



## **BUDH ASHTAMI || बुध अष्टमी: ज्ञान और समृद्धि का व्रत, जानिए इस व्रत का महत्व और व्रत के लाभ**

### **Buddh Ashtami**

Budha Ashtami is an important fast in Hinduism dedicated to the planet Mercury and Lord Buddha. This fast is observed when the Ashtami tithi (the 8th day of the moon's cycle) falls on a Wednesday.

#### **Importance of this fast:**

Increase in knowledge and wisdom: Mercury is considered the planet of wisdom and knowledge. Keeping this fast increases wisdom and knowledge.

Success and prosperity: Mercury is also considered a factor of business and commerce.

Keeping this fast brings success and prosperity in career.

Destruction of sins: It is believed that keeping this fast destroys sins and leads to salvation.

#### **Method of fasting:**

- Wake up in the morning before sunrise and take a bath.
- Wear clean clothes and worship Lord Buddha and Lord Shiva.
- Keep a fast on fruits and water.
- Meditate and chant mantras.
- Break the fast in the evening after sunset.

## **Benefits of Budh Ashtami Vrat:**

The fast of Budha Ashtami is not only considered auspicious but is also believed to bring many benefits. Let us know about some of the major benefits of observing the Budha Ashtami fast:

- **Improve communication skills:**

The planet Mercury is also considered to be the significator of communication. Observing this fast helps a person express his thoughts clearly and convince others effectively.

- **Success in business:**

Mercury is also considered to be a factor of trade and commerce. By observing this fast, the chances of success in business, economic prosperity and profit increase.

- **peace of mind :**

On the day of Budha Ashtami, Lord Buddha is worshipped, who is a symbol of peace and wisdom. It is believed that by observing this fast, a person attains inner peace and harmony.

- **Freedom from sins :**

According to some beliefs, observing this fast frees a person from the sins of his previous lives and helps in attaining salvation.

- **Reduction of Mercury's defect:**

For those people whose Mercury planet is weak in their birth chart, keeping a fast on Budh Ashtami is considered especially beneficial. It is believed that this strengthens the position of Mercury in the horoscope and its inauspicious effects can be reduced.

## **Some rules of this fast:**

- Meat, alcohol and garlic-onion should not be consumed during the fast.
- Celibacy should be followed.
- One should stay away from anger, greed and attachment.
- One should do charity.

- The festival of Budha Ashtami is celebrated in many parts of India. It is a good occasion to gain knowledge, wisdom, success and prosperity.

You can celebrate it with your family and friends and get blessings from Lord Buddha and Lord Shiva.

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