
Rogaghna Upanishad

रोगघ्नोपनिषत्

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ऋग्वेद संखिता माण्डल १, सूक्त ५०, ११-१३

ऋषि- प्रस्कण्वः काण्वः, देवता - सूर्यः, छन्दः- अनुष्टुप्, स्वरः - गान्धारः

उ॒ध॒न्न॒ध॒ मि॒त्र॒म॒ल॒ आ॒रो॒ह॒न्नु॒त्तरां॑ दि॒वम् ।

॒दृ॒द्रो॒गं॑ म॒म॒ सूर्य॑ उ॒रि॒मा॒णं॑ च॒ नाश॑य ॥ १.०५०.११

शु॒के॒षु॒ मे॒ उ॒रि॒मा॒णं॑ रो॒प॒णा॒का॒सु॒ द॒ध॒म॒सि॒ ।

अथो॑ डा॒रि॒द्र॒वेषु॑ मे॒ उ॒रि॒मा॒णं॑ नि॒ द॒ध॒म॒सि॒ ॥ १.०५०.१२

उ॒द॒गा॒द्य॒मा॒दित्यो॑ वि॒श्वे॒न॒ स॒ल॒सा॒ स॒ल॒ ।

द्वि॒ष॒न्तं॒ म॒ज्यं॒ र॒न्ध॒य॒न्मो॒ अ॒लं॒ द्वि॒ष॒ते॒ र॒धम् ॥ १.०५०.१३

उ॒ध॒न्न॒ध॒ मि॒त्र॒म॒ल॒ आ॒रो॒ह॒न्नु॒त्तरां॑ दि॒वम् ।

॒दृ॒द्रो॒गं॑ म॒म॒ सूर्य॑ उ॒रि॒मा॒णं॑ च॒ नाश॑य ॥ १.०५०.११

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उ॒द॒गा॒द्य॒मा॒दित्यो॑ वि॒श्वे॒न॒ स॒ल॒सा॒ स॒ल॒ ।

द्वि॒ष॒न्तं॒ म॒ज्यं॒ र॒न्ध॒य॒न्मो॒ अ॒लं॒ द्वि॒ष॒ते॒ र॒धम् ॥ १.०५०.१३

एति रोगघ्नोपनिषत् ।

रोगघ्न उपनिषद्

Griffith:


Rising this day, O rich in friends, ascending to the loftier
heaven, Surya remove my heart's disease, take from me this my
yellow hue. 11

To parrots and to starlings let us give away my yellowness,


Or this my yellowness let us transfer to Haritala trees. 12

With all his conquering vigour this Aditya hath gone up on high,

Giving my foe into minehand: let me not be my foeman's prey. 13

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