

हर हर शङ्कर

ॐ

जय जय शङ्कर



श्री-वेदव्यासाय नमः

श्रीमद्-आद्य-शङ्कर-भगवत्पाद-परम्परागत-मूलाम्नाय-  
सर्वज्ञ-पीठम्  
श्री-काञ्ची-कामकोटि-पीठम्  
जगद्गुरु-श्री-शङ्कराचार्य-स्वामि-श्रीमठ-संस्थानम्

श्रीमठीय-पञ्चाङ्ग-सदः वेद-धर्म-शास्त्र-परिपालन-सभा च

॥ विश्वावसु-सिंह-भाद्रप्रद-पूर्णिमा - चन्द्र-ग्रहणम् ॥

राहु-पुच्छ-("केतु")-ग्रस्तम्। ७-सेप्टम्बर्-२०२५ अस्तमयात् परम्।

स्पर्शः	२१:५७	आरम्भ-स्नानम् (सङ्कल्पः), तर्पणम् (सङ्कल्पः), जपः
निमीलनम्	२३:०१	
मध्यम्	२३:४२	
उन्मीलनम्	००:२३ (अपररात्रे)	दानम् (सङ्कल्पः)
मोक्षः	०१:२६ (अपररात्रे)	मोक्ष-स्नानम् (सङ्कल्पः)

ग्रहण-प्रमाणम् - पूर्णम्

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विशाखा। बाधिताः राशयः – अधिकम् – कुम्भः\*, मीनः, कटकः, वृश्चिकः।  
मध्यमम् – मिथुनम्, सिंहः, तुला, मकरः। (\* = ग्रहणकालिकम्)  
(शान्ति-श्लोकाः)

एषां राशीनां शुभ-फलम् – मेषः, वृषभः, कन्या, धनुः।

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## Instructions specific for this grahanam

### Ahara niyama

- One yāma is one fourth of the day or night (about 3 hours).
- On the previous day, food may be taken before the last yāma (about 3 PM).
- Due to this, the shraddha to be done that for purnima tithi should also be completed before then.
- No food is to be taken that night.
- For those like children/elders who are not able to stay without food throughout the night, it is practical to take alpa aharam like gruel (Sam. yavagu, Dakshina Bharat: kanji/ganji) as early as possible in the night.
- Even that is to be avoided in the yama before grahana (after about 9 PM).
- Definitely during the grahanam nothing should be eaten.

### Correct time for chandra grahana anushtana

- 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

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to the eye. 21:56 to 01:26 is the correct time of the visible umbral phase of the eclipse suitable for anushtana.

Upcoming grahanas visible in Bharat

- The next Chandra Grahana is after three years on Kilaka year Mithuna Ashadha Purnima, night of 2028 July 6 ~ 7.
- The next Surya Grahana is two years away on Plavanga year Kataka Ashadha Amavasya, 2027 August 2.

## General notes for all grahanas

Jyautisha details

- A lunar eclipse happens because of the earth's shadow falling on the moon. So the start and end times will not change depending on where we see it from.
- 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 the eclipse.
- The sandhi of amavasya-prathama or purnima-prathama is known as parva.
- 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.
- 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.

वेद-धर्म-शास्त्र-परिपालन-सभा

- 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.
- 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.
- 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.

### Bhojana niyamas

- 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.
- 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.
- 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.
- Certainly food is not to be taken during the eclipse by anyone.
- This prohibition is not for babies drinking mother's milk.
- 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 anushtana

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

### Grahaṇa Ashaucha

- Do not touch anything other than what is needed for the anushtanas 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 grahaṇa āśaucam.
- 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.

### Grahaṇa 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.
- In case of Surya Grahaṇam, if it occurs on the same day as Amavasya Shraddha/Tarpana, there are two opinions:
- Many texts say that the Grahaṇa Shraddha is performed the same way as Amavasya Shraddha ie women ancestors are propitiated together with

वेद-धर्म-शास्त्र-परिपालन-सभा

their husbands and not separately. In such case, only Grahana Shraddha is to be performed.

- 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.
- Make the decision as per how you are performing the grahana shrad-dham.
- 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

- Avoid doing wasteful things. This is an ideal time for worship and prayer.
- 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.
- Mantra japa at the time of eclipses is of great benefit. This is also the best time to get mantra initiation.
- Do not sleep or engage in natural impulses during the eclipse. Therefore, it is better to complete any required toileting beforehand.
- Dana-s performed during grahana punya kala-s accrue immensely more punya. Do as much dana as possible.
- In grahana punya kala, all water is equal to Ganga for snanam and anushthanam. All vedadhyayis are equal to Brahma or Vyasa to accept

वेद-धर्म-शास्त्र-परिपालन-सभा

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](#).
- 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.
- 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.
- Pregnant women should not be exposed either to the moonlight or sun-light 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 mokṣa snāna is very important. If not, the impurity will continue till the next eclipse.
- 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 anushtanas such as aupasanam or shrauta anushtanas such as sayandoham may be done.



## Grahana shanti/pariharam

- The people born in the rashi/nakshatra in which grahana occurs may if possible perform shanti in the form of homa next day.
- 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.
- 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.
- The nakshatra in which grahana occurs, the preceding and succeeding nakshatras, the 10th (anujanma) and 19th (trijanma) nakshatras also receive ashubha phala.
- 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 anushtanas 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.
- In the case of grasta udayam, the punya kalam is only after the rise of sun or moon. In the case of grasta astamanam, the punya kalam is only until the set of sun or moon. Generally, the punya kalam is when the grahana can be visible.

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- 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.
- 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 anushtana is mandatory for occurrence of grahana, one should do even if there is no krishna paksha.
- 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 grahana 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 anushtana, traditional times are to be taken.

## ॥ ग्रहण-आरम्भ-स्नान-सङ्कल्पः ॥

आचमनम्। शुक्लाम्बरधरं + शान्तये। प्राणायामः।

तदेव लग्नं सुदिनं तदेव ताराबलं चन्द्रबलं तदेव।  
विद्याबलं दैवबलं तदेव लक्ष्मीपतेरद्वियुगं स्मरामि ॥

अपवित्रः पवित्रो वा सर्वावस्थागतोऽपि वा।  
यः स्मरेत्पुण्डरीकाक्षं स बाह्याभ्यन्तरः शुचिः ॥

मानसं वाचिकं पापं कर्मणा समुपार्जितम्।  
श्रीरामः स्मरणेनैव व्यपोहति न संशयः ॥

वेद-धर्म-शास्त्र-परिपालन-सभा

श्रीराम राम राम।

तिथिर्विष्णुस्तथा वारो नक्षत्रं विष्णुरेव च।  
योगश्च करणं चैव सर्वं विष्णुमयं जगत्॥  
श्रीहरे गोविन्द गोविन्द गोविन्द।

ममोपात्त-समस्त-दुरित-क्षय-द्वारा श्रीपरमेश्वर-प्रीत्यर्थम्,

श्री-भगवतः विष्णोः नारायणस्य अचिन्त्यया अपरिमितया शक्त्या भ्रियमाणस्य महाजलौघस्य मध्ये परिभ्रमताम् अनेककोटिब्रह्माण्डानाम् एकतमे पृथिवी-अप-तेजो-वायु-आकाश-अहङ्कार-महद्-अव्यक्तैः आवरणैः आवृते अस्मिन् महति ब्रह्माण्ड-करण्ड-मध्ये चतुर्दश-भुवन-अन्तर्गते भू-मण्डले जम्बू-प्लक्ष-शाक-शाल्मलि-कुश-क्रौञ्च-पुष्कराख्य-सप्त-द्वीप-मध्ये जम्बू-द्वीपे भारत-किम्पुरुष-हरि-इलावृत-रम्यक-हिरण्य-कुरु-भद्राश्व-केतुमालाख्य-नव-वर्ष-मध्ये भारत-वर्षे इन्द्र-चेरु-ताम्र-गभस्ति-नाग-सौम्य-गन्धर्व-चारण-भरताख्य-नव-खण्ड-मध्ये भरत-खण्डे सुमेरु-निषद-हेमकूट-हिमाचल-माल्यवत्-पारियात्रक-गन्धमादन-कैलास-विन्ध्याचलादि-अनेकपुण्यशैलानां मध्ये दण्डकारण्य-चम्पकारण्य-विन्ध्यारण्य-वीक्षारण्य-श्वेतारण्य-वेदारण्यादि-अनेकपुण्यारण्यानां मध्ये कर्मभूमौ रामसेतुकेदारयोः मध्ये भागीरथी-यमुना-नर्मदा-त्रिवेणी-मलापहारिणी-गौतमी-कृष्णवेणी-तुङ्गभद्रा-कावेर्यादि-अनेकपुण्यनदी-विराजिते इन्द्रप्रस्थ-यमप्रस्थ-अवन्तिकापुरी-हस्तिनापुरी-अयोध्यापुरी-द्वारका-मथुरापुरी-मायापुरी-काशीपुरी-काञ्चीपुर्यादि-अनेकपुण्यपुरी-विराजिते -

सकल-जगत्-स्रष्टुः परार्धद्वय-जीविनः ब्रह्मणः द्वितीय-परार्धे पञ्चाशद्-अब्दादौ प्रथमे वर्षे प्रथमे मासे प्रथमे पक्षे प्रथमे दिवसे अहि द्वितीये यामे तृतीये मुहूर्ते स्वायम्भुव-स्वारोचिष-उत्तम-तामस-रैवत-चाक्षुषाख्येषु षड् मनुषु अतीतेषु सप्तमे वैवस्वत-मन्वन्तरे अष्टाविंशतितमे कलियुगे प्रथमे पादे अस्मिन् वर्तमाने व्यावहारिकाणां प्रभवादीनां षष्ट्याः संवत्सराणां मध्ये

विश्वावसु-नाम-संवत्सरे दक्षिणायने वर्ष-ऋतौ सिंह-भाद्रपद-मासे शुक्ल-पक्षे(२३:३८)/कृष्ण-पक्षे पौर्णमास्यां(२३:३८)/प्रथमायां शुभ-तिथौ भानुवासर-युक्तायां पूर्वप्रोष्ठपदा-नक्षत्रयुक्तायां धृति-योगयुक्तायां बव-करण (२३:३८; बालव-वेद-धर्म-शास्त्र-परिपालन-सभा

करण)युक्तायाम् एवं-गुण-विशेषण-विशिष्टायाम् अस्यां पौर्णमास्यां(२३:३८)/प्रथमायां शुभतिथौ -

अनादि-अविद्या-वासनया प्रवर्तमाने अस्मिन् महति संसारचक्रे विचित्राभिः कर्मगतिभिः विचित्रासु योनिषु पुनःपुनः अनेकधा जनित्वा केनापि पुण्यकर्म-विशेषेण इदानीन्तन-मानुष-द्विजजन्म-विशेषं प्राप्तवतः मम -

जन्माभ्यासात् जन्मप्रभृति एतत्-क्षण-पर्यन्तं बाल्ये कौमारे यौवने मध्यमे वयसि वार्धके च जागृत्-स्वप्न-सुषुप्ति-अवस्थासु मनो-वाक्-कायाख्य-त्रिकरणचेष्टया कर्मेन्द्रिय-ज्ञानेन्द्रिय-व्यापारैः सम्भावितानाम् इह जन्मनि जन्मान्तरे च ज्ञानाज्ञान-कृतानां महापातकानां महापातक-अनुमन्तृत्वादीनां समपातकानाम् उपपातकानां मलिनीकरणानां गर्ह्यधन-आदान-उपजीवनादीनाम् अपात्रीकरणानां जातिभ्रंश-कराणां विहितकर्मत्याग-निन्दितसमाचरणादीनां ज्ञानतः सकृत् कृतानाम् अज्ञानतः असकृत् कृतानां सर्वेषां पापानां सद्यः अपनोदनार्थ -

महागणपत्यादि-समस्त-वैदिक-देवता-सन्निधौ (\_\_\_\_-नद्याः पूर्वे/दक्षिणे/पश्चिमे/उत्तरे तीरे / \_\_\_\_-पुण्य-तीर्थे) चन्द्र-ग्रहण-पुण्य-काले ग्रहण-आरम्भ-स्नानम् अहं करिष्ये। (अप उपस्पृश्य।)

गङ्गा गङ्गेति यो ब्रूयाद्योजनानां शतैरपि।  
मुच्यते सर्वपापेभ्यो विष्णुलोकं स गच्छति॥

गङ्गे च यमुने चैव गोदावरि सरस्वति।  
नर्मदे सिन्धु कावेरि जलेऽस्मिन् सन्निधिं कुरु॥

अतिक्रूर महाकाय कल्पान्तदहनोपम।  
भैरवाय नमस्तुभ्यम् अनुज्ञां दातुम् अर्हसि॥

(प्रोक्षण-मन्त्राः/स्नान-मन्त्राः)

(स्नात्वा वस्त्रं धृत्वा कुलाचारवत् पुण्ड्रधारणं च कृत्वा आचम्य जपं कुर्यात्।)

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## ॥ तर्पण-सङ्कल्पः ॥

अपवित्रः पवित्रो वा + पुण्यतिथौ

(प्राचीनावीती) गोत्राणाम् + पुण्यतिथौ

चन्द्र-ग्रहण-पुण्य-काले वर्गद्वय-पितृन् उद्दिश्य तिल-तर्पणं करिष्ये।

## ॥ ग्रहण-परिहारः ॥

बाधितानि नक्षत्राणि — पूर्व-प्रोष्ठपदा\*, शतभिषक्, उत्तर-प्रोष्ठपदा, पुनर्वसुः,  
विशाखा। बाधिताः राशयः — अधिकम् — कुम्भः\*, मीनः, कटकः, वृश्चिकः।  
मध्यमम् — मिथुनम्, सिंहः, तुला, मकरः। (\* = ग्रहणकालिकम्)

इन्द्रोऽनलो दण्डधरश्च रक्षः प्राचेतसो वायु-कुबेर-शर्वाः।

मज्जन्म-ऋक्षे मम राशि-संस्थे चन्द्रोपरागं शमयन्तु सर्वे ॥

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 tam-būlam and some dakṣiṇa.

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

## ॥ परिहार-स्तोत्रम् ॥

योऽसौ वज्रधरो देवः आदित्यानां प्रभुर्मतः।

सहस्रनयनः शक्रः ग्रहपीडां व्यपोहतु ॥ १ ॥

मुखं यः सर्वदेवानां सप्तार्चिरमितद्युतिः।

चन्द्रसूर्योपरागोत्थाम् अग्निः पीडां व्यपोहतु ॥ २ ॥

यः कर्मसाक्षी लोकानां यमो महिषवाहनः।

चन्द्रसूर्योपरागोत्थां ग्रहपीडां व्यपोहतु ॥ ३ ॥

वेद-धर्म-शास्त्र-परिपालन-सभा



रक्षोगणाधिपः साक्षात् प्रलयानलसन्निभः।  
उग्रः करालो निर्ऋतिः ग्रहपीडां व्यपोहतु ॥ ४ ॥

नागपाशधरो देवः सदा मकरवाहनः।  
वरुणो जललोकेशो ग्रहपीडां व्यपोहतु ॥ ५ ॥

यः प्राणरूपो लोकानां वायुः कृष्णमृगप्रियः।  
चन्द्रसूर्योपरागोत्थां ग्रहपीडां व्यपोहतु ॥ ६ ॥

योऽसौ निधिपतिर्देवः खड्गशूलधरो वरः।  
चन्द्रसूर्योपरागोत्थं कलुषं मे व्यपोहतु ॥ ७ ॥

योऽसौ शूलधरो रुद्रः शङ्करो वृषवाहनः।  
चन्द्रसूर्योपरागोत्थं दोषं नाशयतु द्रुतम् ॥ ८ ॥



## ॥ दान-सङ्कल्पः ॥

ममोपात्त + प्रीत्यर्थं \_\_\_\_\_ गोत्रोद्भवस्य / गोत्रोद्भवायाः \_\_\_\_\_ नक्षत्रे \_\_\_\_\_ राशौ  
जातस्य / जातायाः \_\_\_\_\_ -शर्मणः / -नाम्नः / -नाम्न्याः चन्द्र-ग्रहण-कालिक-राशि-  
नक्षत्रादि-सूचिततया सम्भावितस्य सर्वविधस्य अनिष्टस्य परिहारार्थं यथाशक्ति  
हिरण्यदानं करिष्ये।

हिरण्यगर्भ-गर्भस्थं हेमबीजं विभावसोः।  
अनन्त-पुण्य-फलदम् अतः शान्तिं प्रयच्छ मे ॥

\_\_\_\_\_ गोत्रोद्भवस्य / गोत्रोद्भवायाः \_\_\_\_\_ नक्षत्रे \_\_\_\_\_ राशौ जातस्य / जातायाः  
\_\_\_\_\_ -शर्मणः / -नाम्नः / -नाम्न्याः चन्द्र-ग्रहण-कालिक-राशि-नक्षत्रादि-सूचिततया  
सम्भावितस्य सर्वविधस्य अनिष्टस्य परिहारार्थम् इदं हिरण्यं सदक्षिणाकं सताम्बूलं  
ब्राह्मणाय -- तुभ्यम् / मनसा उद्दिष्टाय / यस्मै कस्मै चिद् -- अहं सम्प्रददे न मम ॥

## ॥ मोक्ष-स्नान-सङ्कल्पः ॥

ममोपात्त-समस्त-दुरित-क्षय-द्वारा श्रीपरमेश्वर-प्रीत्यर्थं चन्द्र-ग्रहण-मोक्ष-स्नानं  
करिष्ये।



वेद-धर्म-शास्त्र-परिपालन-सभा