



Panchang - The 5 Pillars of Time in Vedic Astrology

By Arpita Nath · Timing & Prediction · 2026-09-11

In Vedic Astrology (Jyotish), **Panchang** (derived from Sanskrit: **Pancha = five, Anga = limb/part**) is the traditional Hindu astronomical calendar. It measures the quality and subtle energetic temperature of time at any given moment.

While a standard solar calendar tracks only days, months and years, a Panchang calculates the complex geometric relationship between the Sun (representing soul and vitality) and the Moon (representing mind and emotion). It is used to select auspicious timing (Muhurta) for marriages, major financial investments, business launches and spiritual practices.

The 5 Limbs (Panch-Anga) of Panchang

A Panchang gets its name from the five distinct astronomical components calculated daily:

1. Tithi (Lunar Day)

- **What it measures:** The precise angular distance between the Sun and the Moon (12° increments).
- **Total Count:** 30 Tithis per lunar month (15 during Shukla Paksha / Waxing Moon, 15 during Krishna Paksha / Waning Moon).
- **Governing Element:** Water (Jala) - Governs emotional state, relationship harmony and fluid events.

2. Vara (Solar Day of the Week)

- **What it measures:** The time from one sunrise to the next, ruled by one of the seven physical planets.
- **Total Count:** 7 Varas (Sunday to Saturday: Ravivar to Shanivar).
- **Governing Element:** Fire (Agni) - Governs physical vitality, stamina, longevity and overall life force.

3. Nakshatra (Lunar Mansion)

- **What it measures:** The specific star constellation through which the Moon is passing at a given time.
- **Total Count:** 27 Nakshatras (spanning 13° 20' each across the zodiac).

- **Governing Element:** Air (Vayu) - Governs mental focus, psychological urge and instinctual behavior.

4. Yoga (Solilunar Combination)

- **What it measures:** The combined angular movement of the Sun and Moon (13° 20' additions).
- **Total Count:** 27 Yogas (ranging from highly auspicious like Harshana to challenging like Vyatipata).
- **Governing Element:** Space / Ether (Akasha) - Governs health, spiritual alignment and overall well-being.

5. Karana (Half Lunar Day)

- **What it measures:** Exactly half of a Tithi (6° increments between Sun and Moon).
- **Total Count:** 11 Karanas (4 fixed, 7 repeating movable Karanas).
- **Governing Element:** Earth (Prithvi) - Governs practical execution, tangible success and physical work accomplishment.

Why Panchang Matters for Daily Decision-Making

- **Finding Auspicious Timing (Abhijit Muhurta):** Consulting the daily Panchang ensures you choose a window when the five elements align favorably, minimizing obstacles for important activities.
- **Avoiding Inauspicious Windows:** A Panchang identifies volatile daily energy shifts such as Rahu Kaal (Rahu's daily period of confusion), Yamaganda and Gulika Kaal to avoid initiating high-stakes tasks during those hours.
- **Personalized Timing (Tara Bala & Chandra Bala):** By cross-referencing the daily Panchang's Nakshatra and Moon placement with your personal birth chart, you can determine whether a specific day directly supports your energy.

<https://astroarpitanath.com/panchang-in-astrology/>

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