



Aditya Hrudayam

Dhyānam

Jayathu jayathu soorya saptha lokaika deepam,
Kirana shamitha papam klesha dukhasya nasam,
Aruna kirana gamyam aadhim adithya moorthim,
Sakala bhuvana vandhyam, bhaskaram tham namami

tatō yuddha pariśrāntaṃ samarē chintayāsthitam ।
rāvaṇaṃ chāgratō dṛṣṭvā yuddhāya samupasthitam ॥ 1 ॥

daivataiścha samāgamyā draṣṭumabhyāgatō raṇam ।
upāgamyābravīdrāmaṃ agastyō bhagavān ṛṣiḥ ॥ 2 ॥

rāma rāma mahābāhō śṛṇu guhyaṃ sanātanam ।
yēna sarvānarīn vatsa samarē vijayiṣyasi ॥ 3 ॥

ādityahr̥dayaṃ puṇyaṃ sarvaśatru-vināśanam ।
jayāvahaṃ japēnnityaṃ akṣayaṃ paramaṃ śivam ॥ 4 ॥

sarvamaṅgaḷa-māṅgaḷyaṃ sarvapāpa-praṇāśanam ।
chintāśōka-praśamanaṃ āyurvardhanamuttamam ॥ 5 ॥

raśmimantaṃ samudyantaṃ dēvāsura namaskṛtam ।
pūjayasva vivasvantaṃ bhāskaraṃ bhuvanēśvaram ॥ 6 ॥

sarvadēvātmakō hyēṣa tējasvī raśmibhāvanaḥ ।
ēṣa dēvāsura-gaṇān lōkān pāti gabhastibhiḥ ॥ 7 ॥



ēṣa brahmā cha viṣṇuścha śivaḥ skandaḥ prajāpatiḥ ।
mahēndrō dhanadaḥ kālō yamaḥ sōmō hyapāṃ patiḥ ॥ 8 ॥

pitarō vasavaḥ sādhyā hyaśvinau marutō manuḥ ।
vāyurvahniḥ prajāprāṇaḥ ṛtukartā prabhākarah ॥ 9 ॥

ādityaḥ savitā sūryaḥ khagaḥ pūṣā gabhastimān ।
suarṇasadr̥śō bhānuḥ hiraṇyarētā divākaraḥ ॥ 10 ॥

haridaśvaḥ sahasrārchiḥ saptasapti-rmarīchimān ।
timirōnmathanaḥ śambhuḥ tvaṣṭā mārtaṇḍakōṃśumān ॥ 11 ॥

hiraṇyagarbhaḥ śīśiraḥ tapanō bhāskarō raviḥ ।
agnigarbhō'ditēḥ putraḥ śaṅkhaḥ śīśiranāśanaḥ ॥ 12 ॥

vyōmanātha-stamōbhēdī ṛgyajuḥsāma-pāragaḥ ।
ghanāvṛṣṭirapāṃ mitraḥ vindhyavīthī plavaṅgamaḥ ॥ 13 ॥

ātapī maṇḍalī mṛtyuḥ piṅgaḥ sarvatāpanaḥ ।
kavirviśvō mahātējā raktaḥ sarvabhavōdbhavaḥ ॥ 14 ॥

nakṣatra graha tārāṇāṃ adhipō viśvabhāvanaḥ ।
tējasāmapī tējasvī dvādaśātma-nnamō'stu tē ॥ 15 ॥

namaḥ pūrvāya girayē paśchimāyādrayē namaḥ ।
jyōtirgaṇānāṃ patayē dinādhipatayē namaḥ ॥ 16 ॥

jayāya jayabhadrāya haryaśvāya namō namaḥ ।
namō namaḥ sahasrām̐śō ādityāya namō namaḥ ॥ 17 ॥



nama ugrāya vīrāya sāraṅgāya namō namaḥ ।
namaḥ padmaprabōdhāya mārtaṇḍāya namō namaḥ ॥ 18 ॥

brahmēśānāchyutēśāya sūryāyāditya-varchasē ।
bhāsvatē sarvabhakṣāya raudrāya vapuṣē namaḥ ॥ 19 ॥

tamōghnāya himaghnāya śatrughnāyā mitātmanē ।
kṛtaghnaghnāya dēvāya jyōtiṣāṃ patayē namaḥ ॥ 20 ॥

tapta chāmīkarābhāya vahnayē viśvakarmaṇē ।
namastamō'bhi nighnāya ravayē lōkasākṣiṇē ॥ 21 ॥

nāśayatyēṣa vai bhūtaṃ tadēva sṛjati prabhuḥ ।
pāyatyēṣa tapatyēṣa varṣatyēṣa gabhastibhiḥ ॥ 22 ॥

ēṣa suptēṣu jāgarti bhūtēṣu pariniṣṭhitaḥ ।
ēṣa ēvāgnihōtraṃ cha phalaṃ chaivāgni hōtriṇām ॥ 23 ॥

vēdāścha kratavaśchaiva kratūnām phalamēva cha ।
yāni kṛtyāni lōkēṣu sarva ēṣa raviḥ prabhuḥ ॥ 24 ॥

ēna māpatsu kṛchChrēṣu kāntārēṣu bhayēṣu cha ।
kīrtayan puruṣaḥ kaśchinnāvaśīdati rāghava ॥ 25 ॥

pūjayasvaina mēkāgraḥ dēvadēvaṃ jagatpatim ।
ētat triguṇitaṃ japtvā yuddhēṣu vijayiṣyasi ॥ 26 ॥

asmin kṣaṇē mahābāhō rāvaṇaṃ tvaṃ vadhiṣyasi ।
ēvamuktvā tadāgastyō jagāma cha yathāgatam ॥ 27 ॥



ētachChrutvā mahātējāḥ naṣṭaśōkō'bhavattadā ।
dhārayāmāsa suprītaḥ rāghavaḥ prayatātmavān ॥ 28 ॥

ādityaṃ prēkṣya japtvā tu paraṃ harṣamavāptavān ।
trirāchamya śuchirbhūtvā dhanurādāya vīryavān ॥ 29 ॥

rāvaṇaṃ prēkṣya hr̥ṣṭātmā yuddhāya samupāgamat ।
sarvayatnēna mahatā vadhē tasya dhṛtō'bhavat ॥ 30 ॥

atha raviravadan nirīkṣya rāmaṃ muditamanāḥ paramaṃ prahr̥ṣyamāṇaḥ ।
niśīcharapati saṅkṣayaṃ viditvā suragaṇa madhyagatō vachastvarēti ॥ 31 ॥

Bhano bhaskara marthanda, chanda rasmai, divakara,
Ayur arogyam aiswaryam Shriyam Putrāmscha dehime.

„Iti shree Aditya Hrudayam Sampoornam..