



# Ancient Vedic Mantras and Rituals





## Vat Purnima Vrat | वट पूर्णिमा व्रत क्यों और कैसे करें? जानिए सम्पूर्ण जानकारी | PDF

**Vat Purnima Vrat** holds special significance in Hinduism and is observed especially by married women for the **long life, prosperity, and well-being of their husbands**, as well as for **blessings of children**. This fast is observed on the **full moon day (Purnima)** of the **Jyeshtha month**. On this day, women worship the **Vat tree (banyan tree)**, hence the name **“Vat Purnima.”**

The word **‘Vat’** means banyan tree, and **‘Purnima’** means the full moon night. This vrat is mainly celebrated with great devotion in **North India, Maharashtra, Gujarat, and Madhya Pradesh**.

### Why is Vat Purnima Vrat Observed?

Vat Purnima Vrat has **religious, cultural, and mythological importance**. The main beliefs associated with this vrat are:



## 1. The Story of Savitri and Satyavan

The vrat is rooted in the **legend of Savitri and Satyavan**. According to the Puranic tale, Savitri brought her husband Satyavan back from death through her **devotion, penance, and determination**, even defeating Yama, the god of death. This vrat is observed in memory of that divine love, commitment, and strength.

## 2. For Husband's Long Life and Marital Bliss

Married women observe this vrat for the **long life, good health, and happiness of their husbands**, much like **Karwa Chauth** or **Teej Vrat**.

## 3. To Attain Blessings of Children and Fortune

Women who desire children also observe this vrat. It is believed that worshipping the banyan tree on this day brings **blessings of progeny**.

## 4. Religious and Ayurvedic Importance of the Banyan Tree

The **Vat tree** is considered symbolic of the **Trinity – Brahma, Vishnu, and Mahesh (Shiva)**. Sitting under it and worshipping it has both **spiritual and health benefits**.

## How to Perform Vat Purnima Vrat – Rituals & Method

Vat Purnima involves specific rituals and a strict method of worship. Here's what is done on this sacred day:



## 1. Bath and Sankalp (Vow)

Wake up early during **Brahma Muhurat** and take a bath.

Wear clean clothes and take a **vow (sankalp)**:

*“I observe the Vat Purnima Vrat today for the long life, fortune, and well-being of my husband.”*

## 2. Worship of the Vat Tree

Go to a nearby **banyan tree**.

Offer water, red cloth, sacred thread (mauli), bangles, vermilion, flowers, fruits, etc.

## 3. Tying Sacred Thread (Mauli)

Women circumambulate the tree while **tying sacred thread** (mauli) around it.

This is done **7, 11, or 21 times** as per devotion and prayer for husband's life.

## 4. Listening to the Savitri-Satyavan Story

After the puja, the **mythological tale of Savitri and Satyavan** is read or heard.

This teaches the power of devotion, determination, and love in a woman's life.

## 5. Aarti and Distribution of Prasad

Light a lamp, perform **aarti**, and offer **prasad** (roasted gram, jaggery, fruits, etc.).



## What Should Be Done on Vat Purnima Vrat?

- **Follow a Sattvic diet or fast:**  
Women either fast completely or eat only fruits and light food.
- **Maintain faith and devotion:**  
Do not treat it as mere tradition, but observe with sincerity and faith.
- **Help others:**  
Donate clothes, food, or beauty items to poor or needy women.
- **Serve your husband with love:**  
Since the vrat is for his well-being, ensure his comfort and happiness.
- **Avoid negative thoughts or actions:**  
Keep your **mind, speech, and actions pure and positive** throughout the day.

## Benefits of Vat Purnima Vrat

### 1. Husband's Long Life

The vrat is primarily for **husband's health and longevity**, symbolizing the wife's devotion and love.

### 2. Happy Married Life

It strengthens **understanding, love, and bonding** between husband and wife.

### 3. Blessings of Children

Childless women pray during this vrat and are **blessed with children**.



#### 4. Attainment of Merit (Punya)

Donations, fasting, and service done on this day bring **immense spiritual merit**.

#### 5. Spiritual Power and Confidence

Inspired by **Savitri's strength**, women gain **inner courage and self-belief**.

#### 6. Connection with Nature and Health Benefits

Spending time under the **banyan tree** calms the mind and improves physical well-being.

### Impact of Vat Purnima Vrat on Life

#### 1. Brings Positivity

The vrat promotes **love, devotion, and discipline** in life.

#### 2. Increases Patience and Dedication

The story of Savitri teaches that **true love and devotion** can conquer even death.

#### 3. Promotes Family Harmony

Fasting for husband and praying for his well-being brings **family unity and harmony**.

#### 4. Leads to Spiritual Growth

The vrat enhances **spiritual strength** and purifies both **body and soul**.

#### 5. Connects with Tradition and Culture

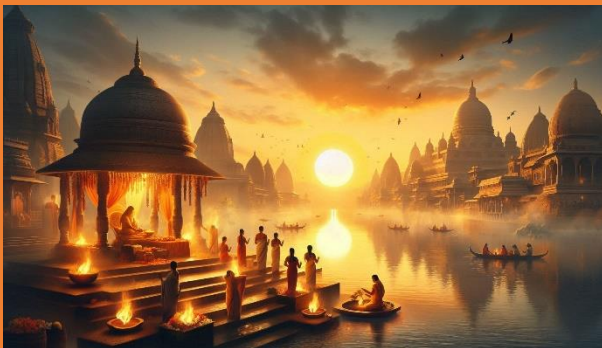
It strengthens the woman's bond with **Indian cultural roots**, faith, and heritage.



Vat Purnima Vrat is a festival of **faith, dedication, and feminine power**. It is not just a ritual for protecting a husband's life, but also a **reflection of a woman's inner strength, love, and spirituality**. The vrat instills **virtues like discipline, devotion, service, and resolve**.

Women who observe this vrat with full devotion are **blessed with all-round happiness and prosperity**. This beautiful tradition helps us understand the **ideal form of womanhood, her strength, and her sacred role in society**.

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