



Kāmākhyā Anushthāna & Ghatasthāpana

This simple sādhana of Ma Kamakhya is recommended for Magha Navratri. It can bring great blessings for ordinary upāsakas when done correctly.

Youtube Video: [➡ Magha Gupt Navaratri 2026 | Rajarshi Nandy](#)

Magha Gupta Navratri Dates: [2026 Magha Gupta Navratri Calendar for New Delhi, NCT, India](#)

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Ghatasthāpana

Ghatasthapana is a process to invoke Mother Goddess into your home. The complete Ghatasthapana puja is done on the first day of the anushthana. Once the Ghatasthapana is completed on the first day, the ghata/kalash is considered as the living presence of Devi. From the 2nd day onwards, the ghata is worshipped as the swarupa of Ma and daily puja is done till the end of anushthana. On the final day, ghata visarjana is done to complete the puja.



Materials Needed

For Ghatasthapanam (on Day 1)

1. Wide and open Clay Plate for base (see image above). A wide copper or brass plate can also be used.
2. Clay pot (*kalash* or *ghata*) — can also use copper or brass pot
3. A clay lid — can also use clay diya, or copper or brass lid.
 - a. This lid is roughly the size of the neck of the kalash or ghata)
4. Clean soil, ideally from ganges or any river or any clean mud
5. Ideally *pancha dhanya* seeds (seeds of five different grains) or can use *jau* (barley) seeds
 - a. Hindu Puja stores normally sell pre-packaged sets of grains to be used
6. Ganga jal
7. Mouli / Kalawa (sacred red thread)
8. Attar or edible camphor
9. Pancha pallabha (five leaves representing the five vayus in the body). If not available, one can use 5 leaves of Mango or ashoka tree
10. Akshata (1 cup of unbroken rice)
11. 5 ratnas (gemstones) – if not available, may use 5 coins
12. Green coconut (used in Eastern India) or unpeeled brown coconut.
13. Red cotton cloth (for wrapping the coconut and optionally)



- a. If you plan to use a pedestal to place the kalasha setup, you may cover it with red cloth as well
14. Flowers
15. Durva grass (optional)

Akshata Preparation

Take some unbroken rice, and add kumkum, turmeric and a small amount of ghee and keep aside. This akshata can be used as a substitute whenever some puja material is unavailable such as flowers.

Ghatasthapana Procedure (First Day Only)

In this section, we describe the puja procedure for invocation of Ma Kamakhya into the ghata/kalash. All the steps mentioned in this section are to be done on **the first day of anushthana**.

Timing: Ghatasthapana can be done during any time on the first day of anushthana before sunset. Ghatasthapana should **NOT** be done after sunset.

Ghata Preparation

1. **Preparing the ghata:** First, take the ghata and tie the mauli/kalawa on the neck 9 times. On the Kalash draw a swastika with red sindur.
2. **Preparing the leaves:** Now, clean the pancha pallabha or five leaves representing the five vayus in the body with a wet cloth or water. Add one mark of sindur on each of the five leaves.
3. **Preparing the coconut:** Now, take the coconut and put five dots with sindur on the coconut. Place a red cloth on the coconut to cover as an offering of vastram. Or you may wrap the coconut with red cloth and then use a red thread to tie around it. While putting the thread, chant any mantra of kamakhya.. this is to protect the ghata/kalash.
4. **(Optional) Preparing the soil:** Now take the wide clay pot (the one which would be used to keep the Kalash) to sow the grains. Spread the first layer of the soil into the pot and then spread the grain seeds evenly. Avoid placing grains too much in the center. Now add the second layer of the soil and grains. In the second layer grains should be spread near the periphery of the pot. Now spread the third and final layer of the soil into the pot. If needed add little water to the pot to set the soil.



Ghata Setup Process

- Purify achamana water:** Place your right hand above the container of water, then place left hand on top of it and say the following mantra

ॐ क्रौं गङ्गे च यमने चैव गोदावरि सरस्वति ।
नर्मदे सिन्धु कावेरी जलेऽस्मिन् सन्निधिं कुरु ॥

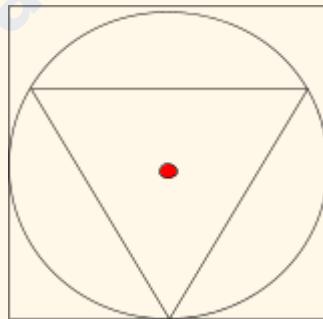
om krom gaṅge ca yamune caiva godāvari
sarasvatī | narmade sindhu kāveri jale 'smin
sannidhim kuru

- Do achamana:** Do achamana by taking a sip of water three times with these mantras. Use the fourth mantra to clean your hands.

ॐ केशवाय नमः:
ॐ नारायणाय नमः:
ॐ माधवाय नमः:
ॐ गोविन्दाय नमः:

om keśavāya namah
om nārāyanāya namah
om mādhavāya namah
om govindāya namah

- Prepare the mandala:** If you are using a plate for the base, then in the soil of the clay pot, draw a mandala using your finger or a stick: first draw an inverted triangle, around it a circle and around that, we draw a square like in the following image.
If you are not using the tray, you may place some sand/mud on the ground and draw the mandala on that.



- Placing the ghata:** Before placing the ghata on the mandala base, the following mantras need to be chanted. Then place the ghata on the base

For prokṣana (प्रोक्षण) - cleaning the ghata

क्लीं (klīṁ)

For śodhana (शोधन) - purifying the ghata

ऐं (aim)

For sthāpana (स्थापन) - placing the ghata in the mandala

ह्रीं (hrīṁ)



5. **Filling the water:** Now place five ratnas or jewels (use 5 coins if not available) representing five indriyas, inside the ghata. Then fill it up with the water up to the neck while chanting the following mantra:

For pūraṇa (पूरण) - filling the ghata with water	ह्रीं (hrīṁ)
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Add a little bit of gangajal and attar to it. You can also add cloves or edible camphor to make it fragrant. Now do tīrtha āvāhanam (तीर्थ आवाहनम्) with the below mantra

ॐ क्रों गड्गे च यमने चैव गोदावरि सरस्वति । नर्मदे सिन्धु कावेरीं जलेऽस्मिन् सन्निधिं कुरु ॥
--

om krom gaṅge ca yamune caiva godāvari sarasvatī narmade sindhu kāveri jale 'smi sannidhim kuru

6. **Placing the leaves:** Gently place the 5 leaves at the edge of the ghata while chanting the following mantra:

For placing the pañca pallava (पञ्च पल्लव) in the ghata	ह्रीं (hrīṁ)
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- Make sure to place the leaves such that the blade of the leaves stick out of the ghata.
- Make sure the base of the leaves do not touch the water or else the leaves may rot and contaminate the water.

7. **Setting the lid:** Fill the lid with unbroken rice (not up to the brim). We need enough rice to provide a base for the coconut to be balanced on it.
8. **Placing the coconut:** Place the coconut on the rice base such that the tuft of the coconut is facing the upasaka, while chanting the following mantra:

For placing the coconut on the ghata	हुं (hūṁ)
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9. **Placing the durva grass:** Then place durva grass on the ghata (or on the rice), while chanting the following mantra:

For placing the durva grass on the ghata	शं (śam)
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For abhyukṣana (अभ्युक्षण) - keeping the ghata steady	ॐ (om)
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10. **Protection of the ghata:** Now take some dry kusha grass, or durva or a flower if other options are not available, and circulate it around the ghata, while chanting the following mantra:



For tāḍana (ताडन) - removing any kind of negative energies

हुं फट् स्वाहा (hum phaṭ svāhā)

i. **Option 1 for additional ghata protection (If you know arghya process follow these steps, otherwise ignore this option)**

1. Setup samanya argha.
2. Now sprinkle some arghya water on the ghata for purification.
3. Show the mudras used for setting up samanya argha

ii. **Option 2 for additional ghata protection:**

The ghata/kalash can be protected by a red thread around it placed in four corners around the ghata/kalash in a square formation. Each corner can have a small lump of mud on which a stick is placed and then a red thread tied around the four sticks in a way of protecting the ghata/kalash from external forces. In case this is not possible, skip this. Just the thread tied around the coconut will act as a protection.

11. **Chant Moola Mantra:** Then touch the coconut and chant the moola mantra of Ma Kamakhya - 10 times and place some flowers on the ghata/kalash.

ॐ ह्रीं कामाख्यायै नमः ॥

om hrīṁ kāmākhyāyai namah

12. **Stabilization of the ghata:** Imagine that the ghata is stable and is not going to move from its place and chant the following mantra, three times:

For sthitikaraṇa (स्थितीकरण)

ॐ ह्रीं स्थां स्थीं स्थिरो भव (om hrīṁ sthāṁ sthīṁ sthīro bhava)

Make sure the whole setup is stable and can stand on its own. Make sure the ghata/kalash is a bit buried in the soil and the coconut is a bit buried in the rice to provide stability.

Now we are ready for pujas on this ghata/kalash.

Ghata Puja Process

1. Pick a place for the Ghata/Kalash setup. Do not move the setup from this place for all the days of Navratri. You may draw a small kolam or rangoli at this spot before placing the kalash. You may also use a raised pedestal covered with red cloth to place the ghata/kalash.
2. Light a diya and agarbatti. Akhand Diya (of ghee or oil) is recommended



3. Pray to Ganapati to remove the obstacles of your puja and make your puja successful
4. Mentally imagine and pray that all the devatas along with your pradhana devata (Ma Kamakhya) bless the ghata/kalash and reside there.
5. Then, with each of the following mantras, **offer one flower or red sindoor or akshata on the ghata** to the following devatas in order. Just one pinch of sindoor or flower is enough for each devata.

ॐ श्री महागणाधिपतये नमः	ॐ śrī mahāgaṇādhipataye namah
ॐ लक्ष्मीनारायणाभ्यां नमः	ॐ lakṣmī-nārāyaṇābhyaṁ namah
ॐ उमामहेश्वराभ्यां नमः	ॐ umā-maheśvarābhyaṁ namah
ॐ वाणिहिरण्यगर्भाभ्यां नमः	ॐ vāṇi-hiranyaagarbhābhyaṁ namah
ॐ शचीपुरन्दराभ्यां नमः	ॐ śacī-purandarābhyaṁ namah
ॐ मातापितृभ्यां नमः	ॐ mātā-pitṛbhyaṁ namah
ॐ इष्टदेवेभ्यो नमः	ॐ iṣṭadevebhyo namah
ॐ कुलदेवताभ्यो नमः	ॐ kuladevatābhyo namah
ॐ ग्रामदेवताभ्यो नमः	ॐ grāmadevatābhyo namah
ॐ वास्तुदेवताभ्यो नमः	ॐ vāstudevatābhyo namah
ॐ स्थानदेवताभ्यो नमः	ॐ sthānadevatābhyo namah
ॐ गृहदेवताभ्यो नमः	ॐ gṛhadevatābhyo namah
ॐ सर्वेभ्यो देवेभ्यो नमः	ॐ sarvebhyo devebhyo namah
ॐ सर्वेभ्यो ब्राह्मणेभ्यो नमः	ॐ sarvebhyo brāhmaṇebhyo namah
ॐ भूः	om bhūḥ
ॐ भुवः	om bhuvah
ॐ स्वः	om svah
ॐ महः	om mahah
ॐ जनः	om janah



Kamakhya Bhairava Upasaka Foundation

By Shri Rajarshi Nandy

ॐ तपः:	om tapah
ॐ सत्यम्	om satyam
Offer one flower or petal touched in little Chandan with each of the following mantras.	
एते गन्धपुष्पे ॐ गं गणपतये नमः:	ete gandhapuṣpe om̄ gaṇapataye namaḥ
एते गन्धपुष्पे ॐ आदित्यादि नवग्रहेभ्यो नमः:	ete gandhapuṣpe om̄ ādityādi navagrahebhyo namaḥ
एते गन्धपुष्पे ॐ शिवादि पञ्चदेवताभ्यो नमः:	ete gandhapuṣpe om̄ śivādi pañcadēvatābhyo namaḥ
एते गन्धपुष्पे ॐ इन्द्रादि दशदिक्पालेभ्यो नमः:	ete gandhapuṣpe om̄ indrādi daśadikpālebhyo namaḥ
एते गन्धपुष्पे ॐ मत्स्यादि दशावतारेभ्यो नमः:	ete gandhapuṣpe om̄ matsyādi daśāvatārebhyo namaḥ
एते गन्धपुष्पे ॐ प्रजापतये नमः:	ete gandhapuṣpe om̄ prajāpataye namaḥ
एते गन्धपुष्पे ॐ नमो नारायणाय नमः:	ete gandhapuṣpe om̄ namo nārāyaṇāya namaḥ
एते गन्धपुष्पे ॐ सर्वेभ्यो देवेभ्यो नमः:	ete gandhapuṣpe om̄ sarvebhyo devebhyo namaḥ
एते गन्धपुष्पे ॐ सर्वेभ्यो देवीभ्यो नमः:	ete gandhapuṣpe om̄ sarvebhyo devībhyo namaḥ
एते गन्धपुष्पे ॐ श्रीगुरवे नमः:	ete gandhapuṣpe om̄ śrīgurave namaḥ
Then, fold hands and say	
ॐ तद्विष्णोः परमं पदं सदा पश्यन्ति सूरयः। दिवीव चक्षुराततम् ॥	om̄ tadviṣṇoḥ paramam padam sadā paśyanti sūrayaḥ divīva cakṣurātataṁ
Take little water from the achaman patra with a flower and sprinkle all around saying..	
ॐ अपवित्रः पवित्रो वा सर्वावस्थां गतोपि वा। यः स्मरेत्पुण्डरीकाक्षं स बाह्याभ्यन्तरः शुचिः॥	om̄ apavitraḥ pavitro vā sarvāvasthām gato'pi vā yḥ smarēt pūṇḍarīkākṣaṁ sa bāhyābhyantrāḥ śuciḥ



yah smaret puṇḍarīkākṣam̄ sa bāhyābhyanṭaraḥ
śuciḥ ॥

- a. **Sankalpa (first day only):** Take sankalpa to keep the ghata/kalash for all the days of the anushthana and worship Her everyday.
 - i. Sankalpa can be taken with either daily counts or total counts.
 - ii. (Optional) You can include maintaining Akhanda Diya to the sankalpa
 - iii. Ideally write down the sankalpa beforehand so that you can just read it without fumbling.
 - iv. In all cases, sankalpa has to be done on the **first day only**. You don't need to repeat it everyday.
 - v. You can say this in your own words in your own language. You may modify the language based on whether you are taking a sankalpa of per day counts or total counts. Sankalpa Example:

“ I, (Name), of Gotra, residing in (city) take the sankalpa that I will chant Kamakhya Stotram 9 times and 36 malas of Ma Kamakhya mantra daily, for 10 days for Ma Kamakhya Preeti.”

6. Offer a flower and recite the following basic sloka for propitiating mahaganpati and pray to remove any obstacles.

वक्रतुण्ड महाकाय सूर्यकोटि समप्रभा।
निर्विघ्नं कुरु मे देव सर्वकार्येषु सर्वदा॥

vakratuṇḍa mahākāya sūryakoṭi samaprabha ।
nirvighnam̄ kuru me deva sarvakāryeṣu sarvadā ॥

7. Then do Swasti Vachanam as follows:

ॐ भद्रं कर्णेभिः शणुयाम देवाः।
भद्रं पश्येमाक्षभिर्यजत्राः।
स्थिरैरडगैस्तुष्टवाग्गँसस्तनूभिः।
व्यशेम देवहितं यदायुः।
स्वस्ति न इन्द्रो वृद्धश्रवाः।
स्वस्ति नः पूषा विश्ववेदाः।
स्वस्ति नस्तोक्ष्यो अरिष्टनेभिः।
स्वस्ति नो बृहस्पतिर्दधातु॥

ॐ शान्तिः शान्तिः शान्तिः॥

om bhadram̄ karnebhīḥ śṇuyāma devāḥ।
bhadram̄ paśyemākṣabhiryajatrāḥ।
sthirairāṅgaistuṣṭuvāgaṁśas tanūbhīḥ।
vyāśema devahitam̄ yadāyuhī।
svasti na indro vṛddhaśravāḥ।
svasti nah pūṣā viśvavedāḥ।
svasti nastārkṣyo aristānemīḥ
svasti no bṛhaspatir dadhātu॥

om śāntīḥ śāntīḥ śāntīḥ॥

8. Now offer one flower/ little sindoor to each of the deities below:



ॐ दुर्ग दुर्ग रक्षिणी हुं फट् स्वाहा	om̄ durge durge rakṣinī hum̄ phaṭ svāhā
ॐ ऋतं सत्यं परं ब्रह्म पुरुषं कृष्णपिङ्गलम् । ऊर्ध्वरेतं विरूपाक्षं विश्वरूपाय वै नमो नमः ॥	om̄ ṛtam̄ satyam̄ param̄ brahma puruṣam̄ kr̄ṣṇapiṅgalam̄ । ūrdhvaretaṁ virūpākṣam̄ viśvarūpāya vai namo namah̄ ॥
एते गन्धपुष्पे ॐ ब्रह्मणे नमः	ete gandhapuṣpe om̄ brahmane namah̄
एते गन्धपुष्पे ब्राह्मणेभ्यो नमः	ete gandhapuṣpe brāhmaṇebhyo namah̄
एते गन्धपुष्पे ॐ आचार्येभ्यो नमः	ete gandhapuṣpe om̄ ācāryebhyo namah̄
एते गन्धपुष्पे ऋषिभ्यो नमः	ete gandhapuṣpe ṛṣibhyo namah̄
एते गन्धपुष्पे देवेभ्यो नमः	ete gandhapuṣpe devebhyo namah̄
एते गन्धपुष्पे वेदेभ्यो नमः	ete gandhapuṣpe vedebhyo namah̄
एते गन्धपुष्पे तन्त्रेभ्यो नमः	ete gandhapuṣpe tantrebhyo namah̄
एते गन्धपुष्पे वायवे नमः	ete gandhapuṣpe vāyave namah̄
एते गन्धपुष्पे मृत्यवे नमः	ete gandhapuṣpe mṛtyave namah̄
एते गन्धपुष्पे विष्णवे नमः	ete gandhapuṣpe viṣṇave namah̄
एते गन्धपुष्पे वैश्रवणाय नमः	ete gandhapuṣpe vaiśravaṇāya namah̄
एते गन्धपुष्पे उपजाय नमः	ete gandhapuṣpe upajāya namah̄
एते गन्धपुष्पे ॐ कौम् कुमार्ये नमः	ete gandhapuṣpe om̄ kaum kumāryai namah̄

Now imagine the ghata/kalasha has the energy of Ma Kamakhya. You can do the avahana mudras of Devata pratistha. If not aware, skip the mudras.



Mā Kāmākhyā Sādhana

After establishing the ghata as per instructions above on the first day of the anushthāna, the following steps are to be performed on all days of the anushthāna. This includes the invocation process and the daily sadhana.

Note: If one is unable to setup ghata for this sadhana, one may do the rest of the steps on the photo of Mā Kāmākhyā

Dress Code: One should ideally wear **red** for this sadhana, if red is not possible, one may wear yellow or saffron. Avoid black (or dark blue) clothes particularly this sadhana.

Timing: You can do this sadhana at any time of the day, day or night but avoid doing it after midnight.

Materials Needed

1. Sandalwood paste
2. Kumkum
3. Akshata (unbroken rice - see akshata preparation section for more details)
4. Flowers
5. A ghee or oil diya
6. Agarbatti or dhoop
7. Clean water for achamana
8. Rudraksha or Red Hakik mala for chanting of the mantra

Invocation Process (Daily)

This process will take about 40 minutes, not including the japa and dhyanam. The whole process done daily will create a very strong impact when all the deities are invoked and fed daily.

Note: If one is unable to do this process daily due to lack of time, one can do **dhyānam of Mā Kāmākhyā**, **Panchopachara Puja of Mā Kāmākhyā**, **chanting of Japa** and **stotram** and **Samarpana** for an abridged process.



Daily upacharas

1. Do achamana
2. Light a diya and agarbatti or dhoop.
 - a. You could light an akhand diya which stays lit for all the days of navratri, if you wish.
3. Begin with meditating on the **Dhyānam of Mā Kamākhyā**

<p>रविशशियुतकर्णा कुंकुमापीतवर्णा मणिकनकविचित्रा लोलकर्णा त्रिनेत्रा । अभ्यवरदहस्ता साक्षसूत्रप्रशस्ता प्रणतसुरनरेशा सिद्धकामेश्वरी सा ॥ १ ॥</p> <p>अरुणकमलसंस्था रक्तपद्मासनस्था नवतरुणशरीरा मुक्तकेशी सुहारा । शवहृदि पृथुतुड्गस्तनयुग्मा मनोजा शिशुरविसमवस्त्रा सर्वकामेश्वरी सा ॥ २ ॥</p> <p>विपुलविभवदात्री स्मेरवक्त्रा सुकेशी ललित - नखरदंता सामिचन्द्रावनमा । मनसिजदृष्टिस्था योनिमुद्रालसन्ती पवनगमनशक्ता संश्रतस्थानभागा । चिन्त्या चैवं विद्युदग्रिनप्रकाशा धर्मर्थादयं साधकैर्वाञ्छितार्थः ॥ ३ ॥</p>	<p>raviśaśiyutakarṇā kumkumāpītavarṇā¹ maṇikanakavicitrā lolakarṇā trinetrā, abhayavaradahastā sākṣasūtrapraśastā² praṇatasuranareśā siddhakāmeśvarī sā. 1.</p> <p>arūṇakamalasaṁsthā raktapadmāsanasthā³ navataruṇaśarīrā muktakeśī suhārā, śavahṛdi pṛthutuṅgastanayugmā manojñā⁴ śiśuravisamavastrā sarvakāmeśvarī sā. 2.</p> <p>vipulavibhavadātrī smeravaktrā sukeśī⁵ lalita - nakharadaṁtā sāmicandrāvanamrā, manasijadr̥ṣadisthā yonimudrālasantī⁶ pavanagamanaśaktā saṁśrutasthānabhāgā, cintyā caivam̄ vidyudagniprakāśā⁷ dharmārthādyam̄ sādhakairvāñchitārthaiḥ. 3.</p>
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4. Offer **Panchopachara Puja** of ghata/kalash as **Mā Kamākhyā** — sindur, akshat, flower, dhoop, deep, and naivedyam (sweet best, or sugarcane juice, or anything available).

Note: Offer at least 5 flowers to Mā Kamākhyā on the ghata. If 5 flowers are not possible, put 5 dots of kumkum or sindoor on the ghata.

Step	Meaning	Mantra
गन्धम् (Gandham)	Offering sandalwood paste	ॐ कामाख्या देव्यै नमः गन्धम् समर्पयामि। (om̄ kāmākhyā devyai namah̄ gandham samarpayāmi)



पुष्पं (Puṣpam)	Offering flowers	ॐ कामाख्या देव्यै नमः पुष्पं समर्पयामि। (om̄ kāmākhyā devyai namaḥ puṣpaṁ samarpayāmi)
धूपं (Dhūpam)	Offering incense	ॐ कामाख्या देव्यै नमः धूपं समर्पयामि। (om̄ kāmākhyā devyai namaḥ dhūpaṁ samarpayāmi)
दीपं (Dīpam)	Offering lamp	ॐ कामाख्या देव्यै नमः दीपं समर्पयामि। (om̄ kāmākhyā devyai namaḥ dīpaṁ samarpayāmi)
नैवेद्यं (Naivedyam)	Offering food items	ॐ कामाख्या देव्यै नमः नैवेद्यं समर्पयामि। (om̄ kāmākhyā devyai namaḥ naivedyaṁ samarpayāmi)
ॐ कामाख्या देव्यै नमः सर्वोपचारान् समर्पयामि ॥ om̄ kāmākhyā devyai namaḥ sarvopacārān samarpayāmi ॥		

Note: For Bhūta-śuddhi and Bhūtāpasaraṇa steps below, normally there maybe actions that need to be performed. If you do not know these things, you may simply chant the mantras mentioned below.

5. Bhūta-śuddhi

ॐ लं वं रं यं हं ॐ । ॐ हं यं रं वं लं ॐ ॥	om̄ lam̄ vam̄ ram̄ yam̄ ham̄ om̄ । om̄ ham̄ yam̄ ram̄ vam̄ lam̄ om̄ ॥
ॐ मलशृङ्गात् शिरसि सुषम्णापथेन । जीवशिवं परमशिवपदे योजयामि स्वाहा ॥	om̄ mūlaśṛṅgāt śirasi suṣumṇā-pathena । jīva-śivam̄ parama-śiva-pade yojayāmi svāhā ॥
ॐ यं लिङ्गशरीरं शोषय शोषय स्वाहा ॥ ॐ रं सकोचशरीरं दह दह स्वाहा ॥	om̄ yaṁ liṅga-śarīram̄ śoṣaya śoṣaya svāhā ॥ om̄ ram̄ saṁkoca-śarīram̄ daha daha svāhā ॥
ॐ परमशिवं सुषम्णापथेन मूलशृङ्गात् मूलोल्लासं ज्वलं ज्वलं प्रज्वलं प्रज्वलं सौऽहं हंसः स्वाहा ॥	om̄ parama-śiva suṣumṇā-pathena mūlaśṛṅgāt mūlollāsa jvala jvala prajvala prajvala so'ham̄ haṁsaḥ svāhā ॥

6. Bhūtāpasaraṇa



ॐ अपसर्पन्तु ते भूताः ये भूताः भवि संस्थिताः ।
ये भूताः विघ्नकर्तरिस् ते नरेयन्तु शिवाज्ञया ॥

ॐ वेतालाश्च पिशाचाश्च राक्षसाश्च सरीसृपाः ।
अपसर्पन्तु ते सर्वे नरसिंहेन ताडिताः ॥

om apasarpantu te bhūtā ye bhūtā bhuvi saṃsthitāḥ ।
ye bhūtā vighna-kartāras te naśyantu śivājñayā ॥

om vetālāś ca piśācāś ca rākṣasāś ca sarīśrīpāḥ ।
apasarpantu te sarve narasiṁhena tāḍitāḥ ॥

7. To the lighted diya, offer a little flower and say:

ॐ अग्नये नमः ॐ त्वां कामाख्ये नमामि	om agnaye namah om tvāṁ kāmākhye namāmi
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8. Now offer one flower to each of the deities below:

ॐ गरुभ्यो नमः	om gurubhyo namah
ॐ परम गरुभ्यो नमः	om paramagurubhyo namah
ॐ परमेष्ठि गरुभ्यो नमः	om parameṣṭhi gurubhyo namah
ॐ परापर गरुभ्यो नमः	om parāparagurubhyo namah
ॐ दिव्योघाय नमः	om divyaughāya namah
ॐ सिद्धोघाय नमः	om siddhaughāya namah
ॐ मानवौघाय नमः	om mānavaughāya namah
ॐ कामाख्या देव्यै नमः	om kāmākhyā devyai namah
ॐ नमः शिवाय	om namah śivāya
ॐ नारायणाय नमः	om nārāyaṇāya namah
ॐ दुर्गा देव्यै नमः	om durgā devyai namah
ॐ हेरम्बगणपतये नमः	om herambagaṇapataye namah
ॐ मार्ताण्डभैरवाय नमः	om mārtāṇḍa-bhairavāya namah
ॐ वाणीदेव्यै नमः	om vāṇī-devyai namah
ॐ कमलात्मिकादेव्यै नमः	om kamalātmikā-devyai namah



Nitya Kalā Devīs	
ॐ क्षेमदायै नमः	om kṣemadāyai namaḥ
ॐ आरोग्यदायै नमः	om ārogyadāyai namaḥ
ॐ धनदायै नमः	om dhanadāyai namaḥ
ॐ वरदायै नमः	om varadāyai namaḥ
ॐ मोहदायै नमः	om mohadāyai namaḥ
ॐ ऋद्धिदायै नमः	om ṛddhidāyai namaḥ
ॐ सिद्धिदायै नमः	om siddhidāyai namaḥ
ॐ बुद्धिदायै नमः	om buddhidāyai namaḥ
ॐ शुद्धिदायै नमः	om śuddhidāyai namaḥ
ॐ भुक्तिदायै नमः	om bhuktidāyai namaḥ
ॐ मुक्तिदायै नमः	om muktidāyai namaḥ
ॐ मोक्षदायै नमः	om mokṣadāyai namaḥ
ॐ त्राणदायै नमः	om trāṇadāyai namaḥ
ॐ ज्ञानदायै नमः	om jñānadāyai namaḥ
ॐ कान्तिदायै नमः	om kāntidāyai namaḥ
Navagraha	
ॐ सूर्याय नमः	om sūryāya namaḥ
ॐ चन्द्राय नमः	om candrāya namaḥ
ॐ मङ्गलाय नमः	om maṅgalāya namaḥ
ॐ बुधाय नमः	om budhāya namaḥ
ॐ बृहस्पतये नमः	om bṛhaspataye namaḥ
ॐ शुक्राय नमः	om śukrāya namaḥ
ॐ शनैश्चराय नमः	om śanaiścarāya namaḥ



ॐ राहवे नमः:	om rāhave namah
ॐ केतवे नमः:	om ketave namah
Ashta Bhairava	
ॐ असिताङ्गभैरवाय नमः:	om asitāṅgabhairavāya namah
ॐ रुरुभैरवाय नमः:	om rurubhairavāya namah
ॐ चण्डभैरवाय नमः:	om cāṇḍabhairavāya namah
ॐ क्रोधभैरवाय नमः:	om kroḍhabhairavāya namah
ॐ उन्मत्तभैरवाय नमः:	om unmattabhairavāya namah
ॐ कपालभैरवाय नमः:	om kapālabhairavāya namah
ॐ भीषणभैरवाय नमः:	om bhīṣaṇabhairavāya namah
ॐ संहारभैरवाय नमः:	om saṁhārabhairavāya namah
Ashta Matrikas	
ॐ ब्राह्म्यै नमः:	om brāhmyai namah
ॐ वैष्णव्यै नमः:	om vaiṣṇavyai namah
ॐ माहेश्वर्यै नमः:	om māheśvaryai namah
ॐ इन्द्राण्यै नमः:	om indrāṇyai namah
ॐ कौमार्यै नमः:	om kaumāryai namah
ॐ वाराह्यै नमः:	om vārāhyai namah
ॐ चामुण्डायै नमः:	om cāmuṇḍāyai namah
ॐ नारसिंह्यै नमः:	om nārasimhyai namah
Mahavidyās	
ॐ कालिके नमः:	om kālike namah
ॐ तारायै नमः:	om tārāyai namah



ॐ त्रिपुरसुन्दर्यै नमः	om̄ tripurasundaryai namaḥ
ॐ भुवनेश्वर्यै नमः	om̄ bhuvaneśvaryai namaḥ
ॐ छिन्नमस्तायै नमः	om̄ chinnamastāyai namaḥ
ॐ भैरव्यै नमः	om̄ bhairavyai namaḥ
ॐ धूमावत्यै नमः	om̄ dhūmāvatyai namaḥ
ॐ बगलामुख्यै नमः	om̄ bagalāmukhyai namaḥ
ॐ मातङ्ग्यै नमः	om̄ mātaṅgyai namaḥ
ॐ कमलायै नमः	om̄ kamalāyai namaḥ
ॐ कालभैरवाय नमः	om̄ kālabhairavāya namaḥ
ॐ वटुकभैरवाय नमः	om̄ vaṭukabhairavāya namaḥ
ॐ उमानन्दभैरवाय नमः	om̄ umānandabhairavāya namaḥ
ॐ कामेश्वरशिवाय नमः	om̄ kāmeśvaraśivāya namaḥ
ॐ देवीवाहन-सिंहस्वरूप-विष्णवे नमः	om̄ devīvāhana-siṁhasvarūpa-viṣṇave namaḥ
ॐ देवीवाहन-श्वेतप्रेत-स्वरूप-सदाशिवाय नमः	om̄ devīvāhana-śvetapreta-svarūpa-sadāśivāya namaḥ
ॐ देवीवाहन-पद्मस्वरूप-ब्रह्मणे नमः	om̄ devīvāhana-padmasvarūpa-brahmaṇe namaḥ
ॐ गणपतये नमः	om̄ gaṇapataye namaḥ
ॐ वटुकभैरवाय नमः	om̄ vaṭukabhairavāya namaḥ
ॐ योगिनीङ्ग्यो नमः	om̄ yoginībhyo namaḥ
ॐ क्षेत्रपालाय नमः	om̄ kṣetrapālāya namaḥ
ॐ ऋषिङ्ग्यो नमः	om̄ ṛṣibhyo namaḥ



ॐ ऋषिपत्निभ्यो नमः	om ṛṣipatnibhyo namah
ॐ स्थानदेवताभ्यो नमः	om sthānadevatābhyo namah
ॐ पीठदेवताभ्यो नमः	om pīṭhadevatābhyo namah
ॐ पीठशक्तिभ्यो नमः	om pīṭhaśaktibhyo namah
ॐ सकल आवरणदेवताभ्यो नमः	om sakala āvaraṇadevatābhyo namah
ॐ गृहदेवताभ्यो नमः	om gṛhadevatābhyo namah
ॐ कुलदेवतायै नमः	om kuladevatāyai namah

- Finish with Kapoor (Camphor) Aarati or Manasik Pradakshina.
- Chant Kamakhya Stotram 9 times. ([Devanagari](#) / [IAST](#))
- Chant the following mantra for 36 malas on rudraksha or red hakik mala

कामाख्ये कामसम्पन्ने कामेश्वरि हरप्रिये । कामनां देहि मे नित्यं कामेश्वरि नमोऽस्तु ते ॥	kāmakhye kāmasampanne kāmeśvari harapriye । kāmanām dehi me nityam kāmeśvari namo'stu te ॥
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- After completing your daily count, chant the Samarpan Mantra.

गुह्याति गुह्य गोप्त्री त्वं गृहाणास्मत्-कृतं जपम् । सिद्धिर्भवतु मे देवि त्वत्प्रसादान्मयि स्थिरा ॥	guhyāti guhya goptrī tvam gṛhāṇāsmat-kṛtam japam । siddhirbhavatu me devi tvatprasādānmayi sthirā
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Concluding Step (Last - 10th Day)

Ghata Visarjana

If you set up a ghata for this sādhana, follow these steps to do the visarjana of the ghata.

Note: Visarjana is to be done on the last day after sadhana. However, visarjana must always be done **before sunset**. If sadhana does not finish before sunset, then you may do visarjana the next day.



1. Offer Panchopachara Puja like everyday.
2. Mentally thank Ma for spending the navratri at your home. Offer final day offerings of vastra, sweets, dakshina etc.
3. Offer kshama prarthana as per the following:

<p>अपराधसहस्राणि क्रियन्तेऽहर्निशं मया । दासोऽयमिति मां मत्वा क्षमस्व परमेश्वरि ॥1॥</p> <p>आवाहनं न जानामि न जानामि विसर्जनम् । पूजां चैव न जानामि क्षम्यतां परमेश्वरि ॥2॥</p> <p>मन्त्रहीनं क्रियाहीनं भक्तिहीनं सुरेश्वरि । यत्पूजितं मया देवि परिपूर्णं तदस्तु मे ॥3॥</p> <p>अपराधशतं कृत्वा जगदम्बेति चोच्चरेत् । यां गतिं समवाप्नोति न तां ब्रह्मादयः सुराः ॥4॥</p> <p>सापराधोऽस्मि शरणं प्राप्तस्त्वां जगदम्बिके । इदानीमनुकम्प्योऽहं यथेच्छसि तथा कुरु ॥5॥</p> <p>अजानाद् विस्मते भर्नन्त्या यन्न्यन्मधिकं कृतम् । तत्सर्वं क्षम्यतां देवि प्रसीद परमेश्वरि ॥6॥</p> <p>कामेश्वरि जगन्मातः सच्चिदानन्दविग्रहे । गृहाणार्चामिमां प्रीत्या प्रसीद परमेश्वरि ॥7॥</p> <p>गृह्यातिगृह्यगोप्त्री त्वं गृहाणास्मत्कृतं जपम् । सिद्धिर्भवेत् मे देवि त्वत्प्रसादात्सुरेश्वरि ॥8॥</p>	<p>aparādha-sahasrāṇi kriyante'harniśam mayā dāso'yamiti māṁ matvā kṣamasva parameśvari ॥1॥</p> <p>āvāhanam na jānāmi na jānāmi visarjanam pūjāṁ caiva na jānāmi kṣamyatāṁ parameśvari ॥2॥</p> <p>mantra-hīnam kriyā-hīnam bhakti-hīnam sureśvari yat pūjitarāṁ mayā devi paripūrṇāṁ tad astu me ॥3॥</p> <p>aparādha-śatāṁ kṛtvā jagad-ambeti coccaret yāṁ gatīṁ samavāpnoti na tāṁ brahmādayaḥ surāḥ ॥4॥</p> <p>sāparādho'smi śaraṇāṁ prāptas tvāṁ jagad ambike idānīm anukampyo'haṁ yathēcchasi tathā kuru ॥5॥</p> <p>ajñānād vismṛter bhāntyā yannyūnam adhikam kṛtam tat sarvāṁ kṣamyatāṁ devi prasīda parameśvari ॥6॥</p> <p>kāmeśvari jagan-mātāḥ saccidānanda-vigrahe grīhāṇārcām imāṁ prītyā prasīda parameśvari ॥7॥</p> <p>guhyāti-guhyā-goptrī tvāṁ grīhāṇāsmat-kṛtāṁ japam siddhir bhavatu me devi tvat-prasādāt sureśvari ॥8॥</p>
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4. Once puja and japa is complete, start by removing the coconut from the top. The coconut can be done visarjan or in any flowing water body, along with the red cloth.
5. Take the akshata base and place it in an open space for birds to consume the rice.
6. Take the pancha pallava/mango/ashoka leaves, dip it in the kalash water and sprinkle it all over the home as a blessing. You may also partake in a few drops as prasadam.
7. The base with the grass can also be done visarjan in flowing water. If water is not available, place it under the base of a tree.
8. The ratnas or coins need not be donated. Take the ratnas or coin and some of the aksat on base, tie in a red cloth and keep it at home or in almira or puja space. This is charged and blessed.
9. Additionally, any vastra, shringar, money offered during the sadhana days should also be used for donation.



Temple Visit and Bhojanam

Puja is completed by visiting a Devi temple and making offerings, as well as feeding a little girl.

1. Ideally one may do kanya puja to conclude the sadhana. If kanya puja is not possible, then one may feed a little girl. Little girls are considered embodiments of the devi, so feeding them is extremely auspicious for this sadhana.
[Importance of Kumari Puja | Devi Sadhana | Rajarshi Nandy | Kanya Puja](#)
2. Optionally, one may visit Kamakhya Temple if one so desires at the conclusion of this sadhana

Kamakhya Bhairava Upasaka Foundation



Frequently Asked Questions

1. Can we do just japa and stotram, without ghatasthapana, if we have travel within the 10 days of navratri?
A: Yes
2. If we get our period in the middle of the navratri, how can we continue the sadhana?
A: If one has been doing kamakhya stotram daily for at least a few months, then such a person can continue the sadhana even in periods, otherwise skip the sadhana for the duration of the periods and then continue afterwards. If skipping, make sure to complete the japa for the sankalpa you have taken even if it goes beyond navratri dates.
3. Is it necessary to fast?
A: Not necessary. Keep a gap of at least one hour between food intake and sadhana
4. What to do with the kalasha/ghata once puja is done.
A: Follow the steps listed in the ghata visarajana section of this document ([link](#)). If you are using ghata made of copper or brass, you may clean and reuse it later. If you are using a clay ghata, it must be put in flowing water.
5. Can I do this anushthana if I am doing another anushthana (kalabhairava sadhana or Ma Tara 16 Thursday sadhana) at the same time?
A: Yes, it can be done. You may do reduced numbers for this sadhana if necessary.
6. Do the 36 malas of japa have to be done in one session or can we take a break?
A: You can do this japa in multiple sessions but make sure that you are sitting down in the puja space with deepam and agarbatti when doing the japa. Bhog maybe offered in the first session.
7. Should we avoid non-vegetarian food during these 10 days?
A: Not necessary.
8. What niyamas need to be followed once ghatasthapana and akhanda deepam have been setup at home? Do we need to sleep on the floor, eat sattvik food etc?
A: If any niyamas were necessary, we would have mentioned it in the document. Kamakhya is a purely Shakta Tantric form of Devi where even during normal puja in the temple, non-vegetarian naivedyam is offered. She is beyond duality and takes all offerings when given with shraddha and bhakti. It is an individual's choice on how to approach her.
9. Do we need to change wicks everyday and clean the diya if we are doing akhanda deepam?
A: An akhanda deepam means that the deepam's flame should not go off for the entirety of the 9 days. In practicality, this means that one will have to refill oil when necessary and replace the wick



when it runs out. You may find some Youtube videos that explain how to change the wick without extinguishing the flame.

10. How can we complete the sadhana if we live in a foreign area where there is no devi temple or no little girl?

A: If finding a girl child is difficult, then make some donation to any organization that works for the welfare of poor children.

11. I live in a foreign area where I cannot find any Indian little girl. What should I do?

A: You may feed any little girl, she does not need to be Indian. Mentally pray to Ma Kamakhya to accept your prayers and sadhana. If even this is not possible, tell Ma Kamakhya that you will feed a little girl when you get a chance.

12. Can we skip ghatasthapana?

A: Ghatasthapana increases the power of sadhana. However, if one is not sure then one can skip the ghatasthapana and do the sadhana still.

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