



# Ancient Vedic Mantras and Rituals





## Som Pradosh Vrat 2026 | भगवान शिव की आराधना का पवित्र पर्व | PDF

Som Pradosh Vrat is considered highly significant for the worship of Lord Shiva. This fast is observed during the Pradosh period (evening time), which falls between sunset and the onset of night.

On **March 16, 2026**, Som Pradosh Vrat will be observed. Worshipping Lord Shiva on this auspicious day is believed to bring peace, prosperity, and the blessing of offspring.

### Significance of Som Pradosh Vrat

- The Som Pradosh Vrat holds immense religious importance. Observing this fast is said to absolve all sins and lead to salvation.
- It is particularly beneficial for strengthening marital relationships.
- With Lord Shiva's blessings, devotees experience relief from all sufferings and a peaceful environment in life.



- This fast is especially effective for overcoming health-related issues.

## Som Pradosh Vrat Worship Method

### Bathing and Resolution:

- Wake up early before sunrise on **March 16, 2026**, take a holy bath, and wear clean clothes.
- Meditate on Lord Shiva and take a vow to observe the fast.

### Preparation for the Worship:

- Clean the worship area and set up an idol or Shivling of Lord Shiva.
- Gather essential items like flowers, Bilva leaves, incense sticks, lamps, fruits, sweets, and holy water.

### Worship During Pradosh Period:

- Start the worship during the Pradosh period after sunset.
- First, perform the Abhishek (ritual bathing) of Shivling with holy water or Ganga water.
- Then perform Abhishek with Panchamrit (a mixture of milk, curd, ghee, honey, and sugar).
- Offer Bilva leaves, Dhatura, flowers, sandalwood paste, incense, and lamps to Lord Shiva.
- Recite the **Shiv Chalisa**, **Mahamrityunjay Mantra**, and chant “Om Namah Shivaya.



## Offering Prasad:

- Offer fruits and sweets as Prasad to Lord Shiva.
- Perform the Aarti and share the Prasad with the family.

## Dos and Don'ts During Som Pradosh Vrat

### Dos:

- Wake up during Brahma Muhurta and take a holy bath while meditating on Lord Shiva.
- Follow a strict satvik (pure) diet throughout the day.
- Perform the worship with proper rituals during the Pradosh period.
- Help the needy and read religious scriptures.

### Don'ts:

- Avoid consuming tamasic food (onions, garlic, meat, alcohol) during the fast.
- Stay away from anger, hatred, and lies.
- Do not insult anyone or entertain negative thoughts.
- Avoid sleeping in the evening.

## Benefits of Som Pradosh Vrat

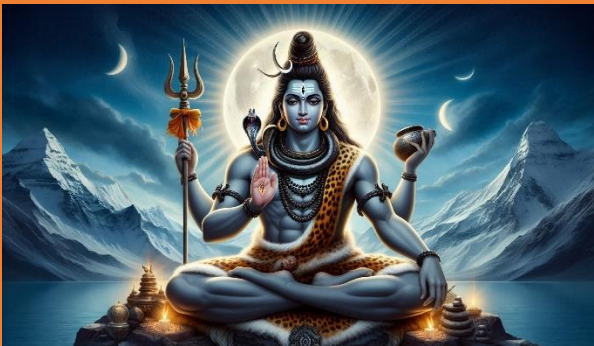
- With Lord Shiva's blessings, all life troubles are resolved.
- Attainment of good health, wealth, and the joy of offspring.



- Strengthening of love and harmony in marital life.
- Mental peace and spiritual growth.
- Opens the path to salvation.

The upcoming **Som Pradosh Vrat** on **March 16, 2026**, is a wonderful opportunity for the worship of Lord Shiva. By observing this fast with proper rituals and devotion, one can eliminate all life sufferings. When observed with complete faith and dedication, Lord Shiva bestows immense blessings on the devotee.

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