



Kālabhairava Ashtakam Anushtāna

This is a laghu anushtāna of kālabhairava ashtakam as instructed by Shri Rajarshi Nandy

When to do this Sāadhanā

- Kālabhairava Ashtakam Anushtāna can be started on any Sunday or Friday.
- The recommended length of the anushtāna is 24 days but it can be done as per capacity.
- Ideal time for this sadhana daily is at sunrise.

What Sankalpa to Take

It is recommended to take sankalpa for this sāadhanā as devata preeti. Take a little akshata (raw rice) or water in your right palm and in your own words, mention your name, gotra and nakshatra and say that on this date you are taking a sankalpa for a chosen number of days to do a chosen number of ashtakam chanting daily for the preeti of Kalabhairava. If you are keeping akhanda diya, then mention that in the sankalpa as well.

Stotram to be Recited

For this sāadhanā, you must recite Kālabhairava Ashtakam for a total of 251 times in the chosen duration, equally divided daily. So, for example if you are doing this anushtāna for the recommended 24 days, then you can do 11 counts of Kālabhairava Ashtakam daily. Additionally, in the beginning of the daily sadhana, you must recite Kamakhya Stotram.

Kālabhairava Ashtakam Links: [English](#) , [देवनागरी](#) , [ಕನ್ನಡ](#) , [ತೆಲುಗು](#)

Kamakhya Stotram Links: [English](#) , [देवनागरी](#) , [ಕನ್ನಡ](#) , [ತೆಲುಗು](#)

Once you complete chanting the Kalabhairavaashtakam, do japa with 5 malas of:

ॐ भैरवाय नमः	Om Bhairavāya Namaḥ
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What to Offer

For this sāadhanā, there are three main components.

1. First, panchopachara puja must be offered to Bhairava daily. This means 5 offerings to be made to Kalabhairava for daily puja.
2. On the first day, Kshetrapala bhog must be offered.
3. Additionally, if possible, try to keep an akhanda diya.



Materials Needed

Detailed procedure is mentioned below, but you need the following items for daily offerings:

Basic puja items

1. Achaman patra + spoon
2. Black Aasana for yourself
3. Black dress for sādhanā time
4. Vibhuti
5. Sindoor/kumkum
6. Akhanda diya items: Diya, wick, oil

Panchopachara Offerings:

1. Water (can mix Gangajal if available)
2. Sandalwood powder or paste
3. Unbroken rice (Akshat)
4. Flowers
5. Dhoop Batti - for this sadhana, **guggal dhoop** is recommended
6. Deepak items (wick, ghee/oil etc)
7. Sweets for Naivedyam
8. **Bhog:** Generally the following items are liked by Bhairava:
 - Urad Daal items (have same effect as meat, ideal for vegetarians)
 - Vada
 - Gud batasha
 - Imarti
 - Jalebi
 - Any red sweet
 - Gulab Jamun
 - Lemon Rice / Tamarind Rice
 - Any tangy flavored items

Kshetrapala Bhog (first day only):

1. Paper or disposable plate
2. Any bhog item (sweet)

Sādhanā Restrictions

There are certain restrictions that must be followed for this sādhanā.



1. For the duration of the sādhanā, do not travel. Do the sādhanā in the **same location** everyday.
2. Do not break this sādhanā. For women, menstrual time you can do manasik upasana, it will not count towards the sankalpa but this gap will not be considered a break.
3. Maintain celibacy for those who can.
4. Eat less.
5. Speak less.
6. Meditate
7. Do not tell a lie for the duration of the sādhanā.
8. If you have black dress or even a mala, wear it during sādhanā. Or use a black āsanā for these days.
9. Wear Vibhuti on your forehead for these days, daily.
10. If possible, try to maintain an Akhand Diya.

Sādhanā Procedure

1. Place a photo of KalaBhairava of Kashi.
2. Do achamana.
3. Light a diyā and dhoop/agarbatti.
 - a. For this sadhana, we recommend using **guggal dhoop**.
4. Take sankalpa of doing Kalabhairava sādhanā as per your capacity doing a fixed number of recitations of KBA daily, so that Bhairava blesses you.
5. Now chant the Kamakhya stotram, once.
6. With each of the following mantras, offer one flower or red sindoor/kumkum.

ॐ भैरवाय नमः	Om Bhairavāya Namaḥ
ॐ दुर्गायै नमः	Om Durgāyai Namaḥ
ॐ कामाख्याय नमः	Om Kāmākhyā Namaḥ
ॐ गणपतये नमः	Om Gaṇapataye Namaḥ
ॐ गुरुभ्यो नमः (३ वारं)	Om Gurubhyo Namaḥ (3 times)
ॐ ऋषिभ्यो नमः	Om Ṛṣibhyo Namaḥ
ॐ ऋषिपत्निभ्यो नमः	Om Ṛṣipatnibhyo Namaḥ
ॐ सकल आवरण देवताभ्यो नमः	Om Sakala Āvaraṇa Devatābhyo Namaḥ
ॐ कुल देवतायै नमः	Om Kula Devatāyai Namaḥ



7. Then do Swasti Vachanam as follows:

ॐ भद्रं कर्णेभिः शृणुयाम देवाः। भद्रं पश्येमाक्षभिर्यजत्राः। स्थिरैरङ्गैस्तुष्टुवागँसस्तनूभिः। व्यशेम देवहितं यदायुः। स्वस्ति न इन्द्रो वृद्धश्रवाः स्वस्ति नः पूषा विश्ववेदाः। स्वस्ति नस्तार्क्ष्यो अरिष्टनेमिः स्वस्ति नो बृहस्पतिर्दधातु॥ ॐ शान्तिः शान्तिः शान्तिः॥	om bhadraṃ karṇebhiḥ śṛṇuyāma devāḥ। bhadraṃ paśyemākṣabhiryajatrāḥ। sthiraṅgaistuṣṭuvāgaṃsas tanūbhiḥ। vyaśema devahitaṃ yadāyuh। svasti na indro vṛddhaśravāḥ svasti naḥ pūṣā viśvavedāḥ। svasti nastārksyo ariṣṭanemiḥ svasti no bṛhaspatir dadhātu॥ om śāntiḥ śāntiḥ śāntiḥ॥
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8. Then do **Panchopachara Pūjā** (5 upachara puja): Offer the following items with the mentioned mantra.

Note: If any of the items are not available, then one can do manasika offering with mantra and water, ie, just take some akshata spoon, say mantra for the item that is missing, and imagine it being offered and drop the akshata.

No.	Step	Meaning	Mantra	What to do
1.	गन्धम (Gandham)	Offering fragrance	ॐ भैरवाय नमः गन्धं समर्पयामि। (Om Bhairavāya Namaḥ Gandhaṃ Samarpayāmi)	Apply sandalwood paste or take a flower and apply some attar on it and offer to Baba
2.	पुष्पम (Puṣpam)	Offering flowers	ॐ भैरवाय नमः पुष्पं समर्पयामि। (Om Bhairavāya Namaḥ Puṣpaṃ Samarpayāmi)	Offer flowers to Baba
3.	धूपम (Dhūpam)	Offering incense	ॐ भैरवाय नमः धूपं समर्पयामि। (Om Bhairavāya Namaḥ Dhūpaṃ Samarpayāmi)	Offer Dhoop to Baba
4.	दीपम (Dīpam)	Offering lamp	ॐ भैरवाय नमः दीपं समर्पयामि। (Om Bhairavāya Namaḥ Dīpaṃ Samarpayāmi)	Offer lamp to Baba



5.	नैवेद्यम् (Naivedyam)	Offering food items	ॐ भैरवाय नमः नैवेद्यं समर्पयामि। (Om Bhairavāya Namaḥ Naivedyam Samarpayāmi)	Offer prasad items to Baba (anything prepared with devotion)
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9. Offer fresh Vibhuti (not previously offered to any deity) to Bhairava.
10. Finish with Kapoor (Camphor) arati or manasik pradakshina.
11. Then start the **daily recitations** of **Kālabhairava Ashtakam**.
12. After finishing daily recitations, do japa 5 malas of:

ॐ भैरवाय नमः	Om Bhairavāya Namaḥ
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Note: Do this sādhanā daily, same place and ideally at the same time, if possible for the chosen number of days. If you have black dress or even a mala, wear it during sādhanā. Or use a black āsana for these days. Wear Vibhuti on your forehead for these days, daily.

Kshetrapāla Bhog

Offer bhog in another plate (disposable paper plate) for kshetrapala and keep it outside (crossroads, or anywhere outside the house perimeter in south west direction) with the following mantra:

क्षेम क्षेत्रपालाय नमः	kshem kshetrapalaya namaha
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This can be offered on only one of the days (first) or all of the sādhanā days. Offering kshetrapala bhog every day of anushthana is excellent for sādhanā but can be done once only as well.

Samarpana Mantra

This mantra is to be said at the end of sādhanā.

गुह्याति-गुह्य-गोप्ता-त्वं गृहाणास्मितकृतं जपम्। सिद्धिर्भवतु मे देवो त्वत्प्रसादान्मयि स्थिर॥	Guhyāti-guhya-goptā-tvaṁ grhāṇāsmītakṛtaṁ japam । Siddhir bhavatu me devo tvat-prasādān mayi sthiraḥ॥
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Concluding Steps

After you finish this sādhanā after the chosen number of days, then visit any Bhairava or Shiva temple and do one offering of vastra (cloth), coconut, diya etc.



Frequently Asked Questions

1. Are there any dietary restrictions to be followed during sādhanā?

No restriction. Just give gap between food and sādhanā

[Publication Date: 07 June, 2026]