



Ancient Vedic Mantras and Rituals





Mohini Ekadashi Vrat 2025 | मोहीनी एकादशी व्रत: पुण्य, परंपरा और आध्यात्मिक शक्ति का संगम | PDF

In Sanatan Dharma, the Ekadashi fast holds special significance. There are 24 Ekadashis observed in a year, each carrying its own religious, spiritual, and scientific importance. One such sacred fast is **Mohini Ekadashi**, observed on the **Ekadashi (11th day) of the Shukla Paksha (waxing phase of the moon) in the month of Vaishakha**. This fast is considered extremely auspicious and a path to salvation for devotees of Lord Vishnu. It is believed that on this day, **Lord Vishnu took the divine form of Mohini**, and hence the day is known as **Mohini Ekadashi**.

Significance of Mohini Ekadashi

- According to legend, during the **churning of the ocean (Samudra Manthan)**, when the demons tried to snatch the nectar (amrit), Lord Vishnu assumed the enchanting female form of **Mohini**. In this form, He distributed the nectar to the gods and deluded the demons.
- This fast purifies the soul and liberates one from sinful deeds.



Mohini Ekadashi Vrat Vidhi (Rituals)

1. Preparation (Evening of the Dashami – 10th day)

- On the previous evening (Dashami), one should eat **satvik (pure vegetarian) food**.
- After sunset, avoid tamasic food like **garlic, onion, meat, alcohol, and grains**.
- Maintain **mental and physical purity**.

2. On the Day of Ekadashi

- Wake up before sunrise and **bathe**, preferably using **Ganga water**.
- **Adorn Lord Vishnu** with yellow clothes and offer **Tulsi leaves**.
- Take a vow:
“I am observing the Mohini Ekadashi fast for Lord Vishnu. Please purify me.”
- Observe **complete fasting**. If full fasting isn't possible, one may consume **fruits and milk-based foods**.

3. Puja Procedure

- Offer **flowers, incense, lamp, sandalwood, rice (akshat), Tulsi leaves, and Naivedya** to Lord Vishnu.
- Recite **Vishnu Sahasranama** or **Vishnu Chalisa**.
- Chant the mantra: **“Om Namo Bhagavate Vasudevaya”**.



4. Night Vigil

Sing **bhajans**, perform **kirtan**, and read **scriptures** dedicated to Lord Vishnu through the night.

Staying awake at night is considered highly meritorious.

5. Parana (Breaking the Fast)

On **Dwadashi** (12th day), after sunrise, feed **Brahmins or the poor**, and donate clothes.

Then consume **satvik food** yourself to complete the fast.

What to Eat and Avoid on Mohini Ekadashi

Permitted Foods

- Fruits (banana, apple, papaya, etc.)
- Milk and milk products (curd, makhana)
- **Sago (sabudana), water chestnut flour (singhara atta), amaranth flour (rajgira atta)**
- **Potatoes, sweet potatoes, peanuts**
- Plain **rock salt (sendha namak)**

Avoid

- All grains (wheat, rice, pulses, etc.)
- Non-vegetarian food, garlic, onion
- Fried foods, refined flour, bakery items
- Alcohol, cigarettes, tobacco, etc.



Mohini Ekadashi Vrat Katha (Story)

In ancient times, there was a pious king named **Dhritiman**, who ruled over a city called **Chandravati**. He was highly religious and cared deeply for his people. One day, he asked sages about the significance of Ekadashi.

Sage **Vashishtha** narrated that the **Ekadashi of the Shukla Paksha in Vaishakha month** is called **Mohini Ekadashi**. On this day, **Lord Vishnu took the form of Mohini**, deluded the demons, and gave nectar to the gods.

Observing this fast **destroys all sins, liberates ancestors, and brings peace and happiness** in life.

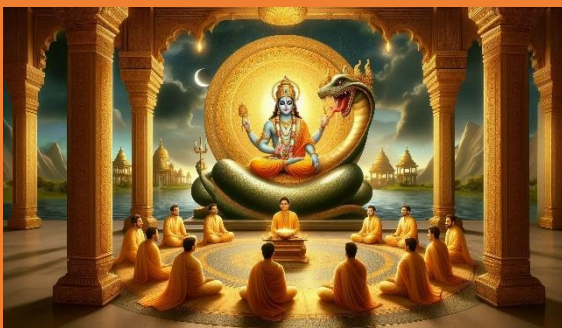
Benefits of Observing Mohini Ekadashi

- **Freedom from sins:** It cleanses even sins from past lives.
- **Attainment of salvation (moksha):** Purifies the soul and helps attain liberation.
- **Physical and mental purification:** Fasting detoxifies the body.
- **Mental peace and positivity:** Devotion brings inner calm and spiritual joy.
- **Family harmony and prosperity:** Brings peace and abundance to the household.
- **Marital bliss:** When couples observe this fast together, their bond strengthens.
- **Spiritual growth:** Regular observance enhances the connection with the Divine.

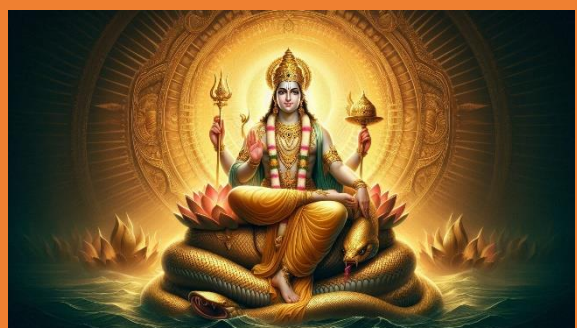


Mohini Ekadashi is not only religiously significant but also a means of instilling **discipline, purity, and spiritual progress** in life. Observing this vrat with **faith and devotion** helps a person attain **lasting peace, joy, and ultimately, liberation (moksha)**. Everyone, especially those who wish to walk the spiritual path, should definitely observe this sacred fast.

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