

आदित्यहृदयम्

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{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 याग्रतो 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 ॥
त्रिंशोऽक्षरं शमनं 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

रश्मिभंतं समुद्यन्तं देवासुरनमस्कृतम् ॥
पूजयस्व विवस्वन्तं त्मास्करं त्रुवनेश्वरम् ॥ ५ ॥

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 रश्मिभावः ॥
अेष देवासुरगणैर्लोकान् पाति गमस्तिभिः ॥ 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

अेष 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 भगः पूषा गभस्तिमान् ॥
सुवर्णसदृशो भानुर्हिरण्यरेता द्विवाकरः ॥ 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 सप्तस्रारिः सप्तसप्तिर्भरीयिमान् ॥
तिमिरोन्मथनः शंभुस्त्वष्टा मार्ताण्ड अंशुमान् ॥ ११ ॥ or मार्ताण्ड

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 ॥
घनवृष्टिर्षा 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 माण्डली मृत्युः पिङ्गलः सर्वतापनः ॥
इविर्विश्वो महातेजः 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 विश्वत्मावनः ॥
तेजसामपि तेजस्वी द्वादशात्मज्ञमोऽस्तु 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

નમઃ પૂર્વાય ગિરયે પશ્ચિમાયાદ્રયે નમઃ ॥
જ્યોતિર્ગણાનાં પતયે દિનાધિપતયે નમઃ ॥ ૧૬ ॥

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

જયાય જયભદ્રાય હર્યશ્વાય નમો નમઃ ॥
નમો નમઃ સહસ્રાંશો આદિત્યાય નમો નમઃ ॥ ૧૭ ॥

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

નમ ઉગ્રાય વીરાય સારજાય નમો નમઃ ॥
નમઃ પદ્મપ્રબોધાય માર્તીંડાય નમો નમઃ ॥ ૧૮ ॥ or માર્તંડાય

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

બ્રહ્મેશાનાચ્યુતેશાય સૂર્યાયાદિત્યવર્યસે ॥
ભાસ્વતે સર્વભક્ષાય રૌદ્રાય વપુષે નમઃ ॥ ૧૮ ॥

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

તમોઘ્નાય હિમઘ્નાય શત્રુઘ્નાયામિતાત્મને ॥
કૃતઘ્નાય દેવાય જ્યોતિષાં પતયે નમઃ ॥ ૨૦ ॥

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

તપ્તચામીકરાભાય વહ્યે વિશ્વકર્મણે ॥ or હર્યે વિશ્વકર્મણે
નમસ્તમોઽભિનિઘ્નાય રુચ્યે લોકસાક્ષિણે ॥ ૨૧ ॥

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

નાશયત્વેષ વૈ ભૂતં તદેવ સૃજતિ પ્રભુઃ ॥
પાયત્વેષ તપત્વેષ વર્ષત્વેષ ગભસ્તિભિઃ ॥ ૨૨॥

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

એષ સુપ્તેષુ જાગર્તિ ભૂતેષુ પરિનિષ્ઠિતઃ ॥
એષ એવાગ્નિહોત્રં ચ ફલં ઐવાગ્નિહોત્રિણામ્ ॥ ૨૩॥

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

વેદશ્ચ કૃતવશ્ચૈવ કૃતૂનાં ફલમેવ ચ ॥
યાનિ કૃત્યાનિ લોકેષુ સર્વ એષ રવિઃ પ્રભુઃ ॥ ૨૪॥

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

॥ ફલ શ્રુતિઃ ॥

એનમાપત્સુ કૃચ્છ્રેષુ કાન્તારેષુ ભયેષુ ચ ॥

કીર્તયન્ પુરુષઃ કશ્ચિન્નાવસીદતિ રાઘવ ॥ ૨૫ ॥

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

પૂજયસ્વૈનમેકાગ્રો દેવદેવં જગત્પતિમ્ ॥

એતત્ ત્રિગુણિતં જપ્ત્વા યુદ્ધેષુ વિજયિષ્યસિ ॥ ૨૬ ॥

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

અસ્મિન્ક્ષણે મહાબાહો રાવણં ત્વં વધિષ્યસિ ॥

એવમુક્ત્વા તદ્વડગસ્ત્યો જગામ ચ યથાગતમ્ ॥ ૨૭ ॥

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

Having spoken this, Agastya returned his original place. 27

એતચ્છુત્વા મહાતેજ નષ્ટશોકોડભવત્તદ્ધ ॥
ધારયામાસ સુપ્રીતો રાઘવઃ પ્રયતાત્મવાન્ ॥ ૨૮॥

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

આદિત્યં પ્રેક્ષ્ય જપ્ત્વા તુ પરં હર્ષમવાપ્તવાન્ ॥
ત્રિરાચમ્ય શુચિર્ભૂત્વા ધનુરાદાય વીર્યવાન્ ॥ ૨૯॥

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

રાવણં પ્રેક્ષ્ય હૃષ્ટાત્મા યુદ્ધાય સમુપાગમત્ ॥
સર્વ યત્નેન મહતા વધે તસ્ય ધૃતોડભવત્ ॥ ૩૦॥

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

અથ રવિરવદ્વિરીક્ષ્ય રામં
મુદિતમનાઃ પરમં પ્રહૃષ્યમાણઃ ॥
નિશિચરપતિસંક્ષયં વિદિત્વા

सुरगणमध्यगतो वयस्त्वरेति ॥ 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 भंजम् ॥

Aditya Hridayam is Sarga 105 in Yuddha Kanda of Valmiki
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