

# आदित्यहृदयम्

{॥ आदित्यहृदयम् ॥}

{Introduction}

Before we begin, let us bow to Aditya, the Sun god, who bestows upon us all prosperity and who is capable of destroying all our enemies.

Aditya hridayam is a hymn to the Sun god and forms part of the canto 107 of the Valmiki ramayana. The setting is the battle field and the fight between Ravana and Lord Rama has just been suspended. The latter enters into a contemplative mood and is instructed by the sage Agastya on the glory of Aditya, the Sun God.

The great acharya without any equal, Shankara acharya, established the worship of five deities : Ganesha, Vishnu, Shakti, Shiva and Aditya.

The worship establishes the unique function of each deity while remembering the unity between Them. The unity between all of us is Brahman. Established in the space-time domain, the mind mistakes that the sun rises and sets. In reality, the sun is ever-present. Similarly, we mistake ourselves to be the body-mind complex and suffer, while in reality, we are Satchitananda, one without a second. To become aware of this Truth, one has to destroy all the enemies within (like kama, krodha,

lobha, mada etc.) and establish our minds at the lotus feet of the divine at all times. And recitation of this hymn will accomplish this seemingly impossible feat.

Though this hymn is said to Rama, who appears to be in a state of distress, Rama is well aware of His divinity. As Sita says,

'Know Rama to be the Supreme Brahman – the existence knowledge bliss (Satchitananda) absolute, the one without a second. He is pure consciousness devoid of all adjuncts, whom the senses can not perceive as their object.'

But Rama behaved very much like a human to set an example to all of us humans. By His grace, we have the teachings of Yoga Vasistha since Rama pretended to be ignorant and asked questions to vasistha. Similarly, here we obtain an hymn capable of destroying all our internal enemies and which will bestow supreme felicity upon us, because Rama pretends to be distressed. Rama's behaviour is also to set an example on how outwardly we may act our roles and pretend to be happy or sad, while inwardly understanding that the world is merely a mirage and the only reality is the Self, Brahman.

॥ अथ आदित्यहृदयम् ॥

ततो युद्धपरिश्रान्तं समरे चिन्तया स्थितम् ।

रावणं चाग्रतो दृष्ट्वा युद्धाय समुपस्थितम् ॥ १ ॥

दैवतैश्च समागम्य द्रष्टुमभ्यागतो रणम् ।

उपागम्याब्रवीद्राममगस्त्यो भगवानृषिः ॥ २ ॥

Rama, exhausted and about to face Ravana ready for a fresh battle was lost deep in contemplation. The all knowing sage agastya who had joined the gods to witness the battle spoke to Rama thus .. 1,2

राम राम महाबाहो शृणु गुह्यं सनातनम् ।

येन सर्वानरीन्वत्स समरे विजयिष्यसि ॥ ३ ॥

Oh Rama, mighty-armed Rama, listen to this eternal secret which will help you destroy all your enemies in battle. 3

आदित्यहृदयं पुण्यं सर्वशत्रुविनाशनम् ।

जयावहं जपेन्नित्यमक्षयं परमं शिवम् ॥ ४ ॥

This holy hymn dedicated to the Sun deity will result in destroying all enemies and bring you victory and never ending supreme bliss. 4

सर्वमङ्गलमाङ्गल्यं सर्वपापप्रणाशनम् ।

चिंताशोकप्रशमनं आयुर्वर्धनमुत्तमम् ॥ ५॥

This hymn is supreme and is a guarantee of complete prosperity and is the destroyer of sin, anxiety, anguish and is the bestower of longevity. 5

रश्मिमंतं समुद्यन्तं देवासुरनमस्कृतम् ।

पूजयस्व विवस्वन्तं भास्करं भुवनेश्वरम् ॥ ६॥

Worship the One, possessed of rays when he has completely risen, held in reverence by the devas and asuras, and who is the Lord of the universe by whose effluence all else brighten. 6

सर्वदेवात्मको ह्येष तेजस्वी रश्मिभावनः ।

एष देवासुरगणाल्लोकान् पाति गभस्तिभिः ॥ ७॥

He indeed represent the totality of all celestial beings. He is self-luminous and sustains all with his rays. He nourishes and energizes the inhabitants of all the worlds and the race of Devas and Asuras. 7

एष ब्रह्मा च विष्णुश्च शिवः स्कन्दः प्रजापतिः ।

महेन्द्रो धनदः कालो यमः सोमो ह्यपां पतिः ॥ ८ ॥

He is Brahma, Vishnu, Shiva, Skands, Prajapati. He is also Mahendra, kubera, kala, yama, soma and varuna. 8

पितरो वसवः साध्या ह्यश्विनौ मरुतो मनुः ।

वायुर्वह्निः प्रजाप्राण ऋतुकर्ता प्रभाकरः ॥ ९ ॥

He is the pitrs, vasus, sadhyas, aswini devas, maruts, manu, vayu, agni, prana and, being the source of all energy and light, is the maker of all the six seasons. 9

आदित्यः सविता सूर्यः खगः पूषा गभस्तिमान् ।

सुवर्णसदृशो भानुर्हिरण्यरेता दिवाकरः ॥ १० ॥ or भानुर्विश्वरेता

He is the son of Aditi, creator of the universe, inspirer of action, transverser of the heavens. He is the sustainer, illumination of all directions, the golden hued brilliance and is the maker of the day. 10

हरिदश्वः सहस्रार्चिः सप्तसप्तिर्मरीचिमान् ।

तिमिरोन्मथनः शंभुस्त्वष्टा मार्ताण्ड अंशुमान् ॥ ११ ॥ or मार्तण्ड

He is the Omnipresent One who pervades all with countless rays. He is the power behind the seven sense organs, the dispeller of darkness, bestower of happiness and prosperity, the remover of misfortunes and is the infuser of life. 11

हिरण्यगर्भः शिशिरस्तपनो भास्करो रविः ।

अग्निगर्भोऽदितेः पुत्रः शङ्खः शिशिरनाशनः ॥ १२ ॥

He is the primordial BEing manifesting as the Trinity. He ushers in the Day and is the teacher (of Hiranyagarbha), the fire-wombed, the son of Aditi, and has a vast and supreme felicity. He is the remover of intellectual dull-headedness. 12

व्योमनाथस्तमोभेदी ऋग्यजुःसामपारगः ।

घनवृष्टिरपां मित्रो विन्ध्यवीथी प्लवङ्गमः ॥ १३ ॥

He is the Lord of the firmament, dispeller of darkness. Master of all the vedas, he is a friend of the waters and causes rain. HE has crossed the vinda range and sports in the Brahma Nadi. 13

आतपी मण्डली मृत्युः पिङ्गलः सर्वतापनः ।

कविर्विश्वो महातेजाः रक्तः सर्वभवोद्भवः ॥ १४ ॥

He, whose form is circular and is colored yellow, is intensely absorbed and inflicts death. He is the destroyer of all and is the Omniscient one being exceedingly energetic sustains the universe and all action. 14

नक्षत्रग्रहताराणामधिपो विश्वभावनः ।

तेजसामपि तेजस्वी द्वादशात्मन्मोऽस्तु ते ॥ १५ ॥

He is the lord of stars, planets and all constellations. He is the origin of everything in the universe and is the cause of the lustre of even the brilliant ones. Salutations to Thee who is the One being manifest in the twelve forms of the Sun. 15

नमः पूर्वाय गिरये पश्चिमायाद्रये नमः ।

ज्योतिर्गणानां पतये दिनाधिपतये नमः ॥ १६ ॥

Salutations to the Eastern and western mountain, Salutations to the Lord of the stellar bodies and the Lord of the Day. 16

जयाय जयभद्राय हर्यश्वाय नमो नमः ।

नमो नमः सहस्रांशो आदित्याय नमो नमः ॥ १७ ॥

Salutations to the One who ordains victory and the prosperity that follows. Salutations to the one possessed of yellow steeds and to the thousand rayed Lord, and to Aditya. 17

नम उग्राय वीराय सारङ्गाय नमो नमः ।

नमः पद्मप्रबोधाय मार्ताण्डाय नमो नमः ॥ १८ ॥ or मार्तण्डाय

Salutations to the Terrible one, the hero, the one that travels fast.

Salutations to the one whose emergence makes the lotus blossom and to the fierce and omnipotent one. 18



ब्रह्मेशानाच्युतेशाय सूर्यायादित्यवर्चसे ।

भास्वते सर्वभक्षाय रौद्राय वपुषे नमः ॥ १९ ॥

Salutations to the Lord of Brahma, shiva and Achyuta, salutations to the powerful and to the effulgence in the Sun that is both the illuminator and devourer of all and is of a form that is fierce like Rudra. 19

तमोघ्नाय हिमघ्नाय शत्रुघ्नायामितात्मने ।

कृतघ्नघ्नाय देवाय ज्योतिषां पतये नमः ॥ २० ॥

Salutations to he transcendental atman that dispels darkness, drives away all fear, and destroys all foes. Salutations also to the annihilator of the ungrateful and to the Lord of all the stellar bodies. 20

तप्तचामीकराभाय वह्नये विश्वकर्मणे । or हरये विश्वकर्मणे

नमस्तमोऽभिनिघ्नाय रुचये लोकसाक्षिणे ॥ २१ ॥

Salutations to the Lord shining like molten gold, to the transcendental fire, the fire of supreme knowledge, the architect of the universe,

destroyer of darkness and salutations again to the effluence that is the  
Cosmic witness. 21

नाशयत्येष वै भूतं तदेव सृजति प्रभुः ।  
पायत्येष तपत्येष वर्षत्येष गभस्तिभिः ॥ २२ ॥

Salutations to the Lord who destroys everything and creates them again.  
Salutations to Him who by His rays consumes the waters, heats them up and  
sends them down as rain. 22

एष सुप्तेषु जागर्ति भूतेषु परिनिष्ठितः ।  
एष एवाग्निहोत्रं च फलं चैवाग्निहोत्रिणाम् ॥ २३ ॥

Salutations to the Lord who abides in the heart of all beings keeping  
awake when they are asleep. He is both the sacrificial fire and the fruit  
enjoyed by the worshippers. 23

वेदाश्च क्रतवश्चैव क्रतूनां फलमेव च ।  
यानि कृत्यानि लोकेषु सर्व एष रविः प्रभुः ॥ २४ ॥

The Sun is verily the Lord of all action in this universe. He is verily the vedas, the sacrifices mentioned in them and the fruits obtained by performing the sacrifices. 24

॥ फल श्रुतिः ॥

एनमापत्सु कृच्छ्रेषु कान्तारेषु भयेषु च ।

कीर्तयन् पुरुषः कश्चिन्नावसीदति राघव ॥ २५ ॥

Raghava, one who recites this hymn in times of danger, during an affliction or when lost in the wilderness and having fear, he will not lose heart (and become brave). 25

पूजयस्वैनमेकाग्रो देवदेवं जगत्पतिम् ।

एतत् त्रिगुणितं जप्त्वा युद्धेषु विजयिष्यसि ॥ २६ ॥

Raghava, worship this Lord of all Gods and the Universe with one-pointed devotion. Recite this hymn thrice and you will win this battle. 26

अस्मिन्क्षणे महाबाहो रावणं त्वं वधिष्यसि ।

एवमुक्त्वा तदाऽगस्त्यो जगाम च यथागतम् ॥ २७ ॥

O mighty armed one, you shall triumph over Ravana this very moment.

Having spoken this, Agastya returned his original place. 27

एतच्छ्रुत्वा महातेजा नष्टशोकोऽभवत्तदा ।

धारयामास सुप्रीतो राघवः प्रयतात्मवान् ॥ २८ ॥

Raghava became free from worry after hearing this. He was greatly pleased and became brave and energetic. 28

आदित्यं प्रेक्ष्य जप्त्वा तु परं हर्षमवाप्तवान् ।

त्रिराचम्य शुचिर्भूत्वा धनुरादाय वीर्यवान् ॥ २९ ॥

Gazing at the sun with devotion, He recited this hymn thrice and experienced bliss. Purifying Himself by sipping water thrice, He took up His bow with His mighty arms. 29

रावणं प्रेक्ष्य हृष्टात्मा युद्धाय समुपागमत् ।

सर्व यत्नेन महता वधे तस्य धृतोऽभवत् ॥ ३० ॥

Seeing Ravana coming to fight, He put forth all his effort with a  
determination to destroy Ravana. 30

अथ रविरवदन्निरीक्ष्य रामं  
मुदितमनाः परमं प्रहृष्यमाणः ।  
निशिचरपतिसंक्षयं विदित्वा  
सुरगणमध्यगतो वचस्त्वरेति ॥ ३१ ॥

Then knowing that the destruction of the lord of prowlers at night  
(Ravana) was near, Aditya, who was at the center of the assembly of the  
Gods, looked at Rama and exclaimed 'Hurry up' with great delight. 31  
॥ इति आदित्यहृदयम् मंत्रम् ॥

Aditya Hridayam is Sarga 105 in Yuddha Kanda of Valmiki

Ramayana (Gita Press, 1995, 4th edn.)

Encoded and translated by M. Giridhar

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