Vata. You will also get a relief from diseases the related to bones. You will recover from podiatric diseases. Nervous system will work perfectly.

## **Impact of Planetary Transit on Your Health**

### **Twelfth Lord Sun in Ascendant**

17 September 2020 - 18 Oct 2020

Sun which is the lord of twelfth house is transiting ascendant house in your Kundali. You may suffer from diseases related to bones because of the transit of Sun. You may have to consult a doctor to get health benefit. You may suffer from ailments related to blood-pressure and fever during these days. The fall of hair may increase in you. Our advice to you is that you should take care of your health and should take the medicines according to the advice of a doctor.

## **Remedies for Better Health**

By doing the remedies prescribed by Vedic Jyotish you can reduce the obstructions caused by bad planetary combinations. This will strengthen your health. You must do the remedies with full devotion and in the prescribed method. If you are taking any medicine, or undergoing



treatment, keep it going. Vedic Jyotish remedies can only support your karma, they can't be an alternative to karma.

## **Remedies for Sun**

(1) You can recite the Aditya Hriday Stotra for the eradication of the diseases related to Sun. You should do this Paath by sitting on a clean Asana after performing routine ablutions in the morning. Your face should be towards eastern or northern direction while doing the Paath. Any chant or Paath related to Sun should be started from the Sunday of Shukla Paksha. You can do any Paath or chant related to Sun at sunrise after morning ablutions.

(2) Apart from this, you can chant the Vedic Mantra of Sun. You will be benefited by chanting one rosary of this Vedic Mantra daily after performing morning ablutions. You should chant one rosary of this Mantra daily for three months. You will experience the change yourself. The Mantra is : -

“Om Aakrishen Rajsa Vartmano Niveshyann Matam Matryanch I Hiryen Savitarathen Devo Yati Bhuvnani Pashyan I Suryay Namah I “

(3) Offer water to Sun daily. Chant “Om Grihni Suryay Namah” while offering water. Chant one rosary of the Mantra, “Om Grihni Suryadyom” after that. The chanting of this Mantra daily in the morning increases your physical and mental strength.

(4) You can chant the Mantra of Sun from the Navgrah Stotra. You should chant this Mantra in morning after performing routine ablutions. You should begin the chant of this Mantra from the Sunday of Shukla Paksha. The Mantra is : -

“Japakusum Sankasham Kashpeyam Mahadhyutim I Tamorim Sarvapapghanam Prantosmi Diwakaram II “ Chant one rosary of this Mantra daily in the morning. This will decrease the inauspicious effects of Sun and will increase its auspicious effects.

(5) Sun is the Karaka of father or a person like father. Hence, you should respect your father apart from chanting the Mantra of Sun. It will decrease the inauspicious effects of Sun and will increase its auspicious effect. Sun is also the Karaka of administrators or officials. Therefore, you should try to satisfy your superiors with your work.

(6) Worship lord Vishnu on Sunday to please Sun. Recite Harivansh Puran on the day of Sunday. Sun is the planet of respect and dignity. You can observe a fast from the Sunday of Shukla Paksha to increase your honour and dignity or you can avoid salt on Sunday. Use sweet things in your meal on Sunday. Do not use salt in your food on this day.

You can perform one of the following remedy according to your convenience.

## **Remedies for Mercury**

(1) You can chant the Mantras of Mercury to increase the auspicious results of Mercury. The



chant of Mantra of Mercury should be started from Wednesday. You should wear clean clothes before starting the chant of the Mantra. Sit on a clean Asana with your face towards eastern or northern direction and chant the Mantra. You can also chant the mythological Mantra of Mercury. It will strengthen the planet Mercury and the ailments related to Mercury will decrease in number. The mythological Mantra of Mercury is as follows :

“Priyamguklika Shyamam Rupenapratimam Budham I Saumyam Saumyagunopetam Tam Budham Pranmamyaham II “

(2) You should chant the Vedic Mantra of Mercury. The chant of the Vedic Mantra will reduce the inauspicious effects of Mercury and increase its auspicious effects. You can chant one rosary of this Mantra daily in morning or in evening. Wear clean clothes and chant this Mantra while sitting on a clean Asana. The Vedic Mantra of Mercury is as follows :

“ Om Udbudhya Swagane Prati Jagrahitva Mistapurte Sah Om Srijthamayam Cha I Asminasthasthoyuttarasmin Vishwe Deva Yatmanasch Seedat I Budhay Namah I “

(3) You can observe fast on Wednesday and worship lord Ganesha to increase the auspicious effects of Mercury. Chant the Mantra of Ganesha before having meal in the evening. The Mantra of Ganesha is, “Om Gang Ganpataye Namah”.

(4) Mercury is usually related to maternal uncle and maternal aunt. Hence, you should give proper respect to them. You should not ignore, avoid and insult them. You can increase the positive effects of Mercury by showing a good behaviour towards them.

You can perform one of the following remedy according to your convenience.

### **Remedies for Venus**

(1) You can recite ‘Shukra Stotra’ to decrease the inauspicious results of Venus and to increase its auspicious results. The inauspicious results related to Venus are reduced by reciting this Stotra. The chant of any Mantra of Venus or Paath should be started from the Friday of Shukla Paksha. You should wear clean clothes and should sit on a clean Asana while chanting the Mantra or while reciting the Stotra. You should face towards eastern or northern direction while doing this.

(2) You should chant the mythological Mantra of Jupiter on Friday. Chant one rosary of this Mantra after morning ablutions. Your health will be benefited by this. The ailments related to Venus will be reduced in number. The mythological Mantra of Venus is as follows :

“Himkund Mrinalabham Daityanaam Paramam Gurum I Sarvashastra Pravaktaram Bhargavam Pranmamyaham II “

(3) You can also chant the Vedic Mantra of Venus on Friday. You should wear clean clothes in morning after routine ablutions. Sit on a clean Asana or blanket and chant one rosary of this



Mantra daily. You should face towards eastern or northern direction while chanting this Mantra. The vedic Mantra of Sun is :

“Om Annatsarinmato Rasam Brahmanavyapiwat Kshatram Payah Somam Prajpatih Kritren Satyamindriyam Vipaatam Shukra Madyaseindrasyeindramitham Payomritam Madhu II Shukraye Namah I “

(4) You should observe fast on every Friday. Worship goddess Lakshmi or Santoshi Mata on this day. Perform the Poojan with complete rituals and read or listen to the story of one of the goddess stated above in evening. You should decide the number of fasts to be observed before observing the fast. The number of fasts can be decided according to your convenience. You should prepare Kheer on Friday and should distribute it among poor people. Feed a one-eyed man on Friday. These will increase the auspicious results of Venus.

(5) Venus is associated with the life-partner. You should keep your spouse happy and satisfied in every way. You should respect his or her sentiments and should maintain love and cooperation. This will reduce the inauspicious effect of Venus.

You can perform one of the following remedy according to your convenience.

### **Remedies for Mars**

(1) You should chant the Mantras related to Mars to increase the auspicious effects of Mars. The chant of Mantras of Mars or Paath should be started from the Tuesday of Shukla Paksha. You can increase the auspicious effects of Mars by reciting Hanuman Chalisa daily in evening. This will decrease the inauspicious effects of Mars.

(2) You can also chant the mythological Mantra of Mars. You should chant one rosary of this Mantra daily in the evening. The mythological Mantra of Mars is :-

“Dharanigarbha Sambhootam Vidyutkanti Samprabham I

Kumaram Shakti Hastam Cha Mangalam Pranamamyaham II “

This Mantra will reduce the Dosha related to Mars.

(3) You can also chant the Vedic Mantra of Mars. Chant one rosary of this Mantra everyday. It will reduce the ill-effects of Mars and will increase its auspicious results. You should chant this Mantra in daily in the evening. The Vedic Mantra of Mars is :-

“Om Agnirmurtha Divah Kakutpatih Prithivyoyam Apamaretansi Jinvati I Bhaumay Namah. “

(4) You should observe a fast on Tuesday to decrease the ill-effects of Mars. Worship lord Hanuman in the evening after observing the fast during the day. Offer Prasad to lord Hanuman on Tuesday and distribute this Prasad among small children. Avoid salt in your food. Eat sweet things on this day.

(5) Mars is related to the younger siblings. It is also related to the peers which work along





you or under you. You should be nice with your younger siblings and your peers to increase the auspicious effects of Mars.

You can perform one of the following remedy according to your convenience.

### **Remedies for Jupiter**

(1) Reciting Vishnu Shastranaam on Thursday will help you to increase the auspicious effects of Jupiter. You should begin this Paath or the chant of Mantra of Jupiter from the Thursday of Shukla Paksha. Perform routine ablutions and wear clean clothes before doing a Paath or chant. You should face towards eastern or northern direction while performing the Paath. You can use the Asana of Kusha or a blanket for sitting.

(2) Chant the mythological Mantra of Jupiter to increase the auspicious results of Jupiter. Chant one rosary of this Mantra daily in morning. It will reduce the ailments related to Mercury and will increase the auspicious results of Jupiter. The mythological Mantra of Jupiter is as follows :-

“Devanaam Cha Rishinaam Cha Gurum Kanchansannibham I Buddhibhutam Trilokesham  
Tam Namami Brahsapatim II “

(3) You should chant the Vedic Mantra of Jupiter. Chant one rosary of this Mantra daily in the morning. Planet Mercury will provide its full support in keeping you healthy because of this Mantra. You should sit on a clean Asana and chant the Mantra after wearing clean clothes. The Vedic Mantra of Jupiter is as follows :

“Om Brihaspatay Ati Yadaryo Arhadadyumadhibhati Krashutanenant Yaddi Yaddwaseshrat  
Prajatmadsmasu Dradvidam Thehi Chitram II Brihaspatay Namah II

Chanting this Mantra for one year increases wisdom in an individual.

(4) You should observe fast on Thursday. Wear yellow clothes on this day. Offer water to the root of banana tree after morning ablutions and worship it with jaggery, grams and a lamp of pure-ghee. Eat the things made of grams or gram flour in the evening. Don't use salt in your food.

(5) Jupiter is related to elder people and teachers. You should give respect to the elders in your family and your teachers. You should try to please them with your service and should maintain good relations with them. This will increase the auspicious results of Jupiter. It will decrease the number of ailments related to Jupiter.

You can perform one of the following remedy according to your convenience.

### **Remedies for Saturn**

(1) You should recite 'Shani Neel Stotra' or 'Dashrath Krit Shani Stotra' in the evening on every Saturday to increase the auspicious results of Saturn. It will decrease the number of diseases caused by the influence of Saturn. The chant of the Mantra or reciting the Stotra



should be done from the Saturday of Shukla Paksha. Sit on a clean Asana in evening. Your face should be towards northern or eastern direction. Chant one rosary of the Mantra of Saturn after that.

(2) Chant the mythological Mantra of Saturn in evening on Saturday. The chant of this Mantra will increase the auspicious results of Saturn and will decrease its ill-effects. The mythological Mantra of Saturn is as follows:

“Neelanjan Samabhasam Raviputram Yamagrajam I Chaya Martandsambhootam Tam  
Namami Shaneshcharam II “

(3) You can also chant the Vedic Mantra of Saturn to increase the auspicious results of Saturn. You should chant one rosary of this Mantra daily in the evening. It will reduce the number of diseases occurring due to the influence of Saturn.

“Om Shanno Devi Rabhishtaya Aapo Bhavantu Peetayo I Shanyo Rabhinsavantu Nah II  
Shaneshcharye Namah : I

(4) You can observe the fast on Saturday. It will eradicate the diseases caused due to influence of Saturn. Recite the story of the fast and worship lord Saturn in the evening. Eat the Khichdi made of black Urad after the Pooja. Feed a lame person on Saturday. You can also distribute Khichdi among poor people on Saturday.

(5) Worshipping lord Hanuman may also be beneficial for you. Your health will be benefitted by this.

(6) Saturn is the Karaka of old members of the family, servants, poor people and your subordinates working under you at your workplace. Your behaviour should be loving and sympathetic for these people. A good behaviour towards them may decrease the ill-effects of Saturn.

You can perform one of the following remedy according to your convenience.

### **Remedies for Moon**

(1) You should chant the Mantra of Moon to eradicate the diseases related to Moon. The chant of Mantra of Moon or the Paath should be started from the Monday of Shukla Paksha or from Poornima. The chant or Paath should be done on Monday in the evening after wearing clean clothes while sitting on a clean Asana. Your face should be towards eastern or northern direction. The Vedic Mantra of Moon is : -

“ Om Imam Deva, Asaptan Suvangam, Bathva Mehte, Kshatraye Mehte, Jyesthay Mehte  
Jaan Rajyayeindresyeindrayay I

Imammushya Putram Mushye Putramasye Vishesh Vosi Raja Somoasmakam Bramananaam  
Om Raja I Chandraye Namah I “



Chant one rosary of this Mantra daily in the evening. It will increase the auspicious results of Moon.

(2) Chanting the Namaskar Mantra will also be beneficial for you. The auspicious effects of Moon will increase because of this. The Namaskar Mantra of Moon is : -

Dadhishankham Tusharabham Ksheerodarnav Sambhavam I

Namami Sashinam Somam Shambhormukut Bhushanam II

(3) You can observe a fast of lord Satyanarayan on Poornima and worship him to increase the auspicious effect of Moon. This will strengthen Moon and its inauspicious effects will be reduced. The auspicious results of Moon will be increased. The auspicious results of Moon will also be increased by worshipping lord Shiva on every Monday.

(4) Moon is related to mother or any other women like mother. You should respect your mother and should never disrespect her. You should also respect the women who are equivalent to your mother. The Doshas of Moon will reduce by respecting your mother and the auspicious results will increase.

You can perform one of the following remedy according to your convenience.

### **Remedies for Rahu**

(1) The chanting of Mantra of Rahu should be done after sunset on Saturday. You should wear clean clothes after sunset on Saturday. Sit on a clean Asana with your face towards northern or eastern direction and chant the mythological Mantra of Rahu. The mythological Mantra of Rahu is as follows :

“Ardhakaryam Mahaveeryam Chandradityam Vimardanam I Singhika Garbha Sambhootam Tam Rahum Pranmamyaham II “

(2) You can also chant the Vedic Mantra of Rahu to decrease its auspicious results. Chant one rosary of this Mantra on every Saturday after sunset. The Vedic Mantra of Rahu is,

“Om Kayanishchatreabhuvduti Sadavidah Sakha I Kayashachishthaya Vrita I Raheve Namah I

(3) Rahu is associated with poor and weak people. You should help these people according to your capability. Distribute the things of necessity among the patients of leprosy at a place where such patients stay. Serve the patients and an afflicted person. This will reduce the ill-effects of Rahu. Planet Rahu is also Karaka of grandfather and grandmother. You should serve and respect you grandfather and grandmother. This will also increase the auspicious effects of Rahu.

You can perform one of the following remedy according to your convenience.

### **Remedies for Ketu**



(1) You can chant the mythological Mantra of Ketu to decrease the ill-effects of Ketu. Chant one rosary of the Mantra of Ketu on the night of Tuesday or Saturday after sunset. You should wear clean clothes and chant the Mantra by facing towards northern or eastern direction. The chant of this Mantra will reduce the physical pains. The mythological Mantra of Ketu is as follows :

“Palashpushpasankasham Tarakagrah Mastkam I Raudram Raudratmakam Ghoram Tam Ketum Pranmamyaham II “

(2) The Vedic Mantra of Ketu can be chanted on Saturday or Tuesday after sunset to increase the auspicious effects of Ketu. The Mantra of Ketu is as follows :

“Om Ketum Krinnvann Ketve Maryoapeshashe Samunshdirjaryatha I Ketve Namah II

Chanting one rosary of this Mantra will be beneficial for you. Apart from this, you can recite Gajendra Moksh to reduce inauspicious effect of Ketu.

(3) Ketu is the Karaka of weak, poor and depressed men and women. One can reduce the ill-effects of Ketu by helping these people. Ketu is also the Karaka of maternal grandmother and grandfather in the family. You should not disrespect them. You should serve them and give them respect. This will also increase the auspicious results of Ketu.

You can perform one of the following remedy of Ketu according to your convenience.

### **Mahamrityunjay Mantra**

Chanting Mahamrityunjaya Mantra daily and offering water to Shivlinga is beneficial to get relief from any kind of physical disorder. It also cures fatal and incurable diseases. You should chant one rosary of this Mantra everyday in morning or in evening with dedication and devotion.

“Om Tryambakam Yajemahe Sughandhim Pushtivardhanam I Urvarukmiv Bandhanaat Mrityormukshiya Mamritat II “

Mantra for the cure of a Disease

Rogansheshan Pahansi Tushta

Rushta Tu Kaman Saklaan Bheestan

Na Vipannranam

Twamashrita Hayashraytaam Prayaati I

Chanting three rosaries of this Mantra daily after morning ablutions cures any kind disease. The chant of this Mantra also prevents occurrence of any disease.



Narad Purana has provided some Mantras to get rid of diseases and grief. You can chant any one of these Mantras in the morning after routine ablutions. It will give relief from physical disorders. Chant one rosary of any one of these Mantras. The Mantras are as follows:

- (1) "Om Namō Narayanay ".
- (2) "Om Namō Bhagwate Vasudevay ".
- (3) "Shri Heem Kleem Krishnay Swaha ".