



Ancient Vedic Mantras and Rituals





KAMADA SAPTAMI VRAT 2025 | कामदा सप्तमी व्रत: श्रद्धा और भक्ति से पूरी होंगी आपकी इच्छाएं | PDF

Kamada Saptami Vrat is considered one of the most sacred fasts in Hinduism. It is observed on the **seventh day (Saptami) of the Shukla Paksha (waxing phase of the moon) in the month of Chaitra**. Worshiping **Lord Vishnu and Surya Dev (Sun God)** on this day is believed to bring **happiness, prosperity, fulfillment of desires, and the blessing of children**. The word "**Kamada**" means "**one who fulfills desires**," and this vrat (fast) is primarily observed for **wish fulfillment and blessings**.

Significance of Kamada Saptami Vrat

This fast is mentioned in several Hindu scriptures. According to religious beliefs, **observing this vrat grants devotees happiness, prosperity, children, and freedom from sins**. It is especially auspicious for couples who are longing for children.



Kamada Saptami Vrat Katha (Legend)

According to the Puranas, **there was a king who was childless despite performing numerous rituals and fasts**. Disheartened, he approached a sage who advised him to observe the **Kamada Saptami Vrat** with devotion. The **king and queen observed the fast with full faith, worshipped Lord Vishnu and Surya Dev**, and as a result, they were blessed with a radiant and intelligent son.

This story highlights the **spiritual power of Kamada Saptami Vrat in fulfilling desires, especially for childless couples**.

Kamada Saptami Vrat Puja Vidhi (Worship Procedure)

Observing the **Kamada Saptami Vrat** with proper rituals brings immense benefits. The procedure is as follows:

1. Morning Bath and Sankalp (Resolution)

Wake up early in the morning, take a bath, and wear clean clothes.

Make a resolution (sankalp) to observe the fast and seek the blessings of Lord Vishnu and Surya Dev.

2. Rules of the Fast

The devotee should observe **a complete fast throughout the day**. If a complete fast is not possible, **fruits and milk** can be consumed.

Only **satvik (pure vegetarian) food** should be eaten, avoiding any tamasic (impure) foods.



3. Worship Rituals

- Place a yellow cloth on a sacred altar and install an idol or image of **Lord Vishnu and Surya Dev**.
- Offer **yellow flowers, rice grains (akshat), sandalwood, incense, and basil leaves (Tulsi)** to the deity.
- Perform an **abhishek (holy bath)** of **Lord Vishnu with Ganga water and Panchamrit** (a mixture of milk, curd, ghee, honey, and sugar).
- Offer **jaggery, sesame seeds, rice, and kheer** (sweet rice pudding made with milk) as bhog (holy offering).

4. Offering Water to Surya Dev (Arghya)

- Offering Arghya (water) to Surya Dev is considered highly auspicious on this day.
- Take a **copper vessel**, fill it with water, add red flowers and jaggery, and offer it to the rising Sun while chanting Surya Mantras.

For Lord Vishnu:

ॐ नमो भगवते वासुदेवाय नमः।

ॐ नारायणाय विद्महे वासुदेवाय धीमहि तन्नो विष्णुः प्रचोदयात्।



For Surya Dev:

ॐ घृणिः सूर्याय नमः।

ॐ ह्रीं ह्रीं सूर्याय नमः।

ॐ आदित्याय च विद्महे दिवाकराय धीमहि तन्नो सूर्यः प्रचोदयात्।

Aarti and Prasad Distribution

- Perform **Aarti (divine song)** of Lord Vishnu and Surya Dev.
- **Distribute prasad** (offering) to family members and Brahmins.

Benefits of Kamada Saptami Vrat

- **Fulfills all desires and wishes.**
- **Brings happiness and harmony in married life.**
- **Blesses childless couples with offspring.**
- **Sun God's blessings bring health, radiance, and success.**
- **Grants freedom from sins and suffering.**



Parana

The fast is concluded the next morning **by offering prayers and feeding Brahmins.**

After that, **devotees can eat fruits or simple satvik food.**

Kamada Saptami Vrat is a **sacred Hindu fast observed for happiness, prosperity, and fulfillment of desires.**

Dedicated to **Lord Vishnu and Surya Dev**, it is especially beneficial for those **seeking children, success, and relief from troubles.** When performed with devotion, it brings **divine grace and upliftment in life.**

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