

What planetary fast one can observe if one's time of birth is not known?

If the exact time of birth is unknown for a native in Vedic astrology, performing a planetary fast (upavasa) can still be done, but it requires some adjustments since the precise ascendant (Lagna) and planetary positions (like the Moon sign or Nakshatra) may not be available.

Without the time of birth, it becomes a lottery to compile a proper accurate reading for the native. On a 24-hour day, there are 16 possible Kundali readings.

If one is unaware of his/her time of birth then the following remedies are advised.

- **EKADASHI** - If no specific planetary influence can be pinpointed, undertake an Ekadashi fast, which is considered universally beneficial in the Vedic tradition. Ekadashi occurs twice a month (on the 11th day of the waxing and waning Moon) and balances all planetary energies dedicated to Lord Vishnu. The 2025 Ekadashi dates (ONLY for South Africa) are as follows...

May 23rd

June 6th, 21st

July 6th, 21st

August 5th, 19th

September 3rd, 17th

October 3rd, 17th

November 2nd, 15th

December 1st, 15th, 31st

*** To learn how to observe this most auspicious day to Lord Vishnu kindly click on this link on DIPIKA, <https://dipika.org.za/wp-content/uploads/2024/12/Ekadashi-dates-in-2025-South-Africa.pdf>

- **NINE PLANETS FAST** - Together with the Ekadashi fast, a Navagraha fast (appeasing all nine planets) can be observed on a Saturday (Saturn's day, which governs karma). Shanideva is the most powerful of the nine planets and the one that can cause the most turmoil in one's life. He didn't even spare his own father Suryadeva. This nine-Saturday fast involves simple fasting (avoiding grains, salt, or non-vegetarian food - from sunrise Saturday to sunrise Sunday)

You should start your fast from (consult your priest for a date or email info@dipika.org.za for an auspicious commencement day to this fast) FOR SATURN.

The number of fasts should be for nine consecutive SATURDAYS.

This fast starts from sunrise on SATURDAYS and ends at sunrise the following morning. In the morning after bathing you should offer water in a lota to Surya Narayana. In the lota add a few grains of white rice, white or brown Til, sindhur and flower petals. Stand in front of the Sun, stretch your arms forward and block the Sun with the lota. Close your eyes and offer the water - still with your eyes closed on Suryadevas' feet. Now open your eyes. Pray to the Lord to remove any obstacles on your path for your fasting and prayers.

Just before sunset, have a bath and wear clean clothes. With SATURN wear BLACK clothes. Light a clay lamp with mustard or Til oil (add some black til) and a wick in front of the Navagraha photo (photo below). Thereafter turn 1-3 incense, a clay lamp with a

small piece of camphor and a flower seven times (in a clockwise direction) around the Navagraha photo and chant

SATURN's mantra 108 times. "Om sham shanaish-cha raa ya namah"

Finally chanting the Navagraha mantra nine times:

**Om Suryaaya Chandraya Mangalaya Budhaya cha,
Guru Shukra Shani-bhyas-cha Rahave Ketave Namah.**

Chanting this mantra invokes the nine planets' blessings for balance and prosperity in your life.

After the 9 Saturdays fast a havan needs to be performed to conclude the fast. Contact your priest to conduct the final havan.

***** Do Note:** A nine consecutive day fast for the nine planets are a made up concoction and should NOT be followed.

- **Pray to Shree Hanumanji on Tuesdays and Saturdays.**

The nine planets promised Hanumanji (after he saved the Navagrahas from capture by Ravana) that if his devotee prays to them (the Navagrahas), they won't harm his devotee. Also, Hanumanji's father-in-law is Suryadeva and Shanideva is Hanumanji's brother-in-law.

Every Tuesday and Saturday, light a clay lamp with ghee and a wick in front of Shree Hanumanji's murti or photo.

Thereafter turn 1-3 incense, a clay lamp with a small piece of camphor and a red flower seven times (in a clockwise direction) around Shree Hanumanji.

Place 5 cloves (with the head) on a tablet of camphor. Light the camphor and pray to Shree Hanumanji to remove any planetary malefic effects that is affecting you.

Optional 1: Offer Hanumanji one lota of warm milk with Jaggery or clean sugar.

Optional 2: Offer Hanumanji a fruit preferably a Banana.

Finally chant Hanuman Chalisa. You may chant it once, three times or 11 times.

Bow to end.

- **Pray to Mother Durga on Tuesdays and Saturdays**

When Mother Durga rides her Universal Simha (lion), she carries the nine planets in her nine hands and with her 10th hand she holds the manes of the lion. (photo below)

She is the Adi-Para-Shakti, the Adi-Parameshwari. She is the Mother of the Universe. The nine planets revere her and when one takes her shelter the nine planets cannot harm you in any way.

Every Tuesday and Saturday, light a clay lamp with ghee and a wick in front of Mother Durga's murti or photo.

Thereafter turn 1-3 incense, a clay lamp with a small piece of camphor and a red or yellow flower seven times (in a clockwise direction) around Mother Durga.

Place 5 cloves (with the head) on a tablet of camphor. Light the camphor and pray to Mother Durga to remove any planetary malefic effects that is affecting you.

Optional 1: Offer Devi one lota of Dhaar, or one lota of water with ¼ tsp of Hurdi powder. Add a few flower petals.

Optional 2: Offer Devi her favourite Lime (Nimbu). Hold the lime and pray that the nine planets' malefic effects must lessen as this lime dries day by day.

Finally chant the Durga Chalisa or chant Devi's mantra 108 times

Om Doom Durgaa-yai namah

Salutations to the invincible Goddess Durga.

This Sanskrit mantra is chanted for protection, strength, and divine blessings from the Supreme Mother of the Universe.

Bow to end.

Finally

Optional: Charity is hugely recommended by our Sanatan Dharmic scriptures to lessen the malefic effects of the Navagrahas.

Saturn (Shanideva), as the lord of karma, rewards those who perform good deeds and help the less fortunate. Charity aligns with his principles of humility, discipline, and justice, reducing his malefic effects of his transits like Sade-Sati. By donating items associated with Saturn, you symbolically surrender ego and materialism, inviting stability, prosperity, and peace. Shanideva values selfless acts. Donations should be made with humility and without expecting rewards. The best charity remedies for Shanideva involve donating black sesame seeds, mustard oil, black clothes, black urad dal (lentils), iron, or food to the needy, particularly on Saturdays or during Shani Jayanti/Amavasya (New Moon). Supporting the underprivileged, feeding animals like black dogs or birds is highly effective. These acts should be done with sincerity, aligning with Shanideva's principles of karma and justice, helping mitigate Saturn's challenges and attract blessings for stability and prosperity. On these fasting days, refrain from consuming alcohol, non-vegetarian food, or engaging in dishonest behaviour, as these offend Shanideva.





Sūrya - Le Soleil



Candra - La Lune



Mangala - Mars



Budha



Bṛhaspati - Gourou - Jupiter



Sukra - Vêṣṭi - Venus



Sani - Sanisptin - Saturne



Rāhu - Ragou



Ketu - Kétou

Les navagraha (ନବଗ୍ରହ) - navaklēga - neuf planètes

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