

# ॥ आदित्यहृदयम् ॥

— From the Ramayana

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

दैवतैश्च समागम्य द्रष्टुमभ्यागतो रणम् ।  
उपागम्याब्रवीद्राममगस्त्यो भगवान् ऋषिः ॥ २ ॥

राम राम महाबाहो शृणु गुह्यं सनातनम् ।  
येन सर्वानरीन् वत्स समरे विजयिष्यसि ॥ ३ ॥

आदित्यहृदयं पुण्यं सर्वशत्रुविनाशनम् ।  
जयावहं जपेन्नित्यम् अक्षय्यं परमं शिवम् ॥ ४ ॥

सर्वमङ्गलमाङ्गल्यं सर्वपापप्रणाशनम् ।  
चिन्ताशोकप्रशमनम् आयुर्वर्धनमुत्तमम् ॥ ५ ॥

रश्मिमन्तं समुद्यन्तं देवासुरनमस्कृतम् ।  
पूजयस्व विवस्वन्तं भास्करं भुवनेश्वरम् ॥ ६ ॥

सर्वदेवात्मको ह्येष तेजस्वी रश्मिभावनः ।  
एष देवासुरगणाँल्लोकान् पाति गभस्तिभिः ॥ ७ ॥

एष ब्रह्मा च विष्णुश्च शिवः स्कन्दः प्रजापतिः ।  
महेन्द्रो धनदः कालो यमः सोमो ह्यपां पतिः ॥ ८ ॥

1, 2. Beholding Sri Rama, standing absorbed in thought on the battlefield, exhausted by the fight, and Ravana facing Him, duly prepared for an encounter, and approaching Sri Rama, the glorious sage Agastya, who had come in the company of gods to witness the encounter now spoke as follows:

3, 4, 5. Rama, O mighty-armed Sri Rama, hearken to the following eternal secret, in the form of a holy, eternal, immortal and supremely blessed and excellent encomium, entitled the **Aditya Hridaya**, the blessing of all blessings, by means of which, my child, You will conquer once for all Your adversaries on the battlefield, and which is calculated to bring victory, root out all sins, allay all anxiety and grief once for all and prolong life.

6. Worship the Sun-God, the ruler of the worlds, who is crowned with rays, who appears at the horizon, who is greeted by gods and demons, and brings light.

7. Indeed, He is the embodiment of all gods and full of glory and creates and sustains the gods and the demons as well as their worlds by His rays.

8, 9, 10. Indeed, He is the same as Brahma as well as Vishnu, Lord Shiva, Skanda, Prajapati, the mighty Indra, Kubera, Kala, Yama, Soma, Varuna, the Pitris, the Vasus, the Sadhyas, the Ashwins, the Maruts, Manu, Vayu, and

पितरो वसवः साध्या ह्यश्विनौ मरुतो मनुः ।  
वायुर्वह्निः प्रजाप्राण ऋतुकर्ता प्रभाकरः ॥ ९ ॥  
आदित्यः सविता सूर्यः खगः पूषा गभस्तिमान् ।  
सुवर्णसदृशो भानुर्हिरण्यरेता दिवाकरः ॥ १० ॥

हरिदश्वः सहस्रार्चिः सप्तसप्तिर्मरीचिमान् ।  
तिमिरोन्मथनः शम्भुस्त्वष्टा मार्ताण्ड अंशुमान् ॥ ११ ॥

हिरण्यगर्भः शिशिरस्तपनो भास्करो रविः ।  
अग्निगर्भोऽदितेः पुत्रः शङ्खः शिशिरनाशनः ॥ १२ ॥

व्योमनाथस्तमोभेदी ऋग्यजुःसामपारगः ।  
घनवृष्टिरपां मित्रो विन्ध्यवीथीप्लवङ्गमः ॥ १३ ॥

आतपी मण्डली मृत्युः पिङ्गलः सर्वतापनः ।  
कविर्विश्वो महातेजाः रक्तः सर्वभवोद्भवः ॥ १४ ॥

नक्षत्रग्रहताराणामधिपो विश्वभावनः ।  
तेजसामपि तेजस्वी द्वादशात्मन् नमोऽस्तु ते ॥ १५ ॥

नमः पूर्वाय गिरये पश्चिमायाद्रये नमः ।  
ज्योतिर्गणानां पतये दिनाधिपतये नमः ॥ १६ ॥

जयाय जयभद्राय हर्यश्वाय नमो नमः ।  
नमो नमः सहस्रांशो आदित्याय नमो नमः ॥ १७ ॥

the god of Fire. He constitutes created beings, He is the life-breath, the source of the seasons, the store-house of light, an offspring of Aditi, the progenitor, the Sun-God, the courser in the heavens, the nourisher, the possessor of rays, the golden, the brilliant, the One whose energy constitutes the seed of the universe and the maker of day.

11, 12, 13, 14, 15. He has seven green horses, is myriad-rayed, full of rays, the destroyer of darkness, the source of happiness, the mitigator of suffering of His devotees, the infuser of life in the lifeless cosmic egg, all-pervading and the cause of the creation, preservation and destruction of the universe. He is blissful by nature, the ruler of all, the bringer of day and the Teacher. A son of Aditi, He bears the fire of dissolution in His womb, is bliss personified and all-enveloping, the destroyer of cold, the lord of the heavens, the disperser of darkness, a master of the three Vedas, the sender of thick showers and the friend of water. He courses swiftly along His own orbit, carries in Him the resolve to evolve the universe and is adorned with a circle of rays. He is death, tawny and the destroyer of all. He is omniscient, all-formed, endowed with extraordinary brilliance, coppery, the source of all evolutes, the controller of lunar mansions, planets and stars, the creator of all, the resplendent among the splendid. O God, appearing in twelve forms, hail to You!

16. Hail to the eastern mountain and hail to the western mountain. Hail to the lord of hosts of luminaries, the lord of the day.

17. Hail to the giver of victory, hail to the joy born of victory! Hail to the God having green horses. Hail, hail to You with thousands of rays! Hail, hail to You, son of Aditi!

नम उग्राय वीराय सारङ्गाय नमो नमः ।

नमः पद्मप्रबोधाय मार्ताण्डाय नमो नमः ॥ १८ ॥

ब्रह्मेशानाच्युतेशाय सूर्यायादित्यवर्चसे ।

भास्वते सर्वभक्षाय रौद्राय वपुषे नमः ॥ १९ ॥

तमोघ्नाय हिमघ्नाय शत्रुघ्नायामितात्मने ।

कृतघ्नघ्नाय देवाय ज्योतिषां पतये नमः ॥ २० ॥

तप्तचामीकराभाय वह्नये विश्वकर्मणे ।

नमस्तमोऽभिनिघ्नाय रुचये लोकसाक्षिणे ॥ २१ ॥

नाशयत्येष वै भूतं तदेव सृजति प्रभुः ।

पायत्येष तपत्येष वर्षत्येष गभस्तिभिः ॥ २२ ॥

एष सुप्तेषु जागर्ति भूतेषु परिनिष्ठितः ।

एष एवाग्निहोत्रं च फलं चैवाग्निहोत्रिणाम् ॥ २३ ॥

वेदाश्च क्रतवश्चैव क्रतूनां फलमेव च ।

यानि कृत्यानि लोकेषु सर्व एष रविः प्रभुः ॥ २४ ॥

## ॥ फलश्रुतिः ॥

एनमापत्सु कृच्छ्रेषु कान्तारेषु भयेषु च ।

कीर्तयन् पुरुषः कश्चिन्नावसीदति राघव ॥ २५ ॥

18. Hail to the subduer of the senses, the valiant one! Hail to You as denoted by the mystic syllable OM! Hail to the awakener of the lotus! Hail to You, the fierce one!

19. Hail to the ruler of Brahma, Lord Shiva and Lord Vishnu! Hail to the Sun-God, the light indwelling the solar orb, the resplendent one, the devourer of all, appearing in the form of Rudra.

20. Hail to the dispeller of darkness, the destroyer of cold, the exterminator of foes, the One whose extent is immeasurable, the destroyer of the ungrateful, the God who is the ruler of lights!

21. Hail to You, possessing the luster of refined gold, the dispeller of ignorance, the architect of the universe, the uprooter of darkness, splendor incarnate, the onlooker of the world!

22. The aforesaid Lord alone actually destroys, brings into existence and sustains all that has come into being. He radiates heat by His rays and sends showers.

23. Planted in created beings, he remains awake when they have fallen asleep. Nay, He Himself is the act of pouring oblations into the sacred fire as well as the fruit attained by those who pour such oblations.

24. Nay, He comprises the gods as well as the sacrifices as also the fruit of sacrifices. Again, He is the Supreme Controller of activities which are found in all living beings.

25. No individual celebrating the aforesaid Lord in strait, in difficulties, in the woos as well as in times of peril comes to grief, O scion of Raghu!

पूजयस्वैनमेकाग्रो देवदेवं जगत्पतिम् ।  
 एतत् त्रिगुणितं जप्त्वा युद्धेषु विजयिष्यसि ॥ २६ ॥  
 अस्मिन् क्षणे महाबाहो रावणं त्वं वधिष्यसि ।  
 एवमुक्त्वा तदागस्त्यो जगाम च यथागतम् ॥ २७ ॥  
 एतच्छ्रुत्वा महातेजा नष्टशोकोऽभवत्तदा ।  
 धारयामास सुप्रीतो राघवः प्रयतात्मवान् ॥ २८ ॥  
 आदित्यं प्रेक्ष्य जप्त्वा तु परं हर्षमवाप्तवान् ।  
 त्रिराचम्य शुचिर्भूत्वा धनुरादाय वीर्यवान् ॥ २९ ॥  
 रावणं प्रेक्ष्य हृष्टात्मा युद्धाय समुपागमत् ।  
 सर्वयत्नेन महता वधे तस्य धृतोऽभवत् ॥ ३० ॥  
 अथ रविरवदन्निरीक्ष्य रामं  
 मुदितमनाः परमं प्रहृष्यमाणः ।  
 निशिचरपतिसंक्षयं विदित्वा  
 सुरगणमध्यगतो वचस्त्वरेति ॥ ३१ ॥  
 ॥ इति आदित्यहृदयम् मन्त्रस्य ॥

26, 27. Worship the aforesaid Lord of the universe, the adored of gods, with a concentrated mind. Muttering this praise three times, one will come out victorious in combats. You will make short work of Ravana this moment, O mighty-armed one! Saying so, the celebrated Sage Agastya thereupon left in the same way as he had come.

28. Hearing this advice, Sri Rama, who was endowed with extraordinary energy and had a subdued mind, found His grief immediately dissipated. Nay, feeling greatly delighted, He retained the alleluia in His memory.

29, 30. Sipping water thrice and getting purified, looking intently on the Sun and repeating this prayer, the Valiant One experienced supreme felicity. Seizing hold of His bow and fixing his eyes on Ravana, the hero advanced with a view to attaining victory. He stood vowed to kill Ravana with an intense and all-sided effort.

31. Delighted in mind to gaze on Sri Rama, feeling supremely exhilarated on perceiving the destruction of Ravana at hand, the Sun-God, standing in the midst of a host of gods, exclaimed: "Make haste!"