



Ancient Vedic Mantras and Rituals





Rama Ekadashi 2025 | रमा एकादशी व्रत कथा, पूजन विधि और महत्व | PDF

By fasting on Rama Ekadashi, a person gets free from sins and enters Vishnu Loka. Rama Ekadashi, which falls before Diwali, blesses with happiness, prosperity and growth. There is a tradition of worshiping Shri Hari Vishnu on Ekadashi, but due to the power of this Ekadashi, special blessings of Lakshmi-Narayan are showered and one gets freedom from financial crisis. The fast of Rama Ekadashi is considered incomplete without the story.

This year's Rama Ekadashi will be on Friday, October 17, 2025.

Rama Ekadashi Vrat Katha

In the mythological era, there was a kingdom named Muchukunda. He was very truthful and a devotee of Vishnu. His kingdom was completely free from corruption.

He had a daughter named Chandrabhaga who was married to the son of King Subhan. King Muchukunda observed Ekadashi very strictly and everyone in his kingdom followed this rule strictly.



Once in the month of Kartik, Prince Sobhan had come to his in-laws' place. At this time, Rama Ekadashi was coming . Sobhan's wife Chandrabhaga thought that her husband's heart is very weak.

How will he observe Ekadashi fast, whereas at his father's place, everyone is ordered to observe fast. Chandrabhaga told her husband that here even animals do not eat food on Ekadashi, in such a situation, if the son-in-law of the kingdom does not observe fast, then he will have to leave the kingdom.

After hearing this from Chandrabhaga, Shobhan finally had to observe the fast of Rama Ekadashi. However, he died before the completion of the fast. After that Chandrabhaga started living in her father's house.

While living here she often performed puja and fasted. Due to the effect of Ekadashi fast, in the next birth Shobhan got the kingdom of Devpur which was full of wealth. One day a Brahmin from Muchukunda Nagar saw Shobhan and recognized him.

The Brahmin returns to the city and tells Chandrabhaga the whole incident. Chandrabhaga said that she has been observing Ekadashi fast for eight years, which will give her husband Shobhan the virtues.



Chandrabhaga goes to Shobhan and hands over all the virtues of Ekadashi fast to him. After this, by the grace of Goddess Lakshmi, good fortune, happiness and prosperity increases in Devpur and Chandrabhaga and Shobhan start living together.

Rama Ekadashi Vrat Puja Vidhi

- On the day of Rama Ekadashi, after taking a bath in the morning, the idol of Lord Vishnu is installed in the temple. If you already have an idol, then pour Ganga water on Lord Vishnu.
- Immediately after that, worship Lord Vishnu with full rituals.
- After this, offer incense, lamp, offering and flowers to Lord Vishnu.
- Recite Vishnu Sahasranama. Read the short story of Rama Ekadashi.
- You will get blessings by feeding and donating to Brahmins.

Benefits of Rama Ekadashi fasting

According to Padma Purana, the person who observes the fast of Rama Ekadashi, Lord Vishnu is very pleased with him and he reaches Vaikunth. Apart from this, by observing the fast of Rama Ekadashi, a person becomes free from all types of sins. There is also a tradition of worshiping Goddess Lakshmi in this world.



Special things about the fast

- On the morning of Rama Ekadashi, wake up early and take a vow to fast after taking a bath etc. Take a vow according to the way you can fast, for example, if you want to remain without food for the whole day or if you want to eat fruits once.
- After this, Lord Krishna is worshipped as per the rituals. If you are unable to do the puja yourself, then invite a qualified Brahmin to perform the puja.
- After this, food is offered to the Lord and Prasad is distributed among the devotees. Similarly, worship Lord Krishna at night as well. At night, sit near the idol of the Lord and recite Shrimad Bhagwat or Geeta.
- Invite Brahmins the next day. Feed the Brahmins, give them donations and send them off with respect. Eat food only after that. It is very good to offer butter and sugar to God.

Do not do this work even by mistake on the day of Rama Ekadashi

Leaves should not be plucked from trees on the day of Rama Ekadashi. There is a fear of ants or small creatures dying by sweeping the house. And it is a sin to kill any living creature on this day. Do not cut hair on this Ekadashi.

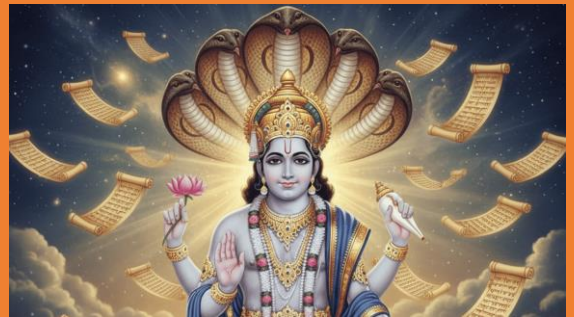
Try to speak as little as possible on the day of Rama Ekadashi. This is because there is a possibility that speaking too much will make the wrong words come out of your mouth. Eating rice on Ekadashi is also prohibited.



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