॥ श्री गणेशाय नमः ॥

महामृत्युंजय मंत्र एवं स्तोत्र

Maha Mrityunjaya Mantra

RIGVEDA VII.59.12 • SAGE MARKANDEYA • SANJIVANI SUKTA

श्लोक / VERSE 1

ॐ त्र्यम्बकं यजामहे सुगन्धिं पुष्टिवर्धनम्।
उर्वारुकमिव बन्धनान्मृत्योर्मुक्षीय मामृतात्॥

oṁ try-ambakaṁ yajāmahe sugandhiṁ puṣṭi-vardhanam |
urvārukam-iva bandhanān-mṛtyor-mukṣīya māmṛtāt ||

> We worship the Three-Eyed Lord Shiva, the fragrant One who nourishes and sustains all beings! Even as a ripe cucumber is severed effortlessly from its bond to the vine, so may we be liberated from the bondage of death and worldly delusion, and never fall away from immortality and supreme truth.

श्लोक / VERSE 2

ॐ हौं जूं सः ॐ भूर्भुवः स्वः ॐ त्र्यम्बकं यजामहे सुगन्धिं पुष्टिवर्धनम्।
उर्वारुकमिव बन्धनान्मृत्योर्मुक्षीय मामृतात् ॐ स्वः भुवः भूः ॐ सः जूं हौं ॐ॥

oṁ hauṁ jūṁ saḥ oṁ bhūr-bhuvaḥ svaḥ oṁ try-ambakaṁ yajāmahe sugandhiṁ puṣṭi-vardhanam |
urvārukam-iva bandhanān-mṛtyor-mukṣīya māmṛtāt oṁ svaḥ bhuvaḥ bhūḥ oṁ saḥ jūṁ hauṁ oṁ ||

> The Sanjivani Samputa Mantra: Enclosing the Maha Mrityunjaya Mantra within the primordial Beeja mantras (Haum, Joom, Sah) and Vyahritis (Bhur, Bhuvah, Svah) creates the supreme healing shield that bestows physical vitality, mental clarity, and complete spiritual invulnerability.

श्लोक / VERSE 3

शङ्करं शम्भवं शान्तं शशिशेखरमीश्वरम्।
शूलिनं शशिसूर्याग्निनेत्रं प्रणमतो वयम्॥

śaṅkaraṁ śambhavaṁ śāntaṁ śaśi-śekharam-īśvaram |
śūlinaṁ śaśi-sūryāgni-netraṁ praṇamato vayam ||

> We bow down before Lord Shankara, the source of supreme auspiciousness, serene and tranquil, who wears the crescent moon upon His crown, who bears the trident, and whose three divine eyes are the Moon, the Sun, and Sacred Fire.

श्लोक / VERSE 4

सर्वबाधाप्रशमनं त्रैलोक्यस्याखिलेश्वरि।
एवमेव त्वया कार्यमस्मद्वैरिविनाशनम्॥

sarva-bādhā-praśamanaṁ trai-lokyasyākhileśvari |
evam-eva tvayā kāryam-asmad-vairi-vināśanam ||

> O Supreme Lord and Divine Mother of the three realms! In this very manner, please pacify all afflictions and obstacles, and eradicate all inner and outer enemies of our spiritual welfare.

श्लोक / VERSE 5

मृत्युञ्जय महारुद्र त्राहि मां शरणागतम्।
जन्ममृत्युजरारोगैः पीडितं कर्मबन्धनैः॥

mṛtyuñjaya mahā-rudra trāhi māṁ śaraṇāgatam |
janma-mṛtyu-jarā-rogaiḥ pīḍitaṁ karma-bandhanaiḥ ||

> O Mrityunjaya! O Great Rudra! I have taken complete refuge in You. Please protect and deliver me, afflicted as I am by the cycle of birth, death, old age, disease, and the relentless bonds of karma.