

Health



Horoscope

Report



Sandhya

Birth Date: 10 Mar 1980

Birth Place: New Delhi, India

सर्वे भवन्तु सुखिनः । सर्वे सन्तु निरामयाः । सर्वे भद्राणि पश्यन्तु, मा कश्चित् दुःखः भाग भवेत् ॥

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Sandhya

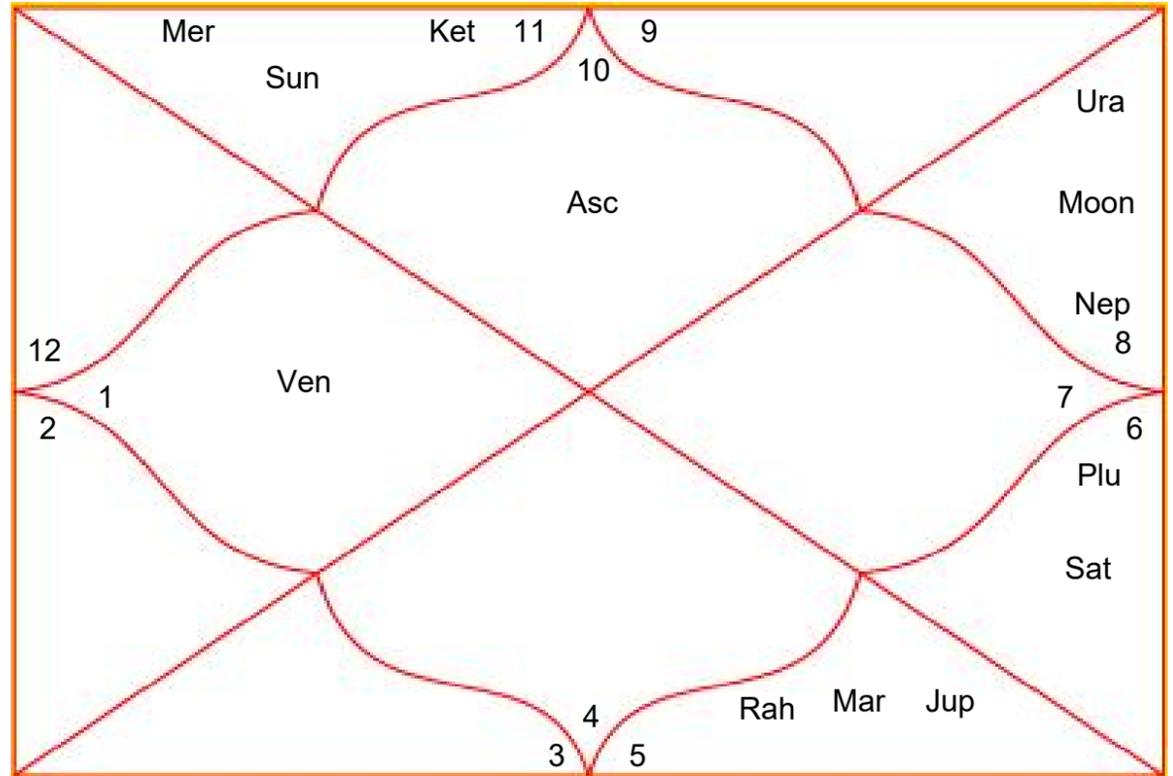
10 March 1980, Monday
04:00:00 AM(5.5)
New Delhi, India

Longitude : 77.12E
Latitude : 28.36N
Sidereal Time : 14:49:49
Local Mean Time : 03:38:48
Ayanmash : 23.58 NC Lahiri

Lagna : Capricorn
Lagna Lord : Saturn
Rashi : Scorpio
Rashi Lord : Mars
Nakshatra : Jyestha
Nakshatra Lord : Mercury
Charan : 3

Nadi : Aadi
Nadi Pada : Madhya
Tithi : Ashtami Krishna
Paya : Gold
S.S. Yoga : Siddhi
Karan : Balava
Varna : Brahmin
Varna : Brahmin
Vashya : Keet
Yoni : Mrig(M)
Vihaga : Vayas
Gana : Rakshas
First Letters : No, Yaa, Yee, Yoo
Sun Sign : Aquarius

Lagna Kundali



Planetary Positions at Birth Time

Planets	Dir	Rashi	Lord	Degrees	Nakshatra-Qtr	Lord
Asc		Capricorn	Sat	5:1:44	U.Sada-3	Sun
Sun	Direct	Aquarius	Sat	25:55:46	P.Bhadra-2	Jup
Mer	Retro	Aquarius	Sat	18:33:27	Satabhisha-4	Rah
Ven	Direct	Aries	Mar	9:57:26	Ashwini-3	Ket
Mar	Retro	Leo	Sun	7:2:50	Magha-3	Ket
Jup	Retro	Leo	Sun	9:53:20	Magha-3	Ket
Sat	Retro	Virgo	Mer	0:23:51	Uttara-2	Sun
Moon	Direct	Scorpio	Mar	25:16:26	Jyestha-3	Mer
Rah	Retro	Leo	Sun	4:39:56	Magha-2	Ket
Ket	Retro	Aquarius	Sat	4:39:56	Dhanishta-4	Mar
Ura	Retro	Scorpio	Mar	1:56:54	Vishakha-4	Jup
Nep	Direct	Scorpio	Mar	29:2:6	Jyestha-4	Mer
Plu	Retro	Virgo	Mer	27:38:19	Chitra-2	Mar

Your Health Kundali



The horoscope is like a mirror of a person's life in which all aspects of life are visible. By analysing the kundali for health, we can identify the possible problems that a person may have to face. You will find the analysis for health related yogas in your kundali.



Vimshottari Dasha (Mahadasha)

Mercury

	19 Mar 69 - 19 Mar 86
Mer	19 Mar 1969 - 15 Aug 1971
Ket	15 Aug 1971 - 11 Aug 1972
Ven	11 Aug 1972 - 12 Jun 1975
Sun	12 Jun 1975 - 17 Apr 1976
Moon	17 Apr 1976 - 17 Sep 1977
Mar	17 Sep 1977 - 14 Sep 1978
Rah	14 Sep 1978 - 03 Apr 1981
Jup	03 Apr 1981 - 09 Jul 1983
Sat	09 Jul 1983 - 19 Mar 1986

Ketu

	19 Mar 86 - 19 Mar 93
Ket	19 Mar 1986 - 15 Aug 1986
Ven	15 Aug 1986 - 15 Oct 1987
Sun	15 Oct 1987 - 20 Feb 1988
Moon	20 Feb 1988 - 20 Sep 1988
Mar	20 Sep 1988 - 16 Feb 1989
Rah	16 Feb 1989 - 06 Mar 1990
Jup	06 Mar 1990 - 10 Feb 1991
Sat	10 Feb 1991 - 21 Mar 1992
Mer	21 Mar 1992 - 18 Mar 1993

Venus

	19 Mar 93 - 19 Mar 13
Ven	19 Mar 1993 - 19 Jul 1996
Sun	19 Jul 1996 - 19 Jul 1997
Moon	19 Jul 1997 - 19 Mar 1999
Mar	19 Mar 1999 - 19 May 2000
Rah	19 May 2000 - 19 May 2003
Jup	19 May 2003 - 18 Jan 2006
Sat	18 Jan 2006 - 20 Mar 2009
Mer	20 Mar 2009 - 18 Jan 2012
Ket	18 Jan 2012 - 20 Mar 2013

Sun

	19 Mar 13 - 19 Mar 19
Sun	19 Mar 2013 - 07 Jul 2013
Moon	07 Jul 2013 - 05 Jan 2014
Mar	05 Jan 2014 - 13 May 2014
Rah	13 May 2014 - 07 Apr 2015
Jup	07 Apr 2015 - 24 Jan 2016
Sat	24 Jan 2016 - 05 Jan 2017
Mer	05 Jan 2017 - 12 Nov 2017
Ket	12 Nov 2017 - 19 Mar 2018
Ven	19 Mar 2018 - 19 Mar 2019

Moon

	19 Mar 19 - 19 Mar 29
Moon	19 Mar 2019 - 18 Jan 2020
Mar	18 Jan 2020 - 18 Aug 2020
Rah	18 Aug 2020 - 16 Feb 2022
Jup	16 Feb 2022 - 18 Jun 2023
Sat	18 Jun 2023 - 17 Jan 2025
Mer	17 Jan 2025 - 18 Jun 2026
Ket	18 Jun 2026 - 17 Jan 2027
Ven	17 Jan 2027 - 17 Sep 2028
Sun	17 Sep 2028 - 18 Mar 2029

Mars

	19 Mar 29 - 19 Mar 36
Mar	19 Mar 2029 - 15 Aug 2029
Rah	15 Aug 2029 - 03 Sep 2030
Jup	03 Sep 2030 - 09 Aug 2031
Sat	09 Aug 2031 - 18 Sep 2032
Mer	18 Sep 2032 - 15 Sep 2033
Ket	15 Sep 2033 - 11 Feb 2034
Ven	11 Feb 2034 - 13 Apr 2035
Sun	13 Apr 2035 - 19 Aug 2035
Moon	19 Aug 2035 - 19 Mar 2036

Rahu

	19 Mar 36 - 19 Mar 54
Rah	19 Mar 2036 - 30 Nov 2038
Jup	30 Nov 2038 - 25 Apr 2041
Sat	25 Apr 2041 - 29 Feb 2044
Mer	29 Feb 2044 - 17 Sep 2046
Ket	17 Sep 2046 - 06 Oct 2047
Ven	06 Oct 2047 - 06 Oct 2050
Sun	06 Oct 2050 - 30 Aug 2051
Moon	30 Aug 2051 - 01 Mar 2053
Mar	01 Mar 2053 - 19 Mar 2054

Jupiter

	19 Mar 54 - 19 Mar 70
Jup	19 Mar 2054 - 07 May 2056
Sat	07 May 2056 - 18 Nov 2058
Mer	18 Nov 2058 - 23 Feb 2061
Ket	23 Feb 2061 - 30 Jan 2062
Ven	30 Jan 2062 - 29 Sep 2064
Sun	29 Sep 2064 - 19 Jul 2065
Moon	19 Jul 2065 - 17 Nov 2066
Mar	17 Nov 2066 - 24 Oct 2067
Rah	24 Oct 2067 - 19 Mar 2070

Saturn

	19 Mar 70 - 19 Mar 89
Sat	19 Mar 2070 - 22 Mar 2073
Mer	22 Mar 2073 - 30 Nov 2075
Ket	30 Nov 2075 - 08 Jan 2077
Ven	08 Jan 2077 - 09 Mar 2080
Sun	09 Mar 2080 - 19 Feb 2081
Moon	19 Feb 2081 - 20 Sep 2082
Mar	20 Sep 2082 - 30 Oct 2083
Rah	30 Oct 2083 - 05 Sep 2086
Jup	05 Sep 2086 - 19 Mar 2089



Your Health Kundali

Astrology has been related to health since ancient times. It has been mentioned in the ancient epics that the astrologers performed the duties of a doctor. Many branches of astrology containing a description of Ayurveda are found in ancient epics. These epics also contain a detailed description of the Tridoshas. These Tridoshas are Vata, Pitta and Kapha. These Tridoshas are governed by some or the other planet. For instance, the Sun and Mars govern the Pitta or bile nature and Mercury contains all the three Doshas i.e Vata(Wind), Pitta(Bile) and Kapha(Phelgam). Moon contains more Kapha than other planets and it also contains a little quantity of Vata. Jupiter governs the Kapha nature while Venus governs both Vata and Kapha. Saturn contains the Vata dosha.

An individual will suffer from a disease related to the Dosha of the planet which is weak in the Kundali of native or the disease related to a planet which is in malefic influence of the other planets. For instance, the person will suffer from Kapha and ailments related to Kapha if Moon is weak in a person's Kundali.

In ancient times, the new medicines were started according to the advice of an astrologer. A good practitioner of astrology used to tell the time and way to take medicines to a patient. There are many medicines in Ayurveda now-a-days which have a specific time and a specific way of intake. The practitioner of Ayurveda use this in their treatment.

A person can come to know about the diseases from which he is likely to suffer with the help of astrology. He can get health benefit by getting the treatment of these diseases done in time. Many times a doctor comes to know about a disease after a long time. In such case, a good astrologer can analyze a Kundali and can guide in an appropriate way. He can predict the organ affected by the disease and the form of the disease.



Ascendant and Your Health

An ascendant is considered most significant in the Kundali of an individual. A person cannot achieve success in any work if the ascendant is weak. If the ascendant in a person's Kundali is weak or afflicted because of any reason, he will face various mental or physical troubles very frequently. He will always suffer from some or the other disease.

A person stays healthy for whole life if the ascendant is in strong state in his Kundali. He will never be deficient in physical or mental strength. His body will always be active and energetic. He is able to wade through the struggles of life because of his good health. That is why, strong state of ascendant is inevitable for a good health.

Ascendant Sign

All the twelve signs have their own characteristics. Some signs have the immunity to fight against diseases whereas others lack it. Some signs are naturally strong against diseases while others are weak. Some are neutral against diseases.

Capricorn sign is in weak state in the ascendant of your birth chart. Your health will be easily influenced because of the weak state of Capricorn in the ascendant.

You may get diseases related to skin and stomach. You may also suffer from ailments related to muscles. You may become confused. Respiratory diseases may also occur. You may also get appendicitis. Diseases related to foot may also trouble you. You should not be careless towards your health.

Your Ascendant and Your Health

The ascendant house in your Kundali is weak. The weak ascendant house is reducing the immune power of your body, due to which, ups and downs in your health are likely. It is also reducing your physical strength. You should take care of your health.

You may easily get influenced by bad weather and you may fall ill occasionally. The weak ascendant house may increase your expenses on health, which could also increase your tension. The reduction in health could also affect your work.

The Impact of Ascendant-Lord on Your Health

The lord of the ascendant house in your Kundali is situated in strong state. Due to the strong position of the ascendant lord, your health will improve. It will minimize the things to be abstained for the prevention from diseases. You will be able to include the items of your choice in your food. You will not need to balance your treatment and food.

Due to the strong position of the ascendant lord, you will not feel your illness in minor ailments. It is enhancing your immune power to fight against diseases. You would not like to take rest until the disease is serious. You will think positive about your health.

Conclusion



According to the ascendant house, ascendant lord, and the position of ascendant lord in your Kundali, you will have an average health. You may take a long time to recover from your illness. You may have to follow the abstinence and precautions



Impact of Position of Planets in Houses

Planets yield results according to their position in a Kundali. A planet yields auspicious results for a person if it is strong in the Kundali while it may not yield auspicious results when the position of the planet is weak. A person may face obstacles in such a case.

Sun

Sun in your Kundali is situated in the 2nd house in weak state. Due to the influence of Sun, glow of your face may get reduced. Your teeth may become weak. You should take care of your teeth. Due to the lack of attraction in your face, you may have inferiority complex.

You may experience lack of self-confidence in various fields of life. Apart from this, you may have to use spectacles for your eyes, especially for right eye.

Mercury

Mercury in your Kundali is situated in the 2nd house in strong position. This position of Mercury is enhancing your communication skills. Mercury is also improving your health. As a result of this, you will use your voice wisely. Mercury controls voice and mouth disorders.

It is also enhancing the beauty of your face. The disorders related to face will also get reduced. Along with this, it is also increasing your memory power. You will talk politely with others. This position is making you naughty by nature.

Venus

Venus in your Kundali is situated in 4th house in weak position. This position of Venus may lead to urinary disorders. Kapha related diseases may also affect you. Venus governs reproductive organs of the body. Thus, weak Venus may cause the diseases of these organs.

To stay healthy, you should give up your laziness. You should keep your body parts active. You can minimize your diseases by timely check up of your kidneys. This position of Venus could give you some problems during hormonal changes.

Mars

Mars in your Kundali is situated in 8th house in strong position. This position of Mars is favorable for health but you are more likely to face accidents. Apart from this, this position of Mars is making you courageous. It is also increasing your efforts.

The auspiciousness of Mars is making you strong-willed. Your will-power will help you come out of the influence of diseases. You should avoid going on high altitudes because you are likely to get injured.

Jupiter

Jupiter in your Kundali is situated in 8th house in weak position. Due to the weak position of Jupiter, you may take some time to recover from your illness. Jupiter is the Karaka planet of



health. Jupiter in weak position may give you incurable and long-term diseases. You are likely to fall ill again and again.

You should go for timely check up of your heart. You may have to suffer from the problem of sprain in thighs. This position of Jupiter may also give you mental worries. To get rid of your diseases, you should take the help of natural and ancient systems of treatment.

Saturn

Saturn in your Kundali is situated in 9th house in strong position. Due to the auspiciousness of Saturn, your hearing power is increasing. The problems related to food pipe will get reduced. This position of Saturn is forming relationship with the house of disease.

Therefore, you may become the victim of long-term diseases. Nervous system disorders are also getting reduced due to the auspiciousness of Saturn. This position of Saturn is arousing your interest in spirituality. You will think deeply. As a result of this position of Saturn, problems related to joints of the body are getting reduced. Saturn will also help you think positive.

Moon

Moon in your Kundali is situated in 11th house in weak position. As a result, you may have to face lack of sleep. Due to improper blood circulation in your hands, you are likely to suffer from the disorders related to hands. This Moon may give you blood related disorders.

You may have to face disorders like jaundice. You may quickly get exhausted by intellectual activities. Mental stress is likely to reduce your concentration towards the activities of life.

Rahu

Rahu in your Kundali is situated in 8th house in weak position. Weak Rahu may give you incurable diseases. It could be difficult for doctors to diagnose your disease, due to which, the disease may get converted into a long-term disease.

As far as possible, you should take the help of homeopathic or Ayurvedic system of treatment for your diseases. Weak position of Rahu in 8th house is not favorable in terms of age. You are more likely to face unexpected events. Rahu in this house is also increasing your mental worries.

Ketu

Ketu in your Kundali is weak and is situated in 2nd house. You will have to prevent the skin of your face from contagious diseases. Your skin may be highly sensitive. Carelessness may lead to acne, spots or blemishes on your face.

This position of Ketu is reducing the beauty of your face. Due to this position, you may easily get influenced by contagious diseases. As a result, your health is likely to get reduced again and again. Sometimes, it could be difficult for doctors to diagnose your disease.



Yogas for Diseases in Your Kundali

In astrology, the Yogas formed in a Kundali can be analysed to obtain information about the diseases from which a person is likely to suffer. You should stay alert and prevent yourself from a disease if the Yogas for a disease are present in your Kundali.

But, the formation of Yogas does not mean that you will suffer from a disease. The presence of such Yoga merely represents the chances of occurrence of that disease. The disease you will suffer from will depend on the other Yogas formed in your Kundali and the steps you will take to prevent yourself from that disease.

Appendicitis

If Taurus sign and Venus are afflicted then the person may suffer from Appendicitis.

Appendicitis

If Moon is in Virgo sign or Scorpio sign or is afflicted in Aquarius sign, then the person may suffer from Appendicitis.

Appendicitis

If Moon, Mars or Rahu is present in 8th house, then the person may suffer from this disease.

Deafness

If an inauspicious planet is aspecting 3rd, 11th, 5th or 9th house and auspicious planets are not aspecting these houses, then the hearing power of ears may get reduced.

Deafness

Moon, Mars and Mercury are in conjunction and they are located on Rahu/Ketu axis in 3rd or 11th house. This Yoga affects hearing power of the person and sometimes, he is not able to hear at all.

If Taurus sign in 2nd house in your Kundali is under the malefic influence, then you may have to face dental disorders.

If Jupiter is forming relationship with 6th house, 8th house or 12th house then the person may suffer from diabetes.

If retrograde Jupiter is afflicted in Trik houses(6,8,12), then the person may suffer from diabetes.

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Related to Appearance

Due to the presence of malefic planet in 2nd house in your Kundali and the conjunction of 2nd lord with malefic planets, you may have some facial disorders.

Heart Problem

If Leo sign and Sun are badly influenced by inauspicious planets, then the person may have heart diseases.

Heart Problem

If 4th house or 5th house in Kundali is afflicted or their lords have relationship with malefic planets, the person may suffer from heart diseases.

Leprosy

If Moon is located in 4th house from the Karakansh ascendant and is being aspected by Ketu, then the person may suffer from leprosy.

Eye Disease

Moon in your Kundali is located in 7th house from Leo sign and is being aspected by Mars. This Yoga may lead to eye diseases.

Health Related Problem

Moon in your Kundali is weak. That is why, there is a possibility that you may fall ill very frequently.

Ulcer

If Moon is influenced by Mars, whether it is aspect or conjunction, then any part of the body may get injured.

Ulcer

4th house in Kundali is influenced by Mars, due to which, the person may get physically injured.

Ulcer

If Rahu is situated with the lord of trine house in 6th, 8th or 12th house then the person may get physically injured.



Vedic Astrology Remedies For You

According to astrology, one can decrease the effect of malefic planets and the obstacles coming in the way with the remedies. These remedies help you to make a planet auspicious if done with complete faith and in an appropriate manner.

You can make a planet favourable by performing the remedies of the planet which is in afflicted state and hence can avoid the hurdles posed by these planets. Remedies for all the planets are provided below which you can perform on your own and can make these planets auspicious for you. The Maha-Mritunjaya Mantra is provided in the end which when chanted helps you to get rid of all the health problems.

Remedies for Sun

- (1) You can recite Aditya Hridya Stotra of Sun to remedy the diseases related to Sun. You should do this recitation everyday on a pure Asana after taking a bath in the morning. You should be facing towards east or north direction while doing recitation. If you are doing any recitation or chanting related to Sun, then you should start it from Sunday of Shukla Paksh.
- (2) You can also chant the Vedic mantra of Sun. You will get benefits if you will chant this mantra everyday for one round of a rosary after taking a bath in the morning. Do it for three months. You will yourself feel change. The mantra is: "Om Akrishnen Rajsa Vartmano Niveshyanna Matan Martyanch | Hiranyen Savitarathen Devo Yati Bhuvnani Pashyan | Suryay Namah |"
- (3) Offer water to Sun everyday. While offering water, chant "Om Ghrini Suryay Namah". After that, chant Surya mantra for one round of rosary. The mantra is: "Om Ghrini Suryadityom". If you will chant this mantra everyday in the morning, your physical and mental strength will increase.
- (4) You can chant the mantra of Sun from Navgrah Stotra related to Sun. You should chant this mantra after taking a bath in the morning. Start the chanting from Sunday of Shukla Paksh. The mantra is: "Japakusum Sankansh Kashpeyam Mahadyutim | Tamoarim Sarvpapaghnam Prantoasmi Divakaram ||" Chant this mantra for one round of rosary everyday. You can convert all inauspicious results related to Sun into auspicious results.
- (5) Sun is the karaka planet of father and father-like persons. Therefore, besides chanting the mantra of Sun, you should give them respect and honor. This will reduce inauspicious influence of Sun and will increase auspicious results. Sun is the karaka of administrator or senior officials. Therefore, try to keep your senior officials happy and satisfied with your work.
- (6) Worship lord Vishnu on Sunday to make lord Sun happy. You should also recite Harivansh Puran on Sunday. Sun is the karaka planet of respect and honor. To increase your respect and honor, you can start fasting from Sunday of Shukla Paksh or you should avoid eating salt on Sunday. Use only sweet things in your food on Sunday.

You can perform any of the above-mentioned remedies according to your convenience.

Remedies for Mercury

- (1) To increase the auspicious results of Mercury, you can chant the mantra of Mercury. You



should start chanting the mantra from Wednesday of Shukla Paksha. You must wear clean clothes before starting chanting. Sit on a clean Asana facing towards east or north direction. You can also chant Pauranic mantra of Mercury. This chanting will make Mercury strong. The disorders related to Mercury will get reduced. The Pauranic mantra of Mercury is: "Priyanguklika Shyamam Rupenapratim Budham | Saumyam Saumyagunopetam Tam Budham Pranamamyaham ||"

(2) Chant Vedic mantra of Mercury. This Vedic mantra will reduce inauspicious influence of Mercury and will increase auspicious influence. Chant this mantra of Mercury for one round of rosary everyday in the morning or evening. Your clothes and Asana must be clean. The Vedic mantra of Mercury is: "Om Udbudhya Swagne Prati Jagrihitwa Mistapurte Sah Om Srijethamayam Ch | Asminsadhasthoayuttarasmin Vishve Deva Yatamanashch Seedat | Budhaya Namah"

(3) You should observe fast on Wednesday to increase the auspicious fruits of Mercury. Worship lord Ganesha during the fast. This will help reduce disorders related to Mercury. Chant the mantra of lord Ganesha in the evening before meal. The mantra is: "Om Gan Ganapataye Namah". You can have your meal after that.

(4) The analysis about maternal uncle, maternal aunt, paternal aunt etc is done through Mercury. You must respect them. Do not criticize or dishonor them. If you will give them respect, the auspicious results of Mercury will increase.

You can perform any of the above-mentioned remedies according to your convenience.

Remedies for Venus

(1) To reduce the malefic influence of Venus and increase the auspicious influence, you should recite Shukra Stotra. You will get rid of the ailments related to Venus by reciting this Stotra. Start the chanting or recitation from Friday falling after Shukla Paksh. You should wear clean clothes before chanting. Sit on a clean Asana. You should be facing towards east or north direction.

(2) Chant the Pauranic mantra of Venus on Friday. Chant the mantra everyday after taking a bath in the morning. Chant one rosary of this mantra everyday. This will give you health benefits. The disorders related to Venus will get reduced. The Pauranic mantra of Venus is: "Himkund Mrinalabham Daityanam Param Gurum | Sarvshastra Pravktaram Bhargavam Pranamamyaham ||"

(3) Chant the Vedic mantra of Venus on Friday. Wear clean clothes after taking a bath in the morning on Friday. Sit on a clean Asana or blanket and chant one round of rosary everyday. You should be facing towards north or east direction. The Vedic mantra of Venus is: "Om Annatsristro Rasam Brahmanavyapiwat Kshtram Payah Somam Prajapatihi Riten Satyamindriam Vipaatam Shukra Madhasaindrasyendriyamidam Payoamritam Madhu || Shukraya Namah"

(4) Observe fast on Friday. Worship goddess Santoshi or Lakshmi on Friday. After observing fast, do the worship systematically in the evening and listen or read Katha. Before starting fast, you have to pre-decide the duration of fast. Prepare Kheer on Friday and distribute it among poor people. Give food to a one-eyed man on Friday. This will increase the auspicious fruits of Venus.



(5) The analysis about life partner is done through Venus. Try to keep your life partner happy and satisfied. Give full respect to her feelings. This will reduce the inauspicious influence of Venus.

You can perform any of the above-mentioned remedies according to your convenience.

Remedies for Mars

(1) Chant the mantra of Mars to increase the auspicious fruits of Mars. You should start chanting or recitation related to Mars from Tuesday falling after Shukla Paksh. You should also recite Hanuman Chalisa everyday in the evening. This will reduce the inauspicious fruits of Mars.

(2) You can also chant Pauranic mantra of Mars. Chant the mantra for one round of rosary everyday in the evening. The Pauranic mantra of Mars is: "Dharnigarbh Sambhutam Vidyutkanti Samprabham | Kumaram Shakti Hastam Ch Mangalam Pranmamyaham ||" This mantra will reduce the malefic influence of Mars.

(3) You can chant the Vedic mantra of Mars. Chant the mantra everyday for one round of a rosary. This will reduce the bad influence of Mars and will increase the auspicious fruits. You should chant this mantra in the evening. The Vedic mantra of Mars is: "Om Agnirmurdha Divah Kakutpatihi Prithviyayam | Apaamaretansi Jinvati | Bhaumaya Namah"

(4) You should fast on Tuesday to reduce the malefic influence of Mars. Worship lord Hanuman in the evening. Offer Prasad to lord Hanuman and distribute it among small children. Do not use salt in your food in the evening. Prepare sweet recipes.

(5) The analysis of younger siblings is done through Mars. The employees working under your supervision are also analyzed through Mars. Therefore, you should try to maintain good relationship with younger siblings and colleagues to reduce the negative influence of Mars.

You can perform any of the above-mentioned remedies according to your convenience.

Remedies for Jupiter

(1) Recite Vishnu Sahstranam on every Thursday to remove the disorders related to Jupiter. Start the chanting or recitation related to Jupiter from Thursday falling after Shukla Paksh. You should make yourself clean and pure before chanting the mantra. Wear clean clothes. Sit on an Asana or blanket facing towards east or north direction.

(2) Chant the Pauranic mantra of Jupiter to increase the auspicious influence of Jupiter. Chant one rosary of this mantra everyday in the morning. This will reduce the diseases related to Jupiter. Auspicious fruits of Jupiter will increase. The Pauranic mantra of Jupiter is: "Devanam Ch Rishinam Ch Gurum Kanchansannibham | Buddhibhutam Trilokesham Tam Namami Brihaspatim ||".

(3) Chant the Vedic mantra of Jupiter. Chant this mantra for one rosary round everyday in the morning. This will give you relief from the disorders related to Jupiter. Wear clean clothes and sit on a clean Asana before starting chanting. The Vedic mantra of Jupiter is: "Om Brihaspate Ati Yadaryo Arhadhyumdwbhati Krashutanenta Yaddi Yaddvasashrta Prajatamdarmasu Dravinam Dhehi Chitram || Brihaspataye Namah". If you will chant one round of rosary of this mantra for one year, it will help increase your knowledge.



(4) Observe fast on Thursday and wear yellow clothes. After taking a bath in the morning, irrigate a banana plant and worship with jaggery, gram and lamp of pure Ghee. Eat the items made of gram or gram flour in the evening. Do not use salt in your food.

(5) The elders of family and teachers are analyzed through the planet Jupiter, therefore, you should respect them. Keep them happy with your service. Maintain affectionate relationship. This will increase the positive fruits of Jupiter. Diseases related to Jupiter will get reduced.

You can perform any of the above-mentioned remedies according to your convenience.

Remedies for Saturn

(1) To increase the positive fruits of Saturn, recite “Shani Neel Stotra” or “Dashrath Krit Shani Stotra” on every Saturday in the evening. You will get rid of disorders related to Saturn by reciting this Stotra. You can do chanting or recitation related to Saturn. You should start chanting or recitation from Saturday falling after Shukla Paksha. Sit on a clean Asana in the evening. You should be facing towards north or east direction. Chant the mantra for one round of rosary everyday. This will help reduce the ailments related to Saturn.

(2) Chant the Pauranic mantra of Saturn on Saturday in the evening. This mantra will increase the auspicious fruits of Saturn. The problems related to Saturn will get reduced. The Pauranic mantra of Saturn is: “Neelanjan Samabhasam Raviputram Yamagrajam | Chhaya Martandsambhutam Tam Namami Shanaishcharam ||”.

(3) You can chant the Vedic mantra of Saturn to increase the positive results of planet Saturn. Chant one rosary of this mantra everyday in the evening. This will reduce the diseases related to Saturn. The Vedic mantra of Saturn is: “Om Shanno Devi Rabhishtaya Aapo Bhavantu Pitaye | Shanyo Rabhisravantu Nah || Saneshchraya Namah |”

(4) You should fast on Saturday. This will help you get rid of disorders related to Saturn. After observing fast, worship in a systematic way and read Katha in the evening. Prepare Khichdi made of black Urad Dal and eat it after worship. Give food to a lame person on Saturday. Distribute Khichdi among poor people on Saturday. Worship of lord Hanuman on Saturday is also beneficial. You will get relief from ailments related to Saturn.

(5) Saturn is the karak planet of aged people of your house, servant, poor people and your subordinates. You should behave affectionately and sympathetically. Do not criticize or dishonor them. Keep them happy with respect, honor, reward, increment in income, bonus etc. This will help you get rid of diseases related to Saturn.

You can perform any of the above-mentioned remedies according to your convenience.

Remedies for Moon

(1) You should chant the mantra of Moon to get rid of the diseases related to Moon. Any mantra or recitation of Moon should be started from Monday of Shukla Paksh or Poornima. Do the chanting or recitation on Monday evening on a clean Asana after wearing clean and pure clothes. You should be facing towards east or north. The Vedic mantra of Moon is:

“Om Im Deva, Aspatna Suvangam, Badhv Mahate, Chhtray Mahate, Jyeshthaya Mahate Jan Rajyayendriyendriyay |

Imammushya Putram Mushye Putramasye Vishayesh Voashi Raja Somoasmank



Brahmanam Om Raja | Chandray Namah |”

Chant this mantra of Moon everyday in the evening. Do it for one round of rosary. This will increase auspicious fruits of Moon.

(2) The Namaskar mantra of Moon would also be very beneficial for you. It will increase the auspicious influence of Moon. The mantra is: “Dadhishankham Tusharabham Kshirodarnav Sambhavam | Namami Shashinam Somam Shambhormukut Bhusanam ||”

(3) To increase the auspicious influence of Moon, you should observe fast on Poornima of every month and worship lord Satyanarayan. This will increase the auspicious influence of Moon. This will also make Moon strong. Inauspicious influence will get reduced. You can also worship lord Shiva on every Monday to increase the auspicious fruits of Moon.

(4) The analysis about mother and mother-like women is done through Moon. You should respect your mother and should never hurt her. You should also give respect to mother-like women. This will reduce the negative influence of Moon. Auspicious influence will increase.

You can perform any of the above-mentioned remedies according to your convenience.

Remedies for Rahu

(1) Chant the mantra of Rahu on Saturday after sunset. Wear clean clothes after sunset and sit on a clean Asana. You should be facing towards east or north direction while chanting the mantra. This will help reduce ailments caused due to Rahu. The Pauranic mantra of Rahu is: “Ardhkayam Mahaviryam Chandraditya Vimardanam | Sinhika Garbh Sambhutam Tam Rahum Pranamamyaham ||”

(2) Chant the Vedic mantra of Rahu. Chant everyday one rosary of this mantra on Saturday after sunset. This will help reduce the diseases related to Rahu. The Vedic mantra of Rahu is: “Om Kayanashchitraaabhuvaduti Sadavidah Sakha | Kayashchisthya Vrita | Rahave Namah |

(3) The analysis about sad, poor and weak people are analyzed through Rahu. You should help all these people according to your capability. Distribute necessary things among leprosy patients. Help the patients and people in pain. This will reduce ill effects of Rahu. Rahu is also the karak planet of grand father, grand mother etc. You should take care of your grand father and grand mother. Give them respect and honor. This will also increase the auspicious influence of Rahu.

You can perform any of the above-mentioned remedies according to your convenience.

Remedies for Ketu

(1) Chant the Pauranic mantra of Ketu to reduce the malefic influence of Ketu. Chant this mantra on Tuesday or Saturday after sunset. Chant one round of rosary everyday. Wear clean clothes and sit on a clean Asana facing towards east or north direction. This will lessen the ailments caused by Ketu. The Pauranic mantra of Ketu is: “Palashpushpsankasham Trakagrah Mastakam | Raudram Raudratmakam Ghoram Tam Ketum Pranamamyaham ||”

(2) Chant the Vedic mantra of Ketu on Tuesday or Saturday after sunset. Chant one round of rosary everyday. You will get relief from the diseases caused by Ketu by chanting this mantra. The Vedic mantra of Ketu is: “Om Ketum Krinvann Ketve Maryaapeshse Samunshdirjaryatha



| Ketve Namah ||

Apart from this, you can recite “Gajendra Moksha” to reduce the inauspicious influence of Ketu.

(3) Ketu is the karak planet of weak, poor and sad men and women. You can reduce the negative results of Ketu by helping them. Ketu is also the karak of grandfather and grandmother. Do not disrespect them. Give them respect and honor. Take care of them. This will increase the positive fruits of Ketu.

You can perform any of the above-mentioned remedies according to your convenience.

Maha-Mrityunjay Mantra

If you want to get relief from any kind of ailment, chant Mahamrityunjay Mantra and offer water to Shivling everyday. You will also get rid of incurable and difficult diseases. Chant one rosary of mantra everyday in the morning or evening with full faith and devotion. The mantra is: “Om Tryambakam Yajamahe Sugandhim Pushtivardhanam | Urvarukmiv Bandhanat Mrityormukshiya Mamritat ||”

Mantra for destroying a disease:
Roganasheshan Pahansi Tushta
Rushta Tu Kaamaan Saklaan Bhishtan
Tvamashritanam N Vipannaranam
Tvamashrita Hayashrayatam Pryanti |

Chant three rosary of this mantra everyday after taking a bath in the morning. You will get rid of the disease very soon.

In Narad Puran, some mantras have been mentioned to get rid of diseases and sorrow. You can chant any of these mantras in the morning after taking a bath in an auspicious time. This will give you relief from your ailments. You should chant one rosary of mantra everyday. The mantra is:

- (1) “Om Namo Narayanaya”
- (2) “Om Namo Bhagvate Vasudevaya”
- (3) “Shrim Hrim Kalim Krishnaya Swaha”

Remedy Through Planting Saplings

Many aspects of the health of a patient are analyzed with his Kundali. The ascendant, lord of the ascendant, planet, house, Dasha and transit are studied in detail to know the condition of health of a patient. Apart from this, the Nakshatra of birth is also analyzed in the Kundali of the native. An individual may face mental and physical troubles related to health if the Nakshatra of birth is afflicted in his Kundali.

Many remedies are performed to strengthen the Nakshatra of birth. Mantras are chanted and alms related to the afflicted Nakshatra are given to strengthen it. Many epics tell about the plantation of trees related to the afflicted Nakshatra. A person gets favourable and auspicious



results by planting the trees related to his birth Nakshatra. Your health stays good, peace and happiness prevails at home and mental satisfaction increases by doing this. Hence, a plant related to the Nakshatra of birth should be planted at a suitable place.

Jyestha

Your birth Nakshatra is Jyeshtha. You should plant a tree of Reetha (*Sapindus saponaria*) to reduce the disorders related to health. This plant makes the results of the Nakshatra of your birth auspicious. The auspiciousness of this plant will minimize your diseases and will help you stay healthy.