



# JANAM KUNDLI

(Birth Horoscope)

## Ravi Tapan Kumar

Date of Birth	12 December 1921	Day	Monday
Time of Birth	08:30	Place	Bhopal, Madhya Pradesh, India
Latitude	23.2599°N	Longitude	77.4126°E
Timezone	IST (GMT+5.5)	Ayanamsa	Lahiri

### Astrological Summary

Lagna (Ascendant)	Sagittarius	Lagna Lord	Sagittarius
Rashi (Moon Sign)	Aries	Rashi Lord	Mars
Nakshatra	Bharani	Nakshatra Lord	Venus
Nakshatra Pada	2	Charan	Second (2nd)
Sun Sign	Scorpio	Current Dasha	Mercury

### Avkahada Chakra

Varna	Kshatriya	Vashya	Manava
Yoni	Gaja	Gana	Manushya
Nadi	Madhya	Tatva	Prithvi

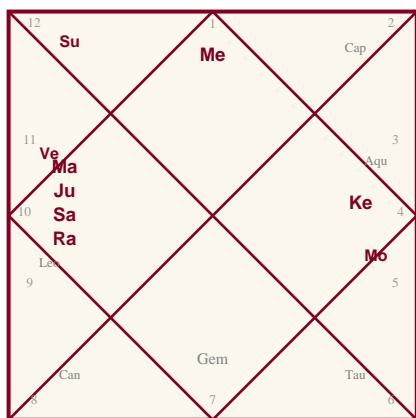
### Panchang at Birth

Tithi	Dwadashi (Shukla)
Yoga	Shiva
Karana	Balava
Vara	Sunday

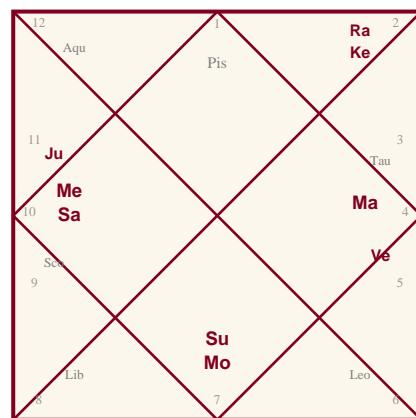
## Nirayana Planetary Longitudes

Planet	Rashi	Degrees	Nakshatra	Pad	N.L.
Asc.	Sagittarius	18:26:22	Purva Ashadha	2	Venus
Sun	Scorpio	26:48:08	Jyeshtha	4	Mercury
Moon	Aries	18:40:51	Bharani	2	Venus
Mars	Virgo	28:44:38	Chitra	2	Mars
Mercury	Sagittarius	7:23:18	Mula	3	Ketu
Jupiter	Virgo	12:25:26	Hasta	1	Moon
Venus	Libra	11:41:24	Swati	2	Rahu
Saturn	Virgo	8:48:19	Uttara Phalguni	4	Sun
Rahu	Virgo	21:57:42	Hasta	4	Moon
Ketu	Pisces	21:57:42	Revati	2	Mercury

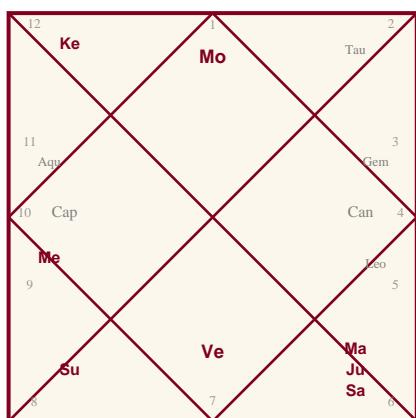
Lagna Chart



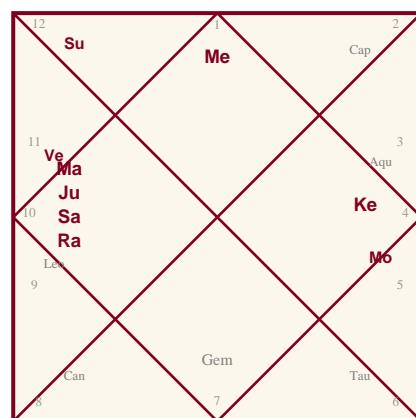
Navamsa



Moon Rasi Chart



Bhav Chalit



## Planetary Positions (Graha Sthiti)

### Nirayana (Sidereal) Positions

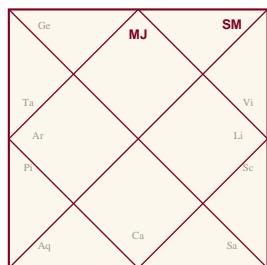
Planet	Sign	Degree	Nakshatra	Pada	Nak Lord	Retro
Ascendant	Sagittarius	18.44°	Purva Ashadha	2	Venus	-
Sun	Scorpio	26.80°	Jyeshtha	4	Mercury	-
Moon	Aries	18.68°	Bharani	2	Venus	-
Mars	Virgo	28.74°	Chitra	2	Mars	-
Mercury	Sagittarius	7.39°	Mula	3	Ketu	R
Jupiter	Virgo	12.42°	Hasta	1	Moon	-
Venus	Libra	11.69°	Swati	2	Rahu	-
Saturn	Virgo	8.81°	Uttara Phalguni	4	Sun	-
Rahu	Virgo	21.96°	Hasta	4	Moon	R
Ketu	Pisces	21.96°	Revati	2	Mercury	R

### House-wise Planetary Distribution

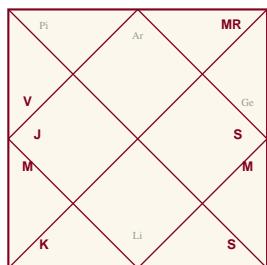
House	Sign	Lord	Planets
1	Sagittarius	Jupiter	Mercury
2	Capricorn	Saturn	-
3	Aquarius	Saturn	-
4	Pisces	Jupiter	Ketu
5	Aries	Mars	Moon
6	Taurus	Venus	-
7	Gemini	Mercury	-
8	Cancer	Moon	-
9	Leo	Sun	-
10	Virgo	Mercury	Mars, Jupiter, Saturn, Rahu
11	Libra	Venus	Venus
12	Scorpio	Mars	Sun

## Divisional Charts (Varga Kundli)

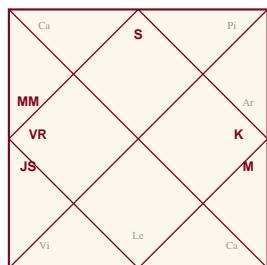
D-2 Hora



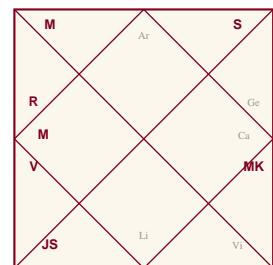
D-3 Drekkana



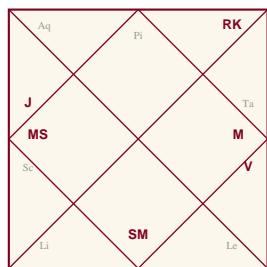
D-4 Chaturthamsa



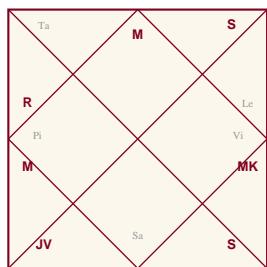
D-7 Saptamsa



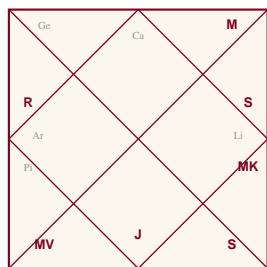
D-9 Navamsa



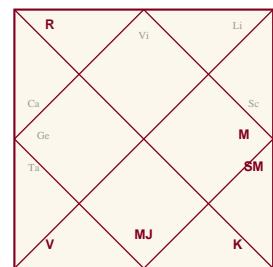
D-10 Dasamsa



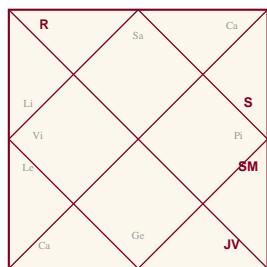
D-12 Dwadasamsa



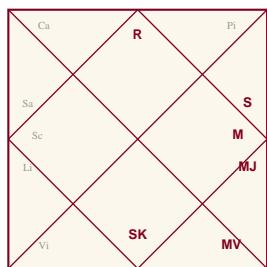
D-16 Shodasamsa



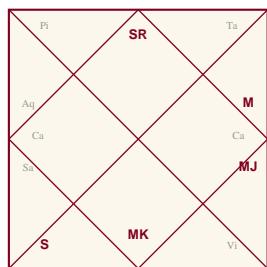
D-20 Vimsamsa



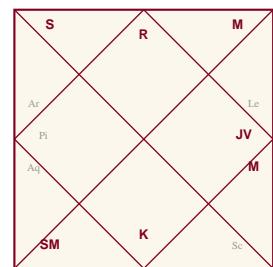
D-24 Siddhamsa



D-27 Bhamsa



D-30 Trimsamsa



**Chart Legend:** Su=Sun, Mo=Moon, Ma=Mars, Me=Mercury, Ju=Jupiter, Ve=Venus, Sa=Saturn, Ra=Rahu, Ke=Ketu

## Numerology Report

Numerology is the ancient science of numbers and their mystical influence on human life. Based on the teachings of Pythagoras and refined through Vedic and Chaldean traditions, numerology reveals the hidden patterns in your birth date and name that shape your personality, life path, and destiny. This analysis combines multiple numerological systems to provide a comprehensive understanding of your numerical blueprint.

### Core Numerology Numbers

Your core numbers are calculated from your birth date and name. Each number carries specific vibrations that influence different aspects of your life. The Driver Number reveals your inner nature, the Conductor Number shows your life path, and the Name Number influences how others perceive you.

Number Type	Value	Ruling Planet	Key Trait
Driver (Psychic) Number	3	Jupiter	Expression
Conductor (Life Path)	1	Sun	Leadership
Name Number	4	Rahu	Stability
Soul Number	7	-	Inner desires
Personality Number	6	-	Outer image

### Driver Number 3 - Detailed Analysis

Number 3 is ruled by Jupiter and represents creativity, self-expression, and joy. You have natural artistic talents and a gift for communication. Your optimistic nature attracts others, and you excel in creative fields. You bring enthusiasm and inspiration to everything you do. Watch for scattered energies and superficiality. Your life mission involves expressing creativity and spreading joy.

### Conductor Number 1 - Life Path Analysis

Your Conductor Number 1 reveals your life path and destiny. Number 1 is ruled by the Sun and represents leadership, independence, and originality. You are a natural pioneer with strong willpower and ambition. You prefer to lead rather than follow and have innovative ideas that set you apart from others. You are self-reliant, determined, and courageous in pur As your destiny number, this energy becomes stronger as you mature and represents the lessons you are here to learn.

### Lucky Elements Based on Numerology

Based on your core numbers, certain elements resonate more favorably with your energy. Using these elements can enhance positive vibrations and attract favorable circumstances. Incorporate these lucky elements into your daily life for better results in personal and professional matters.

Lucky Numbers	3, 1, 4
Lucky Days	Thursday, Tuesday
Lucky Colors	Yellow, Orange, Purple

**Practical Application:** Schedule important meetings and decisions on your lucky days. Wear your lucky colors for important occasions. Use your lucky numbers for registration numbers, addresses, or phone numbers when possible.

## Lo Shu Grid Analysis

### Your Lo Shu Grid

4: -	9: 1	2: 3
3: -	5: -	7: -
8: -	1: 4	6: -

### Grid Analysis

Present Numbers	1, 2, 9
Missing Numbers	3, 4, 5, 6, 7, 8
Repeated Numbers	1(x4), 2(x3)

**Strengths:** Good communicator; Intuitive, sensitive; Intelligent, idealistic

**Areas to Develop:** May forget details; May be disorganized; Emotional imbalance; May avoid responsibility

## Career & Professional Guidance

### Career Indicators

10th House Sign	Virgo
10th House Lord	Mercury
Planets in 10th House	Mars, Jupiter, Saturn, Rahu

### Recommended Career Fields

#### Primary Fields (Based on 10th House):

Healthcare, Accounting, Analysis, Research, Service Industry

#### Secondary Fields (Based on Planetary Strength):

Engineering, Real Estate, Politics, Agriculture, Education, Surgery, Foreign Trade, Manufacturing

#### Modern/Emerging Fields:

AI/ML Engineering, Data Science, Digital Marketing, App Development, Blockchain, Cryptocurrency, Startup Founder, Influencer

### Entrepreneurship Potential

- Standard career path recommended over business

## Education & Learning Guidance

### Education Indicators

5th House Sign	Aries
5th House Lord	Mars
Planets in 5th House	Moon

### Recommended Education Streams

#### Traditional Streams:

Engineering, Medicine, Sports Science, Military Studies

#### Modern/Tech Streams:

Sports Management, Aerospace, Robotics, Defense Studies

### Higher Education Potential

- Focus on practical education recommended

**Foreign Education:** Domestic education may be more beneficial

## Gemstone Recommendations

Ascendant: Sagittarius | Lagna Lord: Jupiter  
 Benefic Planets: Mars, Sun, Jupiter

### Recommended Gemstones

#	Planet	Gemstone	Metal	Finger	Day	Weight
1	Jupiter	Yellow Sapphire (Pukhraj)	Gold	Index finger	Thursday	3-5 carats
2	Sun	Ruby (Manik)	Gold	Ring finger	Sunday	3-6 carats
3	Mars	Red Coral (Moonga)	Gold/Copper	Ring finger	Tuesday	5-9 carats

### Recommendation Reasons

**Jupiter:** Lagna Lord - Strengthens overall chart and personality

**Sun:** Benefic for Sagittarius Ascendant

**Mars:** Benefic for Sagittarius Ascendant

### Wearing Guidelines

- Consult an astrologer before wearing Blue Sapphire or Hessonite
- Wear on the recommended day during Shukla Paksha
- Energize the gemstone with proper mantras before wearing
- Ensure the gem touches the skin for maximum effect

## Rudraksha Recommendations

### Recommended Rudraksha

Mukhi	Name	Deity	Benefits	Reason
3	Teen Mukhi	Agni Dev	Self-confidence, removes laziness, energ...	Based on Driver Number 3
5	Panch Mukhi	Kalagni Rudra	Peace, health, wisdom, spiritual growth	Strengthens Lagna Lord (Jupiter)

### Wearing Guidelines

- Wear on Monday after energizing with mantras
- Touch to Shivalinga before wearing
- Remove during non-vegetarian food or alcohol consumption
- Remove during intimacy
- Clean regularly with water and oil

## Core Tendencies & Remedies

Based on your birth chart, the following personality tendencies have been identified with specific remedies:

### 1. Restlessness & Instability

<b>Description</b>	Constant desire for change, difficulty in commitment, illusions
<b>Cause</b>	Rahu in prominent house creates unending desires
<b>Gemstone</b>	Hessonite (Gomed) - Calms Rahu, brings clarity
<b>Rudraksha</b>	8 Mukhi - Removes obstacles, brings stability
<b>Puja/Ritual</b>	Rahu Puja, Durga Puja, Navagraha Shanti
<b>Mantra</b>	Om Rahave Namaha (108 times)
<b>Lifestyle</b>	Grounding practices, avoid shortcuts, honest dealings

### 2. Attachment & Possessiveness

<b>Description</b>	Over-attachment to people/things, jealousy, fear of loss
<b>Cause</b>	Strong Venus in material signs creates attachment
<b>Gemstone</b>	Diamond or White Sapphire - Purifies Venus energy
<b>Rudraksha</b>	6 Mukhi - Grounds emotions, brings willpower
<b>Puja/Ritual</b>	Shukra Puja on Fridays, Lakshmi Puja
<b>Mantra</b>	Om Shukraya Namaha (108 times)
<b>Lifestyle</b>	Practice detachment, gratitude journaling, giving

### 3. Scattered Energy

<b>Description</b>	Numerological tendency based on Driver Number 3
<b>Cause</b>	Birth day reduces to 3
<b>Gemstone</b>	Yellow Sapphire
<b>Rudraksha</b>	5 Mukhi Rudraksha
<b>Puja/Ritual</b>	Navagraha Puja for overall balance
<b>Mantra</b>	Related planetary mantra
<b>Lifestyle</b>	Self-awareness and conscious balancing

### General Daily Remedies

- Morning meditation
- Pranayama (breathing exercises)
- Gratitude practice

## Life Timeline & Milestones

Birth Year: 1921 | Current Age: 104 years

Age	Year	Life Phase	Dasha	Influence
0	1921	Birth	Venus	Relationships, comfort, luxury, art...
5	1926	Early Education	Venus	Relationships, comfort, luxury, art...
12	1933	Adolescence	Venus	Relationships, comfort, luxury, art...
18	1939	Adulthood	Sun	Authority, recognition, father figu...
25	1946	Career Establishment	Moon	Emotional decisions, mother influen...
28	1949	Saturn Return (1st)	Moon	Emotional decisions, mother influen...
32	1953	Marriage/Partnership	Mars	Energy, competition, property matte...
36	1957	Peak Productivity	Rahu	Unconventional path, foreign connec...
42	1963	Mid-life Transition	Rahu	Unconventional path, foreign connec...
50	1971	Wisdom Phase	Rahu	Unconventional path, foreign connec...
56	1977	Saturn Return (2nd)	Jupiter	Expansion, wisdom, spiritual growth...
60	1981	Elder Phase	Jupiter	Expansion, wisdom, spiritual growth...

*Note: Highlighted row indicates your current life phase*

## Shani Analysis - Sade Sati & Dhaiya

<b>Moon Sign (Janma Rashi)</b>	Aries
<b>12th from Moon</b>	Pisces
<b>2nd from Moon</b>	Taurus
<b>4th from Moon (Kantaka)</b>	Cancer
<b>8th from Moon (Ashtama)</b>	Scorpio

### Sade Sati Periods (7.5 Years)

Sade Sati occurs when Saturn transits the 12th, 1st, and 2nd houses from Moon sign. Each phase lasts ~2.5 years. It brings challenges but also opportunities for growth and spiritual development.

**STATUS:** Sade Sati Not Currently Active

Period	Start Date	End Date	Status
Sade Sati 1	30-06-1993	06-06-1971	Completed
Sade Sati 2	29-04-2022	10-08-2000	Completed
Sade Sati 3	04-06-2051	27-08-2029	Upcoming
Sade Sati 4	01-07-2080	01-09-2058	Upcoming

#### Phase-wise Details:

Phase	Sign	Start	End	Effect
Rising (12th)	Pisces	04-06-2051	30-03-2025	Financial, Health
Peak (1st)	Aries	30-03-2025	03-06-2027	Mental, Career
Setting (2nd)	Taurus	03-06-2027	27-08-2029	Family, Wealth

### Dhaiya / Small Panoti Periods (2.5 Years Each)

Dhaiya occurs when Saturn transits the 4th house (Kantaka Shani) or 8th house (Ashtama Shani) from Moon. Each Dhaiya lasts ~2.5 years and brings specific challenges.

**STATUS:** Dhaiya Not Currently Active

Type	Sign	Start Date	End Date	Status
Kantaka Shani (4th)	Cancer	01-08-1973	17-09-1975	Completed
Ashtama Shani (8th)	Scorpio	29-11-1982	17-11-1985	Completed
Kantaka Shani (4th)	Cancer	01-11-2002	16-07-2005	Completed
Ashtama Shani (8th)	Scorpio	15-11-2012	02-11-2014	Completed
Kantaka Shani (4th)	Cancer	24-01-2032	27-08-2034	Upcoming
Ashtama Shani (8th)	Scorpio	20-12-2041	14-02-2044	Upcoming

### Remedies for Shani Dosha

- Recite Shani Mantra: 'Om Sham Shanicharaya Namah' 108 times daily
- Visit Shani temple on Saturdays and light sesame oil lamp
- Donate black items (black cloth, sesame, iron) on Saturdays
- Feed crows and help the elderly and disabled
- Wear Blue Sapphire (Neelam) only after proper consultation
- Recite Hanuman Chalisa daily for protection

## Manglik Dosha Analysis

### Status: NO MANGLIK DOSHA

<b>Mars Position</b>	Virgo (28.74°)
<b>House from Ascendant</b>	10th House
<b>Manglik Houses</b>	1st, 2nd, 4th, 7th, 8th, 12th
<b>Mars in Manglik House</b>	No

## Ashtakvarga Analysis

### Sarvashtakvarga (SAV) - Combined Points

Sign	Ari	Tau	Gem	Can	Leo	Vir	Lib	Sco	Sag	Cap	Aqu	Pis
SAV	24	23	30	37	28	19	18	17	24	23	30	37

Total SAV Points: 310 / 337 (Average: 28 per sign)

### Bhinnaashtakvarga (BAV) - Planet-wise Points

Planet	Ari	Tau	Gem	Can	Leo	Vir	Lib	Sco	Sag	Cap	Aqu	Pis	Total
Su	2	3	4	5	6	7	0	1	2	3	4	5	42
Mo	4	5	6	7	0	1	2	3	4	5	6	7	50
Ma	1	2	3	4	5	6	7	0	1	2	3	4	38
Me	7	0	1	2	3	4	5	6	7	0	1	2	38
Ju	4	5	6	7	0	1	2	3	4	5	6	7	50
Ve	3	4	5	6	7	0	1	2	3	4	5	6	46
Sa	3	4	5	6	7	0	1	2	3	4	5	6	46

## **Yoga Analysis (Planetary Combinations)**

No major classical yogas found in this horoscope. Individual planetary strengths and house placements will determine life outcomes.

## Vimshottari Mahadasha

### Current Mahadasha

Mahadasha Planet	Mercury
Period	2009-12-04 to 2026-12-04
Balance at Birth	N/A

### Complete Mahadasha Timeline

Mahadasha	Years	Start	End
Venus	11.98	1921-12-12	1933-12-04
Sun	6	1933-12-04	1939-12-04
Moon	10	1939-12-04	1949-12-04
Mars	7	1949-12-04	1956-12-03
Rahu	18	1956-12-03	1974-12-04
Jupiter	16	1974-12-04	1990-12-04
Saturn	19	1990-12-04	2009-12-04
Mercury	17	2009-12-04	2026-12-04
Ketu	7	2026-12-04	2033-12-04

## Yogini Dasha

Yogini Dasha is a 36-year cycle dasha system. It is particularly useful for timing events and predictions.

Yogini	Years	Start	End
Pingala (Sun)	1.2	1921-12-12	1923-02-22
Dhanya (Jupiter)	3	1923-02-22	1926-02-22
Bhramari (Mars)	4	1926-02-22	1930-02-22
Bhadrika (Mercury)	5	1930-02-22	1935-02-22
Ulka (Saturn)	6	1935-02-22	1941-02-22
Siddha (Venus)	7	1941-02-22	1948-02-22
Sankata (Rahu)	8	1948-02-22	1956-02-22
Mangala (Moon)	1	1956-02-22	1957-02-22

## Bhava Analysis (House Significations)

House	Sign	Signification	Planets
1. Self, Personality	Sagittarius	Body, appearance, health, character	Mercury
2. Wealth, Family	Capricorn	Money, speech, family, food	-
3. Courage, Siblings	Aquarius	Brothers/sisters, short travels, communi	-
4. Mother, Property	Pisces	Home, mother, vehicles, happiness	Ketu
5. Children, Education	Aries	Kids, intelligence, romance, speculation	Moon
6. Enemies, Health	Taurus	Diseases, debts, enemies, service	-
7. Marriage, Partners	Gemini	Spouse, business partners, foreign trav	-
8. Longevity, Occult	Cancer	Death, inheritance, mysteries, transform	-
9. Fortune, Father	Leo	Luck, dharma, father, higher learning	-
10. Career, Status	Virgo	Profession, fame, authority, government	Mars, Jupiter, Saturn, Rahu
11. Gains, Friends	Libra	Income, friends, elder siblings, desires	Venus
12. Losses, Liberation	Scorpio	Expenses, foreign lands, moksha, sleep	Sun

## Life Predictions Based on Planetary Positions

The following predictions are derived from careful analysis of your birth chart, considering planetary positions, house significations, aspects, and the current dasha period. These predictions indicate natural tendencies and potential outcomes based on your karmic blueprint. Remember that free will and conscious effort can always modify these influences.

### Career & Profession

**10th House Analysis:** Your 10th house of career and public status is in Virgo, ruled by Mercury. This placement indicates that your professional success comes through activities related to healthcare, analysis, accounting, service. The lord of your 10th house, Mercury, is placed in Sagittarius, which directs your career energy toward matters associated with that sign's qualities.

**Planets in 10th House:** Mars, Jupiter, Saturn, Rahu are placed in your 10th house, bringing their specific influences to your professional life. These planets will be particularly active during their dasha or transit periods, bringing significant career developments and opportunities for advancement.

**Current Dasha Influence:** You are currently running Mercury Mahadasha. During this period, professional matters will be influenced by Mercury's significations. The relationship between Mercury and your 10th house determines whether this period brings career growth, stability, or the need for adjustments in your professional direction.

### Marriage & Relationships

**7th House Analysis:** Your 7th house of marriage and partnerships is in Gemini, ruled by Mercury. This indicates that your ideal partner possesses qualities associated with Gemini - intellectual, communicative, versatile, and curious. The 7th lord Mercury is placed in the 1 house, which influences where and how you are likely to meet your life partner.

**Venus Analysis:** Venus, the natural signifier of love and marriage, is placed in Libra in your 11 house. This placement influences your approach to relationships, aesthetic preferences, and the harmony you experience in partnerships. Venus in Libra gives you harmonious, partnership-focused, and aesthetically refined qualities in love and relationships.

**Marriage Timing:** Marriage is typically favorable during the dasha periods of planets connected to the 7th house, Venus, or the 7th lord. The transit of Jupiter over the 7th house or 7th lord often triggers marriage events. Consult the dasha section to identify favorable periods for marriage in your life.

### Health & Vitality

**Constitutional Analysis:** With Sagittarius as your Ascendant, your basic constitution is influenced by the qualities of this sign. Sagittarius rising gives you an optimistic constitution with good recovery but potential issues with hips, thighs, and liver. The Ascendant lord Jupiter is placed in Virgo, which further modifies your health tendencies and vitality levels.

**6th House Analysis:** Your 6th house of health and disease is in Taurus. This sign indicates potential areas of health vulnerability and the type of ailments you may be prone to. Strengthening the 6th lord through remedies can help prevent health issues associated with this house.

**Energy Levels:** Mars, the planet of energy and vitality, is placed in Virgo in your chart. This placement indicates your energy levels, physical strength, and recovery capacity. A well-placed Mars gives good immunity and quick recovery, while an afflicted Mars may indicate need for regular exercise and stress management.

### Wealth & Finance

**2nd House (Accumulated Wealth):** Your 2nd house of wealth and savings is in Capricorn, ruled by Saturn. This house governs your ability to accumulate wealth, family resources, and financial security. The 2nd lord's position in Virgo indicates the primary sources and methods through which you accumulate wealth.

**11th House (Income & Gains):** Your 11th house of income and gains is in Libra. This house shows your earning potential, profits from business, and fulfillment of financial desires. Planets associated with the 11th house bring income through their specific significations during their dasha periods.

**Jupiter's Influence:** Jupiter, the planet of wealth and expansion, is placed in Virgo. As the natural signifier of prosperity, Jupiter's strength and position determine your overall fortune and the ease with which wealth comes to you. A strong Jupiter indicates divine grace in financial matters and protection from poverty.

## Remedial Measures (Upaya)

Vedic astrology offers a comprehensive system of remedial measures (Upaya) to strengthen weak planets, pacify malefic influences, and enhance the positive effects of benefic planets. These remedies work on the principle of cosmic resonance - by aligning ourselves with specific planetary energies through mantras, gemstones, charity, and spiritual practices, we can modify our karmic patterns and attract more favorable circumstances.

### Gemstone Recommendations (Ratna)

Gemstones are one of the most powerful remedial tools in Vedic astrology. Each gemstone resonates with a specific planet's energy and can amplify or balance its influence in your life. **Important:** Gemstones should only be worn after careful analysis, as an incorrectly chosen gem can amplify negative effects. Always ensure gems are natural, untreated, and free from major flaws.

**Primary Recommendation - For Jupiter (Lagna Lord):** Yellow Sapphire (Pukhraj) should be worn in Gold on Index finger on a Thursday. Recommended weight: 3-5 carats. This gemstone will strengthen matters related to: Wisdom, fortune, children, spirituality.

**Secondary Recommendation - For Venus (Nakshatra Lord):** Diamond (Heera) can be worn as a support gemstone in Silver/Platinum on Middle finger. This helps with: Marriage, luxury, arts, relationships.

### Recommended Mantras (Japa)

Mantras are sacred sound vibrations that connect us with cosmic energies. Regular chanting creates a protective aura and aligns our consciousness with the planetary deity. The ideal time for mantra japa is during Brahma Muhurta (1.5 hours before sunrise) or during the planet's hora (planetary hour). Use a mala of 108 beads for counting.

**Jupiter Beej Mantra:** *Om Graam Greem Graum Sah Gurave Namaha*

Chant 108 times daily or 19000 times in 40 days. Facing North-East during morning. **Benefits:** Brings wisdom, fortune, and spiritual growth

**Venus Beej Mantra:** *Om Draam Dreem Draum Sah Shukraya Namaha*

Chant 108 times daily or 16000 times in 40 days. Facing East during morning. **Benefits:** Enhances relationships, creativity, and luxury

### Recommended Fasting (Vrat)

Fasting is a powerful remedy that purifies the body and mind while creating positive karma. It demonstrates self-discipline and devotion to the planetary deity. During fast days, abstain from grains and consume only fruits, milk, and sattvic food. The fast should begin at sunrise and end after sunset or the next morning.

- Fast on **Thursday** for strengthening Jupiter (Lagna Lord)
- Fast on **Friday** for strengthening Venus (Nakshatra Lord)

### Charitable Donations (Daan)

Charity is one of the most effective remedies as it creates positive karma and reduces the intensity of difficult planetary influences. Donations should be made with a pure heart on the specific day associated with the planet. The following donations are recommended based on your chart:

- **For Jupiter:** Donate turmeric, yellow clothes, gold, or support religious teachers on Thursday
- **For Venus:** Donate white clothes, sugar, rice, or support artists on Friday