



ASTRO ARPITA NATH

Navtara / Subh - Asubh Nakshatra Effects

By Arpita Nath · Nakshatras · 2026-09-10

In Vedic astrology, applying Navtara to your entire life means extending the count beyond daily transits to analyze major life chapters (Dashas) and long-term planetary periods.

Navtara Calculator

When a planet's Nakshatra matches a specific Tara relative to your Janma Nakshatra, that planet's Dasha or transit activates the theme of that Tara for your health, career and relationships.

How Life Counts Work (The 3 Cycles)

The 27 Nakshatras are divided into 3 equal sets of 9 stars (called Paryayas or Cycles), representing different stages of life and consciousness:

- **1st Cycle (Stars 1 to 9 - Janma Paryaya):** Relates to self, body, early childhood and physical foundation.
- **2nd Cycle (Stars 10 to 18 - Anujanma Paryaya):** Relates to middle age, career, family life and material efforts.
- **3rd Cycle (Stars 19 to 27 - Trijanma Paryaya):** Relates to mature life, wisdom, legacy and spiritual outcomes.

To calculate your life counts, count from your Janma Nakshatra (Star 1) sequentially all the way to Star 27.

The Lifetime Impact of Each Count

Count 1, 10, 19: Janma Tara (Identity & Physical Self)

- **Stars:** 1st, 10th and 19th from your birth star.
- **Life Impact:** Planets placed in or transiting these stars directly impact your body, health, vitality and personal status. Major life resets or personal identity shifts happen during these periods.

Count 2, 11, 20: Sampat Tara (Wealth & Assets)

- **Stars:** 2nd, 11th and 20th from your birth star.
- **Life Impact:** Known as the "wealth stars." When Dasha lords or transiting Jupiter pass through these counts, you experience financial growth, asset creation, career promotions and material expansion.

Count 3, 12, 21: Vipat Tara (Hardship & Unexpected Turns)

- **Stars:** 3rd, 12th and 21st from your birth star.
- **Life Impact:** Triggers sudden shifts, financial stress or emotional friction. During these periods, high-risk investments, unnecessary disputes and legal gambles should be strictly avoided.

Count 4, 13, 22: Kshema Tara (Protection & Peace)

- **Stars:** 4th, 13th and 22nd from your birth star.
- **Life Impact:** Brings long-term stability, physical recovery, family happiness and mental peace. Excellent times for purchasing property, settling down or starting long-term secure ventures.

Count 5, 14, 23: Pratyak Tara (Obstacles & Competition)

- **Stars:** 5th, 14th and 23rd from your birth star.
- **Life Impact:** Represents internal friction and external pushback. Success comes during these periods, but only after facing delays, arguments or having to redo work multiple times.

Count 6, 15, 24: Sadhana Tara (Mastery & Achievement)

- **Stars:** 6th, 15th and 24th from your birth star.
- **Life Impact:** One of the most powerful counts for life accomplishments. Hard work done during these periods yields major breakthroughs, status, higher learning and skill mastery.

Count 7, 16, 25: Naidhana / Vadha Tara (Major Transformation & Vulnerability)

- **Stars:** 7th, 16th and 25th from your birth star.
- **Life Impact:** The most sensitive count in the scheme. It indicates periods of intense transformation, health vulnerabilities or deep emotional loss. It requires high caution, regular health checkups, and spiritual practice.

Count 8, 17, 26: Mitra Tara (Support & Partnership)

- **Stars:** 8th, 17th and 26th from your birth star.
- **Life Impact:** Brings supportive mentors, reliable partners, helpful friends and smooth collaboration. Ideal periods for marriage, joint business ventures and expanding your network.

Count 9, 18, 27: Parama Mitra Tara (Ultimate Fulfillment & Grace)

- **Stars:** 9th, 18th and 27th from your birth star.
- **Life Impact:** Represents the peak of divine grace and deep fulfillment. Brings high honors, spiritual advancement, long-term success and life-changing positive opportunities.

How Astrologers Use This in Birth Charts

1. **Analyzing Your Dasha Planets:** If your main Dasha planet (Mahadasha lord) sits in a star that counts as your Sadhana or Sampat Tara, that entire 10-20 year period will bring high achievement and prosperity. If it sits in Naidhana or Vipat, the period requires extra care.
2. **Compatibility (Marriage & Business):** Astrologers check where your partner's birth Nakshatra falls when counted from yours. If their star lands on your Mitra, Parama Mitra or Kshema, the connection is naturally harmonious and protective.

<https://astroarpitanath.com/subh-asubh-nakshatra/>

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