# 10 Things To Avoid During 15-days Shradh | Pitru Paksha 2022 | Pitru Paksha 2022 | Myastrouncle

## The period of Pitru Paksha also known as Shradh or Shraddh, is the time when Shradh rituals of the elderly and all those who left this world are performed. It's a time to remember those who have departed and celebrations are considered inappropriate and inauspicious. The ceremonies of Shradh are performed under a lot of restrictions in accordance with Hindu traditions. Certain foods are avoided during this time. It is believed that the rituals of Shradh help the ancestors' souls to attain moksha.

## As per beliefs, auspicious work done during 15 days of Shradh also have inauspicious outcomes. Therefore, it's suggested that one should avoid doing any auspicious or important work during this period like griha pravesh, buying house, car, jewellery, shaving, marrying, starting a new project or job etc.  Special food prepared for the shraddh ceremonies, which is first served to a crow, thought to be Yama, the keeper of pitrulok, and then to the priests.

# Here are the 10 things that should not be done during Pitru Paksha :

# Avoid tamasic food. Do not consume garlic, onion, non-vegetarian food.

# The person who is performing Shradh rituals should not cut his nails.

# Clothes should not be washed on Shradh day.

# Iron should not be used in any way of seating. A seating of silk, wool, wood etc. can be used.

# Don’t use leather made products like belt, wallet or footwear while performing Shradh rituals.

# Don’t use any impure or stale food product like masoor, kali urad, chana, black jeera, black salt, black mustard in Shradh food .

# Getting your beard trimmed or shaved, getting a haircut, buying beauty items are also not considered good at this time.

# One should neither buy nor book new car, house during this time.

# Cooking or Eating Brinjal shoulb be avoided.

# Shradh Karma shouldn’t be performed during evening, night, dawn or dusk.

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