



Ancient Vedic Mantras and Rituals





Shani Dosh Mukti | शनिवार को करें ये उपाय और पाएं शनि दोष से छुटकारा | PDF

In Indian astrology, Lord Shani (Saturn) is considered the dispenser of justice based on one's karma. While Shani's gaze is often associated with difficulties and struggles, it also encourages self-discipline, truthfulness, and introspection. When a person has *Shani Dosh* (malefic influence of Saturn) in their horoscope—such as **Sade Sati**, **Dhaiyya**, or an unfavorable Saturn placement—they may face a variety of challenges in life. To seek relief from these troubles, certain rituals and remedies are traditionally observed, especially on Saturdays.

Symptoms of Shani Dosh

Common signs indicating the presence of Shani Dosh include:

- Repeated failures
- Obstacles in career or job
- Family disputes
- Mental stress and depression
- Financial difficulties
- Disrespect or defamation



Remedies to Remove Shani Dosh

1. Worship Lord Hanuman

Shani Dev is a great devotee of Lord Hanuman. It is believed that worshipping Hanuman can relieve the sufferings caused by Saturn.

What to do:

- Recite Hanuman Chalisa or Sundarkand on Saturdays
- Offer vermillion (sindoor) and jasmine oil at a Hanuman temple

2. Chant Shani Stotras and Mantras

Chanting these mantras is said to help calm Saturn's malefic effects:

Shani Beej Mantra:

Om Praam Preem Praum Sah Shanaishcharaya Namah

Shani Gayatri Mantra:

Om Kraum Krishnaya Namah

Shani Stotra:

Recite the *Dasharath Krit Shani Stotra* regularly



3. Charity and Service

Donating on Saturdays can bring immense relief. Shani represents service, and helping the needy pleases him.

What to donate:

- Black sesame seeds
- Black clothes
- Black gram (Kala chana)
- Mustard oil
- Iron objects
- Blankets
- Footwear

Who to donate to:

Poor people, elderly, disabled, and laborers

What to Do on Saturday

1. Visit a Shani Temple After Bath

- Take an early morning bath
- Wear clean clothes, preferably black or dark blue
- Visit a Shani temple and perform rituals

2. Worship the Peepal Tree

- Pour water to the Peepal tree
- Light a mustard oil lamp under it
- Circumambulate (parikrama) the tree seven times



3. Light a Mustard Oil Lamp

- In the evening, light a mustard oil lamp at your main door or in a Shani temple
- Add a clove to the lamp and meditate upon Lord Shani

4. Offer Oil to Shani Dev

- Take mustard oil in an iron bowl and see your reflection in it
- Then offer the oil to Lord Shani's idol or temple

What to Offer Lord Shani

- **Black sesame seeds** – offered with purity
- **Mustard oil** – for lamps and offerings
- **Black clothes** – to be offered or donated
- **Iron or iron utensils**
- **Blue lotus flower** – if available
- **Black gram, black chana, and sesame sweets (laddoos)**

Special Foods to Offer Lord Shani

Lord Shani does not favor tamasic (impure) foods. He prefers offerings made from sesame, black gram, and jaggery.

1. Black Sesame Laddoos

Ingredients: Black sesame seeds, jaggery, ghee

Method:

- Roast the sesame seeds
- Melt jaggery in ghee
- Mix and shape into laddoos
- Offer to Shani Dev



2. Black Chana Khichdi

Ingredients: Black chana, rice, mild spices

Method:

- Soak chana overnight
- Cook with rice
- Temper with mustard oil and offer

3. Urad Dal Vada

- Soak urad dal, grind to a paste
- Fry in ghee or mustard oil
- Offer with mustard leaves if available

4. Pooris Fried in Mustard Oil

- Add black pepper or carom seeds (ajwain)
- Fry in mustard oil instead of ghee

Other Ways to Please Lord Shani

1. Feed Laborers and Sanitation Workers

Laborers, sanitation workers, and rickshaw pullers symbolize Saturn. Feeding them is highly meritorious.

2. Feed Dogs and Crows

Lord Shani is symbolically associated with dogs and crows. Feeding them brings blessings and reduces Shani's malefic effects.



3. Observe Saturday Fasts

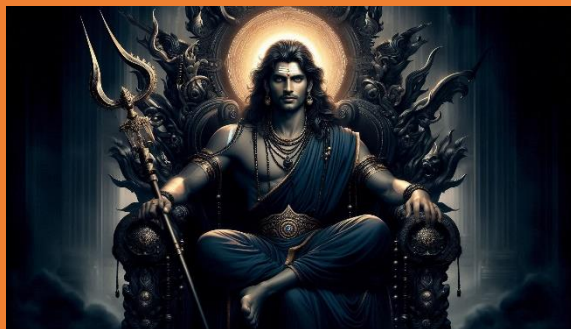
- Eat only once a day
- Prefer saltless food
- Visit a Shani temple in the evening

Shani Dosh is not a curse but an opportunity for self-correction and spiritual growth. When a person follows the path of truth, discipline, and service, the grace of Shani Dev is assured. Rituals, donations, mantra chanting, and acts of kindness performed sincerely on Saturdays can certainly pacify Shani Dosh and bring peace, prosperity, and well-being into one's life.

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