॥ श्री गणेशाय नमः ॥

Aditya Hrudayam

Aditya Hrudayam (English Study Edition)

VALMIKI RAMAYANA • IAST TRANSLITERATION • VERSE-BY-VERSE EXPOSITION

॥ वाल्मीकि रामायण युद्धकाण्डे पञ्चाधिकशततमः सर्गः ॥

श्लोक 1 (SHLOKA)

ततो युद्धपरिश्रान्तं समरे चिन्तया स्थितम्।
रावणं चाग्रतो दृष्ट्वा युद्धाय समुपस्थितम्॥

Tato yuddhapariśrāntaṁ samare cintayā sthitam |
Rāvaṇaṁ cāgrato dṛṣṭvā yuddhāya samupasthitam ||

> Beholding Lord Rama standing fatigued on the battlefield, engrossed in deep thought, and seeing Ravana standing before Him ready for intense battle...

श्लोक 2 (SHLOKA)

दैवतैश्च समागम्य द्रष्टुमभ्यागतो रणम्।
उपागम्याब्रवीद्राममगस्त्यो भगवानृषिः॥

Daivataiśca samāgamya draṣṭumabhyāgato raṇam |
Upāgamyābravīdrāmamagastyo bhagavānṛṣiḥ ||

> ...The venerable sage Agastya, who had arrived along with the celestial gods to witness the battle, approached Rama and spoke as follows:

श्लोक 3 (SHLOKA)

राम राम महाबाहो शृणु गुह्यं सनातनम्।
येन सर्वानरीन्वत्स समरे विजयिष्यसि॥

Rāma rāma mahābāho śṛṇu guhyaṁ sanātanam |
Yena sarvānarīnvatsa samare vijayiṣyasi ||

> 'O Rama, O mighty-armed Rama! Listen to this eternal secret, by which, my dear child, you shall conquer all your adversaries in combat.'

श्लोक 4 (SHLOKA)

आदित्यहृदयं पुण्यं सर्वशत्रुविनाशनम्।
जयावहं जपेन्नित्यमक्षयं परमं शिवम्॥

Ādityahṛdayaṁ puṇyaṁ sarvaśatruvināśanam |
Jayāvahaṁ japennityamakṣayaṁ paramaṁ śivam ||

> 'This is the sacred Aditya Hrudayam, which annihilates all foes, confers ultimate victory, and is imperishable and supremely auspicious. One should recite it constantly.'

श्लोक 5 (SHLOKA)

सर्वमङ्गलमाङ्गल्यं सर्वपापप्रणाशनम्।
चिन्ताशोकप्रशमनमायुर्वर्धनमुत्तमम्॥

Sarvamaṅgalamāṅgalyaṁ sarvapāpapraṇāśanam |
Cintāśokapraśamanamāyurvardhanamuttamam ||

> 'It is the most auspicious of all that is auspicious, the destroyer of all sins, the dispeller of anxieties and grief, and the supreme enhancer of longevity.'

श्लोक 6 (SHLOKA)

रश्मिमन्तं समुद्यन्तं देवासुरनमस्कृतम्।
पूजयस्व विवस्वन्तं भास्करं भुवनेश्वरम्॥

Raśmimantaṁ samudyantaṁ devāsuranamaskṛtam |
Pūjayasva vivasvantaṁ bhāskaraṁ bhuvaneśvaram ||

> 'Worship the radiant Sun, the creator of light (Bhaskara), adorned with effulgent rays, rising majestically, saluted by both gods and demons, and sovereign ruler of the universe.'

श्लोक 7 (SHLOKA)

सर्वदेवात्मको ह्येष तेजस्वी रश्मिभावनः।
एष देवासुरगणांल्लोकान् पाति गभस्तिभिः॥

Sarvadevātmako hyeṣa tejasvī raśmibhāvanaḥ |
Eṣa devāsuragaṇāṁllokān pāti gabhastibhiḥ ||

> 'He indeed is the embodiment of all divinities, replete with fiery energy, nourishing all creation through His rays. He protects the celestials, demons, and mortal worlds through His effulgence.'

श्लोक 8 (SHLOKA)

एष ब्रह्मा च विष्णुश्च शिवः स्कन्दः प्रजापतिः।
महेन्द्रो धनदः कालो यमः सोमो ह्यपां पतिः॥

Eṣa brahmā ca viṣṇuśca śivaḥ skandaḥ prajāpatiḥ |
Mahendro dhanadaḥ kālo yamaḥ somo hyapāṁ patiḥ ||

> 'He is Brahma the creator, Vishnu the preserver, Shiva the transformer, Skanda, Prajapati, Indra the king of gods, Kubera the dispenser of wealth, Kala (Time), Yama (Lord of death), Soma (the Moon), and Varuna the Lord of waters.'

श्लोक 9 (SHLOKA)

पितरो वसवः साध्या ह्यश्विनौ मरुतो मनुः।
वायुर्वह्निः प्रजाप्राण ऋतुकर्ता प्रभाकरः॥

Pitaro vasavaḥ sādhyā hyaśvinau maruto manuḥ |
Vāyurvahniḥ prajāprāṇa ṛtukartā prabhākaraḥ ||

> 'He is the Pitris (ancestors), the eight Vasus, the Sadhyas, the twin Ashvins, the Maruts (wind gods), Manu, Vayu (air), Agni (fire), the vital breath of all creatures, the architect of seasons, and the creator of light.'

श्लोक 10 (SHLOKA)

आदित्यः सविता सूर्यः खगः पूषा गभस्तिमान्।
सुवर्णसदृशो भानुर्हिरण्यरेता दिवाकरः॥

Ādityaḥ savitā sūryaḥ khagaḥ pūṣā gabhastimān |
Suvarṇasadṛśo bhānurhiraṇyaretā divākaraḥ ||

> 'He is Aditya (son of Aditi), Savita (the instigator of life), Surya (the moving luminary), Khaga (traversing the heavens), Pushan (the nourisher), luminous with brilliant rays, gleaming like burnished gold, the golden cosmic seed, and the maker of the day.'

श्लोक 11 (SHLOKA)

हरिदश्वः सहस्रार्चिः सप्तसप्तिर्मरीचिमान्।
तिमिरोन्मथनः शम्भुस्त्वष्टा मार्तण्ड अंशुमान्॥

Haridaśvaḥ sahasrārciḥ saptasaptirmarīcimān |
Timironmathanaḥ śambhustvaṣṭā mārtaṇḍa aṁśumān ||

> 'He has tawny-green steeds, thousands of blazing beams, seven harnessed horses, rays of cosmic light, the destroyer of darkness, the harbinger of happiness (Shambhu), the divine shaper (Tvashta), the life-giver born of the cosmic egg (Martanda), and the radiant one.'

श्लोक 12 (SHLOKA)

हिरण्यगर्भः शिशिरस्तपनो भास्करो रविः।
अग्निगर्भोऽदितेः पुत्रः शङ्खः शिशिरनाशनः॥

Hiraṇyagarbhaḥ śiśirastapano bhāskaro raviḥ |
Agnigarbho'diteḥ putraḥ śaṅkhaḥ śiśiranāśanaḥ ||

> 'He is Hiranyagarbha (the golden cosmic womb), cool and soothing to worshippers, heat-generating, radiant, praised by all, womb of celestial fire, son of Aditi, pacifier of the freezing cold, and blissful master.'

श्लोक 13 (SHLOKA)

व्योमनाथस्तमोभेदी ऋग्यजुःसामपारगः।
घनवृष्टिरपां मित्रो विन्ध्यवीथीप्लवङ्गमः॥

Vyomanāthastamobhedī ṛgyajuḥsāmapāragaḥ |
Ghanavṛṣṭirapāṁ mitro vindhyavīthīplavaṅgamaḥ ||

> 'Lord of the vault of heaven, dispeller of darkness, master of the Rig, Yajur, and Sama Vedas, sender of heavy rains, friend of waters, swiftly crossing the Vindhya skies.'

श्लोक 14 (SHLOKA)

आतपी मण्डली मृत्युः पिङ्गलः सर्वतापनः।
कविर्विश्वो महातेजा रक्तः सर्वभवोद्भवः॥

Ātapī maṇḍalī mṛtyuḥ piṅgalaḥ sarvatāpanaḥ |
Kavirviśvo mahātejā raktaḥ sarvabhavodbhavaḥ ||

> 'The generator of heat, crowned in a luminous orb, the death of impurities, golden-amber hued, scorcher of all things, the supreme seer-poet, the universe Himself, extraordinarily brilliant, loving, and origin of all existence.'

श्लोक 15 (SHLOKA)

नक्षत्रग्रहताराणामधिपो विश्वभावनः।
तेजसामपि तेजस्वी द्वादशात्मन् नमोऽस्तु ते॥

Nakṣatragrahatārāṇāmadhipo viśvabhāvanaḥ |
Tejasāmapi tejasvī dvādaśātman namo'stu te ||

> 'Sovereign master of the lunar constellations, planets, and celestial stars, nurturer of the universe, the most effulgent among all effulgent beings, manifest in twelve solar aspects (Dvadashatman)—salutations unto You!'

श्लोक 16 (SHLOKA)

नमः पूर्वाय गिरये पश्चिमायाद्रये नमः।
ज्योतिर्गणानां पतये दिनाधिपतये नमः॥

Namaḥ pūrvāya giraye paścimāyādraye namaḥ |
Jyotirgaṇānāṁ pataye dinādhipataye namaḥ ||

> 'Salutations to You who rise from the eastern mountains and set upon the western hills. Salutations to the Lord of the celestial stellar hosts and the supreme sovereign of the day!'

श्लोक 17 (SHLOKA)

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

Jayāya jayabhadrāya haryaśvāya namo namaḥ |
Namo namaḥ sahasrāṁśo ādityāya namo namaḥ ||

> 'Salutations to the Victorious One, the bestower of auspicious victory, the driver of green steeds! Salutations, repeatedly salutations to the thousand-rayed Sun, the son of Aditi!'

श्लोक 18 (SHLOKA)

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

Nama ugrāya vīrāya sāraṅgāya namo namaḥ |
Namaḥ padmaprabodhāya mārtāṇḍāya namo namaḥ ||

> 'Salutations to the fierce one, to the heroic champion, to the swift traveler across constellations! Salutations to the awakener of the lotus, salutations to Martanda!'

श्लोक 19 (SHLOKA)

ब्रह्मेशानाच्युतेशाय सूर्यायादित्यवर्चसे।
भास्वते सर्वभक्षाय रौद्राय वपुषे नमः॥

Brahmeśānācyuteśāya sūryāyādityavarcase |
Bhāsvate sarvabhakṣāya raudrāya vapuṣe namaḥ ||

> 'Salutations to the Lord of Brahma, Shiva, and Achyuta (Vishnu), to Surya possessing the glory of Aditi, the refulgent one, the consumer of all things, assuming a formidable cosmic form!'

श्लोक 20 (SHLOKA)

तमोघ्नाय हिमघ्नाय शत्रुघ्नायामितात्मने।
कृतघ्नघ्नाय देवाय ज्योतिषां पतये नमः॥

Tamoghnāya himaghnāya śatrughnāyāmitātmane |
Kṛtaghnaghnāya devāya jyotiṣāṁ pataye namaḥ ||

> 'Salutations to the dispeller of darkness, the destroyer of cold, the vanquisher of adversaries, the boundless cosmic soul, the punisher of the ungrateful, the effulgent Lord of lights!'

श्लोक 21 (SHLOKA)

तप्तचामीकराभाय वह्नये विश्वकर्मणे।
नमस्तमोऽभिनिघ्नाय रुचये लोकसाक्षिणे॥

Taptacāmīkarābhāya vahnaye viśvakarmaṇe |
Namastamo'bhinighnāya rucaye lokasākṣiṇe ||

> 'Salutations to Him whose radiance resembles molten refined gold, the cosmic fire, the architect of the universe (Vishwakarma), the shatterer of darkness, the supreme light, the eternal witness of all the worlds!'

श्लोक 22 (SHLOKA)

नाशयत्येष वै भूतं तदेव सृजति प्रभुः।
पायत्येष तपत्येष वर्षत्येष गभस्तिभिः॥

Nāśayatyeṣa vai bhūtaṁ tadeva sṛjati prabhuḥ |
Pāyatyeṣa tapatyeṣa varṣatyeṣa gabhastibhiḥ ||

> 'This Lord alone dissolves all created beings and then recreates them anew. He sustains, He scorches with heat, and He showers forth rains through His radiant rays.'

श्लोक 23 (SHLOKA)

एष सुप्तेषु जागर्ति भूतेषु परिनिष्ठितः।
एष एवाग्निहोत्रं च फलं चैवाग्निहोत्रिणाम्॥

Eṣa supteṣu jāgarti bhūteṣu pariniṣṭhitaḥ |
Eṣa evāgnihotraṁ ca phalaṁ caivāgnihotriṇām ||

> 'He remains awake within all living creatures even while they sleep, abiding in their innermost hearts. He alone is the sacred Agnihotra sacrifice and the divine fruit reaped by the sacrificers.'

श्लोक 24 (SHLOKA)

वेदाश्च क्रतवश्चैव क्रतूनां फलमेव च।
यानि कृत्यानि लोकेषु सर्व एष रविः प्रभुः॥

Vedāśca kratavaścaiva kratūnāṁ phalameva ca |
Yāni kṛtyāni lokeṣu sarva eṣa raviḥ prabhuḥ ||

> 'He is the Vedas, the Vedic sacrifices, and the fruit of all rituals. Whatever righteous duties are accomplished in all the worlds, Lord Ravi is the sovereign soul of them all.'

श्लोक 25 (SHLOKA)

एनमापत्सु कृच्छ्रेषु कान्तारेषु भयेषु च।
कीर्तयन् पुरुषः कश्चिन्नावसीदति राघव॥

Enamāpatsu kṛcchreṣu kāntāreṣu bhayeṣu ca |
Kīrtayan puruṣaḥ kaścinnāvasīdati rāghava ||

> 'O Raghava! Anyone who glorifies Him in times of grave danger, painful trials, dense wilderness, or overwhelming fear never sinks into distress or defeat!'

श्लोक 26 (SHLOKA)

पूजयस्वैनमेकाग्रो देवदेवं जगत्पतिम्।
एतत् त्रिगुणितं जप्त्वा युद्धेषु विजयिष्यसि॥

Pūjayasvainamekāgro devadevaṁ jagatpatim |
Etat triguṇitaṁ japtvā yuddheṣu vijayiṣyasi ||

> 'Worship this God of gods, the Lord of the cosmos, with one-pointed focus. Reciting this hymn three times, you shall achieve triumphant victory in this battle!'

श्लोक 27 (SHLOKA)

अस्मिन् क्षणे महाबाहो रावणं त्वं वधिष्यसि।
एवमुक्त्वा तदागस्त्यो जगाम च यथागतम्॥

Asmin kṣaṇe mahābāho rāvaṇaṁ tvaṁ vadhiṣyasi |
Evamuktvā tadāgastyo jagāma ca yathāgatam ||

> 'In this very moment, O mighty-armed hero, you shall slay Ravana!' Having spoken thus, the revered sage Agastya departed as he had arrived.

श्लोक 28 (SHLOKA)

एतच्छ्रुत्वा महातेजा नष्टशोकोऽभवत्तदा।
धारयामास सुप्रीतो राघवः प्रयतात्मवान्॥

Etacchrutvā mahātejā naṣṭaśoko'bhavattadā |
Dhārayāmāsa suprīto rāghavaḥ prayatātmavān ||

> Hearing this wisdom, the intensely effulgent Rama was instantly freed from all sorrow. With immense delight and a purified, concentrated mind, He committed this sacred hymn to heart.

श्लोक 29 (SHLOKA)

आदित्यं प्रेक्ष्य जप्त्वा तु परं हर्षमवाप्तवान्।
त्रिराचम्य शुचिर्भूत्वा धनुरादाय वीर्यवान्॥

Ādityaṁ prekṣya japtvā tu paraṁ harṣamavāptavān |
Trirācamya śucirbhūtvā dhanurādāya vīryavān ||

> Gazing upon the Sun God and chanting the stotra three times, Rama attained supreme bliss. Performing Achamana (ritual sipping of water) thrice to purify Himself, the valorous hero grasped His mighty bow.

श्लोक 30 (SHLOKA)

रावणं प्रेक्ष्य हृष्टात्मा युद्धाय समुपागमत्।
सर्वयत्नेन महता वधे तस्य धृतोऽभवत्॥

Rāvaṇaṁ prekṣya hṛṣṭātmā yuddhāya samupāgamat |
Sarvayatnena mahatā vadhe tasya dhṛto'bhavat ||

> Beholding Ravana before Him, Rama advanced toward combat with an invigorated heart, resolved with all supreme effort to bring about the demon king's destruction.

श्लोक 31 (SHLOKA)

अथ रविरवदन्निरीक्ष्य रामं
मुदितमनाः परमं प्रहृष्यमाणः।
निशिचरपतिसंक्षयं विदित्वा
सुरगणमध्यगतो वचस्त्वरेति॥

Atha raviravadannirīkṣya rāmaṁ
muditamanāḥ paramaṁ prahṛṣyamāṇaḥ |
Niśicarapatisaṁkṣayaṁ viditvā
suragaṇamadhyagato vacastvareti ||

> Then, knowing the impending destruction of the king of demons (Ravana), Lord Ravi, seated in the midst of the celestial hosts with an overjoyed heart, looked down upon Rama and joyfully exclaimed: 'Hasten! Hasten!'

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