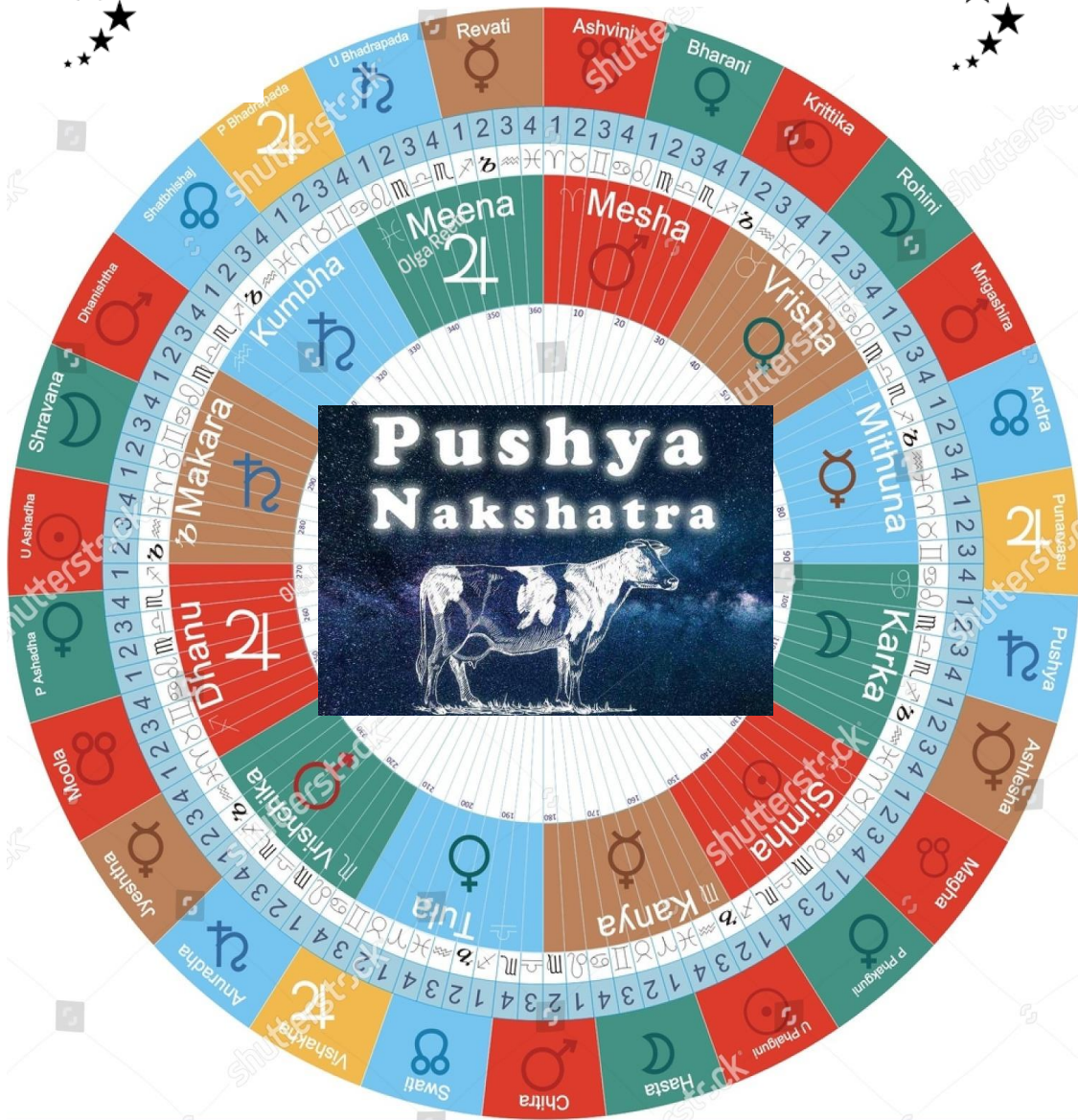


# SRI BALA CHARANAM

Welcome to the World of Nakshatra Mandalam

## POOSAM



## CHARACTERISTICS OF PUSHYAM/POOSAM NAKSHATRAM



**The EIGHTH of 27 is the nakshatra of Pushyam, also called Poosam in Tamil. It belongs to the Cancer zodiac sign. It spreads from 03 degrees 20 minutes Karka(Cancer) to 16 degrees 40 minutes of Karka (Cancer). It is comprised of the stars: Theta-, Gamma- and Eta-Cancri.**

**Sanskrit Name:** पुष्य (Pushya) comes from the Sanskrit word पोष (nourishing). One meaning of Pushya is “one who nourishes,” indicating vitality, strength, and a warm, caring nature.

**DEITY ASSOCIATED WITH THE  
NAKSHATRAM : Lord Shiva**

## LORD SHIVA



**SRI SHIVAYA NAMAH**

Among the supreme deities of the Hindu pantheon, Lord Shiva is known to be the most remarkable. Shiva is frequently alluded to as the "destroyer". He frees a body of its deficiencies and makes it deserving of accomplishing moksha. It is he who is responsible for obliteration on the grounds that if the 'old' doesn't perish, the 'new' wouldn't have the option to take birth.

In the 'Shiv Purana', Pushya Nakshatra has been described as the embodiment of Lord Shiva. Due to the influence of Pushya Nakshatra, and Shiva's grace, even the most harmful defects are eliminated and fruitless, they become favorable for us.

### Chants for Lord Shiva

**Panchakshari Shiva Mantra – 'Om Namah Shivaya'**

**Rudra Mantra – 'Om Namo Bhagwate Rudraaya'**

#### Shiva Gayatri Mantra

**AumTatpurushaaya Vidvamahe  
Mahadevaaya Dheemahi  
Thanno Rudra Prachodayath**

Meaning: Let us invoke the superlative (-tath) male (-purusha) and omniscient lord (-vidvamahe). Let us meditate and focus upon (-dheemahi) the supreme (-maha) lord (-devaaya). Let us ask Shiva (-rudra) to provide us inspiration and guidance (-prachodayaat) in our spiritual journeys.

#### Maha Mrityunjaya Mantra

**Om Tryambakam Yajamahe  
Sugandhim Pushti-Vardhanam  
Urvarukamiva Bandhanan  
Mrityormukshiya Mamritat ||**

Meaning :We concentrate on our third eye which lies behind the two eyes and this gives us the power to feel you and by this we feel happy, satisfied and peace in life. We know immortality is not possible but some extension can be given to our death by your powers Lord Shiva.

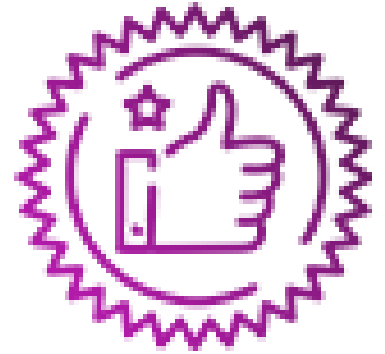
# CHARACTERISTICS OF PEOPLE BORN IN PUSHYAM /POOSAM NAKSHATRAM



**Pushyam means Nourisher**



**Symbol: Cow's udder, flower, Circle**



**Indication: Nourishment**



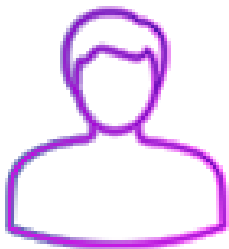
**Star Energy Brahmavarchava Shakti (ability to create spiritual energy)**



**Controlling Planet: Saturn/Sani**



**Ruling Deity of Sani is Hanuman**



**Gender: Male**



**Mode: Passive**



**Guna :Sattwa**

# CHARACTERISTICS OF PEOPLE BORN IN PUSHYAM /POOSAM NAKSHATRAM



**Bird: Sea Crow**  
**Animal : Goat**



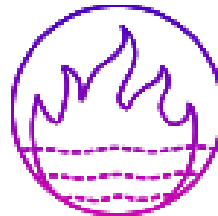
**Tree: Sacred Fig**



**Color :  
Pink/Green**



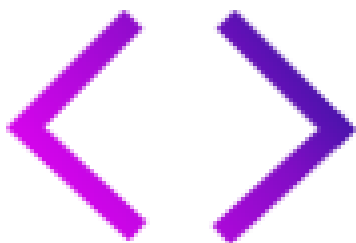
**Ganam /Nature:  
Manushya**



**Dosha : Pittha**



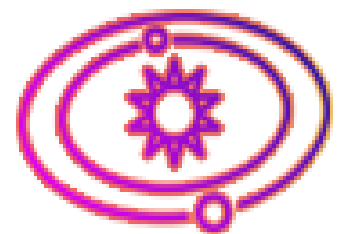
**Element :  
water**



**Disposition:  
Light and Swift**



**Beeja sounds:  
Hoo, He, Ho, Dah**



**Related  
Planets  
Moon, as the  
ruler of  
Cancer.  
Jupiter exalts  
in this star**

## CHARACTERISTICS OF PEOPLE BORN IN PUSHYAM/POOSAM NAKSHATRAM



Those who are born under Pushya Nakshatram are nourishers. They also represent peace, calmness and are dependable.



**They are benevolent, protective generous and kind.**



People born under Pushya nakshatra have a strong sense of family, home and community as well as an affinity for good food and social enjoyment. **They need a balanced approach to life or they may become too comfortable or rigid.** They have a strong spiritual bent of mind.



**Vishnu Sahasranama Stotram slokas for for  
Pushyam/Poosam NAKSHATRAM**

**Poosam I padam**

**Subhujo Dhurtharo Vakmi Mahendhro Vasudo  
Vasuhu**

**Naikarupo Bruhathroopas Sibhivishta Praksanaha  
Poosam II padam**

**Ojas-Théjo Dhyuuthidhara Prakāshatmā  
Pratāpanaha**

**Ruddhas Spashtā-Ksharo Manthra-Chandrāmshur  
Bhaskarathdhyuthihi**

**Poosam III padam**

**Amruthām Shudh Bhavo Bhanu Shashabindu  
Sureshwaraha**

**Aushadham Jagadha Sethu Sathya Dharma  
Parākramaha**

**Poosam IV padam**

**Bhoothabhavya Bhavannatha Pavana Pāvano  
Nalaha**

**Kamahā Kamakruth Kantha Kama Kamapratha  
Prabhuhu**



## **Benefits of Performing Pooja PUSHYAM /POOSAM Nakshatra Devatas**



- 1. The sacred temple that resonates with the nakshatra is Vilankulam Sri Akshayapureswarar located in Thanjavur near Peravoorani in Tamil Nadu, India.**
- 2. Those born under Pushyam star should visit this temple as frequently as possible.**

**3. Those born under Pushyam nakshatra will receive grace from Saneeswarar along with blessings of Lord Akshayapureswarar.**

**4. It is especially beneficial for people in the major or minor period of Saturn (Shani) to make an offering to Sri Saneeswarar to remove the evil effects committed during their previous lifetimes**

**5. It is recommended to anoint Lord Sri Saneeswarar with sandal paste and offer sesame sweets. Giving the sweet food to poor people at the temple is another remedy for any afflictions of Saturn. Unexpected health problems, chronic ailments and, large debt problems due to health treatment can be eliminated by making offerings at the Vilankulam Lord Sri Saneeswarar Temple.**



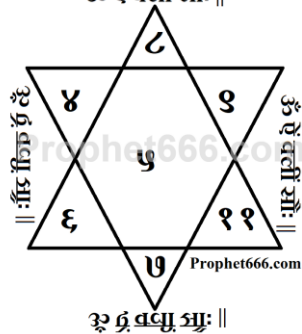
**PUSHYAM natives, your incense is made with PEEPAL as prescribed by the Vedas. Burning one of these pillars is like performing a mini fire ritual for that particular star formation. For your specific Birthstar, you will be able to connect inwardly to your planet of energetic origin and gain support with the positive aspects that are you.**



## References:

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- 3) <https://www.rahasyavedicastrology.com/ashwini-nakshatra/>
- 4) <https://www.templepurohit.com/mantras-slokas-stotras/lord-shiva-mantras-slokas-stotram/mahamrityunjaya-mantra/>  
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Bala Tripura Sundari Bisa Yantra  
ॐ ऐं वरुणी सौः ॥



**SRI BALA THUNAI**