



Ancient Vedic Mantras and Rituals





Chaitra Navratri 2025 – Navratri 6th Day | नवरात्रि का छठा दिन – माँ कात्यायनी | PDF

On the sixth day of Navratri, devotees worship **Maa Katyayani**, the sixth form of Goddess Durga. She is considered the symbol of strength and courage. According to legend, she was born to Sage Katyayan, which is why she is called Katyayani. Worshiping Maa Katyayani grants devotees the power to overcome enemies and face adversities.

The Form of Maa Katyayani

- **Appearance:** Maa Katyayani is a four-armed goddess with a radiant golden aura. She holds a sword in one hand and a lotus flower in another. Her other two hands display the gestures of blessing (Varada Mudra) and protection (Abhaya Mudra).
- **Vehicle:** Her vehicle is a lion, symbolizing courage and power.
- **Aura:** Her appearance is brilliant and fierce, representing her divine and warrior form.



The Story of Maa Katyayani

According to the mythology, Maa Katyayani was born as the daughter of Sage Katyayan. When the demon Mahishasura began tormenting the world, the gods prayed to the Goddess for help. Maa Katyayani appeared and destroyed Mahishasura, freeing the gods from his tyranny. She is the ultimate example of feminine power and bravery, standing against injustice and evil.

Worship Method of Maa Katyayani

- **Purification and Clean Clothes:** Take a bath in the morning and wear clean clothes. Clean and purify the place of worship.
- **Kalash Sthapana (Installation of the sacred pot):** Place a sacred pot (Kalash) in front of the idol or image of Maa Katyayani.
- **Puja Materials:** Use white flowers, rice (Akshat), vermilion (Sindoor), Kumkum, a ghee lamp, and incense for the ritual.
- **Chanting Mantras:** Recite the following mantras during the worship of Maa Katyayani:
 - **Dhyana Mantra (Meditation mantra):**
Chandrasahsojjvalakara Shardulavaravahana I
Katyayani Shubham Dadyad Devi Danavaghathini II
 - **Mool Mantra (Main mantra):**
Om Devi Katyayanyai Namah II
- **Offering (Bhog):** Offer honey to Maa Katyayani as it is her favorite offering.
- **Aarti:** Conclude the puja by performing the Aarti and lighting a ghee lamp in her honor.



Maa Katyayani Stotra (Hymn to Maa Katyayani)

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

Purpose and Benefits of Worship

Worshipping Maa Katyayani bestows courage, strength, and confidence upon her devotees.

She removes all kinds of fear and obstacles from the lives of her followers.

Her blessings lead to victory over enemies.

Through her worship, the **Ajna Chakra** (the third eye chakra, which governs intuition and wisdom) is awakened in the devotee, promoting spiritual insight and focus.

Fruits of Worship

By worshipping Maa Katyayani on Navratri, devotees gain physical strength, courage, and patience. She brings happiness, peace, and prosperity to their lives. Her blessings help in overcoming enemies, and she grants success in all endeavors by eliminating negative forces from the devotee's life.



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