

## आदित्यहृदयम् *Ādityahṛdayam*

ततो युद्धपरिश्रान्तं समरे चिन्तया स्थितं  
रावणं चाग्रतो दृष्ट्वा युद्धाय समुपस्थितम् ॥ १ ॥

**tato yuddha-pariśrāntam samare cintayā sthitam  
rāvaṇam cāgrato dṛṣṭvā yuddhāya samupasthitam || 1 ||**

Seeing (Shri Rāma), standing absorbed in thought on the battlefield, exhausted by the fight and Ravana facing Him, duly prepared for the fight....

दैवतैश्च समागम्य द्रष्टुमभ्यागतो रणम्  
उपगम्याब्रवीद्रामम् अगस्त्यो भगवानृषिः ॥ २ ॥  
**daivataiś-ca samāgamya draṣṭum-abhyāgato raṇam  
upagamyābravīd-rāmam agastyo bhagavān-rṣih || 2 ||**

The Blessed Sage Agatsya, who had come with Gods to witness the battle, approaching Shri Rāma spoke thus.

राम राम महाबाहो शृणु गुह्यं सनातनम्  
येन सर्वाननीवत्स समरे विजयिष्यसि ॥ ३ ॥  
**rāma rāma mahābāho śṛṇu guhyam̄ sanātanam  
yena sarvān-arīn-vatsa samare vijayiṣyasi || 3 ||**

Shri Rāma, O mighty-armed Shri Rāma, listen to the eternal secret by (knowing) which, O my child, you will conquer all your enemies on the battlefield.

आदित्यहृदयं पुण्यं सर्वशत्रुविनाशनम्  
जयावहं जपेन्नित्यं अक्षय्यं परमं शिवम् ॥ ४ ॥  
**ādityahṛdayam̄ puṇyam̄ sarva-śatru-vināśanam  
jayāvaham̄ japennityam̄ akṣayyam̄ paramam̄ śivam || 4 ||**

It is entitled the Ādityahṛdayam which is holy, destroyer of enemies, bestower of victory, eternal and supremely blessed. One should always recite it.

सर्वमङ्गलमङ्गल्यं सर्वपापप्रणाशनम्  
चिन्ताशोकप्रशमनं आयुर्वर्धनमुत्तमम् ॥ ५ ॥

**sarva-maṅgala-māṅgalyam sarva-pāpa-praṇāśanam**  
**cintā-śoka-praśamanam āyur-varданam-uttamam || 5 ||**

It is the blessing of all blessings, the best means to destroy all sins, remove anxiety and grief and promote longevity.

रश्ममन्तं समुद्यन्तं देवासुरनमस्कृतम्  
पूजयस्व विवस्वन्तं भास्करं भुवनेश्वरम् ॥ ६ ॥

**raśmi-mantam samudyantam devāsura-namaskṛtam**  
**pūjayasva vivasvantam bhāskaram bhuvaneśvaram || 6 ||**

You worship the rising Sun-god, the ruler of the worlds, who is crowned with rays, who is greeted by gods and demons alike and who illuminates (the world).

सर्वदेवात्मको ह्येषः तेजस्वी रश्मभावनः  
एष देवासुरगणान् लोकान् पाति गमस्तिभिः ॥ ७ ॥

**sarva-devātmako hyeṣah tejasvī raśmibhāvanah**  
**eṣa devā-sura-gaṇān lokān pāti gabhastibhiḥ || 7 ||**

Indeed, He is the embodiment of all gods, He is bright and He creates and sustains the hosts of gods, demons and their world by His rays.

एष ब्रह्मा च विष्णुश्च शिवः स्कन्दः प्रजापतिः

महेन्द्रो धनदः कालः यमः सोमो ह्यपां पतिः ॥ ८ ॥

**eṣa brahmā ca viṣṇuśca śivah skandah prajāpatih**  
**mahendro dhanadah kālah yamaḥ somo hyapām patih || 8 ||**

Indeed, He is Brahmā (the creator), Vishnu (the protector), Shiva (the destroyer), Skanda (the son of Lord Shiva), Prajāpati (the Lord of Creations), the mighty Indra (King of gods), Kuber (god of wealth), *Kāla* (the Time spirit), Yama (the controller), Soma (the moon god) and Varuna (god of waters).

पितरो वसवः साध्याः ह्यश्विनौ मरुतो मनुः  
वायुर्वह्निः प्रजाप्राणः ऋतुकर्ता प्रभाकरः ॥ ९ ॥

**pitaro vasavaḥ sādhyāḥ hyaśvinau maruto manuḥ**  
**vāyur-vahniḥ prajāprāṇaḥ ṛtukartā prabhākaraḥ || 9 ||**

Indeed, He is the *Pitṛs* (manes), the (eight) *Vasus*, the (twelve) *Sādhyas*, two *Aśvins* (physicians of Gods), the forty nine *Maruts*, *Manu*, the wind-god, the god of the fire, the life-breath of the universe, the source of the seasons and the store-house of light.

आदित्यः सविता सूर्यः खगः पूषा गमस्तिमान्  
सुवर्णसद्वशो भानुः स्वर्णरेता दिवाकरः ॥ १० ॥

**ādityaḥ savitā sūryaḥ khagaḥ pūṣā gabhastimān**  
**suvarṇa-sadrśo bhānuḥ svarṇaretā divākaraḥ || 10 ||**

He is the son of Aditi, the progenitor (of all), the Sun-god, the courser in the heavens, the nourisher (of all), the possessor of rays, golden, brilliant, the seed of the universe and the maker of day.

हरिदश्वः सहस्रार्चिः सप्तसप्तर्मीचिमान्  
तिमिरोन्मथनः शम्भुः त्वष्टा मार्तण्ड अंशुमान् ॥ ११ ॥

**haridaśvaḥ sahasrārciḥ saptasaptir-marīcimān**  
**timiron-mathanaḥ śambhuḥ tvaṣṭā mārtāṇḍa amśumān || 11 ||**

He has seven green horses (yoked to His chariot), is myriad-rayed, full of rays, the destroyer of darkness, the source of auspiciousness, the mitigator of the suffering (of His devotees) and is the infuser of life in the cosmic egg.

हिरण्यगर्भः शिशिरः तपनो भास्करो रविः  
अग्निगर्भोऽदिते पुत्रः शङ्खः शिशिरनाशनः ॥ १२ ॥

**hiranyagarbhaḥ śiśirāḥ tapano bhāskaro raviḥ**  
**agnigarbho’diteḥ putraḥ śaṅkhaḥ śiśira-nāśanāḥ || 12 ||**

He is the *Hiranyagarbha* – the Lord, *śiśirastapan*, *Bhāskar*, *Ravi*, the bearer of the fire (of dissolution) in his womb. He is the son of Aditi, blissful and the destroyer of cold.

व्योमनाथस्तमोभेदी ऋग्यजुः सामपारगः

घनवृष्टिरपां मित्रः विन्ध्यवीथी प्लवङ्गमः ॥ १३ ॥

**vyomanāthas-tamobhedi ṛgyajuḥ sāmapāragaḥ**

**ghanavṛṣṭir-apāṁ mitraḥ vindhyavīthī plavaṅgamah ॥ 13 ॥**

He is the Lord of heavens, the dispenser of darkness, a master of *RK*, *Yaju* and *Sāma Vedas*, the sender of thick showers, the friend of water. He courses swiftly along his own orbit.

आतपी मण्डली मृत्युः पिङ्गलः सर्वतापनः

कविर्विश्वो महातेजाः रक्तः सर्वभवोद्भवः ॥ १४ ॥

**ātapi maṇḍalī mṛtyuḥ piṅgalah sarvatāpanah**

**kavir-viśvo mahātejāḥ raktaḥ sarvabhavodbhavaḥ ॥ 14 ॥**

He is adorned with a circle of rays, he is death (itself), tawny and the destroyer of all. He is omniscient, all-formed, extremely brilliant, coppery and the source of all evolutes.

नक्षत्रग्रहताराणाम् अधिपो विश्वभावनः

तेजसामपि तेजस्वी द्वादशात्मन्मोस्तुते ॥ १५ ॥

**nakṣatra-graha-tāraṇām adhipo viśva-bhāvanaḥ**

**tejasām-api tejasvī dvādaśātman-namostute ॥ 15 ॥**

He is the controller of the house of planets and stars, the creator of all and the resplendent among the splendid. O god, appearing in twelve forms (in the shape of twelve months of the year), hail to you.

नमः पूर्वाय गिरये पश्चिमायाद्रये नमः

ज्योतिर्गणानां पतये दिनाधिपतये नमः ॥ १६ ॥

**namah pūrvāya giraye paścimāyādraye namah**

**jyotir-gaṇānāṁ pataye dinādhipataye namah ॥ 16 ॥**

Salutations to (you in the form of) the eastern mountain and the western mountain. Hail to the lord of hosts of luminaries and the lord of the day.

जयाय जयभद्राय हर्यश्वाय नमो नमः

नमो नमः सहस्रांशः आदित्याय नमो नमः ॥ १७ ॥

**jayāya jayabhadrāya haryaśvāya namo namaḥ**

**namo namaḥ sahasrāṁśah ādityāya namo namaḥ ॥ 17 ॥**

Salutations, to (you) the giver of victory. Salutations to (you) the joy born of victory. Salutations to (you) the god having green horses (yoked to your chariot), the son of Aditi and one with thousands of rays.

नम उग्राय वीराय सारङ्गाय नमो नमः

नमः पद्मप्रबोधाय मार्तण्डाय नमो नमः ॥ १८ ॥

**nama ugrāya vīrāya sāraṅgāya namo namaḥ**

**namaḥ padma-prabodhāya mārtāṇḍāya namo namaḥ ॥ 18 ॥**

Hail to (you) the subduer of the senses, the valiant one; hail to you as denoted by the mystic syllable *Om*, hail to (you) the awakener of the lotus, hail to (you) the fierce one.

ब्रह्मेशानाच्युतेशाय सूर्यायादित्यवर्चसे

भास्वते सर्वभक्षाय रौद्राय वपुषे नमः ॥ १९ ॥

**brahmeśānācyuteśāya sūryāyāditya-varcase**

**bhāsvate sarvabhakṣāya raudrāya vapushe namaḥ ॥ 19 ॥**

Salutations to the ruler of Brahmā, Lord Shiva and Lord Vishnu, Salutations to (you) Sun-god, the spiritual light indwelling the solar orb, the resplendent one, the devourer of all, the one appearing in the form of Rudra (who drives away ignorance).

तमोन्नाय हिमन्नाय शत्रुन्नायामितात्मने

कृतन्नाय देवाय ज्योतिषां पतये नमः ॥ २० ॥

**tamoghnāya himaghnāya śatruघnāya-amitātmane**

**kṛtaghna-ghnāya devāya jyotiṣāṁ pataye namaḥ ॥ 20 ॥**

Salutations to (you) the dispeller of darkness, the destroyer of cold, the exterminator of foes, the one whose extent is immeasurable, the destroyer of the ungrateful, the god who is the ruler of (all) lights.

तप्तचामीकराभाय वह्ये विश्वकर्मणे

नमस्तमोऽभिनिन्द्राय रवये लोकसाक्षिणे ॥ २१ ॥

**taptacāmīkarābhāya vahnaye viśvakarmane  
namas-tamo'bhinighnāya ravaye loka-sākṣine || 21 ||**

Salutations to you, possessing the luster of refined gold, the dispeller of ignorance, the architect of the universe, the uprooter of darkness, splendor incarnate, the witness of the world.

**नाशयत्येष वै भूतं तदेव सृजति प्रभुः  
पायत्येष तपत्येषः वर्षत्येष गमस्तिभिः ॥ २२ ॥**  
**nāśayatyeṣa vai bhūtaṁ tadeva srjati prabhuḥ  
pāyatyeṣa tapatyeṣaḥ varṣatyeṣa gabhastibhiḥ ॥ 22 ॥**

(Oh! Rāma) The aforesaid Lord alone actually destroys, brings into existence and sustains (all) that has come into existence. He (alone) radiates heat by his rays and sends showers.

**एष सुप्तेषु जागर्ति भूतेषु परिनिष्ठितः  
एष एवाग्निहोत्रं च फलं चैवाग्निहोत्रिणाम् ॥ २३ ॥**  
**eṣa supteṣu jāgarti bhūteṣu pariniṣṭhitah  
eṣa evāgnihotram ca phalaṁ caivāgnihotriṇām ॥ 23 ॥**

Seated in (all) created beings (as their inner controller), he remains awake when they have fallen asleep. He himself is the act of pouring oblations into the sacred fire as well as the fruit attained by those who pour such oblations.

**वेदाश्च क्रतवश्वैव क्रतूनां फलमेव च  
यानि कृत्यानि लोकेषु सर्व एष रविः प्रभुः ॥ २४ ॥**  
**vedāśca kratavaś-caiva kratūnām phalameva ca  
yāni kṛtyāni lokeṣu sarva eṣa raviḥ prabhuḥ ॥ 24 ॥**

He himself is the scriptures as well as the sacrifices as also the fruit of sacrifices. He (the sun-god) alone is the supreme controller of (all) activities which are found in the living beings.

**एनमापत्सु कृच्छ्रेषु कान्तारेषु भयेषु च  
कीर्तयन् पुरुषः कश्चित् नावसीदति राघव ॥ २५ ॥**  
**enam-āpatsu kṛcchreṣu kāntāreṣu bhayeṣu ca  
kīrtayan puruṣaḥ kaścit nāvasīdati rāghava ॥ 25 ॥**

No individual, singing the glories of the Lord in great difficulties, in the woods as well as in the times of peril comes to grief,  
O scion of Raghu.

पूजयस्वैनमेकाग्रः देवदेवं जगत्पतिम्  
एतत् त्रिगुणितं जस्वा युद्धेषु विजयिष्यसि ॥ २६ ॥  
pūjayasvaina-mekāgrah devadevam jagatpatim  
etat triguṇitam japtvā yuddheṣu vijayiṣyasi || 26 ||

Worship this Lord of the universe, the God of all gods, with a concentrated mind. Chanting the praise three times, one will be  
victorious in combats.

अस्मिन्नक्षणे महाबाहो रावणं त्वं वधिष्यसि  
एवमुत्त्वा तदागस्त्यः जगाम च यथागतम् ॥ २७ ॥  
asmin-kṣaṇe mahābāho rāvaṇam tvam vadhiṣyasi  
evam-uktvā tadāgastyah jagāma ca yathāgatam || 27 ||

Oh mighty-armed (Rāma)! This very moment you will (be able to) kill Ravana. Saying so the sage Agastya, thereupon left in  
the same way as he had come.

एतत् श्रुत्वा महातेजाः नष्टशोकोऽभवत्तदा  
धारयामास सुप्रीतः राघवः प्रयतात्मवान् ॥ २८ ॥  
etat śrutvā mahātejāḥ naṣṭa-śoko’bhavattadā  
dhārayāmāsa suprītaḥ rāghavaḥ prayatātmavān || 28 ||

Hearing this advice Shri Rāma (scion of Raghu), who was endowed with extraordinary energy and had a subdued mind,  
found his grief immediately dispelled. Feeling greatly delighted he retained (this hymn- *Ādityahṛdayam*) in his memory.

आदित्यं प्रेक्ष्य जस्वा तु परं हर्षमवासवान्  
त्रिराचम्य शुचिर्भूत्वा धनुरादाय वीर्यवान् ॥ २९ ॥  
ādityam prekṣya japtvā tu param harṣam-avāptavān  
trirācamya śucir-bhūtvā dhanur-ādāya vīryavān || 29 ||

Sipping water thrice (with the name of the Lord on his lips) and getting purified (in this way) looking intently on (the orb of)  
the sun and repeating this prayer, the valiant one (Rāma) experienced supreme joy, seizing hold of his bow...

रावणं प्रेक्ष्य हृष्टात्मा युद्धाय समुपागमत्  
सर्व यत्नेन महता वधे तस्य धृतोऽभवत् ॥ ३० ॥

**rāvaṇam prekṣya hrṣṭātmā yuddhāya samupāgamat  
sarva yatnena mahatā vadhe tasya dhṛto'bhavat || 30 ||**

Fixing his eyes on Ravana, (Shri Rama) who felt delighted in mind advanced in the battlefield and stood vowed to kill Ravana with an intense and all sided effort.

अथ रविरवदन् निरीक्ष्य रामं  
मुदितमनाः परमं प्रहृष्यमाणः  
निशिचरपतिसंक्षयं विदित्वा  
सुरगणमध्यगतो वचस्त्वरेति ॥ ३१ ॥

**atha raviravadan nirikṣya rāmam  
muditamanāḥ paramam prahṛṣyamāṇaḥ  
niśicarapati-samkṣayaṇa viditvā  
suragaṇa-madhyagato vacastvareti || 31 ||**

Delighted in mind seeing Shri Rama, feeling supremely exhilarated on perceiving the destruction of (Ravana) the ruler of the (night-stalkers) at hand, the Sun-god, standing (in person) in the midst of a host of gods, exclaimed: “Make haste.”