



# Ancient Vedic Mantras and Rituals





## Narasimha Chaturdashi Vrat | नरसिंह चतुर्दशी व्रत: भय से मुक्ति और भक्तों की रक्षा का पर्व | PDF

**Narasimha Chaturdashi Vrat** is observed to worship Lord Narasimha, the fourth incarnation of Lord Vishnu. This fast is celebrated on the **Chaturdashi tithi (14th lunar day) of Shukla Paksha in the month of Vaishakh**. According to religious belief, on this day, Lord Vishnu incarnated as Narasimha to protect his devotee Prahlad and kill the tyrant demon Hiranyakashipu. This day is also known as **Narasimha Jayanti**.

This fast and worship are performed for **the destruction of evil forces, freedom from fear, relief from diseases, and protection of dharma**. A person who observes this fast with devotion and discipline is believed to be freed from fear, difficulties, and sorrows in life.

### Appearance of Lord Narasimha

The form of Lord Narasimha is half-man and half-lion. He has the face of a lion and the body of a man.



He killed Hiranyakashipu **neither during the day nor at night, neither on land nor in the sky, neither with a weapon nor with a tool, but at twilight, on a threshold, placing him on His lap, and using His claws.** This incarnation symbolizes the **victory of dharma (righteousness) over adharma (unrighteousness).**

### **Legend of Narasimha Chaturdashi**

Long ago, there was a demon king named **Hiranyakashipu**, who had received a boon from Lord Brahma that he could not be killed by any man or animal, not during the day or night, not indoors or outdoors, and not with any weapon or tool. Because of this boon, he became arrogant and declared himself to be God. He banned the worship of Lord Vishnu in his kingdom. However, his son **Prahlad** was a devoted follower of Lord Vishnu and disobeyed his father's orders. Hiranyakashipu made several attempts to kill Prahlad, but Lord Vishnu protected him each time.

Eventually, Hiranyakashipu asked Prahlad, "Is your God everywhere?" Prahlad replied, "Yes, He is present in every particle." In a fit of rage, Hiranyakashipu kicked a pillar and asked, "Is He in this pillar too?"

At that moment, the pillar cracked open and **Lord Narasimha emerged** from it. He killed Hiranyakashipu **at twilight, on the threshold, placing him on His lap, and using His claws**—thus maintaining the conditions of the boon and destroying the demon.



## Worship Method of Narasimha Chaturdashi Vrat

### 1. Preparations:

- The devotee should eat only sattvic (pure) food a day before the fast.
- Observe celibacy and follow spiritual discipline while remembering God.

### 2. Morning Rituals:

- Wake up before sunrise and bathe.
- Wear clean clothes and prepare a place for the worship of Lord Narasimha.
- Purify the area with Gangajal or cow urine.

### 3. Install the Idol or Picture:

- Offer yellow clothes to the idol or picture.
- Apply sandalwood paste, roli, and rice grains (akshat) as tilak.
- Offer flowers, garlands, incense, and lamps.

### 4. Vow (Sankalp):

- Take water in both hands and make a vow to observe the fast:  
*"I undertake the Narasimha Chaturdashi fast today to free myself from fear, difficulties, and sins."*



## 6. Listen to the Story:

Read or listen to the story of Narasimha Avatar (as mentioned above).

## 7. Offerings (Bhog):

Offer fruits, sweets, panchamrit, dry fruits, and tulsi leaves to the Lord.

## 8. Aarti:

Perform the aarti of Lord Narasimha and offer incense and lamps.

Ring bells and worship together with the family.

## What to Do on Narasimha Chaturdashi

- Observe celibacy and spiritual restraint.
- Avoid falsehood, deceit, violence, alcohol, and meat.
- Perform charity — donate clothes, food, water vessels, umbrellas, footwear, and money.
- Visit a temple and recite the Vishnu Sahasranama.
- Bathe the deity with tulsi water and Gangajal.



## What Not to Do on This Day

- Avoid lying or deceiving others.
- Do not consume meat, alcohol, onions, or garlic.
- Refrain from anger, jealousy, and hatred.
- Avoid using mobile phones, TV, and social media during the night vigil.

## Importance of Night Worship

- The main worship of Narasimha Chaturdashi is done **at night**, as Lord Narasimha appeared at **twilight**. Night worship is considered especially auspicious.
- Recite **Vishnu Sahasranama**, **Narasimha Chalisa**, or **Narasimha Stotra** at night.
- Perform a night vigil and break the fast (Parana) the next day after sunrise.

## Vrat Parana (Breaking the Fast) the Next Day

- Feed Brahmins or donate food and essentials to them.
- After that, eat sattvic food yourself.
- Thank the Lord while concluding the fast.



## Benefits of Narasimha Chaturdashi Vrat

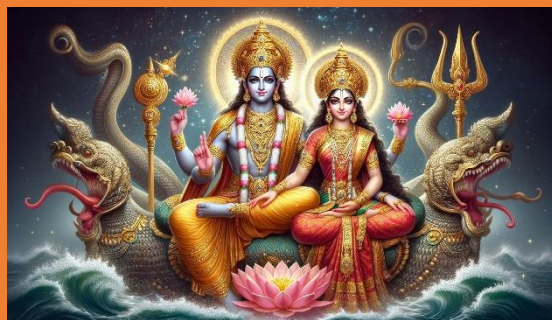
1. **Freedom from fear** – This fast removes deep-seated fears and phobias.
2. **Cure of diseases** – It is believed to be a powerful remedy for incurable diseases.
3. **Destruction of evil forces** – Offers protection from negativity, black magic, and evil eye.
4. **Spiritual growth** – Leads the devotee toward righteousness, devotion, and good deeds.
5. **Wish fulfillment** – When observed with sincere faith, this fast fulfills all desires.

Narasimha Chaturdashi Vrat not only **empowers spiritually**, but also symbolizes **divine justice** in the battle between dharma and adharma. This day teaches us that **truth and devotion always prevail**, no matter how difficult the circumstances. With Lord Narasimha's grace, all problems in life are resolved, and the devotee attains inner peace and divine blessings.

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