

आदित्य हृदय स्तोत्र- Aditya Hridaya Stotra Lyrics

(Aditya Hridaya Stotra Lyrics In Hindi)

विनियोगः

ॐ अस्य आदित्य हृदयस्तोत्रस्यागस्त्यऋषिरनुष्टुपछन्दः,
आदित्येहृदयभूतो भगवान् ब्रह्मा देवता निरस्ताशेषविघ्नतया ब्रह्मविद्यासिद्धौ सर्वत्र जयसिद्धौ च
विनियोगः ॥

ध्यानम्

नमस्सवित्रे जगदेक चक्षुसे, जगत्प्रसूति स्थिति नाशहेतवे,
त्रयीमयाय त्रिगुणात्म धारिणे, विरिञ्चि नारायण शङ्करात्मने ॥

॥ अथ आदित्य हृदय स्तोत्रम् ॥

श्लोक १

ततो युद्धपरिश्रान्तं समरे चिन्तया स्थितम्।
रावणं चाग्रतो दृष्ट्वा युद्धाय समुपस्थितम् ॥१॥

श्लोक २

दैवतैश्च समागम्य द्रष्टुमभ्यागतो रणम्।
उपगम्य ब्रवीद्रामम् अगस्त्यो भगवान् ऋषिः ॥२॥

श्लोक ३

राम राम महाबाहो शृणु गुह्यं सनातनम्।
येन सर्वानरीन् वत्स समरे विजयिष्यसि ॥३॥

श्लोक ४

आदित्य हृदयं पुण्यं सर्वशत्रु विनाशनम्।
जयावहं जपेन्नित्यम् अक्षय्यं परमं शिवम् ॥४॥

श्लोक ५

सर्वमङ्गल माङ्गल्यं सर्व पाप प्रणाशनम्।
चिन्ताशोक प्रशमनम् आयुर्वर्धन मुत्तमम् ॥५॥

श्लोक ६

रश्मिमन्तं समुद्यन्तं देवासुर नमस्कृतम्।
पूजयस्व विवस्वन्तं भास्करं भुवनेश्वरम् ॥६॥

श्लोक ७

सर्वदेवात्मको ह्येष तेजस्वी रश्मिभावनः ।
एष देवासुर गणान् लोकान् पाति गभस्तिभिः ॥७॥

श्लोक ८

एष ब्रह्मा च विष्णुश्च शिवः स्कन्दः प्रजापतिः ।
महेन्द्रो धनदः कालो यमः सोमो ह्यपां पतिः ॥८॥

श्लोक ९

पितरो वसवः साध्या ह्यश्विनौ मरुतो मनुः ।
वायुर्वह्निः प्रजाप्राणः ऋतुकर्ता प्रभाकरः ॥९॥

श्लोक १०

आदित्यः सविता सूर्यः खगः पूषा गभस्तिमान्
। सुवर्णसदृशो भानुः हिरण्यरेता दिवाकरः ॥१०॥

श्लोक ११

हरिदश्वः सहस्रार्चिः सप्तसप्तिर्मरीचिमान् ।
तिमिरोन्मथनः शम्भुः त्वष्टा मार्ताण्डकोऽशुमान् ॥११॥

श्लोक १२

हिरण्यगर्भः शिशिरः तपनो भास्करो रविः ।
अग्निगर्भोऽदितेः पुत्रः शङ्खः शिशिरनाशनः ॥१२॥

श्लोक १३

व्योमनाथ स्तमोभेदी ऋग्यजुःसामपारगः ।
धनावृष्टिरपां मित्रो विन्ध्यवीथी प्लवङ्गमः ॥१३॥

श्लोक १४

आतपी मण्डली मृत्युः पिङ्गलः सर्वतापनः ।
कविर्विश्वो महातेजा रक्तः सर्वभवोद्भवः ॥१४॥

श्लोक १५

नक्षत्र ग्रह ताराणाम् अधिपो विश्वभावनः ।
तेजसामपि तेजस्वी द्वादशात्मन्नमोऽस्तु ते ॥१५॥

श्लोक १६

नमः पूर्वय गिरये पश्चिमायाद्रये नमः ।
ज्योतिर्गणानां पतये दिनाधिपतये नमः ॥१६॥

श्लोक १७

जयाय जयभद्राय हर्यश्वाय नमो नमः ।
नमो नमः सहस्रांशो आदित्याय नमो नमः ॥१७॥

श्लोक १८

नम उग्राय वीराय सारङ्गाय नमो नमः ।
नमः पद्मप्रबोधाय मार्ताण्डाय नमो नमः ॥१८॥

श्लोक १९

ब्रह्मेशानाच्युतेशाय सूर्यायादित्यवर्चसे ।
भास्वते सर्वभक्षाय रौद्राय वपुषे नमः ॥१९॥

श्लोक २०

तमोघ्नाय हिमघ्नाय शत्रुघ्नायामितात्मने ।
कृतघ्नघ्नाय देवाय ज्योतिषां पतये नमः ॥२०॥

श्लोक २१

तप्त चामीकराभाय वह्नये विश्वकर्मणे ।
नमस्तमोऽभिनिघ्नाय रुचये लोकसाक्षिणे ॥२१॥

श्लोक २२

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

श्लोक २३

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

श्लोक २४

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

फलश्रुति

श्लोक २५

एनमापत्सु कृच्छ्रेषु कान्तारेषु भयेषु च ।
कीर्तयन् पुरुषः कश्चिन्नावशीदति राघव ॥२५॥

श्लोक २६

पूजयस्वैनमेकाग्रो देवदेवं जगत्पतिम् ।
एतत् त्रिगुणितं जप्त्वा युद्धेषु विजयिष्यसि ॥२६॥

श्लोक २७

अस्मिन् क्षणे महाबाहो रावणं त्वं वधिष्यसि ।
एवमुक्त्वा तदागस्त्यो जगाम च यथागतम् ॥२७॥

श्लोक २८

एतच्छ्रुत्वा महातेजाः नष्टशोकोऽभवत्तदा ।
धारयामास सुप्रीतो राघवः प्रयतात्मवान् ॥२८॥

श्लोक २९

आदित्यं प्रेक्ष्य जप्त्वा तु परं हर्षमवाप्तवान् ।
त्रिराचम्य शुचिर्भूत्वा धनुरादाय वीर्यवान् ॥२९॥

श्लोक ३०

रावणं प्रेक्ष्य हृष्टात्मा युद्धाय समुपागमत् ।
सर्वयत्नेन महता वधे तस्य धृतोऽभवत् ॥३०॥

श्लोक ३१

अथ रविरवदन्निरीक्ष्य रामं मुदितमनाः परमं प्रहृष्यमाणः ।
निशिचरपति सङ्घयं विदित्वा सुरगण मध्यगतो वचस्त्वरेति ॥३१॥

॥ इत्यार्षे श्रीमद्रामायणे वाल्मीकीये आदिकाव्ये युद्धकाण्डे पञ्चाधिकशततमः सर्गः ॥

Disclaimer

इस स्तोत्र की lyrics वाल्मीकि रामायण (Valmiki Ramayana, Yuddha Kanda, Sarga 107) से ली गई हैं और पूर्णतः प्रामाणिक स्रोतों पर आधारित हैं। यह पाठ आध्यात्मिक, शैक्षणिक और धार्मिक जागरूकता के उद्देश्य से प्रस्तुत किया गया है। यह स्तोत्र किसी मनुष्य के कॉपीराइट में नहीं आता यह समस्त मानवजाति की सनातन आध्यात्मिक विरासत है। पाठकों से अनुरोध है कि इसे नित्य पाठ में सम्मिलित करें और इसकी दिव्यता का सम्मान करें।

Aditya Hridaya Stotra Lyrics in English Transliteration & Translation

Viniyoga (Dedication)

Om Asya Aaditya Hridaya Stotrasyagastya Rishiranushtup Chhandah,
Aadityahridayabhuto Bhagavan Brahma Devata Nirastasheshavighnataya
Brahmavidyasiddhau Sarvatra Jayasiddhau Cha Viniyogah.

Dhyanam (Meditation Verse)

Namassavitre Jagadekachakshuse, Jagatprasuti Sthiti Nashahetave,
Trayimayaya Trigunatmadhaarine, Virinchi Narayana Shankaratmane.

Meaning: Salutations to Savitru, the single eye of the world, the cause of creation, sustenance and dissolution, embodiment of the three Vedas, the three gunas who is Brahma, Vishnu and Shankara in one.

|| Atha Aditya Hridaya Stotram ||

Verse 1

Tato yuddha parishrantam samare chintaya sthitam |
Raavanam chaagrato drishtva yuddhaaya samupasthitam ||1||

Then, seeing Rama exhausted from battle, standing lost in thought on the battlefield, while Ravana stood fresh and ready for combat before him.

Verse 2

Daivataischa samaagamya drishtumabhyaagato ranam |
Upaagamyaabraveed Raamam Agastyo Bhagavaan Rishih ||2||

The divine sage Agastya, who had come along with the gods to witness the battle, approached Rama and spoke thus.

Verse 3

Raama Raama mahaabaaho shrinu guhyam sanaatanam |
Yena sarvaanariin vatsa samare vijayishyasi ||3||

O Rama, O Rama, O mighty-armed one! Hear this eternal and secret teaching. By this, dear child, you shall certainly conquer all your enemies in battle.

Verse 4

Aditya Hridayam punyam sarvashatru vinaashanam | J
ayaavaham japennityam akshayyam paramam shivam ||4||

This sacred Aditya Hridayam destroys all enemies and bestows victory. Chant it daily its merit is inexhaustible and it brings supreme auspiciousness.

Verse 5

Sarva mangala maangalyam sarva paapa pranaashanam |
Chintaashoka prashamamanam aayur vardhanam uttamam ||5||

It is the most auspicious of all auspicious things. It destroys all sins, removes anxiety and grief, and is the finest means of prolonging life.

Verse 6

Rashmiimantam samudyantam devaasura namaskritam |
Puujayasva vivantam bhaaskaram bhuvaneshvaram ||6||

Worship the Sun he of infinite rays, ever rising, saluted by gods and demons alike, the illuminator Vivasvan, the brilliant Bhaskara, the Lord of all the worlds.

Verse 7

Sarvadevaatmako hyesha tejasvi rashmibhaavanah | E
sha devaasura ganaan lokaan paati gabhastibhih ||7||

He is the soul of all the gods, the most radiant, the generator of all light. He protects and governs the gods, demons and all the worlds through his rays.

Verse 8

Esha Brahmaa cha Vishnushcha Shivah Skandah Prajaapati |
Mahendro Dhanadah Kaalo Yamah Somo hyapaam patih ||8||

He is Brahma, Vishnu, Shiva, Skanda, Prajapati. He is Indra, Kubera, Kala (time), Yama, Soma and Varuna (lord of waters).

Verse 9

Pitaro vasavah saadhya hyashvinau maruto manuh |
Vaayurvahnih prajaapraanah ritukartta prabhakarah ||9||

He is the Pitrs, the Vasus, the Sadhyas, the twin Ashvins, the Maruts, Manu. He is Vayu, Agni, the life-breath of all beings, the maker of seasons the source of all brilliance.

Verse 10

Aadityah Savitaa Suryah Khagah Puushaa Gabhastimaan |
Suvarnasadriso Bhaanuh Hiranyaretaa Diivaakarah ||10||

His names: Aditya, Savita, Surya, Khaga, Pusha, Gabhastiman (the rays), the one resembling gold, Bhanu, Hiranyareta, Divakara (maker of the day).

Verse 11

Haridashvah Sahasraarchih Saptasaptirmariichimaan |
Timironmathanah Shambhuh Tvashtaa Maartaandakoashuman ||11||

Haridashva (green-horsed), Sahasrarchi (thousand-rayed), Saptasapti (seven-horsed),
Marichiman (radiant with rays), Timironmathana (dispeller of darkness), Shambhu, Tvashta,
Martanda, Ansuman.

Verse 12

Hiranyagarbhah Shishirah Tapano Bhaaskaro Ravih |
Agnigarbhoahditeh putrah Shankhah Shishiranaashanah ||12||

Hiranyagarbha, Shishira (naturally pleasant), Tapano (giver of heat), Bhaskara, Ravi,
Agnigarbha, son of Aditi, Shankha, Shishiranashana (destroyer of cold).

Verse 13

Vyomanaatha Stamobhedee Rigyajuhsaamapaaragah |
Dhanaavrishtirapaam mitro Vindhyaviithee Plavangamah ||13||

Lord of the sky, dispeller of darkness, one who knows the Rig, Yajur and Sama Vedas
completely, bestower of wealth, friend of waters, swift traverser of the Vindhya skies.

Verse 14

Aatapee Mandalee Mrityuh Pingalah Sarvataapanah |
Kavirvishhvo Mahaaatejaa Raktah Sarvabhavodbhavah ||14||

Atapi (giver of heat), Mandali, Mrityu (the cause of death), Pingala (tawny-coloured),
Sarvatapana (heater of all), Kavi (all-knowing poet), Vishva, the great luminous, Rakta, the
source of all existence.

Verse 15

Nakshatra graha taaraanaam adhipo vishvabhavanah |
Tejasaamapi tejasvi dvaadashaatmaan namoastu te ||15||

Lord of all stars, planets and constellations, the sustainer of the universe, most radiant
among the radiant salutations to you, O twelve-natured Sun!

Verse 16

Namah puurvaaya giraye pashchimaayadraye namah |
Jyotirganaanaam pataye dinadhipataye namah ||16||

Salutations to you as the eastern mountain (Udayachala) and to you as the western
mountain (Astachala). Salutations to you, the lord of all heavenly bodies, the master of the
day.

Verse 17

Jayaaya jayabhadraaya haryashvaaya namo namah |
Namo namah sahasraansho aadityaaya namo namah ||17||

Salutations again and again to the one who embodies victory, auspiciousness and green horses. Salutations to the thousand-rayed Aditya!

Verse 18

Nama ugraaya viiraaya saarangaaya namo namah |
Namah padmaprbodhaya maartaandaaya namo namah ||18||

Salutations to the fierce, the heroic, the Saranga. Salutations to the one who makes the lotus bloom the blazing Martanda!

Verse 19

Brahmeeshaanaachyuteshaaya Suryaadityavarchase |
Bhasvate sarvabhakshaaya raudraaya vapushe namah ||19||

Salutations to the lord of Brahma, Shiva and Vishnu, to the solar splendour, to the all-consuming fire, to the formidable Rudra-form.

Verse 20

Tamoghnaya himaghnaya shatrughnayamitaatmane |
Kritagnagnaya devaaya jyotishaam pataye namah ||20||

Salutations to the destroyer of darkness, of cold, of enemies whose nature is immeasurable, who punishes the ungrateful, the divine lord of all luminaries.

Verse 21

Tapta chaamikaraaabhaaya vahnaye vishvakarmane |
Namastamobiabhinighnaaya ruchaye lokasaakshine ||21||

Salutations to the one who shines like molten gold, who is Agni (fire), who is Vishvakarma (architect of the universe), the supreme destroyer of darkness, the witness of all the worlds.

Verse 22

Naashayatyasha vai bhutam tadeva srijati prabhuh |
Paayatyesha tapatyasha varshyatyesha gabhastibhih ||22||

O Raghunandana! This Lord destroys all beings and then recreates them. He sustains, gives heat and causes rain through his rays.

Verse 23

Esha supteshu jaagarti bhuuteshu parinishthitah |
Esha evaagnihootram cha phalam chaivaagnihootrinam ||23||

He remains awake even when all beings sleep, dwelling within them all. He himself is the Agnihotra (sacred fire ritual) and the fruit received by those who perform it.

Verse 24

Vedaashcha kratavashchaiva kratuunaam phalmeva cha |

Yaani krityaani lokeshu sarva esha Ravih Prabhuh ||24||

He is the Vedas, the yajnas, the fruits of all yajnas. He is the lord Ravi who rewards all actions performed in all the worlds.

Phala Shruti (Result of Recitation)

Verse 25

Enamaapat su kricchreshu kaantareshu bhayeshu cha |

Kiirtayan purushah kashchit naavasidati Raghava ||25||

O Raghava! Whoever praises the Sun in times of calamity, hardship, while in dangerous forests or during fear such a person never sinks into suffering.

Verse 26

Pujayasvainam ekagro devadevam jagatpatim |

Etat triguunitam japtvaa yuddeshhu vijayishyasi ||26||

Worship this Lord of lords, master of the universe, with single-pointed devotion. Chant this Aditya Hridayam three times you shall certainly be victorious in battle.

Verse 27

Asmin kshane Mahaabaaho Raavanam tvam vadhishyasi |

Evamuktvaa tadaagastyo jagaama cha yathagatam ||27||

O mighty-armed one! In this very moment you shall slay Ravana. Having said thus, the sage Agastya departed as he had come.

Verse 28

Etacchrutvaa mahaatejaa nast ashhoko abhavat tadaa |

Dhaarayamaasa supriito Raghhavah prayataatmavaan ||28||

Hearing this, the great-spirited Rama was freed of grief. Joyful and composed in mind, he retained the teaching firmly.

Verse 29

Aadityam prekshya japtvaa tu param harshamavaaptavaan |

Tri raachamya shucirbhutvaa dhanuraaadaaya viryavaan ||29||

Gazing at the Sun and chanting the hymn thrice, the mighty Rama felt supreme joy. He sipped water three times for purification and then lifted his bow.

Verse 30

Raavanam prekshya hrishtaatmaa yuddhaaya samupaagamat |
Sarvayatnena mahataa vadhe tasya dhrito abhavat ||30||

With his spirit uplifted, he looked towards Ravana and advanced for battle, fully resolved with all his might on slaying him.

Verse 31

Atha raviraavadat niriikshya Raamam muditamanaa param prahrishyamaanah |
Nishichara pati sankshayam veditvaa suragana madhyagato vachasvaraiti ||31||

Then, from amid the assembly of gods, the gladdened Sun looked at Rama with great delight, knowing that the time of Ravana's destruction was near, and said: "Hurry now!"

|| Thus ends the 107th Sarga of the Yuddha Kanda in the glorious Ramayana of the divine
Valmiki. ||