



ASTROBHAVA

SACRED HYMN · SANSKRIT (DEVANAGARI) WITH MEANING

DURGA APADUDDHARAKA STOTRAM



Traditional, from the Siddheshvari Tantra

Eight verses ending in a shared refrain, a ninth in a longer metre, and the three closing verses in which Shiva speaks.

VERSE 1

नमस्ते शरण्ये शिवे सानुकम्पे नमस्ते जगद्व्यापिके विश्वरूपे ।
नमस्ते जगद्वन्धपादारविन्दे नमस्ते जगत्तारिणि त्राहि दुर्गे ॥

Salutations to you, the refuge, the auspicious one, full of compassion; salutations to you who pervade the world and whose form is the universe. Salutations to you whose lotus feet the whole world worships; salutations to you who carry the world across - protect me, Durga.

VERSE 2

नमस्ते जगच्चिन्त्यमानस्वरूपे नमस्ते महायोगिनि ज्ञानरूपे ।
नमस्ते नमस्ते सदानन्दरूपे नमस्ते जगत्तारिणि त्राहि दुर्गे ॥

Salutations to you whose form the world contemplates; salutations to you, great yogini, whose form is knowledge. Salutations again and again to you whose form is everlasting bliss; salutations to you who carry the world across - protect me, Durga.

VERSE 3

अनाथस्य दीनस्य तृष्णातुरस्य भयार्तस्य भीतस्य बद्धस्य जन्तोः ।
त्वमेका गतिर्देवि निस्तारकर्त्री नमस्ते जगत्तारिणि त्राहि दुर्गे ॥

For a creature who is without a protector, wretched, tormented by craving, stricken with fear, frightened or in bondage, you alone, O Goddess, are the refuge and the one who brings deliverance. Salutations to you who carry the world across - protect me, Durga.

VERSE 4

अरण्ये रणे दारुणे शत्रुमध्येऽनले सागरे प्रान्तरे राजगेहे ।
त्वमेका गतिर्देवि निस्तारनौका नमस्ते जगत्तारिणि त्राहि दुर्गे ॥

In the forest, in battle, in danger, in the midst of enemies, in fire, at sea, in a lonely wilderness and in a king's court, you alone, O Goddess, are the refuge and the boat that carries one across. Salutations to you who carry the world across - protect me, Durga.

VERSE 5

अपारे महादुस्तरेऽत्यन्तघोरे विपत्सागरे मज्जतां देहभाजाम् ।
त्वमेका गतिर्देवि निस्तारहेतुर्नमस्ते जगत्तारिणि त्राहि दुर्गे ॥

For embodied beings sinking in the shoreless, very hard to cross and utterly terrible ocean of misfortune, you alone, O Goddess, are the refuge and the cause of their deliverance. Salutations to you who carry the world across - protect me, Durga.

VERSE 6

नमश्चण्डिके चण्डदुर्दण्डलीलासमुत्खण्डिता खण्डिता शेषशत्रोः ।
त्वमेका गतिर्देवि निस्तारबीजं नमस्ते जगत्तारिणि त्राहि दुर्गे ॥

Salutations, O Chandika, who in the fierce play of your irresistible might cut down and shattered every one of the enemies. You alone, O Goddess, are the refuge and the seed of deliverance. Salutations to you who carry the world across - protect me, Durga.

VERSE 7

त्वमेका सदाराधिता सत्यवादिन्यनेकाखिला क्रोधनात्क्रोधनिष्ठा ।
इडा पिङ्गला त्वं सुषुम्ना च नाडी नमस्ते जगत्तारिणि त्राहि दुर्गे ॥

You alone are ever worshipped, the speaker of truth, the many and the whole; out of your wrath against wrong you stand firm in wrath. You are the Ida, the Pingala and the Sushumna channels. Salutations to you who carry the world across - protect me, Durga.

VERSE 8

नमो देवि दुर्गे शिवे भीमनादे सदासर्वसिद्धिप्रदातृस्वरूपे ।
विभूतिः शची कालरात्री सती त्वं नमस्ते जगत्तारिणि त्राहि दुर्गे ॥

Salutations, O Goddess Durga, auspicious one of the terrible roar, whose nature is to grant every accomplishment at all times. You are Vibhuti (splendour), Shachi, Kalaratri and Sati. Salutations to you who carry the world across - protect me, Durga.

VERSE 9

शरणमसि सुराणां सिद्धविद्याधराणां मुनिमनुजपशूनां दस्युभिस्त्रासितानाम् ।
नृपतिगृहगतानां व्याधिभिः पीडितानां त्वमसि शरणमेका देवि दुर्गे प्रसीद ॥

You are the refuge of the gods, the Siddhas and the Vidyadharas, of sages, humans and animals, and of those terrorised by robbers. Of those held in a king's house and those afflicted by disease, you alone are the refuge, O Goddess Durga - be gracious.

PHALA SHRUTI 1

इदं स्तोत्रं मया प्रोक्तमापदुद्धारहेतुकम् ।
त्रिसन्ध्यमेकसन्ध्यं वा पठनाद्धोरसङ्कटात् ॥

Shiva says: This hymn, spoken by me, is a means of rescue from calamity. The verse says that by reciting it at the three junctions of the day, or at just one, a person is freed from terrible distress -

PHALA SHRUTI 2

मुच्यते नात्र सन्देहो भुवि स्वर्गे रसातले ।
सर्वं वा श्लोकमेकं वा यः पठेद्भक्तिमान् सदा ॥

- of this there is no doubt, whether on earth, in heaven or in the netherworld. Whoever, full of devotion, always recites the whole hymn or even a single verse of it -

PHALA SHRUTI 3

स सर्वं दुष्कृतं त्यक्त्वा प्राप्नोति परमं पदम् ।
पठनादस्य देवेशि किं न सिद्ध्यति भूतले ।
स्तवराजमिदं देवि सङ्क्षेपात्कथितं मया ॥

- the verse says that person casts off every wrong deed and reaches the supreme state. O Queen of the gods, what on earth is not accomplished by reciting it? O Goddess, I have told you this king of hymns in brief.

READ IT ON ITS PAGE

The Durga Apaduddharaka Stotram with its meaning, how and when it is recited, and the same text in five more scripts: astrobhava.com/mantra/durga-apaduddharaka-stotram/

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