



# MAHA SHIVRATRI ।। जानिए महाशिवरात्रि का महत्व, तिथि और पूजा की विधि।

## Maha Shivratri

### Importance of Maha Shivratri

Maha Shivratri is an important religious festival of Hinduism. Mahashivratri is celebrated on the Chaturdashi day of Krishna Paksha of Falgun month. The festival of Mahashivratri is dedicated to Lord Shiva and Mata Parvati. Mata Parvati and Lord Shiva were married on this day. Shiva fasts and worships on this day. Lord Bholenath will soon welcome the devotees who worship Goddess Parvati and Lord Shiva devotedly on the day of Mahashivratri. And as a result, they are blessed with prosperity and happiness .

### Date

According to Panchang newspaper, the Chaturdashi date of Krishna Paksha of Falgun month will start on March 8 at 9:57 pm and end the next day on March 9 at 6:17 pm. However, the festival of Maha Shivratri will be celebrated on March 8 itself as the worship of Lord Shiva in Pradosh has special significance.

It is believed that to get Lord Shiva from Mata Parvati, she had to do rigorous penance and on the day of Mahashivratri, Mata Parvati's penance was successful. She got married to Lord Shiva. To attain unbroken good fortune, women observe the fast of Maha Shivratri meticulously.

### Method of worship

- On the day of Maha Shivratri, wake up in the Brahma Muhurta and bow to Lord Shiva and Mother Parvati and take a pledge to worship them. Then take a bath with that water after mixing it with Ganga water.

- After this, wear new clothes and offer water to the Sun God. Then spread a red cloth on the pillar of the place of worship and place the idol of Mother Parvati and Lord Shiva on it.
- After this, anoint Lord Shiva with raw milk or Ganga water. After this, perform Panchopchar and anoint Lord Shiva and Mother Parvati as per the rituals.
- Offer Bhaang Dhatura, fruits, Madar leaves, Belpatra etc. to Lord Shiva. Also recite Shiv Chalisa or Shiv Stotra. Also chant the mantras of Lord Shiva, break your fast by performing normal puja the next day.

## **It is very important to pay attention to some special things on this day.**

Many people observe the fast of Mahashivratri, some people observe the fast without drinking even water and some eat fruits on this day. If any mistake is made during this fast, then the right results of this fast are not achieved. Know what should be done and what should not be done on this day.

### **what should be done.**

- Offer a pot of water on Shivlinga.
- After this, offer Bhaang, Dhatura, Gangajal, Belpatra, milk and curd on Shivling. Water or milk should be offered on Shivling.
- While offering water, one should meditate on Shiva-Parvati.
- If you chant Shiva mantra while doing water Abhishek, you will get double the benefits.

### **What should not be done?**

- Do not eat non-vegetarian food on the day of Puja.
- Avoid drinking alcohol on the day of Shivratri.
- Do not argue or criticize anyone at home on the day of Shivratri.
- While offering water to Shivlinga, do not offer lotus flowers, oleander or ketaki on Shivlinga, idol of Shiva or picture.
- Do not offer vermilion or other makeup items on Shivalinga.
- Remain celibate on Shivratri.
- Do not sleep during the day and meditate on Shiva.
- Do not offer black sesame seeds or broken rice on Shivlinga.
- Do not offer shell water on Shivlinga.
- Do not offer stale flowers on Shivlinga.

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