

## आदित्यहृदयम् *Ādityahṛdayam*

ततो युद्धपरिश्रान्तं समरे चिन्तया स्थितं

रावणं चाग्रतो दृष्ट्वा युद्धाय समुपस्थितम् || १ ||

**tato yuddha-pariśrāntaṃ samare cintayā sthitaṃ**

**rāvaṇaṃ cāgrato dr̥ṣṭvā yuddhāya samupasthitaṃ || 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 samāgamy draṣṭum-abhyāgato raṇam**

**upagamyābravīd-rāmam agastyo bhagavān-ṛṣiḥ || 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 सर्वानरीन्वत्स समरे विजयिष्यसि || ३ ||

**rāma rāma mahābāho śṛṇu guhyaṃ 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 ||

**ādityahṛdayaṃ puṇyaṃ sarva-śatru-vināśanam**

**jayāvahaṃ japennityam akṣayyaṃ paramaṃ 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.

सर्वमङ्गलमाङ्गल्यं सर्वपापप्रणाशनम्

चिन्ताशोकप्रशमनं आयुर्वर्धनमुत्तमम् ॥ ५ ॥

**sarva-maṅgala-māṅgalyaṃ sarva-pāpa-praṇāśanam**

**cintā-śoka-praśamanam āyur-varadhanam-uttamam ॥ 5 ॥**

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

रश्मिमन्तं समुद्यन्तं देवासुरनमस्कृतम्

पूजयस्व विवस्वन्तं भास्करं भुवनेश्वरम् ॥ ६ ॥

**raśmi-mantaṃ samudyantaṃ devāsura-namaskṛtam**

**pūjayasva vivasvantaṃ bhāskaraṃ 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 illumines (the world).

सर्वदेवात्मको ह्येषः तेजस्वी रश्मिभावनः

एष देवासुरगणान् लोकान् पाति गभस्तिभिः ॥ ७ ॥

**sarva-devātmako hyeṣaḥ tejasvī raśmibhāvanaḥ**

**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 śivaḥ skandaḥ prajāpatiḥ**

**mahendro dhanadaḥ kālaḥ yamaḥ somo hyapāṃ patiḥ ॥ 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 *Pitrs* (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 गभस्तिमान्

सुवर्णसदृशो भानुः स्वर्णरेता दिवाकरः ॥ १० ॥

**ādityaḥ savitā sūryaḥ khagaḥ pūṣā gabhastimān**

**suvarṇa-sadr̥śo 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 सप्तसप्तिर्मरीचिमान्

तिमिरोन्मथनः शम्भुः त्वष्टा मार्तण्ड अंशुमान् ॥ ११ ॥

**haridaśvaḥ sahasrārciḥ saptasaptir-marīcimān**

**timiron-mathanaḥ śambhuḥ tvaṣṭā mārtaṇḍa aṁśumān ॥ 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 śīśiraḥ tapano bhāskaro raviḥ**

**agnigarbho'diteḥ putraḥ śaṅkhaḥ śīśira-nāśanaḥ ॥ 12 ॥**

He is the *Hiranyagarbha* – the Lord, *śīśirastapan*, *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-tamobhedī ṛgyajuḥ sāmāpāragah

ghanavṛṣṭir-apāṃ mitrah vindhyavīthī plavaṅgamaḥ ॥ 13 ॥

He is the Lord of heavens, the dispenser of darkness, a master of *ṚK, 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 ॥

ātapī maṇḍalī mṛtyuḥ piṅgalaḥ sarvatāpanaḥ

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 द्वादशात्मन्नमोस्तुते ॥ १५ ॥

nakṣatra-graha-tārāṇām 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 ॥

namaḥ pūrvāya giraye paścimāyādraye namaḥ

jyotir-gaṇānām pataye dinādhīpataye namaḥ ॥ 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 sahasrāṁśaḥ 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 sārāṅgāya namo namaḥ**

**namaḥ padma-prabodhāya mārtaṇḍāya 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 vapuṣe 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).

तमोग्नाय हिमघ्नाय शत्रुघ्नायामितात्मने

कृतघ्नघ्नाय देवाय ज्योतिषां पतये नमः ॥ २० ॥

**tamoghnāya himaghnāya śatrughnāya-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 वह्नये विश्वकर्मणे

नमस्तमोऽभिनिघ्नाय रवये लोकसाक्षिणे ॥ २१ ॥

**taptacāmīkarābhāya vahnaye viśvakarmaṇe  
namas-tamo'bhinighnāya ravaye loka-sākṣiṇe || 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 गभस्तिभिः || २२ ||  
nāśayatyeṣa vai bhūtaṁ tadeva sṛjati prabhuḥ  
pāyatyeṣa tapatyēṣaḥ varṣatyēṣa 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 pariniṣṭhitaḥ  
eṣa evāgnihotraṁ 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 क्रतवश्चैव 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 जप्त्वा युद्धेषु विजयिष्यसि ॥ २६ ॥  
**pūjayasvaina-mekāgraḥ devadevaṃ jagatpatim  
etat triguṇitaṃ 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.

अस्मिन्क्षणे महाबाहो रावणं त्वं वधिष्यसि  
एवमुक्त्वा तदागस्त्यः जगाम च यथागतम् ॥ २७ ॥  
**asmin-kṣaṇe mahābāho rāvaṇaṃ 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- *Ādityahrdayam*) in his memory.

आदित्यं प्रेक्ष्य जप्त्वा तु परं हर्षमवाप्तवान्  
त्रिराचम्य शुचिर्भूत्वा धनुरादाय वीर्यवान् ॥ २९ ॥  
**ādityaṃ prekṣya japtvā tu paraṃ 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  
सर्वं यत्नेन महता वधे तस्य धृतोऽभवत् ॥ ३० ॥

**rāvaṇaṃ prekṣya hr̥ṣṭātmā yuddhāya samupāgamat  
sarva yatnena mahatā vadhe tasya dhr̥to'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 nirīkṣya rāmaṃ  
muditamanāḥ paramaṃ prahr̥ṣyamāṇaḥ  
niśicarapati-saṃkṣayaṃ 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.”