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 hridyam 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.

॥ अथ सार्थ आदित्यहद्यम ॥

tato yuddhparikshatam samere chintaya sthitam.
rauvan chaagyata droha yuddhay sumparshitam. ॥ १ ॥
dadvathw samagamy druttamsthagato raman.
uapagmayabhidramagastyo bhagavanvriti. ॥ २ ॥

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

राम राम महावाहे श्रुणु गुह्य सनातनम् ।
येन सर्वानन्दवत्स समरे विजयिष्यसि ॥ ३ ॥

Oh Rama, mighty-armed Rama, listen to this eternal secret which will help you destroy all your enemies in battle. 3

आदित्यहद्यं पुण्यं सर्वशाचूचिनाशनम् ।
जयावहं जपेत्तितमक्षयं परसं शिवम् ॥ ४ ॥

This holy hymn dedicated to the Sun deity will result in destroying all enemies and bring you victory and never ending supreme bliss. 4

सर्वमहात्मास्तम् सर्वपापप्रणाशनम् ।
चिन्ताशोकप्राप्तमन् आयुर्वर्धनमुत्तमम् ॥ ५ ॥

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

रिमममं समुरं देवास्तमस्कृतम् ।
पूजयस्य विवस्वन्ते भास्करे भुवनेश्वरम् ॥ ६ ॥

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 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
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

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

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

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

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

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

स्तोत्रपाठ

ॐ अख्य श्रीआदित्यहृदयस्तोत्रमन्नरस्य श्रीअगस्त्यनाथिः।
अनुष्ठानं श्रीआदित्यहृदयमूर्तो भगवान् ब्रह्मा
देवताः । अं बीजम्। रशिममतरिति शक्ति।।
ॐ तत्सवितुरित्वादिगायत्री कीलकम्। निरस्ताशोषेषिविन्धया
ब्रह्मबिद्यासिद्धो सवर्त्च जयसिद्धो च विनियोगः।।

अथ ऋष्यादिन्यासः।

aadityahriday.pdf
आदित्यहद्यमः

इति ह्रद्यादिपिण्डः न्यासः।

॥ अथ आदित्यहद्यम् ॥

tतो युद्धपरिश्रान्तं समरे चिन्त्या स्थितम्।
रावणं चापतो दृश्याय युद्धाय समुपस्थितम्॥ १॥

deवतेष्व युद्धभ्रान्तं धृष्टभयागतो रणम्।
उपागम्यार्पितामगस्तो भगवानुष्ठ।॥ २॥

राम राम महाबाहो शृणु गुह्यं सनातनम्।
पैन सर्वानन्दोत्स समरे विजयपक्षो॥ ३॥

आदित्यहद्यम् पुष्यं सर्वश्रुवनिनाशनम्।
जयावहं जपेन्द्रियमक्षयं परमं शिवम्॥ ४॥

सर्वमञ्जुराक्षं सर्वपापप्रणाशनम्।
चिन्ताशोकश्राधनं आयुर्विधैसमतमम्॥ ५॥

राजामन्त्रं समुद्रतं देवसुरनमक्षत्रं।
pूजयस्य विवश्वनं भास्करे भुवनेश्वरम्॥ ६॥

सर्वदेवात्मको होष्ठ तेजस्वी राजिष्ठावः।
एष्टेवासुरगामां ग्रहकानं पालि गमस्तिमिः॥ ७॥

एष व्रह्मचिविषुप्रकाशः स्कन्दः प्रजापतिः।
महेन्द्रे प्रदेशः कारो यमः सोमो द्रापां पति॥ ८॥

पितोरस सवयः साव्य स्माधिनो महर्षो मनः।
वायुविनः प्रजापात्र ऋतुकताः प्रभासः॥ ९॥

आदित्यः सविता सूर्यः लगः पृष्ट गमस्तिमान।
सुवर्णदेशोभानुत्तिर्ययेतादिवारः॥ १०॥ or भानुर्विश्वरेता
हरिदृशः सहस्रार्यं सहस्तिर्भर्तिर्चिमान।
तिरितमण्डः शम्मुरवन्धा मार्ताण्ड अंशुमनः॥ ११॥ or मार्ताण्ड
हिर्यगम्यः शिशिस्तपणो भास्करे रवि॥।
आभिगम्यांदिते पुजः शाश्वः शिशिर्नाशः॥ १२॥

व्योमनायकस्तमोभेदी ऋग्युजः सामवरः।
घनृषितपं मित्रो विन्यवीथिः उदाह्रः॥ १३॥
आतपी मण्डली मृत्युः पिज्ञः सर्वतापः।
कविविष्ठो महापेजाः रत्नः सर्वभपोद्वः॥ १४॥

नक्षत्रग्रहतारामण्डिपो विष्णुभावः।
तेजसापिते सत्वी द्वादशात्मकऽदर्शुः ते॥ १५॥

नमः पूर्वध गररुः पश्चिमयाद्वः नमः।
ज्योतिर्गणां पतये दिनाधिपतये नमः॥ १६॥

जयाय जयभद्राय हर्षधाय नमो नमः।
नमो नमः सहस्रोऽस आदित्याय नमो नमः॥ १७॥

नम उग्राय वीराय सारः नमो नमः।
नमः पक्ष्णोऽधाय मार्तण्डाय नमो नमः॥ १८॥ or मार्तण्डाय, प्रचण्डाय
बबोदानाच्युते श्वरुपायादित्यवच्छे।
भास्वं तर्कभक्षाय रौः वच्छे नमः॥ १९॥

नमं ग्रावीय शार्दुलायामितामने।
कृत्वभानाय देवाय ज्योतिर्गै पतये नमः॥ २०॥

तमोभाय हिमश्वाय शार्दुलायामितात्मने।
कृत्वभानाय देवाय ज्योतिर्गै पतये नमः॥ २१॥

नाशये वै भूतं तदेव सृजिते भूतं।
पाये तत्त्वये वर्ष्णं गमस्तमिं॥ २२॥

एष सुभूतं जागर्ति भूतेशु परिनिष्ठत।
एष एतामिहोऽत्र च फलं चेवार्थिहोत्रिजाम्॥ २३॥

वेदः कतवश्रैव कतुनाः फलमेव च।
यानि कृत्यानि लोकेशु सर्वः एष रवि॥ प्रभुः॥ २४॥

॥ फलश्रूति:॥
एतामापत्तु कुच्छे भूतेशु कार्तरेशु।
कीर्त्यान पुरुषः कष्टिन्द्रसन्नद्विति राघव॥ २५॥

पूजयवेदेको देवदेवं जगात्यतिम।
पूजयवेदेको देवदेवं जगात्यतिम॥ २६॥

आसन्नक्षणेऽमहावहाः रावणं त्वं गिजव्यासिः॥
एवमुत्था तदागगस्त्यो जगाम च यथागतम् ॥ २७॥

एतंचन्त्वा महातेजः नष्टशोकोभवत्तदा ।
धारयामास सुपीतो राघवः प्रयतात्मवान् ॥ २८॥

आदित्यं प्रेक्ष्य जस्वा तु परं हर्षमवातवान् ।
त्रिराचार्य शुचिभूम्तव घनुरादाय वीर्वान् ॥ २९॥

रावणं प्रेक्ष्य हृदात्मा युध्याय समुपागमत् ।
सर्वं यलेन महता वचे तस्य घृतोभवत् ॥ ३०॥

अथ रविरवदन्निरीक्ष्य रामं
मुदितमना: परमं प्रहारणाः ।
निशिचरपतिसःवं विदितवा
सुरगणमध्यगतो वचस्तवरति ॥ ३१॥

इति आदित्यहृदयं मन्त्रम् ॥

Aditya Hridayam is Sarga 105 in Yuddha Kanda of Valmiki
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Encoded and translated by M. Giridhar