



Ancient Vedic Mantras and Rituals





Shani Pradosh Vrat | शनि प्रदोष व्रत: शनि दोष से मुक्ति का सरल उपाय | PDF

Shani Pradosh Vrat is a special type of fast dedicated to Lord Shiva and Shani Dev in Hinduism. This fast occurs on the Trayodashi date of every month, but when it falls on a Saturday, it is called Shani Pradosh Vrat.

This fast is observed to calm the influence of the planet Shani, seek freedom from Shani dosha, and receive the blessings of Lord Shiva. According to Hindu astrology, Shani is considered the judge of actions. The malefic effects of Shani bring obstacles, difficulties, and suffering in life. Shani Pradosh Vrat is believed to help remove these obstacles and bring prosperity.

Importance of Shani Pradosh Vrat

- **Freedom from Shani Dosha**

Shani Dev is considered the deity of karma and justice. When the Shani planet is in an unfavorable position in a person's horoscope, they face many difficulties in life. Through Shani Pradosh Vrat, Shani Dev can be pleased.



- **Blessings of Lord Shiva**

During this fast, Lord Shiva is worshipped. Lord Shiva is known as “Tripurari,” the lord of all planets. Worshipping him calms all planetary doshas.

- **Wealth, Health, and Peace**

It is believed that observing Shani Pradosh Vrat brings wealth, health, and peace into one's life. This fast destroys sins and provides spiritual advancement.

- **Improvement of Karma**

Shani Dev gives results based on a person's actions. This fast helps a person get rid of bad actions and improve their life.

- **Relief from Diseases and Obstacles**

This fast is also observed to remove physical and mental ailments. The blessings of Lord Shiva and Shani Dev help remove all obstacles in life.

Shri Shani Dev Aarti

- **Preparation for the Fast**

Take a bath at Brahma Muhurat on Saturday and wear clean clothes.

Make a vow to worship Lord Shiva and Shani Dev.

During the fast, follow a sattvic diet or observe a waterless fast.

- **Items Required for Worship**

Gangajal, milk, curd, honey, and Belpatra for offering to Shivling.

Mustard oil, black sesame seeds, and blue flowers for Shani Dev's worship.

Incense sticks, lamps, sandalwood, rice, and fruits.



- **Time of Worship**

Shani Pradosh Vrat worship is performed in the evening during Pradosh Kaal. This time is from approximately 1.5 hours before sunset to 1.5 hours after sunset.

- **Worship Procedure**

Clean the worship place and place the idol or picture of Lord Shiva and Shani Dev.

Offer Gangajal, milk, curd, honey, and Belpatra to Shivling.

Offer mustard oil and black sesame seeds to Shani Dev.

Light incense and lamps to begin the worship.

Chant the mantra “Om Namah Shivaya.”

Chant “Om Sham Shaneshcharaya Namah” 108 times.

Recite the Shiv Purana and Shani Stotra.

- **Listening to the Story**

Listening to or reading the Shani Pradosh Vrat Katha is an important part of the fast. This story narrates the events related to Lord Shiva and Shani Dev and their miraculous effects.

- **Aarti and Prasad**

At the end of the worship, perform the aarti of Lord Shiva and Shani Dev.

Distribute prasad and follow the fast.

Shani Pradosh Vrat Katha

In ancient times, there was a rich merchant in a town, who was full of wealth and luxury. The merchant was extremely kind-hearted and charitable. No one ever returned empty-handed from his door.



No one ever returned empty-handed from his door. He always helped the needy and was a leading figure in giving charity. However, despite making others happy, the merchant and his wife were suffering deeply. Their greatest sorrow was that they had no children.

The merchant and his wife decided to go on a pilgrimage to overcome this sorrow and seek the blessings of God. After entrusting their responsibilities to the servants, they set off for the pilgrimage. Outside the town, they saw a radiant sage sitting in meditation under a large tree. They decided to take the blessings of the sage before starting their journey.

The couple went to the sage, folded their hands, and waited for the sage to come out of his meditation. From morning to evening and then through the night, the sage did not come out of his meditation. Despite this, the merchant and his wife patiently sat there, keeping their hands folded.

The next morning, when the sage finished his meditation, he smiled softly upon seeing the couple in front of him. Blessing them, he said, "I understand the suffering of your heart. Your patience and devotion have pleased me greatly." The sage told them the method of Shani Pradosh Vrat and explained its significance.

After their pilgrimage, the merchant and his wife returned home and began performing the Shani Pradosh Vrat as instructed by the sage. Over time, their devotion bore fruit, and the merchant's wife gave birth to a beautiful son.

Due to the effects of Shani Pradosh Vrat, the darkness in their lives ended. Their home filled with happiness, and they lived a joyful life.



Rules for Shani Pradosh Vrat

- The person observing the fast should maintain celibacy and self-control throughout the day.
- One should avoid lying, getting angry, or committing bad deeds.
- Only fruits should be consumed during the fast, or one should observe a waterless fast.
- The worship materials should be pure, and the worship should be done with complete devotion.

Benefits of Shani Pradosh Vrat

- **Remedy for Shani Dosha**
If Shani's Sade Sati or Dhaiya is having an adverse effect in one's horoscope, this fast helps calm it.
- **Freedom from Troubles**
This fast removes all the troubles and difficulties in life.
- **Spiritual Advancement**
This fast purifies the soul and brings the person closer to God.
- **Wealth, Prosperity, and Affluence**
Observing Shani Pradosh Vrat brings wealth, prosperity, and success into one's life.
- **Relief from Diseases**
This fast cures both physical and mental diseases.



Important Points to Note in Shani Pradosh Vrat

Worship the Peepal tree and offer mustard oil.

Donate to the needy, especially black sesame seeds, black clothes, and iron items.

Stay away from anger, pride, and bad company.

Maintain a calm and steady mind while worshipping Shani Dev and Lord Shiva.

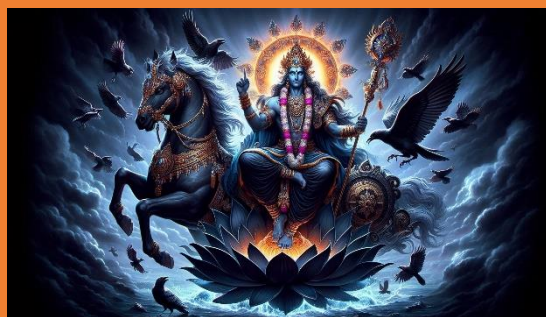
Shani Pradosh Vrat is a powerful means of receiving the blessings of Lord Shiva and Shani Dev. This fast removes obstacles in life and brings prosperity. If done with full devotion and sincerity, it can free a person from all the troubles of life.

Shani Pradosh Vrat is not only a religious activity but also a path to self-purification and mental peace. It inspires an understanding of the importance of actions in life and motivates one to act in a positive direction.

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