



## Saphala Ekadashi Vrat 2024



When is **Saphala Ekadashi** in 2024?  
**January, 07 Jan, 2024**

**Saphala Ekadashi Muhurat on 7 January, 2024 for New Delhi, India**

**Saphala Ekadashi Parana Time : 07:15:10 to 09:20:13 on 8th, January**

**Duration : 2 Hour 5 Minute**

Ekadashi in Krishna Paksha during Paush month is known as Saphala Ekadashi. As Saphala means achievement, so it is assumed that by fasting on this day all tasks of a person get prosperous. On this day, Lord Achyuta is worshipped.



# Saphala Ekadashi Vrat Puja Vidhi

Peoples fasting for Saphala Ekadashi must worship Lord Achyuta on this day. The pooja Vidhi for the fast is as follows:

1. One should have Sattvic food only one time on the day of Dashmi, and should follow the regulations of this fast rigidly.
2. Take vows for the fast after bathing in the early morning and offer incense, lamp (Diya), fruits and Panchamrit to the deity.
3. Worship Lord Achyuta with Coconut, Supari, Amla, Pomegranate, clove, etc.
4. On this day, singing devotional songs (Bhajans and Jagran) devoted to Lord Shri Hari at night is considered important.
5. Next day on Dwadashi, feed and donate things to the needy or Brahmins. After that, open your fast.

## Four Don'ts of Saphala Ekadashi

- Avoid sleeping on bed, instead sleep on the ground.
- Avoid eating non-veg, toxic things (Nashili Vastu), garlic and onion.
- Avoid brushing your teeth in the morning of this Ekadashi.
- Avoid rend fruits and leaves of any tree as it is considered unfortunate.

## Importance of Saphala Ekadashi

In religious scriptures, significance of Saphala Ekadashi is mentioned during the conversation between Lord Krishna and Dharma raj Yudhishtara. It is believed that 1000 Ashwamedha Yagya cannot give as much result as one can obtain by fasting for this Ekadashi. So, if a person fasts on this day, all his/her pain and suffering ends, luck becomes favorable and wishes get fulfilled.



# Story of Saphala Ekadashi

In ancient times, King Mahishmat used to rule the Champawati city. He had four sons, among which Lumbhak's was very Brutal and immoral. He used to spend his father's money on bad works. Getting frigid by his wrong doings, the King deported him; still Lumbhak's habits of loot and larceny did not end. One time, he did not get food for 3 days. Wandering around, he reached the hut of a saint. Fortunately, it was Saphala Ekadashi on that day. So, the hermit welcomed him and presented him food. Witnessing this behavior of the sage changed Lumbhak's. He fell to the saint's feet and asked for his blessings. The saint made him his disciple and with time, Lumbhak's character became well good and clean. As per his guidance, Lumbhak's started fasting for the Ekadashi. When he changed completely and became a good man, the hermit showed his true form to him. It was his father in the form of the hermit. After this, Lumbhak's handled his amenability greatly as King and set an example in front of every person. And he kept on fasting for Saphala Ekadashi till he lived.

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