

# Sri Aditya Hrudyam

ततो युद्धपरिश्रान्तं समरे चिन्तया स्थितम् ।

रावणं चाग्रतो दृष्ट्वा युद्धाय समुपस्थितम् ॥1॥

*tatō yuddha pariśrāntaṃ samarē chintayā sthitam ।*

*rāvaṇaṃ chāgratō dṛṣṭvā yuddhāya samupasthitam ॥ 1 ॥*

दैवतैश्च समागम्य द्रष्टुमभ्यागतो रणम् ।

उपगम्याब्रवीद् राममगरत्यो भगवांस्तदा ॥2॥

*daivataiścha samāgamy draṣṭumabhyāgatō raṇam ।*

*upāgamyā-bravidrāmaṃ agastyō bhagavān ṛṣiḥ ॥ 2 ॥*

**Meaning of 1 & 2:** Beholding Sri Rama, standing absorbed in deep thought on the battle-field, exhausted by the fight and facing Ravana who was duly prepared for the war, the glorious sage Agastya, who had come in the company of gods to witness the encounter (battle) now spoke to Rama as follows.

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राम राम महाबाहो शृणु गुह्यं सनातनम् ।

येन सर्वानरीन् वत्स समरे विजयिष्यसे ॥3॥

*rāma rāma mahābāhō śṛṇu guhyaṃ sanātanam ।*

*yēna sarvānarīn vatsa samarē vijayiṣyasi ॥ 3 ॥*

**Meaning:** 'O Rama', 'O Mighty armed elegant Rama', listen carefully to the eternal secret by which, 'O my child', you shall conquer all your enemies on the battle field and win against your adversaries.

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आदित्यहृदयं पुण्यं सर्वशत्रुविनाशनम् ।

जयावहं जपं नित्यमक्षयं परमं शिवम् ॥4॥

*āditya hṛdayaṃ puṇyaṃ sarvaśatru vināśanam ।*

*jayāvahaṃ japēnityaṃ akṣayaṃ paramaṃ śivam ॥ 4 ॥*

**Meaning:** By Chanting the Aditya-Hridayam (the meditation of Sun in the heart ) which is very auspicious and highly beneficial, you will be victorious in battle. This holy hymn dedicated to the Sun-God will result in destroying all enemies and bring you victory and permanent happiness.

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सर्वमंगलमांगल्यं सर्वपापप्रणाशनम् ।

चिन्ताशोकप्रशमनमायुर्वधैर्नमुत्तमम् ॥5॥

*sarvamaṅgaḷa māṅgalyaṃ sarva pāpa praṇāśanam ।*

*chintāśōka praśamanaṃ āyurvardhana muttamam ॥ 5 ॥*

**Meaning:** This supreme prayer is the best amongst auspicious verses, it will destroy all sins, dispel all doubts, alleviate worry and sorrow, anxiety and anguish, and increase the longevity of life. It is a guarantee of complete prosperity.

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रश्मिमन्तं समुद्यन्तं देवासुरनमस्कृतम् ।

पूजयस्व विवस्वन्तं भास्करं भुवनेश्वरम् ॥6॥

*raśmimantaṃ samudyantaṃ dēvāsura namaskṛtam ।*

*pūjayaśva vivasvantaṃ bhāskaraṃ bhuvanēśvaram ॥ 6 ॥*

**Meaning:** Worship the sun-god, the ruler of the worlds and lord of the universe, who is crowned with effulgent rays, who appears at the horizon and brings light, who is revered by the denizens of heaven (devas) and asuras alike.

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सर्वदेवतामको ह्येष तेजस्वी रश्मिभावनः ।

एष देवासुरगणाल्लोकान् पाति गभस्तिभिः ॥7॥

*sarvadēvātmakō hyēṣa tējasvī raśmibhāvanaḥ ।*

*ēṣa dēvāsura gaṇān lōkān pāti gabhastibhiḥ || 7 ||*

**Meaning:** Indeed, He is the very embodiment of all Gods. He is self-luminous and sustains all with his rays. He nourishes and energizes the inhabitants of all the worlds as well as the host of Gods and demons by his Rays.

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एष ब्रह्मा च विष्णुश्च शिवः स्कन्दः प्रजापतिः ।

महेन्द्रो धनदः कालो यमः सोमो ह्यपां पतिः ॥8॥

*ēṣa brahmā cha viṣṇuścha śivaḥ skandaḥ prajāpatiḥ ।*

*mahēndrō dhanadaḥ kālō yamaḥ sōmō hyapāṃ patiḥ || 8 ||*

**Meaning:** He is Brahma (the creator), Visnu (the Sustainer), Shiva (the destroyer), Skanda (the son of Siva), Prajapati (progenitor of human race), the mighty Indra (king of heaven), Kubera (the god of wealth and lord of riches), Kala (eternal time), Yama (the Lord of death), Soma (the moon god that nourishes), and Varuna (the lord of sea and ocean).

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पितरो वसवः साध्या अश्विनौ मरुतो मनुः ।

वायुर्वह्निः प्रजाः प्राण ऋतुकर्ता प्रभाकरः ॥9॥

*pitarō vasavaḥ sādhyā hyaśvinau marutō manuḥ ।*

*vāyurvahniḥ prajāprāṇaḥ ṛtukartā prabhākaraḥ || 9 ||*

**Meaning:** Indeed, he is Pitris (ancestors, manes), the eight Vasus, the Sadhyas, the twin Aswins (physicians of Gods), the Maruts, the Manu, Vayu (the wind God), Agni (the fire God), Prana (the Life breath of all beings), the maker of six seasons and the giver of light.

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आदित्यः सविता सूर्यः खगः पूषा गर्भास्तिमान् ।

सुवर्णसदृशो भानुहिरण्यरेता दिवाकरः ॥10॥

*ādityaḥ savitā sūryaḥ khagaḥ pūṣā gabhastimān ।*

*suvarṇasadṛśō bhānuḥ hiraṇyarētā divākaraḥ || 10 ||*

**Meaning:** He is the Son of Aditi (the mother of creation), the Sun God who transverser the heavens, he is of brilliant golden color, the possessor of a myriad rays, by illuminating all directions he is the maker of daylight. He is the all pervading, shining principle, the dispeller of darkness, exhibiting beautiful sight with golden hue

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हरिदश्वः सहस्रार्चिः सप्तसप्तिर्मरीचिमान् ।

तिमिरोन्मथनः शम्भूस्तष्टा मार्तण्डकोऽशुमान् ॥11॥

*haridaśvaḥ sahasrārchīḥ saptasapti-rmarīchimān ।*

*timirōnmathanah śambhuḥ tvaṣṭā mārtaṇḍakōm'śumān ॥ 11 ॥*

**Meaning:** He has seven horses yoked to his Chariot, shines with brilliant light having infinite rays, is the destroyer of darkness, the giver of happiness and prosperity, mitigator of the sufferings and is the infuser of life. He is the Omnipresent One who pervades all with immeasurable amount of rays.

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हिरण्यगर्भः शिशिरस्तपनोऽहरकरो रविः ।

अग्निगर्भोऽदितेः पुत्रः शंखः शिशिरनाशनः ॥12॥

*hiraṇyagarbhaḥ śīśirah tapanō bhāskarō raviḥ ।*

*agnigarbhō'ditēḥ putraḥ śaṅkhaḥ śīśiranāśanaḥ ॥ 12 ॥*

**Meaning:** He is Hiranyagarbha born of Aditi of a golden womb, He is Sisirastapana the destroyer of the cold, snow and fog, illuminator, Ravi, bearer of the fire and conch, He is the remover of ignorance and giver of fame.

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व्योमनाथस्तमोभेदी ऋम्यजुःसामपारगः ।

घनवृष्टिरपां मित्रो विन्ध्यवीथीप्लवंगमः ॥13॥

*vyōmanātha stamōbhēdī ṛgyajuḥsāma-pāragaḥ ।*

*ghanāvṛṣṭi rapāṃ mitraḥ vindhyavīthī plavaṅgamaḥ ॥ 13 ॥*

**Meaning:** He is the Lord of the firmament and ruler of the sky, remover of darkness. the master of the three vedas Rig, Yaju, Sama, he is a friend of the waters (Varuna) and causes abundant rain. He swiftly courses in the direction South of Vindhya-mountains and sports in the Brahma Nadi.

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आतपी मण्डली मृत्युः पिंगलः सर्वतापनः ।

कविर्विश्वो महातेजा रक्तः सर्वभवोदभवः ॥14॥

*ātapī maṇḍalī mṛtyuḥ piṅgalaḥ sarvatāpanaḥ ।*

*kavirviśvō mahātējā raktaḥ sarvabhavōdbhavaḥ ॥ 14 ॥*

**Meaning:** He, whose form is circular and is colored in yellow and red hues, is intensely brilliant and enegetic. He is a giver of heat, the cause of all work, of life and death. He is the destroyer of all and is the Omniscient one sustaining the universe and all action.

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नक्षत्रग्रहताराणामधिपो विश्वभावनः ।

तेजसामपि तेजस्वी द्वादशात्मन् नमोऽस्तु ते ॥15॥

*nakṣatra graha tāraṇām adhipō viśvabhāvanaḥ ।*

*tējasāmapī tējasvī dvādaśātman-namō'stu tē ॥ 15 ॥*

**Meaning:** He is the lord of the constellations, stars and planets and the origin of every thing in the universe. Salutations to Aditya who appears in twelve forms (in the shape of twelve months of the year) and whose glory is described in his twelve names.

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नमः पूर्वाय गिरये पश्चिमायाद्रये नमः ।

ज्योतिर्गणानां पतये दिनाधिपतये नमः ॥16॥

*namaḥ pūrvāya girayē paśchimāyādrayē namaḥ ।*

*gyōtirgaṇānām patayē dinādhīpatayē namaḥ ॥ 16 ॥*

**Meaning:** Salutations to the Lord of sunrise and sunset, who rises at the eastern mountains and sets in the western mountains. Salutations to the Lord of the Stellar bodies and to the Lord of daylight.

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जयाय जयभद्राय हर्यश्वाय नमो नमः ।

नमो नमः सहस्रांशो आदित्याय नमो नमः ॥17॥

*jayāya jayabhadrāya haryaśvāya namō namaḥ ।*

*namō namaḥ sahasrāṃśō ādityāya namō namaḥ ॥ 17 ॥*

**Meaning:** Oh! Lord of thousand rays, son of Aditi, Salutations to you, the bestower of victory, auspiciousness and prosperity, Salutations to the one who has coloured horses to carry him.

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नम उग्राय वीराय सारंगाय नमो नमः ।

नमः पद्मप्रबोधाय प्रचण्डाय नमोऽस्तु ते ॥18॥

*nama ugrāya vīrāya saraṅgāya namō namaḥ ।*

*namaḥ padmaprabōdhāya mārtaṅḍāya namō namaḥ ॥ 18 ॥*

**Meaning:** Salutations to Martandaya the son of Mrukanda Maharisi, the terrible and fierce one, the mighty hero, the one that travels fast. Salutations to the one whose appearance makes the lotus blossom (also the awakener of the lotus in the heart)

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ब्रह्मेशानाच्युतेशाय सूर्यादित्यवर्चसे ।

भास्वते सर्वभक्षाय रौद्राय वपुषे नमः ॥19॥

*brahmēśānāchyutēśāya sūryāyāditya-varchasē ।*

*bhāsvatē sarvabhakṣāya raudrāya vapuṣē namaḥ ॥ 19 ॥*

**Meaning:** Salutations to the Lord of Brahma, Shiva and Vishnu, salutations to Surya the sun god, who (by his power and effulgence) is both the illuminator and devourer of all and is of a form that is fierce like Rudra.

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तमोघ्नाय हिमघ्नाय शत्रुघ्नायामितात्मने ।

कृतघ्नघ्नाय देवाय ज्योतिषां पतये नमः ॥20॥

*tamōghnāya himaghñāya śatrughñāyā mitātmanē ।*

*kṛtaghnaghñāya dēvāya jyōtiṣāṃ patayē namaḥ ॥ 20 ॥*

**Meaning:** Salutations to the dispeller of darkness, the destroyer of cold, fog and snow, the exterminator of foes; the one whose extent is immeasurable. Salutations also to the annihilator of the ungrateful and to the Lord of all the stellar bodies, who is the first amongst all the lights of the Universe.

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तप्तचामीकराभाय हस्ये विश्वकर्मणे ।

नमस्तमोऽभिनिघ्नाय रुचये लोकसाक्षिणे ॥21॥

*tapta chāmīkarābhāya vahnayē viśvakarmaṇē ।*

*namastamō'bhi nighñāya ruchayē lōkasākṣiṇē ॥ 21 ॥*

**Meaning:** Salutations to the Lord shining like molten gold, destroying darkness, who is the transcendental fire of supreme knowledge, who destroys the darkness of ignorance, and who is the cosmic witness of all merits and demerits of the denizens who inhabit the universe. Salutations to Vishvakarma the architect of the universe, the cause of all activity and creation in the world

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नाशयत्येष वै भूतं तमेव सृजति प्रभुः ।

पायत्येष तपत्येष वर्षत्येष गभस्तिभिः ॥22॥

*nāśayatyēṣa vai bhūtaṃ tadēva sṛjati prabhuḥ ।*

*pāyatyēṣa tapatyēṣa varṣatyēṣa gabhastibhiḥ ॥ 22 ॥*

**Meaning:** Salutations to the Lord who creates heat by his brilliant rays. He alone creates, sustains and destroys all that has come into being. Salutations to Him who by His rays consumes the waters, heats them up and sends them down as rain again.

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एष सुप्तेषु जागर्ति भूतेषु परिनिष्ठितः ।

एष चैवाग्निहोत्रं च फलं चैवाग्निहोत्रिणाम् ॥23 ॥

*ēṣa suptēṣu jāgarti bhūtēṣu pariniṣṭhitaḥ ।*

*ēṣa ēvāgnihōtram cha phalaṃ chaivāgni hōtriṇām ॥ 23 ॥*

**Meaning:** Salutations to the Lord who abides in the heart of all beings keeping awake when they are asleep. Verily he is the Agnihotra , the sacrificial fire and the fruit gained by the worshipper of the agnihotra.

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देवाश्च क्रतवश्चैव क्रतूनां फलमेव च ।

यानि कृत्यानि लोकेषु सर्वेषु परमप्रभुः ॥24॥

*vēdāścha kratavaśchaiva kratūnām phalamēva cha ।*

*yāni kṛtyāni lōkēṣu sarva ēṣa raviḥ prabhuḥ ॥ 24 ॥*

**Meaning:** The Sun God (Ravi) is the origin and protector of the four Vedas (Rig, Yajur, Sama, and Atharva), the sacrifices mentioned in them and the fruits obtained by performing the sacrifices. He is the Lord of all action in this universe and decides the Universal path.

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## फलश्रुति

एनमापत्सु कृच्छ्रेषु कान्तारेषु भयेषु च ।

कीर्तयन् पुरुषः कश्चिन्नावसीदति राघव ॥25॥

*ēna māpatsu kṛchChrēṣu kāntārēṣu bhayēṣu cha ।*

*kīrtayan puruṣaḥ kaśchinnāvaśīdati rāghava ॥ 25 ॥*

**Meaning:** Listen Oh Rama! Oh Ragava, scion of the Raghu dynasty, any person, singing the glories of Surya in great difficulties, during affliction, while lost in the wilderness, and when beset with fear, will not come to grief (or loose heart).

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पूजयस्वैनमेकाग्रो देवदेवं जगत्पतिम् ।

एतत् त्रिगुणितं जप्तवा युद्धेषु विजयिष्यति ॥26॥

*pūjayasvaina mēkāgrah dēvadēvaṃ jagatpatim ।*

*ētat triguṇitaṃ japtvā yuddhēṣu vijayiṣyasi ॥ 26 ॥*

**Meaning:** If you worship this lord of the universe, the God of all Gods, with concentrated mind and devotion by reciting this hymn (Aditya-Hridayam) thrice, you will emerge victorious in the battle.

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अस्मिन् क्षणे महाबाहो रावणं त्वं जहिष्यसि ।

एवमुक्त्वा ततोऽगस्त्यो जगाम स यथागतम् ॥27॥

*asmin kṣaṇē mahābāhō rāvaṇaṃ tvaṃ vadhiṣyasi ।*

*ēvamuktvā tadāgastyō jagāma cha yathāgatam ॥ 27 ॥*

**Meaning:** O mighty armed one, you shall triumph over Ravana this very moment. After blessing Lord Rama thus, and predicting that He would slay (the demon) Ravana, sage Agastya took leave and returned to his original place.

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एतच्छ्रुत्वा महातेजा, नष्टशोकोऽभवत् तदा ।

धारयामास सुप्रीतो राघवः प्रयतात्मवान् ॥28॥

*ētachChrutvā mahātējāḥ naṣṭaśōkō'bhavat-tadā ।*

*dhārayāmāsa suprītaḥ rāghavaḥ prayatātmavān ॥ 28 ॥*

**Meaning:** Having heard this, that great warrior Raghava, feeling greatly delighted, became free from grief. His clouds of worry thus dispelled, the lustrous Lord Rama obeyed the sayings of sage Agastya with great happiness. With composed mind he retained this hymn in his memory, ready to chant the Aditya-Hridayam.

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आदित्यं प्रेक्ष्य जप्तवेदं परं हर्षमवाप्तवान् ।

त्रिराचम्य शुचिर्भूत्वा धनुरादाय वीर्यवान् ॥29॥

*ādityaṃ prēkṣya japtvā tu paraṃ harṣamavāptavān |*

*trirāchamya śuchirbhūtvā dhanurādāya vīryavān || 29 ||*

**Meaning:** Having performed Achamanam (sipping water thrice) and being purified, Rama gazing at the sun with devotion, recited the hymn Aditya-Hridayam thrice, then that great hero Raghava was thrilled and lifted his bow.

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रावणं प्रेक्ष्य हृष्टात्मा जयार्थं समुपागमत् ।

सर्वयत्नेन महता वृत्तस्तस्य वधेऽभवत् ॥30॥

*rāvaṇaṃ prēkṣya hr̥ṣṭātmā yuddhāya samupāgamat |*

*sarvayatnēna mahatā vadhē tasya dhṛtō'bhavat || 30 ||*

**Meaning:** Lord Rama thus cheered, seeing Ravana coming to fight, put forth all his effort with a determination to kill him. (Ravana)

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अथ रविरवदन्निरीक्ष्य रामं मुदितनाः परमं प्रहृष्यमाणः ।

निशिचरपतिसंक्षयं विदित्वा सुरगणमध्यगतो वचस्त्वरेति ॥31॥

*adha raviravadannirīkṣya rāmaṃ muditamaṇāḥ paramaṃ prahr̥ṣyamāṇaḥ |*

*niśicharapati saṅkṣayaṃ viditvā suragaṇa madhyagatō vachastvarēti || 31 ||*

**Meaning:** Then knowing that the destruction of Ravana was near, the Sun-God Aditya, surrounded by all the Gods in heaven, looked at Rama with delighted mind and exclaimed 'Hurry up' - 'Be quick'.

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*ityārṣē śrīmadrāmāyaṇē vālmikīyē ādikāvye yuddhakāṇḍē pañchādhika śatatamaḥ  
sargaḥ ||*

**Meaning:** Thus ends the hymn Aditya-Hridayam in praise of the Sun God recounted in the Yuddha Kanda of Valmiki Ramayana (the war chapter)