आदित्यहृदयम्

ādityahṛdayam

ततो युद्धपरिश्रान्तं समरे चिन्तया स्थितम्।

रावणं चाग्रतो दृष्ट्वा युद्धाय समुपस्थितम्॥ १ ॥

दैवतैश्च समागम्य द्रष्टुमभ्यागतो रणम्।

उपगम्याब्रवीद् राममगस्त्यो भगवांस्तदा॥ २ ॥

tato yuddhapariśrāntaṃ samare cintayā sthitam ।
rāvaṇaṃ cāgrato dṛṣṭvā yuddhāya samupasthitam ॥1॥
daivataiśca samāgamya draṣṭumabhyāgato raṇam ।
upagamyābravīd rāmamagastyo bhagavāṃstadā ॥2॥

Approaching Rāma standing absorbed in deep thought in 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 the gods,
to witness the battle, then spoke as follows –

राम राम महाबाहो श्रृणु गुह्यं सनातनम्।

येन सर्वानरीन् वत्स समरे विजयिष्यसे॥ ३ ॥

rāma rāma mahābāho śṛṇu guhyaṃ sanātanam ।

yena sarvānarīn vatsa samare vijayiṣyase ॥3॥

"O Rāma, the mighty armed! Hear the following eternal secret,
by which you can conquer all the enemies in battle, my child!"

आदित्यहृदयं पुण्यं सर्वशत्रुविनाशनम्।

जयावहं जपं नित्यमक्षयं परमं शिवम्॥ ४ ॥

सर्वमङ्गलमाङ्गल्यं सर्वपापप्रणाशनम्।

चिन्ताशोकप्रशमनमायुर्वर्धनमुत्तमम्॥ ५ ॥

ādityahṛdayaṃ puṇyaṃ sarvaśatruvināśanam ।
jayāvahaṃ japaṃ nityamakṣayaṃ paramaṃ śivam ॥4॥
sarvamaṅgalamāṅgalyaṃ sarvapāpapraṇāśanam ।
cintāśokapraśamanamāyurvardhanamuttamam ॥5॥

"This supreme prayer, Ādityahrudayam, is the best amongst auspicious verses,
it will destroy all sins, dispel all doubts, allay all worry and sorrow,
anxiety and anguish, and increase the longevity of life.
It gives complete prosperity.

रश्मिमन्तं समुद्यन्तं देवासुरनमस्कृतम्।

पूजयस्व विवस्वन्तं भास्करं भुवनेश्वरम्॥ ६ ॥

raśmimantaṃ samudyantaṃ devāsuranamaskṛtam ।
pūjayasva vivasvantaṃ bhāskaraṃ bhuvaneśvaram ॥6॥

"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 greeted by the gods and the demons alike.

सर्वदेवात्मको ह्येष तेजस्वी रश्मिभावनः।

एष देवासुरगणाँल्लोकान् पाति गभस्तिभिः॥ ७॥

sarvadevātmako hyeṣa tejasvī raśmibhāvanaḥ ।
eṣa devāsuragaṇā~llokān pāti gabhastibhiḥ ॥7॥

"Indeed, He is the very embodiment of all Gods. He is self-luminous and a reflector of all the rays.
He nourishes and energises the inhabitants of all the worlds as well as the host of Gods and demons by his rays.

एष ब्रह्मा च विष्णुश्च शिवः स्कन्दः प्रजापतिः।

महेन्द्रो धनदः कालो यमः सोमो ह्यपां पतिः॥ ८॥

पितरो वसवः साध्या अश्विनौ मरुतो मनुः।

वायुर्वह्निः प्रजाः प्राण ऋतुकर्ता प्रभाकरः ॥९॥

eṣa brahmā ca viṣṇuśca śivaḥ skandaḥ prajāpatiḥ।

mahendro dhanadaḥ kālo yamaḥ somo hyapāṃ patiḥ॥8॥

pitaro vasavaḥ sādhyā aśvinau maruto manuḥ।

vāyurvahniḥ prajāḥ prāṇa ṛtukartā prabhākaraḥ॥9॥

"Indeed, he is Brahma (the creator), Viṣṇu (the protector), Śiva (the god of destruction), Skanda (son of Śiva),
Prajāpati (the ten lords of beings), Indra (the ruler of gods), Kubera (the bestower of riches), Kāla (time),
Yama (god of retribution), Soma (the moon god), Varuṇa (ruler of waters), the Pitṛs (ancestors), the eight Vasus,
the twelve Sādhyas, the two Aśvinas (physicians of god), the forty nine Maruts (wind gods), Manu (progenitor of the human race), Vāyu (the wind god), the fire god, The created beings, the life breath (of all human beings), the maker of the seasons and the giver of light.

आदित्यः सविता सूर्यः खगः पूषा गभस्तिमान्।

सुवर्णसदृशो भानुर्हिरण्यरेता दिवाकरः ॥१०॥

हरिदश्वः सहस्रार्चिः सप्तसप्तिर्मरीचिमान्।

तिमिरोन्मथनः शम्भुस्त्वष्टा मार्ताण्डकोंऽशुमान्॥११॥

हिरण्यगर्भः शिशिरस्तपनो भास्करो रविः।

अग्निगर्भोऽदितेः पुत्रः शङ्खः शिशिरनाशनः॥१२॥

व्योमनाथस्तमोभेदी ऋग्यजुःसामपारगः।

घनवृष्टिरपां मित्रो विन्ध्यवीथीप्लवङ्गमः॥१३॥

आतपी मण्डली मृत्युः पिङ्गलः सर्वतापनः।

कविर्विश्वो महातेजाः रक्तः सर्वभवोद्भवः॥१४॥

नक्षत्रग्रहताराणामधिपो विश्वभावनः।

तेजसामपि तेजस्वी द्वादशात्मन् नमोऽस्तु ते॥ १५॥

ādityaḥ savitā sūryaḥ khagaḥ pūṣā gabhastimān।

suvarṇasadṛśo bhānurhiraṇyaretā divākaraḥ॥10॥

haridaśvaḥ sahasrārciḥ saptasaptirmarīcimān।

timironmathanaḥ śambhustvaṣṭā mārtāṇḍakoṃ'śumān॥11॥

hiraṇyagarbhaḥ śiśirastapano bhāskaro raviḥ।

agnigarbho'diteḥ putraḥ śaṅkhaḥ śiśiranāśanaḥ॥12॥

vyomanāthastamobhedī ṛgyajuḥsāmapāragaḥ।

ghanavṛṣṭirapāṃ mitro vindhyavīthīplavaṅgamaḥ॥13॥

ātapī maṇḍalī mṛtyuḥ piṅgalaḥ sarvatāpanaḥ।

kavirviśvo mahātejāḥ raktaḥ sarvabhavodbhavaḥ॥14॥

nakṣatragrahatārāṇāmadhipo viśvabhāvanaḥ।

tejasāmapi tejasvī dvādaśātman namo'stu te॥15॥

“His names are - Āditya (an offspring of Aditi), Savitā (the progenitor of all), Sūrya (the sun god), Pūṣā (the procator of people), Gabhastimān (the nourisher with rain), the possessor of golden rays that are brilliant having the golden seed, Divākara (maker of the day); he has seven horses, Sahasrārci (thousand rayed), Marīcimān (full of rays), Timironmadhana (destroyer of darkness), Śambhu (giver of life), Mārtaṇḍa (who is infuser of life in the cosmic egg); Hiraṇyagarbha (who is a golden foetus), Ahaskara (who brings the day), Ravi (eulogised by all), Agnigarbha (pregnant with fire), the son of Aditi, Śiśiranāśana (the destroyer of frost); Vyomanātha (the lord of the sky), Tamobhedī (disperser of darkness), the master of Ṛgveda, Yajurveda and Sāmaveda, Ghanavṛṣṭi (sender of great rainfall), Apāṃ mitra (the friend of waters) and Vindhyavītīplavaṅgama (the one who swiftly crosses the sky); Ātapī (he is the radiator of heat) and Maṇḍalī (is adorned with a circle of rays), Mṛtyu (he is death himself), Piṅgala (tawny in colour), Sarvatāpa (giver of warmth), omniscient, endowed with extra ordinary splendour, and Sarvabhavaodbhava (the one who is affectionate); he is the controller of all the lunar bodies, planets and stars, creator of all and resplendent among the splendid, O god, Dwādaśātman (who appears in twelve forms), hail to you!

नमः पूर्वाय गिरये पश्चिमायाद्रये नमः।

ज्योतिर्गणानां पतये दिनाधिपतये नमः॥ १६॥

namaḥ pūrvāya giraye paścimāyādraye namaḥ।

jyotirgaṇānāṃ pataye dinādhipataye namaḥ ॥16॥

Salutations to the Lord of eastern mountain (sunrise) Lord of western mountain (sunset). Salutations to the Lord of the stellar bodies and to the Lord of day.

जयाय जयभद्राय हर्यश्वाय नमो नमः।

नमो नमः सहस्रांशो आदित्याय नमो नमः॥ १७॥

jayāya jayabhadrāya haryaśvāya namo namaḥ।

namo namaḥ sahasrāṃśo ādityāya namo namaḥ॥17॥

Hail to you, the bestower of victory, hail to you the joy born of victory!
Hail to you the lord of green horses, Hail to you Oh thousand rayed one! Hail to you Oh son of Aditi!

नम उग्राय वीराय सारङ्गाय नमो नमः।

नमः पद्मप्रबोधाय प्रचण्डाय नमो नमः॥ १८॥

nama ugrāya vīrāya sāraṅgāya namo namaḥ।

namaḥ padmaprabodhāya pracaṇḍāya namo namaḥ॥18॥

Salutations to you O fierce one, salutations to the valiant one,
salutations to the one with variegated colours, hail to you Oh furious one!

ब्रह्मेशानाच्युतेशाय सूर्यायादित्यवर्चसे।

भास्वते सर्वभक्षाय रौद्राय वपुषे नमः॥ १९॥

brahmeśānācyuteśāya sūryāyādityavarcase।

bhāsvate sarvabhakṣāya raudrāya vapuṣe namaḥ॥19॥

Salutations to the Lord of Brahma, Śiva and Viṣṇu, salutations to Sūrya 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.

तमोघ्नाय हिमघ्नाय शत्रुघ्नायामितात्मने।

कृतघ्नघ्नाय देवाय ज्योतिषां पतये नमः॥ २०॥

tamoghnāya himaghnāya śatrughnāyāmitātmane ।

kṛtaghnaghnāya devāya jyotiṣāṃ pataye namaḥ ॥20॥

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 destroyer of the ungrateful and to the Lord of all the stellar bodies, who is the ruler of all the lights of the Universe.

तप्तचामीकराभाय हरये विश्वकर्मणे।

नमस्तमोऽभिनिघ्नाय रुचये लोकसाक्षिणे॥ २१ ॥

taptacāmīkarābhāya haraye viśvakarmaṇe ।

namastamo'bhinighnāya rucaye lokasākṣiṇe ॥21॥

Salutations to the Lord shining like refined gold, destroying darkness, to the architect of the universe,
who destroys the darkness (of ignorance), and who is the cosmic witness. Salutations to incarnate splendour, the cause of all activity and creation in the world.

नाशयत्येष वै भूतं तमेव सृजति प्रभुः।

पायत्येष तपत्येष वर्षत्येष गभस्तिभिः॥ २२ ॥

nāśayatyeṣa vai bhūtaṃ tameva sṛjati prabhuḥ ।

pāyatyeṣa tapatyeṣa varṣatyeṣa gabhastibhiḥ ॥22॥

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.

एष सुप्तेषु जागर्ति भूतेषु परिनिष्ठितः।

एष चैवाग्निहोत्रं च फलं चैवाग्निहोत्रिणाम्॥ २३ ॥

eṣa supteṣu jāgarti bhūteṣu pariniṣṭhitaḥ ।

eṣa caivāgnihotraṃ ca phalaṃ caivāgnihotriṇām ॥23॥

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.

देवाश्च क्रतवश्चैव क्रतूनां फलमेव च।

यानि कृत्यानि लोकेषु सर्वेषु परमप्रभुः॥ २४॥

devāśca kratavaścaiva kratūnāṃ phalameva ca।

yāni kṛtyāni lokeṣu sarveṣu paramaprabhuḥ॥24॥

He comprises all the gods, as well as the fruits of the sacrifices also.
He is supremely competent, one of all activities which is found in all the worlds.

एनमापत्सु कृच्छ्रेषु कान्तारेषु भयेषु च।

कीर्तयन् पुरुषः कश्चिन्नावसीदति राघव॥ २५॥

enamāpatsu kṛcchreṣu kāntāreṣu bhayeṣu ca।

kīrtayan puruṣaḥ kaścinnāvasīdati rāghava॥25॥

Listen, Oh Rāghava, 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.

पूजयस्वैनमेकाग्रे देवदेवं जगत्पतिम्।

एतत् त्रिगुणितं जप्त्वा युद्धेषु विजयिष्यति॥ २६॥

pūjayasvainamekāgre devadevaṃ jagatpatim।

etat triguṇitaṃ japtvā yuddheṣu vijayiṣyati॥26॥

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

अस्मिन् क्षणे महाबाहो रावणं त्वं जहिष्यसि।

एवमुक्त्वा ततोऽगस्त्यो जगाम च यथागतम्॥ २७॥

asmin kṣaṇe mahābāho rāvaṇaṃ tvaṃ jahiṣyasi ।
evamuktvā tato’gastyo jagāma ca yathāgatam ॥27॥

“O mighty-armed one, you shall triumph over Rāvaṇa this very moment.”
Saying so, sage Agastya took leave and returned to his original place.

एतच्छ्रुत्वा महातेजा नष्टशोकोऽभवत् तदा।

धारयामास सुप्रीतो राघवः प्रयतात्मवान्॥ २८॥

आदित्यं प्रेक्ष्य जप्त्वेदं परं हर्षमवाप्तवान्।

त्रिराचम्य शुचिर्भूत्वा धनुरादाय वीर्यवान्॥ २९॥

रावणं प्रेक्ष्य हृष्टात्मा जयार्थं समुपागमत्।

सर्वयत्नेन महता वृतस्तस्य वधेऽभवत्॥ ३०॥

Transliteration:
etacchrutvā mahātejā naṣṭaśoko'bhavat tadā ।
dhārayāmāsa suprīto rāghavaḥ prayatātmavān ॥28॥
ādityaṃ prekṣya japtvedaṃ paraṃ harṣamavāptavān ।
trirācamya śucirbhūtvā dhanurādāya vīryavān ॥29॥
rāvaṇaṃ prekṣya hṛṣṭātmā jayārthaṃ samupāgamat ।
sarvayatnena mahatā vṛtastasya vadhe'bhavat ॥30॥

English translation:
Having heard this, that great warrior Raghava, feeling greatly delighted, became free from anguish. The lustrous Lord Rāma obeyed the sayings of sage Agastya with great happiness. With a composed mind, he retained this hymn in his memory, ready to chant the Ādityahrudyam.
Having performed Acamanam (sipping water thrice) and being purified, Rāma gazing at the sun with devotion, recited the hymn Ādityahrudyam thrice, then that great hero Rāghava was thrilled and lifted his bow.

अथ रविरवदन्निरीक्ष्य रामं मुदितमनाः परमं प्रहृष्यमाणः।

निशिचरपतिसंक्षयं विदित्वा सुरगणमध्यगतो वचस्त्वरेति॥ ३१ ॥

Transliteration:

atha raviravadannirīkṣya rāmaṃ muditamanāḥ paramaṃ prahṛṣyamāṇaḥ।

niśicarapatisaṃkṣayaṃ viditvā suragaṇamadhyagato vacastvareti॥31॥

English translation:

Then knowing that the destruction of Rāvaṇa was near, the Sun-God,
surrounded by all the Gods in heaven, looked at Rāma with a delighted mind and exclaimed "Hasten up!"

(Source: https://resanskrit.com/blogs/blog-post/aditya-hrudayam-stotram-explained?)

आदित्यहृदयम्

ततो युद्ध परिश्रान्तं समरे चिन्तयास्थितम् ।

रावणं चाग्रतो दृष्ट्वा युद्धाय समुपस्थितम् ॥ 1 ॥

दैवतैश्च समागम्य द्रष्टुमभ्यागतो रणम् ।

उपागम्याब्रवीद्रामं अगस्त्यो भगवान् ऋषिः ॥ 2 ॥

राम राम महाबाहो श्रृणु गुह्यं सनातनम् ।

येन सर्वानरीन् वत्स समरे विजयिष्यसि ॥ 3 ॥

आदित्यहृदयं पुण्यं सर्वशत्रु-विनाशनम् ।

जयावहं जपेन्नित्यं अक्षय्यं परमं शिवम् ॥ 4 ॥

सर्वमङ्गल-माङ्गल्यं सर्वपाप-प्रणाशनम् ।

चिन्ताशोक-प्रशमनं आयुर्वर्धनमुत्तमम् ॥ 5 ॥

रश्मिमन्तं समुद्यन्तं देवासुर नमस्कृतम् ।

पूजयस्व विवस्वन्तं भास्करं भुवनेश्वरम् ॥ 6 ॥

सर्वदेवात्मको ह्येष तेजस्वी रश्मिभावनः ।

एष देवासुर-गणान् लोकान् पाति गभस्तिभिः ॥ 7 ॥

एष ब्रह्मा च विष्णुश्च शिवः स्कन्दः प्रजापतिः ।

महेन्द्रो धनदः कालो यमः सोमो ह्यपां पतिः ॥ 8 ॥

पितरो वसवः साध्या ह्यश्विनौ मरुतो मनुः ।

वायुर्वह्निः प्रजाप्राणः ऋतुकर्ता प्रभाकरः ॥ 9 ॥

आदित्यः सविता सूर्यः खगः पूषा गभस्तिमान् ।
सुवर्णसदृशो भानुः हिरण्यरेता दिवाकरः ॥ 10 ॥ [स्वरणरेता दिवाकरः]

हरिदश्वः सहस्रार्चिः सप्तसप्ति-र्मरीचिमान् ।
तिमिरोन्मथनः शम्भुः त्वष्टा मार्ताण्डकोंऽशुमान् ॥ 11 ॥

हिरण्यगर्भः शिशिरः तपनो भास्करो रविः ।
अग्निगर्भोऽदितेः पुत्रः शङ्खः शिशिरनाशनः ॥ 12 ॥

व्योमनाथ-स्तमोभेदी ऋग्यजुःसाम-पारगः ।
घनावृष्टिरपां मित्रः विन्ध्यवीथी प्लवङ्गमः ॥ 13 ॥

आतपी मण्डली मृत्युः पिङ्गलः सर्वतापनः ।
कविर्विश्वो महातेजा रक्तः सर्वभवोद्भवः ॥ 14 ॥

नक्षत्र ग्रह ताराणां अधिपो विश्वभावनः ।
तेजसामपि तेजस्वी द्वादशात्म-न्नमोऽस्तु ते ॥ 15 ॥

नमः पूर्वाय गिरये पश्चिमायाद्रये नमः ।
ज्योतिर्गणानां पतये दिनाधिपतये नमः ॥ 16 ॥

जयाय जयभद्राय हर्यश्वाय नमो नमः ।
नमो नमः सहस्रांशो आदित्याय नमो नमः ॥ 17 ॥

नम उग्राय वीराय सारङ्गाय नमो नमः ।
नमः पद्मप्रबोधाय मार्ताण्डाय नमो नमः ॥ 18 ॥

ब्रह्मेशानाच्युतेशाय सूर्यायादित्य-वर्चसे ।

भास्वते सर्वभक्षाय रौद्राय वपुषे नमः ॥ 19 ॥

तमोघ्नाय हिमघ्नाय शत्रुघ्नाया मितात्मने ।

कृतघ्नघ्नाय देवाय ज्योतिषां पतये नमः ॥ 20 ॥

तप्त चामीकराभाय वह्नये विश्वकर्मणे ।

नमस्तमोऽभि निघ्नाय रवये लोकसाक्षिणे ॥ 21 ॥

नाशयत्येष वै भूतं तदेव सृजति प्रभुः ।

पायत्येष तपत्येष वर्षत्येष गभस्तिभिः ॥ 22 ॥

एष सुप्तेषु जागर्ति भूतेषु परिनिष्ठितः ।

एष एवाग्निहोत्रं च फलं चैवाग्नि होत्रिणाम् ॥ 23 ॥

वेदाश्च क्रतवश्चैव क्रतूनां फलमेव च ।

यानि कृत्यानि लोकेषु सर्व एष रविः प्रभुः ॥ 24 ॥

फलश्रुतिः

एन मापत्सु कृच्छ्रेषु कान्तारेषु भयेषु च ।

कीर्तयन् पुरुषः कश्चिन्नावशीदति राघव ॥ 25 ॥

पूजयस्वैन मेकाग्रः देवदेवं जगत्पतिम् ।

एतत् त्रिगुणितं जप्त्वा युद्धेषु विजयिष्यसि ॥ 26 ॥

अस्मिन् क्षणे महाबाहो रावणं त्वं वधिष्यसि ।

एवमुक्त्वा तदागस्त्यो जगाम च यथागतम् ॥ 27 ॥

एतच्छ्रुत्वा महातेजाः नष्टशोकोऽभवत्तदा ।

धारयामास सुप्रीतः राघवः प्रयतात्मवान् ॥ 28 ॥

आदित्यं प्रेक्ष्य जप्त्वा तु परं हर्षमवाप्तवान् ।

त्रिराचम्य शुचिर्भूत्वा धनुरादाय वीर्यवान् ॥ 29 ॥

रावणं प्रेक्ष्य हृष्टात्मा युद्धाय समुपागमत् ।

सर्वयत्नेन महता वधे तस्य धृतोऽभवत् ॥ 30 ॥

अध रविरवदन्निरीक्ष्य रामं मुदितमनाः परमं प्रहृष्यमाणः ।

निशिचरपति सङ्क्षयं विदित्वा सुरगण मध्यगतो वचस्त्वरेति ॥ 31 ॥

इत्यार्षे श्रीमद्रामायणे वाल्मिकीये आदिकाव्ये युद्धकाण्डे पञ्चाधिक शततमः सर्गः ॥