

ADITYA HRUDAYAM

ADITYA HRUDAYAM

The Eternal Glories Of Surya Bhagwan

Agasthya Muni presents to Shree Rama in the Battle Field

1. Tato yuddha pari srantam, Samare Cintaya Sthitam. Ravanam Cagrato drustva, Yuddhaya Samupasthitam.

Tato yuddha parisrantam = At that battle ground;

Samare cintaya sthitam = with great worry engulfing in the battle;

Ravanam cagrato drustva = Gazing at Ravana with Single minded attention;

yuddhaya Samupasthitam = Having prepared to fight.

2. Daivataisca Samagamyā, Drastum abhya gatoranam. Upa gamyā bravid ramam, Agastyo bhagavan rsih.

Daiva taisca Samagamyā = Came along with the Devas
to witness the war;

Drastum abhya gatoranam = Seen Rama depressed;

Upa gamyā bravid rama = Met him alone;

Agasthyo Bhagavan Rsi. = The great Rishi Agasthya.

3. Rama Rama Mahabaho, Srunu guhyam Sanatanam. Yena Sarvan Areen vatsa, Samare Vijayisyasi.

Rama Rama Mahabaho = Addressing the elegant armed Rama;

Srunu guhyam Sanatanam = Hear the most ancient secret.

Yena Sarvan Areen Vatsa – o child all your enemies

Samare Vijaisyasi = You Will win in the war.

4. Aditya Hrudayam punyam, Sarva satru Vinasanam. Jayavaham Japet Nityam, Akshaya yam paramam sivam.

Aditya hrudayam punyam = The meditation of Sun in the heart highly beneficial;

Sarva Satruvinasanam = Destroyer of all enemies,

Jayavaham = Ensures Victory at all times;

Japetnnityam = To the one who to be meditated always;

Akshaya yam paramam sivam = The indestructible and bestows permanent happiness.

**5. Sarva mangala Mangalyam,
Sarva papa pranasanam.
Cintasoka prasam-anam
Ayur vardhanam uttamam.**

Sarva mangala mangalyam = Most favourable among the auspicious ones;

Sarvapapa pranasanam = All Sins destroyed;

Cinta Soka prasamanam = Removes worries and subdues sorrows;

Ayur vardhanam = Enhances longevity;

Uttamam = the best;

6. Rasmi mantam Samud yantam. Devasura Namaskrutam. Pujayasva Vivas vantam, Bhaskaram bhuvariesvaram.

Rasmi mantam = Having golden hue warm rays;

Samudyantam = Rising an all sides.

Devasura namaskrutam = Being worshipped by Devas and Danavas;

Vivasvantam = By his light encircling the lights of the solar logos;

Bhaskaram = grants light to Surya, Candra, Agni;

Pujayasva = Fit to be worshipped,

Bhuvan eswaram = Lord of the world.

**7. Sarva Devatmako hyesa.
Tejasvee rasmi bhavanah.
Esa Deva asura ganal,
Lokan pati gabhastibhih.**

Sarva devatmanah Yesha = The embodiment of all gods;

Tejasvi = Having the immense illumination that subdues
the light of all others;

Esah = This person;

Gabhastibhih = With the rays;

Devasuraganan = The groups of Devas and Rakshasas;

Loka Pati = protector of world.

8. **Esa brahma ca Visnusca, Sivah Skandah Prajpatih. Mahendro dhanadah kalo, Yamah Somo hyapam patih.**

Esa = He; **Brahmaca** = The creator; **Visnusca** = God of permeater; **Sivah** = The destroyer; **Skandah** = God of secretion (Kumara Svami); **Prajapatih** = The lord of creation; **Mahendrah** = Devendra, god of Devas; **Dhanadah** = Kubera (the lord of wealth); **Kalah** = In charge of time (Kala purusa) **Yamah** = Yama (God of death); **Somah** = Candra (Moon);
Apampatih = Varuna (Lord of Water)

9. Pitaro Vasavah Sadhya, Ashvinov maruto manuh. Vayur Vahnih praja pranah, Ritu Karta Prabhakarah.

Pitarah = Lord of Ancestors (pitru Devas)

Vasavah = The 8 Vasus; **Sadhyah** = The 12 Sadhyas (In charge of manifestation) **Asvinou** = Two Asvini Kumars; **Marutah** = Groups of Martas (who vibrates); **Manuh** = Vaivasvata manu; **Vayuh** = Air; **Vahnih** = Fire; **Praja pranah** = The bestower of life to people; **Ritu karta** = The ordainer of seasons like vasanta, sarad ritu etc **Prabhakarah** = bestows fame and name i.e. Aditya.

10. **Adityah Savita Suryah.**

Khaga pusha gabhastiman.

Suvarna Sadruso bhanuh,

Hiranya rayta Divakarah.

Aditah = Son of Aditi, **Savita** = glory just before sunrise; **Surya** = Inspirer of senses; **Khagah** = lord of sky; **Pusa** = The nourisher; **Gabhastiman** = possessor of rays, **Suvarna Sadrusah** = Having golden hue;

Hiranya rayta=Having the fertility as golden light;

Divakarah = The bestower of day light.

11. Haridasvah Sahastrarcih, Sapta Saptar marichiman. Timiron mathanah Sambhuh, Tvasta Martanda ko Amsuman.

Haridasvah = Having green horses; **Sahasracih** = Having thousand rays; **Sapa Saptih** = possessing seven horses drawn with chariot; **Mariciman** = Vibrating with his rays; **Timiron mathah** = Dispeller of darkness (ignorance); **Sambhuh** = Giver of happiness; **Tvasta** = makes all forms dwindle; **Martandah** = Born from the shape of lifeless egg (perishable nature);
Amsuman = Having radiating rays.

**12. Hiranya garbhah shasirah,
Tapano Bhaskaro ravih.
Agnir garbho diteh putrah,
Sankhah Sisira nasannah.**

Hiranya garbhah = With golden womb; **Sisirah** = cooled one; **Tapanah** = Making one tremble; **Bhaskarah** = The illuminator; **Ravih** = The creator (Ravi); **Agni garbhah** = fiery womb; **Sisira nasannah** = Destroyer of snow fall & fog.

13. Vyomanathas tamobhedi, Rig yajuh Sama paragah. Ghana vrustir apam mitro, Vindhya vithi plavangamah.

Vyomanatha = The lord of the cosmos;
Tamobhedi = Drives away darkness and institutes light; **Rig yajur sama paragah** = One who has visualised the three vedas Rig, Yaju and Sama;
Ghana Vrustih = One showers abundant rains;
Apam mitrah = Friend of waters; **Vindhya Vithi plavangamah** = one who travels in the direction South of Vindhya.

14. Aatapi Mandali Mrutyuh, Pingalah Sarvatapanah. Kavir visvo Mahateja, Raktah sarva bhavod bhavah.

Aatapi = Blazer of heat with his rays; **Mandali** = having the shape of a cycle (round shape);
Mrutyuh = The cause of death; **Pingalah** = Having yellow colour; **Sarva tapanah** = making every body burn; **Kavir** = poet; **Visvah** = The universal form; **Mahatejah** = The most brilliant;
Raktah = Having reddish colour;
Sarva bhavod bhavah = origin for every karma.

**15. Nakshatra graha taranam,
Adhipo vishva bhavanah.
Tejasam api tejasvi,
Dvadas atman namostutay.**

Nakshatra graha taranam = Asvin, Candra and for planets of the constellation; **Adhipah** = Lord; **Vishva bhavanah** = The thought of origin of creation; **Tejasam api** = Even for the great brilliant one; **tejasvi** = more brilliant; **Dvadasatman** = The twelve parts of Bhagavan Surya; ; **Namostutay** = Salutations to you

**16. Namah purvaya Giraye,
Pascim ayadrye namah.
Jyotir gananam pataye,
Dinadhi pataye Namah.**

Purvaya = Present on the east rising; **Giraye** = For the mountain; **Namah** = Salutation; **Pascime** = Setting on the west side; **Giraye** = the mountain; **Namah** = Salutation; **Jyotir gananam** = The groups brilliant rays; **pataye** = To the lord; **Dinadhi pataye** = Lord of the day Surya; **Namah** = Salutations.

**17. Jayaya Jaya bhadraya,
Haryasvaya Namonamah.
Namonamah Sahasramaso,
Adityaya Namonamah.**

Jayaya = For Success; **Jayabhadraya** = For the bestower of victory ensuring it; **Namah** = Salutations; **Haryasvaya** = For the possessor of yellow horses; **Namonamah** = Salutations again and again; **Sahasramaso** = Oh! Lord of thousand rays; **Adityaya** = The son of Aditi; **Namonamah** = Salutations again and again.

**18. Nama ugraya Viraya,
Sarangaya Namoh Namah.
Namah padma prabodhaya,
Martandaya Namoh Namah.**

- **Ugraya** = For the aggressive Violent one;
Namah = Salutations; **Viraya** = For the mighty;
Namah = Salutation; **Padma prabhodaya** = the
one who blossoms the lotus flowers;
Martandaya = For the son of Mrukanda
Maharsi; **Namoh Namah** = Salutation

**19. Brahmesan acyuteshaya,
Suryaya Aditya Varcase.
Bhasvate Sarva bhakshaya,
Roudraya vapushe namah.**

Brahma = For Brahma; **acyuteshaya** = unmoving;
Suryaya = For Surya; **Aditya Varcase** = With the
glow of Aditya; **Bhasvate** = Illumines; **Sarva**
Bhakshaya = Every thing is being eaten;
Roudraya = makes one afraid of him;
Vapuse = having a body; **Namah** = Salutation.

**20. Tamoghnaya himaghnaya,
Satrughnaya amit atmane.
Krutaghna ghnaya Devaya,
Jyotisam pataye namah.**

Tamoghnaya = Dispeller of darkness;

Himaghnaya = Destroyer of Snow and dew;

Satrughnaya = Conqueror of enemies;

Amit atmane = The all pervading; **Krutaghna** = Kills the person who has forgotten the help rendered; **Devaya** = Self effulgent; **Jyotisam** = For the lights; **Pataye** = Lord; **Namah** = Salutations.

**21. Tapta chamee karabhaya,
Haraye Visvakarmane.
Namas tamo bhinighnaya,
Rucaye lokasakshine.**

Tapta Chami karabhaya = Having the colour of the burning gold; **Haraye** = This world;

Visvakarmane = Divine Architect

Namas Tamo bhinighnaya=Destroyer of darkness,

Rucaye loka shaksinay = having all brilliance
towitness world

22. Nasayatyesa Vai bhutam, Tameva Srujati prabhuh. Payatyesa tapatyesa, Varsatyesa gabhastibhih.

Esah = This Aditya, **prabhuh** = Lord; **Bhutam** = Jivas (living beings), **Nasayati** = Destroys; Tameva = darkness only; **Srujati** = Again Created; **Esah** = He; **Gabhastabhih** = By his brilliant rays; **payati** = protects; **Esah** = He; **Tapati** = Causes heat; **Esah** = he; **Varsati** = Gives rain.

**23. Esa suptesu jagarti,
Bhutesu parinistatah.
Esa Chaiva agni hotram ca,
Phalam caiva agni hotrinam.**

Esa = he; **Bhutesu** – Jivas (Pranis); **Suptesu** = while sleeping; **jagarti** = awakens; **Agni hotram ca** = personification of fire; **Esa** = He alone; **Agni hotrinam** = For the persons performing fire ritual; **Phalam ca** = Beneficiary; **Cha Eva** = he himself.

**24. Dayvasca kratavascaiva,
Kratunam phalameva ca.
Yani krutyani lokesu,
Sarva Eshu Param prabhuh.**

Dayvasca = Devatas; **Kratavascaiva** = Rituals;
Kratunam = Belonging to the ritual functions;
Phalamevaca = Benefits also; **Sah** = he alone;
Lokesu = The fourteen worlds; **Yanikrutyani** =
Whatever works; **Sarvah** = All those; **Esah** =
These; **Prabhuh** = Ruler; **Ravih** = Surya only.

PHAL SHRUTI.

**25. Ena mapatsu krucchresu,
kantaresu bhayesu ca.**

**Keerttayan purusah Kascinn,
Navasidati Raghavah.**

- **He! Raghava** = Oh! Rama! **Kascinnavasidati Raghava** Any Man; **Enam** = This Surya; **Krucchresu** = All types; **Apatsu** = Dangers; **Kantaresu** = From the Jungles; **Bhayesuca** = From frightful conditions; **Kritiyam** = When prayed; **Navasidati** = will not leave you (will protect you)

**26. Pujayasvainam ekagro,
Deva Devam Jagat patitam.
Etat Trigunitam Japtva,
Yuddhesu Vijayisyasi.**

Deva Devam = The Lord of Gods; **Jagat patitam** = The ruler of the universe; **Enam** = This Aditya; **Ekagrah** = with single attention; **Pujayasva** = worship, **Etat** = This Aditya hrudayam; **Trigunitam** = Three times; **japtva** = If meditated; **yuddhesu** = In this battle (at all crisis); **Vijayisyasi** = Gets victory.

**27. Asmin kshane maha baho,
Ravanam tvam Jadhisyasi.
Eva muktva tada Agastyo,
Jagama sa yathagatam.**

He! Maha baho = Oh! Elegant shouldered Rama; **Tvam** = You; **Ravanam** = Ravana; **Asmin kshane** = At this moment only; **Vadhisyasi** = Can be killed; **Evam** = In this way; **uktva** = Declared; **Tatha Agasthyah** = Then Sage Agastya; **Yatha gatam Jagamaca** = Left in the Same way of his arrival.

**28. Etaschrutva mahateja,
Nasta Shoko bhavattada.
Dharayamasa Suupreeto,
Raghavah Prayatatmavan.**

Maha Tejah = The great Warrior; **Raghavah** = Rama; **Etat Srutva** = having heard; **Aditya hrdaya Stotra**; **Supritah** = Being satisfied; **prayatatmavan** = with pious heart; **Dharayamasa** = Meditated; **Nasta sokah** = With sorrow disappeared; **Abhavat** = Taken place.

29. Adityam prekshya japatvadam, Param harsam Avaptavan. Triracamyā sucirbhutva, Dhanur adaya Viryavan.

Triracamyā = performing three times; **Acamyā** = taking water with the hand 3 times and sipping; **Sucirbhnutva** = Having purified; **Adityam prekshva** = perceiving Lord Surya incessantly; **Japtyatu** = after meditating; **Param** = Supreme; **Harsam Avaptavan** = with great pleasure; **Viryavan** = The chivalrous Rama; **Dhanuradaya** = lifting his bow.

**30. Ravanam prekshya hrustatma,
Jaiartham samupagamat.
Sarvayatnena Mahata,
Vadhe tasya dhruto abhavet.**

Hrustatma = Having satisfied Rama; **Ravanam** = Ravana; **prekshya** = particularly seen him; **yuddhaya** = for waging war; **Samupagamati** = Approaching nearly; **Mahata Sarva yatnena** = with all the efforts worth the name; **Tasya** = to that Ravana; **Vadhe** = To kill; **Dhrutah** = with great determination; **Abhavat** = Prepared.

**31. Atha Ravir Avadan Nirikshya Ramam,
Muditamana Parama Prahrushya manah.
Nischir apati sankshya Veditva,
Sura Gana Madhya Gato VachasTwarayti.**

**Seeing Shri Rama now ready Sueya Bhagwan
blessed him and said make haste.**

Iti Aditya Hrudayam

End

ADITYA HRUDAYAM

ADITYA HRUDAYAM

**The Eternal Glories Of
Surya Bhagwan**

**MAY HIS DIVINE RAYS FLOW INTO YOUR HEART &
GRANT YOU PEACE, PROGRESS AND PROSPERITY**

PT RAM HARDOWAR *August 2010*