Introduction

Before we begin, let us bow to Aditya, the Sun god, who bestows upon us all prosperity and who is capable of destroying all our enemies.

Aditya hridayam is a hymn to the Sun god and forms part of the canto 107 of the Valmiki ramayana. The setting is the battle field and the fight between Ravana and Lord Rama has just been suspended. The latter enters into a contemplative mood and is instructed by the sage Agastya on the glory of Aditya, the Sun God.

The great acharya without any equal, Shankara acharya, established the worship of five deities: Ganesha, Vishnu, Shakti, Shiva and Aditya. The worship establishes the unique function of each deity while remembering the unity between Them. The unity between all of us is Brahman. Established in the space-time domain, the mind mistakes that the sun rises and sets. In reality, the sun is ever-present. Similarly, we mistake ourselves to be the body-mind complex and suffer, while in reality, we are Satchitananda, one without a second. To become aware of this Truth, one has to destroy all the enemies within (like kama, krodha, lobha, mada etc.) and establish our minds at the lotus feet of the divine at all times. And recitation of this hymn will accomplish this seemingly impossible feat.

Though this hymn is said to Rama, who appears to be in a state
of distress, Rama is well aware of His divinity. As Sita says,

'Know Rama to be the Supreme Brahman - the existence knowledge bliss (Satchitananda) absolute, the one without a second. He is pure consciousness devoid of all adjuncts, whom the senses can not perceive as their object.'

But Rama behaved very much like a human to set an example to all of us humans. By His grace, we have the teachings of Yoga Vasistha since Rama pretended to be ignorant and asked questions to vasistha. Similarly, here we obtain an hymn capable of destroying all our internal enemies and which will bestow supreme felicity upon us, because Rama pretends to be distressed. Rama’s behaviour is also to set an example on how outwardly we may act our roles and pretend to be happy or sad, while inwardly understanding that the world is merely a mirage and the only reality is the Self, Brahman.

Rama, exhausted and about to face Ravana ready for a fresh battle was lost deep in contemplation. The all knowing sage agastya who had joined the gods to witness the battle spoke to Rama thus .. 1,2

Oh Rama, mighty-armed Rama, listen to this eternal secret which will help you destroy all your enemies in battle. 3
This holy hymn dedicated to the Sun deity will result in destroying all enemies and bring you victory and never ending supreme bliss. 4

This hymn is supreme and is a guarantee of complete prosperity and is the destroyer of sin, anxiety, anguish and is the bestower of longevity. 5

Worship the One, possessed of rays when he has completely risen, held in reverence by the devas and asuras, and who is the Lord of the universe by whose effluence all else brighten. 6

He indeed represent the totality of all celestial beings. He is self-luminous and sustains all with his rays. He nourishes and energizes the inhabitants of all the worlds and the race of Devas and Asuras. 7

He is Brahma, Vishnu, Shiva, Skands, Prajapati. He is also Mahendra, kubera, kala, yama, soma and varuna. 8

He is the pitrs, vasus, sadhyas, aswini devas, maruts, manu, vayu, agni, prana and, being the source of all energy and light, is the maker of all
the six seasons. 9

He is the son of Aditi, creator of the universe, inspirer of action, transverser of the heavens. He is the sustainer, illumination of all directions, the golden hued brilliance and is the maker of the day. 10

He is the Omnipresent One who pervades all with countless rays. He is the power behind the seven sense organs, the dispeller of darkness, bestower of happiness and prosperity, the remover of misfortunes and is the infuser of life. 11

He is the primordial BEing manifesting as the Trinity. He ushers in the Day and is the teacher (of Hiranyagarbha), the fire-wombed, the son of Aditi, and has a vast and supreme felicity. He is the remover of intellectual dull-headedness. 12

He is the Lord of the firmament, dispeller of darkness. Master of all the vedas, he is a friend of the waters and causes rain. HE has crossed the vindya range and sports in the Brahma Nadi. 13

He, whose form is circular and is colored yellow, is intensely absorbed and inflicts death. He is the destroyer of all and is the Omniscient one being exceedingly energetic sustains the universe and all action. 14
He is the lord of stars, planets and all constellations. He is the origin of everything in the universe and is the cause of the lustre of even the brilliant ones. Salutations to Thee who is the One being manifest in the twelve forms of the Sun. 15

Salutations to the Eastern and western mountain, Salutations to the Lord of the stellar bodies and the Lord of the Day. 16

Salutations to the One who ordains victory and the prosperity that follows. Salutations to the one possessed of yellow steeds and to the thousand rayed Lord, and to Aditya. 17

Salutations to the Terrible one, the hero, the one that travels fast. Salutations to the one whose emergence makes the lotus blossom and to the fierce and omnipotent one. 18

Salutations to the Lord of Brahma, shiva and Achyuta, salutations to the powerful and to the effulgence in the Sun that is both the illuminator and devourer of all and is of a form that is fierce like Rudra. 19
Salutations to the transcendental atman that dispels darkness, drives away all fear, and destroys all foes. Salutations also to the annihilator of the ungrateful and to the Lord of all the stellar bodies. 20

Salutations to the Lord shining like molten gold, to the transcendental fire, the fire of supreme knowledge, the architect of the universe, destroyer of darkness and salutations again to the effluence that is the Cosmic witness. 21

Salutations to the Lord who destroys everything and creates them again. Salutations to Him who by His rays consumes the waters, heats them up and sends them down as rain. 22

Salutations to the Lord who abides in the heart of all beings keeping awake when they are asleep. He is both the sacrificial fire and the fruit enjoyed by the worshippers. 23

The Sun is verily the Lord of all action in this universe. He is verily the vedas, the sacrifices mentioned in them and the fruits obtained by performing the sacrifices. 24
Raghava, one who recites this hymn in times of danger, during an affliction or when lost in the wilderness and having fear, he will not lose heart (and become brave). 25

Pūjayaśāne mukhaśvārō devadevō jagatpatim
Putrā trimuṣitaṁ jatva yuddhāśu vijayasyāśi ॥ २६॥

Raghava, worship this Lord of all Gods and the Universe with one-pointed devotion. Recite this hymn thrice and you will win this battle. 26

Aśrīmukhyāṃ mahaśāhō rāvaṇaṁ tva vijayasyāśi
Evamucchitaṁ tadāgastaya jagām cha yathāgaṇam ॥ २७॥

O mighty armed one, you shall triumph over Ravana this very moment. Having spoken this, Agastya returned his original place. 27

Pūrṇaḥ mahātējaḥ naśatokoravatadā
dharmāmaśa suṣṭāto rāghavaḥ pratyatmaṇvāḥ ॥ २८॥

Raghava became free from worry after hearing this. He was greatly pleased and became brave and energetic. 28

Aadityāṃ pṛṣṭhyā jasvā tu pariḥ pṛṣṭhavatvān
Triśrīrājya śrutiṃbhūtāṃ dhunurādāya vīrīvaṇaḥ ॥ २९॥

Gazing at the sun with devotion, He recited this hymn thrice and experienced bliss. Purifying Himself by sipping water thrice, He took up His bow with His mighty arms. 29

Rāvaṇaṃ pṛṣṭhyā ṣrīdānya yuktaḥ samupagamantā
Sarvāṃ yalaṁ mahāt vache tasyā ṣrīdānabhatā ॥ ३०॥

Seeing Ravana coming to fight, He put forth all his effort with a determination to destroy Ravana. 30

Atha rāvaṇarūdāniḥ kaṁ
Then knowing that the destruction of the lord of prowlers at night (Ravana) was near, Aditya, who was at the center of the assembly of the Gods, looked at Rama and exclaimed 'Hurry up' with great delight. 31
आदित्यहृदयम्

इति कर्त्याः ||
अथ हृदयादिपदज्ञ न्यासः ||

० रशिममते हृदयाय नमः ||
० समुघंते शिरसे स्वाहा ||
० देवासुरनमस्तुताय शिखाये वषट् ||
० विस्वमते क्रमचाय हुमः ||
० भास्कराय नेत्रनयाय वोषट् ||
० भुवनेश्वराय अस्वाय फट् ||

इति हृदयादिपदज्ञ न्यासः ||

|| अथ आदित्यहृदयम् ||

ततो युद्धपरिश्चान्ते समरे चित्तवा स्थितम् ||
रावणं चांगतो ढाणा युद्धय समुस्थितम् || १ ||

देवतेन्द्र समागम्य द्रुमभयागतो रणम् ||
उपागम्यावसे द्राममगश्च भगवानृधिः || २ ||
राम राम महाबाहो शृणु गुह्वं सनातनम् ||
येन सर्वार्ती समरे विजयायसि || ३ ||

आदित्यहृदयम् पुष्पं सर्ववाच्चुविनाशनम् ||
जयावहं जपेत्त्रित्यमक्षयं परमं शिवम् || ४ ||
सर्वमझलमाध्यं सर्वपापप्रणाशनम् ||
चित्ताशृक्षणाः आयुर्विधनमुत्मम् || ५ ||

रशिममते समुघंते देवासुरनमस्तुताय ||
पुष्पयस्व विस्वमते भास्करं भुवनेश्वरम् || ६ ||
सवदेवात्मको ह्रेष्टे तेजस्वी रशिमभावनः ||
एष देवासुरणां हृदयोकान् पाति गमस्तिभिः || ७ ||
एष बहुं च विषुःश्च शिवः रक्षनं प्रजापतिः ||
महेन्द्रो धनः कालो यमः सोमो ह्यंथ पतिः || ८ ||
पितरो वसवः साध्या ह्ययनां महतो मनुः ||
वायुवाहिः प्रजापि अतुकरत्वं प्रभाकरः || ९ ||
आदित्यः सविता सूर्यः खगः पूशा गम्भिरिमानः।

मुद्रमा भानुहिरण्येता दिवाकरः ॥ १०॥ or भानुविश्वेता

हरिद्रशः सहस्रार्चः सससार्षिरचिमानः।

तिमिरोन्मधः शम्भुस्वतः मार्तण्ड अंशुमानः ॥ ११॥ or मार्तण्ड

हिरण्यार्जः शिविर्स्तपनो भास्करो रविः।

अंगिरगाउँदिते पुत्रः शाहः शिविर्नाशनः ॥ १२॥

व्योमात्मतस्तमोभेदी ऋग्यजुः सामपारः।

घनवृद्धिरपा मित्रो विन्यवीथी स्वव्यामः ॥ १३॥

आत्मप्रम मण्डली मृत्युः पिङ्खः सर्वतापः।

कविविष्यो महतेजः रक्तः सर्वमोऽदः ॥ १४॥

नक्षत्रभ्रह्तराणामधिपो विष्मभावः।

तेजसामि तेजस्वी ह्रदाध्यगमः मोऽदस्ते ॥ १५॥

नमः पूर्वाय गिरये पश्चिमायाद्रेः नमः।

ज्योतिर्गणाः पतये दिनाधिपतये नमः ॥ १६॥

जययात्जयभ्राय हरयाय नमो नमः।

नमो नमः सहस्राशो आदित्याय नमो नमः ॥ १७॥

नम उग्राय बीराय सार्जय नमो नमः।

नमः पद्मप्रबोधयाय मार्तण्डयाय नमो नमः ॥ १८॥ or मार्तण्डयाय

ब्रह्मस्वतः सुस्वतः शुभादित्यवच्छः।

भास्करे सर्वभास्कय रोद्राय वपुः नमः ॥ १९॥

तमोग्राय हिमालय शुभाभायामितातमः।

कृतमः ग्राय देवाय ज्योतिः पतये नमः ॥ २०॥

तस्तचामीकराय बहवे विश्वकर्मः। or हरये विश्वकर्मः

नमस्तमोऽदभिनिद्राय रुचः लोकसाधिः ॥ २१॥

नाशयतः च भूतं तदेव सुन्तति प्रमः।

पायतः तपतः वर्षतः गम्भिरमभिः ॥ २२॥

एष सुस्थेषु जागर्ति भूतेषु परिनिषिदः।

एष पवाशिष्ठोत्रे च फर्ते चैवाशिष्ठोऽत्रिणाय ॥ २३॥
वेदाश्च कलवशेषव कदृष्ठो फलभूतव च।
यानि कृत्यानि लोकेषु सर्व एष रविः प्रभुः। ॥ २४॥
॥ फल श्रुति:॥
एनमापत्सु कुःद्विष्टयु कांतारेषु भवेषु च।
कीर्तवन पुरुषः कश्चिस्वासीदृति राघवः ॥ २५॥
पूजयस्वैनमेकायो देवदेवं जगत्यतिमु।
पुत्त्र विगुणितं जत्वा युद्धेषु विजसिष्यसि ॥ २६॥
अस्मिन्त्रणं महाबाहोरावणं तव सङ्गविलिः।
एवमुत्तथा तदागस्त्यो जगाम च वधागतम। ॥ २७॥
एतच्छुद्वा महातेर्जा नवशोकोभवत्ता।
धारयामास सुप्रीतो राघवः प्रयततमवान्। ॥ २८॥
आदित्यं प्रेक्ष्यं जत्वा तु परं हर्षमवात्वान्।
विरङ्गम्य सुखिर्भूतवा घनुरादाय वीर्यवान्। ॥ २९॥
रावणं प्रेक्ष्यं हृदात्मा युद्धाय समुपागमत।
सर्व यको महता वथे तस्य यूक्तोभवत। ॥ ३०॥
अथ रविवर्शचर्याक्ष्यं रामं
मुद्रितमना: परस्म प्रहृदभभाण:।
निषिद्धचर्याश्रव्यं विदितव:।
सुरप्रणमध्ययतो वचस्वयते। ॥ ३१॥
इति आदित्यहृदयं मन्त्रम्॥

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Please send corrections to sanskrit@cheerful.com