

nitya sandhyā vandanam

śarīra śuddhi

apavitraḥ pavitro vā sarvāvasthā”ṃ gato २ pivā |
 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 |
 daivī gāyatrī candaḥ prāṇāyāme viniyogaḥ

prāṇāyāmaḥ

oṃ bhūḥ | oṃ bhuvah | oṃ suvah | oṃ mahah | oṃ janah | oṃ
tapaḥ | oṃ satyam |

oṃ tathsa' viturvare''nyam bhargo' devasya' dhīmahi |

dhiyo yo na'ḥ pracodayā''t ||

omāpo jyotī raso᳚mr̥taṃ brahma bhū-rbhuvā-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 gr̥he, 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, ... nāmadheyohaṃḥ prātaḥ/madhyāhnika/sāyaṃ sandhyāṃ
upāsiṣye ||

mārjanaḥ

oṃ āpo hiṣṭhā ma'yobhuva'ḥ | tā na' ūrje da'dhātana | maheraṇā'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'kṛtebhyaḥ |
 pāpebhyo' rakṣantām | yadrātryā pāpa' makārṣam | manasā vācā'
 hastābhyām | padbhyā mudare'ṇa śiśñcā | rātri stada'valumpatu |
 yatkiñca' duritaṃ mayi' | idamahaṃ mā mamṛ'ta yo nau | sūrye
 jyotiṣi juho'mi svāhā" ||

madhyāhna kāla mantrācamaṇaḥ

āpa'ḥ punantu pṛthivīṃ pṛ'thivī pūtā pu'nātu mām | punantu
 brahma'ṇaspati rbrahmā' pūtā pu'nātu mām | yaducchi'ṣṭa
 mabho''jyaṃ yadvā' duścari'taṃ mama' | sarva'ṃ punantu mā
 māpo'ṇsatā ñca' pratigrahagg svāhā" ||

sāyaṅkāla mantrācamaṇaḥ

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

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

namaḥ)

dvitīya mārjanaḥ

dadhi krāvaṇṇo’ akāriṣam | jiṣṇo raśva’sya vāji’naḥ |
surabhino mukhā’karatpraṇa āyāg’ṃṣi tāriṣat ||

oṃ āpo hiṣṭhā ma’yobhuva’ḥ | tā na’ ūrje da’dhātana | maheraṇā’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’ṇyavarṇā śśuca’yaḥ pāvakāḥ yā su’jātaḥ kaśyapo yā svindra’ḥ |
agniṃ yā garbha’n-dadhire virū’pā stāna āpaśśagg syonā bha’vantu |
yā sāgṃ rājā varu’ṇo yāti madhye’ satyānrte a’vapaśyaṃ janā’nām |
madhu ścutaśśuca’yo yāḥ pā’vakā stāna āpaśśagg syonā bha’vantu |
yāsā’ṃ devā divi krṇvanti’ bhakṣaṃ yā antari’kṣe bahuthā bhava’nti
| yāḥ pr’thivīm paya’sondanti’ śśukrāstāna āpaśagg syonā bha’vantu |
yāḥ śivena’ mā cakṣu’ṣā paśyatāpaśśivayā’ tanu vopa’sprśata 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’ṇe vājya’m āpa’

śśundantu 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 saśśu' ciṣa dvasu' rantarikṣasa ddotā' vediṣadati' thi
rduroṇasat | nrṣa dva' rasa dṛ' tasa dvyo' ma sadabjā gojā ṛ' tajā a' drijā
rtam-brhat ||

sāyam kālārghya mantraṃ

oṃ bhūrbhuvassuvaḥ tathsa' viturvare''nyam bhargo' devasya'
dhīmahi | dhiyo yo na'ḥ pracodayā''t || oṃ bhūḥ | oṃ bhuvah | oḡṃ
suvaḥ | oṃ mahaḥ | oṃ janaḥ | oṃ tapaḥ | oḡṃ satyam | oṃ

tathsa' viturvare'ṅyam bhargo' devasya' dhīmahi | dhiyo yo na'ḥ
 pracodayā't || omāpo jyotī rasoḥ mṛtam brahma bhū-rbhuva-
 ssuvarom ||

sajala pradakṣiṇam

om udyanta' mastam yanta' māditya ma' bhithyāya nkurvan-
 brā'hmaṇo vidvān tsakala' m-bhadrama' śnute asāvā' dityo brahmeti ||
 brahmaiva san-brahmāpyeti ya evam veda || asāvādityo brahma ||

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

sandhyāṅga tarpaṇam

prātaḥkāla tarpaṇam

sandhyām tarpayāmi, gāyatrīm tarpayāmi, brāhmīm tarpayāmi,
 nimrjīm tarpayāmi ||

madhyāhna tarpaṇam

sandhyām tarpayāmi, sāvitrīm tarpayāmi, raudrīm tarpayāmi,
 nimrjīm tarpayāmi ||

sāyaṅkāla tarpaṇam

sandhyām tarpayāmi, sarasvatīm tarpayāmi, vaiṣṇavīm tarpayāmi,
 nimrjīm 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 sāvitrī-māvā'hayāmi sarasvatī-māvā'hayāmi
chandarṣī-nāvā'hayāmi śriya-māvāha'yāmi gāyatriyā gāyatrī cchando
viśvāmitraṣi ssavitā devatā᳚gnir-mukhaṃ brahmā śiro viṣṇur-
hṛdayaṃ rudra-śśikhā pṛthivī yoniḥ prāṇāpāna vyānodāna samānā
saprāṇā śvetavarṇā sāṅkhyāyana sagotrā gāyatrī caturvigṃ
śatyakṣarā tripadā' ṣaṭ-kukṣiḥ pañca-śīrṣopānāyane vi'niyogaḥ | oṃ
bhūḥ | oṃ bhuvāḥ | oṃ suvāḥ | oṃ mahāḥ | oṃ janaḥ | oṃ tapaḥ |
oṃ satyam | oṃ tathsa' viturvare'nyam bhargo' devasya' dhīmahi |
dhiyo yo na'ḥ pracodayā't || omāpo jyotī raso᳚mṛtaṃ brahma bhū-
rbhuva-ssuvarom ||

ācāmya (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' vituḥ brahmātmāne aṅguṣṭābhyāṃ namaḥ |
vare''nyam viṣṇavātmāne tarjanībhyāṃ namaḥ |
bhargo' devasya' rudrātmāne madhyamābhyāṃ namaḥ |
dhīmahi satyātmāne anāmikābhyāṃ namaḥ |
dhiyo yo na'ḥ ṅñānātmāne kaniṣṭhikābhyāṃ namaḥ |
pracodayā''t sarvātmāne karatala karapṛṣṭābhyāṃ namaḥ |

aṅganyāsaḥ

oṃ tathsa' vituḥ brahmātmāne hṛdayāya namaḥ |
vare''nyam viṣṇavātmāne śīrase svāhā |
bhargo' devasya' rudrātmāne śikhāyai vaṣaṭ |
dhīmahi satyātmāne kavacāya hum |
dhiyo yo na'ḥ ṅñānātmāne netratrayāya vauṣaṭ |
pracodayā''t sarvātmāne astrāyaphaṭ |
oṃ bhūrbhuvassuvaromiti digbhandhaḥ |

dhyānam

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

caturviṃśati mudrā pradarśanaṃ

sumukhaṃ sampuṭiñcaiva vitataṃ vistṛtaṃ tathā |
 dvimukhaṃ trimukhañcaiva catuḥ pañca mukhaṃ tathā |
 ṣaṇmukho₂ tho mukhaṃ caiva vyāpakāñjalikaṃ tathā |
 śakaṭaṃ yamaṭāsaṃ ca grathitaṃ sammukhonmukham |
 pralambaṃ muṣṭikaṃ caiva matsyaḥ kūrmo varāhakam |
 siṃhākrāntaṃ mahākrāntaṃ mudgaraṃ pallavaṃ tathā |

caturviṃśati mudrā vai gāyatrīyāṃ supra₂tīṣṭhitāḥ |
 itimudrā na jānāti gāyatrī niṣphalā bhavet ||

yo deva ssavitā₂ smākaṃ dhiyo dharmādigocarāḥ |
 prerayettasya yadbhargasta dvareṇya mupāsmahe ||

gāyatrī mantraṃ

**oṃ bhūrbhuvassuyaḥ tathsa' viturvare' ṇyaṃ bhargo' devasya'
dhīmahi |**

dhiyo yo na'ḥ pracodayā't ||

aṣṭamudrā pradarśanaṃ

surabhir-ññāna cakre ca yoniḥ kūrmo²tha pañkajam |
 liṅgam niryāṇa mudrā cetyaṣṭa mudrāḥ prakīrtitāḥ ||
 oṃ tatsad-brahmārpaṇamastu |

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

dviḥ parimujya |
 sakṛdupa sprśya |
 yatsavyaṃ pāṇim |
 pādamaḥ |
 prokṣati śiraḥ |
 cakṣuṣī |
 nāsike |
 śrotre |
 hṛdayamālabhya |

prātaḥkāla sūryopasthānam

oṃ mitrasya' carṣaṇī dhṛta śravo' devasya' sāna sim | satyaṃ
citraśra' vastamam | mitro janān' yātayati prajānan-mitro dā' dhāra
pr̥thivī mutadyām | mitraḥ kṛṣṭī rani' miśā² 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
magmho' aśno tyanti' to na dūrāt ||

madhyāhna sūryopasthānaṃ

oṃ ā satyena raja' sā varta' māno niveśa' ya namṛtaṃ martya' űca |
hiraṇyaye' na savitā rathenā 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' kṣagṃ 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' gānma~~h~~ato rṇavā' dvibhrāja' māna
ssarirasya madhyāthsamā' vṛ~~ṣ~~abho lo' hitākṣasūryo' vipaścinmana' sā
punātu ||

sāyaṅkāla sūryopasthānaṃ

oṃ imamme' varuṇa śr̥dhī hava' madyā ca' mṛḍaya | 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' śīḥ ||

yacciddhite viśoyathā pradeva varuṇavratam | minīmasidya vidyavi |
yatkiñcedaṃ varuṇadaivye jane**2**bhidroha mmanuṣyāscarāmasi |
acitte yattava dharmāyuyopi mamāna stasmā denaso devarīriṣaḥ |
kitavāso yadriripurnadīvi 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 namo**2**dha'rāyai' diśe yāśca' devatā' etasyāṃ prati' vasantye
tābhya' śca nama'ḥ |

oṃ namo**2**vāntarāyai' diśe yāśca' devatā' etasyāṃ prati' vasantye
tābhya' śca nama'ḥ |

muni namaskāraḥ

namo gaṅgā yamunayor-madhye ye' vasanti te me prasannātmāna

ścirañjīvitam 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 | kāmōkārṣī' rnamo namaḥ | manyu rakārṣī'
rnamo namaḥ | pṛthivyāpastejo vāyu'rākāśāt namaḥ | oṃ namo
bhagavate vāsu'devāya | yāgṃ sadā' sarvabhūtāni carāṇi' sthāvarāṇi'
ca | sāyamḥ prāta rna'masyanti sā mā sandhyā'bhiraḥṣatu ||

śivāya viṣṇurūpāya śivarūpāya viṣṇave |
śivasya hṛdayam viṣṇurviṣṇośca hṛdayam śivaḥ ||
yathā śivamayo viṣṇurevam viṣṇumayaḥ śivaḥ |
yathāntaram na paśyāmi tathā me svastirāyuṣi ||
namo brahmaṇya devāya go brāhmaṇa hitāya ca |
jagaddhitāya kṛṣṇāya govindāya namo namaḥ ||

gāyatrī udvāsana (prasthānam)

uttame' śikha're jāte bhūmyām pa'rvatamūrtha'ni |
brāhmaṇe'bhyo bhya'nu ṅñātā gaccade'vi yathāsu'kham | stuto
mayā varadā ve'damātā pracodayantī pavane' dvijātā | āyuh
pṛthivyām draviṇam bra'hmavarcaṣam mahyam datvā prajātum
bra'hmalokam ||

namo॑stvanantāya sahasramūrtaye sahasra pādākṣi śīroru bāhave |
sahasra nāmne puruṣāya śāśvate sahasrakoṭī yuga dhāriṇe namaḥ ||

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

ākāśāt-patitaṃ toyam̐ 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 jayatrāyam |
sarvabhūta nivāso॑si śrīvāsudeva namo॑stute ||
śrī vāsudeva namo॑stute oṃ nama iti |

abhivādaḥ (pravara)

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

īśvarārpaṇam̐

kāyena vācā manasendriyairvā | buddhyā॑॑ tmanā vā prakṛte
ssvabhāvāt |

karomi yadyat-sakalam̐ parasmai śrīmannārāyaṇāyeti samarpayāmi ||
hariḥ om̐ tatsat | tatsarvam̐ śrī parameśvarārpaṇamastu |

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