



# Ancient Vedic Mantras and Rituals





## Masik Durgashtami 2025 | मासिक दुर्गाष्टमी: देवी दुर्गा की आराधना का पावन अवसर | PDF

In Hinduism, the monthly Durgashtami holds special significance. This fast is observed on the Ashtami Tithi (eighth day) of the Shukla Paksha (waxing moon phase) every month. Durgashtami is dedicated to the worship of Goddess Durga, who symbolizes power, courage, and victory. It is believed that remembering and worshipping Goddess Durga on this day removes negative energies and brings prosperity and happiness in life.

Just like the Ashtami of [Navratri](#), the monthly Durgashtami is considered equally important. Devotees who observe fasting on this day receive the special blessings of the goddess. This fast purifies the mind of the practitioner and provides spiritual strength.



On Sunday, 28 December 2025, the pious festival of Monthly Durgashtami will be celebrated. Performing special prayers to Goddess Durga on this day is of great importance. It is believed that devotees who fast and worship the goddess methodically on this day not only attain prosperity but also overcome life's challenges.

## Religious Significance of Monthly Durgashtami

- 1. Worship of Power:** Worshiping Goddess Durga on this day removes obstacles from life.
- 2. Religious Merits:** It is believed that devotees observing this fast gain the same merits as those obtained by observing the Navratri fast.
- 3. Positive Energy:** Worshiping the goddess on Durgashtami removes negative energies and fosters positivity.

## Monthly Durgashtami Vrat Rituals

### 1. Bath and Resolution:

- Wake up early in the morning and take a bath.
- Wear clean clothes and take a vow (Sankalp) to fast throughout the day and worship Goddess Durga.

### 2. Temple Decoration:

- Clean the place of worship and establish an idol or picture of Goddess Durga.



### 3. Worship Materials:

- Keep flowers, sandalwood, incense sticks, lamps, offerings, and fruits for the puja.

### 4. Worship Procedure:

- Light a lamp in front of the idol or picture of Goddess Durga.
- Offer red flowers to the goddess.
- Recite Durga Saptashati or Durga Chalisa.
- Perform Aarti and offer Naivedya (prasada).

### 5. Fasting:

- Try to observe a complete fast. If not possible due to health reasons, have only fruits.
- After the evening puja, you may consume fruits.

### 6. Charity:

- Donate food, clothes, or money to the needy. This brings divine blessings.

## Activities to Perform on Monthly Durgashtami

1. **Worship and Reading:** Perform special prayers to Goddess Durga and recite Durga Saptashati or Durga Chalisa.



- 2. Fasting:** Try to observe a full-day fast or at least consume only fruits.
- 3. Charity:** Donate food, clothes, or money to those in need.
- 4. Meditation:** Meditate on the form of Goddess Durga and experience positive energy.
- 5. Self-Discipline:** Maintain control over thoughts, words, and actions. Stay away from negative activities.

### Mantras for Monthly Durgashtami

Chanting mantras is one of the most powerful ways to receive the blessings of Goddess Durga. Chanting the following mantras on this day is considered auspicious:

#### 1. Durga Beej Mantra:

“ॐ ऐं ह्रीं क्लीं चामुण्डायै विच्चे।”

Chant this mantra 108 times to fulfill your wishes.

#### 2. Durga Ashtottara Shatanama Mantra:

“ॐ देवी दुर्गायै नमः।”

Remember the goddess while chanting her names.

#### 3. Mahamantra:

“जयन्ती मंगला काली भद्रकाली कपालिनी।  
दुर्गा क्षमा शिवा धात्री स्वाहा स्वधा नमोऽस्तु ते॥”

Chanting this mantra brings peace and prosperity to life.



#### 4. Gayatri Mantra:

“ॐ कात्यायनाय विद्महे कंकालिनी धीमहि।  
तन्नो दुर्गा प्रचोदयात्॥”

This mantra enhances spiritual strength.

#### Benefits of Monthly Durgashtami Vrat

1. **Physical and Mental Peace:** Fasting and worship bring mental peace and spiritual purification.
2. **Crisis Resolution:** The blessings of Goddess Durga help overcome life's challenges.
3. **Religious Merits:** The vrat yields religious merits equivalent to that of the Navratri fast.
4. **Spiritual Advancement:** Devotees experience a heightened sense of spiritual energy.

#### Precautions for Monthly Durgashtami Vrat

- Avoid anger, lies, and negative thoughts during the fast.
- Worship with devotion and follow rituals methodically.
- Observe the fast while keeping health in mind.



Observing the Monthly Durgashtami Vrat is a powerful way to receive the blessings of Goddess Durga. This day not only provides spiritual peace but also helps overcome life's challenges. By following the rituals, chanting mantras, and observing fasting, devotees receive the special blessings of the goddess. Celebrate this sacred occasion on 5 February 2025 by adhering to these practices and seeking the divine grace of Goddess Durga.

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