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SRI MADHWA SIDDHANTA

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Krodhi Nama Samvatsara

**YUGADI
CELEBRATION
In The House**

Chaitra-Shukla-Prathama

April 9th — Tuesday

Yugadi is the First auspicious celebration in the new year in the house. It is on Chaitra Shuddha Prathama. This year is KRODHI Nama Samvat-sara. We celebrate the New Year in this way:-

(1) Kem-mannu Rangoli decoration at the doorstep entrance of the house, also “Torana” at the entrance. It is a symbol of invitation for Shobhana-Devatas to enter.

(2) Abh-yanga or oil-bath. It is Shani-Preeti and Shani Peeda-Nivarti.

(3) Saaligrama Puja is a must. Mantra and Madi whatever possible in the house, is enough.

(4) Thulasi Puja.

(5) Panchanga Puja and Panchanga Sravana (as given in this book. Made easy for you.)

(6) Neem Flower or its tender leaves blended with Bella and Tamarind for Naivedya and Prasada.

(7) Wear new clothes if available in the house.

(8) Offer Namaskara to elders.

(9) Offer Taamboola Dakshina to deserving persons.

(10) Habba-da Adige (festival menu) in the house.

(11) Maasa Dharma Naivedya: Paanaka, Neer-Majjige, Kosambari, etc.

(12) Swami Darshana in the temple in the evening.

All these put together is YUGADI - Celebration. This is our Kula - Dharma.

In addition to the usual Saligramas etc., if there is any Devara - Pratima, specially preserved and kept in a separate Puja-Box by fore-fathers, this is the day to take it out and perform Pancha-mritha Abhisheka, Sahasra-Nama Archana, Naivedya and Mangala-arati. Do it yourself with whatever Madi is possible chanting simple Slokas (such as Venkatesha stotram). The Lord will be pleased with this effort.

In the Mutt, there will be Maha Abhisheka to all Vighrahas this day. Make a Sankalpa while rising up from the bed in the morning:- Today I will not speak harsh words; I will speak pleasing words about God and Guru.

Preparation of Bevu Bella and Its Significance

In a small silver cup, keep a handful of Neem-flower or its tender-leaves. Add a little of Bella plus a bit of Tamarind. Mix well all the three. Keep this mixture for Naivedya. Don't use copper or brass cup and spoon. If silver-cup is not available, use leaf or *donna*. We take this Naivedya after Puja, after taking Tirtha. Chant below Sloka before taking the Naivedya.

शतायुर्वज्र-देहाय, सर्व-संपत्-कराय-च ।
सर्वारिष्ट-विनाशाय, निम्बकं-दल-भक्षणम् ॥

Shataayur Vajra Dehaaya,
Sarva Sampath-karaaya-cha |
Sarvaarishta Vinaashaaya,
Nimbakam Dhala Bhakshanam ||

Long life, good health, wealth and prosperity, relief from evil spirits and a peaceful life are said to be the good results.

Panchanga Puja

Morning, during Devara Puja, keep Panchanga on a decorated Peeta. Decorate the Panchanga applying Arisina (Pasupu), Kunkuma, Gandha and Pushpa. In Devara Puja, during Archana, perform same Archana to Panchanga also, chanting the same Naama-vali. It is Puja to Nava-graha Antargata Sri Lakshmi Narasimha in Panchanga. Conclude Puja

jointly to Saligrama and to Panchanga with Naivedya and Aarathi. Panchanga-Sravana can be in the evening or morning itself as time permits. (Panchanga Sravana details are given separately after this article.)

Alankaara To Small Children

Small children 2 to 5 years, if present in the family, beautify them with new dress and with garlands made of tiny peppermints and the like. This Alankaara was done on Holi-Hunnimi also. The same garlands can be used now.

All these are our Kula Dharma, Kula Aachaara, Family culture. Lord's anugraha is there in this. Good fortune starts coming with this.

Why Oil Bath And The In-Take Of Neem Tender Leaves ?

Oil bath and the in-take of neem tender leaves are for our well being and to please the Lord. One or two neem leaves taken daily in the morning makes the body very strong like Vajra, says Ayurveda Shastra. Start it from Yugadi day.

Neem leaf is bitter. In our life, we come across good, bad, bitter experiences. One will be successful in life by treating them as quite natural part of life. The mixture Bevu Bella (bitter+sweet) on Yugadi day, reminds us this truth. Our prayer to God:- "Whether good or bad, pleasure or pain, please give us the strength to take life as it comes."

Our body is a battle-field for Tatwa-abhimani-devatas and Tatwa-abhimani-Asuras. Our thoughts and actions go as directed by them. Tila-Thaila (oil) is a symbol of Lakshmi. When it is applied on our body, it strengthens the hands of Tatwa-abhimani-devatas. It is an anti-dote for Asuras. Their evil influences go less and less gradually in our thoughts and actions. It is just one example. It paves the way for health and happiness in life, indicate these Slokas:-

शतायुर्वज्रदेहत्वं, सर्व-संपत्-प्रदं तथा ।
सर्वारिष्ट-हरं कुर्वे निंबपत्राशनं शुभम् ॥

तैले लक्ष्मीः, जले गङ्गा, वत्सरादि तिथौ शुभे ।
अलक्ष्मी-परिहारार्थं मङ्गल-स्नानं आचरेत् ॥

तैल-अभ्यङ्ग स्नानं आदौ च कृत्वा,
पीयूषोत्थं पारि-भद्रस्य पत्रम् ।
भक्षेत् सौख्यं, मानदं, व्याधि नाशं,
दीर्घा-युष्यं लभ्यते वर्षमूले ॥

Telugu New Year Day: Meaning

Surya takes 30 days to travel from one Raasi to next Raasi. This 30 days is calculated as one month. The adjectival form of "Surya" is "Soura". "Maana" means calculation. This way of calculation based on Surya's movement is called "Soura-maana Maasa".

In the same way, if the month is based on Chandra's movement, it is "Chaandra-maana Maasa".

It starts from Shukla-Paksha, the next day of Amavasya.

In Tamilnadu region, Soura-maana based anushtaana is popular. In Telugu, Kannada region, Chaandra-maana based anushtaana is popular. There are several families in Tamilnadu region also, who adhere to Chaandra-maana based anushtaana and they celebrate Yugadi as the new year day. Since the Telugu people celebrate new year on Yugadi day, this has become “Telugu New Year” day. However Yugadi is celebrated in all Vaishnava temples everywhere. There will also be procession of Utsava Murthy.

How Our Kula Dharma Disappears ?

One may ask “Is it not 1st January our New Year Day ?” That is not our Kula Dharma. It was imposed on us by foreigners. We do not hate this. But we do not accept it. That is meant for them, not for us. Why? That was started by human beings. Veda is the origin for our anushtaana. All our activities are based on Soorya, Chandra, and other Navagrahas. There are many Kula Dharmas for others. One among them is this: 1st January New Year Day. Another: To put off the Deepas on ‘Happy Birthday’, cutting the cake, bursting of the balloons. This is how we gradually forget our culture and observe others’ culture in our houses.

Yugaadi Means ?

Aadi means beginning. Yuga+Adi (Yugaadi) means Yuga starts. Kali Yuga started on Chaitra Shuddha Prathama.

Don't Forget This

It is our Kula - Dharma, (God-given culture) to offer Full-Namaskara to parents and elders on YUGADI day. Do not forget this. It is a must for your own good.

Involvement of Children is Important

During this Yugadi Celebration and Panchanga Sravana, children in the house should be involved. This enhances their culture-consciousness and helps them to shape their habits and character in a unique way. Let the boys wear Madi-pancha and helps his father in the Puja and girls wear traditional festival dress and assists in Rangoli, lighting Devara Deepa, Thulasi Puja, etc. They should hear Panchanga Sravana.

A well-cultured child always develops self respect and self confidence. This simple family culture learnt in childhood days remains life-long.

PANCHANGA SRAVANA

On Yugadi Day

April 9th — Tuesday

On Yugadi day, Panchanga Sravana either in the morning or evening. If Panchanga is not available, do pooja to this book and then read out the contents of this article to everyone in the house.

Guru Namaskara

आपाद-मौलि पर्यन्तं, गुरूणां आकृतिं स्मरेत् ।
तेन विघ्नाः प्रणश्यन्ति, सिद्ध्यन्ति च मनोरथाः ॥

Ganta - Shabda & Kula Devaru Namaskara

Pick up the Ganta and ring the bell for 2-seconds and place it back. Offer Pushpa-Akshata to Panchanga Devatas and chant Kula Devaru - prayer - Sloka and then Prarthana with this Mantra.

आदित्यादि नवग्रहा-शुभकराः, मेषादयो राशयः
नक्षत्राणि स-योग-काश्च तिथयः, तद्देवता-स्तद्-गणाः ।
मासाब्दा ऋतव स्तथैव दिवसाः, सन्ध्या-स्तथा रात्रयः
सर्वे स्थावर-जङ्गमाः प्रतिदिनं कुर्यात् सदा मङ्गलम् ॥

Panchanga Sravana

(Explain this to others in Home-language)

During Panchanga Sravana, it is auspicious to know about the life span of Chaturmukha Brahma Deva. Also the day's Thithi, Vaara, Nakshatra, Yoga and Karana.

Life Span Of Sri Chaturmukha Brahma

Sri Chatur-mukha Brahma appeared from Swasti Sri Maha Vishnu's Naabhee-Kamala. The life-time of Chatur-mukha Brahma is 100 years. The first-half of it (50 years) is over. In the 2nd half (*Dwiteeya Paraardhe*), the first day is now running.

His day is calculated in this way:— (1) Krita Yuga, (2) Treta Yuga, (3) Dwaapara Yuga and (4) Kali Yuga, all these 4-Yugas put together is one Maha-Yuga. 71-Maha Yugas make one Manvantara. 14-Manvantaras make one Kalpa. This one Kalpa is the day-time or half-day for Brahma Deva.

Similar length of another 14-Manvantaras make one night for Brahma Deva and this is one day for him. (28 Manvantaras or 2 Kalpas). In this way, 360 days make one year for him. His life-time is 100 years. In that way, 50 years are over.

Calculated in this way, Brahma Deva's 51st birthday fore-noon period is now running. In that, 6-Manvantaras (1. Swaayambhuva 2. Swaroachisha

3. Uttama 4. Taapasa 5. Raivata 6. Chaakshusha) have gone. Now 7th **Vai-vas-wata Manvantara** is running. Even in this Manvantara, 27 Maha-Yugas are over.

In 28th Maha-Yuga, the three earlier Yugas of Krita, Treta and Dwapara Yugas also have gone. Kali Yuga is now running. The total period of Kali Yuga is 4,32,000 years. Out of that, 5,125 years are over. We are now at the beginning of the first quarter of Kali Yuga (कलि युगे प्रथमे पादे). The present is **Shali-vaahana Shaka**. In this Shaka, 1945 years are over. 1946th Shaka-Varsha begins with Krodhi Nama Samvatsara on 9-4-2024 Tuesday.

Krita Yuga = 17,28,000 years. Treta Yuga = 12,96,000 years. Dwaapara Yuga = 8,64,000 years. Kali Yuga = 4,32,000 years. Total:- One Maha-Yuga (4 yugas) = 43,20,000 years.

New Year Details

Today: (09-04-2024) Krodhi Naama Samvatsara, Uttarayana, Vasantha Ritu, Chaitra Maasa, Shukla Paksha, Prathama Tithi, Bhouma Vaasara (Mangala Vaara), Revathi Nakshatra, Vaidhrithi Yoga, Kimstugna Karana.

Every year, the Vaara on which Yugadi begins, that Vaara-Devata will be the Raja of that year. The Mantri is the Devata of the Vaara on which Tamil New Year (Mesha – Sankramana) begins.

This year Raja is Mangala. Mantri is Shani. Sena-adhi-pati is Shani. Poorva Sasyaadhipati is Mangala and Aparā Sasyaadhipati is Shani. [Sasyaadhipati means the Adhipati of crops]. Dhaanya-adhipati is Chandra. Argha-adhipati is Shani. Megha-adhipati is Shani. Rasa-adhipati is Guru. Neerasa-adhipati is Mangala.

KRODHI SAMVATSARA PHALA

कामार्ताः स्युर्भूमिपालाः समस्ता
 युद्धे सक्ता ईतिजा भीतिरुग्रा ।
 क्रोधिन्यब्दे मध्यवृष्टिः कणानां
 वृद्धिः स्यातां क्रोधलोभौ जनानाम् ॥

In the year “**Krodhi**”,

- (1) Kings will be very much greedy and desirous of war.
- (2) (ईतिजाः) There will be intensive fear due to natural calamities such as excessive rain, drought, locusts, rats, birds, etc.
- (3) Increase in food grains and crops.
- (4) Moderate rain.
- (5) Greed and anger will prevail upon the people.

RISHI-PANCHAMI

Rishi-Panchami vrata on 8th Sep, 2024. Vrata can be started and Udyapana can also be performed this year.

INCOME - EXPENDITURE OF RASI

	Mesha	Risaba	Mithu	Kata	Simha	Kanya
Income	2	11	2	11	14	2
Expendi	14	5	5	14	11	5
	Thula	Vrich	Dhan	Maka	Kumbha	Meena
Income	11	2	14	8	8	14
Expendi	5	14	2	5	5	2

Conclusion

Conclude the Panchanga Sravana, by chanting the Mangala Sloka.

आदित्यादि नवग्रहा-शुभकराः, मेषादयो राशयः
 नक्षत्राणि स-योग-काश्च तिथयः, तद्देवता-स्तद्-गणाः ।
 मासाब्दा ऋतव स्तथैव दिवसाः, सन्ध्या-स्तथा रात्रयः
 सर्वे स्थावर-जङ्गमाः प्रतिदिनं कुर्यात् सदा मङ्गलम् ॥

Offer Pushpa - Akshata to Panchanga, any simple Naivedya and then Mangalaa-rathi. Offer Prasada to others in the house.

WHY PANCHANGA SRAVANA ?

At the beginning of the year, if we get advance information on the likely events in that whole year, it would be helpful to prepare ourselves to adhere to those austerities. In this way, Panchanga Sravana helps us to get peace and prosperity in life. Without telling all these, this sloka tells the phala (result).

श्री कल्याण-गुणा-वहं, रिपु-हरं, दुःस्वप्न दोषापहं ।
 गङ्गा-स्नान विशेष पुण्य फलदं, गोदान तुल्यं नृणाम् ॥
 आयु-वृद्धिदं, उत्तमं, शुभकरं, सन्तान संपत्-प्रदं ।
 नाना कर्मसु साधनं, समुचितं, पञ्चाङ्गं आकर्ष्यताम् ॥

Panchanga Sravana is Mangala-kara for everyone. It removes the ill-effects of bad dreams, brings the Punya of Ganga Snana, yields the Punya of Go-daana, increase the life span, beget of good, Satwik Children and wealth.

SRI PANCHAMI

Chaitra-Shukla-Panchami

April 13th — Saturday

On this day evening, Lakshmi Puja with Jasmine (Malli, Mullai) flowers in the house is good for the family. Domestic wealth and happiness improves gradually. (Nirnaya Sindhu page 64). Lakshmi comes as willed by Lord Sri Keshava:- नि.सिं. p.64

शुक्लायां अथ पञ्चम्यां चैत्रे मासि शुभानना ।
 श्रीः ब्रह्म-लोकात् मानुष्यं सं-प्राप्ता, केशवाज्ञया ।
 ततः तां पूजयेत् तत्र, यः तं लक्ष्मीः न मुञ्चति ॥

This “Chaitra-Shukla-Panchami” day is called **“Sri Panchami”**.

पञ्चम्यां, कुन्द-कुसुमैः पूजां कुर्यात् समृद्धये ।
 इयं चैत्र-शुक्ले “श्री-पञ्चमी” ॥ (Ni.Sin. p.162)

Benefits of Knowing NAKSHATRA, YOGA AND KARANA

Panchaanga provides the five important specifications for the day that are chanted while doing Sankalpa for any karma. Pancha + Anga = Panchaanga. The Pancha (five) Angaas of a day are:—

- (1) Tithi (तिथि)
- (2) Vaara (वार)
- (3) Nakshatra (नक्षत्र)
- (4) Yoga (योग)
- (5) Karana (करण)

When we chant Sankalpa during Snana, Sandhyavandana, etc., probably we chant “*Asmin Vartamaane, Krodhi Nama Samvatsare, Uttaraayane, Vasanta Ritou, Chaitra Mase, Shukla Pakshe, Saptamyaam Tithou, Indu Vaasara Yuktaayam, Shubha Nakshatre, Shubha Yoge, Shubha Karane, Evam Guna Viseshana Vishishtaayam,*”.

Here for Nakshatra, Yoga and Karana, we usually use Shubha Nakshatre, Shubha Yoge, Shubha Karane. However, please see this Sloka:-

तिथेश्च-श्रियमाप्नोति, वारात् आयुश्चवर्धनम् ।
 नक्षत्रात् हरतेपापं, योगात् रोगनिवारणम् ।
 करणात् कार्यसिद्धिस्यात् पञ्चाङ्ग-फलमुत्तमम् ॥

Titheyscha-Sriya-maapnoti,
 Vaaraath Aayuscha-varadhanam |
 Nakshatraath Haratey-paapam,
 Yogaath Roga-nivaaranam |
 Karanaath Kaarya-siddhisyaath,
 Panchaanga-phala-muttamam ||

“By knowing the day’s Tithi, one gets wealth. By knowing Vaara, one gets long life. By knowing Nakshatra, sins are destroyed. By knowing Yoga, relief from diseases. By knowing Karana, success in undertakings (*Kaarya Siddhi*).”

It can be seen from the above that with a little effort, if we get the details of Nakshatra, Yoga and Karana from the panchanga and chant while doing the Sankalpa, it is more beneficial.

That is, instead of saying Shubha Nakshatre, Shubha Yoge, Shubha Karane, if one says *Punarvasu Nakshatre, Sukarmaa Yoge, Vanik Karane*, then its benefits are enormous as explained above.

It is a good practise to know Tithi, Vaara, Nakshatra, Yoga and Karana before going to Snana, so that during Snana Sankalpa these are chanted. Its benefits are immense as said above. This is applicable to women also.

The Yogas (27) and Karanas (11) are:—

YOGAS 27

1. विष्कम्भ (Vish-kam-bha) 2. प्रीति (Preethi)
3. आयुष्मान् (Aayush-maan) 4. सौभाग्य (Sowbhagya)
5. शोभन (Shobhana) 6. अतिगण्ड (Athi-ganda)
7. सुकर्मा (Sukarmaa) 8. धृति (Dhrithi) 9. शूल (Shoola)
10. गण्ड (Ganda) 11. वृद्धि (Vridhhi) 12. ध्रुव (Dhruva)
13. व्याघात (Vyaa-ghaa-ta) 14. हर्षण (Harshana)
15. वज्र (Vajra) 16. सिद्धि (Siddhi) 17. व्यतीपात (Vya-tee-paata)
18. वरीयान् (Varee-yaan) 19. परिघ (Parigha)
20. शिव (Shiva) 21. सिद्ध (Siddha) 22. साध्य (Saadhya)
23. शुभ (Shubha) 24. शुक्ल (Shukla) 25. ब्रह्म (Brahma)
26. ऐन्द्र (Iyindra) 27. वैधृति (Vaidhrithi).

KARANAS 11

1. बव (Bava) 2. बालव (Baalava) 3. कौलव (Koulava)
4. तैतिल (Taitila) 5. गरज (Garaja) 6. वणिक् (Vanik)
7. भद्रा (Bhadraa) 8. शकुनि (Shakuni) 9. चतुष्पात् (Chatush-paath)
10. नागवान् (Naagavaan) 11. किम्स्तुघ्न (Kims-thugna).

Krodhi Nama Samvatsara Panchanga in English published by the S.M.S.O. Sabha with details of Nakshatra, Yoga and Karana have been despatched to all the members.

Request members to take note of these details while performing daily Sankalpa during Snana, Sandhya, etc.

The result:- (a) The Lord is pleased (b) Sins get destroyed, relief from diseases and success in undertakings (*Kaarya Siddhi*).

Gayatri Takes Care of Your Spine and Brain

Continuous Japa of Gayatri brings unimaginable good to the entire family. When you sit for Gayatri Japa, you should sit straight. (Straight thoughts come from straight sitting. If you bend, your thoughts also bend.) The brain and the back-bone play a vital role while doing Japa. Hence the head and back-bone should remain in one straight line during Japa. If strong physical health is vital for one's life, sound mental health is more vital. Both will be ensured if we take care of spinalcord and brain. Gayatri takes care of both our spine and brain.

Highly Effective

VAISHAKHA SNANA

April 23rd to May 23rd

This month-long Vaishakha Snana is a form of vow or Tapas. We undertake this vow because it brings Divine Grace. The period is from Chaitra Maasa Pournami to Vaishaakha Maasa Pournami. On all the days, early morning (before Sun rise) Snana with Sankalpa is '**Vaishakha Snana**' Punyakaala.

Divine Grace comes in the form of strength in the body (*Bala*), good looking (*Roopa*), fame (*Yasha*), noble thoughts (*Dharma Chintana*), enlightened knowledge (*Jnana*), long life, happiness, courage (*Mano Dhairya*), and health.

बलं, रूपं, यशो, धर्म, ज्ञानं, आयुः, सुखं, धृतिम् ।
आरोग्यं परं आप्नोति, संयक्, स्नानेन मानवः ॥

<p>Snana Time:— From Arunodaya Kaala (4.30 am) till before Sun rise. In case, if Snana could not be performed before Sun rise, atleast the Sankalpa and Vaishakha Snana Mantras and Arghya Mantras can be chanted during Snana.</p>
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After performing regular Snana, 12 Namas (using water), Achamana, Pranayama and Sankalpa.

Snana - Sankalpa

..... एवं गुण विशेषण विशिष्टायां, शुभ-तिथौ, भारतीरमण मुख्यप्राणान्तर्गत श्री वैशाख-मधुसूदन प्रेरणया, श्री वैशाख-मधुसूदन प्रीत्यर्थ, वैशाख-स्नानं करिष्ये ॥

After chanting the regular Snana Mantras (*Samasta Jagadaadhaara* and Ganga Smarana, etc.), chant the below 4 slokas.

Snana - Mantra

1. वैशाखं सकलं-मासं मेष-सङ्क्रमणे रवेः ।
प्रातः स-नियमः स्नास्ये, प्रीयतां मधुसूदनः ॥
2. मधु-हन्तुः प्रसादेन ब्राह्मणानां अनुग्रहात् ।
निर्विघ्नमस्तु मे पुण्यं, वैशाख-स्नान-मन्वहम् ॥
3. माधवे मेषगे भानौ, मुरारे मधुसूदन ।
प्रातःस्नानेन मे नाथ, फलदोभव पापहन् ॥
4. वैशाखे मेषगे भानौ, प्रातःस्नानं करोम्यहम् ।
तीर्थे जलमये पुण्ये, पुनीहि मधुसूदन ॥

After chanting the above Slokas again perform Snana. Then offer Arghya through both hands by reciting the below Arghya Mantras. (You can write these Slokas in a paper and paste it in bathroom).

Arghya - Mantra

1. नमः कमलनाभाय, नमस्ते जलशायिने ।
नमस्तेऽस्तु हृषीकेश, गृहाणार्घ्यं नमोऽस्तु ते ॥
विष्णवे नमः इदं अर्घ्यम् ॥
2. वैशाखे मेषगे भानौ, प्रातःस्नान-परायणः ।
अर्घ्यं तेऽहं प्रदास्यामि, गृहाण मधुसूदन ॥
मधुसूदनाय नमः इदं अर्घ्यम् ॥
3. एहि सूर्य सहस्रांशो, तेजोराशे जगत्पते ।
अनुकम्पय मां भक्त्या, गृहाणार्घ्यं नमोऽस्तु ते ॥
सूर्याय नमः इदं अर्घ्यम् ॥
4. विष्णु पादाब्ज संभूते, गङ्गे त्रिपथ-गामिनी ।
गृहाणार्घ्यं मया दत्तं, जले सन्निहिता भव ॥
गङ्गायै नमः इदं अर्घ्यम् ॥
5. गोदाद्याः सरितः सर्वाः तीर्थानि च हृदाश्च ये ।
गृहाणार्घ्यं मया दत्तं, अर्घ्यं सम्यक् प्रसीदतु ॥
तीर्थ-देवताभ्यो नमः इदं अर्घ्यम् ॥
6. ऋषभः पापिनां शास्ता, त्वं यमः समदर्शनः ।
गृहाणार्घ्यं मया दत्तं, यथोक्त-फलदो भव ॥

॥ श्रीकृष्णार्पणमस्तु ॥

Sankalpa and Snana Mantras In English

After performing regular Snana, 12 Namas (using water), Aachamana, Pranayama and Sankalpa.

..... Evam Guna Viseshana Vishish-taayaam,
Shubha-thithou, Bharatee-ramana Mukhya-
praanaan-targata, Sree Vaishaakha-Madhusoodana
Prera-nayaa, Sree Vaishaakha-Madhusoodana
Preetyartham, Vaishaakha-Snaanam Karishye.

After chanting the regular Snana Mantras (*Samasta Jagadaadhaara* and Ganga Smarana, etc.), chant the below 4 slokas.

Snana - Mantra

1. Vaishaakham Sakalam-maasam,
 Mesha-Sankramaney Ravey: |
Praata: Sa-niyama: Snaasyey,
 Preeyataam Madhusoodana: ||
2. Madhu-hantu: Prasaadeyna,
 Braahma-naanaam Anugrahaath |
Nir-vighna-mastu May Punyam,
 Vaishaakha-Snaana-Manvaham ||
3. Maadhavey Meshagey Bhaanau,
 Muraarey Madhusoodana |

Praatas-snaaney-na May Naatha,
Phalado-bhava Paapa-han ||

4. Vaishaakhey Meshagey Bhaanau,
Praatas-snaanam Karomyaham |
Theer-they Jala-mayey Punyey,
Puneehi Madhusoodana ||

After chanting the above Slokas again perform Snana. Then offer Arghya through both hands by reciting the below Arghya Mantras. (You can write these Slokas in a paper and paste it in bathroom).

Arghya - Mantra

1. Nama-h Kamala-naabhaaya,
Namastey Jala-shaayiney |
Namas-theystu Hrisheekeysha,
Grihaa-naar-ghyam Namostu They ||
Vishnavey Nama-h Idam Arghyam ||
 2. Vaishaakhey Meshagey Bhaanau,
Praatas-snaana-paraayana: |
Arghyam They-ham Pradaasyaami,
Grihaana Madhusoodana ||
Madhusoodanaaya Nama-h Idam Arghyam
 3. Yehi Soorya Saha-sraam-sho,
Theyjo-raashey Jagatpathey |
Anu-kam-paya Maam Bhaktyaa,
Grihaa-naar-ghyam Namostu they ||
Sooryaaya Nama-h Idam Arghyam
-

-
4. Vishnu Paadaa-bja Sam-bhoothey,
 Gangey Tri-patha-gaa-minee |
 Grihaa-naar-ghyam Mayaa Dattam,
 Jaley Sanni-hitaa Bhava ||
 Gangaa-yai Nama-h Idam Arghyam
5. Godaadyaa: Sarita: Sarvaa:,
 Theer-thaani cha Hra-daas-cha yey |
 Girhaa-naar-ghyam Mayaa Dattam,
 Arghyam Samyak Praseedatu ||
 Theertha-deva-thaabhyo Nama: Idam Arghyam
6. Rishabha: Paapinaam Shaas-thaa,
 Twam Yama: Sama-darshana: |
 Grihaanaarghyam Mayaa Dattam,
 Ya-thok-tha-phaladho Bhava ||
- || Sree Krishnaarpanamastu ||
-

Note:— Arghya Mantras 1, 3, 4 and 5 have to be offered daily throughout the year.

If unable to do Vaishakha Snana on all 30 days, do it atleast on last 3 days (Vaishakha Shukla Trayodasi, Chaturdasi, Pournami). The benefits will be proportionate.

Our ancestors used to go to a Kshetra to perform Vaishakha Snana in a Punya Teertha.

During this month, the Abhimani Devatas of Maha-Nadees are present even in small tanks and

they wait there till six Ghatikas after the Sun-rise to bless those who come there for Vaisakha Snaana.

Those unable to go out for Snaana, can do it in well water. Those who take Vaisakha-Snaana in well water will be cleansed of their sins of the present Janma. If they take bath in Teerthas created by Devas, they would be purified of their sins of three Janmas. A bath in any seagoing river will wash off the sins of seven Janmas. Vaisakha-Snaana in sacred rivers such as Ganga, Yamuna, Godavari, Krishna, Kaveri, Narmada etc., would wipe off the sins accumulated in one crore of Janmas.

One gets the fruitful effects of an Aswamedha Yaga if he simply steps out of the house towards a Punya-Teertha with an intention to have Vaisakha-Snaana. Lord Sri Lakshmi Narayana becomes immensely pleased with one who completes Vaisakha-Snaana before Sunrise and performs his Aanhika thereafter.

Note:— The Arghya water should not go into the drainage. If you perform Snana in bathroom, then only chant the Arghya Mantras in the bathroom. After coming out of bathroom, wear 12 Namas using water and then offer Arghya water in a vessel. This Arghya water can be disposed under plants or on compound wall, etc.

Women also should chant these Mantras during Snana and offer Arghya.

GOWRI TRITEEYA

Chaitra-Shukla-Triteeya

April 11th — Thursday

First Thulasi Pooja, then Gowri Pooja. Make Gowri with Arisina (turmeric) powder mixed with water. Puja with kumkuma to this Gowri also to Parvati Parameshwara picture. Gowri haadu, Gaja vastra, Pushpha, Dhoopa, Deepa, Naivedya, Paanaka, Buttermilk, Kosambari, fruits Naivedya, Mangalarathi. If Sumangalis available nearby, invite them and offer Taamboola Dakshina.

FOR PUTRA SUKHA

Nirnaya Sindhu (Page 62) says this: Those desirous of Putra - Sukha, and other Sowbhagyas, will eagerly wait for this Triteeya in the Vasanta Ritu (Chaitra-Vaishakha) and do this Puja.

वसन्त मासं आसाद्य, तृतीयायां जन-प्रिये ।

सौभाग्याय सदा स्त्रीभिः कार्यं पुत्र-सुख-ईप्सुभिः ॥

This Puja can be performed either on this Triteeya or next month on Akshaya Triteeya or on both days. If possible, Morada Baayana can also be offered. After Puja in the morning, daanas can be given in the evening also. Vissha Phala for Thotlu Puja to Parvati Parameswara and then *Udi thumbadu* for Sumangalis. This puja can also be performed daily starting from today (Chaitra-Shukla-Triteeya) till Akshaya Triteeya day or on whichever day convenient.

Mesha Sankramana

(Tamil New Year Day)

April 13th — Saturday after 12.25 p.m.

This day is Vishu Parva Punya Kaala after 12.25 p.m. It is also Tamil New Year Day. Chittirai 1st. It is an important Parva-Kala for Tarpana (Dwadasa-Pitru). Gayathri Japa, Saligrama Puja and then Tarpana. Women: Tulasi Puja and Krishna Mantra Japa. Do not miss this very effective day. It will yield favourable results.

PAANAKA PUJA

(Any day between 09-04-2024 to 06-06-2024)

One day Paanaka Puja can be arranged any day from Yugadi day till Vaishakha Amavasya, except Ekadashi. Dashami, Dwadashi, Pournami, Amavasya, or your Janma Nakshatra days are any other appropriate days for Paanaka Puja.

Paanaka Puja belongs to daana category. After 4.00 pm in the evening, this Puja should be done with 'Madi'. Mostly the food items will not be 'boiled-items' (i.e. will not be '*Musare*' in kannada). Cooked items like Hunise hannu avalakki, Rava uppuma, Rava kesari, Mosaru avalakki, Arulu-sandige, Akki happala, Akki pennee, Rava-laddige, kosambari, Other important items – fruits like Mango, Jack fruit, tender coconut, paanaka, butter-milk, cool water, Palmira

fans, gandha, pushpa, banana, thamboola, dakshina with thulasi.

After naivedya of all these items with Madi at 3.30 pm in the evening, Samarpana to Brahmana – Suvasinis. Paanka Puja is a must if someone in the house had passed away, earlier during the year.

Sankalpa

मम पितुः (मातुः) Name, गोत्रस्य,
शर्मणः (or अम्मदायाः) पुण्यलोक अवाप्त्यर्थं,
भारतीरमण मुख्यप्राणान्तर्गत श्री वैशाख-मधुसूदन प्रेरणया,
श्री वैशाख-मधुसूदन प्रीत्यर्थं, सो-पस्कर, गुडोदक पूजां
करिष्ये ।

Sankalpa first, then naivedya and then samarpana to invitees.

After giving Gandha, Teertha, Thamboola, Dakshina, Pushpa, Palmira fans to all, offer Teertha in their hands. Then with folded hands,

पितृ (मातृ) अन्तर्गत, भारतीरमण मुख्यप्राणान्तर्गत
श्री वैशाख-मधुसूदनः प्रीयताम् । सुप्रीतोवरदोभवतु । श्री
कृष्णार्पणमस्तु । रमा रमण गोविन्दा, गोविन्द ॥

VAISHAKHA SNANA
is a powerful Saadhana
in our life.

SRI RAMA NAVAMI

Chaitra-Shukla-Navami

17-04-2024 Wednesday

Pooja by Ladies.

Ladies can do this Pooja to the picture of the Lord Sri Rama. Naivedya of Maasa-dharma items. Wheat flour Laddu naivedya. (5 parts of wheat flour, 2 parts of sugar, 1½ parts of ghee – mixing all these in proper proportion). Then naivedya to Sri Anjaneya. Thamboola Dakshina, Prasada to others nearby. Rama naama songs, stotras.

Pooja along with Male-members.

Male members perform Pooja to Sri Ramapratima or Saligrama. If you do not know the Mantra, perform pooja like this:

Take two small vessels. Pour pure water in one vessel. In another vessel mix gandha with water. Apply gandha, akshata in the outer part of the vessels and put thulasi inside the vessels. They are 'Kalasas'. Place your hand on them and chant 'Om Namo Narayanaya' 8 times. Now these are Kalasa Tirthas fit for Abhishekha.

Keep water in another cup for Achamana. Now, do Achamana. Then Sankalpa:-- "Chaitra Shuddha Navami prayukta, Sri Ramachandrasya Sho-da-sha Upachaara Poojam Karishye". Then puja:

1. <i>Bharathee-ramana Mukhya Praanan-targatha Sita Pati Sri Ramachandram Aavahayaami</i>	Mantrakshata to Sri Rama Pratima or Saligrama
2. <i>Aasanam Samarpa-yami</i>	Mantrakshata
3. <i>Pada-yo: Paadyam Samarpa-yami</i>	Pure water to Sri Rama Pratima or Saligrama through Shankha
4. <i>Hastayo: Arghyam Samarpayami</i>	Pure water 3 times through Shankha
5. <i>Aachama-nee-yam Samarpayami</i>	Pure water 3 times through Shankha
6. <i>Snaa-pa-yaami</i>	Abhisheka with Shankha or Prokshana with Pushpa. Chant first Mantra in Purusha Sookta or "Om Namō Naarayanaaya"
7. <i>Snaana Anantaram Aa-cha-ma-neeeyam Samarpayami</i>	Pure water 3 times through Shankha
8. <i>Vastram Samarpayami</i>	Mantrakshata
9. <i>Gandhan Samarpayami, Akshataan Samarpayami</i>	Gandha, Akshata
10. <i>Alankaaraan Samarpayami</i>	Alankaara with Pushpa Garland

11. <i>Archana: 'Om Sri Kesavaaya Nama:',</i>	Chant the Kesavaadi 24 naamaas and do Archana
12. <i>Dhoopam Samarpayami</i>	Dasaanga dhoopa
13. <i>Deepam Samarpayami</i>	3-bhatti ekaarthi
14. <i>Naivedyam Samarpayami, Thaamboola Dakshinaan Samarpayami</i>	Naivedya of all the items, fruits and Thaamboola, Dakshina, with Thulasi
15. <i>Mahaa Neerajanam Samarpayami</i>	5-bhatti Mangalarathi
16. <i>Praarthanaan Samarpayami</i>	Praarthana
17. <i>Namaskaaraan Samarpayami</i>	Namaskaara

Sri Rama Pooja is now completed. If time permits, read out a few slokas of Rama Avatara from Vaalmiki Ramayana. A few slokas are given below.

एवं विसृज्य तान् सर्वान् राजा संपूर्ण मानसः ।
उवास सुखिनः तत्र पुत्रोत्पत्तिं विचिन्तयन् ॥ (7)

ततो यज्ञे समाप्ते तु ऋतूनां षट् समत्ययुः ।
ततश्च द्वादशे मासे चैत्रे नावमिके तिथौ ॥ (8)

नक्षत्रे अदिति दैवत्ये स्वोच्च संस्थेषु पञ्चसु ।
ग्रहेषु कर्कटे लग्ने वाक्-पतौ इन्दुना सह ॥ (9)

प्रोद्यमाने जगन्नाथं, सर्वलोक नमस्कृतम् ।
 कौसल्या अजनयद् रामं दिव्य-लक्षण-संयुतम् ॥ (10)
 कौसल्या शुशुभे तेन पुत्रेण अमित तेजसा । (12)
 भरतो नाम कैकेय्यां, जज्ञे सत्य-पराक्रमः ।
 अथ लक्ष्मण-शत्रुघ्नौ सुमित्रा अजनयत् सुतौ ॥ (14)
 (बालकाण्डे अध् 18)

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