

Ekadashi - All the names and the benefits



Ekadashi devi killing Mura-asura.

In the Caitanya Caritamrita (Adi-lila 15.9-10) “One day Shree Caitanya Mahaprabhu (Lord Krishna) fell down at the feet of His mother and requested her to give Him one thing in charity. His mother replied, ‘My dear son, I will give You whatever You ask. Then the Lord replied, “My dear mother, please do not eat grains on the Ekadashi day”. From the very beginning of His childhood life Shree Caitanya Mahaprabhu introduced the system of observing a fast on the Ekadashi day. In the Skanda Purana states that “a person who eats grains on Ekadashi becomes a murderer of his mother, father, brother, and spiritual master, and even if he elevated to a Vaikuntha planet, he falls down.”

Suta Goswami said: - There are twelve months in a year, and two Ekadashis in each month. Thus there are twenty-four Ekadashis in one full year, and in a leap year there are two extra Ekadashis. O great sages, please listen attentively as I declare to you the names of these auspicious Ekadashis.

Occurs in (Western month)

Utpan-naa	November-December
Moksha-daa	November-December
Saphalaa	December-January
Putra-daa	December-January
Shat-tilaa	January-February
Jayaa	January-February
Vijayaa	February-March

Aamalakee	February-March
Paapamo-chanee	March-April
Kaamadaa	March-April
Varoothinee	April-May
Mohinee	April-May
Aparaa	May-June
Nirjalaa	May-June
Yoginee	June-July
Padmaa	June-July
Kaamikaa	July-August
Putradaa	July-August
Ajaa	August-September
Parivartinee	August-September
Indiraa	September-October
Paapaaṅkushaa	September-October
Ramaa	October-November
Haribodhinee	October-November

The two extra Ekadashis, which occur during leap year, are called,

Padminee
Paramaa

***Please note the ṭ is pronounced as follows, place the tip of your tongue on the roof of your mouth and say ṭ.

***Please note the ṇ is pronounced as follows, place the tip of your tongue on the roof of your mouth and say ṇ.

“O sages, one who hears about these Ekadashis will learn how to observe them properly. Each Ekadashi bestows particular benefits on the faithful observer.

The different names of the Ekadashi and in which months in fall in...

VEDIC NAME OF EKADASHI	VAISHNAVA NAME	VEDIC MONTH	VAISHNAVA MONTH	WESTERN MONTH
Utpan-naa	Utpan-naa	Maargasheersha –krsna	Keshava	November-December
Moksha-daa	Moksha-daa	Maargasheersha –Shukla	Keshava	November-December
Saphalaa	Saphalaa	Pausha-krsna	Naaraayana	December-January
Putra-daa	Putra-daa	Pausha- Shukla	Naaraayana	December-January
Shaṅtilaa	Trisprshaa	Maagha-krsna	Maadhava	January-February
Jayaa	Bhaimee	Maagha- Shukla	Maadhava	January-February
Vijayaa	Vijayaa	Phaalguna-krsna	Govinda	February-March
Aamalakee	Aamalakee	Phaalguna- Shukla	Govinda	February-March
Paapamo-chanee	Paapamo-chanee	Caitra-krsna	Vishnu	March-April
Kaamadaa	Damanakaaropanee	Caitra- Shukla	Vishnu	March-April
Varoothinee	Varoothinee	Vaisaakha-krsna	Madhusoodana	April-May
Mohinee	Mohinee	Vaisaakha- Shukla	Madhusoodana	April-May
Aparaa	Aparaa	Jyeshtha-krsna	Trivikrama	May-June
Nirjalaa	Paandava – Nirjalaa	Jyeshtha- Shukla	Trivikrama	May-June
Yoginee	Yoginee	Aashaadha-krsna	Vamana	June-July
Padmaa	Devashayanee	Aashaadha- Shukla	Vamana	June-July
Kaamikaa	Kaamikaa	Shraavana-krsna	Purushottama	July-August
Putradaa	Pavitraaropanee	Shraavana- Shukla	Purushottama	July-August
Ajaa	Annadaa	Bhaadrapada-krsna	Hrishikesha	August-September
Parivartinee	Paarshva	Bhaadrapada- Shukla	Hrishikesha	August-September

Indiraa	Indiraa	Aashvina-krsna	Padmanaabha	September-October
Paapaa-kushaa	Paapaa-kushaa	Aashvina- Shukla	Padmanaabha	September-October
Ramaa	Ramaa	Kaartika-krsna	Daamodara	October-November
Haribodhinee	Devotthaanee	Kaartika- Shukla	Daamodara	October-November

The two extra Ekadashis, which occur during leap year, are called,

Padminee	Vishuddhaa
Paramaa	Shuddhaa

One who is physically unable to fast on Ekadashi may read the glories of each Ekadashi when it occurs and recite all the names of the Ekadashis; thus he will achieve the same goal as the person who observes the full Ekadashi vow.”

The benefits of fasting on Ekadashi:-

The Ekadashi fast prevents and cures many illnesses and diseases.

Neither the merit one receives by taking a bath in the sacred place of pilgrimage known as Shankhodhara, where the Lord killed the Shankhasura demon, nor the merit one receives upon seeing Lord Gadadhara directly is equal to one sixteenth of the merit one obtains by fasting on Ekadashi.

It is said that by giving charity on a Monday when the moon is full, one obtains a hundred thousand times the results of ordinary charity.

O winner of wealth, one who gives charity on Sankranti attains four hundred thousand times the ordinary result. YET simply fasting on Ekadashi one obtains all these pious results, as well as whatever pious results one gets at Kurukshetra during an eclipse of the sun and moon.

Furthermore, the faithful soul who observes complete fasting on Ekadashi achieves a hundred times more merit than one who performs an Ashvamedha Yajna.

One who observes just a single Ekadashi fast perfectly earns the same merit as one who feeds a hundred thousand mendicants every day for 60,000 years.

A person who properly observes Ekadashi just once earns 10 times more than a person who gives a thousand cows in charity to a brahmana learned in the Vedas.

A person who feeds just one brahmacari earns ten times more merit than one who feeds ten good brahmanas in his own house. But a thousand times more merit than is earned by feeding a brahmacari is achieved by donating land to a needy and respectable brahmana, and a thousand times more than that is earned by giving away a virgin girl in marriage to a young, well-educated, responsible man. Ten times more beneficial than this is educating children properly on the spiritual path, without expecting any reward in return. Ten times better than this, however is giving food grains to the hungry. Indeed, giving charity to those in need is the best of all, and there never has been nor will there ever be a better form of charity than this. All the forefathers and the devas and devas in heaven become very satisfied when one gives food grains in charity. BUT THE MERIT

EKADASHI CANNOT BE MEASURED. THE POWERFUL EFFECT OF THIS MERIT IS INCONCEIVABLE EVEN TO THE DEVIS AND DEVAS.

The processes of staying in places of pilgrimages, giving charity, and performing fire sacrifices may only boast only as long as Ekadashi has not arrived. Therefore anyone afraid of the miseries of material existence should observe Ekadashi.

A thousand Vedic sacrifices do not even equal to one Ekadashi fast.

The merit one attains by fasting on Ekadashi is greater than that achieved by observing any other kind of fast or by going to a place of pilgrimages, and even greater than that achieved by giving charity to brahmanas.

Lord Krsna says: "If a person strictly observes Ekadashi, I will kill all his enemies and grant him the highest destination. Indeed, is a person observes this great Ekadashi fast in any of the prescribed ways; I will remove all obstacles to his spiritual progress and grant him the perfection of life.

This one-day removes all sins eternally. It is the most meritorious day for destroying all kinds of sins, and it has appeared in order to benefit everyone in the universe by bestowing all varieties of perfection. One who hears even one sentence about the glories of Ekadashi is freed from the reactions to such sins as killing a brahmana. There is no doubt of this. For all eternity there will be no better way of worshipping Lord Vishnu than observing a fast on Ekadashi.

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