

## Suryagrahana



Rahu or Kethu engages in a war with Surya and Chandra. The Chandra Grahan (Lunar eclipse) and Surya Grahan (Solar eclipse) takes place when Kethu & Rahu gobbles up Moon and Sun respectively.

When a celestial body covers the other body fully or partially, it's called an Eclipse. In this, celestial body gets interrupted and does not appear. Sun is a heavily body around which planets circulate. While moving in an orbit when three celestial bodies come in same line, Eclipse is formed.

Solar Eclipse occur when Sun gets partially or fully covered by Moon. During Solar Eclipse Moon comes between Sun and Earth.

### Who is Rahu & Who is Kethu?

During Samudra Mathana, when Mohini roopi Srihari was distributing the amrutha, there were two rows, one for Daithyas and the other for gods. One daithya by name Swarbhanu, came in a disguise and sat among the god's row. Srihari gave him Amrutha also. At that time Sun and Moon, {ಸೂರ್ಯಚಂದ್ರರು} on seeing that Swarbhanu has come in god's row and taking amrutha, complained to Mohini. Srihari through his Sudarshana removed the head of that daithya. Srihari knowingly only distributed the amrutha to the daithya who has entered the god's row. Actually that daithya had done penance asking for Amrutha to be falling to his mouth. As such, Srihari had allowed Amrutha to be

swallowed upto its mouth, but it didn't enter beyond mouth, Srihari had removed his head. As such, the head of the daithya was fixed to a snake's body to become "Rahu", and the other portion without head is called as "Kethu".

### **Rahugrasta Suryagrahana & Kethugrasta Chandragrahana –**

To take a revenge on Surya Chandraru, Rahu tries to swallow Surya and Kethu tries to swallow Moon during Surya Grahana and Chandra Grahana respectively. That is why the eclipses are termed as Rahugrasta Suryagrahana and Kethugrasta Chandragrahana.

ಯದಿಚಂದ್ರೋಪರಾಗಃ ಸ್ಯಾತ್ ದೈವಾತ್ತಸ್ಯಾಂ ತಿಥೌ ಧರೇ |

ಗ್ರಹಣಾತ್ ಪೂರ್ವಮೇವ ತ್ರೀನ್ ಯಾಮಾನ್ ಹಿತ್ವಾ ತು ಭೋಜಯೇತ್ ||

यदिचंद्रोपरागः स्यात् दैवात्तस्यां तिथौ धरे ।

ग्रहणात् पूर्वमेव त्रीन् यामान् हित्वा तु भोजयेत् ॥

### **Bhojana Vichara -**

**We can take food upto 12 hours before Eclipse.**

**For Children, patients, aged, and pregnant – upto 4 hours before Eclipse**

ಭೋಜನವಿಚಾರ - ಭೋಜನ ವಿಚಾರ - ಸೂರ್ಯಗ್ರಹಣಕ್ಕೆ 12 ಘಂಟೆ ಮುಂಚೆ ಮತ್ತು ಚಂದ್ರ ಗ್ರಹಣಕ್ಕೆ 9 ಘಂಟೆ ಮುಂಚೆ ವೇದಾರಂಭ ಆಗುತ್ತದೆ. ಅದರ ನಂತರ ಭೋಜನಕ್ಕೆ ಅವಕಾಶವಿರುವುದಿಲ್ಲ. ಆದರೆ ಬಸುರಿಯರು, ಬಾಣಂತಿಯರು, ವಯಸ್ಸಾದವರು, ಅನಾರೋಗ್ಯದಿಂದಿರುವವರು, ಮತ್ತು ಮಕ್ಕಳಿಗೆ ಈ ನಿಯಮ ಅನ್ವಯವಾಗುವುದಿಲ್ಲ.

“Grahana Period” is parva kaala - Whatever u r doing Grahana - the  
punya is more. ಗ್ರಹಣಕಾಲ ಬಹಳ ಪರ್ವಕಾಲ, ಈ ಕಾಲದಲ್ಲಿ ಮಾಡುವ  
ಪ್ರತಿಪುಣ್ಯ ಕಾರ್ಯಕ್ಕೂ ಹೆಚ್ಚು ಫಲಕಾರಿ

**Shubha Phala** - this Grahana may give you some good result for you  
**Mishra phala** - As the name indicates it will be both Shubha+  
ashubha

**Ashubha Phala** - This Grahana may harm your progress.  
But just hearing this don't get panic.

There are so many suggestions for overcoming the Ashubha Phala  
which you can do -

Even if your Rashi is not having Ashubha Phala, please do all that  
is mentioned below to get maximum punya phala during Grahana

**What is Vedaramba?** - This is a period after start of which  
period, we must not take eat/drink any thing. This will be 9 hours  
prior to Chandra Grahana and 12 hours before Surya Grahana,  
respectively.

**Why we are keeping Darba on all the items during Grahana?** -  
Darba is born from the body of Varaha devaru. In Darba, there is  
sannidhana of Srihari, Brahma and Rudradevaru. So, Darba is  
always pure. During Grahana, all these items like milk, curds,  
vegetables, which are being kept will loose their power and  
becomes unusable. But with the use of Darba being kept on these  
items, their shuddatwa will be maintained and one can use the  
same after Grahana also.

## Stotra to be chanted for Surya Grahana -

योसौ वज्रधरो देवः आदित्यानां प्रभुर्मतः ।  
सूर्यग्रहोपरागोत्थग्रहपीडां व्यपोहतु । १ ।  
योसौ दंडधरो देवः यमो महिषवाहनः ।  
सूर्यग्रहोपरागोत्थ ग्रहपीडां व्यपोहतु । २ ।  
योसौ शूलधरो देवः पिनाकी वृषवाहनः ।  
सूर्यग्रहोपरागोत्थग्रहपीडां व्यपोहतु । ३ ।

ಯೋಸೌ ವಜ್ರಧರೋ ದೇವಃ ಆದಿತ್ಯಾನಾಂ ಪ್ರಭುರ್ಮತಃ |  
ಸೂರ್ಯಗ್ರಹೋಪರಾಗೋತ್ಥಗ್ರಹಪೀಡಾಂ ವ್ಯಪೋಹತು | ೧ |  
ಯೋಸೌ ದಂಡಧರೋ ದೇವಃ ಯಮೋ ಮಹಿಷವಾಹನಃ |  
ಸೂರ್ಯಗ್ರಹೋಪರಾಗೋತ್ಥ ಗ್ರಹಪೀಡಾಂ ವ್ಯಪೋಹತು | ೨ |  
ಯೋಸೌ ಶೂಲಧರೋ ದೇವಃ ಪಿನಾಕೀ ವೃಷವಾಹನಃ |  
ಸೂರ್ಯಗ್ರಹೋಪರಾಗೋತ್ಥಗ್ರಹಪೀಡಾಂ ವ್ಯಪೋಹತು | ೩ |

yOsou vajradharO dEva: AdityaanaaM prabhurmata:|  
sUryagrahOparaagOtthagrahapIDaaM vyapOhatu | 1 |  
yOsou daMDadharO dEva: yamO mahiShavaahana: |  
sUryagrahOparaagOttha grahapIDaaM vyapOhatu | 2 |  
yOsou shUladhharO dEva: pinaakI vRuShavaahana: |  
sUryagrahOparaagOtthagrahapIDaaM vyapOhatu | 3 |

## Chandra Grahana

**What is Lunar Eclipse or Chandra Grahana?** - We call it Chandra Grahana or Lunar Eclipse when the earth comes between the sun and the moon. This will occur only when the sun, earth and the moon are aligned exactly, that will be always on a full moon (Pournami) day.

### Do's & Dont's during Grahana Period :-

1. Do Snaana – during sparsha period (if possible do thirtha snaana)
2. Have Gopichandana, Mudradharana
3. Nirmalya Visarjana to be performed during Grahana, the same Nirmalya should be used for Tarpana.
4. During Madhyakaala give tarpana (tarpanaadhikarees) to sarva pitrugalu.
5. Do more Gayathri Japa as much as possible, for gents, Vijayarayara kavacha, [Madhwanama](#), Keshavanama, etc for Ladies
6. Chant [Vishnu Sahasra Naama](#) /[Harivayustuti](#)/
7. [Shanaishcharakrutha Narasimha Stotra](#), [Navagraha Stotra](#)
8. Do yathashakti daana - During Grahana we must do daanaas – Godaana, Suvarna Daana, Bhoodana, dhaanya dhaana (yathaashakthi.)
9. After moksha of Grahana – take one more bath
10. During Grahana Time, don't avoid using Toilets.
11. Hastodaka on Grahana Day not to be given as Yatigalu will be fasting on Grahana Day.
12. Clothes kept in Madi before Grahana are not to be used after Grahana. After Grahana, do snaana and clothes to be kept freshly for drying. “ಗ್ರಹಣಪೂರ್ವದಲ್ಲಿ ಒಣಗು ಹಾಕಿದ್ದ ಮಡಿ ಬಟ್ಟೆ ಗ್ರಹಣ ನಂತರ ಬರುವುದಿಲ್ಲ. ಗ್ರಹಣಾನಂತರ ಮತ್ತೆ ಸ್ನಾನ ಮಾಡಿ ಹೊಸದಾಗಿ ಬಟ್ಟೆಯನ್ನು ಒಣಗಿಹಾಕಿಕೊಳ್ಳಬೇಕು.”
13. Even those who are observing soothaka also must observe Grahana snaana

14. If you don't know how to chant all the above – u can simply chant

“HARE RAAMA HARE RAAMA  
RAAMA RAAMA HARE HARE |  
HARE KRISHNA HARE KRISHNA  
KRISHNA KRISHNA HARE HARE |

हरे राम हरे राम राम राम हरे हरे ।

हरे कृष्ण हरे कृष्ण कृष्ण कृष्ण हरे हरे ।

Chanting of Sri Ramanama itself is equal to Vishnu Sahasra Naama

15. “Grahana Period” is parva kaala - Whatever u r doing Grahana - the punya is more.
16. Two days prior and two days after Grahana are Varjya for “Shubha Kaarya”.
17. Pregnants during Suryagrahana – Normally at the time of Surya Grahana, pregnant women are supposed not to come out of the house, sunlight not to be allowed to enter either by doors or throws windows. This is to avoid harmful rays.
18. Please do not sleep during Grahana Time.
19. Even the Rajaswala ladies must observe Grahana snaana.
20. While doing sparsha snaana, we must do the snaana with the clothes we are wearing in.
21. Avoid looking at Sun directly with naked eyes during Solar eclipse.
22. We must use Dharbha ( Grass) during eclipse time for protection of the water and food items from getting contaminated. Keep Darbha on all the stored items like Water, Pickles, Milk, Curd, etc.

23. In case of death anniversary falling on the eclipse day, regular shraddha will be performed only after the eclipse is over

## ನಾವು ಮಾಡಬೇಕಾದುದು -

1. ಸ್ವರ್ಣಕಾಲದಲ್ಲಿ ಸ್ನಾನ (ಸಾಧ್ಯವಾದರೆ ಸಮುದ್ರ/ನದಿ ಸ್ನಾನ ಮಾಡಬೇಕು)
2. ನಾಮಧಾರಣೆ
3. ಪಾರಾಯಣ - ವಿಷ್ಣು ಸಹಸ್ರನಾಮ, ಹರಿವಾಯುಸ್ತುತಿ, ಕೃಷ್ಣಾಷ್ಟೋತ್ತರ, ನವಗ್ರಹ ಸ್ತೋತ್ರ, ಮುಂತಾದವನ್ನು ಪಾರಾಯಣ ಮಾಡಬೇಕು. ಈ ಯಾವುದೇ ಮಂತ್ರ ಬರದಿದ್ದರೆ, ಹರೇ ರಾಮ ಹರೇ ರಾಮ ರಾಮ ರಾಮ ಹರೇ ಹರೇ | ಹರೇ ಕೃಷ್ಣ ಹರೇ ಕೃಷ್ಣ ಕೃಷ್ಣ ಕೃಷ್ಣ ಹರೇ ಹರೇ | ಈ ಮಂತ್ರವನ್ನಾದರೂ ಹೇಳಿಕೊಳ್ಳಬೇಕು. ಏಕೆಂದರೆ ರಾಮಮಂತ್ರವೊಂದೇ ವಿಷ್ಣು, ಸಹಸ್ರನಾಮ ಮಂತ್ರಕ್ಕೆ ಸಮವಾದುದೆಂದು ಮನೋನಿಯಾಮಕ ಈಶ್ವರನೇ ಹೇಳಿರುತ್ತಾನೆ.
4. ಗಾಯತ್ರಿ ಮಂತ್ರ ಜಪವನ್ನು ಗಂಡಸರು, ಹೆಂಗಸರು ದೇವರನಾಮಗಳನ್ನೂ ಹೇಳಿಕೊಳ್ಳಬೇಕು.
5. ಯಥಾಶಕ್ತಿ ದಾನವನ್ನು ಮಾಡಬೇಕು
6. ತರ್ಪಣಕ್ಕೆ ಅರ್ಹತೆ ಇರುವವರು (ತಂದೆ ಇಲ್ಲದವರು) ತಮ್ಮ ಸ್ವರ್ಗಸ್ಥರಾದ ಹಿರಿಯರಿಗೆ ತರ್ಪಣವನ್ನು ಕೊಡಬೇಕು.
7. ದೇವರಪೂಜೆ ಮಾಡುವವರು ನಿರ್ಮಾಲ್ಯವನ್ನು ಮಾತ್ರ ವಿಸರ್ಜನೆ ಮಾಡಿ ಆ ನಿರ್ಮಾಲ್ಯವನ್ನು ಸ್ವೀಕರಿಸಿ, ಅದೇ ನಿರ್ಮಾಲ್ಯದಿಂದಲೇ ತರ್ಪಣೆ ಕೊಡಬೇಕು. ದರ್ಬೆಯನ್ನು ಮನೆಯಲ್ಲಿರುವ ಎಲ್ಲಾ ಆಹಾರಪದಾರ್ಥಗಳ

ಮೇಲೆ ಇಡುವುದರಿಂದ ಗ್ರಹಣದ ಕೆಟ್ಟ ಫಲ ಆ ಆಹಾರದ ಮೇಲೆ ಆಗುವುದಿಲ್ಲ.

8. ಗ್ರಹಣ ಮೋಕ್ಷಾ ನಂತರ ಸ್ನಾನ ಮಾಡಬೇಕು

9. ಅಕಸ್ಮಾತ್ ಹಿರಿಯರ ವೈಧಿಕ ಗ್ರಹಣದ ದಿನವೇ ಬಂದರೆ, ಗ್ರಹಣದ ನಂತರ ಮಾಡಬಹುದು.

**ಮಾಡಬಾರದ್ದು :**

1. ಗ್ರಹಣದ ಸಮಯದಲ್ಲಿ ನಿದ್ರೆ ಮಾಡಬಾರದು

2. ಗ್ರಹಣದ ಸಮಯದಲ್ಲಿ ಆಹಾರವನ್ನು ಸ್ವೀಕರಿಸಬಾರದ್ದು

3. ಗ್ರಹಣದ ಸಮಯದಲ್ಲಿ ಮಲಮೂತ್ರ ವಿಸರ್ಜನ ಮಾಡಬಾರದು.

4. ಬಸುರಿಯರು ಗ್ರಹಣದ ಸಮಯದಲ್ಲಿ ಮನೆಯಿಂದ ಹೊರಗೆ ಬರಬಾರದು

5. ಗ್ರಹಣದ ದಿನ ಯತಿಗಳಿಗೆ ಹಸ್ತೋದಕ ಕೊಡಬಾರದು.

ಏಕೆಂದರೆ ಆ ದಿನ ಯತಿಗಳು ಉಪವಾಸವನ್ನು ಮಾಡುತ್ತಾರೆ.

6. ಸೂರ್ಯನನ್ನು ನೇರವಾಗಿ ಬರಿಗಣ್ಣಿನಿಂದ ನೋಡಬಾರದು

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