



Utpanna Ekadashi Vrat 2026



Utpanna Ekadashi

When is **Utpanna Ekadashi Vrat** in 2026?
December, 04 Dec, 2026

Utpanna Ekadashi Vrat Muhurat For New Delhi, India

Utpanna Ekadashi Parana Time : 06:59:01 to 09:03:59 on 5th, December

Duration : 2 Hour 4 Minute

Goddess Ekadashi, manifestation of Lord Vishnu, was born on this day. Therefore, the day is known by the name of Utpanna Ekadashi. It is assumed that Goddess Ekadashi get manifested from Lord Vishnu to kill demon (Asura) Mura. Pleased with her, Lord Vishnu blessed her and said if a person fasts on this holy day, she/he will be freed from all sins done in their previous and present life.



Utpanna Ekadashi Vrat Puja Vidhi

Like other Ekadashi, Vrat Pooja Vidhi of Utpanna Ekadashi is also same. It is as follows:

- Person, who is fasting for this Ekadashi, should not have food in the night of Dashami.
- Take resolution for the fast after bathing in the morning of Ekadashi day. Worship Lord Vishnu and offer flowers, incense, water, lamp (Diya), rice (Akshat) to him.
- Ponder the name of the God and only offer fruits to him. Perform Jagrans at night after worshipping Lord Vishnu.
- Next day on Dwadashi, one should complete his/her fast after feeding and donate things to the needy and Brahmins. After that, open your fast.

Utpanna Ekadashi Vrat Katha

Lord Shri Krishna himself told the story of Goddess Ekadashi to Yudhishtira as well as the significance of fast on this day.

There was a powerful devil named Mura in Satyuga. He had won the heaven with his power. No one was able to stop him; even Indra Deva, Vayu Deva and Agni Deva were powerless against him. So, they had to go to Purgatory (Mrityu Lok) for their lives. Later, Devraj Indra went to Kailash Parvat (mountain) and told his misery to the God. Listening to his harms, Lord Shiva told him to go to Lord Vishnu. All the deities (Devta) reach Kshirsagar and requests Lord Vishnu to protect them from devil Mura. Shri Hari gives them pledge and they all go to the city of Mura demon (Asura) to fight him. For many years, the war goes on between Lord Vishnu and Devil Mura. While fighting, the God feels sleepy, so he goes to a cave for some rest. Seeing him sleeping, Mura attacks him. But a girl burns from the body of Lord Vishnu and fights with the demon. During this fight, Mura gets senseless, and Goddess Ekadashi severs his head from his body. When Lord Vishnu wakes up, he learns how the Goddess has saved him. Getting pleased with her, the God blesses her. He says that the person who will worship you, all his sins will be damaged and he will attain liberation.



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11 Sep, 2026



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