



Ancient Vedic Mantras and Rituals





Holashtak 2026 : तिथि, समय, कारण, इतिहास व पौराणिक कथाएँ | PDF

What is Holashtak?

Holashtak refers to the eight days that occur just before Holi. This period is observed from **Phalguna Shukla Ashtami (8th lunar day)** to **Phalguna Purnima (Full Moon)**. During these eight days, performing any auspicious or ceremonial activities is traditionally considered inauspicious.

Holashtak 2026: Correct Date & Time

Start: 24 February 2026 (Tuesday) — Phalguna Shukla Ashtami

End: 3 March 2026 (Tuesday) — Phalguna Purnima / Holika Dahan

These total eight days are collectively known as *Holashtak*.

Why is Holashtak Observed? (Religious Reason)

Holashtak is associated with the story of devotee Prahlada and the demon king Hiranyakashipu.

It is believed that during these eight days, Hiranyakashipu tortured Prahlada in various ways.



Because of these events, the period is considered spiritually disturbed or intense, and therefore auspicious ceremonies are avoided.

Importance of Holashtak

- **Protection from negative influences:** Planetary positions are believed to be unstable during this time.
- **Period of devotion and discipline:** People are advised to maintain purity in thoughts, speech, and actions.
- **Merit in charity and worship:** Worship of Lord Vishnu and Lord Krishna is considered especially fruitful.
- **Preparation for Holi:** A time for spiritual cleansing and preparation for the festival.

Activities Avoided During Holashtak

- Marriage, engagement, or housewarming ceremonies
- Starting a new business or job
- Construction work or foundation-laying rituals
- Any auspicious or sacred ceremonies

Note: Daily routine activities, travel, and studies are not restricted.



Mythological Stories of Holashtak

1. Story of Prahlada and Hiranyakashipu

King Hiranyakashipu was against Lord Vishnu, while his son Prahlada was a devoted follower of Vishnu.

From Phalguna Shukla Ashtami to Purnima, Hiranyakashipu attempted to kill Prahlada by:

- Throwing him from a mountain
- Poisoning him
- Putting him into fire
- Trampling him with elephants

However, each time Lord Vishnu protected Prahlada. These eight days of suffering are remembered as Holashtak.

2. Connection with Holika Dahan

On Phalguna Purnima night, Hiranyakashipu's sister Holika sat in fire with Prahlada to burn him. However, Holika was burned to ashes while Prahlada remained unharmed due to divine protection.

In memory of this event, Holika Dahan is celebrated on the last day of Holashtak, followed by Holi the next day.



What to Do During Holashtak? (Remedies & Recommendations)

- Worship Lord Vishnu, Lord Krishna, and Narasimha Avatar
- Chant mantras, recite Hanuman Chalisa or Sundarkand
- Donate food grains, clothes, sesame seeds, or help the needy
- Follow a sattvic (pure vegetarian) diet and maintain self-discipline
- Light a lamp at home for peace and positivity

Astrological Perspective

During Holashtak, planetary influences are believed to be unstable, which may result in:

- Lower chances of success in new ventures
- Emotional and mental fluctuations
- Greater benefits from meditation and spiritual practices

Holashtak 2026 begins on **24 February** and ends on **3 March 2026** with Holika Dahan. These eight days symbolize the trials of Prahlada and represent a period when auspicious activities are avoided. It is considered a highly important time for devotion, discipline, charity, and spiritual purification.



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