



Ancient Vedic Mantras and Rituals





Shashthi Shraddha 2025 | षष्ठी श्राद्ध जाने विधि, नियम और धार्मिक मान्यता | PDF

In **Sanatan Dharma**, Pitru Paksha holds immense significance. It is also known as *Shraddha Paksha*. During these 15 days, rituals of remembrance (*smaran*), *tarpan*, and *shraddha* are performed on different dates to honor the ancestors. It is believed that during this time, the doors of Pitru Loka (the realm of ancestors) open, and the forefathers descend to earth to bless their descendants.

In this sequence, the sixth day of Pitru Paksha is known as **Shashthi Shraddha**. This day is dedicated to the peace of the souls of those ancestors who departed on the **Shashthi Tithi** (sixth lunar day), whether in the Shukla Paksha or Krishna Paksha.

Significance of Shashthi Shraddha Peace for Ancestors' Souls

- The main objective of Shraddha and Tarpan is to satisfy and bring peace to the souls of ancestors.
- It is believed that by performing Shraddha on this.



Religious Belief

- As per the *Garuda Purana* and other scriptures, without Shraddha, the journey of the departed soul remains incomplete.
- Performing Shashthi Shraddha helps in the removal of *Pitru Dosha*.

Family Growth and Prosperity

- With the blessings of the ancestors, peace and harmony prevail in the family.
- Success in business and career is also achieved.

Spiritual Perspective

- Shraddha instills feelings of service, compassion, and gratitude within an individual.
- It reminds us that our existence is not just due to our deeds but is also deeply connected with the blessings of our forefathers.

Mythological References

The importance of Shraddha is elaborately described in various *Puranas*.

- **Mahabharata:** The Pandavas performed Shraddha rituals on the banks of the Ganga for the peace of their ancestors. It is said that their forefathers were pleased and blessed them with victory.
- **Garuda Purana:** It states that Shraddha and Tarpan performed during Pitru Paksha elevate the ancestors' souls from Pitru Loka towards higher realms of heaven.
- **Ramayana:** Lord Shri Ram also performed *Pind Daan* and *Tarpan* during Pitru Paksha to bring peace to his ancestors' souls.



Rituals of Shashthi Shraddha

Bath and Purification

- Take a holy bath before sunrise and wear clean clothes.
- Purify the place of worship with *Ganga Jal*.

Sankalpa (Resolution)

- Begin the Shraddha by taking a vow under the guidance of a priest.
- The names and *gotra* of the ancestors are recited in the Sankalpa.

Tarpan Ritual

- A mixture of water and sesame seeds is offered to the ancestors.
- This offering brings satisfaction and peace to their souls.

Pind Daan

- Rice, barley, sesame seeds, and ghee are formed into round balls (*pinds*) and offered to the ancestors.
- This symbolizes offering food to the departed souls.

Worship of Lord Shiva and Vishnu

- Lord Shiva is worshiped with water and *bel-patra* leaves.
- Recitation of Vishnu Sahasranama or Vishnu Chalisa is performed in honor of Lord Vishnu.

Chanting Ancestral Mantras

Om Tryambakam Yajamahe Sugandhim Pushtivardhanam ।
Urvarukamiva Bandhanan Mrityor Mukshiya Maamritat ॥ Om
Devatabhyah Pitribhyashcha Mahayogibhyah Eva Cha ।
Namah Svaahaayai Svadhaayai Nityameva Namah ॥



Food and Offerings

- Pure vegetarian food such as *kheer*, *puri*, fruits, dried fruits, and milk-based dishes are offered to the ancestors.

Feeding Brahmins and Charity

- Brahmins are fed and offered food, clothes, grains, and money as donations.
- Such charity brings satisfaction and delight to the ancestors' souls.

Rules and Precautions

- On this day, tamasic foods like meat, fish, eggs, and alcohol are strictly prohibited.
- Shraddha must be performed with utmost purity and devotion.
- Always perform Shraddha rituals under the guidance of a priest or purohit.
- Avoid wearing black or flashy clothes; simple and clean attire is recommended.
- While offering food and water during Shraddha, the mind should remain calm and filled with reverence.

Scientific Perspective

- Shraddha is not just a religious ritual but also has a scientific foundation.
- During Pitru Paksha, the Sun is in *Dakshinayana*, and this period is considered suitable for spiritual and soul-calming practices.



Importance of Charity

Charity (*daan*) is considered the most sacred aspect of Shraddha.

- **Food Donation (Anna Daan):** The most effective way to satisfy ancestors.
- **Cloth Donation:** Provides peace and comfort to their souls.
- **Wealth Donation:** Brings prosperity and growth in the family.
- **Cow and Land Donation:** Considered the supreme form of charity in scriptures.

On this day, by performing Shraddha, Tarpan, Pind Daan, and charity with sincerity, we can grant peace and liberation to our ancestors' souls.

This day reminds us that –

Life is incomplete without the blessings of forefathers.

Remembering ancestors is not merely a ritual but an act of honoring our roots and existence.

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