

गामाविश्य च भूतानि धारयाम्यहमोजसा ॥

पुष्णामि चौषधीः सर्वाः सोमो भूत्वा रसात्मकः १३

XV. 13.

अहं I ओजसा with My energy गाम् the earth  
आविश्य entering भूतानि all beings धारयामि (I) support  
रसात्मकः watery सोमः moon च and भूत्वा becoming  
सर्वाः all औषधीः the herbs पुष्णामि I nourish.

Entering the earth with My energy, I  
support all beings, and I nourish all the herbs,  
becoming the watery moon.

[ *Energy—Ojas*: The energy of the Ishvara,  
whereby the vast heaven and the earth are firmly  
held.

*Nourish*—by infusing savours into them.

*The watery moon*: The Soma, moon, is consi-  
dered as the repository or the embodiment of all  
fluids ( *Rasas* ). ]

अहं वैश्वानरो भूत्वा प्राणिनां देहमाश्रितः ॥

प्राणापानसमायुक्तः पचाम्यन्नं चतुर्विधम् ॥१४॥

XV. 14.

अहं I वैश्वानरः (the fire) Vaishvânara भूत्वा be-  
coming प्राणिनां of living beings देहं in the body  
आश्रितः abiding प्राणापानसमायुक्तः associated with  
Prâna and Apâna चतुर्विधं fourfold अन्नम् the food  
पचामि I digest.

Abiding in the body of living beings as  
(the fire) Vaishvânara, I, associated with  
Prâna and Apâna, digest the fourfold food.

[ See IV. 29.

*Vaishvânara*: The fire abiding in the stomach.

*Fourfold food*: Food which has to be eaten  
by (1) mastication, (2) sucking, (3) licking, (4)  
swallowing. ]