



Ancient Vedic Mantras and Rituals





Navratri 4th Day | नवरात्रि का चौथा दिन – माँ कूष्मांडा | PDF

On the fourth day of Navratri, devotees worship the fourth form of Goddess Durga, **Maa Kushmanda**. The name “Kushmanda” is derived from two words: “Kushm” meaning pumpkin and “Anda” meaning egg, representing the cosmic egg or universe. It is believed that Maa Kushmanda created the universe with her gentle smile, which is why she is considered the creator of the cosmos. Her form symbolizes light and energy, and her blessings bring positivity and energy into a devotee’s life.

Form of Maa Kushmanda

- **Appearance:** Maa Kushmanda has eight arms, hence she is also known as **Ashtabhuja Devi**. She holds a water pot (Kamandal), bow, arrow, lotus, nectar pot, discus (Chakra), and mace in her hands.
- **Smile:** Her smile is said to have created the universe, making her the primordial source of all creation.
- **Vehicle:** Her vehicle is a lion, representing her power and valor.

Legend of Maa Kushmanda

The story of Maa Kushmanda's origin tells that when there was nothing but darkness in the universe, Maa Kushmanda smiled, and her smile created the cosmos. She is considered the primordial source of this world, and her blessings bring forth life, light, and energy in the universe.

Worship Rituals for Maa Kushmanda

- **Bath and Clean Clothing:** Begin the day with a bath and wear clean clothes. Cleanse the worship area and sprinkle holy water to purify it.
- **Kalash Sthapana (Pot Installation):** Place a sacred pot (Kalash) in front of the image or idol of Maa Kushmanda and fill it with holy water, betel nut, a coin, and a coconut.
- **Offering of White Flowers and Red Vermillion:** Offer white flowers, kumkum (vermilion), and unbroken rice (Akshat) to the goddess.
- **Chanting of Mantras:** During the worship, recite the following mantras:
- **Dhyana Mantra (Meditation Verse):**
Sura-sampurna-kalasham rudhira-plutameva cha |
Dadhana hastapadma-bhyam kushmanda
shubhadaastu me ||
- **Mula Mantra (Main Mantra):**
Om Devi Kushmandayai Namah ||



Dhyana Mantra of Maa Kushmanda

Sura-sampurna-kalasham rudhira-plutameva cha |
Dadhana hastapadma-bhyam kushmanda shubhadaastu

Stotra (Hymn) of Maa Kushmanda

Ya Devi Sarvabhuteshu Maa Kushmanda Rupena Samsthita |
Namastasyai Namastasyai Namastasyai Namoh Namah ||

Purpose and Benefits of Worship

- By worshipping Maa Kushmanda, the devotee experiences strength, health, and prosperity.
- She eradicates all diseases, sorrows, and hardships.
- Her blessings bestow both mental and physical strength.
- Devotees receive new energy, creativity, and success in life.
- The worship of Maa Kushmanda awakens the **Anahata Chakra** (Heart Chakra), enhancing self-confidence and courage.

Fruits of Worship

Devotees who worship Maa Kushmanda in Navratri receive long life, peace, and mental tranquility. Her grace ensures success in all endeavors, and she destroys all forms of negativity.



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