



# PRADOSH VRAT || जानिए भगवान शिव की कृपा पाने के लिए कैसे रखे प्रदोष व्रत? क्या है इस व्रत को रखने के लाभ?

## Pradosh Vrat

Pradosh Vrat is an important Hindu fast observed by the ardent devotees of Lord Shiva. This fast is observed twice every month – once in Shukla Paksha and the other on Trayodashi (thirteenth) Tithi in Krishna Paksha.

### Importance of Pradosh fast:

- Blessings of Lord Shiva: It is believed that keeping Pradosh fast and worshipping Lord Shiva brings his blessings. This leads to happiness, peace, prosperity and good fortune in life.
- Fulfillment of wishes: It is believed that keeping Pradosh fast with true devotion and worshipping Lord Shiva leads to the desired results.
- Freedom from sins: According to some beliefs, observing Pradosh fast frees a person from the sins of his previous lives.
- Reduction of planetary defects: Keeping Pradosh fast is considered especially beneficial for those people whose position of planets in their birth chart is weak. It is believed that this strengthens the position of planets in the horoscope and their inauspicious effects can be reduced.

### Benefits of Pradosh fast:

Pradosh Vrat is considered beneficial both religiously and spiritually . Let us know about some of its major benefits:

### **Spiritual benefits:**

- Blessings of Lord Shiva: It is believed that keeping Pradosh fast and worshipping Lord Shiva with true devotion brings his blessings. This paves the way for spiritual advancement.
- Peace of mind: Keeping fast and doing puja brings peace of mind. This reduces stress and transmits positive energy.
- Freedom from sins: According to some beliefs, observing Pradosh fast frees a person from the sins of his previous births. This leads to spiritual purification.
- Attainment of salvation: It is said in the scriptures that regularly observing Pradosh fast paves the way for attaining salvation.

### **Physical benefits:**

- Fulfillment of Wishes: It is believed in Hinduism that Pradosh fasting done with true devotion helps in fulfilling desired wishes.
- Healthy Life: Eating satvik food during the fast purifies the body and keeps the health good.
- Reduction of Planetary Dosha: According to astrology, keeping Pradosh fast strengthens the position of planets in the horoscope and their inauspicious effects can be reduced. This can reduce the obstacles in life.
- Increase in Auspiciousness: Pradosh Vrat is considered to increase good luck and prosperity.

### **other benefits :**

- Increase in self-control: Fasting strengthens the will and develops self-control.
- Dedication towards God: Pradosh Vrat teaches us to have faith and dedication towards God.
- Strengthening of family bond: Some families observe Pradosh fast and perform puja collectively. This increases mutual love and harmony in the family. It is important to note that these benefits are based on classical beliefs and faith. Pradosh Vrat is a simple fast that anyone can observe with devotion. It is considered an effective way to bring spiritual growth and positive changes in life.

### **How to keep Pradosh fast:**

- Resolution for the fast: Resolution for the fast is taken a day before Pradosh fast or after taking bath in the morning.
- Simple food: Satvik food is consumed on the day of the fast. You can eat fruits and vegetables once. Some people also fast for the whole day.
- Shiva Puja: In the evening, during Pradosh Kaal, Lord Shiva is worshipped with rituals. Dhatura, Belpatra, milk, curd, honey etc. are offered in the puja.
- Recitation of Shiv Chalisa: After the puja, Shiv Chalisa is recited and the Om Namah Shivaya mantra is chanted.
- Aarti: At the end, Aarti of Lord Shiva is performed.
- Breaking of the fast: The fast is broken after sunrise on the second day.

Note that the above method is a general guide. You can slightly modify the method according to your region or under the guidance of a learned Pandit.

Pradosh Vrat is a simple yet effective way to get the blessings of Lord Shiva and bring positive changes in your life.

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