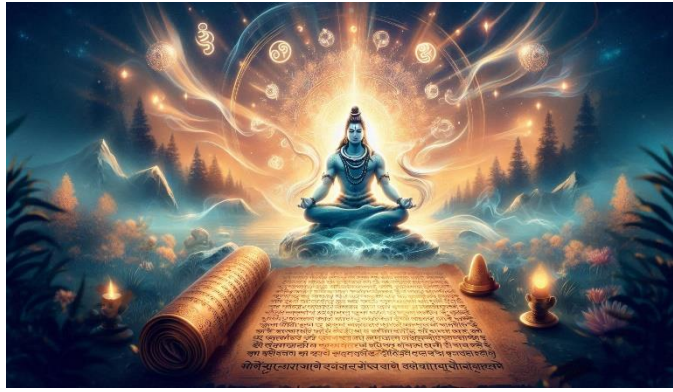




Ancient Vedic Mantras and Rituals





Mahamrityunjaya Mantra | महामृत्युंजय मंत्र | PDF

Mahamrityunjaya Mantra

The Mahamrityunjaya Mantra is a highly sacred and powerful mantra dedicated to Lord Shiva, chanted for health, protection, and long life. It is also known as the Tryambakam Mantra because it describes Lord Shiva as the three-eyed one. The pronunciation and profound meaning of this mantra make it special.

The mantra goes as follows:

“Om Tryambakam Yajamahe Sugandhim Pushtivardhanam,
Urvarukamiva Bandhanan Mrityor Mukshiya Ma Amritat.”

Meaning in English:

We worship the three-eyed Lord Shiva, who spreads fragrance and nourishes all beings. Like a ripe fruit effortlessly separates from the vine, may He liberate us from the bondage of death and grant us immortality.”



Explanation of the Meaning:

- **Tryambakam:** Refers to Lord Shiva, meaning “the one with three eyes.”
- **Sugandhim:** One who spreads a pleasant fragrance and positivity.
- **Pushtivardhanam:** One who nourishes and enhances our health, prosperity, and growth.
- **Urvarukam:** Like a cucumber or fruit that, once ripe, naturally detaches from the vine.
- **Bandhanan:** Signifies bondage or any form of hardship.
- **Mrityor Mukshiya:** Free us from the bonds of death.
- **Ma Amritat:** And guide us towards immortality, peace, and liberation.
- Regular recitation of this mantra brings mental peace, improvement in health, and protection from all forms of negative energy.

Mahamrityunjaya Mantra Chant (21 Times)

Om Tryambakam Yajamahe Sugandhim Pushtivardhanam,
Urvarukamiva Bandhanan Mrityor Mukshiya Ma Amritat. ||1||

Om Tryambakam Yajamahe Sugandhim Pushtivardhanam,
Urvarukamiva Bandhanan Mrityor Mukshiya Ma Amritat. ||2||

Om Tryambakam Yajamahe Sugandhim Pushtivardhanam,
Urvarukamiva Bandhanan Mrityor Mukshiya Ma Amritat. ||3||



Om Tryambakam Yajamahe Sugandhim Pushtivardhanam,
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Om Tryambakam Yajamahe Sugandhim Pushtivardhanam,
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Om Tryambakam Yajamahe Sugandhim Pushtivardhanam,
Urvarukamiva Bandhanan Mrityor Mukshiya Ma Amritat. ||11 ||



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Om Tryambakam Yajamahe Sugandhim Pushtivardhanam,
Urvarukamiva Bandhanan Mrityor Mukshiya Ma Amritat. ||18 ||

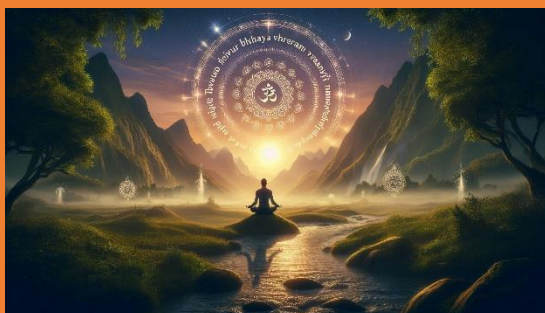
Om Tryambakam Yajamahe Sugandhim Pushtivardhanam,
Urvarukamiva Bandhanan Mrityor Mukshiya Ma Amritat. ||19 ||

Om Tryambakam Yajamahe Sugandhim Pushtivardhanam,
Urvarukamiva Bandhanan Mrityor Mukshiya Ma Amritat. ||20 ||

Om Tryambakam Yajamahe Sugandhim Pushtivardhanam,
Urvarukamiva Bandhanan Mrityor Mukshiya Ma Amritat. ||21 ||



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