



ASTRO ARPITA NATH

Understanding Navtara in Vedic Astrology

By Arpita Nath · Nakshatras · 2026-09-10

Have you ever wondered why certain days feel effortlessly smooth while others seem filled with unexpected hurdles, even when your daily horoscope predicts smooth sailing?

In Vedic astrology, while major planetary transits give you the big picture, the Navtara Chakra provides the fine details. It is a simple yet powerful technique that reveals how the Moon's movement through the stars on any given day impacts your personal energy.

What is Navtara?

The word Navtara comes from two Sanskrit words:

- **Nav = Nine**
- **Tara = Star**

In Vedic astrology, the zodiac is divided into 27 Nakshatras (lunar mansions). The Navtara scheme groups these 27 Nakshatras into 9 distinct category types (Taras), repeated across 3 cycles of 9 stars each.

By identifying which "Tara" a specific day's Nakshatra represents for you, you can instantly determine whether that day brings smooth energy, friction, wealth or caution.

The 9 Taras and What They Mean

Every individual has a unique baseline star called your Janma Nakshatra - the star the Moon occupied at the exact moment of your birth. Starting from your birth star, every star in the sky falls into one of these nine categories:

1. Janma Tara (Neutral / Sensitive)

Meaning: Birth Star

Count: 1st, 10th and 19th from your birth star.

Guidance: Represents your body and self. Good for routine tasks, but avoid heavy physical strain or major decisions.

2. Sampat Tara (Favorable)

Meaning: Wealth and Prosperity

Count: 2nd, 11th and 20th from your birth star.

Guidance: Excellent for financial decisions, business deals, investments and practical daily tasks.

3. Vipat Tara (Unfavorable)

Meaning: Hardship and Hazards

Count: 3rd, 12th and 21st from your birth star.

Guidance: Avoid major risks, signing contracts or scheduling important meetings today.

4. Kshema Tara (Favorable)

Meaning: Well-being and Comfort

Count: 4th, 13th and 22nd from your birth star.

Guidance: Ideal for health routines, travels, family activities and enjoying peace of mind.

5. Pratyak Tara (Unfavorable)

Meaning: Obstacles and Opposition

Count: 5th, 14th and 23rd from your birth star.

Guidance: Expect minor delays or miscommunications; double-check all details before proceeding.

6. Sadhana Tara (Highly Favorable)

Meaning: Achievement and Fulfillment

Count: 6th, 15th and 24th from your birth star.

Guidance: The best day for focused effort, learning, launching new projects and hitting goals.

7. Naidhana or Vadha Tara (Critical)

Meaning: Destruction or Danger

Count: 7th, 16th and 25th from your birth star.

Guidance: Highly sensitive energy. Keep a low profile, avoid conflicts and refrain from starting anything new.

8. Mitra Tara (Favorable)

Meaning: Friend

Count: 8th, 17th and 26th from your birth star.

Guidance: Great for social events, networking, teamwork and building positive relationships.

9. Parama Mitra Tara (Extremely Favorable)

Meaning: Best Friend

Count: 9th, 18th and 27th from your birth star.

Guidance: Brings maximum harmony, spiritual clarity and breakthrough success across all efforts.

Practical Ways to Use Navtara in Daily Life

- **Timing Important Events:** If you are scheduling a business launch, job interview or wedding date, aim for days that land on Sampat, Kshema, Sadhana or Parama Mitra Taras.
- **Navigating Difficult Days:** When today's star falls on Vipat, Pratyak or Naidhana, don't panic. Simply slow down, double-check your work, avoid contentious conversations and hold off on major commitments.
- **Maximizing Spiritual Practice:** Sadhana and Parama Mitra days carry deep focus, making them perfect for meditation, learning complex subjects or starting personal development goals.

Navtara offers a practical, daily blueprint for aligning your efforts with cosmic rhythms - helping you work with the natural flow of energy rather than against it.

<https://astroarpitanath.com/navtara-in-vedic-astrology/>

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