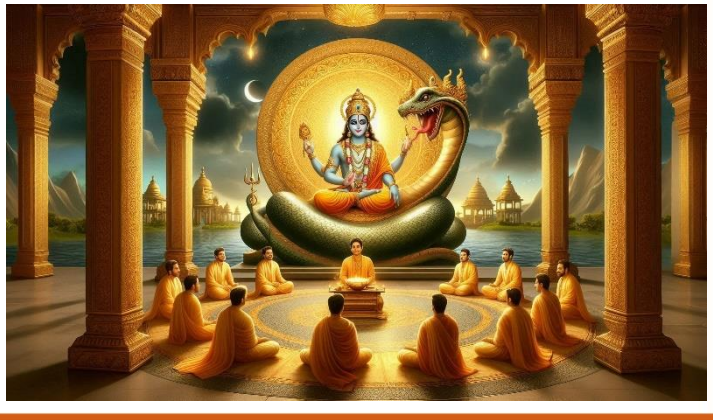
Ancient Vedic Mantras and Rituals



Nirjala Ekadashi | निर्जला एकादशी व्रत के फायदे | मन, शरीर और आत्मा के लिए लाभ | PDF

Nirjala Ekadashi

Nirjala Ekadashi is an important Hindu fast observed on the Ekadashi Tithi of Shukla Paksha in the month of Jyeshtha. It comes twice a year, but the Nirjala Ekadashi of Jyeshtha month is considered more important. In this fast, devotees abstain from not only food but also water from sunrise to sunset.

In the year 2026, **Nirjala Ekadashi** will be observed on **Thursday, June 25, 2026**. It falls on the **Ekadashi Tithi of the Shukla Paksha in the month of Jyeshtha** and is considered the most auspicious among all Ekadashis.

Nirjala Ekadashi 2026: Dates and Auspicious Timings

- **Ekadashi Tithi Begins:** Wednesday, June 24, 2026, at 6:12 PM
- **Ekadashi Tithi Ends:** Thursday, June 25, 2026, at 8:09 PM

- **Parana (Breaking the Fast) Time:** Friday, June 26, 2026, between 5:18 AM and 9:35 AM.

Why is this month important?

- Jyeshtha month is considered to be the month of the gods. The fasts and prayers performed in this month yield great results.
- Nirjala Ekadashi provides an opportunity to destroy sins and attain virtue.
- This fast is also considered important for obtaining the blessings of Lord Vishnu.

What to do on this day:

- Get up before sunrise, take a bath and wear clean clothes.
- Worship Lord Vishnu and Goddess Lakshmi.
- Chant the Gayatri Mantra.
- Do charity.
- Recite religious texts.
- Practice meditation and yoga.

What not to do on this day:

- Do not consume water.

- Do not consume food.
- Do not consume garlic, onion and non-vegetarian food.
- Stay away from negative emotions like anger, greed, attachment, jealousy etc.
- Don't quarrel with anyone.

Benefits of this fast:

- Sins are destroyed and virtue is attained.
- One receives the blessings of Lord Vishnu.
- The mind and body become pure.
- Diseases are destroyed.
- Health and longevity are attained.
- One attains salvation.

Additional Information:

- If you are unable to keep the fast of Nirjala Ekadashi, then you can keep a fruit fast.
- If you are suffering from any health problem, consult a doctor before fasting.
- During the fast, if you feel extremely thirsty, you can drink some lukewarm water.

Also keep in mind that the main purpose of fasting is to achieve spiritual purification and self-control. Only then the real benefit of fasting is achieved.

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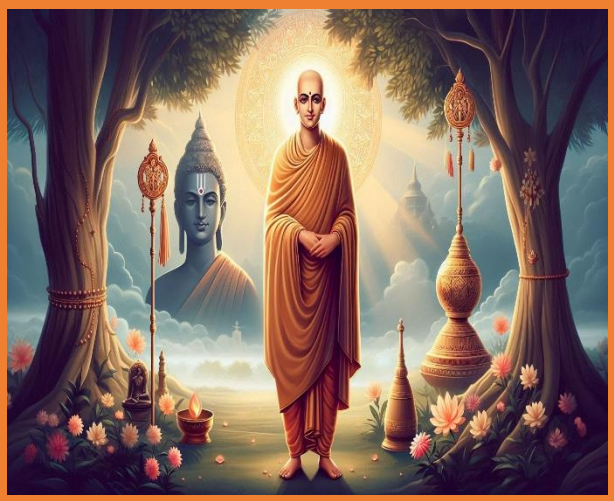

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