

Rushi Panchami

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1. When we have to celebrate the Rushi Panchami?

It is to be observed on Bhadrapada Masa Shukla paksha panchami.

2. Who can perform Rushi Panchami?

Ladies -

a) Any lady who has passed 50 years and above (Monthly menses period process having been completed) have to perform Perform Rushi Panchami.

b) That lady may be either Muthaide or widow (Madi hengasu – i.e., following sampradaya of getting shaving her head and following daily madi achaara, etc).

Gents –

Gents can do for on and behalf of their mother, grand mother, if they are not there or if they are not capable of doing it.

3. What is the procedure of performing Rushi Panchami?

On the Rushi Panchami Day, devotees perform bath in holy rivers or wells or sarovaras. On this day, we have to worship Saptarishis alongwith Arundathi.

4. How many years this Vrata to be observed? – Seven Years

Udyaapane to be done in the initial period of Vrata or in the middle or in the last period. They have to fast the whole day. They have to do the pooja of saptarshis and Arundathi.

5. What will we get by doing this vratha?

By doing this vratha, one will get 10000 Yagna phala

Sakala Theertha yathra phala also will be available by doing this vratha

Even if we have the darshana of Saptarshi on this, we will get all our sins destroyed

6. Is there any story which tells the impotnce of Rushi Panchami ?

Once Dharmaraja asked Krishna to tell him a Vrata which can purify one from all the sins. Then Krishna told Dharmaraja, the vratha which if performed by ladies can free them from all their sins, which is termed as “Rushi Panchami”.

Krishna tells – Ladies during their menses period are not supposed to do any work pertaining to the house/family. They have to take rest for the all the four days invariably. If a lady does all these works, she is sure of going to Naraka. That is why the ladies during their menses period should be kept far from us irrespective of whether he is Brahmana or Kshatriya or Vaishya or Shoodra. All the four varnaas must follow the rules.

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That is why if one does Rushi Panchami pooja, their sins during Rajaswala Dosha will be purified.

What is this menses period – Earlier once Indra had a terrible fight with Vrutasura and he finally killed that Asura. Indra got Brahmahatya dosha, as Vrutasura, though he was a daithya, he was a son of a brahmana. Killing a brahmana will fetch us Brahmahatya dosha. Indra got the dosha. Then Indra went to Brahma seeking some remedy to remove the Brahmahatya dosha.

Then Brahma removed his Brahmahatya dosha as follows : He divided the Brahmahatya dosha into four parts.

1. First part in Fire flame
2. Second part in river water
3. Third in Mountain and trees
4. In the Rajas of ladies.

That is why Rajaswala ladies are supposed to be far from all the chaturvarna people. On the first day of her menses period she will be impure like a Chandala stree. On the second day, she is impure like a Brahma Ghatini and on the third day impure like a dobhi. Fourth day, she will be pure – but can't do all the puja, pitru karya, cooking, etc. However, she can attend to her daily duties other than god's seva, cooking. Fifth day only, she will be pure.

Krishna tells one more story. In Vidarba desha, there lived a king called Shenajith. There was a Brahmin called Sumitra in his kingdom, whose wife was Jayashree, who was also looking farming work. Once she had menses period. Still, she did all her regular work, and she touched everything and every one without informing others that she was on the menses period. After some time, she died. And her husband also died after some time. After some time, in the same house these Sumitra and Jayashree were born as Ox and Dog respectively and they had the remembering capacity of their previous janma.

Sumitra's son was Sumathi and his wife Chandravathi. She was a sahadharmini wife for her husband.

One day, Sumathi's father Shradha day came and he told his wife Chandravathi to cook for the brahmana suvasini bhojana, which she did. She had kept the payasam vessel on the stove itself. A snake and kept its poison in the payasam. The dog which saw that the payasam has been poisoned, thought that if the Brahmans eat the payasam, they may die and their son would get Brahmahatya dosha. So, the dog came and touched the payasam vessel. Seeing that the dog had touched the vessel, Chandravathi got angry and beat the dog, threw the payasam in the vessel and prepared separate dishes for the shraddha. Sumathi did the shraddha with enthusiasm and the brahmanas had good bhojana. Chandramathi dig a pit and kept all the left overs after the bhojana in the pit without even giving to the dog or the ox.

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But the dog was not given anything on that day. Similarly the ox was also not given anything on that day even after ploughing the land. The Ox was telling the dog, that their son had done the shraddha but not given anything to them. Their conversation was heard by Sumathi, their son, who went to some sages nearby and asked them to tell what is behind the conversation between the dog and the ox.

Then the sage told Sumathi that his mother had ignored her menses period and done everything of her daily work, so she has been born again as dog. His father even after knowing that his wife was in menses period had the samparka dosha, so he has been born as an ox.

Then Sumathi asked the sages as to what is the remedy to free his parents from the sins. The sages suggested the vratha titled “Rushi Panchami”, doing the pooja of saptarshees, if done will purify them.

Sapta Rushi Namaskara Stotras

kashyapa

kashyapa: sarvalOkaaDya: sarvabhUtahitE rata: |
naraaNaaM paapanaashaaya RuShirUpENa tiShyati |

ಕಶ್ಯಪ: ಸರ್ವಲೋಕಾದ್ಯಾ: ಸರ್ವಭೂತಹಿತೇ ರತ: |

ನರಾಣಾಂ ಪಾಪನಾಶಾಯ ಋಷಿರೂಪೇಣ ತಿಷ್ಠತಿ |

Kashyapa is a Brahmarshi and a son of Kala, the daughter of Kardama Prajapathi. And Mareechi, the son of Chaturmukha Brahma. Kashyapa married the thirteen daughters of Daksha Prajapathi. From Kashyapa all the prajas, creatures were born. The thirteen wives of Kashyapa are Aditi, Diti, Danu, Kaala, Danau, Simhika, Krodha Pradha, Viswa, Vinata, Kapila, Muni and Kadru.

From Aditi Kashyapa had Dwadashadityaas, and saakshaat Srihari was born as the son of Aditi – Kashyapa in the roopa of Vamana to control the daithya Balichakravarthi.

Dwadashadityas, the 12 sons of Kashyapa from Aditi are Dhata, Mitra, Aryaman, Shakra, Varuna, Amsa, Bhaga, Vivaswan, Pusha, Saavitri, Tvashtri, Vishnu.

Kashyapa – Diti Santaana – Children of Diti are all daithyaas – like Hiranyakashipu, Hiranyaksha. His daughter Sinhika was married to Viprachitti

Kashyapa – Danu – They had forty sons – All are called as Daanavaas

Kashyapa – Kaala – They had many sons like Vinasana, Krodha, Krodhashanthri, Krodasatru.

Kashyapa – Vinuta – The sons of Vinata are Tarkshya, Aristanemi, Garuda, Aruna, Aruni and Varuni

Kashyapa – Kadru – From Kadru Kashyapa Rushi had Shesha, Vasuki, Tashaka, etc., snakes. Kashyapa got from Muni – Apsaraas

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There is a tradition that whenever if a person does not know to which Gotra he belongs, it is said that he would be treated as from Kashyapa Gotra.

Atri - Anusuya

atrayE cha namastubhyaM sarvabhUtahitEShiNE |

tapOrUpaaya satyaaya brahmaNemitatEjasE |

ಅತ್ರಯೇ ಚ ನಮಸ್ತುಭ್ಯಂ ಸರ್ವಭೂತಹಿತೇಷಿಣೇ |

ತಪೋರೂಪಾಯ ಸತ್ಯಾಯ ಬ್ರಹ್ಮಣೇಮಿತತೇಜಸೇ |

Atri Rushi is also a Brahmarshi married Anusuya, the daughter of Kardama Rishi and had three sons viz., Dattatreya (saakshaat Srihari), Durvasa (Rudramsha) and Chandra (with the amsha of Brahma). All the three sons were born when prayed by Anusuya worshipped the Brahma-Vishnu-Maheshwara to be born as her children.

bharadhvaaja - Susheela

bharadhvaaja namastubhyaM sadaa dhyaanaparaayaNa |

mahaajaTiladharmaatman paapaM saMhara mE sadaa |

ಭರಧ್ವಾಜ ನಮಸ್ತುಭ್ಯಂ ಸದಾ ಧ್ಯಾನಪರಾಯಣ |

ಮಹಾಜಟಿಲಧರ್ಮಾತ್ಮನ್ ಪಾಪಂ ಸಂಹರ ಮೇ ಸದಾ |

Bharadhwaja Rushi was born as the son of Brihaspatyacharya, the guru of Devataas. Later Brihaspatyacharya himself was born as the son of Bharadhwaja with the name Dronacharya, the guru for Pandavas-Kauravas.

vishvaamitra - Kumudhwati

vishvaamitra namastubhyaM jvalanmuKa mahaabala |

pratyakShIkRutagaayatrap tapOrUpENa saMstitha: |

ವಿಶ್ವಾಮಿತ್ರ ನಮಸ್ತುಭ್ಯಂ ಜ್ವಲನ್ಮುಖಿ ಮಹಾಬಲ |

ಪ್ರತ್ಯಕ್ಷೀಕೃತಗಾಯತ್ರ ತಪೋರೂಪೇಣ ಸಂಸ್ಥಿತಃ |

Sage Vishwamitra had the distinction of becoming the guru for Sri Ramachandra in Ayodhya. Vishwamitra was born as a Kshatriya to Gadhiraja and obtained the status of a Brahmana . He is termed as “vishwa mitra” – the friend of the world. Took Ramachandra and Lakshmana to Siddashrama and did the samarpana of all his vidyas to him and requested Ramachandra to kill Tataka, Maricha, Subahu. He is known for his very hard, steady and tremendous tapas.

Gautama - Ahalya

gautama: sarvalOkaanaaM RuShINaaM cha sadaa priya: |

shroutaanaaM karmaNaaM chaiva saMpradaayapravartaka: |

ಗೌತಮಃ ಸರ್ವಲೋಕಾನಾಂ ಋಷೀಣಾಂ ಚ ಸದಾ ಪ್ರಿಯಃ |

ಶ್ರುತಾನಾಂ ಕರ್ಮಣಾಂ ಜೈವ ಸಂಪ್ರದಾಯಪ್ರವರ್ತಕಃ |

Gauthama is the author of Tarka – Logic and wrote sutras called “Gautama Sutras” pertaining to Nyayashastra. Sri Ramachandra by virtue of just touching his foot on the rock turned Ahalya, the wife of Gautama, who had become a stone as a human again. Gauthama had done excess penance, beyond his capacity, Srihari made him to curse at Indra and loose his tapa phala and he cursed Indra and Ahalya.

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Jamadagni - Renuka

jamadagnirmahaatEjaa: tapasaa kalpitaM dhanaM |
IOkEShu dharmasiddiyarthaM sarvapaapaM nivartaya |
ಜಮದಗ್ನಿಮಹಾಹಾತೇಜಾ: ತಪಸಾ ಕಲ್ಪಿತಂ ಧನಂ |

ಲೋಕೇಷು ಧರ್ಮಸಿದ್ಧ್ಯರ್ಥಂ ಸರ್ವಪಾಪಂ ನಿವರ್ತಯ |

Jamadagni Rushi had the distinction of becoming the father of Srihari roopa of Parashurama. Once the king by name Karthaveeryarjuna, who had the blessings of Dattatreya, went for hunting to forests. Later he became tired and to take rest went to the ashrama of Jamadagni, who called his cow and gave him a very good treatment with food and other athithya. Karthaveeryarjuna wished to have the cow for him. But he could now do so due to the powers of the capacity of the divine cow. Then he took the calf with him to his palace after killing Jamadagni.

vasiShTha-

namastubhyaM vasiShTaaya jaTilaaya mahaatmanE |
dharmarUpaaya satyaaya IOkaanaaM hitakaariNE |
ನಮಸ್ತುಭ್ಯಂ ವಸಿಷ್ಠಾಯ ಜಟಿಲಾಯ ಮಹಾತ್ಮನೇ |

ಧರ್ಮರೂಪಾಯ ಸತ್ಯಾಯ ಲೋಕಾನಾಂ ಹಿತಕಾರಿಣೇ |

arundhati -

abhyarNapatikaa dEvI vasiShTasya priya: sadaa |
aruMdhathIti viKyaataa taaM namasyaami sarvadaa |
ಅಭ್ಯರ್ಣಪತಿಕಾ ದೇವೀ ವಸಿಷ್ಠಸ್ಯ ಪ್ರಿಯ: ಸದಾ |

ಅರುಂಧತೀತಿ ವಿಖ್ಯಾತಾ ತಾಂ ನಮಸ್ಯಾಮಿ ಸರ್ವದಾ |

Vasista Rushi was a great Maharshi and he had the distinction of getting Sri Vedavyasa as his great grandson. Vasistha's son was Sakthi. His son was Parasara. Vedavyasa was born to Parasara-Satyavati Devi. Vasista was the chief priest and advisor for Dasharatha Maharaja. Under his pourohithya only Sriramachandra married Seetadevi

Who are those sapta Rushees, their father and their wives?

Rushi	Father	Wife	Children
Kashyapa	Mareechi	Diti, Aditi, etc	Hiranyakashipu, Vamana, Indra
Atri	Brahma	Anusuya	Datta, Soma, Durvasa
Bharadwaja	Brahspatyacharya	Susheela	Dronacharya
Vishwamitra	Gadhiraja	Kumudhwathi	
Gautama	Rahogana Maharaja	Ahalya	Vamadeva, Nodha
Jamadagni	Brugu	Renuka	Parashurama
Vasista	Brahma	Arundati	Shakthi