



आदित्य-हृदय स्तोत्र (Aditya Hridaya Stotra) in English



Aditya Hridaya Stotra

dhyaanam

tato yuddh parishraantan samare chintayaasthitam ||
raavanan chaagrato drshtva yuddhaay samupasthitam || 1 ||

daivataishch samaagamy drshtubhyagato ramm ||
upagamyabraveedraman agastyo bhagavaan rshih || 2 ||

raam raam mahaabaaho shrnu guhyan sanaatanam ||
yen sarvaarin vats smare vijayishyasi || 3 ||

aadityahrdayan punyan sarvashatru-vinaashanam ||
jayavahan japennityan akshayan paraman shivam || 4 ||

sarvamangal-maangalyan sarvapaap-pranaashanam ||
chintaashok-prashamanan aayurvardhanamuttamam || 5 ||

rasheemantan samudyantan devaasur namaskrtam ||
poojyasv vishvavantan bhaaskaran bhaaskaram || 6 ||

sarvadevaatmako hyesh tejasvee rashmibhaavanah ||
esh devaasur-gananaan lokaan pati gabhastibhih || 7 ||

esh brahma ch vishnushch shivah skandah prajaapatih ||
mahendro dhanadaah kaalo yamah somo hyapan patih || 8 ||

pitro vasavah saadhy hyashvinau maruto manuh ||
vaayurvahnih prajaapraanah rtukartta prabhaakarah || 9 ||

aadityah savita sooryah khagah poosha gabhastimaan ||
suvarnasadrsho bhaanuh hiranyareta divaakarah || 10 ||

haridashvah sahasraarchih saptasapti-rmarichimaan ||
timironmathanaah shambhooh tvashta maartaandakonshumaan
|| 11 ||

hiranyagarbhah shishirah tapano bhaaskaro ravih ||
agnigarbhoditeh putrah shankhah shishiranaashanah || 12 ||

vyomanaath-stamobhedee rgjuhsaam-paaragah ||
ghanaashirpaan mitrah vindhyati plavangamah || 13 ||

atapi mandalee mrtyuh pingalah sarvataapanah ||
kavirvishvo mahateja raktah sarvabhaavodbhavah || 14 ||

nakshatr grah taaraanaan adhipo vishvabhaavanah ||
tejasaamapi tejasvee dvaadashatam-nnamostu te || 15 ||

namah poorvaay giriye pashchimaayadraye namah ||
jyotirganaanaan pataye deenaadhipataye namah || 16 ||

jayaay jayabhadraay hryashvaay namo namah ||
namo namah sahastraansho aadityaay namo namah || 17 ||

nam ugraay veeraay saarangaay namo namah || ||
namah padmaprabodhaay maartandaay namo namah || 18 ||

brahmeshanaachyuteshaay sooryaadity-varchase ||
bhaasvate sarvabhakshaay raudraay vapushe namah || 19 ||

tamoghnaay himaghnaay shatrughnaay mitaatmane ||
krtaghnaghnaay devaay jyotishaan pataye namah || 20 ||

tapt chamatkaaraay vaahnaye vishvakarmane ||
namastemobhi nighnay ravaye lokasaakshine || 21 ||

naashayatyesh vai bhootan tadev srjati prabhuh ||
paayatyeshtapatyeshtavarshatyesh gabhastibhih || 22 ||

esh supteshu jaagarti bhooteshu parinitah ||
esha evaagnihotran ch phalan chaivaagni hotrnam || 23 ||

vedaashch kratavashchaiv kratoonaan phalamev ch ||
arthaat krtyaani lokeshu sarv esh ravih prabhuh || 24 ||

phalashrutih

en maapatsu krchchhreshu kaantareshu bhayeshu ch ||
keertanayan purushah kashchinnavashidati raaghav || 25 ||

poojyasvain mekaagrah devadevan jagatpatim ||
etat trigunitan japtva yuddheshu vijayishyasi || 26 ||

asmin kshane mahaabaaho raavanan tvan vadhishyasi ll
evamuktva tadaagastyo jagatan ch yathaagatam ll 27 ll

etachchhrtva mahaatejaah nashtashokobhavattada ll
dhaarayaamaas supreetah raaghah prayataatmavaan ll 28 ll

aadityan prekshy japtva tu paran harshamavaaptvaan ll
triraachaamy shuchirbhootva dhanuraadaay veeryavaan ll 29 ll

raavanan prekshay hrshtaatma yuddhaay samupaagamat ll
sarvayatnen mahata vadhe tasy dhrtobhavat ll 30 ll

adh raviraavadannirikshy raaman muditmanaah paraman
prahrshyamaanah ll
nishicharpati sankhyaan veditva suragan madhyagato
vaachastvareti ll 31 ll

**ll ityaarashe shreemadraamayne vaalmikeeye aadikaavye
yuddhakaande panchaadhik shatamah sargah ll**

