



# Ancient Vedic Mantras and Rituals





## Shanidev Jayanti | शनि देव जयंती - शनि देव की आराधना से खुलते भाग्य के द्वार | PDF

In Hinduism, Lord Shani (Saturn) is considered the **God of Justice**. He rewards or punishes individuals based on their karma (deeds). His gaze is believed to have the power to transform one's life—either towards progress or through trials and hardships. **Shani Jayanti** is a special day celebrated to honor his birth and seek his blessings for justice, discipline, and prosperity. It falls on the **Amavasya (new moon)** day of the Hindu month of **Jyeshtha** and is also known as **Shani Prakatya Diwas** (manifestation day).

### What is Shani Jayanti?

Shani Jayanti marks the **birth of Lord Shani**, the son of **Surya (the Sun God)** and **Chhaya (also known as Savarna)**. According to scriptures, Shani was born on the **Amavasya of Jyeshtha month**, and this day is considered extremely auspicious and spiritually powerful. Hence, it is celebrated as his **manifestation day**.



## Story of Lord Shani's Birth

As per the Puranas, Lord Surya's consort Chhaya undertook deep penance and austerity, and as a result, she gave birth to Lord Shani. Due to the intensity of her penance, the child in the womb absorbed that energy and was born with a dark complexion. Surya, surprised and doubtful about the child's appearance, refused to accept him. In anger and pain, Shani gazed at his father, and the heat and brightness of the Sun began to diminish. Eventually, the gods intervened and mediated peace between father and son.

This story reflects Shani's inherent qualities—**justice, austerity, self-restraint, and seriousness**. He is a strict yet fair deity, known to grant the results of one's actions without bias.

## Key Characteristics of Lord Shani

- One of the nine major celestial bodies (Navagraha).
- Known for moving slowly across the zodiac (hence the name "Shani" meaning slow).
- The **Sade Sati** and **Dhaiya** phases of Saturn are said to deeply affect human lives.
- Lord Shani keeps strict accounts of one's good and bad deeds.
- His influence can lead to great hardships or extraordinary success.



## Why is Shani Jayanti Celebrated?

- **As a Commemoration of Lord Shani's Birth:**  
Devotees offer special prayers and remember him with great devotion.
- **To Increase Awareness of Karma:**  
Shani symbolizes the principle of karma. The day inspires self-reflection and encourages righteous actions.
- **To Alleviate the Malefic Effects of Saturn:**  
People suffering from Saturn-related doshas like Sade Sati, Dhaiya, or Mahadasha perform remedies and rituals for relief.
- **To Follow Dharma and Discipline:**  
The day inspires the practice of patience, truthfulness, justice, and spiritual discipline.

## What to Do on Shani Jayanti?

### Perform Shani Puja:

- Bathe early and wear clean, preferably black or dark blue clothes.
- Light a mustard oil lamp under a Peepal tree.
- Chant **Shani Chalisa**, **Shani Stotra**, and **Hanuman Chalisa**.
- Recite the mantra: "*Om Sham Shanicharaya Namah*" 108 times.

### Donate Black Items:

Offer black sesame seeds, black clothes, iron, mustard oil, and blankets to the poor.

- **Use Sesame in Rituals:**  
Bathe using water mixed with black sesame seeds.
  - **Worship the Peepal Tree:**  
Pour water at its roots and circumambulate it seven times.
  - **Feed the Poor:**  
Offer food to the hungry and donate essential items.
- Offer Food and Dakshina to Brahmins:**  
Feeding learned Brahmins and offering gifts is considered highly auspicious.
- **Worship Lord Hanuman:**  
Hanuman's blessings are believed to calm Saturn's fierce influence.

### What Not to Do on Shani Jayanti?

- **Avoid Lying or Deceiving Others:**  
Shani is the symbol of truth and justice. Injustice on this day invites his displeasure.
- **Don't Gossip or Slander:**  
Speaking ill of others angers Shani.
- **Refrain from Alcohol and Meat:**  
Only consume sattvic (pure and vegetarian) food.
- **Don't Intentionally Harm Anyone:**  
Avoid causing physical or emotional pain to others.
- **Handle Oil with Respect:**  
Oil, a sacred offering in Shani puja, should not be spilled or used carelessly.





## Spiritual Significance of Shani Jayanti

- **Self-Purification:**  
This day encourages deep introspection to identify one's flaws and work on them.
- **Understanding Karma:**  
A reminder that all actions—good or bad—bear fruit in due time.
- **Inspiration for Justice:**  
Shani's devotion to fairness encourages us to be just and impartial in life.
- **Teaches Patience and Endurance:**  
Since Saturn moves slowly, it tests our perseverance and teaches the value of time and patience.
- **Path to Relief from Suffering:**  
Rituals and devotion on this day can reduce problems like financial troubles, diseases, and delays.

Many devotees also observe a **fast (vrat)** on this day. Fasting is believed to purify the body, mind, and soul. Wearing black, meditating on Lord Shani, listening to spiritual discourses, and performing selfless service are considered especially meritorious.

**Shani Jayanti** is not just a celebration—it is a **spiritual opportunity for transformation**. It reminds us to walk the path of **truth, discipline, and justice**, to examine our karma, and to purify our thoughts and actions.



# THANKS FOR READING



READ MORE RELIGIOUS  
CONTENT ON



[vedicprayers.com](https://vedicprayers.com)



Follow us on:

