

The Karwa Chauth Vrat

Katha

(English)

The Karwa Chauth Vrat Katha

The Karwa Chauth Vrat Katha (story) is a central part of the Karwa Chauth festival, celebrated by married women for the long life, prosperity, and well-being of their husband. Here's a traditional version of the Karwa Chauth Vrat Katha for 2024.

In 2024, Karwa Chauth will be celebrated on Sunday, October 20. Women will observe the fast from sunrise until they see the moon, following the rituals with great care.

Karwa Chauth Vrat Katha

Once upon a time, there lived a beautiful queen named Veeravati, the only sister of seven loving brothers. She was married to a king and observed her first Karwa Chauth fast soon after her marriage. On the day of the fast, Veeravati went to her parents' house to spend time with her family.

Veeravati began her fast at sunrise and, as the day progressed, she started feeling very weak and thirsty. Unable to see their sister suffer, her brothers devised a plan to end her fast. They created an artificial moon by lighting a fire behind a tree and convinced Veeravati to break her fast, telling her that the moon had risen. Believing them, Veeravati broke her fast by drinking water and eating food.

As soon as she ate, she received the terrible news that her husband, the king, had fallen seriously ill. Distraught, she prayed to Lord Shiva and Goddess Parvati, who informed her that her fast had been broken prematurely due to the false moon. They advised her to complete the fast with full devotion and perform the Karwa Chauth ritual correctly to bring her husband back to health.

Veeravati performed the fast again with great dedication and devotion, and soon, her husband was restored to full health. From that day onward, women observed the Karwa Chauth fast for the long life and well-being of their husband.

This story is recited during the evening puja (prayer) of Karwa Chauth, as women gather to listen and remember the importance of devotion and faith in their married life.

The Karwa Chauth Vrat Vidhi

The Karwa Chauth Vrat is a significant ritual observed by married Hindu women for the long life and well-being of their husband. It is a day-long fast, filled with specific rules and traditions. Here are the key rules and guidelines for observing Karwa Chauth Vrat:

1. Preparation Before the Fast (Sargi)

- Sargi is a pre-dawn meal, usually prepared by the mother-in-law, consisting of nutritious foods like fruits, sweets, dry fruits, and paranthas.
- Women eat Sargi before sunrise, which helps them sustain energy throughout the day.
- After eating Sargi, women refrain from consuming any food or water until they see the moon.

2. Strict Fasting

- The fast is observed from sunrise to moonrise, during which no food or water is consumed. This is called a nirjala vrat, which means a fast without water.
- Women abstain from eating or drinking throughout the day, despite any thirst or hunger.

3. Puja and Vrat Katha

- In the evening, women dress up in traditional attire, often wearing sarees or lehengas, jewelry, and apply mehendi (henna).
- The women gather for a group puja, where they listen to the Karwa Chauth Vrat Katha (story) and offer prayers to Goddess Parvati.
- A decorated karwa (clay pot filled with water) is used in the puja. Women also offer vermillion, rice, and flowers to the goddess.

4. Seeing the Moon and Breaking the Fast

- After the puja, women wait for the moon to rise. Once the moon is visible, they perform the following ritual:
- The moon is viewed through a sieve or a dupatta.

- Water is offered to the moon (called Arghya), and prayers are made for the husband's longevity.
- The husband then gives water or food to the wife to break her fast.
- Traditionally, the first sip of water and the first bite of food come from the husband's hand, symbolizing his appreciation and love.

5. Do's and Don'ts

Do's:

- Start the fast with the blessings of elders.
- Eat a nutritious and light Sargi meal in the morning.
- Be a part of the group puja and listen to the Vrat Katha with devotion.
- Remain positive and patient throughout the day.

Don'ts:

- Do not consume food or water after sunrise until the fast is broken.
- Avoid negative thoughts, quarrels, or stressful activities.
- Don't sleep during the puja hours or avoid listening to the Vrat Katha, as it is considered inauspicious.

6. Breaking the Fast

- After sighting the moon and offering prayers, the fast is traditionally broken with water and sweets, followed by a full meal.

These rules and rituals are observed with love, faith, and dedication to strengthen the marital bond. The fast is not just a religious observance but also a symbol of devotion, love, and the eternal bond between husband and wife.