

nitya sandhyā vandanam

śarīra śuddhi

apavitraḥ pavitro vā sarvāvasthā”ṃ gato᳚pivā |
 yaḥ smaret puṇḍarīkākṣaṃ sa bāhyābhyantara śśuciḥ ||
 puṇḍarīkākṣa ! puṇḍarīkākṣa ! puṇḍarīkākṣāya namaḥ |

ācamaṇaḥ

oṃ ācamya - oṃ keśavāya svāhā, oṃ nārāyaṇāya svāhā, oṃ mādhavāya svāhā, oṃ govindāya namaḥ,
 oṃ viṣṇave namaḥ, oṃ madhusūdanāya namaḥ, oṃ trivikramāya namaḥ, oṃ vāmanāya namaḥ, oṃ
 śrīdharāya namaḥ, oṃ hr̥ṣīkeśāya namaḥ, oṃ padmanābhāya namaḥ, oṃ dāmodarāya namaḥ, oṃ
 saṅkarṣaṇāya namaḥ, oṃ vāsudevāya namaḥ, oṃ pradyumnāya namaḥ, oṃ aniruddhāya namaḥ, oṃ
 puruṣottamāya namaḥ, oṃ adhokṣajāya namaḥ, oṃ nārasimhāya namaḥ, oṃ acyutāya namaḥ, oṃ
 janārdhanāya namaḥ, oṃ upendrāya namaḥ, oṃ haraye namaḥ, oṃ śrīkr̥ṣṇāya namaḥ, oṃ śrīkr̥ṣṇa
 parabrahmaṇe namo namaḥ

bhūtoccāṭana

uttiṣṭhantu | bhūta piśācā | ye te bhūmibhārakāḥ | ye teṣā mavirodhena | brahmakarma samārabhe | oṃ
 bhūrbhuvassuvaḥ |
 daiṃvī gāyatrī candaḥ prāṇāyāme viniyogaḥ

prāṇāyāmaḥ

oṃ bhūḥ | oṃ bhuvaḥ | oṃ suvaḥ | oṃ mahaḥ | oṃ janaḥ | oṃ tapaḥ | oṃ ṣatyaṃ |
 oṃ tathsa’viturvare”nyam bhargo’ devasya’ dhīmahi |
 dhiyo yo na’ḥ pracodayā”t ||
 omāpo jyotī raso᳚mṛtaṃ brahma bhū-rbhuva-ssuvarom ||

saṅkalpaḥ

mamopātta, durita kṣayadvārā, śrī parameśvara muddisya, śrī parameśvara prītyarthaṃ, śubhe, śobhane,
 abhyudaya muhūrte, śrī mahāviṣṇo rāññayā, pravarta mānasya, adya brahmaṇaḥ, dvitīya parārthe,
 śvetavarāha kalpe, vaivaśvata manvantare, kaliyuge, prathama pāde, (bhārata deśaḥ - jambū dvīpe,
 bharata varṣe, bharata khaṇḍe, meroḥ dakṣiṇa/uttara digbhāge; amerikā - krauñca dvīpe, ramaṇaka
 varṣe, aindrika khaṇḍe, sapta samudrāntare, kapilāraṇye), śobhana gṛhe, samasta devatā brāhmaṇa,
 harihara gurucaraṇa sannithau, asmin, vartamāna, vyāvahārika, cāndramāna, ... saṃvatsare, ... ayane, ...
 ṛte, ... māse, ... pakṣe, ... tithau, ... vāsare, ... śubha nakṣatra, śubha yoga, śubha karaṇa, evaṅguṇa,
 viśeṣaṇa, viśiṣṭhāyāṃ, śubha tithau, śrīmān, ... gotraḥ, ... nāmadheyah, ... gotrasya, ... nāmadheyohamaḥ

prātaḥ/madhyāhnikā/sāyaṃ sandhyāṃ upāsiṣye ||

mārjanaḥ

oṃ āpo hiṣṭhā ma'yobhuva'ḥ | tā na' ūrje da'dhātana | maḥeraṇā'ya cakṣa'se | yo va'ḥ śivata'mo rasa'ḥ
| tasya' bhājayate ha naḥ | uṣatīri'va mātara'ḥ | tasmā ara'ṅga māma vaḥ | yasya kṣayā'ya ji'nvatha |
āpo' janaya'thā ca naḥ |

prātaḥ kāla mantrācamaṇaḥ

sūrya śca, māmānyu śca, manyupataya śca, manyu'kr̥tebhyaḥ | pāpebhyo' rakṣantām | yadrātryā pāpa'
makārṣam | manasā vācā' hastābhyām | padbhyā mudare'ṅa śiśñcā | rātri stada'valumpatu | yatkiñca'
duritaṃ mayi' | idamahaṃ mā mam'ṛta yo nau | sūrye jyotiṣi juho'mi svāhā'' ||

madhyāhna kāla mantrācamaṇaḥ

āpa'ḥ punantu pṛthivīṃ pṛ'thivī pūtā pu'nātu mām | punantu brahma'ṅaspati rbrahmā' pūtā pu'nātu
mām | yaducchi'sta mabho''jyaṃ yadvā' duścari'taṃ mama' | sarva'ṃ punantu mā māpo'ḥ satā'ñca'
pratigraḥagg svāhā'' ||

sāyaṅkāla mantrācamaṇaḥ

agni śca mā manyu śca manyupataya śca manyu'kr̥tebhyaḥ | pāpebhyo' rakṣantām | yadahnā pāpa'
makārṣam | manasā vācā' hastābhyām | padbhyā mudare'ṅa śiśñcā | aha stada'valumpatu | ya tkiñca'
duritaṃ mayi' | ida mahaṃ mā mam'ṛta yonau | satye jyotiṣi juhomi svāhā'' ||

ācamya (oṃ keśavāya svāhā, ... śrī kṣṇa parabrahmaṇe namo namaḥ)

dvitīya mārjanaḥ

dadhi krāvaṅṅo' akāriṣam | jiṣṇo raśva'sya vāji'naḥ |
surabhino mukhā'karatpraṇa āyāg'mṣi tāriṣat ||

oṃ āpo hiṣṭhā ma'yobhuva'ḥ | tā na' ūrje da'dhātana | maḥeraṇā'ya cakṣa'se | yo va'ḥ śivata'mo rasa'ḥ
| tasya' bhājayate ha naḥ | uṣatīri'va mātara'ḥ | tasmā ara'ṅga māma vaḥ | yasya kṣayā'ya ji'nvatha |
āpo' janaya'thā ca naḥ |

punaḥ mārjanaḥ

hira'ṅyavarṇā śśuca'yah pāvakāḥ yā su'jātaḥ kaśyapo yā svindra'ḥ | agniṃ yā garbha'n-dadhire virū'pā
stāna āpaśśagg syonā bha'vantu | yā sāgṃ rājā varu'no yāti madhye' satyānrte a'vapaśyaṃ janā'nām |
madhu ścutaśśuca'yo yāḥ pā'vakā stāna āpaśśagg syonā bha'vantu | yāsā''ṃ devā divi kr̥ṇvanti'
bhakṣaṃ yā antari'kṣe bahuthā bhava'nti | yāḥ pṛ'thivīṃ paya'sondanti' śśukrāstāna āpaśśagg syonā
bha'vantu | yāḥ śivena' mā cakṣu'sā paśyatāpaśśivayā' tanu vopa'spṛṣata tvaca' mme | sarvāg'm

agnīgṃ ra' psuṣado' huve vo mayi varco bala mojo nidha'tta ||

pāpavimocanaṃ

drupadā di'va muñcatu | drupadā dive nmu'mucānaḥ |

svinna ssnātvī malā' divaḥ | pūtaṃ pavitre'ne vājya'm āpa' śsundantu maina'saḥ ||

ācamya (oṃ keśavāya svāhā, ... śrī kṛṣṇa parabrahmaṇe namo namaḥ)

prāṇāyāmamya

laghusaṅkalpaḥ

pūrvokta evaṅguṇa viśeṣaṇa viśiṣṭhāyāṃ śubhatithau mamopātta durita kṣayadvārā śrī parameśvara muddisya śrī parameśvara prītyarthaṃ prātassandhyāṅga yathā kālocita arghyapradānaṃ kariṣye ||

prātaḥ kālārghya mantraṃ

oṃ bhūrbhuvassuvaḥ tathsa' viturvare'nyam bhargo' devasya' dhīmahi | dhiyo yo na'ḥ pracodayā't || 3 ||

madhyāhnārghya mantraṃ

oṃ hagṃ saśsu' ciṣa dvasu' rantariksasa ddotā' vedišadati'thi rduronnasat | nr̥ṣa dva' rasa dṛ' tasa dvyo' ma sadabjā gojā ṛ' tajā a' drijā ṛtam-br̥hat ||

sāyaṃ kālārghya mantraṃ

oṃ bhūrbhuvassuvaḥ tathsa' viturvare'nyam bhargo' devasya' dhīmahi | dhiyo yo na'ḥ pracodayā't ||
oṃ bhūḥ | oṃ bhuvāḥ | oḡṃ suvaḥ | oṃ mahaḥ | oṃ janaḥ | oṃ tapaḥ | oḡṃ satyam | oṃ
tathsa' viturvare'nyam bhargo' devasya' dhīmahi | dhiyo yo na'ḥ pracodayā't || omāpo jyoti
raṣo mṛtaṃ brahma bhū-rbhuvā-ssuvarom ||

sajala pradakṣiṇaṃ

oṃ udiyanta'mastaṃ yanta' māditya ma'bhithyāya nkurvan-brā'hmaṇo vidvān tsakala'm-
bhadrama'snute asāvā'dityo brahmeti || brahmaiva san-brahmāpyeti ya evaṃ veda || asāvādityo brahma ||

ācamya (oṃ keśavāya svāhā, ... śrī kṛṣṇa parabrahmaṇe namo namaḥ)

sandhyāṅga tarpaṇaṃ

prātaḥkāla tarpaṇaṃ

sandhyāṃ tarpayāmi, gāyatrīṃ tarpayāmi, brāhmīṃ tarpayāmi, nimṛjīṃ tarpayāmi ||

madhyāhna tarpaṇaṃ

sandhyāṃ tarpayāmi, sāvitṛīṃ tarpayāmi, raudrīṃ tarpayāmi, nimṛjīṃ tarpayāmi ||

sāyaṅkāla tarpaṇaṃ

sandhyāṃ tarpayāmi, sarasvatīṃ tarpayāmi, vaiṣṇavīṃ tarpayāmi, nimṛjīṃ tarpayāmi ||

gāyatrī avāhana

omityekākṣa'raṃ brahma | agnirdevatā brahma' ityārṣam | gāyatraṃ chandaṃ paramātma'ṃ sarūpam | sāyujyaṃ vi'niyogam ||

āyā'tu vara'dā devī akṣara'ṃ brahmasaṃmitam | gāyatrī'ṃ chanda'sāṃ mātedaṃ bra'hma juṣasva' me | yadahnā't-kuru'te pāpaṃ tadahnā't-pratimucya'te | yadrātriyā't-kuru'te pāpaṃ tadrātriyā't-pratimucya'te | sarva' varṇe ma'hādevi sandhyāvi'dye sarasva'ti ||

ojo'᳚si saho'᳚si bala'masi bhrājo'᳚si devānāṃ dhāmanāmā'si viśva'masi viśvāyu-ssarva'masi sarvāyu-rabhibhūrom | gāyatrī-māvā'hayāmi sāvitṛī-māvā'hayāmi sarasvatī-māvā'hayāmi chandarṣī-nāvā'hayāmi śriya-māvāha'yāmi gāyatriyā gāyatrī cchando viśvāmitraṣi ssvitā devatā᳚gnir-mukhaṃ brahmā śiro viṣṇur-hṛdayaṃ rudra-śśikhā pṛthivī yoniḥ prāṇāpāna vyānodāna samānā saprāṇā śvetavarṇā sāṅkhyāyana sagotrā gāyatrī caturvigṃ śatyakṣarā tripadā' ṣaṭ-kukṣiḥ pañca-śīrṣopāyane vi'niyogaḥ | oṃ bhūḥ | oṃ bhuvah | oṃ suvah | oṃ mahah | oṃ janah | oṃ tapaḥ | oṃ satyam | oṃ tathsa' viturvare'nyam bhargo' devasya' dhīmahi | dhiyo yo na'h pracodayā't || omāpo jyotī raṣo᳚mr̥taṃ brahma bhū-rbhūva-ssuvarom ||

ācamya (oṃ keśavāya svāhā, ... śrī kṛṣṇa parabrahmaṇe namo namaḥ)

japasaṅkalpaḥ

pūrvokta evaṅguṇa viśeṣaṇa viśiṣṭhāyāṃ śubhatithau mamopātta durita kṣayadvārā śrī parameśvara muddisya śrī parameśvara prītyarthaṃ sandhyāṅga yathāśakti gāyatrī mahāmantra japaṃ kariṣye ||

karanyāsaḥ

oṃ tathsa' vituh brahmātmāne aṅguṣṭābhyāṃ namaḥ |
vare'nyam viṣṇavātmāne tarjanībhyāṃ namaḥ |
bhargo' devasya' rudrātmāne madhyamābhyāṃ namaḥ |
dhīmahi satyātmāne anāmikābhyāṃ namaḥ |
dhiyo yo na'h nñānātmāne kaniṣṭhikābhyāṃ namaḥ |
pracodayā't sarvātmāne karatala karapṛṣṭābhyāṃ namaḥ |

aṅganyāsaḥ

oṃ tathsa' vituh brahmātmāne hṛdayāya namaḥ |

vare''nyam viṣṇavātmane śirase svāhā |
 bhargo' devasya' rudrātmane śikhāyai vaṣaṭ |
 dhīmahi satyātmane kavacāya hum |
 dhiyo yo na'ḥ nñānātmane netratrayāya vauṣaṭ |
 pracodayā''t sarvātmane astrāyaphaṭ |
 oṃ bhūrbhuvassuvaromiti digbhandhaḥ |

dhyānam

muktāvidruma hemanīla dhavaḷaccāyair-mukhai strīkṣaṇaiḥ |
 yuktāminduni baddha ratna makuṭāṃ tatvārtha varṇātmikām |
 gāyatrīṃ varadābhayāñkuśa kaśāsśubhrañkapālaṅgadām |
 śaṅkhañcakra madhāravinda yugaḷaṃ hastairvahantīṃ bhaje ||

caturviṃśati mudrā pradarśanaṃ

sumukhaṃ sampuṭīñcaiva vitataṃ vistṛtaṃ tathā |
 dvimukhaṃ trimukhañcaiva catuḥ pañca mukhaṃ tathā |
 ṣaṇmukho'ṭha mukhaṃ caiva vyāpakāñjalikaṃ tathā |
 śakaṭaṃ yamaḥpāśaṃ ca grathitaṃ sammukhonmukham |
 pralambaṃ muṣṭikaṃ caiva matsyaḥ kūrmo varāhakam |
 siṃhākrāntaṃ mahākrāntaṃ mudgaraṃ pallavaṃ tathā |

caturviṃśati mudrā vai gāyatrīṃ supraṭiṣṭhitāḥ |
 itimudrā na jānāti gāyatrī niṣphalā bhavet ||

yo deva ssa vitā' smākaṃ dhiyo dharmādigocarāḥ |
 prerayettasya yadbhargasta dvareṇya mupāsmahe ||

gāyatrī mantraṃ

oṃ bhūrbhuvassuvaḥ tathsa' viturvare''nyam bhargo' devasya' dhīmahi |
dhiyo yo na'ḥ pracodayā''t ||

aṣṭamudrā pradarśanaṃ

surabhir-nñāna cakre ca yoniḥ kūrmo'ṭha pañkajam |
 liṅgaṃ niryāṇa mudrā cetyaṣṭa mudrāḥ prakīrtitāḥ ||
 oṃ tatsad-brahmārpaṇamastu |

ācāmya (oṃ keśavāya svāhā, ... śrī kṛṣṇa parabrahmaṇe namo namaḥ)

dviḥ parimujya |
 sakṛdupa spṛśya |
 yatsavyaṃ pāṇim |
 pādama |
 prokṣati śiraḥ |
 cakṣuṣī |
 nāsike |
 śrotre |
 hṛdayamālabhya |

prātaḥkāla sūryopasthānaṃ

oṃ mitrasya’ carṣaṇī dhṛta śravo’ devasya’ sāna sim | satyaṃ citraśra’ vastamam | mitro janān’ yātayati
 prajānan-mitro dā’ dhāra pṛthivī mutadyām | mitraḥ krṣṭī rani’ miśā ḥ bhi ca’ ṣṭe satyāya’ havyaṃ
ghṛtava’ dvidhema | prasami’ ttra martyo’ astu praya’ svā nyasta’ āditya śikṣa’ ti vratena’ | na ha’ nyate na
 jī’ yate tvotonaina magṇho’ aśno tyanti’ to na dūrāt ||

madhyāhna sūryopasthānaṃ

oṃ ā satyena raja’ sā varta’ māno niveśa’ ya namṛtaṃ martya’ ñca | hiraṇyaye’ na savitā rathena’ ḥ devo
yā’ ti bhuva’ nā nipaśyan’ ||

udvaya ntama’ sa spari paśya’ nto jyoti rutta’ ram | devan-de’ vatrā sūrya maga’ nma jyoti’ ruttamaṃ ||

udutyam jātave’ dasam devam va’ hanti ketava’ ḥ | dr̥ṣe viśvā’ ya sūrya’ m || citraṃ devānā muda’ gā
danī’ kaṃ cakṣu’ r-mitrasya varu’ ṇa syāgneḥ | aprā dyāvā’ pṛthivī antari’ ksagṃ sūrya’ ātmā jaga’ ta
stasthuṣa’ śca ||

taccakṣu’ r-devahi’ taṃ purastā’ ccukra muccara’ t | paśye’ ma śarada’ śśataṃ jīve’ ma śarada’ śśataṃ
nandā’ ma śarada’ śśataṃ modā’ ma śarada’ śśataṃ bhavā’ ma śarada’ śśatagṃ śrṇavā’ ma śarada’ śśataṃ
pabra’ vāma śarada’ śśatamajī’ tāsyāma śarada’ śśataṃ jokca sūrya’ ṃ dr̥ṣe || ya uda’ gānmaḥato’ ḥ rṇavā’
dvibhrāja’ māna ssarirasya madhyāthsamā’ vṛṣabho lo’ hitākṣasūryo’ vipaścinmana’ sā punātu ||

sāyaṅkāla sūryopasthānaṃ

oṃ imamme’ varuṇa śṛdhī hava’ madyā ca’ mṛdaya | tvā ma’ vasyu rāca’ ke || tatvā’ yāmi brahma’ nā
vanda’ māna sta dāśā’ ste yaja’ māno havirbhi’ ḥ | ahe’ ḍamāno varuṇeha bodhyuru’ śagṃ samā’ na āyuh
pramo’ ṣṭh ||

yacciddhite viśoyathā pradeva varuṇavratam | minīmasidya vidyavi | yatkiñcedaṃ varuṇadaivye
jane’ ḥ bhidroha mmanuṣyāscarāmasi | acitte yattava dharmayuyopi mamāna stasmā denaso devarīṣaḥ |

kitavāso yadripurnadīvi yadvāghā satyamutayanna vidma | sarvātāviṣya śidhirevadevā thātesyāma
varuṇa priyāsaḥ ||

digdevatā namaskāraḥ

oṃ namaḥ prācyai' diśe yāśca' devatā' etasyāṃ prati' vasantye tābhya' śca nama'ḥ |
oṃ namaḥ dakṣiṇāyai' diśe yāśca' devatā' etasyāṃ prati' vasantye tābhya' śca nama'ḥ |
oṃ namaḥ pratī'cyai' diśe yāśca' devatā' etasyāṃ prati' vasantye tābhya' śca nama'ḥ |
oṃ namaḥ udī'cyai' diśe yāśca' devatā' etasyāṃ prati' vasantye tābhya' śca nama'ḥ |
oṃ namaḥ ūrdhvāyai' diśe yāśca' devatā' etasyāṃ prati' vasantye tābhya' śca nama'ḥ |
oṃ namoḥ dha'rāyai' diśe yāśca' devatā' etasyāṃ prati' vasantye tābhya' śca nama'ḥ |
oṃ namoḥ vāntarāyai' diśe yāśca' devatā' etasyāṃ prati' vasantye tābhya' śca nama'ḥ |

muni namaskāraḥ

namo gaṅgā yamunayor-madhye ye' vasanti te me prasannātmāna ścirañjīvitāṃ va'rdhayanti namo
gaṅgā yamunayor-muni'bhyaśca namo namo gaṅgā yamunayor-muni'bhyaśca na'maḥ ||

sandhyādevatā namaskāraḥ

sandhyā'yai' nama'ḥ | sāvi'tryai' nama'ḥ | gāya'tryai' nama'ḥ | sara'svatyai' nama'ḥ | sarvā'bhyo
devatā' bhyo nama'ḥ | devebhyo nama'ḥ | ṛṣi'bhyo' nama'ḥ | muni'bhyo' nama'ḥ | guru'bhyo' nama'ḥ |
pitṛ'bhyo' nama'ḥ | kāmōḥ kārṣṭī' rnamo' namaḥ | manyu rakārṣṭī' rnamo' namaḥ | pṛthivyāpastejo
vāyu'rākāśāt namaḥ | oṃ namo bhagavate vāsu'devāya | yāgṃ sadā' sarvabhūtāni' carāṇi' sthāvarāṇi' ca
| sāyaṃ prāta rna'masyanti sā mā sandhyā'ḥ bhirakṣatu ||

śivāya viṣṇurūpāya śivarūpāya viṣṇave |
śivasya hṛdayaṃ viṣṇurviṣṇośca hṛdayaṃ śivaḥ ||
yathā śivamayo viṣṇurevaṃ viṣṇumayaḥ śivaḥ |
yathāḥ ntaraṃ na paśyāmi tathā me svastirāyuṣi ||
namo brahmaṇya devāya go brāhmaṇa hitāya ca |
jagaddhitāya kṛṣṇāya govindāya namo namaḥ ||

gāyatrī udvāsana (prasthānaṃ)

uttame' śikha're jāte bhūmyāṃ pa'rvaṭamūrtha'ni | brāhmaṇe''bhyoḥ bhya'nu ññātā gaccade'vi
yathāsu' kham | stuto mayā varadā ve'damātā pracodayantī pavane'' dvijātā | āyuh' pṛthivyāṃ draviṇaṃ
bra'hmarcasam mahyaṃ datvā prajātuṃ bra'hmalokam ||

namoḥ stvanantāya sahasramūrtaye sahasra pādākṣi śiroru bāhave |
sahasra nāmne puruṣāya śāśvate sahasrakoṭī yuga dhāriṇe namaḥ ||

idaṃ dyā'vā pṛthivī satyama'stu | pitar-mātaryadi hopa' brvevā'm |
bhūtaṃ devānā' mavame avo'bhiḥ | vidyā meṣaṃ vṛjina'ṃ jīradā'num ||

ākāśāt-patitaṃ toyaṃ yathā gacchati sāgaram |
sarvadeva namaskāraḥ keśavaṃ pratigacchati ||
śrī keśavaṃ pratigacchatyonnama iti |

sarvavedeṣu yatpuṇyam | sarvatīrtheṣu yatphalam |
tatphalaṃ puruṣa āpnoti stutvādevaṃ janārdhanam ||
stutvādevaṃ janārdhana oṃ nama iti ||
vāsanād-vāsudevasya vāsitaṃ te jayatrayam |
sarvabhūta nivāso᳚śrī vāsudeva namo᳚stute ||
śrī vāsudeva namo᳚stute oṃ nama iti |

abhivādaḥ (pravara)

catussāgara paryantaṃ go brāhmaṇebhyaḥ śubhaṃ bhavatu | ... pravārānvita ... gotraḥ ... sūtraḥ ... veda
śākhādhyāyī ... ahaṃ bho abhivādaye ||

īśvarārpaṇaṃ

kāyena vācā manasendriyairvā | buddhyā᳚᳚tmanā vā prakṛte ssvabhāvāt |
karomi yadyat-sakalaṃ parasmai śrīmannārāyaṇāyeti samarpayāmi ||
hariḥ oṃ tatsat | tatsarvaṃ śrī parameśvarārpaṇamastu |

Web Url: <http://www.vignanam.org/veda/nitya-sandhya-vandanam-english.html>