



✦ SACRED HYMN · 31 VERSES · IAST

|| Āditya Hṛdaya Stotra ||

Aditya Hridaya
Stotra

Complete 31 Verses with IAST Transliteration
and Word-by-Word English Translation

Valmiki Ramayana · Yuddha Kanda · Sarga 107

Taught by Sage Agastya to Lord Sri Rama

adityahridayastotra.com

THE SACRED ORIGIN

About *Aditya Hridaya*

When Lord Rama was exhausted from his prolonged battle with Ravana on the battlefield of Lanka — burdened with worry and grief — the great sage Agastya, accompanied by the gods, came to see him. Witnessing Rama's distress, Agastya taught him a most secret and powerful hymn that had been preserved by sages for ages.

This is the **Aditya Hridaya Stotra** — the divine prayer to Lord Surya (the Sun God). By reciting this stotra, Sri Rama gained renewed strength, slew Ravana, and restored dharma. The hymn appears in the *Yuddha Kanda* of Valmiki Ramayana, Sarga 107 — composed in 31 verses of profound power.

|| *DHYĀNAM* ||

namassavitre jagadekacakṣuṣe
jagatprasūtisthitināśahetave |
trayīmayāya triguṇātmadhāriṇe
viriñcinārāyaṇaśaṅkarātmane ||

All 31 Verses with Meaning

Sanskrit verses in IAST with English translation

Verse · 1

tato yuddhapariśrāntaṃ samare cintayā sthitam ।
rāvaṇaṃ cāgrato dr̥ṣṭvā yuddhāya samupasthitam ॥

MEANING

Then, seeing Sri Rama standing exhausted from the battle and absorbed in deep thought on the battlefield, with Ravana standing before him fully prepared for war —

Verse · 2

daivataiśca samāgamyā draṣṭum abhyāgato raṇam ।
upāgamyā bravīd rāmam agastyo bhagavāṃs tadā ॥

MEANING

At that time, the glorious Sage Agastya, who had come along with the gods to witness the encounter, approached Sri Rama and spoke these words —

Verse · 3

rāma rāma mahābāho śṛṅgu guhyaṃ sanātanam ।
yena sarvān arīn vatsa samare vijaiṣyase ॥

MEANING

O Rama, O Rama, mighty-armed one! O dear child! Listen to this eternal secret by which you shall vanquish all your enemies in battle.

Verse · 4

ādityahṛdayaṃ puṅyaṃ sarvaśatruvināśanam ।
jayāvahaṃ japen nityam akṣayaṃ paramaṃ śivam ॥

MEANING

Aditya Hridayam is the most sacred, the destroyer of all enemies, the bestower of victory, eternal, supremely auspicious, and yields imperishable results. It should be recited daily.

Verse · 5

sarvamaṅgalamāṅgalyaṃ sarvapāpaprāṇāśanam ।
cintāśokapraśamanam āyurvardhanam uttamam ॥

MEANING

It is the most auspicious of all that is auspicious, the destroyer of all sins, the remover of worry and grief, and the supreme bestower of long life.

Verse · 6

raśmimantaṃ samudyantaṃ devāsuranamaskṛtaṃ ।
pūjayasva vivasvantaṃ bhāskaraṃ bhuvaneśvaram ॥

MEANING

Worship Lord Surya — the rising one radiating his rays, worshipped by both gods and demons, the source of all light, the Lord of all the worlds.

Verse · 7

sarvadevātmako hyeṣa tejasvī raśmibhāvanaḥ ।
eṣa devāsuragaṇāṃl lokān pāti gabhastibhiḥ ॥

MEANING

He embodies all the gods, is full of radiance, and sustains all beings with his rays. With his luminous rays, he protects the gods, demons, and all the worlds.

Verse · 8

eṣa brahmā ca viṣṇuśca śivaḥ skandaḥ prajāpatiḥ ।
mahendro dhanadaḥ kālo yamaḥ somo hyapāṃ patiḥ ॥

MEANING

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

Verse · 9

pitaro vasavaḥ sādhyā hyaśvinau maruto manuḥ ।
vāyurvahniḥ prajāprāṇaḥ ṛtukartā prabhākarah ॥

MEANING

He is the Pitrs (ancestors), Vasus, Sadhyas, the Ashwini twins, Maruts, Manu, Vayu (wind), Agni (fire), the life-breath of all beings, the creator of seasons, and the giver of light.

Verse · 10

ādityaḥ savitā sūryaḥ khagaḥ pūṣā gabhastimān ।
suvarṇasadṛśo bhānurhiraṇyaretā divākaraḥ ॥

MEANING

He is Aditya, Savita, Surya, Khaga (mover in the sky), Pushan (nourisher), the bearer of rays, golden-hued, Bhanu, Hiranyareta (golden-seed), Divakara (creator of the day).

Verse · 11

haridaśvaḥ sahasrārciḥ saptasaptirmarīcimān ।
timironmathanaḥ śambhustvaṣṭā mārtaṇḍako'ṃśumān ॥

MEANING

He has green horses, a thousand rays, seven horses pull his chariot, he is adorned with rays, dispeller of darkness, source of bliss, creator (Tvashta), Martanda, and Amshuman.

Verse · 12

hiraṇyagarbhaḥ śīśirastapano bhāskaro raviḥ ।
agnigarbho'diteḥ putraḥ śaṅkhaḥ śīśiranāśanaḥ ॥

MEANING

Hiranyagarbha (golden-wombed), Shishira (cooling), Tapanā (heating), Bhaskara, Ravi, Agnigarbha (fire-wombed), son of Aditi, Shankha (auspicious), and destroyer of cold.

Verse · 13

vyomanāthastamobhedī ṛgyajuḥsāmapāraḡaḥ ।
ghanavr̥ṣṭirapāṃ mitro vindhyavīthīplavaṅgamaḥ ॥

MEANING

Lord of the sky, dispeller of darkness, master of the Rig, Yajur, and Sama Vedas, bringer of heavy rains, friend of waters, and swift mover across the Vindhya path.

Verse · 14

ātapī maṇḡalī mṛtyuḥ piṅgalaḥ sarvatāpanaḥ ।
kavirviśvo mahātejā raktaḥ sarvabhavodbhavaḥ ॥

MEANING

He who gives heat, of circular form, death personified, tawny-colored, who heats everything, the seer-poet, universal, supremely radiant, red-hued, and the source of all existence.

Verse · 15

nakṣatragrahatārāṇām adhipo viśvabhāvanaḥ ।
tejasāmapī tejasvī dvādaśātman namo'stu te ॥

MEANING

Lord of constellations, planets, and stars, creator of the universe, more radiant than all radiances, the twelve-formed Aditya — Salutations to you!

Verse · 16

namaḥ pūrvāya giraye paścimāyādraye namaḥ ।
jyotirgaṇānām pataye dinādhipataye namaḥ ॥

MEANING

Salutations to the eastern mountain (sunrise), salutations to the western mountain (sunset).
Salutations to the lord of all luminaries and to the lord of the day.

Verse · 17

jayāya jayabhadrāya haryaśvāya namo namaḥ ।
namo namaḥ sahasrāṃśo ādityāya namo namaḥ ॥

MEANING

Salutations again and again to the victorious one, the bestower of victory and welfare, the lord with green horses. Salutations again and again to the thousand-rayed Aditya.

Verse · 18

nama ugrāya vīrāya sāraṅgāya namo namaḥ ।
namaḥ padmaprabodhāya mārtaṅḍāya namo namaḥ ॥

MEANING

Salutations to the fierce, the heroic, the swift-moving one. Salutations again and again to the awakener of lotuses and to Martanda.

Verse · 19

brahmeśānācyuteśāya sūryāyādityavarcase ।
bhāsvate sarvabhakṣāya raudrāya vapuṣe namaḥ ॥

MEANING

Salutations to the Lord of Brahma, Vishnu, and Shiva. To Surya, who has the radiance of Aditya, the shining one, the all-consuming, of fierce form (during dissolution).

Verse · 20

tamoghnāya himaghnāya śatrughnāyāmitātmane ।
kṛtaghnaghnāya devāya jyotiṣāṃ pataye namaḥ ॥

MEANING

Salutations to the destroyer of darkness, the destroyer of cold, the destroyer of enemies, of immeasurable self, destroyer of the ungrateful, the divine lord of all luminaries.

Verse · 21

taptacāmīkarābhāya vahnaye viśvakarmaṇe ।
namastamo'bhinighnāya rucaye lokasākṣiṇe ॥

MEANING

Salutations to the one shining like molten gold, fire-formed, the architect of the universe, complete destroyer of darkness, of brilliant luster, witness of all worlds.

Verse · 22

nāśatyēṣa vai bhūtaṃ tadeva sṛjati prabhuḥ ।
pātyēṣa tapatyēṣa varṣatyēṣa gabhastibhiḥ ॥

MEANING

This Lord alone destroys all beings, and again creates them. With his rays he draws up water, heats it, and pours it down as rain.

Verse · 23

eṣa supteṣu jāgarti bhūteṣu pariniṣṭhitaḥ ।
eṣa evāgnihotraṃ ca phalaṃ caivāgnihotriṇām ॥

MEANING

He remains awake even when all beings sleep, dwelling within them. He alone is the sacred fire-offering (agnihotra) and the fruit obtained by those who perform it.

Verse · 24

vedāśca kratavaścaiva kratūnāṃ phalameva ca ।
yāni kṛtyāni lokeṣu sarva eṣa raviḥ prabhuḥ ॥

MEANING

The Vedas, the sacrifices, the fruits of sacrifices, and all actions performed in all the worlds
— Lord Ravi (Surya) is the master of them all.

Verse · 25

PHALASHRUTI

enam āpatsu kṛcchreṣu kāntāreṣu bhayeṣu ca ।
kīrtayan puruṣaḥ kaścinnāvasīdati rāghava ॥

MEANING

O Raghava! Whoever extols this Lord Surya in times of calamity, suffering, in difficult paths,
or in fear, never falls into despair.

Verse · 26

pūjayasvainam ekāgro devadevaṃ jagatpatim ।
etat triguṇitaṃ japtvā yuddheṣu vijayiṣyasi ॥

MEANING

Therefore, O Rama, worship this Lord of lords, the master of the universe, with single-
pointed devotion. By chanting this hymn three times, you will achieve victory in battle.

Verse · 27

asmin kṣaṇe mahābāho rāvaṇaṃ tvam vadhiṣyasi ।
evam uktvā tadāgastyo jagāma ca yathāgatam ॥

MEANING

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

Verse · 28

etacchrutvā mahātejā naṣṭaśoko'bhavat tadā ।
dhārayāmāsa supṛīto rāghavaḥ prayatātmavān ॥

MEANING

Hearing this, the supremely radiant Sri Rama's sorrow vanished. With great joy and a focused mind, Raghava memorized this hymn.

Verse · 29

ādityaṃ prekṣya japtvā tu paraṃ harṣamavāptavān ।
trirācamya śucirbhūtvā dhanurādāya vīryavān ॥

MEANING

Gazing at the Sun and reciting the hymn three times, Sri Rama attained supreme joy. Performing achamana (sipping water) thrice and becoming purified, the valiant Rama took up his bow.

Verse · 30

rāvaṇaṃ prekṣya hr̥ṣṭātmā yuddhāya samupāgamat ।
sarvayatnena mahatā vadhe tasya dhṛto'bhavat ॥

MEANING

With a delighted heart, he beheld Ravana and advanced to battle, firmly resolved with all his might to slay him.

Verse · 31 **CLOSING**

atha raviravadanirīkṣya rāmaṃ
muditamanāḥ paramaṃ prahr̥ṣyamāṇaḥ ।
niśicarapatisaṃkṣayaṃ viditvā
suragaṇamadhyagato vacastvareti ॥

MEANING

Then, knowing that the destruction of Ravana (the lord of night-rangers) was at hand, Lord Surya, surrounded by all the gods in heaven and filled with delight, gazed at Sri Rama and exclaimed: "Hurry! Be quick!"

॥ *iti ādityahṛdayaṃ stotraṃ sampūrṇam* ॥

॥ **Oṃ Sūryāya Namaḥ** ॥

Aditya Hridaya

✦ SACRED SUN GOD HYMN ✦

This sacred hymn is preserved in the Yuddha Kanda of Valmiki Ramayana — taught by Sage Agastya to Lord Sri Rama on the battlefield of Lanka. For thousands of years, sages, kings, and devotees have recited this stotra seeking victory, health, mental peace, and the blessings of Lord Surya.

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READ IN 7 LANGUAGES

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|| **Om Sūryāya Namaḥ** ||