



Ancient Vedic Mantras and Rituals





Shat Tila Ekadashi 2026 | षटतिला एकादशी: जानिए सही तिथि, व्रत कथा और विधि | PDF

Shat Tila Ekadashi is one of the major fasting days in Hinduism, observed on the Ekadashi (11th day) of the Krishna Paksha (dark fortnight) in the month of Magha. The name 'Shat Tila' refers to the special importance of sesame seeds (til), which is why this Ekadashi is called Shat Tila Ekadashi. This fast is believed to cleanse the soul, help attain liberation (moksha), and free one from sins. It is said that performing this fast brings immense spiritual benefits and relieves all sufferings.

When will Shat Tila Ekadashi be observed in 2026?

In 2026, Shat Tila Ekadashi will be observed on January 14. The fast is kept from sunrise until the end of the Dwadashi (12th day). Devotees should strictly follow the rituals and offer prayers to Lord Vishnu.



The Story of Shat Tila Ekadashi

In ancient times, there was a pious Brahmin woman who was devoted to Lord Vishnu and always observed fasting and performed rituals. She was a strict ascetic and performed various religious practices for purifying her body. However, she never donated anything to anyone, not even food or money to gods, Brahmins, or the needy.

Lord Vishnu became concerned about her actions and thought, “She may attain heaven (Vaikuntha) because of her devotion and rituals, but she has never given anything in charity. How will she be provided with food and other comforts in Vaikuntha?”

To resolve this, Lord Vishnu disguised himself as a beggar and went to the Brahmin woman’s house asking for alms. She gave him only a small lump of clay as alms. Lord Vishnu accepted it and returned to Vaikuntha.

Later, when the Brahmin woman passed away, she reached Vaikuntha based on the merit of her devotion. However, when she arrived, she found that there was no food or sustenance in her palace. Astonished, she approached Lord Vishnu and asked, “O Lord! I have worshipped and fasted all my life, but why is there no food in my palace?”

Lord Vishnu replied, “You have fasted and worshipped, but you never gave anything in charity. The only reason you



received this palace is because of the lump of clay you gave me in charity.”

He further explained, “Now, go to the celestial women in Vaikuntha and listen to the glory of Shat Tila Ekadashi. By performing this fast properly and donating sesame seeds, your mistakes will be forgiven, and all your desires will be fulfilled.”

The Brahmin woman listened to the glory of Shat Tila Ekadashi from the celestial women and performed the fast with full devotion. She donated sesame seeds, and by the grace of Lord Vishnu, all her problems were solved.

Importance and Significance

According to ancient beliefs, the charity of sesame seeds on Shat Tila Ekadashi is said to grant a person the privilege of living happily in Vaikuntha for a thousand years. By observing this fast, a person is freed from the sins of past lives and attains liberation (moksha). The use and donation of sesame seeds are key components of the fast, offering physical, mental, and spiritual purification.

What to Do and What Not to Do on Shat Tila Ekadashi?

What to Do:

- **Bathing:** Wake up early and bathe in a sacred river or pilgrimage spot. If not possible, bathe at home using water mixed with sesame seeds.



- **Worship Lord Vishnu:** Offer a lamp made of ghee and sesame seeds, along with fruits and flowers, before Lord Vishnu's idol.
- **Use of Sesame Seeds:** Consume foods made with sesame seeds, donate sesame seeds, and add them to the bathing water.
- **Charity:** Donate sesame seeds, clothes, and food to the needy. Charity is considered an essential part of the fast.
- **Chanting and Singing Hymns:** Sing bhajans and hymns in praise of Lord Vishnu throughout the day.

What Not to Do:

- **Avoid Harm:** Do not engage in any kind of violence, anger, or harsh speech.
- **Avoid Grains:** Consuming grains is prohibited; only fruits and sesame-based food should be consumed.
- **Do Not Lie:** Emphasize truthfulness and righteousness during the fast.

Rituals for Shat Tila Ekadashi

Morning Preparations:

- Wake up before sunrise and take a bath.
- Wear clean clothes and purify the prayer space.



- **Worship Lord Vishnu:** Offer sesame seeds, flowers, rice, and fruits to Lord Vishnu's idol or picture.
- Recite Vishnu Sahasranama or verses from the Bhagavad Gita.
- **Significance of Sesame Seeds:** Sesame seeds are used in six ways during the fast:
 - In bathing
 - In food
 - In charity
 - In prayer
 - In Pind-daan (ancestral offering)
 - In Havan (sacred fire ritual)

Night Vigil:

- Stay awake at night and chant hymns or bhajans in praise of Lord Vishnu.
- **Health and Spiritual Benefits**
- **Physical Purification:** Sesame seeds help detoxify the body.
- **Mental Peace:** The fast helps reduce mental stress and brings peace to the soul.
- **Spiritual Upliftment:** Worshipping Lord Vishnu enhances spiritual strength and leads to liberation.



Significance of Charity on Shat Tila Ekadashi

Giving charity on this day is believed to bring manifold spiritual benefits. Donating sesame seeds, food, clothes, and money is considered very auspicious. The charity is said to purify both the body and soul.

Method of Charity:

- Donate sesame seeds, jaggery, food, and clothes to the needy.
- Feed Brahmins and give them a donation.

Observing Shat Tila Ekadashi brings both spiritual and worldly benefits. It purifies the soul and brings peace, prosperity, and blessings from Lord Vishnu. By observing this fast and performing charity, one earns eternal merit.

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