॥ आदित्यहृदयम् ॥

.. Adityahridayam ..
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 effulgence 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

नमः पूर्वाय गिरये पश्चिमायाद्रये नमः ।
ज्योतिर्गणानां पतये दिनाधिपतये नमः ॥ १५॥

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

जयाय जयभद्राय हर्षश्वाय नमो नमः ।
नमो नमः सहस्रांशो आदित्याय नमो नमः ॥ १६॥

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

नम उद्राय वीराय सारस्य नमो नमः ।
नमः विद्रायोधाय मार्त्यंद्राय नमो नमः ॥ १७॥ or मार्त्यंद्राय

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

ब्रह्मोशानाच्युतेशाय सूर्यादित्यवर्चसे ।
भास्वते सर्वभक्ष्य राह्राय वफुः नमः ॥ १८॥

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

तमोग्राय हिमग्राय शदुर्ग्रायवमितात्मने ।
कृत्राग्राय देवाय ज्योतिर्णा पतये नमः ॥ २०॥

Salutations to he 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

पूजयंवैनमेकायो देवदेवं जगत्यतिम्।
प्रतिभ्रूणितं ज्ञानं युक्तेषु विजयंविसि॥ 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

अस्मिन्नोणे महावाहो रावणं तं बध्यंविसि।
प्रमुखः तदागस्त्यो जगाम च वधागतम्॥ २७॥

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

प्रत्यैवेन महातेजानं नास्तोकोभवतंदा।
धार्यामास सुमितो राघवः प्रयत्तात्मवान्॥ २८॥

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

आदित्यं प्रेक्ष्यं जात्वा तु परं हर्षमचास्वान्।
निराचरम् शुचिभूत्वा धनुरादाय वीर्यवान्॥ 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

रावणं प्रेक्ष्यं हृद्यात्मा युद्धाय समुपागमत।
सर्वं चलेन महात्ते तत्स्य धृतोभवत॥ ३०॥

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

अथ रविरचनानि रामं
मुदितमनः परमं प्रहस्त्यमाण।
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

॥ इति आदित्यहदयम् मन्यम् ॥
इति करन्यासः ॥
अथ ह्रदयादिष्ठं न्यासः ॥

अथ ह्रदयादिष्ठं न्यासः ॥
च रशिममते ह्रदयाय नमः ।
च समुच्चते शिरसे स्वाहा ।
च देवासुरनमस्त्रताय शिखाये वष्ट ।
च विवस्थते कवचाय हुम ।
च भास्कराय नेत्रत्रयाय चोष्ट ।
च भुवनेश्वराय अखाय फट ।
इति ह्रदयादिष्ठं न्यासः ॥

अथ आदित्यहदयम् ॥
ততो युद्धपरिश्रान্তं समरे चिन्तया स्थितम।
रावण चाप्रतो ह्रदय युद्धाय समुपस्थितम ॥ ১॥

देवलेख समागम्य द्रष्टमভयागতो रणम।
उपागाहारवीद्रामगङ्गयो भगवानुषिष। ॥ ২॥

राम राम महावाहो श्रणु गुढ्य सनातनम।
যेन सर्वचारीन्नतस समरे चिन्नचिन्नस। ॥ ৩॥

आदित्यहदयं पुष्पं सर्वाश्रयुविनाशनम।
जयां জমেশ্বরমকর্ষং পরম শিবম। ॥ ৪॥

সর্বমঙ্গলমাঞ্চলং সর্বপাপপ্রাপ্তাশনম।
চিন্তাশোকপ্রাপ্তান আরোধনমুতম। ॥ ৫॥

রশিমমন্ত সমুচ্চতে দেবাসরনমস্ত্রত।
পুপরস্তৈ যাবস্থন্ত ভাসকর ভূবনেশ্বর। ॥ ৬॥

সর্বত্রেত্তমকो পোষতেজস্বং রশিমভাবন।
এষ দেবাসরগণোখ্যকানু পাপ গমনস্থিতম। ॥ ৭॥

এষ বহস চ বিষুষ্ণুষ্ণ শিব: সকন্দ: প্রজাপতি।
মহেন্দ্র: ধन: কালো যম: সোমে দ্বারা পতि। ॥ ৮॥

পितरो वसवः साध्या ह्रद्धिनो महतो मनः।
आदित्यहदयम्

वायुविंधः प्रजापतिः ऋतुकर्ता प्रभाकरः ॥ ९॥

आदित्यः सविता सूर्यः खगः पूर्ण गमर्तिमानः।

सुवर्णसदुः भानुहिरण्येरता दिवकरः ॥ १०॥ or भानुविश्वेषरता
हरिदशः सहजार्चः ससमिरमरीचिमानः।

तिमिरोक्तमथः शम्भुस्वधा मातृण्ड अशुभानः ॥ ११॥ or मातृण्ड
हिरण्यगमः शिशिरस्तपणो भास्करो रविः।

अग्निज्ञानान्तः पुत्रः शाहः शिस्विरजनानः ॥ १२॥

व्योमनाथस्तमोभेदी ऋषभजुः सामवारः।

घनवृक्षिं भिन्नो विग्नविवीर्चिमुखः ॥ १३॥

आयपी मण्डली मृत्युः पिनङ्गः सर्वतापः।

कविविश्वः महातेजः रक्तः सर्वभोजः ॥ १४॥

नक्षत्रग्रहतत्तारणामधिपो विश्वभवनः।

तेजसमपि तेजस्वी द्रादशात्मनोभिस्तु तैः ॥ १५॥

नमः पूर्वम गीयः पाश्चामायाध्रेयः नमः।

ज्योतिर्याणानि पतयः दिनाथिपतयः नमः ॥ १६॥

जयाय जयभद्राय हर्षेयाय नमो नमः।

नमो नमः सहस्राशो आदित्याय नमो नमः ॥ १७॥

नम उद्याय वीराय सारस्त्राय नमो नमः।

नमः पद्राप्रोक्ताय मातृण्डाय नमो नमः ॥ १८॥ or मातृण्डाय
ब्रह्मशानाच्युतेश्वरे सूर्यादित्यवर्षेः।

भास्करे सर्वभोजः रौद्राय वपुषः नमः ॥ १९॥

तमोभद्राय हिमभद्राय श्रुतिभायाय मितात्मनः।

कृतद्वाय देवाय ज्योतिर्यां पतयः नमः ॥ २०॥

तत्तत्ताभायाय वहये विश्वकर्मणेः। or दरये विश्वकर्मणेः
नमस्तमोभिन्द्राय रुचये लोकसाक्षिणं ॥ २१॥

नायाययेष वै भूतं तदेव सृजतिः महुः।

पायत्येष तपत्येष वर्षत्येष गमर्तिभिः ॥ २२॥
एष सुभवं जागरूत भूतेषु परिनिधितः।
एष प्राणिः सदाः च फलं चैवाद्भिःत्रिपः॥ २३॥

वेदां तदवशैव कतस्तृतं फलेयं।
यानि कृत्यानि लोकेषु सर्व एष रचि तथा। प्रभुः॥ २४॥

॥ फल श्रुति: इ॥

एनमापसु त्रिपः सातोरेषु भवेषु।
कौरित्यान पुरुःः कर्जवचासपावति राधव॥ २५॥

पूजयैवमेकाः देवदेवं जगात्वतिम्।
एतद् त्रिगुणां सत्वा युक्तेषु विजनयिः॥ २६॥

असिन्कर्षण नाहवाहो रावणं तथ बधिः॥
एवमुक्तव तदस्तरस्तों जगात्व च ध्यातम॥ २७॥

एतरुत्तव नाहते न धौषोभवत्वदा।
धार्यामास सुपीतो राधवः प्रतामवान्॥ २८॥

आदिद्वय प्रम्य जस्तवा तु परं हर्षानवान्।
त्रिराचम्य शुचिभूतव धनुरम्य पीरवान्॥ २९॥

रावणं प्रम्यम् हम्यत्मा युद्धाय समुपागमत्।
सर्व यलेन महता वचे तस्य धृतोभवत॥ ३०॥

अथ रविवद्विवक्ष्यं रामं
मुदितमना: परम् प्रह्यमाणः।
निषिद्धस्यत्स्वूर्य विदित्वा
सुगनमध्यगतो वचस्थपेति॥ ३१॥

इति आदिद्वयहदृश्यं मन्त्रम॥

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.. Adityahridayam ..

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Please send corrections to sanskrit@cheerful.com