



Ancient Vedic Mantras and Rituals





Aja Ekadashi 2026 | पापों का नाश और मोक्ष की प्राप्ति दिलाने वाला अजा एकादशी व्रत | PDF

In Hinduism, Ekadashi holds a very special significance. There are 24 Ekadashis in a year, and each has its own unique spiritual and religious importance. Among these, *Aja Ekadashi* is considered highly sacred. It falls on the *Krishna Paksha Ekadashi* of the month of Bhadrapada. It is also known as *Aja Ekadashi*. On this day, devotees worship Lord Vishnu and observe a fast. According to belief, observing this fast destroys one's sins and grants liberation (moksha).

What is Aja Ekadashi?

Aja Ekadashi occurs on the *Krishna Paksha Ekadashi* of Bhadrapada month. According to scriptures, fasting and remembering Lord Vishnu on this day destroys all sins. The *Padma Purana* and *Brahmavaivarta Purana* describe this fast in detail. It is said that observing this vrat leads to attainment of heaven and removes all troubles of life.

When is Aja Ekadashi 2026?

According to the Panchang, the **Ekadashi Tithi of Krishna**



Paksha in the month of Bhadrapada will begin on **Sunday, September 6, at 7:30 PM** and will continue until **5:05 PM on Monday, September 7**. Therefore, according to the **Udaya Tithi**, the fast for **Aja Ekadashi will be observed on Monday, September 7, 2026**. Observing a fast on this day is considered highly auspicious and spiritually meritorious.

Significance of Aja Ekadashi

- **Destruction of sins** – This vrat destroys not only the sins of the present life but also those of previous births.
- **Attainment of Moksha** – The observer is freed from the cycle of birth and death and attains the supreme abode.
- **Family prosperity** – The fast brings peace, wealth, and fortune to the household.
- **Health and mental peace** – Fasting and devotion to Lord Vishnu provide stability of mind and inner peace.
- **Purification of deeds** – The vrat purifies thoughts and actions.

The Legend of Aja Ekadashi

Ekadashi of Krishna Paksha of Bhadrapad month is famous by the name of Aja and it is also called Annada Ekadashi. By observing the fast of this Ekadashi, all the sins of the living beings from several births are destroyed, while by removing their sorrows, their fortune also rises.



Whatever wish someone makes while observing this fast, all his wishes are fulfilled immediately. In this fast, the Upendra form of Lord Vishnu is duly worshipped.....[Read More](#)

Why is Aja Ekadashi Observed?

- **To receive Lord Vishnu's blessings** – Fasting and worship on this day ensure divine grace.
- **For liberation from sins** – Scriptures say this fast grants merits equal to thousands of yajnas and holy pilgrimages.
- **For moksha** – It frees the soul from the bondage of birth and death.
- **For removal of troubles** – This fast relieves a person from worldly miseries.

Aja Ekadashi Vrat Vidhi (Rituals)

Preparations

- The vrat begins a day before, on *Dashami Tithi*. From this day, one should take sattvic food and resolve to observe the fast.
- Celibacy and purity of mind should be maintained.



Puja Method

1. **Morning Bath** – Take a holy bath early morning on Ekadashi and wear clean clothes.
2. **Sankalpa** – Take a vow to observe the fast before Lord Vishnu.
3. **Worship** – Offer incense, flowers, lamp, and naivedya before the idol or picture of Lord Vishnu.
4. **Mantra chanting** – Recite “*Om Namo Bhagavate Vasudevaya*” or Vishnu Sahasranama.
5. **Katha Shravan** – Listening to or reading the vrat katha is essential.
6. **Bhajan-Kirtan** – Chant the holy name throughout the day and observe night vigil (jagran).

Conclusion of Fast

- The fast is concluded on the next day, *Dwadashi Tithi*.
- Parana (breaking the fast) is done after sunrise by consuming food or by feeding a Brahmin.

Rules of Aja Ekadashi Vrat

- Avoid grains, lentils, rice, and non-vegetarian food.
- Onion and garlic must also be avoided.



- The devotee should refrain from lying, stealing, criticism, and anger.
- The mind should remain calm and focused on God.
- Observing celibacy is necessary.

Benefits of Aja Ekadashi Vrat

- **Spiritual benefits** – Purifies the soul and strengthens connection with God.
- **Religious merit** – Grants merits equivalent to thousands of yajnas and pilgrimages.
- **Purification of karma** – Erases all sins and faults.
- **Prosperity** – Brings happiness, peace, and prosperity in family life.
- **Moksha** – After death, the soul attains Vaikuntha (abode of Lord Vishnu).
- **Mental peace** – Brings purity in thoughts and relieves stress.

Scientific Perspective of Ekadashi Fast

From a scientific point of view, fasting has several positive effects on the body:



- **Rest for digestive system** – It gives relief to the digestive organs.
- **Detoxification** – Removes toxins from the body.
- **Mental stability** – Meditation and fasting enhance inner balance.
- **Energy control** – Simple food and meditation help maintain energy balance in body and mind.

Aja Ekadashi Vrat is considered extremely holy and liberating in Hinduism. Its glory has been described by Lord Vishnu himself in the scriptures. This fast not only destroys sins but also frees one from life's sufferings. The story of King Harishchandra is the best example of its divine power.

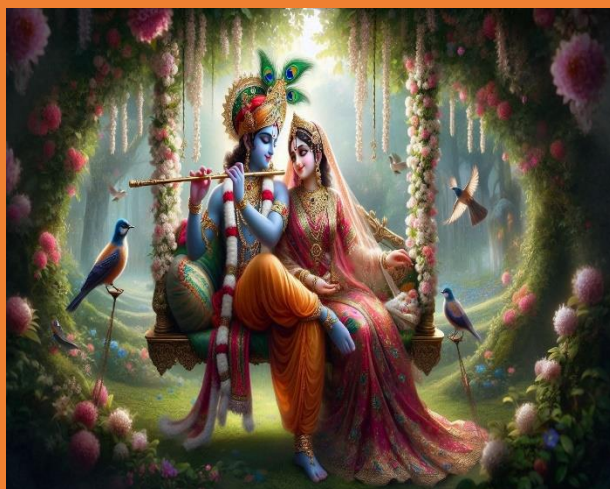
By observing this vrat, one attains *Dharma, Artha, Kama, and Moksha* – the four *Purusharthas* of life. Hence, every devotee should observe *Aja Ekadashi vrat* with faith and devotion.



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