ASTROBHAVA

SACRED HYMN · SANSKRIT (DEVANAGARI) WITH MEANING

Sheetala Mata Mantra

Skanda Purana, spoken by Shiva

THE COMPLETE HYMN · SANSKRIT (DEVANAGARI)

Fifteen verses: the eight verses of praise, then the phala shruti with the verse of the donkey's names. The printed closing line is given at the end.

VERSE 1

वन्देऽहं शीतलां देवीं रासभस्थां दिगम्बराम् ।
मार्जनीकलशोपेतां शूर्पालङ्कृतमस्तकाम् ॥

I bow to the goddess Shitala, who rides a donkey and is clothed by the directions alone, who holds a broom and a water pot, and whose head is adorned with a winnowing fan.

VERSE 2

वन्देऽहं शीतलां देवीं सर्वरोगभयापहाम् ।
यामासाद्य निवर्तेत विस्फोटकभयं महत् ॥

I bow to the goddess Shitala, who takes away the fear of every disease; on reaching her, the great fear of pox turns back.

VERSE 3

शीतले शीतले चेति यो ब्रूयाद्दाहपीडितः ।
विस्फोटकभयं घोरं क्षिप्रं तस्य प्रणश्यति ॥

The verse says that whoever, tormented by burning heat, calls out "Shitale, Shitale" is quickly freed from the dreadful fear of pox.

VERSE 4

यस्त्वामुदकमध्ये तु ध्यात्वा सम्पूजयेन्नरः ।
विस्फोटकभयं घोरं गृहे तस्य न जायते ॥

The verse says that in the house of the person who meditates on you and worships you while standing in water, the dreadful fear of pox does not arise.

VERSE 5

शीतले ज्वरदग्धस्य पूतिगन्धयुतस्य च ।
प्रणष्टचक्षुषः पुंसस्त्वामाहुर्जीवनौषधम् ॥

O Shitala, for a man scorched by fever, giving off a foul smell and whose sight is lost, you are called the medicine of life.

VERSE 6

शीतले तनुजान्रोगान्नृणां हरसि दुस्त्यजान् ।
विस्फोटकविदीर्णानां त्वमेकाऽमृतवर्षिणी ॥

O Shitala, you remove the bodily diseases of men that are hard to throw off; for those torn by pox, you alone rain down nectar.

VERSE 7

गलगण्डग्रहा रोगा ये चान्ये दारुणा नृणाम् ।
त्वदनुध्यानमात्रेण शीतले यान्ति सङ्क्षयम् ॥

Swellings of the throat, seizures and the other cruel diseases of men go to destruction, O Shitala, merely by meditating on you.

VERSE 8

न मन्त्रो नौषधं तस्य पापरोगस्य विद्यते ।
त्वामेकां शीतले धात्रीं नान्यां पश्यामि देवताम् ॥

For that disease born of sin no mantra and no medicine is found; O Shitala, I see no deity other than you alone, the nurturing mother.

VERSE 9

मृणालतन्तुसदृशीं नाभिहृन्मध्यसंस्थिताम् ।
यस्त्वां सञ्चिन्तयेद्देवि तस्य मृत्युर्न जायते ॥

The verse says that whoever meditates on you, O Goddess, fine as a lotus-stalk fibre and dwelling between the navel and the heart, does not meet death.

VERSE 10

अष्टकं शीतलादेव्या यो नरः प्रपठेत्सदा ।
विस्फोटकभयं घोरं गृहे तस्य न जायते ॥

The verse says that in the house of the man who always recites this octet of the goddess Shitala, the dreadful fear of pox does not arise.

VERSE 11

श्रोतव्यं पठितव्यं च श्रद्धाभक्तिसमन्वितैः ।
उपसर्गविनाशाय परं स्वस्त्ययनं महत् ॥

It should be heard and recited by those endowed with faith and devotion; it is a great and supreme blessing for the removal of afflictions.

VERSE 12

शीतले त्वं जगन्माता शीतले त्वं जगत्पिता ।

शीतले त्वं जगद्धात्री शीतलायै नमो नमः ॥

O Shitala, you are the mother of the world; O Shitala, you are the father of the world; O Shitala, you are the sustainer of the world. Salutations again and again to Shitala.

VERSE 13

रासभो गर्दभश्चैव खरो वैशाखनन्दनः ।

शीतलावाहनश्चैव दूर्वाकन्दनिकृन्तनः ॥

Rasabha, Gardabha, Khara, Vaishakhanandana, Shitalavahana (bearer of Shitala) and Durvakandanikrintana (cutter of durva grass roots) - these are the names of the donkey.

VERSE 14

एतानि खरनामानि शीतलाग्रे तु यः पठेत् ।

तस्य गेहे शिशूनां च शीतलारुङ् न जायते ॥

The verse says that whoever recites these names of the donkey before Shitala, in his home the children do not suffer the Shitala disease.

VERSE 15

शीतलाष्टकमेवेदं न देयं यस्यकस्यचित् ।

दातव्यं च सदा तस्मै श्रद्धाभक्तियुताय वै ॥

This Shitala Ashtakam is not to be given to just anyone; it should always be given to one who has faith and devotion.

CLOSING

इति श्रीस्कन्दपुराणे शीतलाष्टकं सम्पूर्णम् ॥

Thus ends the Shitala Ashtakam from the Skanda Purana.

Read it on its page

The Sheetala Mata Mantra with its meaning, how and when it is recited, and the same text in five more scripts: astrobhava.com/mantra/sheetala-mantra/



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