

śrī rudraṃ laghunyāsam

oṃ athātmānaṃ śivātmānaḥ śrī rudrarūpaṃ dhyāyet ||

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

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

kamaṇḍalvakṣa sūtrāṇāṃ dhāriṇam śūlapāṇinam |
jvalantaṃ piṅgalajaṭā śikhā muddyota dhāriṇam ||

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

digdevatā samāyuktaṃ surāsura namaskṛtam |
nityaṃ ca śāśvataṃ śuddham dhruva-makṣara-mavyayam ||

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

athāto rudra snānārcanābhiṣeka vidhiṃ vyākhyāsyāmaḥ | ādita eva
tīrthe snātvā udetya śuciḥ prayato brahmacārī śuklavāsā

devābhimukhaḥ sthitvā ātmani devatāḥ sthāpayet ||

prajanane brahmā tiṣṭhatu | pādayo-rviṣṇustiṣṭhatu | hastayo-
rharastiṣṭhatu | bāhvorindrastiṣṭhatu | jaṭhare²gnistiṣṭhatu | hr̥daye
śivastiṣṭhatu | kaṇṭhe vasavastiṣṭhantu | vaktre sarasvatī tiṣṭhatu |
nāsikayo-rvāyustiṣṭhatu | nayanayoścandrādityau tiṣṭetām |
kaṇayoraśvinau tiṣṭetām | lalāṭe rudrāstiṣṭhantu |
mūrdhnyādityāstiṣṭhantu | śirasi mahādevastiṣṭhatu | śikhāyām
vāmadevāstiṣṭhatu | pṛṣṭhe pinākī tiṣṭhatu | purataḥ sūlī tiṣṭhatu |
pārsyayoḥ śivāśaṅkarau tiṣṭhetām | sarvato vāyustiṣṭhatu | tato bahiḥ
sarvato²gni-rjvālāmālā-parivṛtastiṣṭhatu | sarveṣvaṅgeṣu sarvā
devatā yathāsthānaṃ tiṣṭhantu | māgṃ rakṣantu |

agnirme' vāci śritāḥ | vāgdhr̥da'ye | hr̥da'yam mayi' | ahamamṛte'' |
amṛtaṃ brahma'ṇi |
vāyurme'' prāṇe śritāḥ | prāṇo hr̥da'ye | hr̥da'yam mayi' | ahamamṛte''
| amṛtaṃ brahma'ṇi | sūryo' me cakṣuṣi śritāḥ | cakṣurhr̥da'ye |
hr̥da'yam mayi' | ahamamṛte'' | amṛtaṃ brahma'ṇi | candramā' me
mana'si śritāḥ | mano hr̥da'ye | hr̥da'yam mayi' | ahamamṛte'' |
amṛtaṃ brahma'ṇi | diśo' me śrotre'' śritāḥ | śrotragṃ hr̥da'ye |
hr̥da'yam mayi' | ahamamṛte'' | amṛtaṃ brahma'ṇi | āpo' me reta'si
śritāḥ | reto hr̥da'ye | hr̥da'yam mayi' | ahamamṛte'' | amṛtaṃ
brahma'ṇi | pṛthivī me śarī're śritāḥ | śarī'ragṃ hr̥da'ye | hr̥da'yam
mayi' | ahamamṛte'' | amṛtaṃ brahma'ṇi | oṣadhi vanaspatayo' me
loma'su śritāḥ | lomā'ni hr̥da'ye | hr̥da'yam mayi' | ahamamṛte'' |

amṛtaṃ brahma'ṇi | indro' me bale'' śritaḥ | balagm hr̥da'ye |
 hr̥da'yam mayi' | aḥamamṛte'' | amṛtaṃ brahma'ṇi | parjanya'o me
mūrdhni śritaḥ | mūrdhā hr̥da'ye | hr̥da'yam mayi' | aḥamamṛte'' |
amṛtaṃ brahma'ṇi | īśā'no me manyau śritaḥ | manyurhr̥da'ye |
 hr̥da'yam mayi' | aḥamamṛte'' | amṛtaṃ brahma'ṇi | ātmā ma' ātmani'
śritaḥ | ātmā hr̥da'ye | hr̥da'yam mayi' | aḥamamṛte'' | amṛtaṃ
 brahma'ṇi | puna'rma ātmā punarāyu rāgā't | punaḥ' prāṇaḥ
punarākū'tamāgā't | vaiśvānaro raśmibhi'r-vāvṛdhānaḥ |
antasti'sthatvamṛta'sya gopāḥ ||

asya śrī rudrādhyāya praśna mahāmantrasya aghora ṛṣiḥ, anuṣṭup
 candaḥ, saṅkarṣaṇa mūrti svarūpo yo² sāvādityaḥ paramapurusaḥ sa
 eṣa rudro devatā | namaḥ śivāyeti bījam | śivatarāyeti śaktiḥ |
 mahādevāyeti kīlakam | śrī sām̐ba sadāśiva prasāda siddhyarthe jape
 viniyogaḥ ||

om agnihotrātmane aṅguṣṭhābhyāṃ namaḥ | darśapūrṇa māsātmane
 tarjanībhyāṃ namaḥ | cātur-māsyātmane madhyamābhyāṃ namaḥ |
 nirūḍha paśubandhātmane anāmikābhyāṃ namaḥ | jyotiṣṭomātmane
 kaniṣṭhikābhyāṃ namaḥ | sarvakratvātmane karatala
 karaprṣṭhābhyāṃ namaḥ ||

agnihotrātmane hr̥dayāya namaḥ | darśapūrṇa māsātmane śirase svāhā
 | cātur-māsyātmane śikhāyai vaṣaṭ | nirūḍha paśubandhātmane
 kavacāya hum | jyotiṣṭomātmane netratrayāya vaṣaṭ |

sarvakratvātmane astrāya phaṭ | bhūrbhuvassuvaromiti digbandhaḥ ||

dhyānaṃ

āpātāḷa-nabhaḥsthalānta-bhuvana-brahmāṇḍa-māvisphurat-
jyotiḥ sphāṭika-liṅga-mauḷi-vilasatpūrṇendu-vāntāmṛtaiḥ |
astokāpluta-meka-mīśa-maniśaṃ rudrānu-vākāñjapan
dhyāye-dīpsita-siddhaye dhruvapadaṃ vipro॑ bhiṣiñce-ccivam ||

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

om gaṇānā”ṃ tvā gaṇapa’tigṃ havāmahe kavim
ka’vīnāmu’pamaśra’vastamam | jyestharājam brahma’ṇām
brahmaṇaspata ā na’ḥ śṛṇvannūtibhi’ssīda sāda’nam ||
mahāgaṇapataye namaḥ ||

śaṃ ca’ me maya’śca me priyaṃ ca’ me॑ nukāmaśca’ me kāma’śca
me saumanasaśca’ me bhadrāṃ 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’ me॑ mṛta’ṃ ca me॑ yakṣmaṃ ca

me₂nā'mayacca me jīvātu'śca me dīrghāyutvaṃ ca' me₂namitram
ca me₂bha'yam ca me sugam ca' me śaya'nam ca me sūṣā ca' me
sudina'm ca me ||

om śāntiḥ śāntiḥ śānti'h ||

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