

Chaturmasya

Chaturmasya usually starts on Ashada Pournami. On this day, all the yathis takes their head shaved.

Please note – Yathis are supposed to get their shave only on Pournami.

Some Yathis sits for Chaturmasya on Ashada Bahula Panchami, i.e., Teekarayara Aradhana Day.

Chaturmasya comprises of Hindu Calender months Ashada, Shravana, Shravana and Bhadrapada. Usually it starts on Ashada Dashami and ends on Karthika Pournami.

Ashada shukla ekAdashi - the eleventh day in Ashada, - it is on this day that Srimannarayana, even though he is sleepless, hungerless, pretends to sleep, which is termed as “Yoga Nidra”. He sleeps till Karthika Shudda Dwadashi .

Everybody must observe Chaturmasya - All Chaturvarnaas, viz., Brahmana, Kshatriya, Shudra, Vaishya, all should observe Chaturmasya. All Chatur Ashramas viz., Brahmachari, Gruhastha, Vanaprastha and Sanyasi . Even Women irrespective of Rajaswala Period must observe Chaturmasya Vratha.

The main purpose of observing Chaturmasya is Bhagavad AJnya. Bhagavanthana Orders. We are doing this to please paramathma only. Observing Chaturmasya gets more punya than what if we do other vrathas. If we perform we get more punya, if not performed, we will get paapa shesha.

We are not doing Marriage, Upanayana etc during this Chaturmasya, as Srimannaaraayana will be on sleep, i.e., Yoganidre., Auspicious functions done during this time due to ignorance, can result in health disorders, injury and other calamities – as per Skanda Purana.

[Vratha Niyama - Rules of the Chatrumasya Vratha -](#)

On Ashada Shudda Ekadashi – one must get **Taptamudra dharana** preferably from the respective Mutt Yathis, if the respective Mutt are not available nearby, we can get it from other nearby Madhwa Yathis.

We should do Sankalpa that we are performing Chaturmasya Vratha. –

ವ್ರತಾನಾಂ ವಕ್ಷ್ಯಮಾಣಾನಾಂ ಸಂಕಲ್ಪಂ ವಿಧಿವತ್ ಚರೇತ್ |

ಸೈಮಿತ್ತಿಕಾನಾಂ ಕಾಮ್ಯಾನಾಂ ನಿತ್ಯಾನಾಂ ಚ ತಥೈವ ಚ ||

ವ್ರತಾನಾಂ ವಕ್ಷ್ಯಮಾಣಾನಾಂ ಸಂಕಲ್ಪಂ ವಿಧಿವತ್ ಚರೇತ್ |

ನೈಮಿತ್ತಿಕಾನಾಂ ಕಾಮ್ಯಾನಾಂ ನಿತ್ಯಾನಾಂ ಚ ತಥೈವ ಚ |

vrataanaaM vakShyamaaNaaNaam saMkalpaM
vidhivat charEt |
naimittikaanaaM kaamyanaaM nityaanaaM cha
tathaiva cha |

Ist Month – Shakavratha –

Ashada Shudda Ekadashi to Shravana Shudda Dashami –

शाकव्रतं मयादेव गृहीतं पुरतस्तव ।
निर्विघ्नं सिद्धिमायातु प्रसादात् तव केशव ।

shaakavRataM mayaadEva gRuhItaM puratastava |
nirviGnaM siddhimaayaatu prasaadaat tava kEshava

ಶಾಕವ್ರತಂ ಮಯಾದೇವ ಗೃಹೀತಂ ಪುರತಸ್ತವ ।
ನಿರ್ವಿಘ್ನಂ ಸಿದ್ಧಿಮಾಯಾತು ಪ್ರಸಾದಾತ್ ತವ ಕೇಶವ ।

- Vegetables to avoided - Plant based food - All Vegetables, Fruits, plant leaves, stems, branches, etc to be avoided. Dry Chillies, Green Chillies, not to be used.
 - We can take all types of Dalls, (G.dall after Teekarayara Panchami), Mango fruit, Jeera, Pepper, Milk, Curds, Ghee, Honey, Mustard not permitted (For Rayara Mutt Mustard is permitted – as sampradaya – Rayaru was using).
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2ND month Dadhi Vratha

Shravana Shudda Ekadashi to Bhadrapada Shudda Dashami

- During this period, curds should not be used in any form or manner while preparing naivedya. However, buttermilk, a derivative of curds, is allowed.
- Vratha Sankalpa –

upaayanamidaM dEva vRutasampUrTi hEtave |
- dvijavaryaaya daasyEhaM sahiraNyam
GanaM dadhi |

- ಉಪಾಯನಮಿದಂ ದೇವ ವೃತಸಂಪೂರ್ತಿ ಹೇತವೆ ।
- ದ್ವಿಜವರ್ಯಾಯ ದಾಸ್ಯೇಹಂ ಸಹಿರಣ್ಯಮ್ ಘನಂ ದಧಿ ।
- उपायनमिदं देव वृतसंपूर्ति हेतवे ।
- द्विजवर्याय दास्येहं सहिरण्यम् घनं दधि ।

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3rd month – KSHEERA VRATHA –

Bhadrapada Shudda Ekadashi to Ashwayuja Shudda Dashami

- During this period, milk should not be used in any form or manner while preparing naivedya. This restriction includes milk derivatives like kene (cream of milk), cheese or other dairy products, but excludes curds. For payasa – we can use Coconut Milk.

kShIraVratamidaM dEva gRuhItam puratastava |
nirviGnaM siddhimaayaatuprasaadaat ramaapatE |

- क्षीरव्रतमिदं देव गृहीतम् पुरतस्तव ।
 - निर्विघ्नं सिद्धिमायातु प्रसादात् रमापते
 - ಕ್ಷೀರವ್ರತಮಿದಂ ದೇವ ಗೃಹೀತಮ್ ಪುರತಸ್ತವ ।
 - ನಿರ್ವಿಘ್ನಂ ಸಿದ್ಧಿಮಾಯಾತು ಪ್ರಸಾದಾತ್ ರಮಾಪತೇ
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4th MONTH – DVIDALA VRATHA

Ashwayuja Shudda Ekadashi to Karthika Shudda Dashami

During this period, one should avoid DvidalaS and bahu-blja vegetables.

Dvidala refers to any seed or vegetable which when broken or fried splits into two halves. Examples of such items are All Dalls, green peas (baTani),.

Bahu-blja refers to any fruit or vegetable that contains multiple seeds and is covered by an external skin. Examples of such items are apples, grapes, pomegranate, cucumber and so on. We can talk banana and banana products like Banana Kai, Baledindu, Bale Flower, etc. We can take Dantu soppu, Agase Soppu, Karimevu, Genasu, Coconut, etc.

KRISHNARPANAMASTU

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