



Remedies for Saturn (Shani) and Sade Sati

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

Saturn (Shani) represents discipline, hard work, truth and karma. When passing through Shani Sade Sati (the 7.5-year transit over the natal Moon) or experiencing a difficult Saturn Dasha, the goal of remedies is not to "bypass" karma, but to cultivate the humility, patience and ethical alignment that Saturn demands.

Primary Mantras & Spiritual Practices

1. Hanuman Chalisa Recitation

- **Why it works:** According to Vedic tradition, Lord Hanuman liberated Shani Dev from Ravana's captivity. In return, Shani promised that those who worship Lord Hanuman with pure intent would be protected from harsh Saturnian afflictions.
- **Practice:** Recite the Hanuman Chalisa daily or specifically on Tuesdays and Saturdays.

2. Shani Beej Mantra

- **Mantra:** "Om Sham Shaniscaraaya Namah"
- **Practice:** Chant 108 times on Saturday evenings using a Rudraksha or black agate (Hakik) rosary facing the West.

3. Hanuman Sundarkand or Shani Stotram

- **Practice:** Reading the "Dasharatha Krita Shani Stotram" on Saturdays offers deep mental protection and reduces anxiety during peak Sade Sati phases.

Saturdays Rituals & Physical Offerings

1. Chhaya Daan (Reflection Donation)

- **Procedure:** Take mustard oil in an iron or steel bowl. Look at your reflection clearly in the oil, then donate the oil along with the bowl to a needy person or offer it at a Shani temple. This practice symbolically absorbs personal negativity (Chhaya).

2. Mustard Oil & Black Sesame Offerings

- **Procedure:** Offer mustard oil, black sesame seeds (Kale Til) and black urad dal at a Shani idol or Peepal tree on Saturday evenings.

3. Lighting Diya Under a Peepal Tree

- **Procedure:** Light a mustard oil lamp (Diya) near the root of a Peepal tree on Saturday after sunset without looking back while returning home.

Charity (Daan) & Karma Alignment

Saturn governs the working class, elderly, disabled and underprivileged. Direct service (Seva) yields stronger positive results than ritual alone:

- **Serve Blue-Collar Workers:** Treat laborers, sanitation staff, drivers and domestic helpers with fairness, prompt payment and genuine respect.
- **Saturday Donations:** Donate dark blankets, iron cookware, black leather shoes, mustard oil or umbrella items to those in need.
- **Feed Animals:** Offer bread (roti) or biscuits to black dogs and grain/seeds to crows on Saturdays.

4 Lifestyle Adjustments for Sade Sati

- **Avoid Shortcuts:** Never engage in fraudulent schemes, tax evasion or dishonest business practices - Saturn penalizes ethical shortcuts heavily during its transit.
- **Control Speech & Anger:** Avoid harsh language, gossip and arrogance. Cultivate calm, deliberate speech.
- **Maintain Cleanliness:** Keep your footwear clean and organized. Saturn rules feet and physical discipline.
- **Refrain from Saturday Purchases:** Avoid buying new iron items, mustard oil or black shoes on Saturdays; purchase them on weekdays instead.

<https://astroarpitanath.com/remedies-for-saturn-and-sade-sati/>

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