



# PANCHANGA

## THE FIVE LIMBS OF TIME

### 1. VARA OR WEEKDAY

Vara (Agni tattva) shows our physical health.

**Vara lord:**

### 2. TITHI OR LUNAR DAY

Tithi (Jala tattva) our relationships with others.

**Tithi lord:**

### 3. NAKSHATRA

Nakshatra (Vayu tattva) our personal development.

**Nakshatra lord:**

### 4. KARANA

Karana (Prithivi tattva) our work and finances.

**Karana lord:**

### 5. YOGA

Yoga (Akasha tattva) our spiritual growth.

**Yoga lord:**

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