



# Ancient Vedic Mantras and Rituals





## Karwa Chauth Vrat 2025 | करवा चौथ – व्रत कथा, मुहूर्त और पूजा नियम | PDF

**Karwa Chauth** is an important Hindu festival where married women observe a fast for the long life, prosperity, and good health of their husbands. This festival is mainly celebrated in northern India, especially in Punjab, Haryana, Uttar Pradesh, Rajasthan, and Madhya Pradesh. It falls on the *Chaturthi* (fourth day) of the *Krishna Paksha* (waning phase of the moon) in the month of *Kartika*.

### When is Karwa Chauth Vrat in 2025?

The Karwa Chauth Vrat in 2025 will be observed on **10th October 2025**.

#### Details:

- **Chaturthi Tithi Begins:** 09th October, 10:54 PM
- **Chaturthi Tithi Ends:** 10th October, 07:38 PM

### Significance of Karwa Chauth

Karwa Chauth is a symbol of love and dedication in married life. Women fast throughout the day without food or water, praying for their husbands' longevity and well-being. This fast holds both religious and social significance:



- **Religious Significance:** In Hindu culture, this fast is considered very sacred. It is believed that observing the Karwa Chauth fast brings long life and peace to a woman's husband.
- **Social Significance:** Karwa Chauth is also a social festival where women gather and celebrate together, symbolizing unity, bonding, and mutual support.

### Legend of Karwa Chauth

Once upon a time, a moneylender had seven sons and a daughter. The daughter was the only sister of her brothers and hence all the brothers loved her very much. Once on the Chaturthi Tithi of the Krishna Paksha of Kartik month, the moneylender's wife along with her seven daughters-in-law and daughter also kept the fast of Karwa Chauth.

### Karwa Chauth Puja Procedure

#### 1. Preparation:

- Women wake up early before sunrise and eat a special meal called *Sargi*, usually prepared by their mothers-in-law.
- Sargi includes fruits, sweets, and dry fruits to provide energy for the day.

#### 2. Fasting:

- After Sargi, women observe a strict fast throughout the day. They do not eat or drink anything, not even water, until the moonrise.



### 3. Evening Puja:

- In the evening, women dress up beautifully and gather together to listen to the Karwa Chauth story (*Katha*).
- A decorated clay pot called *Karwa* is filled with water and used during the puja.

### 4. Breaking the Fast:

- After the moon rises, women look at the moon through a sieve and then at their husband's face through the same sieve.
- They offer water to the moon from the *Karwa* and then break their fast by drinking water and eating food from their husband's hands.

### Importance of Sargi

*Sargi* is the pre-dawn meal given to women by their mothers-in-law before they begin their fast. It is eaten during the *Brahma Muhurta* (early morning) to sustain them through the day. It includes fruits, sweets, sevaiyan, and parathas, which are nutritious and help maintain energy levels throughout the day.

### Dos on Karwa Chauth

- **Consume Sargi in the morning** – Eat the pre-dawn Sargi provided by your mother-in-law before sunrise.
- **Wear Solah Shringar** – Married women should adorn traditional attire, bridal jewelry, and auspicious marks (sindoor, bangles, bindi, etc.).



- **Prepare Puja items** – Keep Karwa, lamps, kalash, clay diya, sieve, sweets, and other decorative items ready on time.
- **Recite Karwa Chauth Katha** – It is important to listen to or read the Karwa Chauth Vrat story during the evening puja.
- **Observe the fast** – Maintain the fast from sunrise until moon sighting without consuming food or water.
- **Offer water to the moon** – Look at the moon through a sieve and pray for your husband's long life, then break the fast by taking water or sweets from your husband's hand.
- **Seek blessings with your husband** – After the puja, receiving blessings from elders is considered auspicious.

### Don'ts on Karwa Chauth

- **Avoid arguments during the fast** – Refrain from anger, harsh words, or disputes.
- **Do not break the fast** – After Sargi, do not eat or drink anything (especially if observing Nirjala Vrat).
- **Avoid negative actions** – Do not gossip, use abusive language, or disrespect anyone.
- **Do not wear black clothes** – Wearing red, pink, yellow, or other auspicious colors is considered favorable.
- **Do not miss the puja timing** – Follow the auspicious muhurat; delaying the puja may reduce the benefits of the fast.
- **Do not disrespect your husband** – Avoid bitterness or neglect towards your husband on this day.
- **Do not secretly consume food or water** – Maintain the purity of the fast.



## Things to Remember During Karwa Chauth

- Women should maintain cleanliness and purity during the fast and wear clean, festive clothing.
- Negative thoughts, anger, and disputes should be avoided during the fast.
- Throughout the day, women should worship Lord Shiva, Goddess Parvati, and Lord Ganesha.
- After breaking the fast, women share food with family and loved ones and celebrate together.

## Karwa Chauth's Impact on Society

Karwa Chauth is not just a religious fast but also a symbol of mutual bonding among women. It provides them a chance to come together, share experiences, and support one another emotionally. The festival strengthens not only the relationship between *partners* but also creates a sense of community among women.

## Karwa Chauth in Modern Times

In modern times, Karwa Chauth has evolved into a more glamorous and social occasion. Women dress in new clothes and jewelry, and traditional rituals are followed with added festivities. Some husbands also choose to fast alongside their wives, making the celebration more meaningful. It is a festival that holds religious, emotional, and social significance. It deepens the bond of love and devotion *partners*, making it a cherished and special occasion.



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