



Ancient Vedic Mantras and Rituals





Sharad Purnima 2025 | शरद पूर्णिमा खीर प्रसाद और विशेष व्रत पूजा | PDF

In Hinduism, the Purnima that comes every month has special significance. Out of all these Purnimas, Sharad Purnima is considered auspicious. The Purnima that comes in the month of Ashwin is called Sharad Purnima. This Purnima is also known as Kaumudi, Kojagari Purnima or Raas Purnima. On the day of Sharad Purnima, the moon is closest to the earth. This festival is celebrated at night amidst the milky light of the moon. It is believed that in the whole year, only on the day of Sharad Purnima, the moon is full of its sixteen phases. It is auspicious to worship Chandra Dev on this day. Fasting on the day of Sharad Purnima is especially fruitful.

Sharad Purnima Pujan Vidhi

On the day of Sharad Purnima, one should wake up before sunrise, take a bath and pledge to fast. Invoke and worship all the gods and goddesses by offering clothes, Akshat, Aasan, flowers, incense, lamp, Naivedya, betel nut, Dakshina, etc.



When the moon rises at night, bow to the Moon God and offer kheer. The vessel filled with kheer should be kept in the nectar-like moonlight at night and the next morning it should be distributed to everyone as prasad. Lord Shiva, Mother Parvati and [Lord Kartikeya](#) should be worshipped on this day.

Importance of Kheer on Sharad Purnima

According to religious texts, the moon is considered the god of mind and medicine. On the night of Sharad Purnima, the moon, having 16 phases, showers nectar on the earth. On this day, milk products should be consumed in a silver vessel on a moonlit night.

Silver has high immunity and keeps viruses away. It is customary to keep kheer in the cool moonlight of Sharad Purnima. On the day of Sharad Purnima, when the rays of the moon fall on the kheer under the open sky, this kheer becomes like nectar, which, if consumed as prasad, keeps a person healthy throughout the year. In naturopathy hospitals, asthma patients are also given this kheer by mixing some medicines.

This kheer, being bile-soothing, cool, sattvik, proves to be helpful in happiness and health throughout the year. It gives peace to the mind.



It is also believed that

on the night of Sharad Purnima, Lord Krishna performed Raas with the Gopis. On this day, Goddess Lakshmi roams the earth at midnight and blesses her devotees. According to Shrimad Bhagwat Katha Mahapuram, the moon is considered the god of medicine. Therefore, eating kheer cooked in the moonlight on the night of Sharad Purnima is considered very important.

The moon comes closer to the earth

On the night of Sharad Purnima, the moon comes to the earth. By keeping kheer in the moonlight on the night of Sharad Purnima, the medicinal properties of kheer get absorbed in it. Its consumption is beneficial for health.

According to the Puranas, on this day in the Dwapar era, Lord Krishna performed Raas with his gopis. Amrit rains from the moonlight on the night of Sharad Purnima. Therefore, it has medicinal properties.

What to do on Sharad Purnima

1. On Sharad Purnima, one should worship Goddess Lakshmi by staying awake all night.
2. On the night of Sharad Purnima, sit in the cool moonlight for at least a few hours.
3. The atmosphere formed on this day is considered especially beneficial for asthma patients.



4. According to the scriptures, Lankapati Ravana received the rays of his navel through the mirror on the night of Sharad Purnima. It is believed that during this process he got the power of rejuvenation.
5. A person who walks around in less clothes on a moonlit night gets energy, which keeps the health good.
6. On the night of Sharad Purnima, seeing the moon and threading a needle increases eyesight.
7. On the night of Sharad Purnima, between 10 and 12 o'clock, the moonlight is at its peak, so one must see the moon during this time.

Take these precautions on Sharad Purnima

1. Do not eat non-vegetarian food on Sharad Purnima. Also, consumption of garlic and onion is prohibited on this day.
2. When your body is clean and empty, you are able to absorb Amrit in a better way.
3. Do not use black color on this day. And do not wear black clothes. It will be better if you wear bright white clothes.
4. Eating kheer in the moonlight on Sharad Purnima has special importance. Keep kheer in glass, clay or silver utensils only. Do not use other metals.
5. There should not be any kind of quarrel or discord in the house on Sharad Purnima. This brings poverty in the house.



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