









म्-वस्वाभाव नभ

मीभर्ग-मर्-मर्ग-रुगवस्र र-५१ भूग गउ-भूल भु य-भव ह-पीं पीं-का भीं-का भने ए-पीं स्गम् र-मी-मद्भग्राट-भ्राभि-मीभ०-मंभूपनभा

म्भिर्वाच-प्रकृष्ण-भमः वैम्-एम्-मम्भ्-परिपालन-भरु ग

॥ विम्वायम्-भिष्ठ-रुप्प्प्-पुक्तिभा – ग्रन्-ग्रुप्भा॥

गफ-भाष-ग्भुभा। ७-मिस्नुरा -2025 यमुभवाडी परभा।

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ठा ठा महा

ग्रुल-मभयाः (হারত্ত भत्रत्र) काट क्रम् । मस्त्रुर्ग 07 - 08

भूमः	21:57	ग्रग्धुपानभा (भङ्गल्हाः), उद्गुष्पभा (भङ्गल्हाः), स्प्यः	
निभीलनभा	23:01		
भष्टभा	23:42		
उन्नीलनभा	00:23 (मपरगर्डे)	म्पनभा (भ म्न ल्यः)	
भेबः	01:26 (मपरगर्ड)	भेब-भूपनभा (भद्भल्यः)	

निभील नभा = ग्रुल्य-पुरूडा-मुर्गभः, उन्नील नभा = ग्रुल्य-पुरूडा-मभाधिः

ग्डल-प्राल्भा - प्रक्रभा

पीठिउ [*] नि नब्द्र [*] रिप्प						
प्रत्र-पृष्ठप्रमः , मउिषक् , उउउउ-पृष्ठप्रमः , प्रतत्रमः , विमापा						
(प्राीन-कृ-गल्पिउ-म्, क्षृण्डभानि ग्रांपि – मउन्तिधका, मृतिश्वा, ग्रुग्नू, श्वाउी)						
पीठिउः गमयः						
गणिकभा	कुभु ∗	भीनः	कएकः	वृ स्चिकः		
भष्टुभभा	भिष्रभा	भिंफः	<u> उ</u> ला	भकरः		

* = ग्ठलकालिकभि)

(मानि-म्लेकाः)

प्र<mark>यं रामीनं मुरु-द्रलभा</mark> - मेथः, त्थरः, कन्नु, एन्।

Contributors

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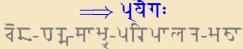
Instructions specific for this grahanam

Ahara niyama

- One yāma is one fourth of the day or night (about 3 hours).
- o On the previous day, food may be taken before midday (about 12 o'clock). In extreme western parts of (Akhanda) Bharat (Narayana Sarovar, Karachi), food may only be taken upto the first yama of that day (about 09:45).
- o Due to this, the shraddha to be done that day for purnima tithi should be done on the next day (of Prathama).
- No food is to be taken that night.
- o For those like children/elders who are not able to stay without food, it is practical to take alpa aharam like gruel (yavagu / kanji) as early as possible before sunset.
- o Definitely during the grahanam nothing should be eaten. Correct time for chandra grahana anushthana
- Modern publications may show 20:58 to 02:25 as the span of this eclipse. But that includes the penumbral phase of the eclipse which is not visible to the eye. 21:56 to 01:26 is the correct time of the visible umbral phase of the eclipse suitable for anushthana.

Upcoming grahanas visible in Bharat

- o The next Chandra Grahana is after six months on Vishvavasu year Kumbha Phalguna Purnima evening (2026 March 03).
- o The next Surya Grahana is two years away on Plavanga year Kataka Ashadha Amavasya (2027 August 02).



General notes for all grahanas

Jyautisha details

- o A lunar eclipse happens because of the earth's shadow falling on the moon. So start and end times of Chandra Grahana will not change depending on where we see it from.
- o A solar eclipse happens because of the moon's shadow falling on the earth. Due to the movement of this shadow on the surface of the earth, each place will have different start and end times of Surva Grahana.
- o The sandhi of amavasya-prathama or purnima-prathama is known as parva.
- o Globally, a solar eclipse will start before this parva in amavasya at one place and end after it in prathama at another place. But the matter of individual places is different. A grahana occurring in the morning can end within amavasya before prathama. A grahana occurring in the evening can start in prathama after amavasya.
- o However since for a lunar eclipse has only one global start and end time, it will always start before the parva in purnima and end after it in prathama.
- o In case of grasta udaya, grahana will start before the rise of sun or moon in our place. But it will obviously be visible only after rise.
- o In case of grasta astamana, grahana will end after the set of sun or moon in our place. But it will obviously be visible only until set.
- o In the case of a lunar eclipse, the penumbra of the earth (where only a part of the sun is blocked) does not cause a visible darkening of the moon and is hence not considered for anushthanam.

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Bhojana niyamas

- \circ For four yāmams (\approx 12 hours) before the solar eclipse food should not be eaten. It is three yāmas (\approx 9 hours) for a lunar eclipse.
- o Food is not to be taken in the night before surya grasta udaya and day before chandra grasta udaya.
- Food is not to be taken in the night after surya grasta astamana and day after chandra grasta astamana.
- \circ Young children (\approx 7 years old), elderly (\approx 70 years old), and sick people need not observe this. Those who cannot observe this can adopt a light diet like milk, fruit. Even in this case, it is necessary to avoid food for at least 1 yāmam (\approx 3 hours) before.
- o Certainly food is not to be taken during the eclipse by anyone.
- None of these restrictions apply to the intake of mother's milk by infants. The age of the child may be taken into consideration.
- Water, food that is apakva (i.e. uncooked food items) the sampradāya is to protect them with darbha grass. These can be used after eclipse. But food cooked before grahaṇa is not edible after the eclipse.

Beginning of anushthana

- Before the start of the eclipse, make sure to keep ready the change of garments, the āsanas for the anushtana (ritual), and the tirthapātra.
 Make sure that all those who have to offer tarpana have their own sesame, darbha, tarpana books.
- o Once the eclipse has begun, one should bathe with the clothes that were worn. Secure water for the grahana anushthana. Put on garments व्राप्त-पर्म-परिपालन-मरा

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that were kept separately.

Grahana Ashaucha

- Do not touch anything other than what is needed for the anushthanas at the time of eclipse, especially bed / mat / cloth, till the bath is complete after the eclipse. If touched, they have to be washed before reusing them. This niyama (restriction) is called grahana āśaucam.
- o Other āśaucas like that of the birth / death do not preclude the ability to do this eclipse-related karma. Such people have 'śuddhi' for the duration of the eclipse. Menstruating women too need to bathe with a separately secured water.

Grahana Shraddham

- The ancestors are to be propitiated with shraddham / tarpaṇam during the eclipse. It is also done during the lunar eclipse that occurs at night.
- o In case of Surya Grahanam, if it occurs on the same day as Amavasya Shraddha/Tarpana, there are two opinions:
- o Many texts say that the Grahana Shraddha is performed the same way as Amavasya Shraddha ie women ancestors are propitiated together with their husbands and not separately. In such case, only Grahana Shraddha is to be performed.
- o One tradition holds that the women ancestors are to be propitiated separately in Grahana Shraddha (but not in Amavasya Shraddha). In such case, Grahana Shraddha and Amavasya Shraddha should be done separately.

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o Make the decision as per how you are performing the grahana shraddham.

• Annual shraddham that is to be performed on the day of grahana may need to be performed on the next day.

Do-s and don't-s during the punya kala

- o Avoid doing wasteful things. This is an ideal time for worship and prayer.
- o If the grahana occurs during sandhya kala, sandhyavandanam is to be definitely observed even during the grahana. Arghya is to be given before rise or set of sun and japam is then to be done.
- o Mantra japa at the time of eclipses is of great benefit. This is also the best time to get mantra initiation.
- o Do not sleep or engage in natural impulses during the eclipse. Therefore, it is better to complete any required toileting beforehand.
- o Dana-s performed during grahana punya kala-s accrue immensely more punya. Do as much dana as possible.
- o In grahana punya kala, all water is equal to Ganga for snanam and anushthanam. All vedadhyayis are equal to Brahma or Vyasa to accept danam. All danam is equal to bhu danam. All places are equal to Kurukshetram. So wherever we may be, we must certainly do snanam danam japam etc.
- The stotra to ashta dik palakas praying for grahana dosha nivritti is to be read. This stotra is given later.

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o In case of very short grahana-s, do whatever is possible: at least arambha snanam with short sankalpam and set aside something for danam. For grahana shraddha/tarpana if at least sankalpa is done within the punya kala, the rest can be completed as soon as possible even if the grahana is over.

- o Eclipse should not be observed with naked eyes. You can see with the strength of the light on the garment if desired. Or (if not clear) you can see the reflection - in glass, in water or in a mirror.
- o Pregnant women should not be exposed either to the moonlight or sunlight during the respective eclipse. Therefore, they should avoid looking at the sun. It is best to perform the Bhagavannāma japam or stotram etc. at that time in the interest of the pregnancy.
- After the eclipse is over, one should bathe with the garment that is worn. This moksa snāna is very important. If not, the impurity will continue till the next eclipse.
- o Even in case of grasta astamana, moksha snana is to be done after the time of moksha as known by shastra. Only after that other smarta anushthanas such as aupasanam or shrauta anushthanas such as sayandoham may be done.

Grahana shanti/pariharam

- o The people born in the rashi/nakshatra in which grahana occurs may if possible perform shanti in the form of homa next day.
- o If grahana occurs in rashis 3, 6, 10, 11 from janma rashi, it will give shubha phala. If it occurs in rashis 2, 5, 7, 9 it will give somewhat ashubha phala. If it occurs in rashis 1, 4, 8, 12 it will give more ashubha phala.

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• The same when counted from the grahana rashi: rashis 11, 8, 4, 3 will get shubha phala. Rashis 12, 9, 7, 5 will get somewhat ashubha phala. Rashis 1, 10, 6, 2 will get more ashubha phala.

- o The nakshatra in which grahana occurs, the preceding and succeeding nakshatras, the 10th (anujanma) and 19th (trijanma) nakshatras also receive ashubha phala.
- o That is, those born in the rashi/nakshatras receiving ashubha phala will have problems due to the effect of previous karma. Therefore, they should follow the anushthanas with more zeal and do parihara.
- A simple form of parihara is given later.

Punya kala nirnayam

- Even if one cannot see the sun or moon due to clouds etc, the punya kalam is from when the grahana begins until when it ends as determined by jyautisha shastra.
- o In the case of grasta udayam, the punyakalam is only after the rise of sun or moon. In the case of grasta astamanam, the punyakalam is only until the set of sun or moon. Generally, the punya kalam is when the grahana can be visible.
- o In case of grasta astamana, the sandhya japa which was started already is to be continued upto the time of moksha even after the punya kala is over.
- o There is a practice of doing tarpanam in krishna paksha during grahana. But since a solar eclipse can start after amavasya is over as said earlier, and in case of grasta astamana of chandra, this is not always possible. However, since anushthana is mandatory for occurrence of grahana, one should do even if there is no krishna paksha.

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 If a solar eclipse occurs on a Sunday or a lunar eclipse on a Monday (from Monday sunset till Tuesday sunrise) then it is called a Chudamani gra-

hana and the punya kalam accrues limitless benefit.

Rise/set timings given here if any are calculated as per our tradition.
Here refraction or bending of light by the air near the horizon is not
considered since it is unpredictable. Modern publications calculate
refraction approximately showing rise times a few minutes earlier and
set times a few minutes later. For anushthana, traditional times are to
be taken.

॥ग्रुल-मुरभु-म्-म्रुलुः॥

म्राभनभा। मुक्ताभ्राणां + मात्र्ये। प्राप्ताभः। उद्भिव लग्नं भृद्भितं उद्भिव उपगवलं प्रत्वलं उद्भिव। विद्युवलं द्विवलं उद्भिव लक्क्षीयउँगस्थिगं भूगाभि॥

म्पविदः पविदे वा भवावभूगिउँ।पि वा। यः भूतद्वप्रीकार्व भवाक्ष्मु सुरा

भानमं वाग्निकं पापं क्यू (१० मन्पास्ति उभी। मीराभः भूरतानिव वृधेकिं न मंमवः॥ मीराभ राभ राभ।

उिषिविभूभुषा वारी नव इं विभूगिव छ। वेगम् करणं छैव भवं विभूभवं स्गउ।॥ मीफ्र गेविन्गेविन्गेविन्।

भभेपाइ-मभभु-म्विउ-ब्य-म्वा मीपरमम्बर-पीट्रभा,

मी-रंगवउः विभ्नेः नागवर्णम् मणिवृषां मपितिभेउषां मक्ता रिवभार्णम् भर्णाणले भम् भण्ण पित्रभ्याम् मनिकवेषितृ क्वाप्रश्नाम् एकउमे पिषवी-मपी-उँए-वाष्ट्-मकाम-मुद्यान् मुक्ता-भर्ज्ञाः मुव्यान् मुव्यान् भर्गाः मुव्यान् मुक्तान् भर्गाः मुव्यान् भर्गाः मुव्यान् भर्गाः मुव्यान् भर्गाः मुव्यान् मप्-मुक्ताः मुव्यान् मप्-मुक्ताः मुक्ताः मिन्नाः मुक्ताः मुक्ताः

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रुर रुर मर्द्धर

एय एय महुर

रु 13-कि भुरुष-रु 1ि-इला तु 3-1 भूक-रि १ ११व-कु १-रु म् सू सू सू सू सू सू ने विकास प्राप्त न विकास स्वाप्त स्व **रुप ३-वर्चे** ७२-- अन्- यह प्रि-नाग-भी भृ-गञ्ज - याप प्राप्ट- च व - याप प्राप्ट- न व - याप प्ट- न व - याप प्राप्ट- न याप प्राप्ट- न याप प्राप्ट- न व - याप प्राप्ट- **७२३-।पर्देः** भूभेरु-निष्रम्-रूभकुए-किभाग्यल-भालृवडा्-पारियाउ्क-गद्गभाम्पन-कैलाभ-विज्ञा यला सि-**यने कप्रांत्रीलानं** भेष्ट्र स्परका राष्ट्र-य भुका राष्ट्र-विज्ञा राष्ट्र-वीकारए-मुरारए-वैमारए मि-मनेकप्राए नं भेष्रे कम्हुमे राभमेरुकमार वेः रुपीर षी-यभूना-नर्म मा-द्विली-भलापकारिली-गोउभी-नुभूवली-दुङ्गरुम्-क वटा रि-मने कप्थन री-विगणि उपार अनु प्मु- यभप्मु- यव विकाप्री- किम प्री-मवेष्ट्रप्री-स्वाकः-भवाप्पी-भाषाप्री-कामीप्री-काम्वीप्राम्-मनेकप्रप्रा-विग स्टिउ

मकल-एगर्जा-म् धारा चम्च य-एविनः र्कु दिरीय-परा चे प्राप्ता प्ता प्राप्ता प्ता प्राप्ता प्राप प्षम वर् प्षम भाम प्षम पह प्षम किवम किवम कि किडी या मे उडी ये भूकर भायभुव-भ्रापे प्रिष-उर्रभ-उर्भम-गैवड-प्राक्षधाष्ट्रिष् धप्तु भन्ष् यडीडेष् भप्ते वैवभ्रड-भन्न उर्रे म्सं विंमि उउने कलि युगे प्षमे पार मिम्नां वरुभाने वृतकारिकालं प्रवासीनं पष्ट्राः भंवद्मरातं भष्ट्र

विश्वावम् - नाभ-भंवद्भी प्रिक्षण्यन वस् - एउँ भिष्ठ-राप्पप्प-भाम मुक्क -पब् (३३:३४)/तुभू -पब् भे कमाभूं (३३:३४)/प्षभायं मुरु-ठिषे रान् वाभगयुक्तायं पुत्रपृष्ठिपरा-नब्द्युकृयं एडि-चेगयुकृयं गत-करण (३३:३३; गलव-करण)-युज्जायाभा गिवं-गुल्प-विमिध्यायाभा ग्रमृं भेकिभामृं (३३:३५)/प्षभायं मुरु उिषे -

मना रि-मविर्मु-वामनया प्वरुभाने मिसूना भन्ना मंभार एके विधिराहिः क्रमगडििकः विधिरम् वैनिष् प्नःप्नः मनकण एनिङ्ग केनापि प्रक्रम्विमिष्ण उद्मानी नुन-भान् ध-म्विष्ण्यान् विमिधं प्रथुव उः भभ –

एमुहुभाड़ी एम्प्रिडि एउड़ी-ब्ल-पद नं गलू के भार ये वर्ने भएमे वयमि वा चकि रा एग् इत्-भूय-मूर्षापु-मवभूतम् भने-वा क् -का याप्ट-दिकर व्यास्या कर्मे न्रिय-ह्ननि,्य-वृप्पारेः भभाविष्टानाभा ওত एन्।नि एन्।न्र ग ह्ननहानं भकापाउँकानां भकापाउँक-मन्भनुङ्गासीनां सभपाउँकानाभा उपपाउँकानां भिलानी-कर "नं गमु एन-मुम्पन-उपसीवन मीन भा म्या ट्रीकर "नं एडिइंमकर " विषिउकम् राग-निन्जिन्यमभाग्रमणभीनं स्नाउः मनुज्ञा नुजानाभा ग्रस्ताउः ग्रमनुज्ञा नुउन्नं भ**च**िभं पापानं भद्रः मपनेद्रनार्त् -

भकागणपर्दाम्-मभभु-वैम्कि-म्वरा-भित्रणे (___-नम्दः पृत्रे / म्बिल / पिस्सि /

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उउँ रीर / ___-प्र'-रीर्) प्रन्-ग्रल'-प्र'-काल ग्रल'-म्राभ्भानभा मर् करिष्टि। (मप उपम्मू)

गङ्ग गङ्गिति वे इया म्हिल्यानां मड्रैरिपा भृगृड भवपापिकृ विभूलेकं भ गम्ब्रिता

गङ्ग ग यभ्न ग्वें गेंस् विर भगभुडि। नम्मिन् भिन्न क विरि एलें भिन्न भिन्नि कुन्न।

मिंडिक्र भठाकाय कला उर्राठने पभा हैरिकाय नभभुष्टभा मन्हं राउभा महिमा

(प्राप-भग्गः/भाग-भग्गः)

(भाक्षा वस् एक्षा कुला या वडा पुत्रण गंग य क्षा मय मू स्पं कुट डा।)

॥उर्पः-मङ्गलुः॥

मपित्रः पित्रे वा + पृष्ट'ित्रमें (प्रामीनावीडी) गेराणभा + पृष्ट'ित्रमें मन्ग्रिण'-पृष्ट'-काल वनम्नय-पिरुना उम्मिम् डिल-उम्णं किर्मु।

॥ग्रुल-पिक पः॥

पीठिउपि नव्यूष्ण

प्रव-प्रिपमः *, मडिंधका, उर्रा-प्रिपमः, प्रविमापा

(भूगीन-कृ-गि॰॰उ-म्रुम् उभानि मि। मडिक्षका, म्विक्ष, मुरू, भाडी)

पीठिउः रामयः

गणिकभा	मुभु∗	भीनः	कएकः	वृ झिकः
भष्टभभा	भिष्रमभा	मिंफः	<u> उ</u> लप	भकरः

(* = ग्रुलकालिकभा)

उन्ने प्राप्त । प्राप्त ।

वॅम्-एम्-मप्-परिपालन-मरा

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Those born in the previously mentioned rashis/nakshatras should perform parihara. Write the above verse on a card or a palm leaf and chant least a few times before tying it on the forehead.

The grahana is of Chandra. Paddy dhanya pleases Chandra.

Thus when the eclipse is over, perform danam of the above dhanyas with this card / palm leaf and offer it on the same or next day along with tambūlam and some dakṣiṇa.

Repeat the following eight verses below as many times as possible.

॥परिष्ठा-भुउभा॥

वें,भे वस्परे दिवः मुद्दिरानं प्रुप्तः। मलभूनवनः मकः गुल्पीकं वृपेलु ॥०॥ भाषं यः भवरिवानं भुगतिगिभउर्हाः। ग्रन् मृद्ये परा गें जुः भा मिष्यः पी इं वृधेकडु॥३॥ यः क्यूमाबी लेकानां यभे भिष्ठधवाष्ठनः। ग्रन्मदेपगगेङ्गं ग्रुपीछं वृधेरुडु॥॥ र के गल्णिपः भाका उप्पल यानल भविकः। उगः कराले निर्मा एकिः गुरुपी कं वृपेरुदु॥मा न गपाम एउँ है वः महा भकर वा छनः। वरुले एललेकमे गुरुपीरं वृपेरुद्वाशा यः प्राप्तुपे लेकानं वायः तुसूभगप्यः। ग्रन्मदे परागेद्वां ग्रुपीरं वृपेरुद्वावा येऽभी निणिपिउर्ति वः ।पङ्गमुल एरे वरः। ग्रन्मदे परागेत्रं कल्षं म वृपेष्ठु॥॥ येऽभी मुल एरं रुद्ध मुद्दरे तु धवा फनः।



ग्रन्मुटे परागेतुं मेधं नामयु म्उभागा

वैर-एयु-माभु-पिरिपाल न-भरा



॥म्पन-भद्रलुः॥

भभेपाइ + पीटुर्न ___गेंद्रेम्बर्ग / गेंद्रेम्बरायाः ___नब्द ___रामे एउम् / एउ याः ____-मर्भाः/-नाभः/-नाभुः ग्रन्-ग्रुः ग्रन्-ग्रुः कालिक-ग्रामि-निव्हामि-भृगिउउया मभुविउम् मवविणम् मनिस्मृ परिज्याः तं वषामित जिरए रानं करि मृ

> किरप्रगर्-गर्भं किभीएं विरुप्तभें। मननु-प्रथ-दल मभा मडः मानि प्यम् भा

गेंदैम्बम् / गेंदैम्बायाः ___नब्दं ___गमें एउम् / एउपाः ___-माः "--न भः/-न भः प्रन्-ग्रू "-क लिक-गिम-न ब्रू मि-मुग्निउउया भभः विउम् भवविषम् मिनिस्मृ परिकार रिभा उद्दे किर एं महिल्ल के भड़ा भूलं स्कूल य — उर्ह भी / भनभा उम्भिय / वर्मे कर्मे गिर्मा – गरं मभुर्मे न भभा

॥भेब-भूप्त-भद्भलाः॥

भभेपा इ-मभमु-म् रिउ-व य-म्वारा मीपर मेम्वर-पीटुर्, छन्-ग्रुल्य-भेव-मानं करिम्व



वैम्-णग्न-माभु-परिपालन-मरा

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