

The Ekadashi Vrata

According to Hari Bhakti Vilasa - Dik-darshini tika

SUKLYE VA YADI VA KRSNE TAD VRATAM VAISNAVAM MAHAT

(HARI BHAKTI VILASA 12/5 from MATSYA PURANA and BHAVISYA PURANA)

Anybody who fasts on both Ekadashis on both the light and dark fortnights of the month and eats on the next day (Dvadashi), Lord Shree Krsna becomes very pleased with him.

EKA DASYAM NA BHUNJITA VRATAM ETAD DHIH VAISNAVAM

(HARI BHAKTI VILASA 12/6 from AGNI PURANA)

Full eating is condemned on Ekadashi and fasting on that day is certainly very pleasing to Lord Krsna.

BRAHMANA KSATRIYA VISAM SUDRANAM CAIVA YOSITAM
MOKSADAM KURVATAM BHAKTYA VISNOH PRIYATARAM
DVIJAH

(HARI BHAKTI VILASA 12/7 from BRHAN NARADIYA PURANA)

Oh brahmanas, those of Brahmanas, Kshatriyas, Vaishyas and Shudras, whoever one may be, who fast on Ekadashi with full devotion, will certainly achieve liberation.

YATHA SUKLA TATHA KRSNA YATHA KRSNA TATETARA
TULYETE MANUTE YASTU SA VAI VAISNAVA UCYATE

(HARI BHAKTI VILASA 12/54 from TATTVA SAGARA)

Both the Ekadashi from the light fortnight and the one from the dark fortnight are equally powerful. All persons who think that both Ekadashis are equal are addressed as Vaishnavas.

SANER VARE RAVER VARE SANKRANTYAM GRAHANE'PI CA
TYAJYA NA EKADASI RAJAN SARVA DAIVETI NISCAYAH

(HARI BHAKTI VILASA 12/63, Devala Rsi speaks)

Oh king, one should never give up fasting on Ekadashi, even if it falls on Saturday, Sunday, on an eclipse day or on Sankranti day.

VARNANAM ASRAMANAN CA STRINAM CA VARA-VARNINI
EKADASY UPAVASASTU KARTAVYO NA ATRA SAMSAHAH

(HARI BHAKTI VILASA 12/74 from PADMA PURANA, UTTARA
KHANDA conversation between Lord Siva and Parvati)

Oh dear wife, among all kinds of social and spiritual orders or even women, everyone should fast on Ekadashi day. Of this, there is no doubt.

Srila Sanatana Gosvami remarks in his Digdarsini-tika commentary, "Everyone should fast on such an auspicious day as Ekadashi. Everyone, among all social and spiritual orders are said to be authorized to fast on this day. Even Grihasthas, previously as it is said, "Brahmanas, Kshatriyas, Vaishyas and Shudras, and even women should fast", and furthermore, "men and women should fast". Shudras and even women have not been rejected to fast on Ekadashi. Specifically, "even a widow" and "with his wife and his son", either a married or unmarried woman are authorized to fast. As Manu Maharaja says, "There is no authorization for a woman to separately perform a fire sacrifice, any fasting". Lord Vishnu says, "If any woman's husband is alive and she fasts without asking him, she reduces the duration of life of her husband and attains hell herself." *** This means, a woman has to take her husband's permission to perform auspicious functions. Therefore, it is advised in the Sankhalikhita scripture, "A woman should begin taking vows for spiritual functions and fasting by the order of her husband." Therefore, a Vaishnava understands that a Grihastha should fast with his wife and children. A Vaishnava should automatically understand this statement regarding women. As stated in Rukmangada, "He should fast with his children, wife, and relatives together on the Ekadashi day."

*** Don't get all upset ladies this is for a God conscious husband like Lord Shiva then yes but who is like Lord Shiva these days... so you safe.

ASTA VARSADHIKO MARTYO APURNA ASITI VATSARAH
EKADASYAM UPAVASET PAKSAYOR UBHAYOR API

(HARI BHAKTI VILASA 12/75 from KATYAYANA SMRTI)

From the age of eight to the age of eighty, a person should fast on all of the Ekadashis on both the light and the dark parts of the month.

VAISNAVO VATHA SAIVO VA KURYAD EKADASI VRTAM

(HARI BHAKTI VILASA 12/78 from VISNU DHARMOTTARA)

Whether one is a Vaishnava or a Shaivite, everyone should fast on Ekadashi day.

EKA BHUKTENA NAKTENA BALA VRDDHA ATURAH KSIPET
PAYO MULA PHALAIR VAPI NA NIRDVAD ASI KO BHAVET

(HARI BHAKTI VILASA 12/91 from MARKANDEYA PURANA)

A child, an old man or a person unable to fast can take something to eat in the evening or once in the day, whether it be milk, fruit or water, but should properly follow the Ekadashi fast. One should not give up fasting on Ekadashi.

VYADHIBHIK PARIBHUTANAM PITTA ADHIKA SARIRINAM
TRINSAD VARSADHIKANAN CA NAKTA-ADI PRIKALPANAM

(HARI BHAKTI VILASA 12/93 from BAUDHAYANA SMRTI)

Any person who is diseased, or who is dominated by bile or who has aged more than thirty years (after householder life), they are advised to eat in the evening on the Ekadashi day.

SAMAYASYA MAHAROGAD DUHKHINAM SARVA DEHINAM
EKADASIM UPAVASO'YAM NIRMITAM PARAMAUSADHAM

(HARI BHAKTI VILASA 12/110 from TATTVA SAGARA)

This Ekadashi day was created as the Supreme medicine to remove the disease of material world of having a miserable material body and mind.

TAVAT PAPANI DEHE' SMIN TISTHANTI MANUJADHIPA
YAVAT NA UPAVASET JANTUH PADMANABHA DINAM SUBHAM

(HARI BHAKTI VILASA 12/114 from NARADA PURANA spoken by
Vasishtha Muni)

Oh King, as long as one does not fast on Ekadashi, the day of Lord Hari, Who has a lotus navel, until that long all of the sins remain in one's body.

NA GANGA NA GAYA BHUPA NA KASI NA CA PUSKARAM
NA CA API KAURAVAM KSETRAM NA REVA NACAVEDIKA
YAMUNA CANDRABHAGA CA TULYA BHUPA HARER DINAT

CINTAMINI SAMA HY ESA ATHAVAPI NIDHIH SMRTA
KALPA PADAPA PREKSA VA SARVA VEDA UPAMATHAVA

(HARI BHAKTI VILASA 12/119,120 from NARADA PURANA spoken by Vasishtha Muni)

Neither Ganga, Gaya, Kasi, Puskara, Kuruksetra, Reva, Vedika, Yamuna, and Candrabhaga, none of them are equal to the day of Lord Hari, Ekadashi. Oh king, even if one fasts on Ekadashi unknown to others, all of his sins are at once burnt and he easily attains the spiritual world.

EVAM SAMASTA SUKHA DHARMA GUNASRAYAN CA
EKADASI VRATAM IDAM KALI KETUR UKTAH
SASTRESU SAUNAKA JAGAT-PATISU PRIYAN CA
SRADDHA PARAH PRAKURUTE LABHATE NA MUKTIM

(HARI BHAKTI VILASA 12/137 from BRAHMA VAIVARTA PURANA)

O Saunaka, Ekadashi which is the source of happiness, religiosity and good qualities, which is the topmost meritorious day, which is the most dear day to the Supreme Lord, the Lord of the universe, anybody who takes a vow to fast on this day becomes eligible to be completely liberated from this material world.

NA BHAVET MANASI PIDA ROGAS CATYANTA DUHKHADAH
MAHATMYAM PATHATAH PUMSO DVADASI SAMBHAVAM KALAU

(HARI BHAKTI VILASA 12/170 from SKANDA PURANA conversation between Lord Brahma and Narada Muni)

In Kali-yuga, if somebody studies the glories of Dvadashi (Ekadashi) on Ekadashi day, they do not suffer with mental problems and physical disease.

EKADASI VRATAD ANYAD YAD VRATAM KRIYATE NARAIH
TAT PHALAM TAD VIJANIYAD DUHKHODHBHUTAM IVA
ANKURAM

(HARI BHAKTI VILASA 12/178, spoken by Sanat Kumara)

Any person who does not fast on Ekadashi and observes other day's fasts, he suffers the miseries of performing fasts, but does not attain sufficient results, or they only achieve difficulties from fasting and nothing else.

EKATAS CA AGNI HOTRADI DVADASIM EKATAH PRABHUH
TULAYA TAULAYAT TATRA DVADASI CA VISISYATE

(HARI BHAKTI VILASA 12/179 from SAURA-DHARMA)

The Supreme Personality of Godhead once took a measuring scale and on one side put sacrifices, austerities etc. and on the other side Dvadashi day and found that Dvadashi is more meritorious.

EKADASI-VRATAM YAS TU BHAKTIMAN KURUTE NARAH
SARVA PAPA VINIRMUUKTAH SA VISNOR YAT MANDIRAM

(HARI BHAKTI VILASA 12/192 from VAYU PURANA)

Any person who observes an Ekadashi fast with devotion becomes free from all difficulties and sins and after becoming purified, attains the abode of Lord Vishnu.

YAH KAROTI NARO BHAKTYA EKADASYAM UPOSANAM
SAYATI VISNU SALOKYAM PRAPYA VISNOH SVARUPATAM

(HARI BHAKTI VILASA 12/197 from SHIVA PURANA)

Any person who fasts on Ekadashi with devotion, attains the same form as Vishnu, goes to His abode and lives with Him.

EKADASI CA SAMPURNA VIDDHETI DVIVIDHA SMRTA
VIDDHA CA DVIVIDHA TATRA TYAJYA VIDDHA TU PURVAJA

(HARI BHAKTI VILASA 12/199 from SHIVA PURANA)

There are two divisions of Ekadashis - the complete Ekadashi and the overlapping Ekadashi. The overlapping Ekadashis are also divided into two - begin overlapping and end overlapping. The beginning overlapping should always be given up.

EKADASIM UPAVASED DVADASIM ATHAVA PUNAH
VIMISRAM VAPI KURVITA NA DASAMYA YUTAM KVACIT

(HARI BHAKTI VILASA 12/202 from SAURA DHARMOTTARA)

Ekadashi and Dvadashi are both qualified for fasting. Furthermore, one should fast when Ekadashi is combined with Dvadashi, but one should never fast when Ekadashi is combined with Dashami.

KURUTE VAISNAVO BHUTVA SA SALYAIKADASI VRTAM
JNANATO'JNANATO VAPI NA SA VISNU PRIYO BHAVET

(HARI BHAKTI VILASA 12/246 from SKANDA PURANA)

Any Vaishnava who knowingly or unknowingly observes Ekadashi overlapped with Dashami should certainly understand that Lord Shree Vishnu will not be happy with him.

TASMAD EKADASI YUKTA DASAMYA NARASATTAMA
NA KARTAVYA PRAYATNENA NISKALA DVADASI MATA

(HARI BHAKTI VILASA 12/248 from SKANDA PURANA)

Therefore, O best among human being, it is not recommended to observe Ekadashi overlapped with Dashami. Great sages have recommended and stated to you to observe only pure Ekadashi fasts.

YAVAD DASAMYA SAMYUKTAM KARISYANTI DINAM MAMA
TAT PUNYAM DAITYA JATINAM SURAIR DATTAM PITAMAHA
TEHA PUNYENA SAMPUSTO HIRANYAKSAH PITAMAHA
NIRJITYA VASAVAM SANKHYE HRTAM RAJYAM DIVAUKASAM

(HARI BHAKTI VILASA 12/259,260 from PADMA PURANA
conversation between the Supreme Lord and Lord Brahma)

O Grandfather of the world, as long as somebody fasts on Ekadashi mixed with Dashami, the devas extend their merits to the asuras. Therefore the demon Hiranyaksha became strong due to that merit and defeated Indra in the battle and usurped the kingdom of the devas.

PURNA VIDDHAM UPASTE KO NANDAM VEDA BALAD API
KO VEDA VACANAT TATA GOSAVE GAM NIHANTI VAI?

(HARI BHAKTI VILASA 12/268 from BHAVISYA PURANA and
MARKANDEYA PURANA)

Oh son, after knowing the instruction about fasting on Dashami, who is that person who would like to fast on the Ekadashi which overlaps Dasami? Who would be those persons, after hearing Vedic instructions, who would kill cows in the name of worshipping cows?

KSAYE VAPY ATHAVA VRDDHAU SAMPRAPTE VA DINATRAYE
UPOSYA DVADASI SUDDHA TRAYO DASYANTU PARANAM

(HARI BHAKTI VILASA 12/286 from NARADA PURANA)

If there is a reduced day in the fortnight or increase of a day, or if there are three days combined, then one should fast on a pure Dvadashi day and break the fast on Trayodashi.

DVADASI CA TRAYODASYAM VIDYATE YADI VANA VA

(HARI BHAKTI VILASA 12/362 from PADMA PURANA)

It does not matter if Ekadashi is touching the Trayodashi or not, but Ekadashi mixed with Dvadashi should be observed among all other fasts.

DVADASYA NIRNAYE BHUPA MUDHAM ATRA JAGATTRAYAM
ATRA MUDHA MAHIPALA PRAYASO YE NARAH PURA

(HARI BHAKTI VILASA 12/412 from VISNU RAHASYA conversation
between Markandeya Rsi and King Indradyumna)

Oh King, the three worlds have been become bewildered on the subject of establishing the correct day of fasting on Dvadasi. What to speak of the present day, even in ancient times great persons were almost bewildered in perfectly determining the correct days for fasting.

YAT KINCIT KRIYATE PAPAM KOTI JANMANI MANAVAIH
KRSNASYA JAGARE SARVAM RATRAU DAHATI PARVATI

(HARI BHAKTI VILASA 13/182 from SKANDA PURANA conversation
between Lord Shiva and Parvati)

Oh Parvati, on the day of Lord Sri Hari, if somebody remains awake, all of the sins accumulated for the previous millions of births are destroyed at once.

YAH PUNAH SUSTHA CITTO'PI SVA STHANE VASATE'PI SAN
NA HARER JAGARAM KURYAT TENA KARYA NA ME KVACIT

(HARI BHAKTI VILASA 13/190 from SKANDA PURANA conversation
between Lord Shiva and Parvati)

Oh Parvati, what more can I say. A healthy person, while living in his own house still does not remain awake on the day of Lord Hari at night, even though he is a devotee of the Lord, even I do not have any connection with him.

BRAHMANAH KSATRIYA VAISYAH STRIYAH SUDRAS CA JAGARE
PRAPTAS TE PARAMA STHANAM SRI VISNOR JAGARE KRTE

(HARI BHAKTI VILASA 13/198 from SKANDA PURANA conversation
between Lord Shiva and Parvati)

Whether one is a brahmana, Kshatriya, Vaishya, woman or Shudra,
fallen person, unwanted progeny, demons, evil spirit or devil, any of
them who had previously observed an Ekadashi fast and remained
awake overnight for the pleasure of Lord Hari, attained the spiritual
abode of Lord Vishnu.

TATRA BRAHMA CA RUDRAS CA SAKRADYA DEVATAGANA
NITYAM EVA SAMAYANTI JAGARE KRSNA VALLABHE
RSAYO NARADADYAS TU VYASADYA MUNAYAS TATHA
AHAS CA TATRA GACCHAMI KRSNA PUJA RATAH SADA

(HARI BHAKTI VILASA 13/219,220 from PRAHLADA SAMHITA)

Prahlada says, "Wherever there is a person remaining awake overnight
on Ekadashi, which is very dear to Lord Krsna, all the devas, including
Lords Brahma, Indra and Shiva, are all available there. And where
there is such a wake going on, all of the great sages, headed by Narada
Muni and Vyasadeva, are available there and I (Prahlada Maharaja)
who am always engaged in worshipping Lord Shree Hari, am also
available there."

PRATAH SNATVA HARIM PUJYA UPAVASAM SAMARPAYET
PARANANTU TATAH KURYAD VRATA SIDDHAU HARI SMARAN

(HARI BHAKTI VILASA 13/230 from KATYAYANA SAMHITA)

After taking bath early in the morning and worshipping the Supreme
Personality of Godhead, Lord Shree Hari, one should offer His fasting to
Him and then to achieve merit from such fasting, one should remember
Lord Shree Hari while breaking the fast.

KRTVA CAIVA UPAVASAMTU YO'SNATI DVADASI DINE
NAIVEDYAM TULASI MISRAM PAPA KOTI VINASANAM

(HARI BHAKTI VILASA 13/237 from SKANDA PURANA)

After fasting properly on Ekadashi, one should eat mahaprashada the
next day (Dvadashi) and at that time millions of his sins are burnt.

MAHA HANIKARI HY ESA DVADASI LANGHIT NRNAM
KAROTI DHARMA HARANAM ASNATEVA SARASVATI

(HARI BHAKTI VILASA 13/238 from PADMA PURANA)

As when one goes across the Sarasvati River without taking bath, he loses his merit, similarly, when one continues fasting on Dvadashi day, he suffers a great amount of meritorious loss. (One who does not break fast at the proper time loses a great amount of merit.)

EKADASYAM UPOSYAIVA DVADASYAM PARANAM SMRTAM
TRAYODASYAM NA TAT KURYAD DVADASA DVADASI-KSAYAT

(HARI BHAKTI VILASA 13/241 from KURMA PURANA)

One should fast on the Ekadashi day and break his fast on Dvadashi day. It is not recommended to break one's fast on Trayodashi day. One who breaks his fast on Trayodashi day (one who does not break his fast at the proper moment), loses the merit which had gained by fasting on twelve Dvadashis.

Srila Sanatana Gosvami says in his Digdarsini-tika (commentary) that, "Passing over' means, not breaking his fast at the proper time."

DVADASYAH PRATHAMAH PADO HARIVASARA SANJNAKAH
TAM ATIKRAMYA KURVITTA DARANAM VISNU TATPARAH

(HARI BHAKTI VILASA 13/258 from VISNU DHARMOTTARA)

The first fourth portion of the Dvadashi day is called "the day of Lord Hari". A person who is a devotee of Lord Vishnu should pass over this portion to break his fast.

YATHA RAJASVALA SANGAM ANYAYAM VARJITAM SADA
TATHA DASAMI SAMYUKTAM MAD DINAM VAISNAVAIR NARAIH

(HARI BHAKTI VILASA 13/440 from PADMA PURANA the Supreme Lord speaks)

It has always been forbidden to have conception with a lady passing through menstruation. Similarly, on My own day (Ekadashi) one should never observe fast when it is mixed with the Dasami day.

JAGARE PADMANA BHASYA PURANAM PATHATE TU YAH
JANMA KOTI SUKRTAM PAPAM DAHATE TULARASI VAT

(HARI BHAKTI VILASA 13/530 from SKANDA PURANA)

While remaining awake for the lotus-naved Lord Shree Hari, one who studies Puranas (meritorious histories), then whatever sins one has acquired for millions of births, burn up just like a piece of cotton quickly burns to ashes in the fire...

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