

# Health Horoscope Report



## sample report

Birth Date: 05 Jul 1990 20:00:00 PM

Birth Place: New Delhi, India

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

[www.astrobix.com](http://www.astrobix.com)

## sample report

05 July 1990, Thursday  
08:00:00 PM(5.5)  
New Delhi, India

|                 |                   |
|-----------------|-------------------|
| Longitude       | : 77.12E          |
| Latitude        | : 28.36N          |
| Sidreal Time    | : 14:32:4         |
| Local Mean Time | : 19:38:48        |
| Ayanmash        | : 23.72 NC Lahiri |

**Lagna** : Capricorn  
**Lagna Lord** : Saturn

**Rashi** : Scorpio  
**Rashi Lord** : Mars

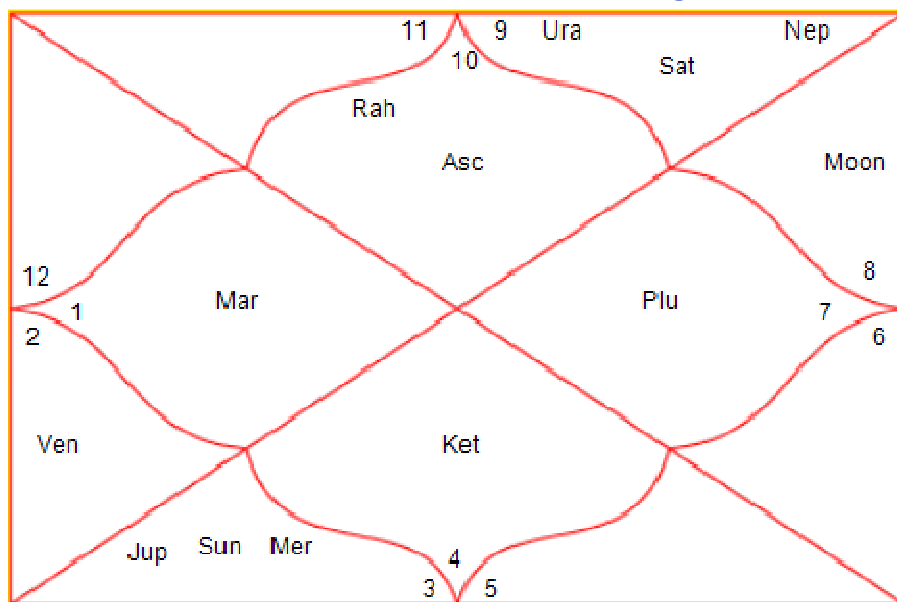
**Nakshatra** : Jyestha  
**Nakshatra Lord** : Mercury  
**Charan** : 2

**Nadi** : Aadi  
**Nadi Pada** : Ant

**Tithi** : Trayodasi Shukla  
**Paya** : Gold  
**S.S. Yoga** : Sukla

**Karan** : Taitika  
**Varna** : Brahmin  
**Varna** : Brahmin  
**Vashya** : Keet  
**Yoni** : Mrig(M)  
**Vihaga** : Vayas  
**Gana** : Rakshas  
**First Letters** : No, Yaa, Yee, Yoo  
**Sun Sign** : Gemini

## Lagna Kundali



## Planetary Positions at Birth Time

| Planets | Dir    | Rashi       | Lord | Degrees  | Nakshatra-Qtr | Lord |
|---------|--------|-------------|------|----------|---------------|------|
| Asc     |        | Capricorn   | Sat  | 0:7:11   | U.Sada-2      | Sun  |
| Sun     | Direct | Gemini      | Mer  | 19:35:14 | Aridra-4      | Rah  |
| Mer     | Direct | Gemini      | Mer  | 23:3:56  | Punarvasu-1   | Jup  |
| Ven     | Direct | Taurus      | Ven  | 18:51:28 | Rohini-3      | Moon |
| Mar     | Direct | Aries       | Mar  | 1:29:27  | Ashwini-1     | Ket  |
| Jup     | Direct | Gemini      | Mer  | 26:36:24 | Punarvasu-2   | Jup  |
| Sat     | Retro  | Sagittarius | Jup  | 28:58:3  | U.Sada-1      | Sun  |
| Moon    | Direct | Scorpio     | Mar  | 22:7:41  | Jyestha-2     | Mer  |
| Rah     | Retro  | Capricorn   | Sat  | 14:54:35 | Sravana-2     | Moon |
| Ket     | Retro  | Cancer      | Moon | 14:54:35 | Pushyami-4    | Sat  |
| Ura     | Retro  | Sagittarius | Jup  | 13:38:2  | P.Sada-1      | Ven  |
| Nep     | Retro  | Sagittarius | Jup  | 19:27:48 | P.Sada-2      | Ven  |
| Plu     | Retro  | Libra       | Ven  | 21:21:35 | Vishakha-1    | Jup  |

## 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.



## **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(Phlegm). 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.

Your Kundali contains Capricorn sign in strong state in the ascendant. You will stay away from the diseases since the sign in the ascendant is in strong state. You will stay strong. There will be physical and mental contentment because of good health. Your heart and soul



will be happy.

You will recover from any disease very soon if you suffering from a disease. The organs governed by Capricorn sign will be strong.

### **Your Ascendant and Your Health**

The ascendant house in your Kundali is strong. As a result of this, your health would be excellent. Your body will rarely be influenced by diseases and your physical strength will increase. The strong ascendant house will keep you healthy.

The diseases caused by the change in weather and contact with a patient will not trouble you. Health related worries will get reduced due to favorable health. Your expenses on health will also get reduced. You will be able to utilize your time and energy for important tasks.

### **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.

The lord of the ascendant house in your Kundali is in 12th house. This position would be unfavorable for your health. Your health may get reduced. Unhealthy body may occasionally increase your problems. You will get rid of your illness only when you will take rest.

This position is also increasing your laziness. You should take care of your health otherwise you may have to go to hospital. Your activities may get interrupted due to your illness.

### **Conclusion**

According to the ascendant house, ascendant lord, and the position of ascendant lord in your Kundali, your health would be excellent. Normally you will be healthy, and whenever you will fall ill, you are less likely to face any serious condition. You will rarely become the victim of any disease.

### **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 6th house in strong position. This position of Sun is reducing your relaxation and sleep. Due to its influence, your ailments may get increased. You are likely to suffer from eye related disorders. Strong Sun is strengthening the bones of your waist, thereby reducing the disorders of waist.

This position of Sun is increasing your diseases as well as anger and rudeness. It is also reducing your self-confidence. Due to lack of sleep, your behavior may become irritable. The diseases of bones will get reduced and your immune power will increase.

### Mercury

Mercury in your Kundali is situated in 6th house in strong position. This position of Mercury is strengthening the house of disease. As a result, you are more likely to get affected by diseases. Mercury is making you practical and optimistic. This will help you stay fit and healthy. Skin diseases will also get reduced.

This position of Mercury is providing you excellent communication skills. It is reducing the disorders related to nose and ears. Skin disorders are also getting reduced due to the auspiciousness of Mercury. Strong Mercury is enhancing your memory power and intellectual ability.

### Venus

Venus in your Kundali is situated in 5th house in strong position. Due to its influence, you are less likely to suffer from venereal diseases. It will help reduce the disorders of kidneys. Due to the auspiciousness of Venus, heart related diseases will get reduced.

Venus governs some parts of intestine and pancreas. Therefore, these organs of your body will work properly. The auspiciousness of Venus could make your face attractive. The hormonal system of your body will also work properly. You are less likely to suffer from appendicitis.

### Mars

Mars in your Kundali is strong and is situated in 4th house. It is reducing your blood related disorders. Due to its influence, you are less likely to suffer from chest related diseases. Due to the auspiciousness of Mars, you will not face the problem of high blood pressure.

Due to this position of Mars, you are more likely to get injured. Injury may lead to excessive bleeding. You will rarely face mental disorders.

### Jupiter

Jupiter in your Kundali is situated in 6th house in weak position. You are prone to sleep disorders. You may not be able to relax due to excessive work load. You are likely to face problems due to the excess of fat in your body. Being a slow moving planet, Jupiter gives long-term diseases.



Too much work pressure may lead to the state of unconsciousness. Weak Jupiter may give you mental disorders. Your intelligence may get reduced. You may lack politeness in your behavior.

### Saturn

Saturn in your Kundali is situated in 12th house in strong position. Saturn governs the joints of the body. Due to the strong position of Saturn in 12th house, you will rarely suffer from the diseases related to the joints of the body. To get the auspicious results of this position of Saturn, you should not shirk the hard work.

You will be able to improve your health. Strong Saturn is providing you the nature of speaking slowly. Saturn is reducing your Vata related disorders and nervous system disorders.

### 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 the ascendant house in strong position. Due to the influence of Rahu, you may become selfish. The position of Rahu in the ascendant house is making your personality attractive. It is also improving your health.

You need not do much efforts to stay healthy. Due to the strong position of Rahu, the alignment of your teeth would be good. This position of Rahu is auspicious for physical health but under its influence, you may have the habit of forgetting others' help done to you. Besides this, you may also become skeptical. You should not be proud of your beauty.

### Ketu

Ketu in your Kundali is situated in 7th house in weak position. This position of Ketu could create confusion in your mind. This could also affect your decision-making ability. You may become fickle-minded.

Due to the weak position of Ketu, viral fever may trouble you. You are likely to suffer from cough and respiratory diseases. Apart from this, you may have doubt regarding the recovery from your illness. Ketu is also increasing the possibilities of accidents due to fire. Sometimes, it could also give you voice disorders.

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

### **Problem in Childbirth**

If Saturn is located in 6th house from Venus.

### **Problem in Childbirth**

If Saturn is situated in 12th house from Venus.

### **Problem in Childbirth**

If Mercury and Saturn are situated in odd signs and they are aspecting each other.

### **Deafness**

If Mercury in Kundali is situated in Trik houses and is aspected by Saturn, then hearing power of the person may get reduced.

### **Deafness**

Mercury is the lord of 6th house and Saturn is aspecting both Mercury and 6th house. This Yoga may reduce hearing power of the person.

### **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**

The conjunction of Sun and Mercury in Trishdaya houses may lead to the reduction of hearing power.

### **Deafness**

If a person is born in the night, Venus is in 5th house and Mercury is situated in 6th house, then his hearing power may be weak.



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

If Rahu is situated in the ascendant in your Kundali, your teeth may not be properly aligned.

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

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

### **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.

### **Kidney related Problem**

If 6th house, the lord of 6th house, Virgo sign and Venus are afflicted then the person may have to face kidney disorders.

### **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.

### **Stroke**

If the lord of 6th house and Saturn are forming a relationship and Mercury is also in afflicted state, then the person may suffer from paralysis.

### **Stroke**

If the lord of 6th house, Mercury and the ascendant are under the malefic influence then the person may suffer from the disease of paralysis.

### **Stroke**

If Moon and Mercury are forming relationship with Rahu or Saturn, and the ascendant and ascendant lord are afflicted then the person may have the disease of paralysis.

### **Health Related Problem**

The ascendant in your Kundali is forming a relationship with the sixth house. That is why, you will have to stay alert. There is a possibility that you may suffer from a problem related to your health.





### Health Related Problem

The ascendant and eight house are forming a relationship in your Kundali. That is why, you may suffer from a disorder related to your health. It will be good to take care of your health.

### Health Related Problem

The ascendant in the Kundali is forming a relationship with the twelfth house. This condition is not favourable for your health. You should not show carelessness towards your health, otherwise you may fall ill.

### Health Related Problem

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

### Speech Disorder

If 2nd lord in Kundali is afflicted with malefic planets and 8th lord is aspecting the 2nd lord then you may have voice related disorders.

### 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 the lord of 4th house is under the influence of an inauspicious planet and is situated in Kendra then any part of the body may get 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 Hridaya 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 Sarvpapaghnem 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 | Asminsadhashthoayuttarasmin 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 Jinvaati | 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 Rajyayendrisyendriyay |  
 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 Sadavridah 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 Namō Narayanaya"
- (2) "Om Namō 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.