

Mangala Gouri Vrata

When to do this Vrata ?

On Every Tuesday of Shravana Maasa

Who has to do ? -

Recently married ladies for the first five years after their marriage.

vivaahaat prathamam varShamaarabhya ApanchavarShakam |
shraavaNE maasi bhoomEShu chaturShu vratamaacharEt |
vrataaraajanaamaasya mangaLaagourIvratham paapapraNaashanam|

Where to be done ? -

In the first year of Marriage at the Mathru house and in the next years to be done in the husband's house.

prathamE vatsarE maatu: gEhE kartavyamEva cha |
tatO bhatRugRuham kaaryamavashyam strIbhiraadaraat |
man anishTanichayam gamayati ishTaartham cha laatIti |
mangaLaa | mangaLaa cha saa gourI cha mangaLaa gourI ||

Who is the God/Goddess for this Vrata :

This vrata is done to please Mangala Gouri and Mano Niyamaka Rudra Devaru. Mangala Gouri is the wife of Rudradevaru. Her other names are parvathi, uma, etc.

Sankshipta pooja krama –

A. Preparation Steps -

1. First we have to prepare the Mantapa.

2. To be decorated with plantain & mango leaves.
3. Place one plate of rice in a silver/tamra plate.
4. Above that we have to place gold/silver/
tamra coated mangala gouri prathime
5. Or Atleast Mangala Gouri prathime made of Turmeric
6. She must get oil bath
7. 16 lights (tambittu) to be prepared

B. Chintana - While doing mangalagouri pooja, first we have to do the chintana of parvathipathi rudrantargatha bharateeramana mukhyapranantargata jayapathi sankarshana abhinna shrilakshminarayana. If we just do the pooja of mangalagouri without proper chintana, that pooja will be “Asura pooja” and does not have any phala. This is as per madhwa matha and sammatha for Manoniyamaka rudradevaru also.

viShNusmuti vihInaa tu poojaa syaadaasurI mataa |
gRuhNaMti dEvataa naitaaM tata: syaad dEsha viplava: |
saMskRutO bhagavaan viShNu: sarvamaMgalamaMgala: |
samastaabhIShtadaayI syaat tEna dhyEyO aKilai:janai: |
- source *Tantrasara*

C. Sankalpa method -

Achamana, praaNaanaayamyaa

(first we have to do achamana, followed by pranayama)
adya poorvOchcharita EvanguNa vishiShTaayaam, shubhatithou,
_____saMvatsarE_____ shraavaNamaasE,

_____pakShE,_____tithou, bhoumavaasarE, mama putra
poutrabhivRuddarthaM, avaidhavya, AyuraarOgyaadi
sakalaabhIShTa siddhidvaaraa, shrI shiva
maMgaLaagouryantargata shrI bhaaratIramaNa muKya
praaNaantargata shrI jayaapati sankarShaNa prItyartham,
panchavarSha paryantam mangalagourIvratam aham kariShyE.

D. Gantanaada:

Agamaarthantu dEvaanaam gamanaartham tu rakShasaam |
kuru GanTaaravam tatra dEvataahvaanalaanChanam |

E. Ganapathi pooja -

shuklaambaradharam viShNum shashivarNamM chaturbhujam
prasannavadanam dhyaayEt sarvaviGnOpashaantayE |
vidyaarambhE vivaahE cha pravEshE nirgamE tathaa |
sangraamE sarvakaaryEShu viGnastasya na jaayate |
gaNapati anugrahasiddhirastu|

F. Shanka pooja -

*tvam puraa saagarOtpannO viShNunaa vidhRuta: karE /
namita: sarvadEshaishcha paanchajanya namOstutE/*

G. kalashasthaapanam -

phalapuShpapatraadinaa manTapamalamkRutya
tanmadhyE tanDulaani sthaapayEt |
tadupari chitravarNENaaShTadalapadmam
liKitvaa tanmadhyE prakShaalitam|
svarNarajatataamramRuNmyadyanyatamapaatram dhUpaadinaa
vishOdhya saMsthaapya, dhaanyOpari kalashE sthaapayEt
bhU: varuNamaavaahayaami | bhuva varuNam | sva: varuNam |
bhUrbhuva: sva: varuNamaavaahayaami |
kalashasya muKE viShNu kaMThE rudra samaashrita: |
moole tatra sthithO brahmaa madhyE maatRugana: smRutaa:|
kukShoutu saagaraa: sarvE saptadvIpa vasundaraa|
RugvEdOtha yajurvEda: saamavEdOhyatharvaNa: |
angaishcha sahita: sarvE kalashaambusamaashrita: |

H. mantapa puja -

uttaptOjjvalakaanchanEna rachitam tungaangarangasthalaM |
shuddhasphaaTikaavilasitai: stambhaishcha haimai:shubhai:|
muktaajaala vilambamaMTapayutam vajraishcha sOpaanakai: |
naanaaratna iraaajitaishcha kalashairatyantashObhaavaham

I. Avaahana Method –

(Avaahana to be done by gents only)

OM bhU: mangalagouryantargata, vaayvantargata

shrI jayaapati sankarShaNam avaahayaami |

OM bhuva:, mangalagouryantargata vaayvantargata

shrI jayaapati sankarShaNam Avaahayaami |

OM sva: mangalagouryantargata vaayvantargata

shrI jayaapati sankarShaNam Avaahayaami |

OM bhUrbhuvasva: shrImangalagouryantargata shrI

bhaaratIramaNa muKyapraaNaantargata shrI jayaapati

sankarShaNam Avaahayaami |

sthaapayaami | poojayaami nama:|

OM OM namO naaraayaNaaya |(8 times)

(Avaahana to be done by gents only)

J. dvaarapaalapuja -

pUrvadvaaRE shriyai nama:|dhaatrE nama|
vidhaatrE nama: | dakShiNadvaaRE shriyai nama: |
chanDaaya nama: |prachanDaaya nama:|
pashchimadvaaRE shriyai nama: |
shanKanidhayE nama: | padmanidhayE nama: |
uttaradvaaRE dvaarashriyai nama: |
gangaayai nama: | yamunaayai nama: |

K. Asanam, paadyam, arghyam, itara pUjaa

samarpaNa :

shrImangalagouryai nama: | Avaahayaami |
Avaahanam samarpayaami |
(mantrakshateyinda poojisuvudu)
paadyam samarpayaami | (water to be left in Argya patra)
arGyam samarpayaami | (water to be left in Argya patra)
Achamanam samarpayaami | -do -
madhuparkaM samarpayaami |
panchamRuta snaanam samarpayaami | (panchamrutha snaana)
shuddhOdhakasnaanam samarpayaami | (water snaana)
vastram samarpayaami | (vastra or mantrakshate)
haridraakuMkumaani samarpayaami | (turmeric kumkuma)
mangalasootraani samarpayaami | (jewels or mantrakshate)
gandham samarpayaami | (gandha)
akshataam samarpayaami | (akshata)
naanaavidha parimaLa puShpaam samarpayaami | (flowers)
patram samarpayaami | naanaavidha patram samarpayaami |
(flowers, leaves)

NAAMA POOJA ::

naama pujaam samarpayaami | sarvamangalaayai nama: |
durgaayai: nama: paarvatyai nama: |
rudraaNai | brahmaaNai | lOkajanani | shivaayai |
bhavahantrai sarasvatyai | aparNaayai | chanDikaayai |
chanDaayai | mandagaaminai | sarvaabharaNabhUShitaayai |
nama: | shrImangalagouryai nama: |
dhoopam AGraapayaami - dhoopa samarpane
deepam darshayaami | deepa (light) jvalana maaduvudu

Naivedya Samarpana -

First we have do the naivedya to Srihari, then to Shanka,
then to Bharathiramana Mukhya pranadevaru and then only to
Manoniyamaka Rudra devara sahita Mangalagouri.

phalasarpanam - naanaa vidha phalaani samarpayaami -
hannugalannu samarpisuvudu | taambUlam samarpayaami |
dakShiNaam samarpayaami | neeraajanam samarpayaami |
mantrapuShpam samarpayaami |
pradakShiNa namaskaaram samarpayaami |

praarthana -

Avaahanam na jaanaami na jaanami tavaarchanam |
pUjaam chaiva na jaanaami kShamyataam paramEshvari |
putraam dEhi dhanam dEhi soubhaagyam dEhi mangalE |
anyaanshcha sarvakaamaanshcha dEhi dEvi namOstu tE |
mantrahInam kriyaahInam bhaktihInam surEshjvari |
yat poojitam mayaa dEvi paripUrNam tadastu mE |
anEna shrI mangala gourIpUjanEna shrImangala gouryantargata
bhaaratIramaNa muKyaantargata
jayapaati sankarShaNaabhinna:
shrI lakShmI naaraayaNa: pRiyataam |
shrI kRuShNaarpaNamastu |

A. For Naivedya – tambittu (of rice, Wheat) to be prepared, kosambari to be prepared

(tambittu 16 nos to be used for Aarathi also)

B. Vaayana daana - Every Shravana Tuesday,' baagina' to be given to Mangalagouri and then to her mother. In the baagina – one should keep blousepiece, bangles, haridra-kumkuma, kaadige, fruits, coconut, etc. After completion of five years of Pooja, then she has to do the udyapana and give the baagina to her mother (if mother is not there, then to any aged muthaideyaru).

C. Pooja phala - dheerga soumangalya praapti. , putra poutraadi sampattabhivruddhi.

It comes with the blessings of Vruddha (senior) sumangaliyaru when they do the namaskara after giving baagina.

D. Importance of 16 - Mangalagouri devi likes 16 number. That is why 16 lights, sixteen baagina, sixteen suvaasiniyaru.

upaayanadaanam -

atha poorvoochcharitaivam guNavishEShaNavishiShTaayaam
shubhapuNyatithou mama sakuMTumbaayaa:

puraaNOktaphalapraaptyartham mangalagourI kalpOkta pUjaa
sampUrNa phalapraaptyartham
braahmaNasuvaasinIbhya upaayanadaanam kariShyE |
tathaa shODasha suvaasinI sahitabraahmaNEbhya:
annadaanam cha kariShyE |
mangalagouryantargata bhaaratIramaNa muKyapraaNaantargata
shrI lakShmInaaraayaNam bhavatsu
AvaahayiShyE (akShate haaki), idamaasanam (suKaasanam),
idam paadyam, idamarGyam , idamaachamanIyam |
imE vO gandhaa: paantu | akShataa: paantu |
puShpaaNi paantu | taaMbUlaani paantu |
upaayanamIdam dEvi vratasampUrTi hEtavE |
vaiNakam dvijavaryaaya sahiraNyam dadaamyaham |
idam sahiraNyam sadakShiNaakam sataambUlamupaayanam
tubhyamaham sampradadE | pratigRuhyataam |

vrata samarpaNa -

namOstvanantaaya sahasramUrtayE
sahasrapadaakShi shirOrubaahavE |
sahasranaamNE puruShaaya shaashvatE
sahasrakOTi yugadhaarINE nama: |

kaayEna vaachaa manasEMdriyairvaa
buddhyaatmanaa vaanusRuta: svabhaava: |
karOmi yadyat sakalaM parasmai
naaraayaNEti samarpayaami |
anEna mayaacharitamangalagouri vratEna
braahmaNasuvaasinyAMtargata shrImangalagourI
hRudayaantaryaami shrI bhaaratIramaNa
muKyapraaNaantaryaami shrI lakShmInaaraayaNa: prIyataam |
(raatri puna: gourige shODashOpachaara pUjaa maaDi
hadinaaru battiyinda kUDida nIraajanavannu tOrisi,
suvaasiniyarige arishina kuMkuma koTTu, uDi tuMbisi,
That day she should observe fast she has to Nrutya, Geetha
Jagarane)

visarjana -

Achamya | dEshakaalaadInuchchaarya |
mangalagourI visarjana pUjaam kariShyE |
mangalagouryai nama: | Asanam samarpayaami |
dhyaanam | Avaahanam | arGyam | Achamanam |
madhuparkam | punaraachamanam | snaanam | vastrayugmam |
haridraam | kunkumam | gandham | puShpam |

dhoopam |naivEdyam |
mangalanIraajanam | mantrapuShpam |
pradakShiNa namaskaaraan |
Chatra Chaamaram vyajanam darpaNam samarpayaami |
yaantu dEvagaNaa: sarvE pUjaamaadaaya paarthivIm |
iShTakaamyarthasiddhyartham punaraagamanaaya cha |
anEna visarjana pUjaakarmaNaa mangala gouryantargata
jayaapati saMkarShaNaabhinna shrIlakShmInaaraayaNa:
prIyataam |

[kRuShNaarpaNamastu](#)

Collection by Narahari Sumadhwa for

www.sumadhwa seva.com