



Sheetala Saptami Vrat 2025 | शीतला सप्तमी व्रत: सुख-समृद्धि और रोगमुक्ति का पर्व | PDF

Sheetala Saptami Vrat is a highly significant fast in Hinduism, primarily observed for the worship of Goddess Sheetala. This fast is celebrated on the Saptami (seventh day) of the Krishna Paksha (waning phase of the moon) in the month of Chaitra. In some regions, it is also observed as Sheetala Ashtami. Devotees observe this fast to seek the blessings of Goddess Sheetala for health, peace, and prosperity in the family. It is particularly believed to provide protection from infectious diseases. Let us explore the rituals, customs, and religious and health benefits associated with this fast.

Date and Auspicious Timings of Sheetala Saptami

According to the Hindu calendar, Sheetala Saptami Vrat falls on the Saptami Tithi of Krishna Paksha in the month of Chaitra. In 2025, this fast will be observed on **Friday, March 21**. In some places, it is also observed on Ashtami Tithi, known as **Basoda Parva**.

Who is Goddess Sheetala?

Goddess Sheetala is revered as the **goddess who cures diseases**, especially smallpox, measles, skin diseases, and other infectious ailments. She is offered cold foods as prasad, and it is customary to consume previously prepared food (stale food) on this day instead of freshly cooked meals.

[Shri Surya Dev Chalisa](#)
[Surya Dev 108 Names](#)

Rituals of Sheetala Saptami Vrat

1. Taking the Vrat Sankalp (Pledge)

- Take a bath early in the morning, wear clean clothes, and resolve to observe the fast with devotion.

2. Gather Puja Essentials:

- **Idol or image of Goddess Sheetala**
- **A water-filled Kalash (sacred pot)**
- **Mango leaves**
- **Roli, turmeric, henna, kajal**

- **Flowers and clothes**
- **Flour lamp, cotton wick, ghee**
- **Curd, rabri, rice, millet**
- **Pua, pakoras, salt snacks, roti, sugar sweets, mathri**

3. Install the Idol of Goddess Sheetala:

- Place the idol or image of Goddess Sheetala in the prayer area and bathe it with pure water.
- Apply **chandan (sandalwood), roli, turmeric, and henna** to the idol.

4. Offering Stale Food (Basi Bhojan) to the Goddess

- It is essential to offer previously prepared food such as curd, millet, jaggery, and sweets to Goddess Sheetala.

5. Performing Aarti with a Flour Lamp

- Light a lamp made of flour and perform the **Aarti of Goddess Sheetala**, praying for the well-being of the family.

6. Reading the Story of Goddess Sheetala

- Reading and listening to the **Sheetala Mata Katha (legend)** holds great significance on this day.

7. Consuming Prasad with Family

- After the puja, the entire family partakes in the stale food offered to the goddess.

Things to Do and Avoid on Sheetala Saptami

Things to Do:

- Keep your house clean and worship Goddess Sheetala.
- Offer prayers for the protection of children from the evil eye.
- Donate food and clothes to the needy.
- Read and listen to **Sheetala Mata Katha**.
- Meditate and chant hymns for spiritual benefits.

Things to Avoid:

- Do not cook fresh food on this day.
- Avoid lighting a stove or fire in the kitchen.
- Refrain from **anger, jealousy, and negative thoughts**.
- Maintain cleanliness and personal hygiene.
- Do not harm plants or trees.

Significance of Sheetala Saptami Vrat

1. Religious Significance:

This fast holds great importance in Hinduism. Worshiping Goddess Sheetalata is believed to **prevent infectious diseases and bring happiness and prosperity** to the family.

2. Health Benefits:

Since stale food is consumed on this day, the digestive system gets a break, allowing the body to **detox naturally**.

3. Spiritual Benefits:

Observing this vrat (fast) **promotes mental peace and positive energy** in life.

4. Social Importance:

Charity and donations performed on **Sheetala Saptami** promote **kindness, unity, and community well-being**.

Legend of Sheetalata Mata

According to ancient legends, a woman in a village observed Sheetalata Mata's fast every Saptami. She kept her house clean and strictly followed the rituals. One day, a plague spread throughout the village, but her family remained safe. Seeing this, the villagers also began worshipping Goddess Sheetalata, and soon, the epidemic ended.

Why is Stale Food Consumed on Sheetalata Saptami?

Consuming **stale food (Basi Bhojan)** is a unique tradition on this day because it is considered **cooling and pure**. Scientifically, this practice teaches **safe food preservation and hygiene**.

Benefits of Observing Sheetalata Saptami Vrat

- - Protection from **infectious diseases**
 - Brings **happiness and prosperity** to the family
 - Ensures **good health and well-being of children**
- Promotes **spiritual and mental peace**
- Gains **merit (punya)** through charity and fasting

Sheetalata Saptami Vrat is of **immense importance in Hinduism**. It is not only a **religious observance** but also **raises awareness about health and hygiene**. Worshiping Goddess Sheetalata **protects against contagious diseases and ensures peace and well-being**. Through this fast, one learns **discipline, cleanliness, and service to others**.

This year, let us all observe **Sheetalata Mata Vrat** and seek her blessings for the **happiness and health of our families**.

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