



# Ancient Vedic Mantras and Rituals





## Karka Sankranti 2025 | जानें इसका महत्व, पूजन विधि और दान का पुण्य | PDF

In Indian culture, Surya Sankranti holds immense significance. *Sankranti* means “the transition of the Sun from one zodiac sign to another.” When the Sun leaves the Gemini (Mithun) sign and enters the Cancer (Karka) sign, it is known as **Karka Sankranti**. This event occurs around **16th July every year** and is considered highly important from religious, astrological, and environmental perspectives. Especially in North India, Northeast India, and Nepal, this day is celebrated with various traditions and beliefs.

### What is Karka Sankranti?

Karka Sankranti is the celestial event when the Sun shifts from the northern hemisphere (Uttarayan) to the southern hemisphere (Dakshinayan). In other words, the Sun crosses the Tropic of Cancer and begins to tilt towards the south. This day marks the beginning of *Dakshinayan* and is also known as **Dakshinayan Sankranti**.



The word *Sankranti* is derived from two terms — *San* meaning completeness and *Kranti* meaning change. Thus, when the Sun changes its zodiac position, it is called Sankranti. There are 12 Sankrantis in a year, among which **Makar Sankranti** and **Karka Sankranti** are the most significant.

## **Astrological Significance of Karka Sankranti**

### **1. Zodiac Transition:**

The Sun's entry into the Cancer sign is considered a major astrological event. It marks the time when days begin to shorten, and nights start becoming longer.

### **2. Beginning of Dakshinayan:**

In Hinduism, the Sun's movement toward the south is known as *Dev Shayani* (the divine sleep of the gods). During this period, Lord Vishnu is believed to enter yogic slumber, and auspicious activities are generally avoided.

### **3. Beginning of Pitru Karya Period:**

With Karka Sankranti, rituals related to ancestors (Pitru) such as *Shraddha*, *Tarpan*, and donations begin, marking a spiritually sensitive time.



## Religious Importance

- **Start of Dev Shayani Period:**

From this day begins *Chaturmas*, a period of four months when Lord Vishnu enters deep sleep. This time is dedicated to penance, restraint, meditation, and following religious disciplines.

- **Significance of Donations and Charity:**

Holy river bathing, pilgrimages, feeding Brahmins, and donating food and clothes are considered highly auspicious. It is believed that charity done on this day yields manifold spiritual benefits.

- **Fasting and Worship:**

Many devotees observe fasts and offer prayers to the Sun God. Bathing before sunrise and offering water (*Arghya*) to the Sun is believed to destroy sins.

## What Is Done on Karka Sankranti?

### 1. Holy River Bathing (Ganga Snan and Tirth Snan):

Bathing in sacred rivers like the Ganga, Yamuna, Godavari, and Narmada is highly recommended on this day. After bathing, devotees offer water to the Sun God while chanting the mantra “**Om Suryaya Namah**”.



## 2. Puja, Path, and Havan:

Special pujas are performed at home. Worship of Lord Vishnu and the Sun God is conducted. Some also perform *Havan* and recite holy scriptures such as the *Bhagavad Gita* or *Vishnu Sahasranama*.

## 3. Fasting and Observances:

Many devotees observe a fast, either without water or with only fruits. It is advised to eat sattvic food, engage in satsang, and focus on self-discipline and charity.

## 4. Charity and Giving:

There is a special emphasis on giving donations on this day. Donating **grains, clothes, umbrellas, pots of water, copper, ghee, oil, fruits**, and money (*Dakshina*) is considered highly meritorious. Feeding Brahmins is also encouraged.

## 5. Serving the Needy:

Acts of service are seen as virtuous — feeding the poor, donating clothes to the helpless, and providing food and water to birds and animals are recommended.



## Important Festivals and Regions Related to Karka Sankranti

- In different regions of India, Karka Sankranti is celebrated with varying traditions:
- In **North India**, it is known as *Shravani Sankranti* and includes fasting and charity.
- In **Nepal**, it is observed as *Singh Sankranti*.
- In **Uttarakhand**, it is celebrated as *Harela*, which symbolizes greenery and harvest.
- In **Gujarat and Maharashtra**, special religious events are organized.

## Some Specific Rules and Beliefs Associated with Karka Sankranti

- Cutting hair or nails, or wearing new clothes is considered inauspicious on this day.
- Those observing fasts should practice complete celibacy.
- Tamasic foods such as meat, alcohol, garlic, and onion should be avoided.
- One must practice control over anger, jealousy, and speech.

## Things to Keep in Mind on Karka Sankranti

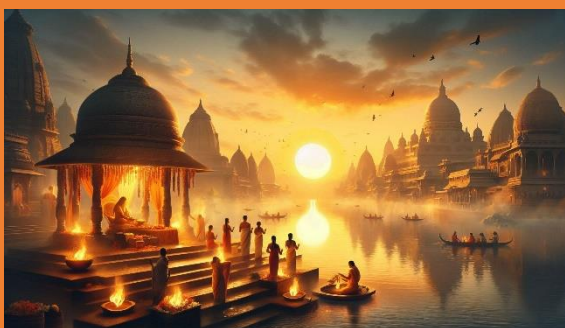
- This is a day of meditation, introspection, and spiritual growth.
- It's ideal to spend time with family and engage in religious activities.
- Even the smallest act of charity done on this day holds great value.



Karka Sankranti is not just a celestial event but a festival of **spiritual awakening and cultural consciousness**. This day teaches us the values of *meditation, charity, restraint, and service*. As the Sun enters the Cancer zodiac sign, it marks the beginning of a new spiritual chapter — encouraging us to invite positivity, balance, and peace into our lives.

Just as the Sun changes its direction, Karka Sankranti inspires us to **self-reflect and bring meaningful change** to our lives. It is a reminder that transformation is a part of nature — and when done with devotion and discipline, it leads to inner enlightenment.

## Related Articles



[Vrischika Sankranti](#)



[Meena Sankranti](#)

# THANKS FOR READING



READ MORE RELIGIOUS  
CONTENT ON



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



Follow us on:

