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The Basics of Astrological Remedies (Upayas)

By Arpita Nath · Remedies · 2026-09-12

In Vedic Astrology (Jyotish), your birth chart (Kundali) is a precise map of your karmic ledger - showing both the supportive merits (Punya) and structural challenges (Karma) you carry into this lifetime.

When difficult planetary periods (Dashas) or heavy transits (Gochar) activate afflictions in your chart, Astrological Remedies (Upayas) act as targeted energetic shifts. The word Remedy does not mean "erasing" karma; rather, it means transforming raw, unconscious friction into conscious awareness, spiritual growth and alignment.

The Core Principle: Resonance and Alignment

Planets in Vedic astrology are not merely distant balls of rock and gas; they represent specific cosmic frequencies and psychological archetypes within your subtle body.

When a planet is afflicted or weak in your chart, its frequency produces imbalance - manifesting as health hurdles, career delays, financial drain or relationship conflict. Remedies work on the principle of planetary resonance; using sound, color, charity or discipline to re-tune that specific frequency.

The 4 Primary Categories of Vedic Remedies

Vedic tradition categorizes remedies into four distinct pathways based on their operational level:

1. Mantra (Sound Vibration)

- **How it Works:** Sound is the primary element of creation (Sabda Brahma). Specific Sanskrit syllables vibrate at precise frequencies that calm chaotic planetary energy and strengthen subtle nerve channels (Nadis).
- **Beej Mantras:** Short, potent seed sounds (e.g. Om Sham Shaniscaraaya Namah for Saturn) that work directly on the subconscious mind.
- **Stotrams & Vedic Hymns:** Longer devotional compositions (e.g. Aditya Hrudayam for the Sun, Shree Suktam for Venus) that invoke divine protective grace.
- **Best For:** Mental peace, psychological resilience and long-term karmic balance.

2. Daan (Charity and Conscious Giving)

- **How it Works:** In Vedic philosophy, receiving a difficult planetary transit means you owe an unpaid debt to nature or society. Daan is the deliberate act of releasing physical wealth or resources to neutralize karmic friction.
- **Practice:** Offering specific items associated with an afflicted planet to those in need (e.g. donating dark blankets or black sesame on Saturdays to pacify Saturn or feeding green grains to birds on Wednesdays for Mercury).
- **Best For:** Easing acute planetary distress, clearing financial blockages and developing humility.

3. Aushadhi & Vastu (Physical & Spatial Adjustments)

- **How it Works:** Adjusting your physical environment and daily habits to align with planetary energies.
- **Aushadhi (Herbal/Botanical):** Bathing with water infused with specific sacred herbs, seeds or roots associated with a planet.
- **Vastu Shastra:** Balancing household directions - such as keeping the North direction (governed by Mercury/Kuber) clean for financial flow or the East (governed by the Sun) open for physical health.
- **Best For:** Restoring physical vitality, sleep quality and household harmony.

4. Ratna & Deva Puja (Gemstones & Spiritual Practice)

- **How it Works:** Gemstones act as physical filters, absorbing and transmitting specific planetary light spectrums into the wearer's body. Spiritual rituals (Puja/Yagya) involve consecrated offerings to align household energies with cosmic intelligence.
- **Practice:** Wearing untreated, natural gemstones (Maharatnas) for functional benefic planets or performing targeted rituals like Rudrabhishek for Rahu/Ketu issues.
- **Best For:** Amplifying the strength of favorable planets (Yogakarakas) and accelerating positive opportunities.

Sattvic vs. Rajasic vs. Tamasic Remedies

Not all remedies operate at the same spiritual depth. Vedic texts classify remedies into three fundamental qualities (Gunas):

- **Sattvic Remedies (Purity & Wisdom):** Prayer, meditation, self-discipline, selfless service (Seva) and honest living. These are universal, carry zero side effects and resolve the root cause

of karmic friction.

- **Rajasic Remedies (Action & Material Drive):** Wearing expensive gemstones, installing silver or gold Yantras and performing grand rituals to achieve immediate material outcomes. These require exact execution and professional guidance.

- **Tamasic Remedies (Ignorance & Shortcuts):** Attempting to manipulate others, using unethical methods or seeking harm-based magic. These generate heavy negative karma and are strictly forbidden in traditional Jyotish.

3 Golden Rules Before Applying Any Remedy

1. Strengthen Benefics, Pacify Malefics: As a general rule, wear gemstones to strengthen auspicious, supportive planets (Yogakarakas). For naturally hostile or damaging lords (Marakas/Dusthana lords), rely on Mantra, Daan (charity) and devotion rather than gemstones.

2. Consistency Over Quantity: Chanting a single mantra 108 times daily with genuine focus for 40 consecutive days yields far deeper results than performing twenty different remedies sporadically.

3. Karma Alignment is Mandatory: No ritual or gemstone can override deliberate unethical behavior. Remedies amplify your conscious efforts - they do not replace personal responsibility, integrity and hard work.

<https://astroarpitanath.com/astrological-remedies/>

Astrology is offered for guidance only. For important life decisions, please consult a qualified professional.