

Yearly Health Report



Sanjay
Birth Date: 10 Mar 1980 04:00:00 AM
Birth Place: New Delhi, India

2017 - 2018

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Sanjay

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

Longitude : 77.12E
Latitude : 28.36N
Sidreal 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

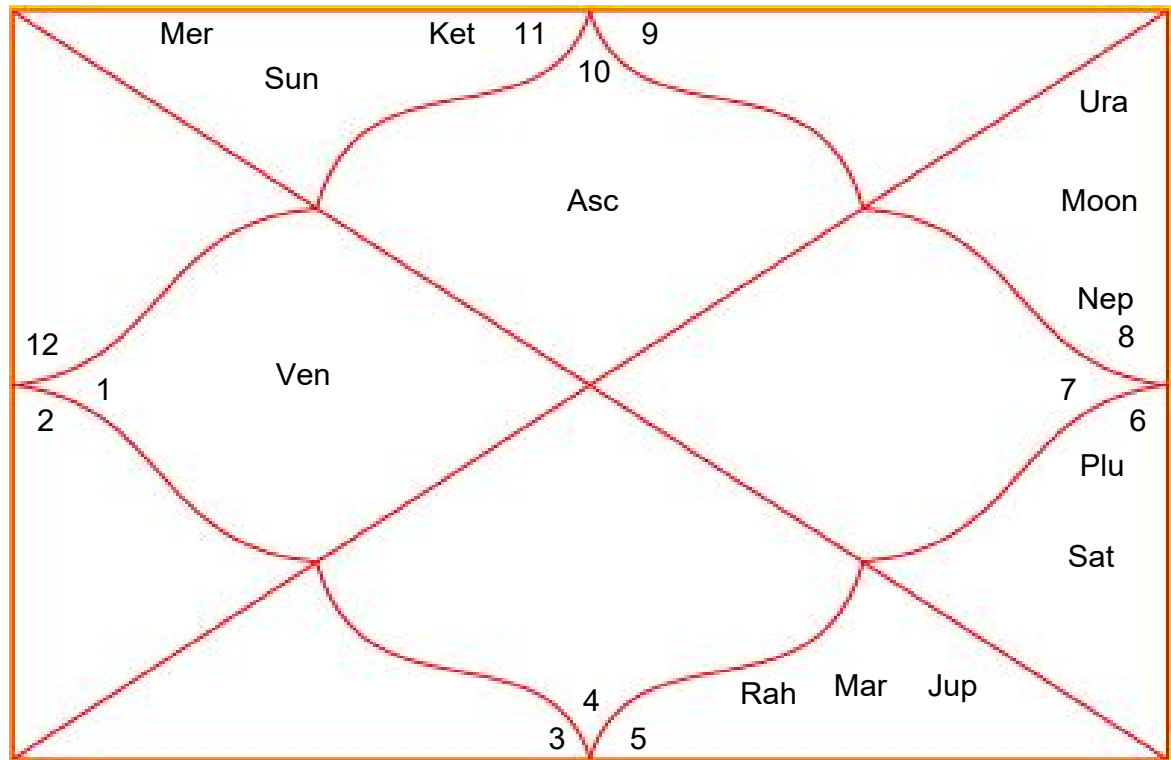
Nakshatra : Jyestha
Nakshatra Lord : Mercury
Charan : 3

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 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)

Mercury

	19 Mar 1969 - 20 Mar 1986
Mer	19 Mar 1969 - 16 Aug 1971
Ket	16 Aug 1971 - 12 Aug 1972
Ven	12 Aug 1972 - 13 Jun 1975
Sun	13 Jun 1975 - 19 Apr 1976
Moon	19 Apr 1976 - 18 Sep 1977
Mar	18 Sep 1977 - 15 Sep 1978
Rah	15 Sep 1978 - 04 Apr 1981
Jup	04 Apr 1981 - 11 Jul 1983
Sat	11 Jul 1983 - 20 Mar 1986

Ketu

	20 Mar 1986 - 19 Mar 1993
Ket	20 Mar 1986 - 16 Aug 1986
Ven	16 Aug 1986 - 16 Oct 1987
Sun	16 Oct 1987 - 21 Feb 1988
Moon	21 Feb 1988 - 21 Sep 1988
Mar	21 Sep 1988 - 17 Feb 1989
Rah	17 Feb 1989 - 08 Mar 1990
Jup	08 Mar 1990 - 11 Feb 1991
Sat	11 Feb 1991 - 22 Mar 1992
Mer	22 Mar 1992 - 19 Mar 1993

Venus

	19 Mar 1993 - 20 Mar 2013
Ven	19 Mar 1993 - 19 Jul 1996
Sun	19 Jul 1996 - 19 Jul 1997
Moon	19 Jul 1997 - 20 Mar 1999
Mar	20 Mar 1999 - 19 May 2000
Rah	19 May 2000 - 20 May 2003
Jup	20 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

	20 Mar 2013 - 20 Mar 2019
Sun	20 Mar 2013 - 07 Jul 2013
Moon	07 Jul 2013 - 06 Jan 2014
Mar	06 Jan 2014 - 14 May 2014
Rah	14 May 2014 - 07 Apr 2015
Jup	07 Apr 2015 - 25 Jan 2016
Sat	25 Jan 2016 - 06 Jan 2017
Mer	06 Jan 2017 - 12 Nov 2017
Ket	12 Nov 2017 - 20 Mar 2018
Ven	20 Mar 2018 - 20 Mar 2019

Moon

	20 Mar 2019 - 20 Mar 2029
Moon	20 Mar 2019 - 19 Jan 2020
Mar	19 Jan 2020 - 19 Aug 2020
Rah	19 Aug 2020 - 17 Feb 2022
Jup	17 Feb 2022 - 19 Jun 2023
Sat	19 Jun 2023 - 18 Jan 2025
Mer	18 Jan 2025 - 19 Jun 2026
Ket	19 Jun 2026 - 18 Jan 2027
Ven	18 Jan 2027 - 18 Sep 2028
Sun	18 Sep 2028 - 20 Mar 2029

Mars

	20 Mar 2029 - 19 Mar 2036
Mar	20 Mar 2029 - 16 Aug 2029
Rah	16 Aug 2029 - 03 Sep 2030
Jup	03 Sep 2030 - 10 Aug 2031
Sat	10 Aug 2031 - 18 Sep 2032
Mer	18 Sep 2032 - 15 Sep 2033
Ket	15 Sep 2033 - 11 Feb 2034
Ven	11 Feb 2034 - 14 Apr 2035
Sun	14 Apr 2035 - 19 Aug 2035
Moon	19 Aug 2035 - 19 Mar 2036

Rahu

	19 Mar 2036 - 20 Mar 2054
Rah	19 Mar 2036 - 01 Dec 2038
Jup	01 Dec 2038 - 25 Apr 2041
Sat	25 Apr 2041 - 01 Mar 2044
Mer	01 Mar 2044 - 19 Sep 2046
Ket	19 Sep 2046 - 07 Oct 2047
Ven	07 Oct 2047 - 07 Oct 2050
Sun	07 Oct 2050 - 01 Sep 2051
Moon	01 Sep 2051 - 02 Mar 2053
Mar	02 Mar 2053 - 20 Mar 2054

Jupiter

	20 Mar 2054 - 20 Mar 2070
Jup	20 Mar 2054 - 07 May 2056
Sat	07 May 2056 - 19 Nov 2058
Mer	19 Nov 2058 - 24 Feb 2061
Ket	24 Feb 2061 - 30 Jan 2062
Ven	30 Jan 2062 - 30 Sep 2064
Sun	30 Sep 2064 - 20 Jul 2065
Moon	20 Jul 2065 - 19 Nov 2066
Mar	19 Nov 2066 - 26 Oct 2067
Rah	26 Oct 2067 - 20 Mar 2070

Saturn

	20 Mar 2070 - 20 Mar 2089
Sat	20 Mar 2070 - 23 Mar 2073
Mer	23 Mar 2073 - 01 Dec 2075
Ket	01 Dec 2075 - 09 Jan 2077
Ven	09 Jan 2077 - 11 Mar 2080
Sun	11 Mar 2080 - 21 Feb 2081
Moon	21 Feb 2081 - 22 Sep 2082
Mar	22 Sep 2082 - 01 Nov 2083
Rah	01 Nov 2083 - 07 Sep 2086
Jup	07 Sep 2086 - 20 Mar 2089



Vimshottari-Pratyantar

Sun - Mercury

	06 Jan 2017 - 12 Nov 2017
Mer	06 Jan 2017 - 19 Feb 2017
Ket	19 Feb 2017 - 09 Mar 2017
Ven	09 Mar 2017 - 29 Apr 2017
Sun	29 Apr 2017 - 15 May 2017
Moon	15 May 2017 - 10 Jun 2017
Mar	10 Jun 2017 - 28 Jun 2017
Rah	28 Jun 2017 - 13 Aug 2017
Jup	13 Aug 2017 - 24 Sep 2017
Sat	24 Sep 2017 - 12 Nov 2017

Sun - Ketu

	12 Nov 2017 - 20 Mar 2018
Ket	12 Nov 2017 - 19 Nov 2017
Ven	19 Nov 2017 - 11 Dec 2017
Sun	11 Dec 2017 - 17 Dec 2017
Moon	17 Dec 2017 - 28 Dec 2017
Mar	28 Dec 2017 - 04 Jan 2018
Rah	04 Jan 2018 - 23 Jan 2018
Jup	23 Jan 2018 - 10 Feb 2018
Sat	10 Feb 2018 - 02 Mar 2018
Mer	02 Mar 2018 - 20 Mar 2018

Sun - Venus

	20 Mar 2018 - 20 Mar 2019
Ven	20 Mar 2018 - 20 May 2018
Sun	20 May 2018 - 07 Jun 2018
Moon	07 Jun 2018 - 07 Jul 2018
Mar	07 Jul 2018 - 29 Jul 2018
Rah	29 Jul 2018 - 22 Sep 2018
Jup	22 Sep 2018 - 09 Nov 2018
Sat	09 Nov 2018 - 06 Jan 2019
Mer	06 Jan 2019 - 27 Feb 2019
Ket	27 Feb 2019 - 20 Mar 2019

Moon - Moon

	20 Mar 2019 - 19 Jan 2020
Moon	20 Mar 2019 - 14 Apr 2019
Mar	14 Apr 2019 - 02 May 2019
Rah	02 May 2019 - 17 Jun 2019
Jup	17 Jun 2019 - 27 Jul 2019
Sat	27 Jul 2019 - 14 Sep 2019
Mer	14 Sep 2019 - 27 Oct 2019
Ket	27 Oct 2019 - 14 Nov 2019
Ven	14 Nov 2019 - 03 Jan 2020
Sun	03 Jan 2020 - 19 Jan 2020

Moon - Mars

	19 Jan 2020 - 19 Aug 2020
Mar	19 Jan 2020 - 31 Jan 2020
Rah	31 Jan 2020 - 03 Mar 2020
Jup	03 Mar 2020 - 31 Mar 2020
Sat	31 Mar 2020 - 04 May 2020
Mer	04 May 2020 - 03 Jun 2020
Ket	03 Jun 2020 - 16 Jun 2020
Ven	16 Jun 2020 - 21 Jul 2020
Sun	21 Jul 2020 - 01 Aug 2020
Moon	01 Aug 2020 - 19 Aug 2020

Moon - Rahu

	19 Aug 2020 - 17 Feb 2022
Rah	19 Aug 2020 - 09 Nov 2020
Jup	09 Nov 2020 - 21 Jan 2021
Sat	21 Jan 2021 - 18 Apr 2021
Mer	18 Apr 2021 - 04 Jul 2021
Ket	04 Jul 2021 - 05 Aug 2021
Ven	05 Aug 2021 - 04 Nov 2021
Sun	04 Nov 2021 - 02 Dec 2021
Moon	02 Dec 2021 - 16 Jan 2022
Mar	16 Jan 2022 - 17 Feb 2022

Moon - Jupiter

	17 Feb 2022 - 19 Jun 2023
Jup	17 Feb 2022 - 23 Apr 2022
Sat	23 Apr 2022 - 09 Jul 2022
Mer	09 Jul 2022 - 16 Sep 2022
Ket	16 Sep 2022 - 15 Oct 2022
Ven	15 Oct 2022 - 04 Jan 2023
Sun	04 Jan 2023 - 28 Jan 2023
Moon	28 Jan 2023 - 10 Mar 2023
Mar	10 Mar 2023 - 07 Apr 2023
Rah	07 Apr 2023 - 19 Jun 2023

Moon - Saturn

	19 Jun 2023 - 18 Jan 2025
Sat	19 Jun 2023 - 19 Sep 2023
Mer	19 Sep 2023 - 10 Dec 2023
Ket	10 Dec 2023 - 13 Jan 2024
Ven	13 Jan 2024 - 18 Apr 2024
Sun	18 Apr 2024 - 17 May 2024
Moon	17 May 2024 - 04 Jul 2024
Mar	04 Jul 2024 - 07 Aug 2024
Rah	07 Aug 2024 - 02 Nov 2024
Jup	02 Nov 2024 - 18 Jan 2025

Moon - Mercury

	18 Jan 2025 - 19 Jun 2026
Mer	18 Jan 2025 - 01 Apr 2025
Ket	01 Apr 2025 - 01 May 2025
Ven	01 May 2025 - 27 Jul 2025
Sun	27 Jul 2025 - 21 Aug 2025
Moon	21 Aug 2025 - 04 Oct 2025
Mar	04 Oct 2025 - 03 Nov 2025
Rah	03 Nov 2025 - 19 Jan 2026
Jup	19 Jan 2026 - 29 Mar 2026
Sat	29 Mar 2026 - 19 Jun 2026



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 : Sun

20 March 2013 - 20 March 2019

The Mahadasha of Sun is running in your Kundali. Sun in your Kundali is situated in weak state. Sun is a fiery planet. Due to the weak position of Sun, you may lack self-confidence and your heart may be weak. You are likely to suffer from eye disorders. You may have to face the problems related to bones, unconsciousness, high fever, sores and pimples, headache.

Antardasha : Sun-Mercury

06 January 2017 - 12 November 2017

Pratyantara Dasha : Sun-Mercury-Saturn

24 September 2017 - 12 November 2017

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.

Antardasha : Sun-Ketu

12 November 2017 - 20 March 2018

Pratyantara Dasha : Sun-Ketu-Ketu

12 November 2017 - 19 November 2017

The Pratyantara Dasha of Ketu is running in your Kundali currently. Ketu is present in weak state in your Kundali. That is why, your health may give you a lot of troubles during this period. You may get skin ailments. You may suffer from ulcers. You may also get high fever. Gas may form in your stomach. You should stay away from the adulterated medicines during this period. Unreasonable fear may haunt you. A dog's bite may give you trouble. You should stay alert.

Pratyantara Dasha : Sun-Ketu-Venus

19 November 2017 - 11 December 2017

The Pratyantara Dasha of Venus is running in your Kundali currently. Venus is present in weak state in your Kundali. You may have to face some health related troubles due to weak state of Venus. You may suffer from diseases related to eyes. Your eye sight may also be affected. You may suffer from a venereal disease. Do not make a physical relation with a stranger. You may suffer from



urinary tract infections and renal diseases. You may get swelling in your body. You may also get pimples on your face. Women may suffer from leukorrhea. You should take advice of a doctor on time.

Pratyantara Dasha : Sun-Ketu-Sun

11 December 2017 - 17 December 2017

The Pratyantara Dasha of Sun is running in your Kundali currently. Sun is present in weak state in your Kundali. You may have to face the health related problems due to the weak state of Sun. You may be worried in this period due to hair-fall. You may suffer from ailments related to heart or bones. You should be alert while driving a vehicle or at any other place because your bone is likely to get fractured. You may also suffer from a disease like migraine.

You should take care of your eyes. If you have any problem in viewing things, then you should take advice of an ophthalmologist. You should eat according to the climate right now. Do not eat food from outside. Otherwise, you may suffer from fever. You are likely to suffer from ailments related to bile(Pitta) and high blood pressure. You should not be careless and should consult a doctor as soon as possible.

Pratyantara Dasha : Sun-Ketu-Moon

17 December 2017 - 28 December 2017

The Pratyantara Dasha of Moon is running in your Kundali currently. Moon is in weak state in your Kundali. You will have to face mental troubles due to the strong state of Moon. You may become irritable on small things. You may suffer from ailments related to chest during this period.

You should eat according to the climate and wear according to it. You may suffer from diseases related to phelgm(Kafa). You may also suffer from blood related ailments. Practice abstinence in your eating habits. Do not eat contaminated food since you may suffer from jaundice. Women should stay alert during this period since their menstrual cycle may be erratic.

Pratyantara Dasha : Sun-Ketu-Mars

28 December 2017 - 04 January 2018

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 : Sun-Ketu-Rahu

04 January 2018 - 23 January 2018

The Pratyantara Dasha of Rahu is running in your Kundali currently. Rahu is in



weak state in your Kundali. You might have to face health related problems due to the weak state of Rahu. You may face a lot of mental troubles in this duration. You may also suffer from skin ailments in this period. The diseases occurring at this time may take a long time to recover because the doctor may take a long time to diagnose the disease.

A part of your body may stop working. You may fall from a height and get hurt. You may also suffer from ailments related to intestine.

Pratyantara Dasha : Sun-Ketu-Jupiter

23 January 2018 - 10 February 2018

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 : Sun-Ketu-Saturn

10 February 2018 - 02 March 2018

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.

Pratyantara Dasha : Sun-Ketu-Mercury

02 March 2018 - 20 March 2018

The Pratyantara Dasha of Mercury is running in your Kundali currently. Mercury is present in strong state in your Kundali. Your health will remain good in the Dasha of Moon. You will stay away from the ailments related to Vata, Pitta and Kafa. You will also not get the ailments related to skin. You will be happy and joyful. Sometimes, your mind may become unstable. You may get mental troubles because of this. Your nervous system will work perfectly.

Antardasha : Sun-Venus

20 March 2018 - 20 March 2019

Pratyantara Dasha : Sun-Venus-Venus

20 March 2018 - 20 May 2018



The Pratyantara Dasha of Venus is running in your Kundali currently. Venus is present in weak state in your Kundali. You may have to face some health related troubles due to weak state of Venus. You may suffer from diseases related to eyes. Your eye sight may also be affected. You may suffer from a venereal disease. Do not make a physical relation with a stranger. You may suffer from urinary tract infections and renal diseases. You may get swelling in your body. You may also get pimples on your face. Women may suffer from leukorrhea. You should take advice of a doctor on time.

Pratyantara Dasha : Sun-Venus-Sun

20 May 2018 - 07 June 2018

The Pratyantara Dasha of Sun is running in your Kundali currently. Sun is present in weak state in your Kundali. You may have to face the health related problems due to the weak state of Sun. You may be worried in this period due to hair-fall. You may suffer from ailments related to heart or bones. You should be alert while driving a vehicle or at any other place because your bone is likely to get fractured. You may also suffer from a disease like migraine.

You should take care of your eyes. If you have any problem in viewing things, then you should take advice of an ophthalmologist. You should eat according to the climate right now. Do not eat food from outside. Otherwise, you may suffer from fever. You are likely to suffer from ailments related to bile(Pitta) and high blood pressure. You should not be careless and should consult a doctor as soon as possible.

Pratyantara Dasha : Sun-Venus-Moon

07 June 2018 - 07 July 2018

The Pratyantara Dasha of Moon is running in your Kundali currently. Moon is in weak state in your Kundali. You will have to face mental troubles due to the strong state of Moon. You may become irritable on small things. You may suffer from ailments related to chest during this period.

You should eat according to the climate and wear according to it. You may suffer from diseases related to phelgm(Kafa). You may also suffer from blood related ailments. Practice abstinence in your eating habits. Do not eat contaminated food since you may suffer from jaundice. Women should stay alert during this period since their menstrual cycle may be erratic.

Pratyantara Dasha : Sun-Venus-Mars

07 July 2018 - 29 July 2018

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 : Sun-Venus-Rahu

29 July 2018 - 22 September 2018

The Pratyantara Dasha of Rahu is running in your Kundali currently. Rahu is in weak state in your Kundali. You might have to face health related problems due to the weak state of Rahu. You may face a lot of mental troubles in this duration. You may also suffer from skin ailments in this period. The diseases occurring at this time may take a long time to recover because the doctor may take a long time to diagnose the disease.

A part of your body may stop working. You may fall from a height and get hurt. You may also suffer from ailments related to intestine.

Pratyantara Dasha : Sun-Venus-Jupiter

22 September 2018 - 09 November 2018

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.



Impact of Planetary Transit on Your Health

Sixth Lord Mercury in Ascendant

29 January 2018 - 16 Feb 2018

Mercury which is the lord of sixth house is transiting ascendant house in your Kundali. Your mind may remain confused in this period. Your mind may wander for no reason. You may suffer from skin allergy or eczema during this period. If you will not try to stay away from mental stress, you may loose your consciousness.

Eighth Lord Sun in Ascendant

15 January 2018 - 14 Feb 2018

Sun which is the lord of eighth house is transiting the ascendant house currently in your Kundali. You may faint due to weakness in body and headache. You may get pain in bones and joints of your body. Sores may develop due to excess heat in your body. You may also suffer from fever in these days. Your blood-pressure may also increase. Your hair may get dry if you will not take proper care of them. There may be a frequent fall of hair. You should be conscious for your health. You might be affected by physical troubles for a long time occurring during this time.

Ketu in Ascendant

19 August 2017 - 08 Mar 2019

Ketu is transiting ascendant house currently in your Kundali. You mind may become confused due to the transit of Ketu. You should stay away from fire in this period. You may get physical pain due small nematodes and poisonous microbes. You may also be troubled due to round worms in your stomach.

You may get ulcers with fever in this duration. It will be better for you if you will try to avoid oily and spicy food. Otherwise, you may suffer from ailments related to phlegm (Pitta), sores and jaundice.



The Impact of Saturn's Sadesati on Your Health

27 October 2017 - 25 Jan 2020

Saturn completes one revolution in thirty years in a birth chart. When Saturn is behind the Moon at the time of birth while completing the revolution, the condition is known as the beginning of Sade Saati. The effect of Sade Saati remains for seven years.

The influence of Sade Saati is running in your Kundali. You will suffer from mental stress because of hurdles and obstacles coming in your way due to the influence of Sade Saati. Your mind will be unstable. Fear and feeling of disgust may be more in your mind. You should stay away from stress. Otherwise, you may become a victim of high blood pressure. You may also suffer from insomnia.

You may become a victim of chronic diseases in this period of Saadesati. You should take care of your health in time. You may also suffer from diseases related to bones during this period. You may not concentrate on any work due to worries and may show laziness.

Remedies of Sadesaati

You should perform some remedies to keep yourself away from diseases in this duration of Sadesaati. Your health will be benefited by performing these remedies.

- (1) Light a lamp of mustard oil under Peepal tree on every Saturday in this duration.
- (2) You should recite Shani Chalisa or Shani Stotra from the Saturday of Shukla Paksha during the Sadesaati. You will get mental peace by doing this.
- (3) You can also observe a fast of Saturday during the Sadesaati. Begin the fast of Saturday from Shukla Paksha. The chant of the Mantra of Saturn should also begin from the Saturday of Shukla Paksha. You should always chant these Mantras in the evening. Don't chant these Mantras on Sunday. The Mantra is, "Om Sham Shanishcharay Namah". The chant of one rosary of these Mantras will increase the benefits related to health.



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 Suryadityom” 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 Vipaataam 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 Prajatmadmasu 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 northen 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. You 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 “.

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