



Ancient Vedic Mantras and Rituals





Why is Hanuman ji worshipped on Tuesday?

| हनुमान जी को मंगलवार को क्यों पूजा जाता है? |

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In India, the worship of deities has a profound and sacred history. Each day of the week is dedicated to a specific deity. Just like Monday is dedicated to Lord Shiva, Thursday to Brihaspati (Jupiter), and Saturday to Lord Shani, Tuesday is considered the special day for the mighty Lord Hanuman. On this day, devotees perform worship, observe fasts, and chant mantras in his honor, which is believed to bring immense benefits. But have you ever wondered why Tuesday is specifically dedicated to Lord Hanuman? There are several mythological, astrological, and spiritual reasons behind this.

Mythological Connection Between Hanuman Ji and Tuesday

1. Relation to Events in the Ramayana

Hanuman Ji's entire life and deeds were devoted to serving and worshipping Lord Rama. It is believed that the day Hanuman Ji first leaped into Lanka in search of Sita Mata was a Tuesday.



2. Lord Hanuman as the Ruler of Mars (Mangal)

According to Vedic astrology, Mars (Mangal) — also called 'Bhaum' — is associated with courage, energy, blood, strength, and land. When Mars is afflicted in a horoscope (Mangal Dosh), it can cause issues in marriage, health problems, or excessive anger. Hanuman Ji is considered the controller and pacifier of Mars. Worshipping him helps to reduce the malefic effects of this planet.

3. Destroyer of Evil Forces

Tuesday is also considered an auspicious day to eliminate negative energies such as black magic, evil spirits, and bad omens. Hanuman Ji, known as "Sankatmochan" (reliever of distress) and "Bhoot-Pisach Nikatan," removes all kinds of evil influences. Worshipping him on Tuesdays enhances positivity and spiritual protection.

Benefits of Worshipping Hanuman Ji on Tuesday

1. Relief from Mangal Dosh

People suffering from Mangal Dosh in their birth charts (especially affecting marriage) can find relief through fasting and worshipping Hanuman Ji on Tuesdays.

2. Increase in Physical and Mental Strength

Hanuman Ji symbolizes strength, intelligence, and wisdom. Worshipping him boosts self-confidence and inner strength. Students, athletes, soldiers, and those dealing with mental stress can especially benefit.



3. Protection from Negative Energies

Reciting Hanuman Chalisa, Bajrang Baan, or Hanuman Ashtak on Tuesdays helps ward off evil eyes, black magic, and ghostly afflictions.

4. Relief from Diseases and Suffering

Hanuman Ji is associated with healing, as he brought the Sanjeevani herb to save Lakshman's life. Prayers to him on Tuesdays are believed to offer protection from illnesses and physical distress.

How to Worship Hanuman Ji on Tuesday

- Bathe early in the morning and wear red clothes.
- Offer mustard oil and sindoor (vermilion) to Hanuman Ji.
- Offer red flowers, red sweets (like laddus or boondi), and coconut.
- Recite Hanuman Chalisa, Bajrang Baan, or Sundarkand.
- Light a lamp and perform Aarti (ritual of light).
- If fasting, consume only fruits or light satvik meals once a day.

Significance of Tuesday Fasting

Many devotees observe fasts on Tuesdays to receive Hanuman Ji's blessings and to calm the Mars planet. Satvik food like fruits, milk, sago, and peanuts is consumed. Some even continue this fast for 21 consecutive Tuesdays.

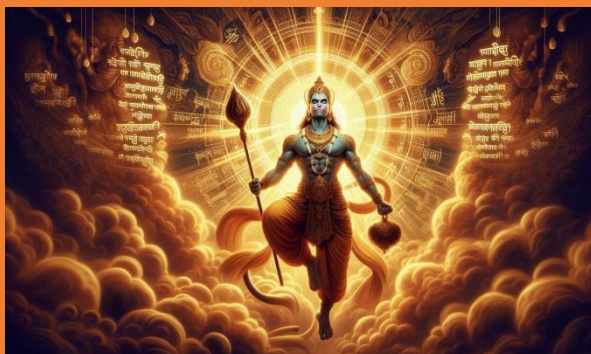
Benefits of Tuesday Fasting

- Removal of obstacles in marriage
- Recovery from illnesses
- Success in job or business
- Protection of children
- Boost in self-confidence and courage

Special Rules to Follow on Tuesdays

- Maintain celibacy (brahmacharya)
- Avoid tamasic foods like meat, alcohol, onion, and garlic
- Feed rotis and jaggery to cows and bananas to monkeys
- Do **not** offer Tulsi (holy basil) to Hanuman Ji, as it is reserved for Lord Vishnu
- Worshipping Hanuman Ji on Tuesday is not just a religious tradition; it has deep mythological, astrological, and spiritual significance. Whether it's seeking freedom from difficulties, gaining strength, healing from illness, or calming Mars, everything is believed to be possible through sincere devotion to Hanuman Ji on this sacred day. Devotees should worship him with full faith and dedication and experience his divine grace in their lives.

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