



Manglik Dosha in Kundli - Meaning, Effects, Cancellation and Remedies

By Arpita Nath · Yogas, Doshas & Matching · 2026-09-09

Mangal or Manglik Dosha (also known as Mars Dosha, Kuja Dosha or Angarakha Dosha) occurs in Vedic Astrology when the aggressive planet Mars (Mangal) sits in specific houses of a birth chart, potentially causing friction in relationships and domestic peace.

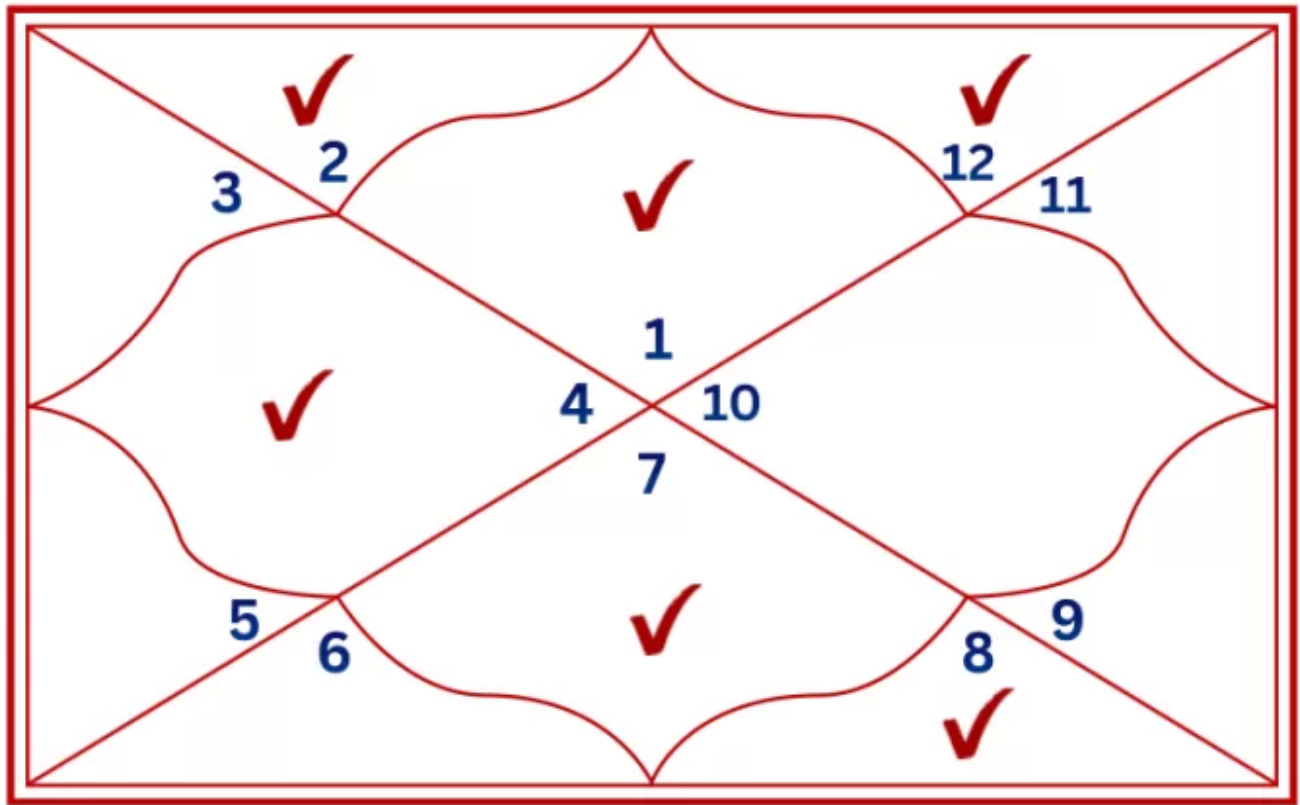
What is Mangal Dosha?

Mars represents energy, drive, passion and conflict. When Mars sits in houses tied to personal identity, domestic harmony or marital bonds, its intense, fiery nature can cause misunderstandings, emotional volatility or delays in marriage.

A person with Mars in these positions is referred to as a Manglik.

Which Positions Cause Mangal Dosha?

Manglik Houses



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Mangal Dosha is formed when Mars is placed in the **1st, 4th, 7th, 8th or 12th** House from the Ascendant (Lagna), Moon or Venus. (Some traditions also include the 2nd House).

- **1st House (Lagna):** Direct aggression, short temper and ego clashes in personal relationships.
- **2nd House:** Friction in family dynamics, blunt speech and financial strain.
- **4th House:** Lack of domestic peace, home environment instability and real estate disputes.
- **7th House:** Direct impact on marriage, high potential for marital conflict or divorce.
- **8th House:** Emotional turbulence, hidden conflicts and health challenges for the partner.
- **12th House:** Financial leakages, intimate misunderstandings and psychological stress.

Key Effects of Mangal Dosha

- **Delays in Marriage:** Difficulty finding a suitable match or unexpected wedding postponements.
- **Marital Friction:** Frequent arguments, dominance struggles or lack of mutual understanding.
- **Emotional Turbulence:** Impulsive reactions, jealousy or aggressive outbursts.
- **Health & Vitality Concerns:** Physical burnout or health hurdles for self or spouse (if unmitigated).

Cancellation & Exceptions (Dosha Bhanga)

Not all Mars placements in these houses result in active Mangal Dosha. Vedic astrology provides key conditions where the negative impact is neutralized:

- **Matching Profiles:** If both partners are Manglik, the doshas cancel each other out (Dosha Samyam).
- **Benefic Aspects:** If Jupiter (Guru) or Venus aspects Mars, the harshness is significantly mitigated.
- **Own or Exalted Sign:** If Mars sits in its own signs (Aries, Scorpio) or its exaltation sign (Capricorn), the dosha loses its malicious effect.
- **Friendly Houses:** Mars in Leo or Sagittarius often reduces the negative impact.
- **Age Factor:** The intensity of Mangal Dosha naturally softens as Mars matures (typically around age 28–30).
- **Specific Ascendants:** For Cancer and Leo Ascendants, Mars acts as a highly auspicious planet (Yogakaraka), rendering the dosha virtually ineffective.

Traditional Remedies

- **Kundali Matching:** Pairing two Manglik individuals to harmonize energy levels.

- **Kumbh Vivah:** A traditional symbolic wedding ceremony with a tree, clay pot or silver idol prior to actual marriage.
- **Spiritual Practices:** Reciting the Hanuman Chalisa on Tuesdays, observing Tuesday fasts or performing Mars Japa.
- **Charity:** Donating red lentils (masoor dal), copper items or red clothes on Tuesdays.

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