



Ancient Vedic Mantras and Rituals





Sawan Shivratri 2025 | सावन शिवरात्रि: इस पवित्र दिन पर कौन से कार्य करें और किन्हें करने से बचें | PDF

It is celebrated on the Chaturdashi date of Krishna Paksha of Sawan month (Shravan month). This day is considered especially important for the worship of Lord Shiva and on this day Shiva devotees keep fast, visit temples and perform Abhishek and worship of Lord Shiva.

Method of worship of Sawan Shivratri:

- **Morning bath:** Get up before sunrise, take a bath and wear clean clothes.
- **Abhishekam of Shivling:** Bathe the Shivling with Ganga water, milk, curd, ghee, honey and pure water.
- **Worship Material:** Offer Bilva leaves, Dhatura, Bhaang, Sandalwood, incense, lamp, fruits, flowers and Naivedya (prasada).
- **Mantra Chanting:** Chant the mantra “Om Namah Shivaya” and recite Shiva Chalisa, Shiva Panchakshar Stotra.
- **Night Jagran:** Stay awake on the night of Shivratri and worship Lord Shiva for four times.



Sawan Shivratri Vrat Story:

According to the Sawan Shivratri Vrat Katha, once there was a poor Brahmin who was a great devotee of Lord Shiva. He kept the Sawan Shivratri fast every year and worshipped the Shivling. Seeing his devotion and faith, Lord Shiva appeared before him and fulfilled all his wishes. From this story we learn that with true devotion and faith in Lord Shiva, any difficulty can be overcome and wishes can be fulfilled.

Benefits of Sawan Shivratri:

Fasting and worshipping on Sawan Shivratri brings blessings of Lord Shiva. This fast is especially observed to provide happiness, peace, prosperity and salvation in life. Special worship and adoration of Lord Shiva destroys all kinds of sufferings and sins and the devotee receives the blessings of Lord Shiva.

The festival of Sawan Shivratri is a festival of devotion and reverence for Lord Shiva. By worshipping, fasting and meditating on this day, one can get the grace and blessings of Lord Shiva and get positive changes and success in life.

Beliefs Associated with Sawan Shivratri:

- **Remembrance of the Divine Marriage of Lord Shiva and Goddess Parvati:**

It is believed that on this sacred day, Lord Shiva and Goddess Parvati were married. Therefore, this day is considered especially auspicious for marital bliss, love, and prosperity.



- **An Auspicious Day for Unmarried Girls:**

Unmarried girls observe a fast on this day and pray to attain an ideal and ascetic husband like Lord Shiva.

- **Married Women Pray for the Longevity of Their Husbands:**

Married women observe a fast and worship Lord Shiva and Goddess Parvati on this day, praying for their husband's long life, good health, and family harmony.

- **Liberation from Sins and Attainment of Moksha (Salvation):**

It is believed that observing a fast on Sawan Shivratri and offering water, bel leaves, milk, etc., on the Shivling helps cleanse all sins and leads to liberation from the cycle of birth and death.

- **Special Blessings Through Mantra Chanting:**

Chanting the mantra "Om Namah Shivaya" on this day is considered especially beneficial. It is believed to be very dear to Lord Shiva, and its recitation helps fulfill one's desires.

Interesting Facts About Sawan Shivratri:

- **One of the Four Major Shivratri:**

There are four major Shivratri observed in a year – Magh Shivratri, Phalgun Mahashivratri, Ashadha Shivratri, and Sawan Shivratri. Among these, Sawan Shivratri holds special significance due to its occurrence in the holy month of Shravan.

- **Every Monday in Sawan is Special:**

Each Monday during the month of Sawan is observed as "Somvar Vrat" (Monday fast), but the Monday that coincides with Shivratri is considered particularly auspicious and powerful.

- **Conclusion of the Kanwar Yatra:**

In many regions, Kanwariyas (devotees of Lord Shiva) end their spiritual pilgrimage on this day by offering sacred Ganga water on the Shivling.

- **Worship of Shiva's Trigun Form:**

Lord Shiva is known as "Trinetra-dhari" (the three-eyed one), "Trilokinath" (Lord of the three worlds), and "Trigunatit" (beyond the three qualities). On Shivratri, He is worshipped as being beyond the three gunas (Sattva, Rajas, and Tamas), symbolizing ultimate transcendence.

Do these tasks on Sawan Shivratri:

- **Take a morning bath:** Wake up before sunrise, take a bath and wear clean clothes. Bathing in a holy river or Ganga water is considered extremely auspicious.
- **Worship of Shivling:** Bathe the Shivling with Gangajal, milk, curd, ghee, honey and pure water. Offer Bilva leaves, dhatura, bhang, sandalwood, incense, lamp, fruits, flowers and naivedya (prasada). Chant the mantra "Om Namah Shivaya" and recite Shiva Chalisa, Shiva Panchakshar Stotra.
- **Night Jagran:** Stay awake on the night of Shivratri and worship Lord Shiva for four times. Perform Abhishek of Shivling at night and chant the mantras of Lord Shiva.

- 
- 
- **Keep a fast:** Keep a fast for the whole day and eat only fruits. Do not eat food on this day. You can drink water throughout the day, but avoid tamasic food.
 - **Listen to Shivratri Vrat Katha:** Listen to Shivratri Vrat Katha and narrate it to others as well.
 - **Do charity:** Donate food, clothes and money to the needy.
 - **Perform Shiva Aarti:** Perform Lord Shiva Aarti in the evening and at night and distribute Prasad.

Do not do these things on Sawan Shivratri:

- **Avoid Tamasic Food:** Do not consume Tamasic foods like meat, fish, egg, onion and garlic.
- **Avoid lies and deceit:** Speak the truth on this day and do not cheat anyone.
- **Avoid anger and conflict:** Stay away from anger, conflict and arguments. Stay calm and composed.
- **Avoid ego and jealousy:** Stay away from ego and jealousy and maintain affection and love towards others.
- **Avoid other religious activities:** On this day, focus only on worshipping Lord Shiva and fasting. Avoid other religious activities.
- **One should not sleep at night:** One should stay awake on the night of Shivratri . If possible, stay awake all night and worship Lord Shiva. Worshiping, fasting and meditating on Lord Shiva on the day of Sawan Shivratri brings happiness, peace, prosperity and salvation in life. This day is a festival of devotion and reverence to Lord Shiva, so it should be celebrated with full devotion and dedication.

Related Articles



[Govind Dwadashi](#)



[Dwadashi Shradh](#)



THANKS FOR READING



READ MORE RELIGIOUS
CONTENT ON



vedicprayers.com



Follow us on:

