



NAVAMI SHRADDHA || नवमी श्राद्ध किन महिलाओं के लिए होता है? ||

Navami Shraddha is a significant religious ritual performed on the Navami tithi (ninth day) of the Pitru Paksha (ancestral fortnight). This ritual is particularly dedicated to women who passed away while their husbands were still alive. It is also referred to as "Avidwa Navami" and is primarily dedicated to honoring these women. Here's a detailed look at Navami Shraddha:

Significance of Navami Shraddha:

- Honoring Avidwa Women:** This day symbolizes respect and reverence for married women who passed away before their husbands. The ritual is performed to pray for the peace and liberation of their souls.
- Family Prosperity:** Performing Navami Shraddha ensures that the blessings of the ancestors remain with the family, bringing happiness, peace, and prosperity.
- Relief from Pitru Dosha:** Performing Shraddha on this day helps in alleviating Pitru Dosha (ancestral curse) and provides fulfillment to the souls of the ancestors.

Main Rituals of Navami Shraddha:

1. Pindadan and Tarpan:

- Pindadan:** Offerings are made to ancestors using pindas (rice balls mixed with sesame seeds and barley).
- Tarpan:** Water mixed with sesame seeds is offered to the ancestors to provide peace to their souls.

2. Donation and Brahmin Feast: After the Shraddha, feeding Brahmins and donating clothes, money, and food is of special significance. Additionally, widows are also given donations and meals.

3. Worship of Deities: On this day, worship of Lord Vishnu and Lord Shiva is performed to seek liberation for the ancestors. Vishnu Sahasranama (a thousand names of Vishnu) is recited, and Lord Shiva is offered bel leaves and water.

Deities for Worship in Navami Shraddha:

- **Pitru Devata (Ancestors):** The primary focus is on worshipping ancestors to bring peace to their souls and receive their blessings.
- **Lord Ganesha:** Worship of Lord Ganesha is sometimes included to remove any obstacles in the ritual.
- **Lord Vishnu:** Worship of Lord Vishnu is significant as he is considered the protector of ancestors.

Mantras for Recitation:

1. Pitru Mantras:

- "Om Pitruvyo Namah"
- "Om Shri Pitru Devaya Namah"

2. Vishnu Mantras:

- "Om Shri Vishnave Namah"
- "Om Narayanaya Namah"

3. Ganesha Mantras:

- "Om Ganeshaya Namah"
- "Om Vighneshwaraya Namah"

During the Ritual:

- **Facing West:** It is customary to face the west while performing the Pitru Puja.
- **Tarpan Method:** Tarpan involves offering water, oblations, and specific items to ancestors.

Special Guidelines:

- **Maintaining Purity:** The person performing the Shraddha should wear clean clothes and follow all ritual procedures meticulously.
- **Avoiding Tamasic Food:** Consumption of meat and other tamasic (impure) foods is prohibited. Only sattvic (pure) food should be consumed.

Purpose of Navami Shraddha:

The main purpose of Navami Shraddha is to provide peace to the souls of the ancestors and offer tribute through Tarpan and Pindadan. All family members, especially sons or son-like figures, participate in this ritual.

Performing Navami Shraddha with devotion and purity ensures that the ancestors' souls are satisfied and their blessings continue to protect the family.

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