Part -6

Planetary Periods, Transits And Their Relationship with Health Patterns

Central Theme

Understanding how planetary periods (Daśā), planetary transits (Gochar), the natal horoscope and the Ayurvedic concept of health can be studied together to understand traditional astrological interpretations of health patterns.

Understanding the Daśā system

The Sanskrit word Daśā refers to a period or phase of planetary influence in the traditional Jyotiṣa framework.

The most widely taught timing system in this context is Vimśottarī Daśā.
It is a 120-year planetary period system in which nine planetary rulers govern successive periods.

Vimśottarī Mahādaśā sequence

Planet	Duration
Ketu	7 years
Venus (Śukra)	20 years
Sun (Sūrya)	6 years
Moon (Candra)	10 years
Mars (Maṅgala)	7 years
Rahu	18 years
Jupiter (Guru)	16 years
Saturn (Śani)	19 years
Mercury (Budha)	17 years
Total	120 years

01

Mahādaśā (MD)

The major planetary period. It establishes the broad thematic framework.

02

Antardaśā (AD)

The sub-period operating within the Mahādaśā. It introduces another planetary influence.

03

Pratyantardaśā (PD)

A further subdivision used for more detailed timing.

How to Interpret a Mahādaśā for Health

Step 1: Identify the Mahādaśā lord.

Determine its sign, house, dignity and planetary associations.

Step 2: Identify functional lordship.

Which houses does the planet rule for the particular ascendant?

Step 3: Examine health-house connections.

Does it connect with the 1st, 6th, 8th or 12th houses?

Step 4: Examine its strength.

Consider:

- **Exaltation and debilitation**
- **Own sign and friendly/enemy sign**
- **Combustion**
- **Retrogression**
- **Planetary war, where applicable**
- **Aspects and conjunctions**
- **Shadbala and other strength assessments**

Step 5: Examine the Antardaśā lord.

Does it repeat, support, modify or contradict the themes of the Mahādaśā lord?

Nine planets: Mahādaśā interpretation framework

Mahādaśā lord	Traditional themes to investigate
Sun	Vitality, authority, confidence, heat and circulation-related symbolism
Moon	Emotional state, nourishment, fluids, sleep and mental fluctuations
Mars	Activity, injury symbolism, heat, inflammation and muscular effort
Rahu	Unusual experiences, instability, amplification and unconventional circumstances
Jupiter	Growth, nourishment, wisdom, expansion and metabolic symbolism
Saturn	Delay, chronicity, ageing, restriction, discipline and endurance
Mercury	Mental activity, communication, adaptability and nervous-system symbolism
Ketu	Withdrawal, separation, reduction, detachment and subtle processes
Venus	Reproductive vitality, comfort, relationships, nourishment and enjoyment

Important Daśā Combinations

Daśā relationship	What to investigate
1st lord MD + 6th lord AD	Body and disease-related themes activated together
6th lord MD + 8th lord AD	Disease and chronicity-related symbolism
6th lord MD + 12th lord AD	Health expenditure, withdrawal and institutional themes
8th lord MD + Lagna lord AD	Transformation and vulnerability in relation to vitality
12th lord MD + Moon AD	Sleep, withdrawal, emotional state and expenditure
5th lord MD + Jupiter AD	Nourishment, growth and the traditional fifth-house associations
Lagna lord MD + benefic AD	Potentially supportive vitality-related symbolism

Antar Dasha Calculation

The standard Vimśottarī calculation is:

$$AD = \frac{MD\ duration \times AD\ planet}{120}$$

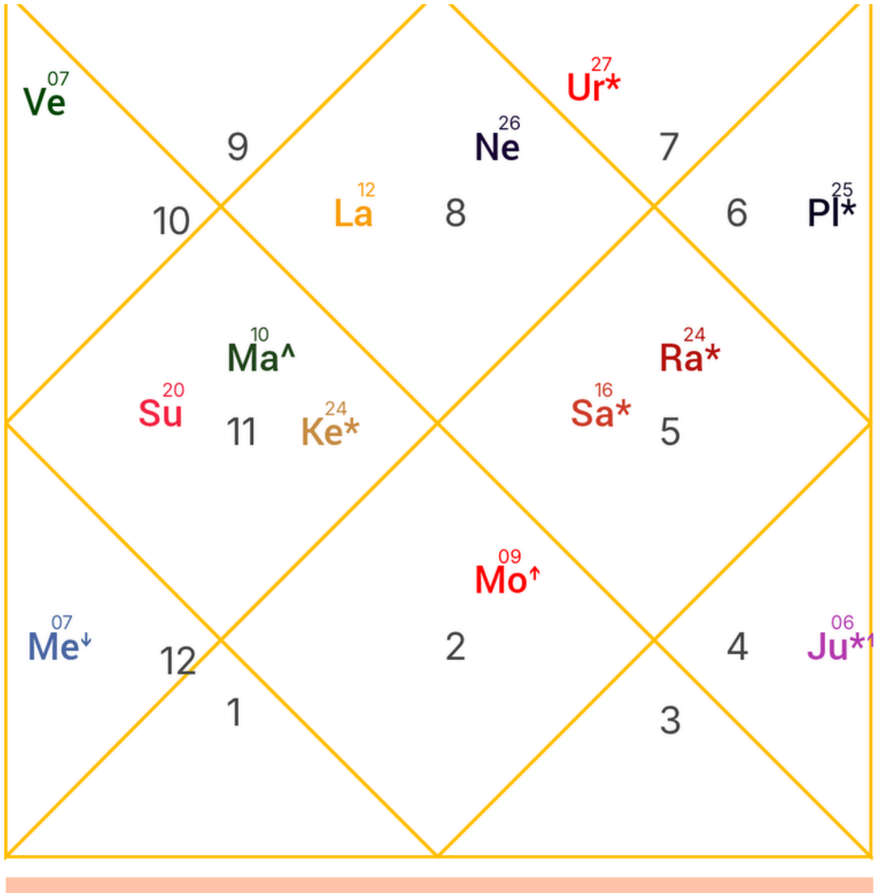
Example: Saturn Mahādaśā with Mars Antardaśā.

- **Saturn MD = 19 years**
- **Mars AD = 7 years**

$$\frac{19 \times 7}{120} = 1.1083 \text{ years}$$

Approximately 1 year, 1 month and 9 days, using the conventional 360-day year approximation.

This is a useful calculation exercise because students can independently calculate the sub-periods instead of relying only on software.



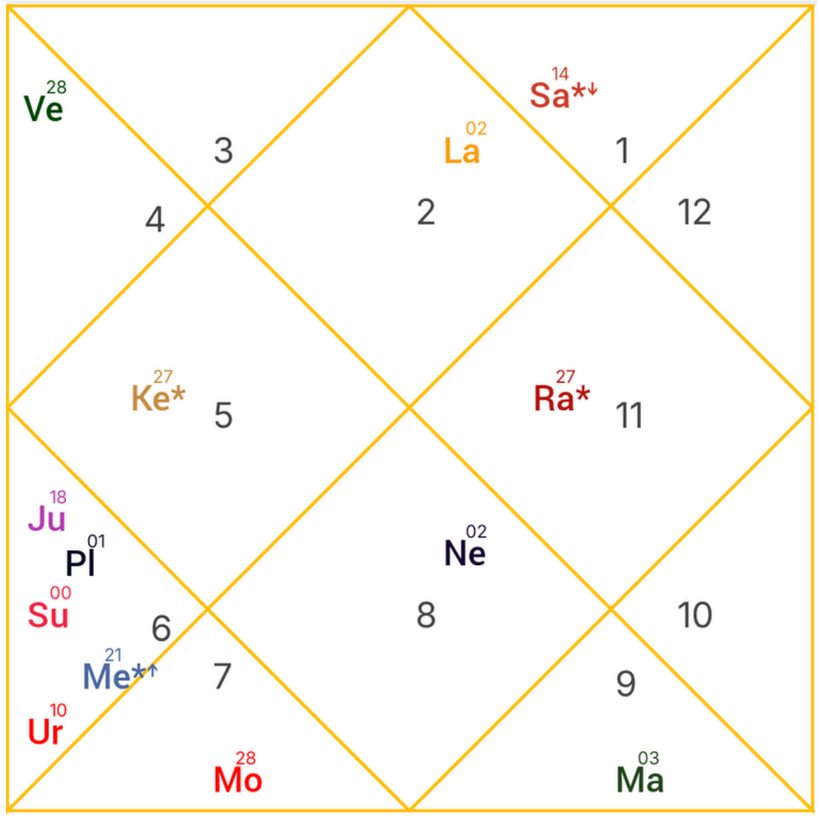
Date of Birth: 5 /03/1979
Time: 00: 00
Birth Location: Madhubani Bihar India

Vimshottari Maha Dasha

Su	13/06/1979
Mo	13/06/1989
Ma	13/06/1996
Ra	13/06/2014
Ju	13/06/2030
Sa	13/06/2049
Me	13/06/2066
Ke	13/06/2073
Ve	13/06/2093

Vimshottari Antara Dasha

Ma/Ma	10/11/1989
Ma/Ra	28/11/1990
Ma/Ju	03/11/1991
Ma/Sa	13/12/1992
Ma/Me	10/12/1993
Ma/Ke	07/05/1994
Ma/Ve	07/07/1995
Ma/Su	13/11/1995
Ma/Mo	13/06/1996



16/09/1969
21:00
Mokama Bihar India

Vimshottari Maha Dasha	
Ju	22/07/1975
Sa	22/07/1994
Me	22/07/2011
Ke	22/07/2018
Ve	22/07/2038
Su	22/07/2044
Mo	22/07/2054
Ma	22/07/2061
Ra	22/07/2079

Vimshottari Antara Dasha	
Me/Me	19/12/1996
Me/Ke	16/12/1997
Me/Ve	16/10/2000
Me/Su	22/08/2001
Me/Mo	22/01/2003
Me/Ma	19/01/2004
Me/Ra	07/08/2006
Me/Ju	13/11/2008
Me/Sa	22/07/2011

Planetary Transits: Gochar and Health Patterns

Gochar refers to the current movement of planets through the zodiac in relation to the natal horoscope.

A planet's natal position and its transit position serve different interpretive purposes.

Natal position: What is the planet's established role in the birth chart?

Transit position: Where is the planet moving at a particular time?

Daśā: Which natal planetary themes are currently activated?

Natal chart

The underlying configuration and planetary promise.

+

Daśā

Activation of specific planetary significations.

+

Gochar

Transit-based timing and additional context.

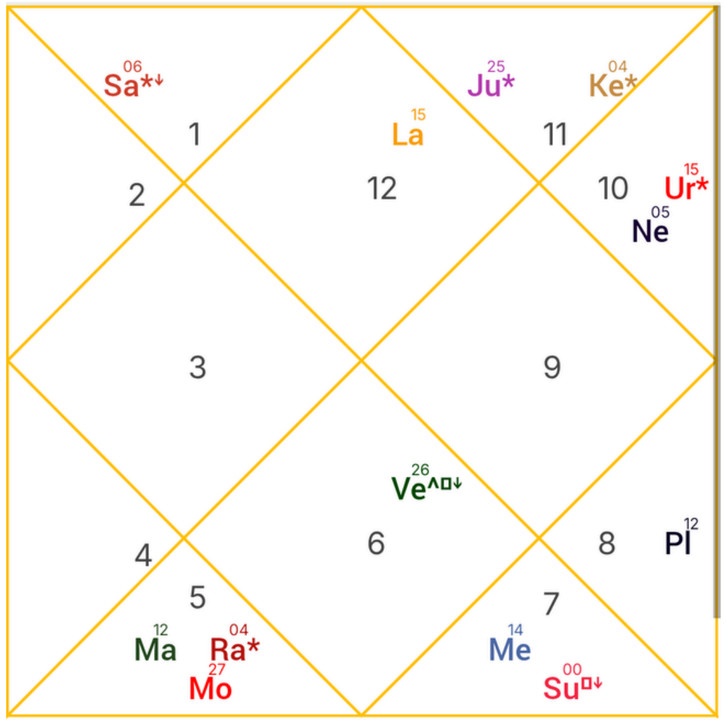
Planet	Approximate average time in a sign	Traditional interpretation
Sun	1 month	Short-term vitality and seasonal context
Moon	2¼ days	Emotional and short-term fluctuations
Mars	1½ months	Activity, exertion and heat symbolism
Mercury	Variable, usually several weeks	Mental activity and adaptability
Venus	Around 1 month	Relationships, comfort and enjoyment
Jupiter	Around 1 year	Longer-term expansion and development
Saturn	Around 2½ years	Longer-term restructuring and discipline

Satkriyakaal Gocher Jyotish Concept

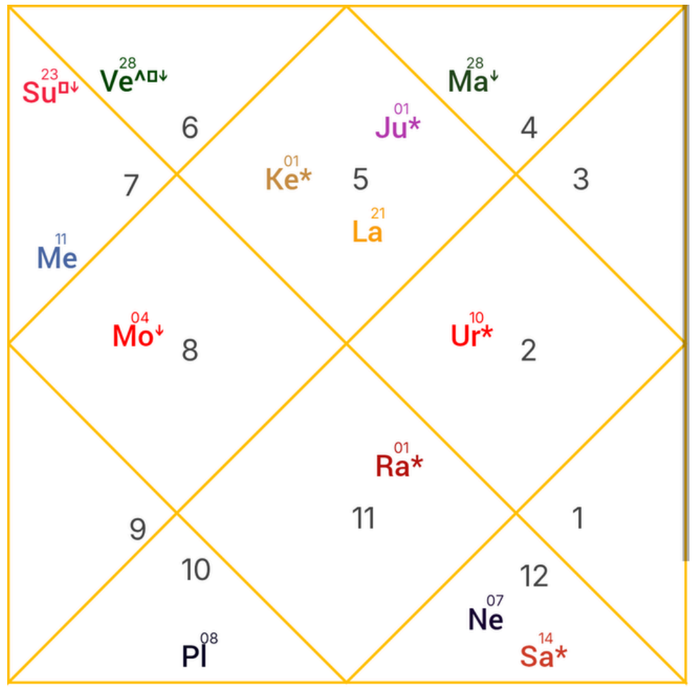
Ayurveda	Jyotiṣa	Function
Ṣaṭkriyākāla	Daśā	Disease progression versus planetary timing
Doṣa aggravation	Planetary activation	Different conceptual frameworks
Khavaiguṇya	Natal house/planetary configuration	Different approaches to susceptibility
Vyakti	Transit and Daśā timing	Observable manifestation versus timing interpretation
Cikitsā	Not equivalent to planetary remedies	Clinical treatment remains an Ayurvedic/ medical responsibility

Planetary Periods and Transit Interpretation

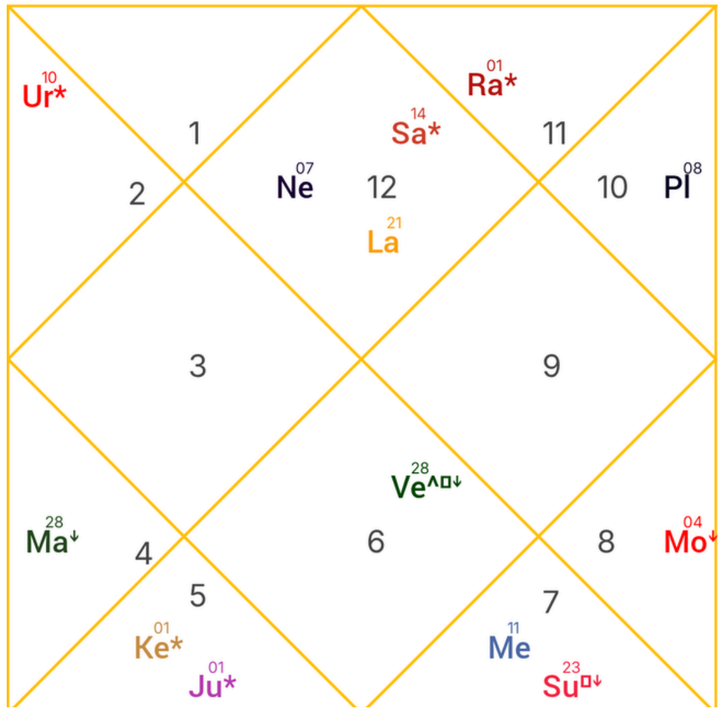
Planetary period	Transit factor	Traditional health-related themes to investigate
Saturn MD	Saturn Gochar	Vāta, ageing, restriction and chronicity
Mars MD	Mars Gochar	Pitta, heat, activity and injury symbolism
Moon MD	Moon Gochar	Fluids, nourishment, sleep and emotional fluctuations
Sun MD	Sun Gochar	Vitality, heat and general strength
Jupiter MD	Jupiter Gochar	Nourishment, growth and Kapha
Mercury MD	Mercury Gochar	Nervous coordination and adaptability
Venus MD	Venus Gochar	Reproductive vitality and nourishment
Rahu MD	Rahu Gochar	Irregularity and unusual circumstances
Ketu MD	Ketu Gochar	Withdrawal, separation and depletion



D1 Birth Chart



Moon Chart Transist



D1 Birth Chart Transist