



The Yogini Dasha Chakra is the structural grid that maps all 27 lunar constellations (Nakshatras) to the 8 Yoginis in a repeating cycle. Understanding how the Chakra distributes Nakshatras reveals how the starting Dasha at birth is determined.

The 8 Yoginis, Planetary Rulers and Years

The system is governed by 8 divine feminine energies called Yoginis. Each Yogini is linked to a specific planet, carries a distinct nature (benefic or malefic) and rules for a fixed number of years totaling 36 years:

1. Mangla (Moon) — 1 Year

- Nature: Highly Benefic
- Ruling Planet: Moon (Chandra)
- Results: Domestic harmony, emotional peace, mental clarity, well-being and prosperity. A gentle, favorable start to the cycle.

2. Pingla (Sun) — 2 Years

- Nature: Mild Malefic
- Ruling Planet: Sun (Surya)
- Results: Rise in ambition, career drive and authority, but can bring physical heat, fever, minor conflict with authority figures or restlessness.

3. Dhanya (Jupiter) — 3 Years

- Nature: Highly Benefic
- Ruling Planet: Jupiter (Guru)
- Results: Abundant financial gains, higher learning, auspicious family events, expansion of business and spiritual growth.

4. Bhramari (Mars) — 4 Years

- Nature: Malefic
- Ruling Planet: Mars (Mangal)
- Results: Displacement, restless travel, sudden changes, competitive friction and

impulsiveness. Requires controlled energy and caution against conflicts.

5. Bhadrika (Mercury) — 5 Years

- Nature: Benefic
- Ruling Planet: Mercury (Budha)
- Results: Academic success, career growth, effective communication, sharp business acumen, social reputation and overall skill development.

6. Ulka (Saturn) — 6 Years

- Nature: Malefic
- Ruling Planet: Saturn (Shani)
- Results: Delays, structural pressure, financial discipline, health obstacles and heavy responsibilities. Tests endurance and demands ethical hard work.

7. Siddha (Venus) — 7 Years

- Nature: Highly Benefic
- Ruling Planet: Venus (Shukra)
- Results: High luxury, romantic fulfillment, artistic achievements, material wealth, marriage and personal popularity.

8. Sankata (Rahu) — 8 Years

- Nature: Highly Malefic
- Ruling Planet: Rahu
- Results: Unpredictable shifts, sudden obstacles, illusions, legal/financial risk or heavy psychological pressure. Serves as a major karmic reset period.

Complete Nakshatra Allocation Table



Cycle 1: Ardra to Hasta

1. Mangla (Moon — 1 Year): Ardra
2. Pingla (Sun — 2 Years): Punarvasu
3. Dhanya (Jupiter — 3 Years): Pushya
4. Bhramari (Mars — 4 Years): Ashlesha
5. Bhadraka (Mercury — 5 Years): Magha
6. Ulka (Saturn — 6 Years): Purva Phalguni
7. Siddha (Venus — 7 Years): Uttara Phalguni

8. Sankata (Rahu — 8 Years): Hasta

Cycle 2: Chitra to Uttarakshadha

1. Mangla (Moon — 1 Year): Chitra
2. Pingla (Sun — 2 Years): Swati
3. Dhanya (Jupiter — 3 Years): Vishakha
4. Bhramari (Mars — 4 Years): Anuradha
5. Bhadraka (Mercury — 5 Years): Jyeshtha
6. Ulka (Saturn — 6 Years): Mula
7. Siddha (Venus — 7 Years): Purva Ashadha
8. Sankata (Rahu — 8 Years): Uttara Ashadha

Cycle 3: Shrivana to Mrigashira

1. Mangla (Moon — 1 Year): Shrivana
2. Pingla (Sun — 2 Years): Dhanishta
3. Dhanya (Jupiter — 3 Years): Shatabhisha
4. Bhramari (Mars — 4 Years): Purva Bhadrpada
5. Bhadraka (Mercury — 5 Years): Uttara Bhadrpada
6. Ulka (Saturn — 6 Years): Revati
7. Siddha (Venus — 7 Years): Ashwini
8. Sankata (Rahu — 8 Years): Bharani

Remaining Nakshatras (Completing the 27)

1. Mangla (Moon — 1 Year): Krittika
2. Pingla (Sun — 2 Years): Rohini
3. Dhanya (Jupiter — 3 Years): Mrigashira

How to Calculate Starting Yogini Dasha

Yogini Dasha Calculator

Calculation is derived directly from your birth constellation (Janma Nakshatra):

1. Find Nakshatra Number: Count your birth Moon's Nakshatra from Ashwini (1) to Revati (27).
2. Add 3: Take your Nakshatra number and add 3 to it.
3. Divide by 8: Divide the sum by 8.
4. Determine the Balance: The remainder indicates the active starting Yogini at birth:

1 = Mangla (Moon)

2 = Pingla (Sun)

3 = Dhanya (Jupiter)

4 = Bhramari (Mars)

5 = Bhadraka (Mercury)

6 = Ulka (Saturn)

7 = Siddha (Venus)

0 (or 8) = Sankata (Rahu)

Why Astrologers Use Yogini Dasha

- **Fast-Paced Tracking:** Because the entire cycle resets every 36 years, an individual experiences each major Yogini phase multiple times in a normal lifespan, allowing clear pattern recognition.
- **Double-Check for Vimshottari Dasha:** When an event (like marriage, career shift or relocation) is promised in the Vimshottari Dasha, a corresponding Yogini Dasha phase (e.g., Siddha or Dhanya) acts as powerful cross-confirmation.

<https://astroarpitanath.com/yogini-dasha-chakra/>

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