



Ancient Vedic Mantras and Rituals





Papmochani Ekadashi 2025 | कैसे करें पापमोचनी एकादशी व्रत? सम्पूर्ण पूजा विधि और मंत्र जाप | PDF

Papmochani Ekadashi is one of the 24 Ekadashis observed in Hinduism. It falls on the Krishna Paksha Ekadashi of the Phalguna month. The name "*Papmochani*" means "the remover of sins," as it is believed that observing this Ekadashi frees one from all sins. Worshipping Lord Vishnu on this day helps devotees attain liberation (moksha) and rid themselves of past misdeeds.

Importance of Papmochani Ekadashi

Ancient scriptures describe the significance of Papmochani Ekadashi. According to Hindu beliefs, observing a fast on this day grants absolution from all known and unknown sins. This Ekadashi is considered crucial for spiritual purification.

- **Liberation from Sins:** If a person has committed sins in their life, this fast helps them seek forgiveness.
- **Removal of Fear and Negativity:** It provides mental peace and inner satisfaction.



- **Helps in Attaining Moksha:** According to religious beliefs, this fast aids in attaining liberation.
- **Health and Prosperity:** Fasting on this day improves well-being and brings happiness to the family.
- **Blessings for Offspring:** It is particularly beneficial for those desiring children.

The Legend of Papmochani Ekadashi

The story of Papmochani Ekadashi is found in Hindu scriptures and revolves around King Chitraratha, who was devoted to the service of the gods and spent time with celestial nymphs (apsaras).

Summary of the Legend:

Once, while King Chitraratha was engaged in deep meditation, a celestial nymph named Manjughosha tried to distract him with her beauty. Under her influence, the king forgot his meditation and spent many years with her. Realizing his mistake later, he was filled with remorse and sought a way to atone for his sin.

Sage Medhavi advised him to observe the Papmochani Ekadashi fast to cleanse himself of his past sins. Upon completing the fast, King Chitraratha was freed from his sins and returned to his spiritual path. This is why this Ekadashi is considered highly powerful for purification.

Fasting and Worship Rituals

To observe the Papmochani Ekadashi fast properly, devotees should follow these rituals:

Preparation for the Fast (Previous Evening)

- Eat a simple, vegetarian meal and take a vow for the fast.
- Maintain celibacy and purity of mind.
- Avoid tamasic foods (onion, garlic, meat, alcohol).



On the Day of the Fast (Ekadashi)

- **Morning Bath:** Take a bath before sunrise and wear clean clothes.
- **Take a Vow:** Offer prayers to Lord Vishnu while taking a vow for the fast.
- **Worship Lord Vishnu:** Perform rituals using Tulsi leaves, Panchamrit, flowers, incense, and offerings.
- **Chant Mantras:** Recite Vishnu Sahasranama, verses from the Bhagavad Gita, and special mantras.
- **Read the Ekadashi Story:** Reading or listening to the legend brings auspicious results.
- **Sing Bhajans and Kirtans:** Devotional songs dedicated to Lord Vishnu enhance spiritual merit.
- **Stay Awake at Night:** Night-long worship and prayers bring divine blessings.
- **Break the Fast on Dwadashi:** The next morning, complete the fast by donating food and essentials to the needy.

Mantras to Chant on Papmochani Ekadashi

Chanting these sacred mantras on this day is considered highly beneficial:

Shri Vishnu Mool Mantra

"Om Vishnave Namah"

(To seek Lord Vishnu's blessings)

Narayana Mantra

"Om Namo Narayanaya"

(To remove all sins)

Vishnu Sahasranama Stotra

(Reciting the thousand names of Lord Vishnu grants immense spiritual merit)



Gayatri Mantra

"Om Bhur Bhuvah Swah Tat Savitur Varenyam Bhargo Devasya Dheemahi Dhiyo Yo Nah Prachodayat."

(For mental purification and wisdom)

Shri Hari Mantra

"Om Shreem Haraye Namah"

(To please Lord Hari (Vishnu))

Acts of Charity and Good Deeds

Donate food, clothes, and money to the poor.

Serve cows and feed the hungry.

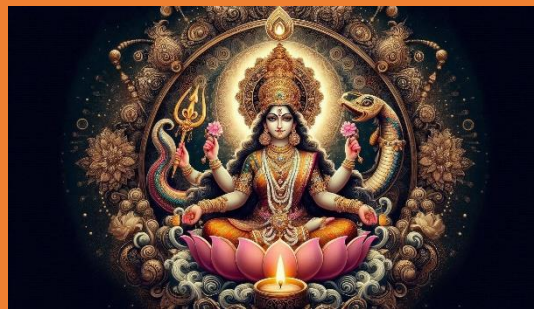
Reading holy scriptures like the Bhagavad Gita is highly auspicious.

Observing the [Papmochani Ekadashi](#) fast helps devotees attain liberation, removes negativity, and brings divine blessings. This sacred fast is essential for those seeking a pure and virtuous life. Anyone who wishes to atone for their past misdeeds and receive the grace of Lord Vishnu should observe this Ekadashi with utmost devotion.

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