

आदित्यहृदयम्

## Ādityahr̥dayam

The Heart of Aditya - the Sun God

(वाल्मीकि रामायणे युद्धकाण्डे १०७ सर्गः)

(vālmiki rāmāyaṇe yuddhakāṇḍe 107 sargaḥ)



**Text 1+2**

ततो युद्धपरिश्रान्तं समरे चिन्तया स्थितम् ।  
रावणं चाग्रतो दृष्ट्वा युद्धाय समुपस्थितम् ॥ १

tato yuddhapariśrāntaṁ samare cintayā sthitam |  
rāvaṇaṁ cāgrato dṛṣṭvā yuddhāya samupasthitam || 1

दैवतैश्च समागम्य द्रष्टुमभ्यागतो रणम् ।  
उपागम्याब्रवीद्राम-मगस्त्यो भगवान् ऋषिः ॥ २

daivataiśca samāgamy draṣṭumabhyāgato raṇam |  
upāgamyābravīdrāma-magastyo bhagavān ṛṣiḥ || 2

1&2 Beholding Sri Rama, standing absorbed in deep thought on the battle-field, exhausted by the fight and facing Ravana who was duly prepared for the war, the glorious sage Agastya, who had come in the company of gods to witness the encounter (battle) now spoke to Rama as follows:



राम राम महाबाहो शृणु गुह्यं सनातनम् ।  
येन सर्वानरीन् वत्स समरे विजयिष्यसि ॥ ३  
rāma rāma mahābāho śṛṇu guhyaṁ sanātanam |  
yena sarvānarīn vatsa samare vijayiṣyasi ॥ 3

3 'O Rama', 'O Mighty armed elegant Rama', listen carefully to the eternal secret by which, 'O my child', you shall conquer all your enemies on the battle field and win against your adversaries.

आदित्यहृदयं पुण्यं सर्वशत्रु-विनाशनम् ।  
जयावहं जपेन्नित्य-मक्षय्यं परमं शिवम् ॥ ४  
ādityahrdayaṁ puṇyaṁ sarvaśatru-vināśanam |  
jayāvahaṁ japennitya-makṣayyaṁ paramaṁ śivam ॥ 4

4 By Chanting the Aditya-Hridayam (the meditation of Sun in the heart ) which is very auspicious and highly beneficial, you will be victorious in battle. This holy hymn dedicated to the Sun-God will result in destroying all enemies and bring you victory and permanent happiness.

सर्वमङ्गल-माङ्गल्यं सर्वपापप्रणाशनम् ।  
चिन्ताशोक-प्रशमन-मायुर्वर्धन-मुत्तमम् ॥ ५  
sarvamaṅgala-māṅgalyaṁ sarvapāpapranaśanam |  
cintāśoka-praśamana-māyurvardhana-muttamam ॥ 5

5 This supreme prayer is the best amongst auspicious verses, it will destroy all sins, dispel all doubts, alleviate worry and sorrow, anxiety and anguish, and increase the longevity of life. It is a guarantee of complete prosperity.

रश्मिमन्तं समुद्यन्तं देवासुर-नमस्कृतम् ।  
पूजयस्व विवस्वन्तं भास्करं भुवनेश्वरम् ॥ ६  
raśmimantaṁ samudyantaṁ devāsura-namaskṛtam |  
pūjayasva vivasvantaṁ bhāskaraṁ bhuvaneśvaram ॥ 6

6 Worship the sun-god, the ruler of the worlds and lord of the universe, who is crowned with effulgent rays, who appears at the horizon and brings light, who is revered by the denizens of heaven (devas) and asuras alike.



सर्वदेवात्मको ह्येष तेजस्वी रश्मि-भावनः ।

एष देवासुरगणान् लोकान् पाति गभस्तिभिः ॥ ७

sarvadevātmake hyeṣa tejasvī raśmi-bhāvanaḥ |  
eṣa devāsuraḡaṇān lokān pāti gabhastibhiḥ ॥ 7

7 Indeed, He is the very embodiment of all Gods. He is self-luminous and sustains all with his rays. He nourishes and energizes the inhabitants of all the worlds as well as the host of Gods and demons by his Rays.

एष ब्रह्मा च विष्णुश्च शिवः स्कन्दः प्रजापतिः ।

महेन्द्रो धनदः कालो यमः सोमो ह्यपांपतिः ॥ ८

eṣa brahmā ca viṣṇuśca śivaḥ skandaḥ prajāpatiḥ |  
mahendro dhanadaḥ kālo yamaḥ somo hyapāmpatiḥ ॥ 8

8 He is Brahma (the creator), Visnu (the Sustainer), Shiva (the destroyer), Skanda (the son of Siva), Prajapati (progenitor of human race), the mighty Indra (king of heaven), Kubera (the god of wealth and lord of riches), Kala (eternal time), Yama (the Lord of death), Soma (the moon god that nourishes), and Varuna (the lord of sea and ocean).

पितरो वसवः साध्या ह्यश्विनौ मरुतो मनुः ।

वायु-र्वह्निः प्रजाप्राण ऋतु कर्ता प्रभाकरः ॥ ९

pitaro vasavaḥ sādhyā hyaśvinau maruto manuḥ |  
vāyu-rvahniḥ prajāprāṇa ṛtu kartā prabhākaraḥ ॥ 9

9 Indeed, he is Pitris (ancestors, manes), the eight Vasus, the Sadhyas, the twin Aswins (physicians of Gods), the Maruts, the Manu, Vayu (the wind God), Agni (the fire God), Prana (the Life breath of all beings), the maker of six seasons and the giver of light.

आदित्यः सविता सूर्यः खगः पूषा गभस्तिमान् ।

सुवर्णसदृशो भानु-हिरण्यरेता दिवाकरः ॥ १०

ādityaḥ savitā sūryaḥ khagaḥ pūṣā gabhastimān |  
suvarṇasadṛśo bhānu-rhiranyaretā divākaraḥ ॥ 10

10 He is the Son of Aditi (the mother of creation), the Sun God who transverser the heavens, he is of brilliant golden color, the possessor of a myriad rays, by illuminating all directions he is the maker of daylight. He is the all pervading, shining principle, the dispeller of darkness, exhibiting beautiful sight with golden hue

हरिदश्वः सहस्रार्चिः सप्तसप्ति-मरीचिमान् ।  
तिमिरोन्मथनः शम्भुस्त्वष्टा मार्ताण्ड अंशुमान् ॥ ११  
haridaśvaḥ sahasrārciḥ saptasapti-marīcimān |  
timironmathanaḥ śambhustvaṣṭā mārtaṇḍa aṁśumān || 11

11 He has seven horses yoked to his Chariot, shines with brilliant light having infinite rays, is the destroyer of darkness, the giver of happiness and prosperity, mitigator of the sufferings and is the infuser of life. He is the Omnipresent One who pervades all with immeasurable amount of rays.

हिरण्यगर्भः शिशिरस्तपनो भास्करो रविः ।  
अग्निगर्भोऽदितेः पुत्रः शंखः शिशिरनाशानः ॥ १२  
hiraṇyagarbhaḥ śīśirastapano bhāskaro raviḥ |  
agnigarbho'diteḥ putraḥ śaṅkhaḥ śīśiranāśānaḥ || 12

12 He is Hiranyagarbha born of Aditi of a golden womb, He is Sisirastapana the destroyer of the cold, snow and fog, illuminator, Ravi, bearer of the fire and conch, He is the remover of ignorance and giver of fame.

व्योमनाथस्तमोभेदी ऋग्यजुस्सामपारगः ।  
घनवृष्टिरपां मित्रो विन्ध्यवीथीप्लवङ्गमः ॥ १३  
vyomanāthastamobhedī ṛgyajussāmapāragaḥ |  
ghanavrṣṭirapāṁ mitro vindhyavīthīplavaṅgamaḥ 13

13 He is the Lord of the firmament and ruler of the sky, remover of darkness. the master of the three vedas Rig, Yaju, Sama, he is a friend of the waters (Varuna) and causes abundant rain. He swiftly courses in the direction South of Vindhya-mountains and sports in the Brahma Nadi.

*\* The Sun evaporates water from the ocean and rain is produced. Sun is the cause of rain. \* The southward (apparent) journey of the sun causes the change of seasons which is essential for life on earth.*

आतपी मण्डली मृत्युः पिङ्गलः सर्वतापनः ।  
कविर्विश्वो महातेजाः रक्तः सर्वभवोद्भवः ॥ १४  
ātapī maṇḍalī mṛtyuaḥ piṅgalaḥ sarvatāpanaḥ |  
kavirviśvo mahātejāḥ raktaḥ sarvabhavodbhavaḥ || 14

14 He, whose form is circular and is colored in yellow and red hues, is intensely brilliant and energetic. He is a giver of heat, the cause of all work, of life and death. He is the destroyer of all and is the Omniscient one sustaining the universe and all action.

नक्षत्रग्रहताराणा-मधिपो विश्वभावनः ।  
तेजसामपि तेजस्वी द्वादशात्मन्नमोऽस्तु ते ॥ १५  
nakṣatragrahatārāṇā-madhipo viśvabhāvanaḥ ।  
tejasāmapi tejasvī dvādaśātmannamo'stu te 15

15 He is the lord of the constellations, stars and planets and the origin of every thing in the universe. Salutations to Aditya who appears in twelve forms (in the shape of twelve months of the year) and whose glory is described in his twelve names.

नमः पूर्वाय गिरये पश्चिमायाद्रये नमः ।  
ज्योतिर्गणानां पतये दिनाधिपतये नमः ॥ १६  
namaḥ pūrvāya giraye paścimāyādraye namaḥ ।  
jyotirgaṇānāṃ pataye dinādhipataye namaḥ ॥ 16

16 Salutations to the Lord of sunrise and sunset, who rises at the eastern mountains and sets in the western mountains. Salutations to the Lord of the Stellar bodies and to the Lord of daylight.

जयाय जयभद्राय हर्यश्वाय नमो नमः ।  
नमो नमः सहस्रांशो आदित्याय नमो नमः ॥ १७  
Jayāya jayabhadrāya haryaśvāya namo namaḥ ।  
namo namaḥ sahasrāṅśo ādityāya namo namaḥ ॥ 17

17 Oh! Lord of thousand rays, son of Aditi, Salutations to you, the bestower of victory, auspiciousness and prosperity, Salutations to the one who has coloured horses to carry him.

नम उग्राय वीराय सारङ्गाय नमो नमः ।  
नमः पद्मप्रबोधाय मार्तण्डाय नमो नमः ॥ १८  
nama ugrāya vīrāya sārāṅgāya namo namaḥ ।  
namaḥ padmaprabodhāya mārtanḍāya namo namaḥ ॥ 18

18 Salutations to Martandaya the son of Mrukanda Maharisi, the terrible and fierce one, the mighty hero, the one that travels fast. Salutations to the one whose appearance makes the lotus blossom (also the awakener of the lotus in the heart)

ब्रह्मेशानाच्युतेशाय सूर्यायादित्यवर्चसे ।

भास्वते सर्वभक्षाय रौद्राय वपुषे नमः ॥ १९

brahmeśānācyuteśāya sūryāyādityavarcase ।

bhāsvate sarvabhakṣāya raudrāya vapuṣe namaḥ ॥ 19

19 Salutations to the Lord of Brahma, Shiva and Vishnu, salutations to Surya the sun god, who (by his power and effulgence) is both the illuminator and devourer of all and is of a form that is fierce like Rudra.

तमोघ्नाय हिमघ्नाय शत्रुघ्नायामितात्मने ।

कृतघ्नघ्नाय देवाय ज्योतिषां पतये नमः ॥ २०

tamoghnāya himaghnāya śatrughnāyāmitātmane ।

kṛtaghnaghnāya devāya jyotiṣāṃ pataye namaḥ ॥ 20

20 Salutations to the dispeller of darkness, the destroyer of cold, fog and snow, the exterminator of foes; the one whose extent is immeasurable. Salutations also to the annihilator of the ungrateful and to the Lord of all the stellar bodies, who is the first amongst all the lights of the Universe.

तप्तचामीकराभाय वह्नये विश्वकर्मणे ।

नमस्तमोऽभिनिघ्नाय रुचये लोकसाक्षिणे ॥ २१

taptacāmīkarābhāya vahnaye viśvakarmaṇe ।

namastamo'bhinighnāya rucaye lokasākṣiṇe ॥ 21

21 Salutations to the Lord shining like molten gold, destroying darkness, who is the transcendental fire of supreme knowledge, who destroys the darkness of ignorance, and who is the cosmic witness of all merits and demerits of the denizens who inhabit the universe. Salutations to Vishvakarma the architect of the universe, the cause of all activity and creation in the world

नाशयत्येष वै भूतं तदेव सृजति प्रभुः ।

पायत्येष तपत्येष वर्षत्येष गभस्तिभिः ॥ २२

nāśayatyeṣa vai bhūtaṃ tadeva sṛjati prabhuḥ ।

pāyatyeṣa tapatyeṣa varṣatyeṣa gabhastibhiḥ ॥ 22

22 Salutations to the Lord who creates heat by his brilliant rays. He alone creates, sustains and destroys all that has come into being. Salutations to Him who by His rays consumes the waters, heats them up and sends them down as rain again.

एष सुप्तेषु जागर्ति भूतेषु परिनिष्ठतः  
एष एवाग्निहोत्रं च फलं चैवाग्निहोत्रिणाम् ॥ २३  
eṣa supteṣu jāgarti bhūteṣu pariniṣṭhataḥ  
eṣa evāgnihotraṁ ca phalaṁ caivāgnihotriṇām ॥ 23

23 Salutations to the Lord who abides in the heart of all beings keeping awake when they are asleep. Verily he is the Agnihotra , the sacrificial fire and the fruit gained by the worshipper of the agnihotra.

वेदाश्च क्रतवश्चैव क्रतूनां फलमेव च ।  
यानि कृत्यानि लोकेषु सर्व एष रविः प्रभुः ॥ २४  
vedāśca kratavaścaiva kratūnāṁphalameva ca  
yāni kṛtyāni lokeṣu sarva eṣa raviḥ prabhuḥ ॥ 24

24 The Sun God (Ravi) is the origin and protector of the four Vedas (Rig, Yajur, Sama, and Atharva), the sacrifices mentioned in them and the fruits obtained by performing the sacrifices. He is the Lord of all action in this universe and decides the Universal path.

### Phalashruti

एन-मापत्सु कृच्छ्रेषु कान्तारेषु भयेषु च ।  
कीर्तयन् पुरुषः कश्चिन्नावसीदति राघव ॥ २५  
ena-māpatsu kṛcchreṣu kāntāreṣu bhayeṣu ca  
kīrtayan puruṣaḥ kaścinnāvasīdati rāghava ॥ 25

25 Listen Oh Rama! Oh Ragava, scion of the Raghu dynasty, any person, singing the glories of Surya in great difficulties, during affliction, while lost in the wilderness, and when beset with fear, will not come to grief (or loose heart).

पूजयस्वैन-मेकाग्रे देवदेवं जगत्पतिम्  
एतत् त्रिगुणितं जप्त्वा युद्धेषु विजयिष्यसि ॥ २६  
pūjayasvaina-mekāgre devadevaṁ jagatpatim  
etat triguṇitaṁ japtvā yuddheṣu vijayiṣyasi ॥ 26

26 If you worship this lord of the universe, the God of all Gods, with concentrated mind and devotion by reciting this hymn (Aditya-Hridayam) thrice, you will emerge victorious in the battle.



अस्मिन् क्षणे महाबाहो रावणं त्वं वधिष्यसि ।

एवमुक्त्वा तदाऽगस्त्यो जगाम च यथागतम् ॥ २७

asmin kṣaṇe mahābāho rāvaṇaṁ tvaṁ vadhiṣyasi ।  
evamuktvā tadā'gastyo jagāma ca yathāgatam ॥ 27

27 O mighty armed one, you shall triumph over Ravana this very moment. After blessing Lord Rama thus, and predicting that He would slay (the demon) Ravana, sage Agastya took leave and returned to his original place.

एतच्छ्रुत्वा महातेजा नष्टशोकोऽभवत्तदा ।

धारयामास सुप्रीतो राघवः प्रयतात्मवान् ॥ २८

etacchrutvā mahātejā naṣṭaśoko'bhavattadā ।  
dhārayāmāsa suprīto rāghavaḥ prayatātmavān 28

28 Having heard this, that great warrior Raghava, feeling greatly delighted, became free from grief. His clouds of worry thus dispelled, the lustrous Lord Rama obeyed the sayings of sage Agastya with great happiness. With composed mind he retained this hymn in his memory, ready to chant the Aditya-Hridayam.

आदित्यं प्रेक्ष्य जप्त्वा तु परं हर्षमवाप्तवान् ।

त्रिराचम्य शुचिर्भूत्वा धनुरादाय वीर्यवान् ॥ २९

ādityaṁ prekṣya japtvā tu param harṣamavāptavān ।  
trirācamya śucirbhūtvā dhanurādāya vīryavān ॥ 29

29 Having performed Achamanam (sipping water thrice) and being purified, Rama gazing at the sun with devotion, recited the hymn Aditya-Hridayam thrice, then that great hero Raghava was thrilled and lifted his bow.

रावणं प्रेक्ष्य हृष्टात्मा युद्धाय समुपागतम्

सर्वयत्नेन महता वधे तस्य धृतोऽभवत् ॥ ३०

rāvaṇaṁ prekṣya hr̥ṣṭātmā yuddhāya samupāgamat  
sarvayatnena mahatā vadhe tasya dhṛto'bhavat ॥ 30

30 Lord Rama thus cheered, seeing Ravana coming to fight, put forth all his effort with a determination to kill him. (Ravana)

अथ रवि-रवद-न्निरीक्ष्य रामं  
मुदितमनाः परमं प्रहृष्यमाणः ।  
निशिचरपति-संक्षयं विदित्वा  
सुरगण-मध्यगतो वचस्त्वरेति ॥ ३१

atha ravi-ravada- nnirikṣya rāmaṁ  
muditamanāḥ paramaṁ prahr̥ṣyamāṇaḥ ।  
niśicarapati-saṅkṣayaṁ viditvā  
suragaṇa-madhyagato vacastvareti ॥ 31

31 Then knowing that the destruction of Ravana was near, the Sun-God Aditya, surrounded by all the Gods in heaven, looked at Rama with delighted mind and exclaimed 'Hurry up' - 'Be quick'.

॥ इति आदित्यहृदयम् मन्त्रस्य ॥

॥ iti ādityahṛdayam mantrasya ॥



***Thus ends the Mantra Aditya-Hridayam in praise of the Sun God  
recounted in the Yuddha Kanda of Valmiki Ramayana (the war chapter)***