



Remedies for Mangal Dosha (Mangalik)

By Arpita Nath · Astrology Remedies Notes · 2026-09-11

In Vedic Astrology (Jyotish), Mangal Dosha (also known as Kuja Dosha) occurs when Mars (Mangal) is placed in the 1st, 2nd, 4th, 7th, 8th or 12th house from the Ascendant (Lagna), Moon or Venus. Because Mars is a fiery, aggressive planet, its presence in these relationship-sensitive houses can cause temperament clashes, friction or delays in marital settlement.

Rather than causing fear, Mangal Dosha simply highlights a need to balance high physical and emotional energy. The remedies focus on softening Mars's fiery nature and aligning with compatible partner energies.

Primary Mantras & Spiritual Practices

1. Mangal Beej Mantra & Gayatri

- **Target Issue:** High impulsive anger, quick-tempered arguments and marital friction.
- **Why it works:** Chanting Mars mantras channels intense martial energy into self-discipline and mental endurance.
- **Mantra:** "Om Kram Kreem Krom Sah Bhaumaya Namah"
- **Practice:** Chant 108 times on Tuesday mornings facing East using a Red Coral or Rudraksha rosary.

2. Hanuman Chalisa & Sundarkand

- **Target Issue:** Overcoming relationship hurdles, hostility and personal anxiety.
- **Why it works:** Lord Hanuman is the ultimate deity for controlling fiery Mars energy. Regular worship converts aggressive impulses into devotion, loyalty and protection.
- **Practice:** Recite the Hanuman Chalisa daily or specifically on Tuesdays and Saturdays.

Classical Rituals & Physical Offerings

1. Kumbh Vivah / Ark Vivah

- **Procedure:** A traditional symbolic wedding performed before actual marriage. If a native has severe Mangal Dosha, they symbolically marry a Banana tree, a Peepal tree or a silver/clay idol of Lord Vishnu (Kumbh).
- **Benefit:** Absorbs the initial severe malefic influence of Mars symbolically, protecting the future human marital bond.

2. Fasting on Tuesdays (Mangalvar Vrat)

- **Procedure:** Observe a mild fast on Tuesdays, consuming salt-free food, milk or fruits once during the day after sunset.
- **Benefit:** Calms physical agitation and develops emotional self-control.

3. Offerings at Hanuman or Shiva Temple

- **Procedure:** Offer red lentils (Masoor Dal), red flowers, jaggery (Gud) or red sandalwood paste at a temple on Tuesdays.
- **Benefit:** Neutralizes the harsh, combative edge of Mars by transforming it into selfless service and charity.

4 Practical & Lifestyle Adjustments for Mangaliks

- **Marry After Age 28:** Mars naturally matures in the horoscope around the age of 28. After this point, the raw aggressive intensity of Mangal Dosha naturally reduces, leading to more grounded emotional responses.
- **Match Horoscopes (Kundali Milan):** The most effective natural remedy for Mangal Dosha is marrying another Mangalik partner. When both partners have similar Mars placements, their energetic drives balance each other out, neutralizing the friction.
- **Practice Active Anger Management:** Channel excess physical energy into regular exercise, sports, martial arts or yoga. Physical output prevents internal frustration from manifesting as relationship conflict.
- **Donate Blood Periodically:** Mars governs blood and physical vitality. Donating blood voluntarily (when medically fit) fulfills the physical manifestation of Mars energy through a life-saving act.