





Swara Timing

Days	Tithis	Paksha	Sunrise Swara 	Sunset Swara 
1.	Pratipada	Shukla Paksha	Ida (left nostril)	Pingala (right nostril)
2.	Dwitiya	Shukla Paksha	Ida	Pingala
3.	Tritiya	Shukla Paksha	Ida	Pingala
4.	Chaturthi.	Shukla Paksha	Pingala	Ida
5.	Panchami	Shukla Paksha	Pingala	Ida
6.	Shashthi	Shukla Paksha	Pingala	Ida
7.	Saptami.	Shukla Paksha	Ida	Pingala

Days	Tithis	Paksha	Sunrise Swara 	Sunset Swara 
8.	Ashtami.	Shukla Paksha	Ida	Pingala
9.	Navami.	Shukla Paksha	Ida	Pingala
10.	Dashami.	Shukla Paksha	Pingala	Ida
11.	Ekadasi.	Shukla Paksha	Pingala	Ida
12.	Dwadashi.	Shukla Paksha	Pingala	Ida
13.	Trayodashi.	Shukla Paksha	Ida	Pingala
14.	Chaturdashi.	Shukla Paksha	Ida	Pingala
15.	Purnima	Full moon	Ida	Pingala

Days	Tithis	Paksha	Sunrise Swara 	Sunset Swara 
16.	Pratipada	Krishna Paksha	Pingala	Ida
17.	Dwitiya	Krishna Paksha	Pingala	Ida
18.	Tritiya	Krishna Paksha	Pingala	Ida
19.	Chaturthi.	Krishna Paksha	Ida	Pingala
20.	Panchami	Krishna Paksha	Ida	Pingala
21.	Shashthi	Krishna Paksha	Ida	Pingala
22.	Saptami.	Krishna Paksha	Pingala	Ida

Days	Tithis	Fort nigh;	Sunrise Swara 	Sunset Swara 
23.	Ashtami.	Krishna Paksha	Pingala	Ida
24.	Navami.	Krishna Paksha	Pingala	Ida
25.	Dashami.	Krishna Paksha	Ida	Pingala
26.	Ekadasi.	Krishna Paksha	Ida	Pingala
27.	Dwadashi.	Krishna Paksha	Ida	Pingala
28.	Trayodashi.	Krishna Paksha	Pingala	Ida
29.	Chaturdashi.	Krishna Paksha	Pingala	Ida
30.	Amawashya	No Moon	Pingala	Ida