

Aditya Hridaya Stotra in English

Aditya Hridaya Stotra in English Lyrics

Tato yuddha parishrantam samare chintaya sthitam |
Ravanam chagrato drishtva yuddhaya samupasthitam || 1

Daiva taishcha samagamyā drashtu mābhya gato ranam |
Upagamyā bravidramam agastyo bhagavan rishihi || 2

Rama rama mahabaho shrinu guhyam sanatanam |
Yena sarvanarin vatsa samare vijayishyasi || 3

Aditya-hridayam punyam sarva shatru-vinashanam |
Jayavaham japen-nityam akshayyam paramam shivam || 4

Sarvamangala-mangalyam sarva papa pranashanam |
Chintashoka-prashamanam ayurvardhana-muttamam || 5

Rashmi mantam samudyantam devasura-namaskritam |
Pujayasva vivasvantam bhaskaram bhuvaneshvaram || 6

Sarva devatmako hyesha tejasvi rashmi-bhavanah |
Esha devasura gananlokan pati gabhastibhih || 7

Esha brahma cha vishnush cha shivah skandah prajapatihi |
Mahendro dhanadah kalo yamah somo hyapam patihi || 8

Pitaro vasavah sadhya hyashvinau maruto manuh |
Vayurvahnih praja-prana ritukarta prabhakarah || 9

Adityah savita suryah khagah pusha gabhastiman |
Suvarnasadrisho bhanur-hiranyareta divakarah || 10

Haridashvah sahasrarchih saptasapti-marichiman |

Timironmathanah shambhu-stvashta martanda amshuman || 11

Hiranyagarbhah shishira stapano bhaskaro ravihi |
Agni garbho'diteh putrah shankhah shishira nashanaha || 12

vyomanathastamobhedi rigyajussamaparagaha |
Ghanavrishtirapam mitro vindhya-vithiplavangamaha || 13

Atapi mandali mrityuh pingalah sarvatapanaha |
Kavirvishvo mahatejah raktah sarva bhavodbhavaha || 14

Nakshatra grahataranam-adhipo vishva-bhavanah |
Tejasamapi tejasvi dvadashatman namo'stu te || 15

Namah purvaya giraye pashchimayadraye namah|
Jyotirgananam pataye dinaadhipataye namah || 16

Jayaya jaya bhadraya haryashvaya namo namah |
Namo namah sahasramsho adityaya namo namah || 17

Nama ugraya viraya sarangaya namo namah |
Namah padma prabodhaya martandaya namo namah || 18

Brahmeshanachyuteshaya suryayadityavarchase |
Bhasvate sarva bhakshaya raudraya vapushe namaha || 19

Tamoghnaya himaghnaya shatrughnayamitatmane |
Kritaghnagnaya devaya jyotisham pataye namaha || 20

Taptacami karabhaya vahnaye vishvakarmane |
Namastamo'bhinighnaya ravaye (rucaye) lokasakshine || 21

Nashayat yesha vai bhutam tadeva srijati prabhuh|
Payatyasha tapatyasha varshatyasha gabhastibhih || 22

Esha supteshu jagarti bhuteshu parinishthitaha |
Esha evagnihotram cha phalam chaivagnihotrinam || 23

Vedashcha kratavashcaiva kratunam phalam eva cha |
Yani krityani lokeshu sarva esha ravih prabhuh || 24

Ena-mapatsu krichchreshu kantareshu bhayeshu cha |
Kirtayan purushah kashchinnavasidati raghava || 25

Pujayasvaina-mekagro devadevam jagatpatim |
Etat trigunitam japtva yuddheshu vijayishyasi || 26

Asmin kshane mahabaho ravanam tvam vadhishyasi |
Evamuktva tada'gastyo jagama cha yathagatam || 27

Etachchrutva mahateja nashtashoko'bhavattada |
Dharayamasa suprito raghavah prayatatmavan || 28

Adityam prekshya japtva tu param harshamavaptavan |
Trirachamya shuchirbhutva dhanuradaya viryavan || 29

Ravanam prekshya hrishtatma yuddhaya samupagamat |
Sarvayatnena mahata vadhe tasya dhrito'bhavat || 30

Atha ravi-ravadan-nirikshya ramam mudita manah paramam
prahrishyamanaha |
nishicharapati-sankshayam viditva suragana-madhyagato
vachastvareti || 31

How to chant Aditya Hridaya Stotra

To get the best result you should sing Aditya Hridaya Stotra early morning after taking bath and in front of SUN. You should first understand the Aditya Hridaya Stotra meaning in hindi to maximize its effect.

Benefits of Aditya Hridaya Stotra

Regular recitation of Aditya Hridaya Stotra gives peace of mind and keeps away all the evil from your life and makes you healthy, wealthy and prosperous.

Aditya Hridaya Stotra in Tamil/Telgu/Gujrati/Marathi/English

Use Google Translator to get **Aditya Hridaya Stotra** in language

of your choice.

**Download Aditya Hridaya Stotra in
English PDF**