



# Ancient Vedic Mantras and Rituals





# Kamada Ekadashi 2026: व्रत, कथा, महत्व और पूजा विधि | PDF

## What is Kamada Ekadashi?

Kamada Ekadashi is one of the most sacred fasts in Hinduism, observed on the Ekadashi (11th day) of the Shukla Paksha in the month of Chaitra. This fast is dedicated to Lord Vishnu. It is believed that observing this fast with devotion and proper rituals helps eliminate sins and brings happiness, peace, and prosperity in life.

## Kamada Ekadashi 2026 Date and Timings

- Fast Date: 29 March 2026, Sunday
- Ekadashi Tithi Begins: 28 March 2026 at 08:45 AM
- Ekadashi Tithi Ends: 29 March 2026 at 07:46 AM
- Puja Muhurat (29 March): 07:48 AM to 12:26 PM
- Parana Time: 30 March 2026, 06:13 AM to 07:09 AM



## Importance of Kamada Ekadashi

- Kamada Ekadashi is considered a wish-fulfilling fast.
- It helps in getting rid of sins
- Brings love and harmony in married life
- Believed to help in attaining progeny
- Provides mental peace and positive energy

According to religious beliefs, observing this fast also opens the path to salvation (moksha).

## Kamada Ekadashi Vrat Katha (Story)

In ancient times, there was a beautiful and prosperous city named Ratnapur, ruled by King Pundarik. In that kingdom lived a Gandharva couple named Lalit and Lalita, who were known for their music and dance.

One day, a musical performance was organized in the royal court. Lalit was performing, but his mind was distracted by thoughts of his beloved wife Lalita. Due to this distraction, he lost rhythm and failed to sing properly.

A serpent present in the court informed the king about this mistake. King Pundarik became very angry and cursed Lalit to become a demon. Due to the curse, Lalit immediately turned into a terrifying demon and started wandering in the forests.



Distressed by this situation, Lalita began searching for a way to save her husband. After wandering through many places, she finally reached the ashram of a great sage. The sage, after hearing her sorrow, advised her to observe the Kamada Ekadashi fast.

Following the sage's guidance, Lalita observed the Kamada Ekadashi fast with full devotion and performed the rituals dedicated to Lord Vishnu.

Due to the power of her devotion and the merit of the fast, Lalit was freed from the curse and regained his original Gandharva form. Thus, the Kamada Ekadashi fast removed a severe curse and restored happiness in their life.

### **Moral of the Story**

This story teaches us that sincere devotion and faith can remove even the greatest difficulties and sins. With the blessings of Lord Vishnu, all wishes can be fulfilled, and life becomes peaceful and prosperous.

### **Kamada Ekadashi Puja Vidhi (Rituals)**

- Wake up early during Brahma Muhurta and take a bath
- Light a lamp in the home temple
- Worship Lord Vishnu
- Offer fruits, flowers, Tulsi, and prasad
- Take a vow to observe the fast



- Observe a full-day fast (with or without water)
- Chant the mantra “Om Namō Bhagavate Vasudevaya”
- Perform bhajans and stay awake at night

## **What to Eat During the Fast (Falahar)**

- Fruits (banana, apple, papaya)
- Milk and curd
- Sabudana khichdi
- Dishes made from buckwheat or water chestnut flour
- Makhana and dry fruits

## **What Not to Do**

- Avoid consuming rice
- Avoid tamasic foods like onion and garlic
- Stay away from lies, anger, and negative thoughts

## **Benefits of Kamada Ekadashi**

- Brings peace, happiness, and prosperity
- Reduces mental stress
- Improves family life



- Leads to spiritual growth and salvation

In conclusion, Kamada Ekadashi is not only religiously significant but also a powerful way to bring positivity into life. Observing this fast with true devotion can remove all obstacles and bring the blessings of Lord Vishnu.

If you seek happiness, peace, and prosperity in life, you should observe the Kamada Ekadashi fast and make the most of this sacred day.

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