

## śrī rudraṃ laghunyāsam

oṃ athātmānaṃ śivātmānaṃ śrī rudrarūpaṃ dhyāyet ||

śuddhasphaṭika saṅkāśaṃ trinetraṃ pañca vaktrakam |  
gaṅgādharaṃ daśabhujam sarvābharaṇa bhūṣitam ||

nīlagrīvaṃ śaśāṅkāṅkaṃ nāga yaññopa vītinam |  
vyāghra carmottarīyaṃ ca vareṇyamabhaya pradam ||

kamaṅḍalvakṣa sūtrāṅgāṃ dhāriṇam śūlapāṇinam |  
jvalantaṃ piṅgaḷajaṭā śikhā muddyota dhāriṇam ||

vṛṣa skandha samārūḍham umā dehārtha dhāriṇam |  
amṛtenāplutaṃ śāntaṃ divyabhoga samanvitam ||

digdevatā samāyuktaṃ surāsura namaskṛtam |  
nityaṃ ca śāsvataṃ śuddhaṃ dhruva-makṣara-mavyayam ||

sarva vyāpina-mīśānaṃ rudraṃ vai viśvarūpiṇam |  
evaṃ dhyātvā dvijaḥ samyak tato yajanamārabhet ||

athāto rudra snānārcanābhīṣeka vidhiṃ vyākhyāsyāmaḥ | ādita eva tīrthe snātvā udetya śuciḥ prayato  
brahmacārī śuklavāsā devābhimukhaḥ sthitvā ātmani devatāḥ sthāpayet ||

prajanane brahmā tiṣṭhatu | pādayo-rviṣṇustiṣṭhatu | hastayo-rharastiṣṭhatu | bāhvorindrastiṣṭhatu |  
jaṭhare<sub>2</sub>gnistiṣṭhatu | hṛdaye śivastiṣṭhatu | kaṅṭhe vasavastiṣṭhatu | vaktre sarasvatī tiṣṭhatu | nāsikayo-  
rvāyustiṣṭhatu | nayanayoścandrādityau tiṣṭetām | kaṇṭhorośvinau tiṣṭetām | lalāṭe rudrāstiṣṭhatu |  
mūrdhnyādityāstiṣṭhatu | śirasi mahādevastiṣṭhatu | śikhāyāṃ vāmadevāstiṣṭhatu | pṛṣṭhe pinākī tiṣṭhatu  
| purataḥ śūlī tiṣṭhatu | pārsyayoḥ śivāśaṅkarau tiṣṭhetām | sarvato vāyustiṣṭhatu | tato bahiḥ  
sarvato<sub>2</sub>gni-rjvālāmālā-parivṛtastiṣṭhatu | sarveṣvaṅgeṣu sarvā devatā yathāsthānaṃ tiṣṭhatu | māgṃ  
rakṣantu |

agnirme' vāci śrītaḥ | vāgdhṛda'ye | hṛda'yam mayi' | ahamamṛte'' | amṛtaṃ brahma'ni |  
vāyurme'' prāṇe śrītaḥ | prāṇo hṛda'ye | hṛda'yam mayi' | ahamamṛte'' | amṛtaṃ brahma'ni | sūryo' me  
cakṣuṣi śrītaḥ | cakṣurhṛda'ye | hṛda'yam mayi' | ahamamṛte'' | amṛtaṃ brahma'ni | candramā' me

mana'si śritāḥ | mano hṛda'ye | hṛda'yaṃ mayi' | ahamamṛte'' | amṛtaṃ brahma'ṇi | diśo' me śrotre''  
 śritāḥ | śrotragm hṛda'ye | hṛda'yaṃ mayi' | ahamamṛte'' | amṛtaṃ brahma'ṇi | āpo' me reta'si śritāḥ |  
 reto hṛda'ye | hṛda'yaṃ mayi' | ahamamṛte'' | amṛtaṃ brahma'ṇi | prthivī me śarī're śritāḥ | śarī'ragm  
 hṛda'ye | hṛda'yaṃ mayi' | ahamamṛte'' | amṛtaṃ brahma'ṇi | osadhi vanaspatayo' me loma'su śritāḥ |  
 lomā'ni hṛda'ye | hṛda'yaṃ mayi' | ahamamṛte'' | amṛtaṃ brahma'ṇi | indro' me bale'' śritāḥ | balagm  
 hṛda'ye | hṛda'yaṃ mayi' | ahamamṛte'' | amṛtaṃ brahma'ṇi | parjanyo' me mūrdhni śritāḥ | mūrdhā  
 hṛda'ye | hṛda'yaṃ mayi' | ahamamṛte'' | amṛtaṃ brahma'ṇi | īśā'no me manyau śritāḥ | manyurhṛda'ye |  
 hṛda'yaṃ mayi' | ahamamṛte'' | amṛtaṃ brahma'ṇi | ātmā ma' ātmani' śritāḥ | ātmā hṛda'ye | hṛda'yaṃ  
 mayi' | ahamamṛte'' | amṛtaṃ brahma'ṇi | puna'rma ātmā punarāyu rāgā''t | punaḥ' prāṇaḥ  
 punarākū'tamāgā''t | vaiśvānaro rāśmibhi'r-vāvṛdhānaḥ | antasti'sthatvamṛta'sya gopāḥ ||

asya śrī rudrādhyāya praśna mahāmantrasya aghora ṛṣiḥ, anuṣṭup candaḥ, saṅkarṣaṇa mūrti svarūpo  
 yo<sub>2</sub>sāvādityaḥ paramapuruṣaḥ sa eṣa rudro devatā | namaḥ śivāyeti bījam | śivatarāyeti śaktiḥ |  
 mahādevāyeti kīlakam | śrī sām̐ba sadāśiva prasāda siddhyarthe jape viniyogaḥ ||

oṃ agnihotrātmane aṅguṣṭhābhyāṃ namaḥ | darśapūrṇa māsātmane tarjanībhyāṃ namaḥ | catur-  
 māsyātmane madhyamābhyāṃ namaḥ | nirūḍha paśubandhātmane anāmikābhyāṃ namaḥ |  
 jyotiṣomātmane kaniṣṭhikābhyāṃ namaḥ | sarvakratvātmane karatala karapṛṣṭhābhyāṃ namaḥ ||

agnihotrātmane hṛdayāya namaḥ | darśapūrṇa māsātmane śirase svāhā | catur-māsyātmane śikhāyai vaṣaṭ  
 | nirūḍha paśubandhātmane kavacāya hum | jyotiṣomātmane netratrayāya vauṣaṭ | sarvakratvātmane  
 astrāya phaṭ | bhūrbhuvassuvaromiti digbandhaḥ ||

## **dhyānaṃ**

āpātāla-nabhaḥsthalānta-bhuvana-brahmāṇḍa-māvisphurat-  
 jyotiḥ sphāṭika-liṅga-mauli-vilasatpūrṇendu-vāntāmṛtaiḥ |  
 astokāpluta-meka-mīśa-maṇiśaṃ rudrānu-vākāñjapan  
 dhyāye-dīpsita-siddhaye dhruvapadaṃ vipro<sub>2</sub>bhiṣiñce-ccivam ||

brahmāṇḍa vyāptadehā bhasitahimarucā bhāsamānā bhujāṅgaiḥ  
 kaṇṭhe kālāḥ kapardākalita-śaśikalā-ścaṇḍa kodaṇḍahastāḥ |  
 tryakṣā rudrākṣamālāḥ prakāṭitavibhavāḥ sām̐bhavā mūrtibhedāḥ  
 rudrāḥ śrīrudrasūkta-prakāṭitavibhavā naḥ prayacchantu saukhyam ||

oṃ gaṇānā''m tvā gaṇapa'tigṃ havāmahe kavim ka'vīnāmu'pamaśra'vastamam | jyestharājam  
 brahma'ṇam̐ brahmaṇaspaṭa ā na'h śṛṇvannūtibhi'ssīda sāda'nam || mahāgaṇapataye namaḥ ||

śaṃ ca' me maya'śca me priyaṃ ca' me ṇnukāmaśca' me kāma'śca me saumanaśca' me bhadraṃ ca'  
me śreya'śca me vasya'śca me yaśa'śca me bhaga'śca me dravi'ṇaṃ ca me yantā ca' me dhartā ca' me  
kṣema'śca me dhṛti'śca me viśva'ṃ ca me maha'śca me saṃvicca' me ṇṇātra'ṃ ca me sūśca' me  
prasūśca' me sīra'ṃ ca me layaśca' ma ṛtaṃ ca' me ṇmṛta'ṃ ca me ṇyakṣmaṃ ca me ṇnā'mayacca  
me jīvātu'śca me dīrghāyutvaṃ ca' me ṇnamitraṃ ca me ṇbha'yaṃ ca me sugaṃ ca' me śaya'ṇaṃ ca  
me sūśā ca' me sudina'ṃ ca me ॥

oṃ śāntiḥ śāntiḥ śānti'ḥ ॥

Web Url: <http://www.vignanam.org/veda/sri-rudram-laghunyasam-english.html>