



||atha rgvedīya saṁdhyāvaṁdana vidhiḥ||

ācamanam> [Sit in padmaasana facing east or north. Bend all the fingers of right hand, except thumb and little finger, so that a cup shape is formed in the palm. While reciting the ācamanam you will take small quantity of water and sip after you recite the following three svāhā maṁtras] oṃ keśavāya svāhā| oṃ nārāyaṇāya svāhā| oṃ mādhavāya svāhā| oṃ govīmḍāya namaḥ| (wash hands with small quantity of water) oṃ viṣṇave namaḥ| (rub both hands) oṃ madhusūdanāya namaḥ| (rub both hands) oṃ trivikramāya namaḥ| (touch upper lip) oṃ vāmanāya namaḥ| (touch lower lip) oṃ śrīdharāya namaḥ| (fold your hands namskara mudra) oṃ hr̥ṣikeśāya namaḥ| (touch right knee) oṃ padmanābhāya namaḥ| (touch left knee) oṃ dāmodarāya namaḥ| (touch head) oṃ saṁkarṣanāya namaḥ| (touch chin) oṃ vāsudevāya namaḥ|(touch right nostril) oṃ pradyumnāya namaḥ| (touch left nostril) oṃ aniruddhāya namaḥ| (touch right eye) oṃ puruṣottamāya namaḥ| (touch left eye) oṃ adhokṣajāya namaḥ| (touch right ear) oṃ nārasimhāya namaḥ| (touch left ear) oṃ acyutāya namaḥ| (touch navel) oṃ janārdhanāya namaḥ| (touch chest) oṃ upemḍrāya namaḥ| (touch centre of head) oṃ haraye namaḥ| (touch right shoulder) oṃ śrī kṛṣṇāya namaḥ| (touch left shoulder)

apavitraḥ pavitrovā sarvāvasthāṁ gatopivā| yaḥ smaretpuṁḍarīkākṣaṁ saḥ bāhyābhyam̐tara śśuciḥ|| [sprinkle small amount of water around you]

ācamanam>

[Sip after you recite the following three svāhā maṁtras] oṃ keśavāya svāhā| oṃ nārāyaṇāya svāhā| oṃ mādhavāya svāhā| oṃ govīmḍāya namaḥ| (wash hands with small quantity of water) oṃ viṣṇave namaḥ| (rub both hands) oṃ madhusūdanāya namaḥ| (rub both hands) oṃ trivikramāya namaḥ| (touch upper lip) oṃ vāmanāya namaḥ| (touch lower lip) oṃ śrīdharāya namaḥ| (fold your hands namskara mudra) oṃ hr̥ṣikeśāya namaḥ| (touch right knee) oṃ padmanābhāya namaḥ| (touch left knee) oṃ dāmodarāya namaḥ| (touch head) oṃ saṁkarṣanāya namaḥ| (touch chin) oṃ vāsudevāya namaḥ|(touch right nostril) oṃ pradyumnāya namaḥ| (touch left nostril) oṃ aniruddhāya namaḥ| (touch right eye) oṃ puruṣottamāya namaḥ| (touch left eye) oṃ adhokṣajāya namaḥ| (touch right ear) oṃ nārasimhāya namaḥ| (touch left ear) oṃ acyutāya namaḥ| (touch navel) oṃ janārdhanāya namaḥ| (touch chest) oṃ upemḍrāya namaḥ| (touch centre of head) oṃ haraye namaḥ| (touch right shoulder) oṃ śrī kṛṣṇāya namaḥ| (touch left shoulder)

prāṇānāyāmya>

[Bend index and middle fingers towards palm. Press thumb against right nostril and place little

and ring finger on left nostril. Breath in through left nostril closing right with the thumb, reciting the following mantras silently. Hold the breath reciting the same mantra, closing both nostril. Then exhale through right nostril reciting the mantra one more time.] praṇavasya parabrahma ṛṣiḥ| paramātmā devatā| daivī gāyatrī chaṁdah| prāṇāyāme viniyogaḥ|| oṃ bhūḥ oṃ bhuvḥ oṃ suvah| oṃ maḥ oṃ janaḥ oṃ tapaḥ oṃ satyaṃ| oṃ tatsaviturvareṇyaṃ bhargodevasya dhīmahi| dhiyo yonaḥ pracodayāt|| oṃ āpo jyotirasomṛtaṃ brahma bhūrbhuvassuvarom||

saṁkalva>

mamopātta samasta duritakṣayadvārā śrī parameśvara pṛtyarthaṃ sāyaṃ (mādhyāhnikā / prāta: as the case may be) saṁdhyā mupāsiṣye|| (leave a spoon of water)

prathama mārjanaṃ>

āpohiṣṭheti ṛcasyā trayāṇāṃ maṁtrāṇāṃ aṁbarīṣa ssaṁdhudvīpa ṛṣiḥ| āpodevatā gāyatrī chaṁdah| mārjane viniyogaḥ| āpo hiṣṭhā mayo bhuvah| tāna ūrje dadhātana| maheraṇāya cakṣase|| yovaḥ śiva tayo rasaḥ| tasya bhājayate hanaḥ| uśatīriva mātaraḥ|| tasmā araṅga māmavaḥ| yasya kṣayāya jinvatha| āpo janayathā canaḥ|| (sprinkle little water around your head)

maṁtrācamanaṃ / āpāṁprāśanaṃ / jalābhimaṁtraṃ>

agnīscetyasya (sūryaścetyasya-in the morning) maṁtrasya yājñavalkya upaniṣada ṛṣiḥ| agni (sūrya- in the morning) māmanyō manyupatayaḥ ahardevatā| prakṛtī chaṁdah| maṁtrācamane viniyogaḥ|| agnīśca (sūryaśca- in the morning) mā manyuśca manyupatayaśca manyu kṛtebhyaḥ| pāpebhyo rakṣaṁtām| yadrātryā pāpamakārśam| manasā vācā hastābhyām| padbhāmudareṇa śīśnā| āhastā davaluṁpatu| yatkiṁca duritaṃ mayi| idamaham māmamṛta yonau| satye (sūrye- in the morning) jyotiṣi jahomi svāhā|| (Sip water with this mantra)

maṁtrācamanaṃ / āpāṁprāśanaṃ / jalābhimaṁtraṃ (in madhyāhnikā)>

āpaḥ punaṁtu ityasya nārāyaṇa-yājñavalkya āpaḥ pṛthivī brahmaṇaspatiraṣṭiḥ ābhyaṁtara śuddhyarthe āpāṃ prāśane viniyogaḥ| āpaḥ punaṁtu pṛthiviṃ pūtā punātumām| punaṁtu brahmaṇaspatirbrahma pūtāpunātumām|| yad uciṣṭamabhojyaṃ yadvā duṣcaritaṃ mama| sarvaṃ punaṁtu māmāposatāṁca pratigrahaṃ svāhā||

ācamanaṃ>

[Sip after you recite the following three svāhā maṁtras] oṃ keśavāya svāhā| oṃ nārāyaṇāya svāhā| oṃ mādhavāya svāhā| oṃ govīmḍāya namaḥ| (wash hands with small quantity of water) oṃ viṣṇave namaḥ| (rub both hands) oṃ madhusūdanāya namaḥ| (rub both hands) oṃ trivikramāya namaḥ| (touch upper lip) oṃ vāmanāya namaḥ| (touch lower lip) oṃ śrīdharāya namaḥ| (fold your hands namskara mudra) oṃ hr̥ṣikeśāya namaḥ| (touch right knee) oṃ padmanābhāya namaḥ| (touch left knee) oṃ dāmodarāya namaḥ| (touch head) oṃ saṁkarṣanāya namaḥ| (touch chin) oṃ vāsudevāya namaḥ|(touch right nostril) oṃ pradyumnāya namaḥ| (touch left nostril) oṃ aniruddhāya namaḥ| (touch right eye) oṃ puruṣottamāya namaḥ| (touch left eye) oṃ adhokṣajāya namaḥ| (touch right ear) oṃ nārasimhāya namaḥ| (touch left ear) oṃ acyutāya namaḥ| (touch navel) oṃ janārdhanāya namaḥ| (touch chest) oṃ upeṁdrāya

namaḥ| (touch centre of head) oṃ haraye namaḥ| (touch right shoulder) oṃ śrī kṛṣṇāya namaḥ| (touch left shoulder)

dvitīya mārjanam>

āpohiṣṭheti navarcyasya sūktasya ambarīṣa ssiṃdhudvīpa ṛṣiḥ| āpodevatā| gāyatṛī chaṃdaḥ| paṃcamī vardhamāna| saptamī pratiṣṭhā| aṃtyedve anuṣṭubhau| mārjane viniyogaḥ|| āpo hiṣṭhā mayo bhuvah| tāna ūrje dadhātana| maheraṇāya cakṣase|| yova śśiva tayo rasah| tasya bhājayate hanah| uśatīriva mātaraḥ|| tasmā araṃga māmavaḥ| yasya kṣayāya jinvatha| āpo janayathā canah|| (leave a spoon of water from right side to left side) śanno devīrabhiṣṭaya āpo bhavaṃtu pītaye| śaṃ yo rabhasravaṃtu nah|| īśānā vāryāṇāṃ kṣayaṃtīś carṣaṇīnām| āpo yācāmi bheṣajam|| apsume somo abravīdamtarviśvāni bheṣajā| agniṃ ca viśva śaṃbhavam| āpah pṛṇīta bheṣajam varūtham tanve eee mama| jyokca sūryam drṣe|| ida māpah pravahata yatkiṃca duritam mayi| yadvāha mabhidudroha yadvāsepa utānṛtam| āpo apyānvacariṣam rasena samagasmahi| paya svānagna āgahi| tasmā saṃsrja varcasā|| sasṛṣīḥ stadapaso divā naktam ca sasṛṣīḥ| vareṇya kratū rahamā devī ravase huve|| (sprinkle little water around your head again)

pāpa puruṣa visarjanam / dahanam>

ṛtaṃca satyaṃcetasya sūktasya aghamarṣaṇa ṛṣiḥ| bhāva vṛtto devatā| anuṣṭupchaṃdaḥ| pāpa puruṣa visarjane viniyogaḥ| oṃ ṛtam ca satyaṃcābhīddāta pasodhyajāyata| tato rātryajāyata tatsamudro aṇavaḥ|| samudrādamaṇvādadhī saṃvatsaro ajāyata| aho rātrāṇi vidadha dviśvasya miṣatovaśī|| sūryā caṃdramasau dhātā yathā pūrvamakalpayat| divam ca pṛthivim cāṃtarikṣa matho svāhā||

ācamanam>

[Sip after you recite the following three svāhā maṃtras] oṃ keśavāya svāhā| oṃ nārāyaṇāya svāhā| oṃ mādhavāya svāhā| oṃ govīṃdāya namaḥ| (wash hands with small quantity of water) oṃ viṣṇave namaḥ| (rub both hands) oṃ madhusūdanāya namaḥ| (rub both hands) oṃ trivikramāya namaḥ| (touch upper lip) oṃ vāmanāya namaḥ| (touch lower lip) oṃ śrīdharāya namaḥ| (fold your hands namskara mudra) oṃ hṛṣikeśāya namaḥ| (touch right knee) oṃ padmanābhāya namaḥ| (touch left knee) oṃ dāmodarāya namaḥ| (touch head) oṃ saṃkarṣanāya namaḥ| (touch chin) oṃ vāsudevāya namaḥ|(touch right nostril) oṃ pradyumnāya namaḥ| (touch left nostril) oṃ aniruddhāya namaḥ| (touch right eye) oṃ puruṣottamāya namaḥ| (touch left eye) oṃ adhokṣajāya namaḥ| (touch right ear) oṃ nārasimhāya namaḥ| (touch left ear) oṃ acyutāya namaḥ| (touch navel) oṃ janārdhanāya namaḥ| (touch chest) oṃ upendraḥ namaḥ| (touch centre of head) oṃ haraye namaḥ| (touch right shoulder) oṃ śrī kṛṣṇāya namaḥ| (touch left shoulder)

prāṇānāyāmya>

praṇavasya parabrahma ṛṣiḥ| paramātmā devatā| daivī gāyatṛī chaṃdaḥ| prāṇāyāme viniyogaḥ|| oṃ bhūḥ oṃ bhuh oṃ suvaḥ| oṃ maḥ oṃ janaḥ oṃ tapaḥ oṃ satyam| oṃ tatsaviturvareṇyam bhargodevasya dhīmahi| dhiyo yonaḥ pracodayāt|| oṃ āpo jyotirasomṛtam brahma

bhūrbhuvassuvarom||

saṁkalva>

mamopātta samasta duritakṣayadvārā śrī parameśvara prītyartham sāyaṁ (prāta: as the case may be) saṁdhyārghya pradhānam kariṣye||

arghya pradhānam> [Offering of water]@@

om bhūrbhuvassuvaḥ**| om tatsaviturvareṇyaṁ bhargodevasya dhīmahi dhiyo yonaḥ pracodayāt|| (to give arghya 3 times with this mantra). kālātīta doṣa prāyaścittārtham punar arghya pradhānam kariṣye| om bhūrbhuvassvaḥ| om tatsaviturvareṇyaṁ bhargodevasya dhīmahi dhiyo yonaḥ pracodayāt|| (give arghya one more time) (This mantra for sāyaṁ and prātaḥ)

**dakṣiṇātya: bhūrbhuvassuvaḥ and uttarādi: bhūrbhuvassvaḥ

(for madhyāhnika):-

saṁkalva>

mamopātta samasta duritakṣayadvārā śrī parameśvara prītyartham mādhyāhnika saṁdhyārghya pradhānam kariṣye||

arghya pradhānam>

haṁsaḥ śuciśāditasya vāmadevaḥ sūryo jagatī arghya pradhāne viniyogaḥ| om haṁsa śśuciśadva suraṁtarikṣa saddhotā vediśada tithir duroṇasat|| (give arghya once with this mantra) nṛṣadvāra sadṛta sadvyoma sadabjā gojā ṛtajā adriḥ ṛtam|| (give arghya once with this mantra) prātar devī maditiṁ johavīmi madhyāṁdina uditā sūryasya|| (give arghya once with this mantra) rāye mitrā varuṇā sarvatā iḥ tokāya tanayāya śaṁ yoh|| (give arghya once with this mantra)

@@ arghya is given in standing position in the morning, sitting towards north during noon and sitting towards west in the evening.

pradakṣiṇam>

udcheda bhiśrutā magham vṛṣabham naryāpasam| astāra meṣi sūrya|| (this is for sāyaṁ and mādhyāhnika)

pradakṣiṇam> (for morning saṁdhyāvaṁdana)

yadadya kacca vṛtrahannudagā abhisūrya| sarvaṁ tadiṁdra te vaśe||

saṁdhyopāsanam>

tejosī tejomayi dhehi|| (show right hand to east and touch heart) asāvādityo brahma| brahmaivāhamasmi|| (take water in right hand the do pradakshina while leaving water around you).

tarpaṇam> [Pour water through tips of your right hand reciting the following mantra]

ādityaṁ tarpayāmi| somaṁ tarpayāmi| aṁgārakaṁ tarpayāmi| budhaṁ tarpayāmi| bṛhaspatiṁ tarpayāmi| śukraṁ tarpayāmi| śanaiścaraṁ tarpayāmi| rāhuṁ tarpayāmi| ketuṁ tarpayāmi| keśavaṁ tarpayāmi| nārāyaṇaṁ tarpayāmi| mādharmaṁ tarpayāmi| govindaṁ tarpayāmi| viṣṇuṁ

tarpayāmi| madhusūdanam tarpayāmi| trivikramam tarpayāmi| vāmanam tarpayāmi| śrīdharam tarpayāmi| hr̥ṣikeśam tarpayāmi| padmanābhama tarpayāmi| dāmodaram tarpayāmi| saṁkarṣanam tarpayāmi| vāsudevam tarpayāmi| pradyumnam tarpayāmi| aniruddham tarpayāmi| puruṣottamam tarpayāmi| adhokṣajam tarpayāmi| nārasimham tarpayāmi| acyutam tarpayāmi| janārdhanam tarpayāmi| upendraṁ tarpayāmi| hariṁ tarpayāmi| om śrī kṛṣṇam tarpayāmi|

ācamanam>

[Sip after you recite the following three svāhā maṁtras] om keśavāya svāhā| om nārāyaṇāya svāhā| om mādhavāya svāhā| om govindāya namaḥ| (wash hands with small quantity of water) om viṣṇave namaḥ| (rub both hands) om madhusūdanāya namaḥ| (rub both hands) om trivikramāya namaḥ| (touch upper lip) om vāmanāya namaḥ| (touch lower lip) om śrīdharāya namaḥ| (fold your hands namskara mudra) om hr̥ṣikeśāya namaḥ| (touch right knee) om padmanābhāya namaḥ| (touch left knee) om dāmodarāya namaḥ| (touch head) om saṁkarṣanāya namaḥ| (touch chin) om vāsudevāya namaḥ|(touch right nostril) om pradyumnāya namaḥ| (touch left nostril) om aniruddhāya namaḥ| (touch right eye) om puruṣottamāya namaḥ| (touch left eye) om adhokṣajāya namaḥ| (touch right ear) om nārasimhāya namaḥ| (touch left ear) om acyutāya namaḥ| (touch navel) om janārdhanāya namaḥ| (touch chest) om upendraḥ namaḥ| (touch centre of head) om haraye namaḥ| (touch right shoulder) om śrī kṛṣṇāya namaḥ| (touch left shoulder)

bhūtoccātanam>

apasarpantu yo bhūtāḥ ye bhūtā bhūmi saṁsthitāḥ| ye bhūtā vighnakartāraḥ te naśyantu śivājñayā|| apakrāmantu bhūtadyāḥ sarvete bhūmi bhārakāḥ| sarveṣāma virodhena brahmakarma samārabhet||

āsanam>

pṛthivyāḥ meru pṛṣṭha ṛṣiḥ| kūrmo devatā| sutalam chaṁdah| āsane viniyogaḥ| pṛthvi tvayā dhṛtā lokāḥ devitvam viṣṇunā dhṛtā| tvam ca dhārāya māṁ devi pavitraṁ kurucāsam|| āsanam kalvayāmi| anaṁtāsanāya namaḥ| kūrmasānāya namaḥ| yogāsānāya namaḥ| padmāsānāya namaḥ| sukhāsānāya namaḥ||

prāṇānāyāmya>

praṇavasya parabrahma ṛṣiḥ| paramātmā devatā| daivī gāyatrī chaṁdah| prāṇāyāme viniyogaḥ|| om bhūḥ om bhuh om suvaḥ| om maḥ om janaḥ om tapaḥ om satyam| om tatsaviturvareṇyam bhargodevasya dhīmahi| dhiyo yonaḥ pracodayāt|| om āpo jyotirasomṛtam brahma bhūrbhuvassuvarom||

saṁkalva>

mamopātta samasta duritakṣayadvārā śrī parameśvara pṛtyartham sāyam (mādhyāhnikā / prāta: as the case may be) saṁdhyā gāyatrī mahāmaṁtra japam kariṣye||

sāyujyam>

praṇavasya ṛṣiḥ devatā chaṃdāṃsi| oṃmityekākṣaraṃ brahma| agnirdevatā brahma ityārṣaṃ|
gāyatraṃ chaṃdaḥ| paramātmā svarūpaṃ| sāyujyaṃ viniyogaḥ||

gāyatrīvāhanaṃ>

āyātu varadā devī akṣaraṃ brahmasammitam| gāyatrīṃ chaṃdasāṃ mātedaṃ brahma
juṣasvame| yadanhātukurute pāpaṃ tadanhātpratimucyate| yadrātriyātkurute pāpaṃ
tadrātriyātkurute| sarvavaṃ mahādevī saṃdhyāvidye sarasvati|| ojosi sahosi balamasi
bhrājosi devānāṃ dhāmanāmāsi viśvasasi viśvāyuh| sarvasasi sarvāyuh| abhibhuvarom|
gāyatrīṃ āvāhayāmi| sāvitrīṃ āvāhayāmi| sarasvatīṃ āvāhayāmi| chaṃdarṣināṃ āvāhayāmi| śrīṃ
āvāhayāmi| priyaṃ āvāhayāmi| balaṃ āvāhayāmi|| gāyatriyā gāyatrī chaṃdaḥ| viśvāmitra ṛṣiḥ|
savitā devatā| gāyatrī chaṃdaḥ| agnirmukhaṃ brahmā śiraḥ| viṣṇur hṛdayaṃ| rudra lalāṭaṃ|
pṛthvī kukṣiḥ| prāṇopāna vyānodāna samāna saprāṇa śvetavaṃṇaṃ| sām̐khyāyana sagotrā|
gāyatrī caturviṃśatyakṣarā tripadā ṣaṭkukṣiḥ| pañcaśīrṣa upanayanādi yathāsambhava gāyatrī
maṃtrajapaṃ kariṣye||

karanyāsaḥ>

tatsavituh brahmātmāne aṃguṣṭhābhyāṃ namaḥ| vareṇyaṃ viṣṇavātmāne tarjanībhyāṃ namaḥ|
bhargodevasya rudrātmāne madhyamābhyāṃ namaḥ| dhīmahi satyātmāne anāmikābhyāṃ
namaḥ| dhiyoyonaḥ jñānātmāne kaniṣṭhikābhyāṃ namaḥ| pracodayāt prakāśātmāne
karatalakarapṛṣṭhā bhyāṃ namaḥ||

aṃganyāsaḥ>

tatsavituh brahmātmāne hṛdayāya namaḥ| vareṇyaṃ viṣṇavātmāne śirase svāhā| bhargodevasya
rudrātmāne śikhāyai vaṣaṭ| dhīmahi satyātmāne kavacāya hum| dhiyoyonaḥ jñānātmāne
netratrayāya vausaṭ| pracodayāt prakāśātmāne astrāya phaṭ| bhūrbhuvassvaromiti digbaṃdhaḥ||

dhyānaṃ>

muktāvidruma hema nīladhavaḥ cchāyair mukhai strīkṣaṇaiḥ| muktāmiṃdu nibaddha ratna
mukuṭāṃ tatvārtha vaṃnātmikāṃ|| gāyatrīṃ varadābhayāṃ kuśakaśāṃ śubhraṃ kapālaṃ gadāṃ
śaṃkhaṃ cakramathāraṃviṃda yugalaṃ hastair vahaṃtīṃ bhaje||

gāyatrī japaḥ>

oṃ bhūrbhuvassavaḥ**| oṃ tatsaviturvareṇyaṃ bhargodevasya dhīmahi| dhiyo yonaḥ
pracodayāt|| [recite this mantra 1008/108/28/10 times] **dakṣiṇātya: bhūrbhuvassavaḥ; uttarādi:
bhūrbhuvassavaḥ

aṃganyāsaḥ>

tatsavituh brahmātmāne hṛdayāya namaḥ| vareṇyaṃ viṣṇavātmāne śirase svāhā| bhargodevasya
rudrātmāne śikhāyai vaṣaṭ| dhīmahi satyātmāne kavacāya hum| dhiyoyonaḥ jñānātmāne
netratrayāya vausaṭ| pracodayāt prakāśātmāne astrāya phaṭ| bhūrbhuvassvaromiti digvimokaḥ||

tatsat brahmārpaṇamastu|| (leave a spoon of water)

sūryopasthānaṃ> (for both sāyaṃ and prātaḥ)

kaśyapa ṛṣiḥ jātavedā agnirdevatā| triṣṭupchamdaḥ| sūryopasthāne viniyogaḥ|| jātavedase sunavāma soma marātīyato nidahāti vedah| sanaḥ varṣadati durgāṇi viśvānāveva siṃdhuṃ duritātyagniḥ|| tacchamṇorityasya śaṃyur viśve devā śakvaṇī| tacchamṇorā vṛṇīmahe gātuṃ yajñāya gātuṃ yajñapataye| daivī svastirastunaḥ svastirmānuṣebhyaḥ| ūrdhvaṃ jigātu bheṣajam śaṃno astu dvipade śaṃ catuṣpade| oṃ śāṃti śāṃti śāṃtiḥ||

sūryopasthānaṃ> (for mādhyāhnikā)

taccakṣuritasya vasiṣṭhaḥ savitāpura uṣṇik| sūryopasthāne viniyogaḥ| oṃ taccakṣur devahitam śukramuccarat| paśyema śaradaśśatam jīvema śaradaśśatam||

oṃ namo brahmaṇa ityasya prajāpatir viśvedevastriṣṭup| namo brahmaṇe namo astvagnaye namaḥ pṛthivyai namaḥ oṣadhībhyaḥ namo vāce namo vācaspataye namo viṣṇave mahate karomi|| (recite three times from namo brahmaṇe.... karomi)

diṇnamaskāraḥ>

prācyai diśe (east) iṃdrāya namaḥ| āgneya diśe (south-east) āgnaye namaḥ| dakṣiṇāyai diśe (south) yamāya namaḥ| niṛtaya diśe (south-west) niṛtaye namaḥ| pratīcyai diśe (west) varuṇāya namaḥ| vāyavya diśe (north-west) vāyave namaḥ| udīcyai diśe (north) kuberāya namaḥ| īśāna diśe (north-east) īśānāya namaḥ| ūrdhvāyai diśe (upwards) brahmaṇe namaḥ| adharāyai diśe (downwards) pṛthivyai namaḥ| [turn to the directions in () and do namaskara staring from east and turning clock wise] aṃtarikṣa diśe saṃdhyāyai namaḥ||

gāyatrai namaḥ| sāvitrai namaḥ| sarasvatyai namaḥ| sarvābhyo devatābhyo namo namaḥ| munibhyo namaḥ| gurubhyo namaḥ| ṛṣibhyo namaḥ| ācāryebhyo namaḥ| kāmamakārṣīt manyurākārṣīt namo namaḥ| yāṃ sadā sarvabhūtāni sthāvarāṇi carāṇi ca| sāyaṃ prātarnamasyaṃti| sā mā saṃdhyā abhirakṣatu| śrī sāmā saṃdhyā abhirakṣatyom namo namaḥ|| śivāya viṣṇurūpāya śivarūpāya viṣṇave| śivasya hṛdayam viṣṇuḥ viṣṇośca hṛdayam śivaḥ| yathā śivamayo viṣṇuḥ evam viṣṇumayaśhivaḥ| yathāṃtaram na paśyāmi tathā me svastirāyuṣim| śrī tathā me svastirāyuṣyonnamo namaḥ|| brahmaṇyo devaki putro brahmaṇyo madhusūdanaḥ| brahmaṇaḥ puṃḍarīkākṣo brahmaṇyo viṣṇurcyutaḥ| namo brahmaṇya devāya go brāhmaṇa hitāya ca| jagaddhitāya kṛṣṇāya govimḍāya namo namaḥ| śrī govimḍāya namo namaḥ|

gāyatrī udvāsanaṃ>

uttama ityasya vāmadeva gāyatryanuṣṭup | udvāsane viniyogaḥ| uttame śikhare jāte bhūmyāṃ parvata mūrdhani| brāhmaṇebhyo bhyanujñātā gaccha devi yathā sukham||

kṣīreṇa snāpīte devi caṃdanena vilepīte| bilvapatrārcitā devi aham durgī śaraṇāgataḥ| śrī aham durgī śaraṇāgacchatyonnamo namaḥ| ākāsātvatitam toyam yathā gacchati sāgaram| sarve deva namaskāraḥ keśavam pratigacchati| śrī keśavam pratigacchatyom namo namaḥ| sarva vedeṣu yatpuṇyam sarva tīrtheṣu yatvalam| tatvalam samavāpnoti stutvā devam janārdhanam||

vāsanādvāsu devasya vāsitaṁ te jagatrayaṁ| sarva bhūta nivāsosi vāsudeva namostute|
namostvanamṭāya sahasramūrtaye sahasra pādākṣi śīroru bāhave sahasranāmne puruṣāya
śāśvate sahasra koṭi yugadhāriṇe namaḥ| bhadraṁ no apivātaya manaḥ|| oṁ sām̐ti sām̐ti
sām̐tiḥ||

gotrābhivaṁdanaṁ>

catussāgara paryam̐taṁ go bhrāhmaṇebhyaḥ śubhaṁ bhavatu| mādarige-vāsiṣṭha-ābharadvasu-
iṁdra pramada- tryārṣeya pravarānṭita upamanyu vasiṣṭhasa gotraḥ āśvalāyana sūtraḥ
ṛgvedāṁtargata śākala śākhādhyāyī (your name here) śarma ahaṁ bho abhivādaye (put
namaskara to God reciting from catussāgara..... abhivādaye, two times; Gotra details differ
from person to person)

ācamanam>

[Sip after you recite the following three svāhā maṁtras] oṁ keśavāya svāhā| oṁ nārāyaṇāya
svāhā| oṁ mādhavāya svāhā| oṁ govīm̐dāya namaḥ| (wash hands with small quantity of water)
oṁ viṣṇave namaḥ| (rub both hands) oṁ madhusūdanāya namaḥ| (rub both hands) oṁ
trivikramāya namaḥ| (touch upper lip) oṁ vāmanāya namaḥ| (touch lower lip) oṁ śrīdharāya
namaḥ| (fold your hands namskara mudra) oṁ hṛṣikeśāya namaḥ| (touch right knee) oṁ
padmanābhāya namaḥ| (touch left knee) oṁ dāmodarāya namaḥ| (touch head) oṁ
saṁkarṣanāya namaḥ| (touch chin) oṁ vāsudevāya namaḥ|(touch right nostril) oṁ pradyumnāya
namaḥ| (touch left nostril) oṁ aniruddhāya namaḥ| (touch right eye) oṁ puruṣottamāya namaḥ|
(touch left eye) oṁ adhokṣajāya namaḥ| (touch right ear) oṁ nārasimhāya namaḥ| (touch left
ear) oṁ acyutāya namaḥ| (touch navel) oṁ janārdhanāya namaḥ| (touch chest) oṁ upendraya
namaḥ| (touch centre of head) oṁ haraye namaḥ| (touch right shoulder) oṁ śrī kṛṣṇāya namaḥ|
(touch left shoulder)

karma samarpaṇaṁ>

yasya smr̐tyāca nāmoktyā tapaḥ saṁdhyā kriyādiṣu nyūnaṁ saṁpūṁṭatāṁ yāti saṁdhyo vaṁde
tamacyutaṁ| maṁtrahīnaṁ kriyāhīnaṁ bhaktihīnaṁ janārdhana yatkr̐taṁtu mayā saṁdhyā
paripūṁṭaṁ tadastume| (leave a spoon of water)

nāmatraya maṁtra japaḥ>

madye maṁtratamaṁtra dhyānaniyama svaravaṁṇa nyūnātirikta lopadoṣa prāyaścittārthaṁ
nāmatraya maṁtra japaṁ kariṣye| acyutāya namaḥ anam̐tāya namaḥ govīm̐dāya namaḥ|
acyutāya namaḥ anam̐tāya namaḥ govīm̐dāya namaḥ| acyutāya namaḥ anam̐tāya namaḥ
govīm̐dāya namaḥ| acyutānam̐ta govīm̐debhyo namaḥ|

ācamanam>

[Sip after you recite the following three svāhā maṁtras] oṁ keśavāya svāhā| oṁ nārāyaṇāya
svāhā| oṁ mādhavāya svāhā| oṁ govīm̐dāya namaḥ| (wash hands with small quantity of water)
oṁ viṣṇave namaḥ| (rub both hands) oṁ madhusūdanāya namaḥ| (rub both hands) oṁ
trivikramāya namaḥ| (touch upper lip) oṁ vāmanāya namaḥ| (touch lower lip) oṁ śrīdharāya

namaḥ| (fold your hands namskara mudra) oṃ hṛṣikeśāya namaḥ| (touch right knee) oṃ padmanābhāya namaḥ| (touch left knee) oṃ dāmodarāya namaḥ| (touch head) oṃ saṁkarṣanāya namaḥ| (touch chin) oṃ vāsudevāya namaḥ|(touch right nostril) oṃ pradyumnāya namaḥ| (touch left nostril) oṃ aniruddhāya namaḥ| (touch right eye) oṃ puruṣottamāya namaḥ| (touch left eye) oṃ adhokṣajāya namaḥ| (touch right ear) oṃ nārasimhāya namaḥ| (touch left ear) oṃ acyutāya namaḥ| (touch navel) oṃ janārdhanāya namaḥ| (touch chest) oṃ upendraḥ namaḥ| (touch centre of head) oṃ haraye namaḥ| (touch right shoulder) oṃ śrī kṛṣṇāya namaḥ| (touch left shoulder)

kāyena vācā manasendriyairvā buddhyātmanā vā prakṛte ssvabhāvātkaromi yadyatsakalam
parasmai śrīmannārāyaṇāyeti samarpayāmi||
||iti ṛgvedīya saṁdhyāvaṁdana vidhiḥ||
||hariḥ oṃ||



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