



The Do's and Don'ts of Wearing Gemstones in Vedic Astrology

By Arpita Nath · Gemstones Astrology Notes · 2026-09-12

In Vedic Astrology (Jyotish), gemstones (Ratnas) act as cosmic filters. By wearing a natural gemstone that directly touches your skin, you magnify and refract specific planetary light frequencies into your subtle body.

Because gemstones act as permanent amplifiers, wearing the right stone can elevate your career, vitality and wealth - while wearing an incorrect or improperly handled stone can trigger unnecessary friction, restlessness or health setbacks. Follow these fundamental rules to ensure your gemstone works for you safely and effectively.

What TO Do (The Dos)

1. Strengthen Functional Benefics Only

Only wear gemstones for planets that are functional benefics (Yogakarakas or lords of the 1st, 5th and 9th houses) for your specific Ascendant (Lagna). Strengthen the planets that are wired to bring you grace, health and growth.

2. Choose Natural, Unheated and Untreated Gemstones

For a gemstone to transmit planetary energy, it must be 100% natural, unheated and free from synthetic glass-filling or chemical dye treatments. Synthetic or heavy-heat-treated stones carry no astrological potency.

3. Ensure Skin Touch Contact

The bottom of the gemstone must remain open in its metal setting so that it directly touches your skin. Without physical skin contact, the planetary energy cannot transfer into your body's energy channels (Nadis).

4. Purify and Energize Before First Use

Before wearing a new gemstone for the first time, clean it in pure water or milk, wash it with clean water and energize it by chanting the planet's primary mantra 108 times during the correct planetary day and hour (Hora).

5. Wear on the Correct Hand and Finger

Each finger corresponds to a specific element and planetary channel:

- **Index Finger (Air/Jupiter):** Yellow Sapphire.
- **Middle Finger (Ether/Saturn):** Blue Sapphire, Hessonite, Cat's Eye.
- **Ring Finger (Fire/Sun & Water/Venus):** Ruby, Red Coral, Diamond/White Sapphire.
- **Little Finger (Earth/Mercury):** Emerald, Pearl.

What NOT To Do (The Don'ts)

1. Never Wear Gemstones for Malefic or Maraka Lords

Do not wear a gemstone for a planet that rules difficult houses (6th, 8th or 12th) or acts as a temporary killer lord (Maraka) in your birth chart. Strengthening an afflicted malefic planet amplifies the obstacles and health issues associated with that house.

2. Never Mix Opposing/Enemy Gemstones

Combining gemstones of naturally hostile planets creates energetic chaos and inner conflict. Avoid the following dangerous pairings:

- **Sun/Moon/Mars vs. Saturn/Rahu:** Never wear Ruby, Pearl or Red Coral alongside Blue Sapphire, Hessonite or Diamond.
- **Jupiter vs. Venus:** Avoid wearing Yellow Sapphire together with Diamond or Emerald on the same hand unless specifically prescribed for a rare yoga.

3. Do Not Wear Cracked, Flawed or Chipped Stones

Vedic texts caution against wearing damaged gemstones. A stone with visible cracks, deep internal inclusions or chips acts like a cracked lens - it distorts cosmic light, which can create erratic psychological or physical results.

4. Avoid Wearing Borrowed or Second-Hand Stones

Gemstones absorb the bio-energetic field and karma of the person wearing them. Never wear a used gemstone previously worn by someone else unless it has been thoroughly deep-cleaned, cleared and re-consecrated by an expert.

5. Do Not Touch the Gemstone with Harsh Chemicals

Remove your gemstone rings or bracelets when using harsh household cleaning chemicals, swimming in chlorinated pools or handling heavy oils. Chemicals can degrade the metal setting

and erode the surface luster of delicate organic gems like Pearl and Red Coral.

<https://astroarpitanath.com/dos-and-donts-of-gemstones/>

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