



Paush is the tenth month of the Hindu calendar, typically occurring between December and January in the Gregorian calendar. This month marks the peak of winter and holds special significance for worship and reverence to the Sun. It is considered sacred from a religious and spiritual perspective. The name "Paush" is derived from the fact that during this month, the moon is in the **Pushya Nakshatra (constellation)**. Paush month is significant not only for its religious importance but also for aligning health with nature.

In 2024, Paush month will begin on **16th December 2024** and end on **13th January 2025**, making it a spiritually and religiously significant time.

Significance of Paush Month

- 1. Worship of the Sun God:** Paush month is particularly dedicated to the worship of Surya (the Sun God). In Hinduism, the Sun is regarded as the source of energy and life. Worshipping the Sun during this month brings peace, prosperity, and happiness.
- 2. Special Time for Sun Worship:** Worshipping the Sun during Paush creates positive energy in life. The rays of the Sun are believed to provide strength, health, and prosperity. Offering water (Arghya) to the Sun in the early morning is an important practice during this month.
- 3. Charity and Good Deeds:** This month is also known as the month of charity and good deeds. Donating warm clothes, food, or essential items to the needy is considered highly auspicious. It is believed that charitable acts in Paush month yield manifold blessings.
- 4. Religious Significance:** Reading scriptures like the Bhagavad Gita, Ramayana, or Bhagavata Purana and participating in spiritual gatherings (Satsang) provide inner peace. The days of Ekadashi, Amavasya, and Purnima in this month hold great importance, and observing fasts and performing rituals on these days is considered highly auspicious.
- 5. Focus on Health During Winter:** Paush month emphasizes maintaining good health during the cold season. Consuming sesame seeds (til), jaggery (gur), and warm foods helps keep the body warm and healthy. These foods are not only auspicious but also beneficial for health.

[Shri Surya Dev Aarti](#)

[Shri Surya Deva Chalisa](#)

How to Offer Arghya to the Sun During Paush Month

Offering Arghya to the Sun early in the morning during Paush month is considered highly auspicious. This practice purifies the soul and energizes the mind and body.

Steps to Offer Arghya

1. Wake up early before sunrise, bathe, and wear clean clothes.

2. Fill a copper vessel with clean water. Add uncooked rice (Akshat), red sandalwood, and red flowers to it.
3. Face the Sun and pour the water while offering prayers.
4. Chant the mantra "**Om Suryaya Namah**" while offering Arghya.
5. After offering Arghya, express your wishes and prayers to the Sun God.

Benefits of Offering Arghya

1. Invites positive energy into life.
2. Purifies the mind of negativity.
3. Improves health and strengthens immunity.
4. Enhances confidence and devotion.

Essential Activities to Do During Paush Month

1. Surya Namaskar: Practicing Surya Namaskar regularly during Paush month improves physical and mental well-being. Yoga and Surya Namaskar provide warmth and flexibility to the body during cold weather.

2. Satvik Diet: Consume a simple and nutritious diet. Include foods like sesame seeds, jaggery, wheat, and clarified butter (ghee) in your meals. These ingredients provide warmth and energy to the body.

3. Charity and Good Deeds: Donate food, clothes, and other essential items to those in need. Scriptures emphasize that charity during Paush month yields immense blessings.

4. Meditation and Satsang: Dedicate time to meditation and spiritual reflection. Attend satsangs (spiritual gatherings) in the morning and evening for inner peace and spiritual growth.

5. Sesame and Jaggery Delicacies: Prepare and share dishes made of sesame seeds and jaggery. These are not only healthy but also hold religious significance.

Precautions to Take During Paush Month

1. Avoid Negative Thoughts: Keep your mind calm and pure. Stay away from anger, jealousy, and greed.

2. Utilize Sunlight: Spend time in the morning sunlight to absorb Vitamin D, which is beneficial for bones and skin during winter.

3. Include Warm Foods: Consume warm foods like sesame seeds, jaggery, peanuts, and spices to protect against the cold and boost energy levels.

4. Observe Fast and Perform Rituals: Observing fasts and participating in religious rituals during Paush month brings peace and positivity to life.

5. Maintain Physical and Mental Balance: Winter can cause lethargy. Practice regular yoga and exercise, and wear warm clothing to stay active and comfortable.

Major Festivals and Fasts in Paush Month

- 1. Paush Purnima:** The full moon day of Paush is highly significant. Rituals like Ganga Snan (bathing in the Ganges), Havan, and charity on this day are believed to bring immense blessings.
- 2. Makar Sankranti:** One of the most celebrated festivals during Paush month is Makar Sankranti, marked by the consumption of sesame-jaggery sweets and acts of charity.
- 3. Sun Worship Fasts:** Throughout the month, fasting and worship dedicated to the Sun God are widely practiced.
- 4. Ekadashi Fast:** Observing the Ekadashi fast in [Paush month](#) is believed to bring good fortune and peace.

By adopting spiritual and healthful practices during Paush month, one can not only improve their life but also contribute positively to society. Each day of this month reminds us to maintain harmony between the soul and nature, leading to a fulfilling and meaningful life.

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