

UTTAR-VAHINI (PANCH KOSHI) NARMADA PARIKRAMA

BASIC INFORMATION AND IMPORTANCE OF THE PARIKRAMA

Narmada river is among the 7 holiest rivers in Hinduism. The Hindu scripture "Skanda Purana", refers to a section within it as "Reva Khand", which primarily focuses on the significance of the Narmada River, also known as "Reva" in Hindu tradition; it describes the river's origin story, its importance, and associated religious practices.

Key points about Reva Khand:

- The primary theme of Reva Khand is the river Narmada, often described as being born from the sweat of Lord Shiva.
- This section narrates stories related to the Narmada River, including its creation, its journey, and the blessings bestowed upon it by various deities.
- Reva Khand is considered the last part of the Skanda Purana, one of the eighteen major Puranas in Hinduism.

Narmada was born from the sweat of Lord Shiva while doing 'Tandav' dance. That is why Narmada is said to be the daughter of Lord Shiva. In Gujarati, it is also said that, '**Narmada ma jetla kankar etla badhaj Shankar**' (All pebbles in Narmada River are the form of Lord Shiva).

It is the only river, where you can perform complete Parikrama of the River (Circumambulation of the River). Narmada Parikrama is walking along the shore of the river, keeping mother Narmada to one's right side, total stretch being around 3200-3500 kms, starting from one point of shore and reaching back to the same point. The whole Narmada Parikrama takes time of 3 months to 6 months by walk.

It is considered very auspicious when a river flows in the North direction. Narmada river flows in the North direction near Garudeshwar - Tilakwada to Rampura. Hence termed as Uttar Vahini Narmada Parikrama. It is said that doing this Uttarvahini Narmada Parikrama is as auspicious as doing the whole Narmada Parikrama by way of walking. It must be done in the auspicious Chaitra month (by way of Hindu calendar).

Uttarvahini Narmada Parikrama is also known as 'Uttarvahini Panchkoshi' (word Panch-kosh is constructed with a combination of three words. '**Panch**' conveying five, '**kosh**' denoting kos, (each kos is equal to 3.2 km), and '**yatra**' meaning journey. This way Panchkoshi Yatra stands 16 kilo-meters for a pilgrimage of five kos.

This can be done in a day (4 to 6 Hours). Suggestion is to start at night and finish by early morning. This, Uttarvahini Narmada Parikrama is considered very easy as against whole parikrama. By way of a rule while doing Narmada Parikrama - it should be observed that Narmada Maiyya should always be on your right-hand side. Our Uttarvahini Narmada parikrama starts at Rampura village and ends at Tilakwada.

Every year More than 15 Lacs people complete the parikrama during the month.



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