



Ancient Vedic Mantras and Rituals





Jyeshtha Adhik Purnima 2026: तिथि, पूजा विधि, महत्व और शुभ मुहूर्त | PDF

In Hinduism, the full moon day (Purnima) holds great religious and spiritual importance. When this full moon occurs in an Adhik Maas (extra lunar month), its significance increases many times. In 2026, an Adhik Maas falls in the month of Jyeshtha, making this occasion especially sacred as “Jyeshtha Adhik Purnima.” It is believed that bathing, donating, fasting, and worshipping Lord Vishnu and Chandra Dev on this day brings immense spiritual merit (Akshaya Punya).

When is Jyeshtha Adhik Purnima 2026?

In 2026, Jyeshtha Adhik Purnima will be observed on Sunday, 31st May. According to the Hindu calendar, the Purnima Tithi begins on the night of 30th May and continues until 31st May.

Purnima Tithi and Auspicious Timings

- **Purnima Tithi Begins:** 30 May 2026, 09:18 PM
- **Purnima Tithi Ends:** 31 May 2026, 11:05 PM
- **Auspicious Bath & Donation Time:** 05:30 AM to 08:15 AM



- **Satyanarayan Puja Muhurat:** 06:15 PM to 08:30 PM

What is Adhik Maas?

Adhik Maas is also known as Purushottam Maas. In the Hindu calendar, an extra month is added every 32–33 months to balance the lunar and solar cycles. Spiritually, this month is dedicated to Lord Vishnu and is considered highly sacred.

Religious Significance of Jyeshtha Adhik Purnima

Jyeshtha Adhik Purnima is considered highly auspicious. It is believed that bathing in holy rivers (like the Ganga), performing charity, and observing fasts on this day help destroy sins and bring prosperity, peace, and happiness in life.

Worship of Lord Vishnu, Goddess Lakshmi, and Chandra Dev is especially beneficial on this day.

According to beliefs:

- Charity done on this day gives eternal (Akshaya) results
- Listening to or performing Satyanarayan Katha brings peace and harmony at home
- Ancestors (Pitrus) bless the devotees
- Mental stress and financial problems are reduced

Rituals of Jyeshtha Adhik Purnima Puja

1. Take a Morning Bath

Wake up during Brahma Muhurat and take a holy bath.



2. Take a Vow (Sankalp)

Take a vow of fasting while remembering Lord Vishnu.

3. Prepare Puja Items

- Yellow clothes
- Tulsi leaves
- Sandalwood
- Fruits and sweets
- Lamp (Diya)
- Incense sticks (Dhoop)
- Panchamrit

4. Worship Lord Vishnu

Perform rituals for Lord Vishnu and Goddess Lakshmi. Chant “Om Namoh Bhagavate Vasudevaya.”

5. Perform Satyanarayan Katha

In the evening, listening to or performing Satyanarayan Katha is considered highly auspicious, followed by distribution of prasad.

Donations on Jyeshtha Adhik Purnima

Donations are highly important on this day.



The following items are considered auspicious:

- Water-filled pot
- Clothes
- Rice
- Sugar
- Sattu
- Umbrella
- Footwear
- Fruits

Charity brings spiritual merit and removes obstacles from life.

Remedies for Jyeshtha Adhik Purnima

For Financial Prosperity

Light a ghee lamp under a Peepal tree.

For Mental Peace

Offer milk mixed with water to the Moon.

For Marriage and Happy Married Life

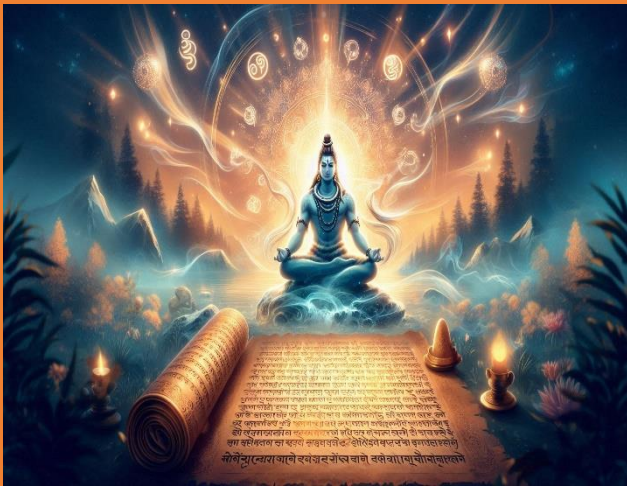
Married women should worship the Banyan tree.



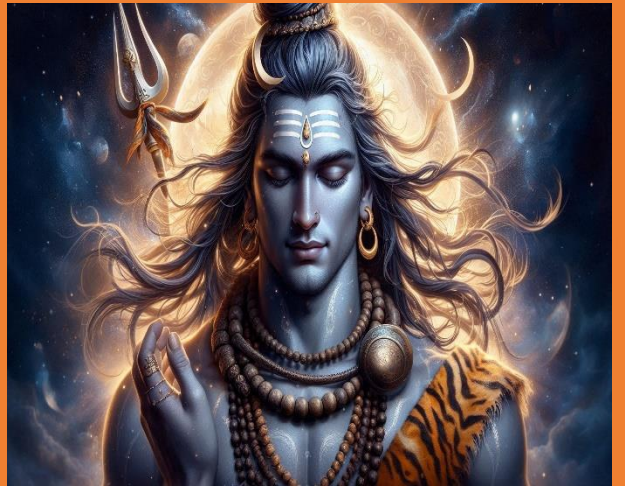
Conclusion

Jyeshtha Adhik Purnima 2026 is a highly sacred occasion for spiritual growth, charity, and receiving blessings of Lord Vishnu. Performing rituals, fasting, and donating on this day brings peace, happiness, and prosperity in life. Observing Satyanarayan Katha and worshipping with devotion can lead to immense spiritual merit.

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