



Date and Shubh Muhurat of Ekadashi 2023

In the Hindu religion, we give enough importance to Ekadashi tithi. The Ekadashi tithi has religious significance, and people observe fasts and only eat fruits on this day. Many devotees don't consume water on Ekadashi tithi. People worship Lord Vishnu and offer him prayers on this auspicious day. They break their fast on Dwadashi tithi the next day of Ekadashi.



Shubh muhurat of Ekadashi appears twice a month. One appears during the Krishna paksha of the Moon (waning phase), and the other appears during the Moon's Shukla paksha (waxing phase). So, in all, there are 24 Ekadashi tithis in a year.

It is believed that whoever observes Ekadashi fast gets the blessings of Lord Vishnu in the form of fortunes, prosperity and salvation.

Rituals to follow on Ekadashi tithi

- Take a bath early in the morning.
- Worship Goddess Laxmi and lord Vishnu by lighting a ghee lamp near their idols.
- Offer panchamrit, flowers, sweets, and garland to Lord Vishnu.



- Tulsi leaves are the favorite of Lord Vishnu, and thus the devotees put tulsi leaves in all the prasadam or offerings they make to Lord Vishnu.
- One should read Ekadashi Katha and chant 'Om Namoh Bhagwate Vasudevaye'.
- One should read Vishnu Sahastranaam on Ekadashi tithi.
- One should visit Lord Vishnu's temple.
- One should take satvik food on this day.

Important mantra for Lord Vishnu

- Om namah bhagwate vasudevaye
- Hare Krishna Hare Krishna Krishna Krishna Hare Hare, Hare Rama, Hare Rama, Rama Rama Hare Hare

Ekadashi tithi calendar in 2023

Those who worship Lord Vishnu can observe Ekadashi fast to get His blessings. It is appropriate to mark your calendar as per **Hindu panchangam** with the upcoming Ekadashi tithi. The **Ekadashi 2023 dates** are as follows-

Ekadashi Date

- Pausha Ekadashi - 2 January, 2023, Monday
- Shattila Ekadashi - 18 January, 2023, Wednesday
- Jaya Ekadashi - 1 February, 2023, Wednesday
- Vijaya Ekadashi - 16 February, 2023, Thursday
- Amalaki Ekadashi - 3 March, 2023, Friday
- Papmochini Ekadashi - 18 March, 2023, Saturday
- Kamada Ekadashi - 1 April, 2023, Saturday
- Varuthini Ekadashi - 16 April, 2023, Sunday
- Mohini Ekadashi - 1 May, 2023, Monday
- Aparajita Ekadashi - 15 May, 2023, Monday
- Nirjala Ekadashi - 31 May, 2023, Wednesday
- Yogini Ekadashi - 14 June, 2023, Wednesday
- Devshayani Ekadashi - 29 June, 2023, Thursday
- Kamika Ekadashi - 13 July, 2023, Thursday
- Padmini Ekadashi - 29 July, 2023, Saturday
- Parama Ekadashi - 12 August, 2023, Saturday
- Shravana Putrada Ekadashi - 27 August, 2023, Sunday
- Aja Ekadashi - 10 September, 2023, Sunday
- Parsva Ekadashi - 25 September, 2023, Tuesday
- Indira Ekadashi - 10 October, 2023, Tuesday
- Papankusha Ekadashi - 25 October, 2023, Wednesday
- Rama Ekadashi - 9 November 2023, Thursday
- Devuthani Ekadashi - 23 November, 2023, Thursday



- Utpanna Ekadashi - 8 December, 2023, Friday
- Mokshada Ekadashi - 22 December, 2023, Friday

Why do other fasts not get similar results to Ekadashi?

Vedic astrology is a more profound science. **Panchangam** says that some period is specifically more promising than other. It depends upon the placement of the planets and stars. On Ekadashi, the Moon is so placed that it positively affects our minds and body. Therefore a fast kept on Ekadashi is more effective than any other regular fast. Ekadashi fasting brings benefits equal to a crore of holy baths. Ekadashi is the greatest of all as the deity of **Ekadashi Vrat** is Bhagavan Narayan, Himself.

The legend of Ekadashi

Here goes the story from the famous Hindu text Padampurana. It is a story of Satyuga when a demon Murdanav terrorized all noble beings and devotees on Earth. His terror spread in the Devtas also. So Devats left heaven to take refuge in Lord Vishnu. They begged Lord Vishnu to save them. God carried instantly on His speediest vehicle, "Garuda." He continuously opposed Murdanav for 1000 years, but he was still fighting against the Lord with full might. So Lord Vishnu chose to change his tactics.

Lord Vishnu pretended as if He got depleted by the war and ran to hide in Himalayan caves. He took a nap in that cave. Lord Vishnu, with all his ten senses and the mind inside, was resting. Murdanav reached the cave by chasing Lord Vishnu. He took out his sword to kill Lord Vishnu but as soon as he lifted his sword, a gorgeous and glowing female emerged from lord Vishnu's body. Murdanav felt attracted to her and proposed to her. But she said she would marry him if he defeated her in the battle. Murdanav smiled and agreed to that. He fought with that divine lady and was defeated and killed by her. After hearing the noise, Lord Vishnu woke up and called that lady, who emerged from his body, by the name Ekadashi. It was the eleventh day of the Shukla paksha, or the waxing Moon.

Lord Vishnu was so happy by her action and asked for a boon. The Ekadashi requested Lord Vishnu that she will be known as Ekadashi since she was born from the ekadash indriyas (eleven senses). She asked that whoever will observe Ekadashi Vrat and restrain their Ekadash *Indriyas* (Senses) will get control of his indriyas. On this day, no one should take grains such as rice, beans, and wheat. Lord Vishnu agreed and said that devotees, whoever will observe the Ekadashi fast in **Hindu Vrat 2023**, will get his blessings.



Source: <https://sites.google.com/view/vinaybajrangis/blog/ekadashi-2023-shubh-muhurat>

