

Why Are Auspicious Activities Avoided During Holashtak?



What Is Holashtak?

The word “Holashtak” is derived from two Sanskrit words: “Holika” and “Ashtak”, meaning the eight days before Holi. It begins on the eighth day (Ashtami) of the Shukla Paksha in the month of Phalgun and ends with Holika Dahan.

This period is believed to carry unstable and intense energies, making it unsuitable for beginning anything new or sacred.



Mythological Beliefs Behind Holashtak

Holashtak is closely associated with the legend of Prahlad and Holika. According to Hindu mythology, during these eight days, Prahlad was subjected to various hardships by his father, King Hiranyakashipu.

These days symbolize struggle, negativity, and testing times. The burning of Holika during Holika Dahan signifies the victory of good over evil, marking the end of this unfavorable phase.



According to Vedic Astrology, **Holashtak** is a time when planetary positions are considered unfavorable. It is believed that certain ग्रह (planets) emit turbulent energies that can negatively influence outcomes.



Astrological Significance of Holashtak

Astrologers suggest that during these days:

- The alignment of planets creates imbalance
- शुभ मुहूर्त (auspicious timings) are generally absent
- New beginnings may face obstacles or delays



Conclusion

Interestingly, the observance of Holashtak varies across India. It is more strictly followed in North Indian states like Uttar Pradesh, Bihar, and Rajasthan, while in some parts of South India, it is not widely observed.

Holashtak is considered an inauspicious period due to a combination of astrological beliefs, mythological stories, and cultural traditions. While it may seem restrictive, it encourages people to slow down, reflect, and focus on spiritual growth before celebrating the vibrant festival of Holi.

By understanding its significance, one can respect the tradition while also appreciating the deeper meaning behind this sacred pause.

<https://blog.astrolive.app/blogs/holashtak-2026-dos-donts/>

