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ಕಾಶ್ಲಾಖಾನ್ವ ನಾಯಕುಪಾಲನ ವ

ಪ್ರಪಂಚದ ದಾಂಡಿನ ಕಂದಿನಕ್ಕೆ ಸಹ ಕೇವಲಮೇ ಇದು ಕಮಾಡುವುದು ಪ್ರಸಿದ್ಧ ವೀಕ್ಷಣೆಗಳಿಗೆ ಒಂದು ಸಂಖ್ಯೆಯ, ಕಂದಿನಕ್ಕೆ ಸಹಜ ವಿವರಣೆಗಳಿಗೆ ಒಂದು ಸಂಖ್ಯೆಯ.

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This upaniShat ma.ntra is to be recited daily twelve times as there are said to be twelve Suns or Aditya. While reciting the ma.ntra, a copper or silver glass/vessel with little amount of water inside should be held in front to purify the water inside. At the end, the water should be applied to eyes by fingers and then should be drunk.

Another ma.ntra from Rigveda (10-158) can also be recited.

Let the motivator of the universe, Sun, along with mountains and minerals, make our eyes bright and safe. Oh, Sun, please provide our eyes lustre and our bodies with observational and universe grasping power.
Oh Sun, the giver of strength to eyes, please grant us the power of realizing the truth behind the perceptible objects.

The power of sight is due to the presence of Sun, and hence Sun is given primary importance for the betterment of the eye-sight.

(purUShasUkta in Rigveda also mentions सर्वसत्र समुदायमा अहिँसा)

For improving eye-sight, the daily recitation of chakShuShopaniShat and worship of sun or recitation of saurasUkta, sUryamaNDalastotra are recommended.

Initial reference: dharmashAstrIya nirNaya in Marathi written by late पणारे धर्मशास्त्री निर्नय in Marathi

Available (p22) in अपने उपलब्धता तपशीले

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