



Ancient Vedic Mantras and Rituals





Mesh Sankranti 2025 | मेष संक्रांति की तिथि और सूर्य के राशि परिवर्तन का महत्व | PDF

In Indian culture, the transit of the Sun (Surya Sankranti) holds great significance. There are a total of 12 Sankrantis in a year, among which Mesh Sankranti (Aries Transit) has special religious and astrological importance. In some regions, it is also referred to as *Baisakh Sankranti*, as it falls in the month of Baisakh. This is the time when the Sun moves from Pisces (Meen) into Aries (Mesh).

This day symbolizes the New Year, new energy, and fresh beginnings. In this article, we will explore in detail what Mesh Sankranti is, the mythological and astrological stories behind it, what one should do on this day, and why it is considered important.

What is Mesh Sankranti?

The word *Sankranti* means change of position or transition. When the Sun moves from one zodiac sign to another, that moment is called *Sankranti*. When the Sun transitions from Pisces into Aries, it is called *Mesh Sankranti*.





According to astrology, Aries is the exalted sign of the Sun. When the Sun enters Aries, it marks the beginning of a new solar year. For this reason, many Indian calendars consider Mesh Sankranti as the start of the New Year.

Mythological Stories Associated with Mesh Sankranti

There is no single story related to Mesh Sankranti; rather, it is associated with multiple beliefs and traditions. Here are a few prominent legends:

1. Journey of the Sun and Earth

It is believed that when the Sun begins its northward journey (*Uttarayan*) from *Makar Sankranti*, its first significant transition is into Aries. During this time, the Earth is closest to the Sun, leading to a greater flow of energy and life. It is regarded as a time of renewal for nature.

2. Connection with Parashurama Jayanti

In many places, Mesh Sankranti is celebrated as the birth anniversary of Lord Parashurama, the sixth incarnation of Lord Vishnu. He is worshipped as the protector of Brahmins. On this day, people observe fasts, perform rituals, and listen to the stories of Lord Parashurama.

3. The Descent of River Ganga

Some mythological accounts suggest that it was on this day that the River Ganga descended to Earth due to King Bhagirath's penance. Hence, taking a dip in the Ganga or other holy rivers is considered highly auspicious on this day.



Religious and Astrological Significance of Mesh Sankranti

1. Beginning of the New Year

According to the Hindu solar calendar, this day marks the beginning of the solar New Year. In various states of India, festivals like *Baisakhi* in Punjab, *Vishu* in Kerala, *Puthandu* in Tamil Nadu, *Bohag Bihu* in Assam, and *Pana Sankranti* in Odisha are celebrated around this time—each coinciding with Mesh Sankranti.

2. Flow of Positive Energy

From an astrological perspective, when the Sun enters Aries, it is in its exalted position, bringing vitality, enthusiasm, and inner strength. It is considered an excellent time to start new ventures.

3. Period of Merit (Punyakal)

This day is ideal for taking a holy dip, giving charity, and chanting mantras. Worshipping the Sun, feeding cows, and donating food or clothes to the needy are considered highly meritorious.

What to Do on Mesh Sankranti?

1. Bathe Early in the Morning

One should rise before sunrise and bathe in holy rivers or use water mixed with Ganga Jal at home. This purifies the body and mind and provides spiritual energy.



2. Offer Arghya to the Sun

After bathing, offer water to the Sun God. Use a copper vessel filled with water, red flowers, rice (Akshat), and vermilion, and offer it facing the Sun. This brings progress, health, and prosperity.

3. Fasting and Worship

Observe a fast and worship Lord Surya (Sun), Lord Vishnu, and Lord Parashurama. Offer Tulsi leaves, clarified butter lamps, jaggery, rice, and red flowers during the puja.

4. Charity and Good Deeds

Giving charity on this day holds immense value. Donate clothes, food grains, fruits, jaggery, copper, and ghee to the poor. This helps in cleansing sins and gaining merit.

5. Celebrate Parashurama Jayanti

If your region observes Parashurama Jayanti on this day, perform rituals in front of his idol or picture using incense, lamps, sandalwood, and flowers. Reading or listening to stories from his life is also considered beneficial.

Astrological Remedies for Mesh Sankranti

- Chant the mantra **“Om Ghrinih Suryaya Namah”** 108 times while offering water to the Sun.
- Offer red cloth and jaggery to the Sun God.
- Donate water in a copper vessel to someone in need.
- Since the Sun represents vitality and inner strength, starting something new on this day is considered highly auspicious.



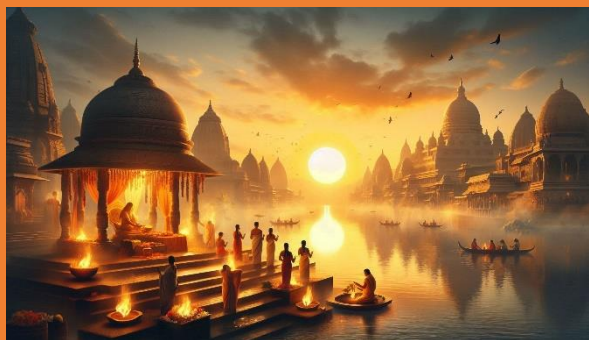
The Spiritual Message of Mesh Sankranti

Mesh Sankranti reminds us that just as the Sun enters its exalted sign and energizes the entire creation, we too should infuse positivity, energy, and productivity into our lives. This day symbolizes self-reflection, new beginnings, and spiritual upliftment.

Mesh Sankranti is not just an astronomical event—it is a festival of fresh starts, enthusiasm, and vitality. It awakens the dormant energy within us and inspires us to begin anew. Through rituals like bathing, charity, chanting, fasting, and worship, we not only purify ourselves but also spread positivity in society.

So this Mesh Sankranti, take time for self-reflection, make good resolutions, and recognize your inner energy. That is the true essence of this sacred festival.

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