



In Vedic Astrology (Jyotish), difficult planetary placements affecting the relationship axis (such as Mangal Dosha, Saturnine coldness or combust Venus) do not have to result in permanent estrangement. Classical Upayas (remedial measures) function as energetic counterweights - rebalancing planetary energies, dissolving subconscious hostility and restoring mutual understanding.

The traditional remedial toolkit for marital stability comprises four foundational practices: **sacred Rudrakshas, mantra japa, ceremonial Poojas/Vrats** and **targeted planetary donations (Daan)**.

1. Sacred Rudraksha Therapy for Couples

Rudrakshas carry specific electro-magnetic and bio-energetic frequencies that harmonize nervous system reactions, pacify anger and dissolve emotional friction between partners:

- **2 Mukhi Rudraksha (Do Mukhi):** Represents the unified form of Ardhanarishvara (Shiva and Parvati). It is the premier bead for promoting mutual respect, unity, emotional bonding and emotional alignment in relationships.
- **6 Mukhi Rudraksha (Chhah Mukhi):** Governed by Lord Kartikeya and associated with Venus. It directly aids in controlling sudden anger, ego inflation, impulsiveness and impatience, making clear, non-combative communication between spouses possible.
- **Gauri Shankar Rudraksha:** Two naturally joined Rudraksha beads symbolizing the cosmic union of Lord Shiva and Goddess Parvati. Highly effective for healing deep relational divides, restoring affection and cultivating lasting harmony.

2. Mantra Chanting (Japa)

Mantra recitation re-tunes the mind (Manas) and removes negative planetary blockages through vibrational sound therapy:

- **Vishnu-Lakshmi Mantra (For Sustained Love and Prosperity):**
"Om Lakshmi Narayanaya Namah"
• **Purpose:** Harmonizes domestic life, invokes divine preservation and invites both marital affection and financial stability into the household.
- **Beej Mantra for Venus (For Strengthening Romantic Affection):**
"Om Shum Shukraya Namah"
• **Purpose:** Strengthens a weak, afflicted or debilitated Venus; softens emotional defenses, enhances romantic appreciation and dispels bitterness.

3. Pooja Remedies and Sacred Vrats

Ceremonial rituals align the couple's shared karmic field with archetypes of divine partnership:

- **Uma Maheshwar Pooja:** A classical Vedic ceremony dedicated to the divine union of Shiva and Parvati, performed specifically to remove chronic marital discord (Kalesh) and ward off impending separation.
- **Mangala Gauri Vrat:** Observed particularly to mitigate severe afflictions from Mars (Mangal Dosha) and protect marital longevity (Mangalya Bhava), ensuring peace and the partner's well-being.
- **Satyanarayan Pooja:** A worship ritual dedicated to Lord Vishnu that clears negative household vibrations, restores domestic truth and invites blessings of peace and unity into the family.

4. Remedial Donations (Daan)

Donating items corresponding to challenging or afflicted planets transfers and neutralizes excess negative planetary energy:

Venus (Shukra) — Donated on Fridays:

- **Items:** White items such as white rice, white barfi (sweets), milk, curd or white clothing.
- **Purpose:** Strengthens mutual affection, refines domestic interactions and enhances relationship harmony.

Mars (Mangal) — Donated on Tuesdays:

- **Items:** Red items such as red lentils (masoor dal), copper vessels or red cloth.
- **Purpose:** Cools marital aggression, mitigates volatile tempers and resolves conflicts driven by ego and anger.

Saturn (Shani) — Donated on Saturdays:

- **Items:** Black items such as black sesame seeds, black clothes or iron utensils/items.
- **Purpose:** Breaks stubborn misunderstandings, clears chronic domestic lethargy and removes lingering delays in resolving marital disputes.

<https://astroarpitanath.com/bangla/remedies-for-good-marriage/>

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