



Ancient Vedic Mantras and Rituals





Guru Pradosh Vrat | गुरु प्रदोष व्रत से कौन-से ग्रह दोष होते हैं दूर? | PDF

Guru Pradosh Vrat is a special fasting day dedicated to Lord Shiva, observed on the **Trayodashi Tithi** (13th day) of both the waxing (Shukla) and waning (Krishna) phases of the lunar cycle. When this fast coincides with Thursday, it is called **Guru Pradosh Vrat**. It holds immense significance for those seeking blessings from both Lord Shiva and the planet Jupiter (Guru Graha).

When is the Pradosh Vrat falling?

According to the Hindu Panchang, the Krishna Paksha of the Vaishakh month is ongoing in May. The Trayodashi Tithi of Krishna Paksha will begin on **Thursday, 14 May 2026, at 11:20 AM** and will end on **15 May 2026 at 8:31 AM**.

Procedure for Guru Pradosh Vrat

1. Taking the Vrat Resolution (Sankalp):

Begin the day by waking up early, bathing, and taking a vow to observe the vrat with devotion and purity.



2. Preparing the Puja Area:

Set up a clean space for worship and place an idol or picture of Lord Shiva.

3. Required Puja Items:

- A kalash (water vessel) filled with clean water
- Bilva (bael) leaves
- Panchamrit (a mixture of milk, yogurt, ghee, honey, and Gangajal)
- Dhoop (incense), diya (lamp), akshat (uncooked rice), and sandalwood paste
- Fruits, sweets, and yellow flowers

4. Performing Lord Shiva's Worship:

- Abhishek (ritual bathing) of the Shivling using Panchamrit.
- Offer Bilva leaves, sandalwood paste, and akshat to the Shivling.
- Light incense and a ghee lamp.
- Chant Shiva mantras, such as:
 - **Om Namah Shivaya**
 - **Om Tryambakam Yajamahe Sugandhim Pushtivardhanam**



5. Worship of Guru (Jupiter):

- Along with Lord Shiva, offer prayers to Guru Graha (planet Jupiter).
- Offer yellow cloth, yellow flowers, and yellow sweets to symbolize Jupiter.
- Chant the Guru mantra:
 - **Om Brim Brihaspataye Namah**

6. Evening Worship and Bhajans:

- Perform a second round of worship in the evening, recite Shiva bhajans (devotional songs), and meditate on Lord Shiva.

7. Breaking the Fast (Paaran):

On the following morning, conclude the fast by offering food and charity to Brahmins and the needy.

Significance of Guru Pradosh Vrat

1. **Pacifying Jupiter:** This fast is especially beneficial for individuals with an afflicted or weak Jupiter in their horoscope.
2. **Wisdom and Knowledge:** Thursday, associated with Jupiter, is a day for enhancing wisdom, intellect, and spirituality.
3. **Wealth and Prosperity:** Observing this vrat brings financial stability and removes economic challenges.



- 4. Blessings of Shiva and Vishnu:** The vrat is an opportunity to receive blessings from both Lord Shiva and Lord Vishnu.
- 5. Family Harmony:** It fosters love, peace, and understanding in relationships, especially marital life.

Benefits of Guru Pradosh Vrat

- It helps appease Lord Shiva and Jupiter, bringing their divine blessings.
- Removes obstacles and negative energies from life.
- Promotes peace, harmony, and prosperity in family life.
- Enhances financial stability and spiritual growth.
- Provides knowledge, wisdom, and success in endeavors.

Special Tips for Guru Pradosh Vrat

- Wear yellow clothes and include yellow foods in your diet.
- Spend the day in meditation, chanting, and good deeds.
- Donating food, clothes, and money to the poor amplifies the vrat's positive effects.

Guru Pradosh Vrat is a powerful practice for devotees to attain happiness, spiritual progress, and fulfillment of desires.

Observing it with faith and devotion ensures divine blessings and immense rewards.



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