



ADITYA HRIDAYA STOTRA || आदित्य हृदय स्तोत्र ||

This stotra is a powerful prayer to the Sun God, **Aditya** (another name for the Sun), and is believed to bestow strength, courage, and victory upon the devotee.

Aditya Hridaya Stotra

1. Tato yuddha-parishrantam samare chintaya sthitam,
Ravanam chagrato drishtva yuddhaya samupasthitam.

Meaning: Seeing Ravana standing ready for battle, Lord Rama, exhausted and deeply troubled by the war, stood in contemplation.

2. Daivataishcha samagamya drashtum abhyagato ranam,
Upagamy brahmad ramam agastyo bhagavan rishih.

Meaning: At that moment, the great sage Agastya approached Rama as the gods assembled to watch the battle.

3. Rama Rama maha-baho shrinu guhyam sanatanam,
Yena sarvan arin vatsa samare vijayishyasi.

Meaning: Sage Agastya said: "O mighty-armed Rama, listen to this eternal secret, by which you shall conquer all your enemies in battle."

4. Aditya hridayam punyam sarva-shatru-vinashanam,
Jayavaham japi nityam akshayam paramam shivam.

Meaning: This sacred Aditya Hridaya Stotra is the destroyer of all enemies. Regular recitation brings victory, eternal peace, and supreme welfare.

5. Sarva-mangala-mangalyam sarva-papa-pranashanam,
Chinta-shoka-prashamanam ayurvardhanam uttamam.

Meaning: It is the bestower of all auspiciousness, destroys all sins, dispels worry and grief, and increases longevity.

6. Rashmimantam samudyantam deva-asura-namaskritam,
Pujayasvaivasvantam bhaskaram bhuvaneshvaram.

Meaning: Worship the resplendent Sun, who rises with his rays, worshipped by both gods and demons, and who is the lord of the universe.

7. Sarva-devatma-ko hyesha tejasvi rashmi-bhavanah,
Esha devasura-ganan lokan pati gabhastibhih.

Meaning: He is the embodiment of all the gods and is the source of all energy. With his rays, he sustains the gods, demons, and all living beings.

8. Esha Brahma cha Vishnushcha Shivah Skandah Prajapatih,
Mahendro dhanadah kalo yamah somo hyapam patih.

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

9. Pitro vasavah sadhya ashvinau maruto manuh,
Vayur vahnih prajaprana ritukarta prabhakarah.

Meaning: He is the Pitrs (ancestors), Vasus, Sadhyas, Ashvini twins, Maruts, Manu, Vayu (wind), Agni (fire), and the creator of seasons, Prabhakara (the Sun).

10. Adityah savita suryah khagah pusa gabhastiman,
Suvarnasadrisho bhanur hiranyaretah divakarah.

Meaning: He is Aditya, Savita, Surya, the traveler of the sky, the nourisher, the one with radiant rays, golden-hued like molten gold, and the creator of light and life.

11. Haridashvah sahasrarchih saptasaptir marichiman,
Timironmathanah shambhus tvashta martanda amshuman.

Meaning: He is the one who rides the chariot with green horses, who has thousands of rays, the remover of darkness, the embodiment of radiance, and the source of all light.

12. Hiranyagarbhah shishirah tapano bhaskaro ravih,
Agnigarbho ditech putrah shankhah shishira-nashanah.

Meaning: He is the golden womb, the winter's warmth, the radiant one, the destroyer of darkness, the son of Aditi, and the dispeller of cold.

13. Vyomanathas tamo-bhedi rig-yajuh-sama-paragah,
Ghana-vrishtir apam mitro vindhya-vitthi-plavangamah.

Meaning: He is the lord of the sky, the destroyer of darkness, the master of the Rig, Yajur, and Sama Vedas, the source of rain, the friend of the waters, and the one who crosses the Vindhya mountains.

14. Atapi mandali mrityuh pingalah sarvatapanah,
Kavir vishvo maha-teja raktah sarva-bhavodbhavah.

Meaning: He is the one who brings heat and light, wears a circular halo, is death personified, tawny in color, omnipresent, wise, of immense energy, and the source of all creation.

15. Nakshatra-graha-taranam adhipo vishva-bhavanah,
Tejasamapi tejasvi dvadashatman namo'stu te.

Meaning: He is the lord of the stars, planets, and constellations, the nurturer of the universe, more radiant than the most radiant beings, and is manifested in twelve forms. I bow to you!

16. Namah purvaya giraye paschimaya adraye namah,
Jyotirgananam pataye dinadhipataye namah.

Meaning: Salutations to the mountains in the east and the west, and to the lord of the luminaries and the ruler of the day!

17. Jayaya jaya-bhadraya haryashvaya namo namah,
Namo namah sahasramsa adityaya namo namah.

Meaning: Salutations to the victorious one, to the bringer of victory, to the one with green horses, and to the thousand-rayed Aditya, I bow to you again and again!

18. Namah ugraya viraya sarangaya namo namah,
Namah padma-prabodhaya martandaya namo namah.

Meaning: Salutations to the fierce and brave one, to the one with the bow (Sarang), and to the Sun who awakens the lotus, I bow to Martanda, the Sun God.

19. Brahmeshanachyuteshaya suryaya aditya-varchase,
Bhasvate sarva-bhakshaya raudraya vapushe namah.

Meaning: Salutations to the Sun who is Brahma, Shiva, and Vishnu, who has radiant light, who consumes everything, and who has a fierce form.

20. Tamoghnaya himaghnaya shatrughnaya amit-atmane,
Kritaghnagnaya devaya jyotisham pataye namah.

Meaning: Salutations to the destroyer of darkness, cold, and enemies, to the one with boundless soul, and to the destroyer of the ungrateful. I bow to the lord of all lights.

21. Taptachamikarabhaaya haraye vishvakarmane,
Namastamo'bhinighnaya ruchaye loka-sakshine.

Meaning: Salutations to the golden-hued one, to Hari, the creator of the universe, the dispeller of darkness, the bright one, and the witness of the world.

22. Nashayatyesha vai bhutam tadeva srijati prabhuh,
Payatyesha tapatyesha varshatyesha gabhastibhih.

Meaning: This Sun God destroys all living beings and then recreates them. He nourishes, scorches, and showers with his rays.

23. Esha supteshu jagarti bhuteshu parinishthitah,
Esha chaivagnihotram cha phalam chaivagnihotrinam.

Meaning: He is ever awake when all living beings are asleep. He is also the sacrificial fire and the fruit of the sacrifices performed.

24. Vedashcha kratavashchaiva kratunam phalam eva cha,
Yani krityani lokeshu sarva esha ravi prabhuh.

Meaning: He is the Vedas, the sacrifices, and the fruits of sacrifices. He is the supreme lord who pervades all actions in the universe.

25. Enam apatsu krichreshu kantare shu bhayeshucha,
Kirtayan purushah kashchin na avasidati raghava.

Meaning: O Raghava, one who recites this hymn in times of danger, distress, or fear never succumbs to grief.

26. Pujayasvainam ekagro devadevam jagatpatim,
Etat trigunitam japtva yuddheshu vijayi bhavet.

Meaning: With a focused mind, worship this Lord of all gods, the protector of the universe. By chanting this thrice, you shall be victorious in battle.

27. Asmin kshane mahabaho ravanam tvam vadhishyasi,
Evam uktva tada'gastyo jagama sa yathagatam.

Meaning: At this very moment, O mighty-armed Rama, you will slay Ravana. Saying this, Sage Agastya departed as he had come.

28. Etach shrutva maha-teja nashtha-shoko'bhavat tada,
Dharayamasu supreeto raghavah prayatatmavan.

Meaning: Hearing this, the mighty Rama became free from sorrow. With a focused mind and a joyful heart, he firmly resolved to recite the hymn.

29. Adityam prekshya japtva tu param harsham avaptavan,
Trirachamya shuchir bhutva dhanur adaya viryavan.

Meaning: Having recited the Aditya Hridaya and meditated on the Sun God, Rama became filled with great joy. After performing his purification rituals, he took up his bow with renewed energy.

30. Ravanam prekshya hrishtatma jayartham samupagamat,
Sarvayatnena mahata vadhatasya dhrito'bhavat.

Meaning: Seeing Ravana, Rama, filled with happiness, prepared for victory and resolved with all his might to defeat him.

31. Atha raviravadannirikshya ramam
Muditamanah paramam prahrishyamanah,
Nishichara-pati-samkshayam veditva
Suragana-madhyagato vachastvareti.

Meaning: The Sun God, seeing Rama and knowing that Ravana, the king of demons, was about to be destroyed, stood in the midst of the gods and exclaimed, "Make haste!"

The **Aditya Hridaya Stotra** glorifies the Sun God and teaches that regular recitation bestows strength, courage, and victory. Lord Rama recited this stotra before his battle with Ravana and gained the energy and determination to defeat his enemy. This hymn is believed to remove sorrow, increase longevity, and bring success to its reciter.

Read More religious content on

vedicprayers.com