**Remedies for the Planets**

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| **Planet** | **Element** | **Offer** | **Gem** | **Avatar** | **Strengthens** |
| **Sun** | Fire | Lamp or Candle | Ruby (Garnet) | Rama | Health, vitality, confidence, digestion, Father relationship, professional life, character, vital fires to burn toxins. |
| **Moon** | Water | Milk or Ghee | Pearl | Krishna | Calm, emotional stability, sensitivity, detachment, mental peace, security, hormone balance, white blood count, family life.  |
| **Mars** | Fire | Lamp or Candle | Coral | Narashimha | Discipline, energy, courage, patience, independence, order, ambition, anaemia, blood flow, nervous system, marrow, urinary, boils, will to do, makes things happen, siblings.  |
| **Mercury** | Earth | Incense, Sandalwood or Perfume | Emerald (Peridot) | Buddha | Dexterity, manage practicalities, business, commerce, youthfulness, communication, decisiveness, friends, nerves, lungs, skin, thyroid, regulating metabolism.  |
| **Jupiter** | Ether | Flowers or a Garland | Yellow Topaz (Citrine) | Vamana (Dwarf) | Optimism, philosophy, forgiveness, protection, faith, wealth, immune system, spleen, hips, intestine, appendix, brain, liver, sugar disorders.  |
| **Venus** | Water | Milk or Ghee | Diamond (Crystal) | Lakshmi | Wealth, refinement, relationship, harmony, self-worth, pride, respect, romance, kidneys, hormones, immune, diabetes, semen, restores life, firefighter.  |
| **Saturn** | Air | Ornament, dhoop or dress. | Blue Sapphire, Lapis Lazuli. | Kurma (Tortoise) | Maturity, hope, face life, overcome crisis, knees, nerves, relieve stress, longevity, sense of belonging, dispels doubts.  |
| **Rahu** | ~ |  | Gomed (Hessonite) | Varaha (Boar) | Ultra-violet cold rays are used to cool extreme overheating as in fevers, aids scientific genius, clears obstruction.  |
| **Ketu** | ~ |  | Cats Eye (Chrysoberyl) | Matsya (Fish) | Infra-red are the hottest rays used in chronic illness, skin disease, enhance psychic powers, protect against drowning, enemies.  |