

Drishti Dosha (a.k.a Evil eyes, Nazar/Najar, etc)



We at Dipika firstly and humbly prostrate to seek the Divine blessings of our Divine Supreme Mother Sarasvati in compiling this ground breaking topic on Drishti (Evil eyes). The reason behind compiling this much awaited article is that around the world each advanced culture had some sort of remedial measure to counter act the "Evil Eye" and we pray that this humble rendition will shed more light than confusion on this pertinent topic.

In these so called "modern times" we hear comments like "Oh this 'Evil eye' issue is so psychosomatic, it's all myths and legends etc. Why do we have to follow it so strictly?" Well, naturally, to the primitive mind, any sophisticated and advanced knowledge would be indistinguishable from the masses and be naturally scorned upon. Being confronted with these ideas someone inquired: "Can you prove that these things happen?" "Can anyone prove that they don't?", was the reply. A compromise can be reached by the adage: "for one who believes, no proof is required; and for the one who does not believe, no proof exists". From my experience I have seen that those who had this attitude really suffered later. Remember that the little intellect cannot understand many things in this universe. I am not a fan of "iambic pentameters" so we shall keep this article rather simple.

A BRIEF EXPLANATION ON DRISHTI "THE EVIL EYE":- The word 'Drishti' (Evil Eye) traces its origin from Sanskrit (where else?) from the verbal root "Drish", meaning to "Look" or "to see" and its literal meaning is 'sight'. The evil eye is a term used to describe the process of being afflicted by Raja-Tama (the modes of passion and ignorance) vibrations from another person. The other person can afflict one with the evil eye intentionally or unintentionally. In today's competitive and materialistic world, most people have personality defects and vices such as jealousy, hatred, hunger for publicity etc. Raja-Tama vibrations generated from these vices have a spiritually distressing effect on us. This is what's termed as getting afflicted by the evil eye. Distress experienced due to being affected or possessed by negative energies (like ghosts, demons, devils etc.) is also a type of affliction by the evil eye. While the evil eye has been viewed by many people as pure superstition and a phenomenon that has no rational claim, they fail to recognise or understand how various aspects of the spiritual dimension can have a direct effect on us. Various methods and rituals are implemented to remove the evil eye, and it's found that the individuals upon whom the rituals were performed have experienced immediate relief from various problems which they suffered, and which could not be relieved by conventional means.

In modern linguistics its usage signifies 'evil eye' or rather 'casting an evil-eye 'Drishti'' is not a concept borrowed from superstitions. Science explains it as the flow of negativity that affects the person or object towards which it is directed. The evil eye is a look that is believed by many cultures to be able to cause injury or bad luck for the person at whom

it is directed for reasons of envy or dislike. The term also refers to the power attributed to certain persons of inflicting injury, bad luck or negative vibrations by such an envious or ill-wishing look. The origin of negativity/ negative energy is every thought form that is associated with energy. Just as blessings and good thoughts have a positive aura about them, so does negative emotions harness harmful or negative energy. Sources of these negative energies are people who give in to jealousy with garnering a sense of discrimination/comparison and people who have the feeling that other people are better than you, thereby leading to frustrations. The spirit of vengeance/retaliation is predominant in people who curse spitefully seeing the prosperity of their rivals. These emotions may not manifest or surface but their presence even at the subconscious level can be destructive.

IN HINDUISM:- Of course at Dipika, being a Hindu website, we shall deliver the Hindu point of view, but unfortunately, due to space, we will not be talking about other religions and the Evil eye, as this article is quite lengthy as it is.

In the Rig Veda, X.85.44. Vivah Mantras, Surya's Bridal;

'aghoracaksurapatighnyedhi siva pasubhyah sumanahsuvarcah |
virasurdevakama syona sam no bhava dhvipadhe sam chathushpadhe ||'

'O Bride! May you NEVER look your husband with an EVIL EYE; never be hostile to him; be tender to animals (siva pasubhya:); may you ever be amiable and cheerful; may you fulfil one of your roles as the mother of brave children, loving to the divine powers, be the grantor of happiness, and usher prosperity to our bipeds and quadrupeds (dhvipadhe sam chathushpadhe)'. Remember Surya, the sun is the bridegroom! Any girl seeing Surya may cast an evil eye! (Eye ointment {Kaajal} is placed on brides eyes to prevent the evil eye).

Drishti Dosh generally results in: 1. Uneasiness, 2. Lack of interest, 3. Sudden illness, 4. Prolonged illness (without any reason).

The Vedic perspective. The Vedas have described four kinds of people:-

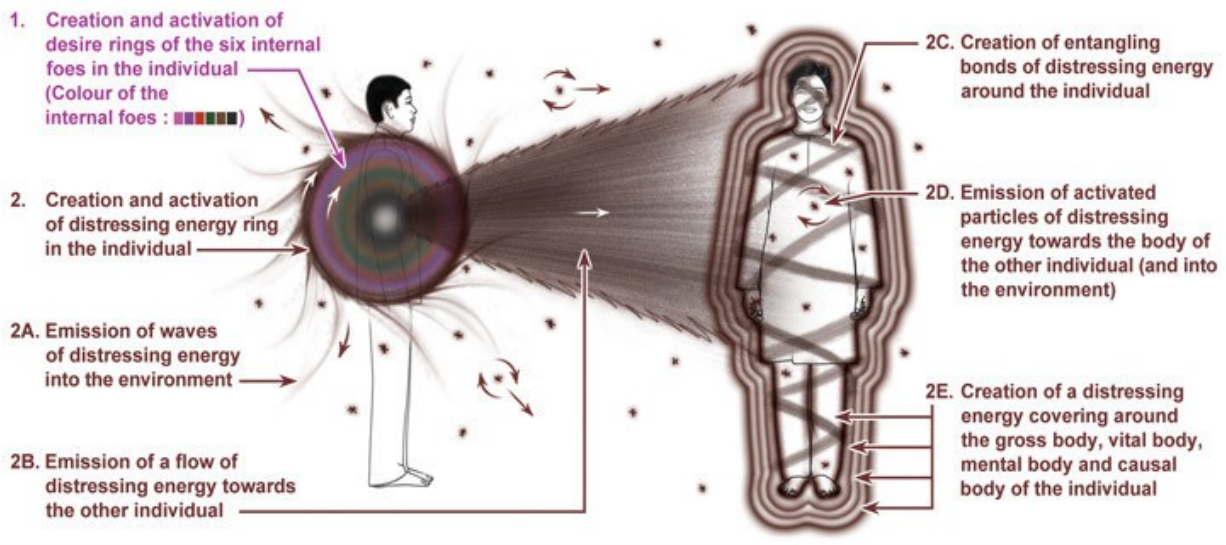
1. The Satpurushas: Those who help others without caring for their own well-being.
2. The Samanyas: Those who help others considering the position of their own self.
3. Manushya Rakshasas: Those who extract benefits by disturbing the welfare of other people.
4. People who harm others without any purpose.

According to the Vedas, people who belong to the last two categories as described above are most likely to cast an evil eye.

Below is a drawing that depicts the subtle-effect of a casting of the evil eye. It shows the subtle-process that occurs when a person casts the evil eye on another individual. The desire-oriented waves generated in a person about another individual are transmitted to that individual and an evil eye is cast on them. From the above picture, we can see that the flow of energy transmitted onto the other person is Raja-Tama predominant and attacks the gross body, vital body, mental body, and causal body. This creates a subtle distressing covering around the individual and consequently the individual experiences distress.

Subtle-process observed when one individual casts evil-eye on another

(Read the points sequentially - 1, 2, 2A, 2B, 2C, 2D, 2E)



Below we have listed 4 effects of being afflicted by the EVIL - EYE.

1) **Through desirous thoughts:-** Sometimes when people see a smiling and healthy child, they unknowingly have some desire-related thoughts. As these thoughts are Raja-Tama predominant, the child gets afflicted adversely as their subtle-body is very sensitive. Another example is when a female wears provocative clothing. The individuals of the opposite sex may have desirous thoughts about her. When these thoughts are generated in the mind, they increase the Raja-Tama in the individual having the desirous thoughts and affect the concerned female, as well as others in the environment.

2) **Through envious thoughts:-** In some situations, an individual gets bad thoughts about an individual, animal or an object or feels envious of their success. The negative vibrations generated affect the individual, animal or object. A female experienced that after participating in a dance competition and achieving first place, she fell ill and became bedridden the very next day. After her mother performed a ritual to remove the evil eye, she immediately recovered. As she had achieved first place in the competition, the others competing against her had envious thoughts about her and this had a direct effect on her.

3) **Through black magic:-** Black magic is a term used to describe a ritual where specific mantras and tools are used with a specific aim to cause harm to another individual. There are some people in society as well as higher level negative energies that perform rituals like black magic. In the case of being afflicted by the evil eye other than through black magic, the power of intention behind casting the evil eye from a person can be up to 30%; however if evil eye is cast through black magic then the power of intention is above 30% and is more severe.

4) **Through negative energies:-** Individuals who are distressed by negative energies are affected by the distressing energy that is released from negative energies. This is also a form of being afflicted by the evil eye. Seekers of God who do spiritual practice for the spread of spirituality are at the forefront of the attention of negative energies. As they are working towards the establishment of the Divine Kingdom (Spiritual World), the

negative energies who wish to establish a Demonic Kingdom act to cause distress to the seekers. Despite the attacks of negative energies, seekers of God have access to Divine protection and their spiritual practice (sadhana) enables them to overcome the distress and obstacles posed by the negative energies.

What does the strength of evil eye depend on?:- The below gives a comparison of the different sources of affliction by evil eye, their intensity and the spiritual power behind them.

Source of affliction The evil eye.	Intensity of the Effect of the evil eye	An Intensity of the effect is dependent on.
Desirous and envious thoughts	Least	Will power of the person casting the evil eye.
Black magic	More	Spiritual strength of the person practising black magic
Negative Energies	Most	Spiritual strength of the negative entity.

Symptoms of being afflicted by the evil eye

Physical Problems:- Addictions, repeated illness, recurring skin diseases, severe headaches, earache, pain in eyes, blackouts, numbness of limbs, palpitations, reduction in body heat, and experiencing weakness.

Mental Problems:- Constant tension and depression, excessive frights, increase in unnecessary thoughts and doubts about others.

Educational Problems:- Failing in examinations despite hard work, forgetting despite good intellect.

Financial Problems:- Not getting employed, failure in business, recurring financial losses or getting cheated.

Marital and Family Problems:- Not getting married, marital discord, infertility, abortions, premature birth, birth of a mentally or physically challenged child, children dying at a young age.

REMEDIAL MEASURES TO WARD OF THE EVIL EYES IN HINDUISM

There are 100s of Upai's (remedial measures) to use but we shall just give a few which have been used for many thousands of years especially in India.

The Evil eye in today's times:- In the current era of Kaliyuga, as the majority of people are not performing spiritual practice, the Tama (mode of ignorance) component within them and in the environment is very high. Various impressions in the mind, like greed, jealousy etc. are predominant and many people have strong attachments to worldly things. All of these thoughts are associated with desire-oriented responses. As these impressions and desires are dominant in today's society, the Tama component from them affect every person in one way or another. Due to these reasons and because the activity of negative energies is also high, the incidence of evil eye in today's times is high. There are several ways of removing the evil eye negative effects mentioned in Atharva-veda.

Below are methods of removing the evil eye and the importance of spiritual practice as a means for protection from the evil eye. A simple test to check if you are under an influence of evil eye: Under normal conditions olive oil floats in water, as it is less dense than water. Place one drop of olive oil in a glass of water, typically holy water. If the drop floats, the test concludes there is no evil eye involved. If drop sinks, then it is asserted that the evil eye is cast indeed. An alternative form of the test is to place two drops of olive oil in to a glass of water. If the drops remain separated, there is no evil eye, but if they merge, there is. This is usually performed by an elder person, who are known for their healing, or a parent or grandparent.

There are various methods of removing the evil eye using different substances which have the ability to absorb negative vibrations. Afterwards, the substances are burned or immersed in water. Below we discuss the rituals to remove the evil eye and we freely share in detail the various simple and cheap methods that you can perform. The main method we shall discuss is the Salt, Mustard Seeds and Red Chilli method. Coconut or Alum are used besides "The Salt, Mustard Seeds and Red Chilli " method. While the above methods are effective in achieving immediate relief of the effects of the evil eye, it is only a temporary solution as one can become affected by the evil eye again even after being relieved of it. By performing regular spiritual practices a subtle-shield which protects one from the evil eye is formed around us and we are able to imbibe Divine waves from the atmosphere to a greater extent thus creating a more permanent barrier from the Drishti.

What is meant by the 'ritual to cast off the evil eye' and how does it benefit us?

The 'ritual to cast off the evil eye' is a process of sucking out the distressing vibrations or black energy present in the vital energy sheath and the mental sheath of the affected person into the substances used in the ritual. Thereafter the influence of the energy and vibrations in the substances is reduced by burning them.

Prayer is a very important part of this ritual: The performance of the ritual to cast off the evil eye is performed only after first praying to Hinduism's and the Worlds Greatest Super hero Shree Hanumanji and drawing strength from our Superhero, the person performing the ritual does not experience any distress and the distress of the affected person also reduces at the earliest. More on the greatest Superhero Shree Hanumanji is available on our article "[Verse by Verse benefits of the Hanuman Chalisa](#)"

One would ask "Why do we have to say a prayer to Shree Hanumanji specifically?" Well the answer to this is rather simple - among all Deities, it is only Shree Hanumanji who cannot be troubled by distressing energies. Shree Hanumanji is the master of ghosts. Hence, a person possessed by ghosts is taken to a Shree Hanumanji temple or is asked to recite verses in praise of Shree Hanumanji. To carry out any function, manifest Divine Energy is required. Among all the Deities, Shree Hanumanji has the maximum manifest Energy (prakat-shakti). Hence when a person in distress appeals or prays to Shree Hanumanji, our Superhero appears early and the reduction in distress is also quick.

Which method should I use?

Mild Distress

Sea salt and mustard seeds

Moderate distress

Sea salt, mustard seeds and dried red chillies

Severe distress

Only dried red chillies, coconut containing water and alum

How often should the ritual be done ? This depends on the severity of distress

Mild distress Once a week
Moderate distress More than once a week depending on the severity
Severe distress Every day till complete relief from distress

Method:- Salt, mustard seeds and chilli method to overcome the evil eye

What one will need to perform this ritual?

*** 1 (one) Tablespoon sea salt.

(This salt should not be "iodised" salt, which is most common in most supermarkets these days. Look at the package writing and if it says "Iodised" then you can't use this salt). You can only use Rock Salt, Salt crystals or Granulated Salt. Generally in South Africa these can be purchased at any reputable Health shops. The reason behind using granulated salt instead of refined powdered salt is that as a result of chemical processes on the refined powdered salt, its capacity to imbibe and absorb the negative distressing vibrations is reduced. Also the rock salt, by virtue of its granulated coarse form, has greater capacity to hold on to the distressing vibrations than the powdered fine salt.

*** 1 (one) Tablespoon Black Mustard seeds.

*** 1 wooden stool/bench or chair

*** The person affected with the energy and the person who is going to perform the ritual. Preferably the person performing the ritual should not be affected by any negative energies.

*** One hot pan or a lobhaan container (which one burns lobhaan in at night)

*** Dried Red Chillies

The number of chillies to use is dependent on the amount of distress faced. Below is a guideline for how many chillies to be used in the ritual based on the severity of distress that is being faced.

Severity of distress	Number of Chillies
Constant heaviness of body, tingling in limbs, nausea	3
Restlessness, sudden perspiration, negative thoughts	5
Loss of control of speech, sudden blurring of vision, drooling of saliva, speaking bad words, suicidal thoughts	7
Unconsciousness, Manifestations of spirits, thoughts of murder	9

Method to perform the salt, mustard seeds and red chillies ritual to overcome the evil eye:

Prayer Proper:- In front of your picture or Murti of our Superhero Shree Hanumanji, the non-affected person should offer on a tray (which should already have 3 incense sticks (agarbatti), 1 clay lamp with ghee and a wick in it and 3 flowers - light the 3 incenses and clay lamp) 9 times around the picture/Murti in a clockwise direction. Place the tray down and then the affected person and non affected person prays to our Superhero to help

them in this regard to help the affected person. The affected person says "May the evil eye cast upon me (taking your name) be cast off and may (taking the name of the person performing the ritual) not be affected by it". Then the one who is performing the ritual prays to Shree Hanumanji to not be affected by the distressing energy. I would humbly suggest playing the Hanuman chalisa on a DVD player/computer/cellphone, etc in the background to create a sense of positivity to this prayer.

Next the affected person sits on the wooden stool facing the **East** direction (use a compass with directions) with his/her knees bent towards his/her chest. His/her palms should face upwards and should be placed on his/her knees like depicted in the picture below.



The person performing the ritual should stand in front of the person. Take the quantity of mustard seeds and granulated salt (which is placed in the palms of the non affected person). With regards to the Red chillies place 1 in the left palm and the other 2 in the right palm. Do note 3 is used as an example in this regard. If there is need for 5 Red chillies then 3 chillies will be in the right palm and 2 in the left palm...



Thereafter cross your fists in front of your body. The fists should be crossed like the multiplication sign.



The fists should be moved from head to foot of the affected person, in opposite directions and then touched to the ground. The hands are crossed only to begin with. As we begin to perform the ritual we have to separate the hands and simultaneously move the right fist in a clockwise direction from head to foot and left fist in an anticlockwise direction from head to foot. After touching the ground, again begin as above i.e separate the hands and simultaneously move the right fist in a clockwise direction from foot to head and left fist in an anticlockwise direction from foot to head. The following should be uttered when performing the ritual "May the evil eye cast upon him (/or her) by visitors, spirits, trees, passers-by be cast off and may him (/or her) be protected from disease and injury."

*** **Do note** - finally The reason behind moving the fists and touching them to the ground: By moving the fists as described the distressing vibrations are first imbibed in the substance used in the ritual and by touching the ground they are then pulled into the ground. The number of movements of the fists is to be decided based on the extent of distress. Generally those that practice negative energies do so in odd numbers hence the fists are moved in multiples of odd numbers. At the end all the contents (salt, mustard sees and chillies) must be emptied onto a hot pan(don't say pan - people will think a frying pan) or burning coals.

OTHER REMEDIAL MEASURES:-

*** Light a piece of camphor on a betel leaf or a small plate. Keep it in a plate of arathi (water mixed with lime & turmeric or if lime is not available, use kumkum). Make the child/adult sit on a low bench/stool facing East. You stand in front holding the tray, make 3 clockwise circular motions first, then 3 anticlockwise circular motions next, then upward & downward 3 times, chanting the following shloka:

'Subrahman-yas-cha sae-naani guha skandas-cha vaa-manah
Mahaa-saeno dvaa-dasha-aksha vishva-buk ambikaa suthah
bhoothe-sha paa-vakee shree-maan vishaa-ka shiki-vaaha-nah
kaankaeyacha gajaaroodaa shathruhanthaa shdaaksharaa'

Nobody should utter a word, affected person must be very quiet. After this take the

water & pour it outside one's yard.

Once one is cleansed it's imperative to try to counteract the evil eye by doing the following below.

*** The four faced Rudraksha protects one from the evil eye. Do note that when I say four faced it means the bead has 4 lines. The single Rudraksha beads are to be worn vertically hanging, and not horizontally, as one would pass a thread through it and sling it on. The single beads are designed in a specific fashion so that it is hung vertically. Then the bead is worn around the neck or right wrist. Make sure that the single bead is washed with rose water, milk then normal tap water before being placed (for about 24 hours) on a Lord Shiva murti/picture to be blessed.

*** Wearing a **Black Onyx gem-stone** around the neck or in your pocket helps in protecting and nullifying the effect of the evil eye. It has traditionally been used as a protective stone and as a defence against negativity or psychic attacks. Wearing a Black Onyx helps stop your energy being drained away, helps decrease stress, helps repel negative energy surrounding others opinions and ideas, absorbs and flattens emotional intensity, helps to smooth the 'roller coaster of emotions' we all face at times, helps to guards against negativity, helps eradicate excess energies and increases stamina to name a few.



*** **Yantras:-** are mystical diagrams used for various different reasons.

* **Nazar Nivaran Yantra (For Protection of the Evil eye)** This is a very powerful Yantra for protection against the Evil Eye as per ancient Vedic texts. When this yantra is placed on ones' puja place at home and incense is lit in front of it daily, the worshipper and his family, especially small children are protected against all sorts of evil eye and bad vibes coming from those people who are not their well wishers. (This Yantra can be purchased online).



* **Durga Kavach Yantra.** This Yantra is a potent sure-shot protection Yantra that protects one from hidden enemies, malefic planetary conditions, black magic, the evil eye, against unseen unknown evils and jealousy. This Yantra is also very effective for removal of witchcraft and protection of the household from black magic and evil designs of ones'

enemies. (This Yantra can be purchased online).

*** Many Indian women (and a few men) wear Kaajal (Kohl) on their eyelashes and a small black dot (kala tika) to their foreheads to prevent themselves from getting affected by the evil eye. New born babies are anointed with Kaajal on their eyelashes and a small black Kaajal dot on 3rd eye (between the eye-brows) and a small black dot to their chin and/or/cheek. For male children a Kaajal dot is applied to the back of the earlobe.

*** Also many use a black string made of cotton, and tied around their stomach, wrist or ankle. Black is considered an unattractive colour as it's believed by many to repel any hostile glances.

The Protection Mirror: - There may be times when you feel that you need additional help in protecting yourself from the energies of the people around you. One very effective way to do this is to mentally put up a mirror between yourself and the person concerned. This will reflect the person's behaviour back to him/her thereby deflecting it away from you. This technique will be rather useful when you are working in an office full of people. This method I highly recommend and it's free rather than purchasing expensive gems, etc.

*** The evil eye can also be linked to the ancestor curse (Pitr/ Matri Dosha). Perform Rudrabhishek in the name of your ancestors. This is something that you can do yourself. In this puja Lord Shiva is worshipped in the form of Lingam and Abhishek is performed with different articles like flowers, milk, coconut water, honey, Maas (yoghurt), sugar cane juice etc. but I would suggest you just use firstly milk and then water while chanting the Maha Mritunjaya mantra. You can if you like offer incense, lamp and flower thereafter. Keep it simple. You can perform this on Mondays or Saturdays.

The Evil eye is also depicted in other cultures. The Names in various languages.

In most languages the name translates literally into English as "bad eye," "evil eye," "evil look," or just "the eye." Some variants on this general pattern from around the world in alphabetical order are: in Albanian it is known as "syni keq" (Gheg), or "syri i keq" (Tosk), meaning "bad eye." In Arabic "ayn al-hasud" "the eye of envy." 'Ayn harrah is also used, literally translating to "hot eye." In German, it is called "boser Blick", literally "evil gaze". In Greek, to matiasma or mati, someone refers to the act of casting the evil eye (mati being the Greek word for eye); also: vaskania (the Greek word for jinx). In Hebrew, 'ayin hara' "evil eye." In Hindi-Urdu and other languages of North India and Pakistan, nazar; nazar lagna means to be afflicted by the evil eye. In Hungarian, gonosz szem means "evil eye", but more widespread is the expression szemmelveres (lit. "beating with eye") which refers to the supposed/alleged act of harming one by an evil look. In Italian, the word malocchio refers to the evil eye. In Japanese it is known as "Jashi". In Kannada (South India), it is called "drishti". In Macedonian it is known as урокливо око. "Evil eye". In Malayalam it is known as kannu veykkuka - to cast an evil eye while "kannu peduka" means to be on the receiving end of the malefic influence. "kannu dosham" refers to a bad effect caused by an evil eye. In Persian, Farsi it is known as "injurious look/eyes causing injury or "salty eye" "Cheshmeh Hasood" , meaning Jealous eye, or "Cheshme Nazar" meaning evil eye. In Portuguese, it is called "mau olhado", ou "olho gordo" (literally "fat eye"). Both expressions are quite common in Brazil. In Romanian, it is known as "deochi", meaning literally "of eye". In Russian "durnoy glaz" means "bad/evil eye"; "sglaz" literally means "from eye". In Sanskrit, it is called "drishti dosha" meaning malice caused by The Evil eye.

In Serbian it's called Urokljivo oko, which means spell or curse, and the second word means eye. In Spanish mal de ojo literally means "evil from the eye" as the name does not refer to the actual eye but to the evil that supposedly comes from it. Casting the evil eye is then echar mal de ojo, i.e. "to cast evil from the eye". In Tamil "Kan padudhal" literally means 'casting an eye' (with an intention to cause harm). In Turkish "nazar boncugu" looking with kem goz meaning looking with evil eye .

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Compiled (for the upliftment of Sanathan Dharma - the Eternal Religion)
Narottam Das & Arjun Nandlal.
[E-mail dipika.org.za](mailto:dipika.org.za)