



SACRED HYMN · SANSKRIT (DEVANAGARI) WITH MEANING

ADITYA HRUDAYAM



From the Valmiki Ramayana, Yuddha Kanda

From the Valmiki Ramayana, Yuddha Kanda, as Agastya teaches it to Rama.

VERSE 1

ततो युद्धपरिश्रान्तं समरे चिन्तया स्थितम् ।
रावणं चाग्रतो दृष्ट्वा युद्धाय समुपस्थितम् ॥

Rama stood on the battlefield, worn out by the fighting and lost in thought, while Ravana stood before him, ready to fight.

VERSE 2

दैवतैश्च समागम्य द्रष्टुमभ्यागतो रणम् ।
उपागम्याब्रवीद्राममगस्त्यो भगवानृषिः ॥

The revered sage Agastya, who had come with the gods to watch the battle, approached Rama and spoke to him.

VERSE 3

राम राम महाबाहो शृणु गुह्यं सनातनम् ।
येन सर्वानरीन् वत्स समरे विजयिष्यसि ॥

Rama, mighty-armed Rama, listen to this eternal secret, my child, by which you will overcome all your foes in battle.

VERSE 4

आदित्यहृदयं पुण्यं सर्वशत्रुविनाशनम् ।
जयावहं जपेन्नित्यमक्षय्यं परमं शिवम् ॥

Agastya tells Rama that this is the holy Aditya Hridayam, the 'Heart of the Sun', which he calls the destroyer of all enemies and the bringer of victory, to be recited always; it is imperishable, supreme and auspicious.

VERSE 5

सर्वमङ्गलमाङ्गल्यं सर्वपापप्रणाशनम् ।
चिन्ताशोकप्रशमनमायुर्वर्धनमुत्तमम् ॥

He calls it the most auspicious of all auspicious things, the destroyer of all sins, the calmer of worry and grief, and an excellent increaser of life.

VERSE 6

रश्मिमन्तं समुद्यन्तं देवासुरनमस्कृतम् ।
पूजयस्व विवस्वन्तं भास्करं भुवनेश्वरम् ॥

Worship Vivasvan, the rising Sun crowned with rays, honoured by gods and demons alike, the maker of light and lord of the worlds.

VERSE 7

सर्वदेवात्मको ह्येष तेजस्वी रश्मिभावनः ।
एष देवासुरगणाल्लोकान् पाति गभस्तिभिः ॥

He is the self of all the gods, radiant, sustaining all by his rays. With his beams he protects the worlds and the hosts of gods and demons.

VERSE 8

एष ब्रह्मा च विष्णुश्च शिवः स्कन्दः प्रजापतिः ।
महेन्द्रो धनदः कालो यमः सोमो ह्यपां पतिः ॥

He is Brahma, Vishnu, Shiva, Skanda and Prajapati; he is Mahendra, Kubera the giver of wealth, Time, Yama, Soma and Varuna, lord of the waters.

VERSE 9

पितरो वसवः साध्या ह्यश्विनौ मरुतो मनुः ।
वायुर्वह्निः प्रजाप्राण ऋतुकर्ता प्रभाकरः ॥

He is the Ancestors, the Vasus, the Sadhyas, the twin Ashvins, the Maruts and Manu; he is Wind and Fire, the breath of all creatures, the maker of the seasons and the source of light.

VERSE 10

आदित्यः सविता सूर्यः खगः पूषा गभस्तिमान् ।
सुवर्णसदृशो भानुर्हिरण्यरेता दिवाकरः ॥

He is Aditya, son of Aditi; Savita, the impeller; Surya; the sky-traveller; Pusha, the nourisher; the one with rays; gold-like, shining, golden-seeded, the maker of day.

VERSE 11

हरिदश्वः सहस्रार्चिः सप्तसप्तिर्मरीचिमान् ।
तिमिरोन्मथनः शम्भुस्त्वष्टा मार्ताण्ड अंशुमान् ॥

He has green horses and a thousand flames, is drawn by seven horses and is full of light; he crushes darkness, is the giver of welfare, the shaper Tvashta, Martanda, the radiant one.

VERSE 12

हिरण्यगर्भः शिशिरस्तपनो भास्करो रविः ।
अग्निगर्भोऽदितेः पुत्रः शङ्खः शिशिरनाशनः ॥

He is Hiranyagarbha, the golden womb; cool and also the one who heats; the maker of light, Ravi; he carries fire within, is the son of Aditi, Shankha, and the dispeller of cold.

VERSE 13

व्योमनाथस्तमोभेदी ऋग्यजुःसामपारगः ।
घनवृष्टिपां मित्रो विन्ध्यवीथीप्लवङ्गमः ॥

He is lord of the sky, the piercer of darkness, master of the Rig, Yajur and Sama Vedas; he brings heavy rain, is the friend of the waters, and moves swiftly along the path of the Vindhya.

VERSE 14

आतपी मण्डली मृत्युः पिङ्गलः सर्वतापनः ।
कविर्विश्वो महातेजा रक्तः सर्वभवोद्भवः ॥

He is the giver of heat, the one with a disc, Death, the tawny one who warms all; he is the seer, the all, of great brilliance, red, the origin of all that comes into being.

VERSE 15

नक्षत्रग्रहताराणामधिपो विश्वभावनः ।
तेजसामपि तेजस्वी द्वादशात्मन्नमोऽस्तु ते ॥

He is the lord of the constellations, planets and stars, the sustainer of the universe, the brightest of all bright things. Salutation to you, who take twelve forms.

VERSE 16

नमः पूर्वाय गिरये पश्चिमायाद्रये नमः ।
ज्योतिर्गणानां पतये दिनाधिपतये नमः ॥

Salutation to the eastern mountain and to the western mountain; salutation to the lord of the hosts of lights and to the lord of the day.

VERSE 17

जयाय जयभद्राय हर्यश्वाय नमो नमः ।
नमो नमः सहस्रांशो आदित्याय नमो नमः ॥

Salutations again and again to the one who is victory and the good fortune of victory, to the lord of the green horses; salutations to you of a thousand rays, to Aditya.

VERSE 18

नम उग्राय वीराय सारङ्गाय नमो नमः ।
नमः पद्मप्रबोधाय मार्ताण्डाय नमो नमः ॥

Salutations to the fierce one, the hero, the swift traveller; salutations to the one who wakes the lotus, to Martanda.

VERSE 19

ब्रह्मेशानाच्युतेशाय सूर्याद्यादित्यवर्चसे ।
भास्वते सर्वभक्षाय रौद्राय वपुषे नमः ॥

Salutation to the lord of Brahma, Shiva and Vishnu, to Surya with the radiance of Aditya, to the shining one who consumes all, whose form is fierce like Rudra.

VERSE 20

तमोघ्नाय हिमघ्नाय शत्रुघ्नायामितात्मने ।
कृतघ्नघ्नाय देवाय ज्योतिषां पतये नमः ॥

Salutation to the destroyer of darkness, of cold and of enemies, to the one of boundless self, to the god who destroys the ungrateful, to the lord of all lights.

VERSE 21

तप्तचामीकराभाय वह्नये विश्वकर्मणे ।
नमस्तमोऽभिनिघ्नाय रुचये लोकसाक्षिणे ॥

Salutation to the one who shines like molten gold, to the fire, to the maker of all; to the slayer of darkness, the brilliance that witnesses the world.

VERSE 22

नाशयत्येष वै भूतं तदेव सृजति प्रभुः ।
पायत्येष तपत्येष वर्षत्येष गभस्तिभिः ॥

This lord destroys all that exists and creates it again. With his rays he dries up the waters, heats, and sends down rain.

VERSE 23

एष सुप्तेषु जागर्ति भूतेषु परिनिष्ठितः ।
एष एवाग्निहोत्रं च फलं चैवाग्निहोत्रिणाम् ॥

Dwelling within all beings, he stays awake while they sleep. He is the fire offering itself, and also the fruit gained by those who make it.

VERSE 24

वेदाश्च क्रतवश्चैव क्रतूनां फलमेव च ।
यानि कृत्यानि लोकेषु सर्व एष रविः प्रभुः ॥

He is the Vedas, the sacrifices and the fruit of the sacrifices. The Sun is the lord of every action performed in the worlds.

VERSE 25

एनमापत्सु कृच्छ्रेषु कान्तारेषु भयेषु च ।
कीर्तयन् पुरुषः कश्चिन्नावसीदति राघव ॥

O Raghava, whoever praises him in calamity, in hardship, in the wilderness or in times of fear does not lose heart.

VERSE 26

पूजयस्वैनमेकाग्रो देवदेवं जगत्पतिम् ।
एतत् त्रिगुणितं जप्त्वा युद्धेषु विजयिष्यसि ॥

Worship him with a focused mind, the god of gods and lord of the world. Having recited this three times, you will win in battle.

VERSE 27

अस्मिन् क्षणे महाबाहो रावणं त्वं वधिष्यसि ।
एवमुक्त्वा तदाऽगस्त्यो जगाम च यथागतम् ॥

"O mighty-armed one, this very moment you will slay Ravana." Having said this, Agastya departed as he had come.

VERSE 28

एतच्छ्रुत्वा महातेजा नष्टशोकोऽभवत्तदा ।
धारयामास सुप्रीतो राघवः प्रयतात्मवान् ॥

Hearing this, the radiant Raghava was freed from sorrow. Well pleased and self-composed, he held the hymn in his mind.

VERSE 29

आदित्यं प्रेक्ष्य जप्त्वा तु परं हर्षमवाप्तवान् ।
त्रिराचम्य शुचिर्भूत्वा धनुरादाय वीर्यवान् ॥

Gazing at the Sun and reciting the hymn, he felt supreme joy. Sipping water three times to purify himself, the valiant one took up his bow.

VERSE 30

रावणं प्रेक्ष्य हृष्टात्मा युद्धाय समुपागमत् ।
सर्वयत्नेन महता वधे तस्य धृतोऽभवत् ॥

Seeing Ravana, he advanced to battle with a glad heart, resolved with all his great effort to slay him.

VERSE 31

अथ रविरवदन्निरीक्ष्य रामं मुदितमनाः परमं प्रहृष्यमाणः ।
निशिचरपतिसङ्क्षयं विदित्वा सुरगणमध्यगतो वचस्त्वरेति ॥

Then the Sun, standing amid the gods, looked at Rama and, knowing that the end of the lord of the night-wanderers was near, spoke with great delight: "Make haste!"

CLOSING

इति आदित्यहृदयम् मन्त्रस्य ॥

Thus ends the Aditya Hridayam mantra.

READ IT ON ITS PAGE

The Aditya Hrudayam with its meaning, how and when it is recited, and the same text in five more scripts:
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