



Ancient Vedic Mantras and Rituals





Kamika Ekadashi 2026: तिथि, शुभ मुहूर्त, पूजा विधि, व्रत कथा, महत्व और लाभ | PDF

Kamika Ekadashi 2026

Kamika Ekadashi is one of the most sacred Ekadashi fasts dedicated to **Lord Shri Hari Vishnu**. It is observed on the **Ekadashi Tithi of the Krishna Paksha during the Shravan month**. According to Hindu beliefs, worshipping Lord Vishnu with devotion and observing this fast helps remove sins, fulfills wishes, and opens the path to salvation (Moksha).

Moreover, as Kamika Ekadashi falls during the holy period of **Chaturmas**, it is considered highly auspicious for spiritual practices, devotion, and self-purification.

When is Kamika Ekadashi 2026?

Festival: Kamika Ekadashi

Date: Sunday, 9 August 2026

Paksha: Krishna Paksha

Month: Shravan

Parana (Breaking the Fast): Monday, 10 August 2026,



Kamika Ekadashi Vrat Katha (Story)

In ancient times, there was a city named **Nagar**, where a hunter (Lubdhak) lived. Every day, he hunted animals and birds to support his family. Although his life was filled with violence, he still had faith in Lord Vishnu.

One day, **Kamika Ekadashi** of the Krishna Paksha arrived. Coincidentally, the hunter failed to catch any prey that day. As a result, he returned home hungry and thirsty. Unknowingly, he observed the Ekadashi fast and spent the entire night remembering Lord Vishnu.

The next day, on Dwadashi, he broke his fast by eating food according to the proper tradition. Owing to the spiritual merit of this unintentional Ekadashi fast, all his sins were destroyed. After his death, he attained **Vaikuntha**, the divine abode of Lord Vishnu.

After narrating this story, Lord Krishna told King Yudhishtira that the **Kamika Ekadashi Vrat** is highly meritorious. Observing this fast destroys the sins accumulated over many lifetimes and blesses devotees with the divine grace of Lord Vishnu.

Importance of Kamika Ekadashi

Observing Kamika Ekadashi is considered highly auspicious for devotees of Lord Vishnu. The significance of this sacred fast includes:

Worshipping Lord Vishnu helps eliminate sins.



Tulsi leaves to Lord Vishnu is considered especially sacred.

The fast brings peace, prosperity, happiness, and spiritual growth.

Chanting the **Vishnu Sahasranama** and the mantra “**Om Namoh Bhagavate Vasudevaya**” is believed to bring immense spiritual benefits.

Vrat Mantra

Om Namoh Bhagavate Vasudevaya Namah

Prayer After Aarti

“O Lord Shri Hari! Please forgive all my known and unknown mistakes and bless me with Dharma, Artha, Kama, and Moksha.”

Observing Kamika Ekadashi with sincerity, devotion, and proper rituals is believed to bring the blessings of Lord Vishnu, prosperity, peace, and spiritual advancement.

Kamika Ekadashi 2026 Puja Vidhi (Rituals)

Follow these steps to perform the Kamika Ekadashi Puja:

Wake up during **Brahma Muhurta** and take a holy bath.

Wear clean or yellow-colored clothes.

Take a solemn vow (Sankalp) to observe the fast.

Clean the home temple thoroughly.



Install or worship an idol or image of Lord Vishnu.

Perform Abhishek with **Gangajal** and **Panchamrit**.

Offer yellow flowers, Tulsi leaves, incense, lamp, fruits, and Naivedya.

Chant the mantra “**Om Namō Bhagavate Vasudevaya.**”

Recite the **Vishnu Sahasranama** and **Bhagavad Gita**.

Read or listen to the Kamika Ekadashi Vrat Katha.

Spend the evening singing devotional hymns dedicated to Lord Vishnu.

Break the fast during the auspicious Dwadashi Parana time.

Rules for Kamika Ekadashi Vrat

Begin eating only **Satvik food** from Dashami onward.

Avoid rice, wheat, lentils, onion, garlic, and tamasic foods.

Stay away from anger, lies, gossip, and negative thoughts.

Observe a Nirjala, Phalahar, or water-only fast according to your ability.

Worship **Tulsi Mata**.

Donate food or essential items to the needy.

Break the fast only during the prescribed Dwadashi Parana time.



What to Donate on Kamika Ekadashi?

The following donations are considered highly auspicious:

Food grains

Clothes

Ghee

Sesame seeds

Fruits

Dakshina (charity)

Cow service (Gau Seva)

Religious scriptures

Umbrella

Water pot

Making these donations is believed to earn the special blessings of Lord Vishnu and increase one's spiritual merit.

What to Eat During Kamika Ekadashi Vrat?

If you are observing a **Phalahar (fruit-based) fast**, you may consume:

Milk

Curd

Fresh fruits



Makhana (Fox Nuts)

Sabudana (Sago)

Water Chestnut Flour (Singhara Atta)

Buckwheat Flour (Kuttu Atta)

Peanuts

Coconut Water

Rock Salt (Sendha Namak)

Avoid consuming grains and regular table salt during the fast.

Benefits of Kamika Ekadashi

Observing Kamika Ekadashi offers numerous spiritual and religious benefits, including:

First of all, it brings the divine blessings of Lord Vishnu.

It helps eliminate sins accumulated over many lifetimes.

It provides mental peace and positive energy.

It promotes happiness and prosperity within the family.

It may open the doors to financial growth and success.

It helps remove negative energy and mental stress.

It is believed to fulfill sincere wishes and prayers.

It encourages spiritual progress and strengthens devotion.



Ultimately, it paves the way toward Moksha (liberation).

Kamika Ekadashi 2026 is a highly auspicious occasion dedicated to the worship of **Lord Vishnu** through fasting, prayer, chanting, charity, and spiritual devotion. Observing the fast with faith, offering Tulsi leaves, reciting the Vishnu Sahasranama, and performing acts of charity are believed to bring peace, prosperity, happiness, and the divine blessings of Lord Vishnu. Those who observe Kamika Ekadashi according to the prescribed rituals are believed to experience both spiritual growth and family well-being, making this sacred fast one of the most rewarding observances in Hindu tradition.

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