

AstroHelpDesk



Practices and Remedies

Review Demo

Saturn – Jupiter – Mercury

Leo · Aquarius

15 Jun 1990 · 10:30 · Jaipur, India

YOUR PERSONAL EDITION

PLAIN WORDS · DATES · REASONS

Fictional sample · illustrative birth details

Your report at a glance

Review Demo · 17 Oct 2026 · Jaipur, India

Five life areas · natal chart support



SAV is the native sign-support total. It is neither your value as a person nor an event probability.

Three cautions to keep beside the reading

- 1. The Lal Kitab-style conduct suggestion is: Repair something neglected and resolve one avoidable quarrel.
- 2. Check the promise independently before increasing money, time or public commitment.
- 3. Keep a useful principle, but check that the practical details support it.

The period running in this edition

Saturn – Jupiter – Mercury

Fictional sample · illustrative birth details

Your reading at a glance

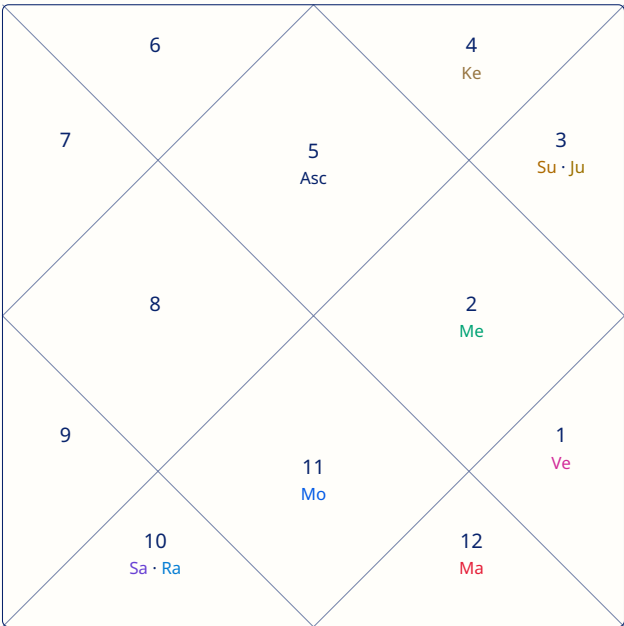
Main focus

12 Sep 2026 – 21 Jan 2027 (ages 36): Mercury brings career responsibilities to the front of your decisions. Its placement in Taurus connects this short phase with the duties you personally carry there.

Current period

Saturn – Jupiter – Mercury

Birth details: 15 Jun 1990 · 10:30 · Jaipur, India



Your life chapters · Mahadasha timeline

	Jupiter	Saturn	Mercury	Ketu	Venus	Sun	Moon
1990		2014	2037		2061		2085

These are traditional Vedic readings, not guarantees.

CHAPTER 1

Practices for your actual chart

12 Sep 2026 – 21 Jan 2027 (ages 36): Mercury brings career duties to the front of your decisions. Its placement in Taurus connects this short phase with the duties you personally carry there.

CHAPTER 2

Mars · Manglik Mars · direct action with patience

At 17 Oct 2026, Mars remains a birth-chart influence through sudden changes. It is not leading a main or sub-period in the next two years. Keep its practice as an optional background choice.

CHAPTER 3

Rahu · Saturn with Rahu · ambition and patient judgement

At 17 Oct 2026, Rahu remains a birth-chart influence through daily work. It is not leading a main or sub-period in the next two years. Keep its practice as an optional background choice.

CHAPTER 4

Saturn · Your current Saturn phase

During 17 Oct 2026 – 29 Jun 2028, Saturn brings daily work into focus because it occupies that area in your birth chart. Use the personal practice below for the duties this period brings.

CHAPTER 5

Jupiter · Jupiter · current-period focus

During 17 Oct 2026 – 29 Jun 2028, Jupiter brings friends and networks into focus because it occupies that area in your birth chart. Use the personal practice below for the duties this period brings.

CHAPTER 6

Mercury · Mercury · current-period focus

During 29 Jun 2028 – 17 Oct 2028, Mercury brings career duties into focus because it occupies that area in your birth chart. Use the personal practice below for the duties this period brings.

CHAPTER 7

Sun · Reference practice · use when relevant

At 17 Oct 2026, Sun remains a birth-chart influence through friends and networks. It is not leading a main or sub-period in the next two years. Keep its practice as an optional background choice.

CHAPTER 8

Moon · Reference practice · use when relevant

At 17 Oct 2026, Moon remains a birth-chart influence through shared agreements. It is not leading a main or sub-period in the next two years. Keep its practice as an optional background choice.

CHAPTER 9

Venus · Reference practice · use when relevant

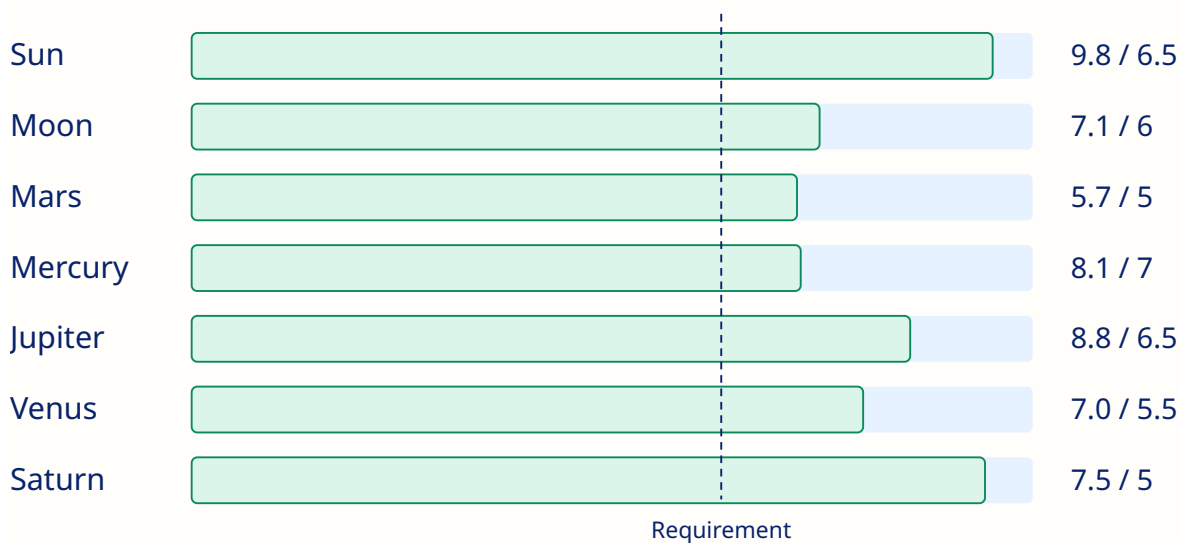
At 17 Oct 2026, Venus remains a birth-chart influence through further study. It is not leading a main or sub-period in the next two years. Keep its practice as an optional background choice.

Ketu · Reference practice · use when relevant

At 17 Oct 2026, Ketu remains a birth-chart influence through life away from home. It is not leading a main or sub-period in the next two years. Keep its practice as an optional background choice.

Your chart in pictures

Shadbala · strength against each planet's requirement



Sarvashtakavarga · the twelve signs

Aries 35	Taurus 27	Gemini 25	Cancer 24	Leo 24	Virgo 28
Libra 28	Scorpio 29	Sagittarius 28	Capricorn 34	Aquarius 23	Pisces 32

Bindu totals by sign; shaded cells have 28 or more.

Your remedies now

These are optional supportive practices, not guarantees. Choose a modest practice you can sustain. No purchase or donation to AstroHelpDesk is required.

Saturn · Calm; do not strengthen automatically Everyday

Do one modest duty at a steady pace and leave a realistic margin for rest.

Vedic tradition

Jupiter · Mixed lordship · expert review first Everyday

Ask a sound question, review the reason behind advice and share useful knowledge.

Vedic tradition

Sun · Support a functional benefic Everyday

Keep one promise and give credit to someone else's contribution.

Vedic tradition

Moon · Calm; do not strengthen automatically Everyday

Pause before reacting and ask what support is actually wanted.

Vedic tradition

Mercury · Calm; do not strengthen automatically Everyday

Check a message for clarity and finish one small learning task.

Vedic tradition

Venus · Calm; do not strengthen automatically Everyday

Make one shared expectation clear and give a valued relationship unhurried attention.

Vedic tradition

Mars · Support a functional benefic Everyday

Use a short pause before disagreement and direct effort to one useful task.

Vedic tradition

Rahu · Node · no automatic gemstone Everyday

Verify a striking claim before acting and put a boundary around distracting media.

Vedic tradition

Ketu · Node · no automatic gemstone Everyday

Finish one small task before withdrawing, then make space for quiet reflection.

Vedic tradition

For a general voluntary practice, the traditional Navagraha stotra may be used. Follow a version taught in your own tradition; do not add promises of guaranteed results.

The detailed Gemstones book gives the full suitability review. Here the current-period guidance remains a short practice, so the two books serve different purposes.

Consult an astrologer before buying; if approved, try the stone for three days and stop if you feel unwell or things worsen. Choose affordable quality and comfort over size: body weight alone cannot establish an effective carat weight. Stones remain optional, and AstroHelpDesk sells no stones.

For health, legal or financial decisions, consult the relevant qualified professional. A mantra, donation or gemstone does not replace that advice.

Method note: planetary periods and divisional positions come from the native engine. Prayer and mantra names follow traditional public-domain texts; the nine beej forms are cross-checked against AIFAS Astrological Tables. Transliteration is a reading aid, not a new mantra.

A personal prayer tradition

Your chart links Shiva / Rama with Sun as a traditional focus for voluntary prayer. Choose a practice that belongs comfortably within your own beliefs.

If your family has a Kula Devata, the deity your elders already worship comes first. You may also keep a few quiet minutes of prayer or reflection in your own tradition.

A simple daily practice: sit quietly after your normal morning routine, remember Shiva / Rama if this belongs to your tradition, and choose one kind action for the day.

The Dharma Devata check connects purpose with Krishna / Parvati through Moon. A separate birth-chart comparison gives Hanuman / Kartikeya / Narasimha through Mars.

Astrologer view · calculation steps

Seven classical planets; within-sign degrees compared, with all occupants retained in an occupied prayer house.

Your remedy cycle through life

16 Dec 2025 – 29 Jun 2028 (ages 35–38): calm Saturn while Jupiter sets the immediate focus. Your Saturn birth placement links this period with daily work, and its house ownership calls for patience and service; choose the highlighted row's modest practice and keep strengthening stones out of the default plan.

The practice changes with your own major and sub-period lords. Helpful lordships receive support; difficult lordships receive calming practices; mixed lordships are reviewed before any stone. The current row is highlighted.

The rows below include every native Antardasha in the reference range. They are clipped at the stage boundaries, so an interval crossing a birthday is shown in both relevant stages.

Birth and early childhood
Childhood
Teens
Young adult
Mid-life
Near retirement
Later years

Reference and glossary · meanings and methods

CHAPTER 11

Days 1–7 · begin with a routine you can keep

Choose one priority from the opening table and put its planet's practice on a single page. Set aside a short, regular interval before the day becomes crowded. Prepare a clean sitting place, the mantra text and the tick sheet. Read the pronunciation slowly before beginning the count. During the first week, give more attention to steady effort than to an ambitious total. Pair the prayer with one practical action from the personal chapter: finish a duty, clarify an agreement or make a small useful act of service. At the end of each day, mark what you actually completed and write one sentence about the situation. Keep the original plan small enough to repeat on a busy day. By the seventh day you should know which time and place make the routine easiest to maintain.

CHAPTER 12

Days 8–14 · add the right weekly observance

Use the planet's weekday for the stotra or a carefully chosen act of charity. Ask the recipient what is useful before buying material. Black sesame and urad belong to the Saturday Saturn custom. Green gram and learning materials fit Mercury's Wednesday association. A donation can be small and repeated. Keep a clear household budget and obtain a receipt when giving through an organisation. If you choose a fasting observance, let it be compatible with your health, age, medication and ordinary duties. A prayer with regular meals is an available other option. Keep water and necessary care available. Review the week by asking whether the observance helped you act with more patience, accuracy or generosity in the field named by your chart.

CHAPTER 13

Days 15–21 · connect the practice with one real difficulty

Return to the personal reason in the opening table and describe one situation that needs a better response. For a partnership Mars placement, choose a disagreement that can be discussed calmly and define the practical subject. For Saturn with Rahu, identify a promise, creative plan or speculative temptation that needs verification and a time boundary. During a difficult Saturn phase, write the obligation you are trying to carry and ask what support would make it manageable. For the current Mercury sequence, check a document, payment record or message carefully before sending it. Use the prayer as the beginning of this useful act, then record the result you can directly observe. This keeps the forty-day plan tied to your actual chart and situation.

Days 22–28 · make the routine simpler and steadier

Read the tick sheet without judging a difficult day as a personal failure. Find the reason an entry was missed: timing, length, pronunciation, travel or an unrealistic practical action. Change one part of the arrangement and keep the intention clear. A shorter steady recitation is easier to maintain than a growing list of rituals. If you have chosen a rudraksha, inspect the material and wear it comfortably. Keep the bill and a clear description of what was sold. If you use a yantra, choose a clean printed or drawn form as a focus for attention and keep the surroundings orderly. Let the object support the practice instead of becoming another money promise. Complete one neglected practical duty before adding a new observance.

Days 29–35 · check conduct, not coincidences

Compare the beginning of the plan with an ordinary recent week. Have you kept a clearer record, spoken more calmly, completed a delayed obligation or offered useful help? Name the action and the response from the other person. Keep unrelated events separate so that the review remains honest. If a relationship problem continues, arrange a direct conversation or suitable support. If money is tight, reduce the cost of materials and keep the useful conduct. A voluntary prayer can remain simple throughout the whole practice. Ask whether the chosen routine is helping with the field described by the planet's house: family duties, learning, work, creative judgement or shared promises. Keep the improvement that is supported by observable behaviour.

Days 36–40 · finish the promise and choose what continues

Complete the final five days using the same manageable routine and add the actual count. At 108 repetitions daily, forty completed days total 4,320. A separate traditional larger vow, such as Mercury's 9,000, needs its own counter and a realistic duration. Keep it distinct from this forty-day beginning. Review the practical actions you completed and the one that still needs attention. Thank the people who helped and close any promised donation or unfinished duty. Choose one ordinary habit to continue for the next month, such as accurate records, a Saturday act of service or a calmer weekly family conversation. Save the completed sheet with this dated reading so that a future review starts from what you actually practised.

Your forty-day tick sheet

Gemstones · one separate decision

A mantra, charity or practical act can be chosen without buying a strengthening stone. Gemstone selection depends on the planet's functional house ownership, so keep that decision in its own chapter and use the Gemstones book for the life-stone, fortune-stone, mixed-rulership and avoid verdicts. Your remedies plan can continue through prayer and conduct while you consider whether a piece is suitable, affordable and comfortable. Keep the two decisions separate in your record: what you intend to practise and what material, if any, you intend to buy. This prevents the price of an object from replacing the steady action the chart calls for.

[Read your Gemstones book](#)

Glossary · the plain meanings

Ascendant

Sign rising on the eastern horizon at birth.

Mahadasha

Main planetary period in the traditional dasha cycle.

Peak

Middle of the three Sade Sati phases.

House

One of the twelve chart divisions used to discuss a life area. Read it with the stated house system.

Ruler (lord)

The planet traditionally assigned to a zodiac sign; a house lord is the ruler of the sign in that house.

Atmakaraka

In this book's seven-planet convention, the classical planet with the highest within-sign birth degree. Rahu and Ketu are excluded.

Karakamsha

The native D9 sign occupied by the Atmakaraka. It is a reference sign in the prayer-tradition checks shown here.

Ishta Devata

A traditional indication for voluntary personal prayer, read here from the twelfth sign from Karakamsha. It does not establish your faith.

Dharma Devata

A traditional prayer indication linked with purpose. The ninth from Karakamsha is checked separately from the ninth from the birth Lagna.

Kula Devata

An existing family prayer tradition. It comes before an optional chart-based suggestion and is not inferred from your name or chart.