



Hinduism holds great significance for Ekadashi fasting. The Ekadashi of the Krishna Paksha of the Chaitra month is celebrated as *Amalaki Rangbhari Ekadashi*. This Ekadashi is associated with the worship of Lord Vishnu and the Amla (Indian gooseberry) tree. This day is particularly important for Vaishnav devotees as it also marks the beginning of Holi colors, hence it is also called *Rangbhari Ekadashi*.

Worshipping the Amla tree on this day is considered not only religiously beneficial but also advantageous for health. Observing this Ekadashi fast is believed to destroy all sins and grant liberation (moksha).

Significance of Amalaki Rangbhari Ekadashi

1. Religious Significance:

- Worshipping Lord Vishnu on this day grants immense virtue (punya).
- Praying to the Amla tree brings positive energy and purity in life.
- Observing this Ekadashi leads to the eradication of sins and the accumulation of merit.

2. Mythological Belief: According to scriptures, once King Mandhata asked Lord Narayana about the benefits of observing the Amalaki Ekadashi fast. The Lord replied that fasting on this Ekadashi destroys all kinds of sins and ultimately grants moksha (salvation).

Another story tells of a poor Brahmin who became extremely wealthy and prosperous by observing this fast. With Lord Vishnu's blessings, all his hardships vanished.

3. Festival of Colors:

- This Ekadashi is called *Rangbhari Ekadashi* because it marks the beginning of Holi colors.
- In North India, especially in Varanasi, it is customary to apply colors to Lord Shiva and Goddess Parvati and play Holi.
- In Kashi, the grand wedding procession (baraat) of Baba Vishwanath is also taken out on this day.

[Yogini Ekadashi](#)

[Nirjala Ekadashi](#)

Rituals of Amalaki Rangbhari Ekadashi

Preparations for Fasting and Worship:

1. Bathe early in the morning and wear clean clothes.
2. Take a vow to observe the fast and meditate on Lord Vishnu.
3. Clean the worship area and either worship under an Amla tree or place an image of the tree at home for prayers.

Worship Rituals:

1. **Worshipping Lord Vishnu:**
 - Purify Lord Vishnu's idol or picture with Gangajal (holy water).
 - Offer sandalwood, vermilion (roli), rice grains (akshat), flowers, and tulsi leaves.
 - Recite the Vishnu Sahasranama or chant "Om Namo Bhagavate Vasudevaya".
 - Offer incense, lamps, and naivedya (food offering).
2. **Worshipping the Amla Tree:**
 - Offer water to the Amla tree.
 - Apply turmeric, vermilion, and rice grains.
 - Wrap a raw thread around the tree and perform circumambulation (parikrama).
 - Sit under the tree and recite the story (katha) and sing devotional songs (kirtan).
3. **Observing and Breaking the Fast:**
 - Devotees should consume only fruits on this day.
 - The fast should be broken on Dwadashi (the next day) by consuming food and offering charity.

Benefits of Observing Amalaki Rangbhari Ekadashi

Religious and Spiritual Benefits:

1. **Accumulation of Virtue:** The fast destroys sins from past lives and bestows merit.
2. **Path to Salvation:** Lord Vishnu's blessings help in attaining liberation from the cycle of birth and death.
3. **Divine Blessings:** Observing this fast brings special grace from Lord Vishnu.

Health and Environmental Benefits:

1. **Significance of Amla:**
 - Amla is highly valued in Ayurveda.
 - It is rich in Vitamin C and boosts immunity.
 - Its consumption improves digestion and enhances skin glow.
2. **Mental Peace:**
 - Fasting and worship bring mental tranquility.
 - Meditation and devotional songs strengthen willpower and reduce stress.

Social and Cultural Benefits:

1. **Happiness and Prosperity in the Family:** Observing this fast with family brings peace and prosperity at home.
2. **Harmony and Brotherhood:** With the onset of Holi colors, people embrace love and unity.

Special Rules and Precautions

1. Maintain celibacy and consume only sattvic food.
2. Avoid falsehood, violence, and anger.
3. Alcohol and non-vegetarian food are strictly prohibited.
4. While breaking the fast, offer donations to the needy.

[Amalaki Rangbhari Ekadashi](#) is not only significant from a religious perspective but also from a scientific and social viewpoint. This fast purifies the soul and enhances physical well-being. Worshiping the Amla tree on this day invites Lord Vishnu's blessings and spreads positive energy in life.

Anyone who observes this fast with devotion and faith attains happiness, prosperity, merit, and ultimately salvation. Thus, this Ekadashi not only paves the way for spiritual progress but also marks the joyful beginning of the Holi festival.

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