



Ancient Vedic Mantras and Rituals





Varuthini Ekadashi 2026 | आपके जीवन को बदल सकती है वरुथिनी एकादशी – जानिए कैसे | PDF

Varuthini Ekadashi is observed on the *Ekadashi* (11th day) of the Krishna Paksha (waning phase of the moon) in the Hindu month of Vaishakha. The word “*Varuthini*” means “one who protects.” This Ekadashi not only protects from sins but also leads an individual towards spiritual elevation. Observing a fast on this day brings happiness, prosperity, peace, and ultimately, liberation (moksha).

Mythological Significance of Varuthini Ekadashi

According to the Puranas, once, a righteous and truthful king named **Mandhata** was cursed and bitten by a wild animal. He prayed to Lord Vishnu for relief. Then, sage Narada advised him to observe the fast of Varuthini Ekadashi. By following this fast, the king regained his original form and was freed from his sins.

Additionally, as mentioned in the *Bhavishya Purana*, observing this fast is equivalent to performing a thousand Ashwamedha Yagnas and a hundred Rajasuya Yagnas in terms of spiritual merit.



When is Varuthini Ekadashi in 2026?

In 2026, **Varuthini Ekadashi will be observed on Monday, April 13.**

Parana (fast breaking): The next day, **April 14** in the morning, after sunrise.

Varuthini Ekadashi Puja Vidhi (Worship Procedure)

Worship and fasting on this day bring special spiritual benefits. Here's how to perform the rituals:

1. Morning Preparations

- Wake up before sunrise.
- Take a bath and wear clean clothes.
- Take a vow (sankalp) to observe the fast and meditate on Lord Vishnu.

2. Puja Samagri (Items Required)

- Tulsi leaves
- Flowers, rice grains (akshat), incense, lamp, naivedya (food offering)
- Panchamrit (mixture of milk, curd, ghee, honey, and sugar)
- Idol or picture of Lord Vishnu

3. Worship Procedure

- Bathe the idol of Lord Vishnu with holy Ganga water.



- Offer Panchamrit.
- Light a lamp and chant the **Vishnu Sahasranama** (1000 names of Vishnu).
- Offer **Tulsi leaves**—Lord Vishnu is very fond of Tulsi.
- Listen to or read the **Ekadashi Vrat Katha (story)** and Mahatmya (significance).

4. Night Vigil

Stay awake during the night, sing bhajans and kirtans.

Meditate on spiritual topics and chant the name of Hari (Lord Vishnu).

5. Parana (Breaking the Fast)

The next morning, bathe and offer food to the deity.

Feed Brahmins or the needy and give donations.

Then break your fast (parana).

What to Eat and Avoid on Varuthini Ekadashi?

Allowed (Fasting food or “Phalahar”):

- Fruits (apple, banana, papaya, etc.)
- Milk and milk products
- Sago (sabudana), Barnyard millet (sama ke chawal), Amaranth (rajgira)



- Peanuts, dry fruits
- Sendha namak (rock salt)

Avoid:

- Grains and pulses
- Rice, wheat
- Onion and garlic
- Tamsik food (non-veg, eggs, etc.)
- Alcohol, smoking
- Anger, deceit, lies, violence

Benefits of Varuthini Ekadashi Vrat

1. Freedom from Sins

A sincere observer of this fast gets rid of all their sins.

2. Spiritual Peace and Moksha

The fast purifies the soul and helps in attaining liberation.

3. Relief from Illness

People suffering from physical or mental distress get relief by observing this fast.

4. Wealth and Prosperity

With the blessings of Lord Vishnu, financial conditions improve and the home becomes prosperous.



5. Astrological and Planetary Peace

Those suffering from malefic effects of **Rahu, Ketu, or Shani** in their horoscope find this fast beneficial.

6. Freedom from Debt

This fast is also effective in removing the burden of loans and debts.

What Not to Do on Varuthini Ekadashi?

- Avoid lying.
- Do not speak harshly or hurt others.
- Stay away from deceit, greed, or falsehood.
- Avoid sleeping during the day.
- Do not engage in anger or violence.

Importance of the Vrat Katha

Listening to or reading the [Varuthini Ekadashi](#) Katha bestows immense merit. The story teaches that **King Mandhata**, despite his righteousness, faced hardships due to a curse but overcame it through devotion and observance of this vrat. It shows us that with true devotion to Lord Vishnu, any difficulty can be overcome.

Varuthini Ekadashi is a highly auspicious and meritorious vrat (fast) that brings the blessings of Lord Vishnu. It not only removes negativity from life but also uplifts the soul spiritually.



So, on **April 13, 2026**, observe **Varuthini Ekadashi** with full devotion to seek blessings, peace, prosperity, and spiritual fulfillment in life.

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