



Dr. RAJU'S
INSTITUTE OF
AYURVEDA

RESTORING THE MEMORY OF PERFECT HEALTH

GLOBAL DHANVANTARI DINACHARYA

Program Details (updated August 2025)

Register Here for the Program in advance of beginning.

First (or entire) payment is due at registration.

Note that Dakshina is different for Raju PK Guests joining this program during PK in Hyderabad.

What is Dhanvantari Dinacharya?

A Vedic program to purify and strengthen the body and mind while awakening healing intelligence. It includes twice-daily remote Dhanvantari Pujas, daily japa (mantra repetition), and Ayurvedic lifestyle observances. The program builds what the Vaidyas call “Dhanvantari Consciousness”—a state of inner clarity, healing power, and spiritual resilience.

“This Dhanvantari Dinacharya Program is for getting the ‘*Sidhi*’ ~ the healing power.”

— Vaidya Krishna Raju

“If even one person in the family does this, it will be a protection for everyone.”

— Vaidya Padma Raju

This is a rare opportunity to participate in an authentic, time-tested practice observed by Vaidyas for generations.

What It Involves

- **Remote Participation** in twice-daily Pujas from Hyderabad
- **Personal Dhanvantari Mantra** from Dr. Krishna Raju (online or in-person when he is travelling overseas. E.g. [Dr Raju in Australia & NZ in 2025](#))
- **Daily Japa Practice** (minimum 1-2 mala of 108 mantra repetitions)
- **Simple Lifestyle Guidelines** (diet, hygiene, celibacy, sattvic routine)
- **Ending Fire Ceremony**: Group Yagya (required for 41 days, optional for others)

The program is flexible. You can adjust the intensity or format daily. Full japa-puja is ideal, but simplified options are allowed.

Program Duration Options

- **41 Days** (full program with required large Homa Yagya)
- **21 Days** (recommended; Homa optional)
- **11 Days** (minimum)

You may pause the program for menstruation or health reasons and resume later.

“When you do with proper discipline, the mantra will be going inward more & more in your cells... It takes 41 days on the program for the mantra to be fully absorbed.”

– Dr. Krishna Raju

Participant Experiences

- “More energy, deeper meditation, more feelings of love.”
- “My mind is more strengthened and I feel more supported.”
- “Sweetness ~ very sweet, and going deeper each time.”

- “Even long-standing problems are clearing much faster.”
 - “Doing the japa puja has enlivened my senses & gives so much energy.”
 - “More bliss & ease, more confidence & happiness inside.”
-

Dakṣiṇā (Offering)*

- **\$154-216 USD per person** (includes small ending yagya)
- **+\$108 USD** for the **Large Homa Yagya** (required for 41-day participants)
- For delays past 41 days: **\$3.60 USD per day**
- Adjustments available if finances are a concern
- Payments made in cash or transfer a bank account.

***PRICES TBC for 2025**

“The karma-clearing value of this program is powerful. Good *dakṣiṇā* (meaningful giving) is required for maximum results.”

Daily Guidelines

On your active days (excluding days off/menstruation days):

- Shower + wear clean, sattvic-coloured clothing (avoid black)
- Eat a vegetarian **diet**, fresh cooked foods (ideally including ghee and milk).
- *Tapasya* (surrendering preferences) with food - no caffeine, alcohol, sweets, chocolate, sugar etc. Sweets are up to you, how you want to do it (how much tapasya you want to do).
- No eating out, only home cooked food from a pure vegetarian kitchen utensils.
- Avoid alcohol, smoking, recreational drugs
- Maintain celibacy (normal affection with children is fine). Do not share a bed with your spouse/partner or hug/kiss & have intimate contact with them during your Dhanvantari days / days off can be normal in this regard),
- Practice Behavioral Rasayanas - speak sweet truth, be kind, help others, refrain from anger, be happy.
- Perform daily Dhanvantari Japa Puja (minimum 1-2 malas / 1-2x 108 repetitions)
- Follow Dinacharya (Ayurveda Daily Routine), such as Self-Abhyanga, Nasya, Gandusha Oil Pulling, etc

“Dhanvantari Dinacharya is a tapasya ~ a going within, surrendering your preferences with austerity.”

Dhanvantari Japa Puja: Step-by-Step Instructions

Required Puja Materials

Prepare these before beginning. All items must be unused and not used for eating.

Vessels & Utensils

- **Vessel and utensils material:** Copper is a traditional puja material and these items can be purchased from an Indian grocery store. Any other materials are fine - brass, silver, gold, steel, plastic, glass - as long as they are new.
- 4 clean, new cups or bowls – for rice, water, Theertham, and offerings
- 2 new teaspoons or small spoons – one for water, one for ghee
- 1–4 small unused plates – to hold jars, cups, and lamp

Puja Ingredients

- **Ghee:**
 - 1 small (approx 250ml) jar for daily japa use
 - 1 large jar for blessing (Prasadam) (500ml - 1L)
 - (If doing 41 days, prepare up to 1.25 kg of ghee in total)
- **Rice:**
 - 1 sealed pack of any rice (uncooked, unused, unwashed) – 250–500g
- **Water:**
 - Pure drinking water. In sealed, unused bottles is good.

Other Essentials

- 1 **ghee lamp** (or beeswax candle) – new wick daily
- 1 lighter or matches
- Clean cloth, mat/asana to sit on (preferably silk, wool, deer skin, wicker, dried grass or a new clean towel)
- Paper and pen to track japa if not using rice/mala

- (Optional) Gold coin or ring to place near puja setup, in the water cup or wear your gold ring on your right hand.

Important: Clean and store all items carefully between sessions, away from food and daily use. Do not allow contact with used kitchenware, sinks or anyone else to touch them.

This section explains in precise steps how to perform the Dhanvantari Japa Puja at home. Please follow with care and attention. This is a sacred daily practice done once or twice per day, as prescribed by your Vaidya.

Before You Begin

1. Prepare Yourself

- Shower thoroughly and wear clean, sattvic-coloured clothing (no black).
- Wash your hands and feet.
- Sprinkle a little fresh water on your head and body.
- Sit on a clean mat or cloth (silk, wool, cotton, deer skin mat or clean synthetic mat). A plastic chair is okay if needed.

2. Set Up Your Space

- Choose a quiet place where you won't be disturbed.
- Face east if possible (north is also acceptable).
- Place a clean cloth or tray for your puja items.

3. Arrange These Items in Front of You:

- Two cups or bowls for water (1 with fresh drinking water, 1 empty for Theertham)
- Two cups or bowls for rice (1 with 108 uncooked grains, 1 empty to put used/offered grains into)
- Small jar of ghee for puja
- Large jar of ghee for blessing (*p**rasādam*)
- Ghee lamp (or new beeswax candle), with wick and lighter/matches
- Teaspoon for adding water drops
- Optional: gold ring on right hand or new true-gold coin placed in cup

Step-by-Step: Daily Japa Puja (Once or Twice Daily)

Step 1: Count Out 108 Rice Grains

- Count out 108 uncooked rice grains and place them into a clean, unused bowl or on a plate.
- Use your fingers to push grains into a counted pile in sets of 3–4 for faster tracking.
- These grains will be used to count each repetition of your mantra.

Step 2: Light the Ghee Lamp

- Light your ghee lamp and place it safely nearby. Good to put on plate/tray.
- Allow it to burn throughout the puja. It is auspicious to let it burn till it naturally goes out. Do not blow it out - wave it off gently if needed to extinguish for safety reasons.

Step 3: Begin Japa with Rice Grains

- Sit quietly and [feel your pulse](#).
- Pick up one rice grain with your **right hand**.
- Silently repeat your Dhanvantari mantra (internally). Do **not** say it out loud.
- After reciting the mantra once, rotate the rice grain **clockwise** around the ghee jars and water.
- Drop the grain into the empty rice plate/cup (this will hold the "blessed" grains).

Step 4: Add Water to Tīrtham

- Using a clean spoon, take a few drops of water from the full water cup and place it into the empty cup. This becomes your Tīrtham (holy water).

Repeat Steps 3 & 4 until you have completed all 108 grains.

- If needed, count with a pen and paper instead of rice.
- Maintain quiet and focus. This step may take 10–30 minutes depending on your pace. You will get faster as you get it.

Step 4: Conclude the Puja

- Feel your pulse
- Open the small ghee jar.
- With your **right index finger**, dip your finger in the ghee and write your mantra (in English or Devanagari transliteration) on your **left wrist** over the pulse point. (All genders write the mantra on their left wrist with their right hand).
- Feel your pulse.

- Close your eyes and pray to Lord Dhanvantari for healing, protection, and your personal intentions.

Step 5: Drink Tirtham

- Sip the blessed water **without touching the cup to your lips** (Indian-style).
- If you accidentally touch the cup to your mouth, replace the cup with a new one the next day.

Step 6: End or Repeat

- You may stop here (1 *mala* complete) or begin another mala if you are prescribed 2 per day.
- If doing a second round, repeat all steps with a new set of 108 rice grains.
- You can also just repeat the mantra japa (repetition of the mantras using a mala or counting device) as many times in the day, without the puja part. Wash before doing japa. The more you do the better.

Afterward:

- Let the ghee lamp extinguish naturally in a safe place.
 - Keep all puja items in a protected, undisturbed location until your next session. Don't let anyone else touch them.
 - Do **not** reuse cups, spoons, or jars for eating or other household purposes.
-

Additional Notes

- **Once daily** is sufficient for most participants.
- **Twice daily** may be prescribed for certain individuals by the Vaidya.
- Mantra recordings and transliteration will be provided privately if needed.
- Your mantra is confidential - do not write it publicly or recite aloud.
- This puja practice builds potency in your rice, water, and ghee each day. These become part of your **prasādam**.

If you miss a day or need to pause (due to menstruation or other reasons), resume with a clean shower and fresh setup. Continue counting only your completed days.

If you are a student of Vital Veda, or **if you're new and would like guidance on this practice**, feel free to [reach out to Vital Veda](#). We are happy to support you in understanding the steps, refining your practice, or answering any questions that arise.

Whether you're clarifying instructions or seeking reassurance, you're welcome to contact us.

Menstruation & Purification

- Pause the program when menstruation is about to begin. Do **not** touch your mala, puja items, or participate in japa during this time.
- Be vigilant about your cycle timing so you can **stop before the flow begins**. Ideally, pack away your mala and puja items beforehand—or ask someone else to do this if menstruation has already started.
- During this time, **no mantra practice, no touching of items**, and no japa is permitted. The program is paused until all spotting has fully stopped.
- To **resume**, shower thoroughly, change into fresh, clean clothes, and re-establish your space.
- For **extra purification** (especially after intimate contact or a long pause):
 - Bathe using a bucket of water mixed with a small amount of **Ganga jal**
 - Or take a **sitz bath** with warm water infused with crushed **Shodhana Vati** (or another herbal cleanser like Triphala)

Many toxins are coming out of the body during the menstrual flow, so this time is not conducive to the purity & cleanliness required for proper japa, which is a prayer to Dhanvantari. We have to be clean when we are praying.

Once fully resumed, you can continue counting your japa days (excluding menstrual days) toward your program completion.

Starting the Program

You can begin anytime, though auspicious dates are ideal. Contact us to align with jyotish for an auspicious time to start.

The “day of Dhanvantari” is the most common time to begin. **2025 Dhanteras Start Date: October 18, 2025**

Mantra will be given personally by Dr. Krishna Raju.

If you want to receive the mantra in-person by Dr Krishna Raju (ideal), book a [consultation with him during his international tours](#). Make sure to shower and wear fresh clothes before attending your private session.

“This program develops Dhanvantari Consciousness in our awareness.”

– Dr. Krishna Raju

Prasadam (Blessed Food Offering)

Recipe:

With the rice prasadam (holy offered rice) from your program.

First cook the rice & add some milk while cooking, like kheer. Then add ghee and jaggery (can add a little more unblessed rice if you want it thicker). Makes a sweet milky porridge to have as Prasad in the family.

Use and share the ghee from the puja (up to 1.25 kg), which becomes potent medicine for healing, application, and cooking.

“This brings so much strength to the dhātus & rejuvenates the dhātus.”

“Encourage as many people as you can... so the collective consciousness of this longevity will drive away evil actions & save us from pandemics.”

– Vaidya Padma Raju

Optional: Dhanvantari Family Protection Program

After completing your yagya or Homa, you may enroll in ongoing Dhanvantari protection for your entire family (no japa or celibacy required).

\$108/month per family group

Important Notes

- This practice does **not** replace your daily meditation.
- Transcendental Meditation is highly recommended as a foundation.
- All participation is kept strictly confidential.

- If you are sick, someone may do the practice on your behalf.
 - Mantras are **never spoken aloud**. They are inwardly mental and confidential.
-

For questions, clarity, or to book a time to start and receive your mantra:

 info@vitalveda.com.au

 editor@drroju.com

Jai Guru Deva.

May Dhanvantari bless you with radiant health, inner strength, and deep healing.

Dhanvantari Dinacharya is all about purity ~ purifying the mind & body more and more and more. It also brings a special “boon” (healing/helping ability) that comes on its own afterwards. Those who join will participate in twice-daily pujas to Dhanvantari and practice daily Japa (mantra recitations) at home with other special guidelines, detailed below. The Ayurveda Ideal Daily Routine is an important part of each day, as well as simple rules for purity ~ all for the sake of increasing our connection to Lord Dhanvantari who "made the earth green" and purifying, refining & healing our mind and body profoundly. We are incredibly fortunate to be able to join in this rare and wonderful Vedic practice that has been observed by Vaidyas for centuries. The Vaidyas have seen all manner of health situations resolve more easily through this program as a treatment in itself.

THE PROGRAM IS FLEXIBLE and can be tailored to your needs. The full Japa-Mantra Puja described below is recommended and very special, but it is not required. You can choose according to your situation and you can change from day to day ~ it's up to you completely.

If you have any questions or specific needs please contact info@vitalveda.com.au or editor@drroju.com



Dhanvantari Vandana Chanting by Vaidya Padma Nayani Raju

