**HxI diJ ekixÃ¥d, öqz itxMYeZ¥j diJ,**

**öqz M¡k¡¥hõx diJ, t–ky–J HxI**

**s¢kõ disÜxkJ**

**Version Notes:**

**This is the first Version 0.0 dated August 31, 2020.**

**About the Mantras**

These Mantras are different from “Aruna Prasna Mantras” (which are also known as “Surya Namaskara Mantras”). The “Aruna Prasna Mantras” are given separately in our “Upanishad“ book.

The Mantras given in the book are taken from popular Books like R.S. Vadyar & Sons, Kalpathi, Palghat and a few others.

The order and the Mantras will change according to the place and practice.

Please notify any errors to our email id “vedavms@gmail.com”

**HxI diJ ekixÃ¥d, öqz itxMYeZ¥j diJ,  
öqz M¡k¡¥hõx diJ | t–ky–J HxI |**

**s¢kõ disÜxkJ**

**BPiõ**

(ex¥öZ RmI ö M£tzZûx, Zsôy© Qxjx sI¹xs¥iZI

öqz s¢kõdxkxjYsûxiydI MÊe¡rðxbyhyJ AhõªPõ |

q¡KøxIgkckI ......qxÇ¥j |

HxI h¢J....... h¡psþ¡k¥kxI |

i¥ixexÀ sisë ...... öezZõªÁõI QxjsI¹xs¥iZ öqzs¢kõdxkxjY öesxb syÆõªÁõI A¥kxMb£XMxöZx syÆõªÁõI sªpKxkõxd¡K¢msyÆõªÁõI ¥icx öeZyhx Ahyp£ÆõªÁõI bzªNxj¡rõ syÆõªÁõI s¢kõdisÜkx© Kky¥rõ || (CZy bûyJ)

**1**. HxI M–Yxdx˜I Zûx M–Ye—Zyóè tpxi¥t K–pyI

K—pz–dxi¡—e–iöq—psëiI |

¥Rõ–rç–kx–RI ögÖ—YxI ögÖYsðZ– B d—J

q£–¨pË¢–Zyhy—J szb– sxb—dI || **(öqz itx MYeZ¥j diJ)**

**2**. jx K¡¥ÉÉ¡ Z¡rxktxkcpnx jx q¡öhpösëxp£Zx |

jx pzYx-pkb¾i¾yZKkx jx ¥qûZeb§ixsdx ||

jx ögÖxPõ¡Zq´köeh£Zyhyª ¥b¤¤pJ sbx e¢RyZx |

sx ixI exZ¡ sksûZz hMpZz dy¥qürRxWõxetx ||

**(öqz itxsksû¤¤Zõ diJ )**

**3**. M¡k¡ª ögÖx M¡k¡ªpyrê¡ª M¡k¡ª¥b¥px i¥tqûkJ |

M¡k¡J sx±xZ§ ekI ögÖ Z¤¤sô öqz M¡k¥p diJ ||

M¡k¥p sªp ¥mxKxdxI hyr¥R hp¥kxMyYxI |

dyc¥j sªppybõxdxI b±yYxi¢ªÀ¥j diJ ||

**(öqzM¡k¡PkYxkpyÉxhõxI diJ)**

**4**. pydZxZd¥jx ¥bpJ Kªisx±z s¡¥kqûkJ |

seëxqûJ seëk¸¡Ò Ak¡¥Yx ¥i öeszbZ¡ ||

k¸¡¥pöZKqxexYyI öesËI KqõexÃRI |

sªpxhkYbzeëxIMI Ak¡YI öeYixiõtI ||

**(öqz Ak¡Yxj diJ)**

**5**. RjZ¡ RjZ¡ s¢kõI seë¥mx¤¤KKbzeI |

KykY qiyZexeI ¥Køqb¡JLsõ dxqI ||

Ak¡YdyMiMiõI PxbyixbyZõi¢ªÀyI |

sKmh¡pdpÉõI hxsÜkI ZI dixiy ||

**(QxjxsI¹xs¥iZ öqzs¢kõdxkxjY sûxiy¥d diJ | HxI d¥ix dxkxjYxj | sûxiy© öeszb öeszb )**

**6**. HxI | A–²yiz˜¥n e¡–¥kxty—ZI j–¹sõ— ¥b–pi£–ZûyR˜I |

¥txZx˜kI kÙ– cxZ—iI |

**(E¥MûbxÃ¥d QxjxsI¹xs¥iZ öqzs¢kõdxkxjY sûxiy¥d diJ | HxI d¥ix dxkxjYxj |**

**sûxiy© öeszb öeszb )**

**7**. HxI | C–¥r ¥Zûx–ª¥RZûx— px–jp—¥Óx ex–jp—Ó ¥b–¥px

p—sþpy–Zx öexªe—jZ¡– ¥öqrç—Zixj– Kªi—¥Y | **(jR¡ª¥pbxÃ¥d QxjxsI¹xs¥iZ öqzs¢kõdxkxjY sûxiy¥d diJ | HxI d¥ix dxkxjYxj |**

**sûxiy© öeszb öeszb )**

**8**. HxI | A²– Bjx—ty pz–Z¥j— M£Yx–¥dx t–põbx—Z¥j | dy¥txZx— sa§sy g–ªtyry— |

**(sxi¥pbxÃ¥d QxjxsI¹xs¥iZ öqzs¢kõdxkxjY sûxiy¥d diJ | HxI d¥ix dxkxjYxj |**

**sûxiy© öeszb öeszb )**

**9**. HxI | q¥Ëx— ¥b–pzk–hyræ—j– B¥ex— hpÇ¡ ez–Z¥j˜ |

qI ¥jxk–hyös—pÇ¡ dJ ||

**(AaªpY¥pbxÃ¥d QxjxsI¹xs¥iZ öqzs¢kõdxkxjY sûxiy¥d diJ | HxI d¥ix dxkxjYxj | sûxiy© öeszb öeszb )**

**Reference for item no. 10 to 33 - TB 3.7.6.21 & 22, Dasini No.75 & 76**

**10**. HxI ötxI | D–bõË–bõ iy—öZitJ | **(iyöZxj diJ)**

**11**. HxI ötzI | B–¥kxt–Ë¡À—kx–I byp˜I | **(kp¥j diJ)**

**12**. HxI öt¢I | t£–¥öbx–MI ii— s¢kõ | **(s¢kõxj diJ)**

**13**. HxI ¤¤ötI | t–ky–ixY—I P dxqj | **(hxd¥p diJ)**

**14**. HxI öt¦I | q¡¥K—r¡ ¥i tky–ixY˜I | **(LMxj diJ)**

**15**. HxI ötJ | ¥kx–e–YxKx—s¡ bÆ§isy | **(e¢¥rê diJ)**

**16**. HxI ötxI | A¥ax— txkyöb–¥pr¡— ¥i | **(tykYõMªhxj diJ)**

**17**. HxI ötzI | t–ky–ixY–I dyb—Æ§isy | **(ikzP¥j diJ)**

**18**. HxI öt¢I | Db—Mxb–jix—by–ZõJ | **(BbyZõxj diJ)**

**19**. HxI ¤¤ötI | py¥qû—d– st—sx s–t | **(spy¥öZ diJ)**

**20**. HxI öt¦I | bûy–rÇ–I ii— k–ÊjË§— | **(Aª¯xj diJ)**

**21**. HxI ötJ | ¥ix A–tI bûy—r–¥Zx k—cI | **(hxsÜkxj diJ)**

**22**. HxI ötxI, ötzI | D–bõË–bõ iy—öZitJ |

B–¥kxt–Ë¡À—kx–I byp˜I | **(iyöZ-kpyhõxI diJ)**

**23**. HxI öt¢I, ¤¤ötI | t£–¥öbx–MI ii— s¢kõ |

t–ky–ixY—I P dxqj | **(s¢kõ-hxd¡hõxI diJ)**

**24**. HxI öt¦I, ötJ | q¡¥K—r¡ ¥i tky–ixY˜I |

¥kx–e–YxKx—s¡ bÆ§isy | **(LM-e¢rhõxI diJ)**

**25**. HxI ötxI, ötzI | A¥ax— txkyöb–¥pr¡— ¥i |

t–ky–ixY–I dyb—Æ§isy | **(tykYõMªh-ikzPyhõxI diJ)**

**26**. HxI öt¢I, ¤¤ötI | Db—Mxb–jix—by–ZõJ |

py¥qû—d– st—sx s–t | **(BbyZõ-spyZ£hõxI diJ)**

**27**. HxI öt¦I, ötJ | bûy–rÇ–I ii— k–ÊjË§— |

¥ix A–tI bûy—r–¥Zx k—cI | (**Aª¯-hxsÜkxhõxI diJ)**

**28** HxI ötxI, ötzI, öt¢I, ¤¤ötI | D–bõË–bõ iy—öZitJ |

B–¥kxt–Ë¡À—kx–I byp˜I | t£–¥öbx–MI ii— s¢kõ |

t–ky–ixY—I P dxqj | **(iyöZ-kpy-s¢kõ-hxd¡¥hõx diJ)**

**29**. HxI öt¦I, ötJ, ötxI, ötzI |

q¡¥K—r¡ ¥i tky–ixY˜I | ¥kx–e–YxKx—s¡ bÆ§isy |

A¥ax— txkyöb–¥pr¡— ¥i | t–ky–ixY–I dyb—Æ§isy |

**(LM-e¢r-tykYõMªh-ikzPy¥hõx diJ)**

**30**. HxI öt¢I, ¤¤ötI, öt¦I, ötJ | Db—Mxb–jix—by–ZõJ |

py¥qû—d– st—sx s–t | bûy–rÇ–I ii— k–ÊjË§— |

¥ix A–tI bûy—r–¥Zx k—cI |

**(BbyZõ-spyZ£-Aª¯-hxsÜ¥k¥hõx diJ)**

**31**. HxI ötxI, ötzI, öt¢I, ¤¤ötI, öt¦I, ötJ |

D–bõË–bõ iy—öZitJ | B–¥kxt–Ë¡À—kx–I byp˜I |

t£–¥öbx–MI ii— s¢kõ | t–ky–ixY—I P dxqj |

q¡¥K—r¡ ¥i tky–ixY˜I | ¥kx–e–YxKx—s¡ bcôsy |

**(iyöZ-kpy-s¢kõ-hxd¡-LM-e¢r¥hõx diJ)**

**32**. HxI ötxI, ötzI, öt¢I, ¤¤ötI, öt¦I, ötJ |

A¥ax— txkyöb–¥pr¡— ¥i | t–ky–ixY–I dyb—Æ§isy |

Db—Mxb–jix—by–ZõJ | py¥qû—d– st—sx s–t |

bûy–rÇ–I ii— k–ÊjË§— | ¥ix A–tI bûy—r–¥Zx k—cI |

**(tykYõMªh-ikzPy-BbyZõ-spyZ£-Aª¯-**

**hxsÜ¥k¥hõx diJ)**

**33**. HxI ötxI, ötzI, öt¢I, ¤¤ötI, öt¦I, ötJ,

ötxI, ötzI, öt¢I, ¤¤ötI, öt¦I, ötJ |

D–bõË–bõ iy—öZitJ | B–¥kxt–Ë¡À—kx–I byp˜I |

t£–¥öbx–MI ii— s¢kõ | t–ky–ixY—I P dxqj |

q¡¥K—r¡ ¥i tky–ixY˜I | ¥kx–e–YxKx—s¡ bÆ§isy |

A¥ax— txkyöb–¥pr¡— ¥i | t–ky–ixY–I dyb—Æ§isy |

Db—Mxb–jix—by–ZõJ | py¥qû—d– st—sx s–t |

bûy–rÇ–I ii— k–ÊjË§— | ¥ix A–tI bûy—r–¥Zx k—cI |

**(iyöZ-kpy-s¢kõ-hxd¡-LM-e¢r-tykYõMªh-ikzPy-BbyZõ-spyZ£-Aª¯-hxsÜ¥k¥hõx diJ)**

**34**. D–bõË–bõ iy—öZ itJ | s–eÙx˜¥Í AdzdqJ |

by¤¤p—dx©. py–bõ¡Zx— Rty | dy–¥öixP–Ëc—kx© K£cy ||

D–bõË–bõ py ¥dx— hR | ey–Zx e¡–¥öZ¥hõx– jax˜ |

bz–ªNx–j¡–Zûsõ— ¥tqy¥r | Zsõ— ¥dx ¥bty s¢kõ || **(QxjxsI¹xs¥iZ öqzs¢kõdxkxjY sûxiy¥d diJ | HxI d¥ix dxkxjYxj | sûxiy© öeszb öeszb)**

**(TB 3.7.6.21 & 22)**

**35**. ¥jx d–qüex–bq—eZJ | jÒ— d–qüe—Z–qüex˜Z§ |

D–rxÒ– Z¤¤sô— dy–öi¡K§ P— | sªp—I ex–eóè si¢—tZxI ||

**(QxjxsI¹xs¥iZ öqzs¢kõdxkxjY sûxiy¥d diJ | HxI d¥ix dxkxjYxj | sûxiy© öeszb öeszb)**

**(TB 3.7.6.23)**

**36**. ¥jx d—sþ–e¥Ùx– ¥jx kY—J | C–Æ§i¥sõ—p öe–±xj—ZJ |

ix Z¥sõx¥Pâ—ry– Kyº–d ||

**(QxjxsI¹xs¥iZ öqzs¢kõdxkxjY sûxiy¥d diJ | HxI d¥ix dxkxjYxj | sûxiy© öeszb öeszb |)**

(**TB** **3**.**7**.**6**.**24**)

**37**. HxI | Z–kYy—ª py–qûb—ª.q¥Zx ¥RõxZy–rÜ£b—sy s¢kõ | pyqû–ixhx—sy ¥kxP–dI || D–e–jx–iM£—tz¥Zx„sy– s¢kõx—j Zûx– öhxR—sûZ G–r ¥Z– ¥jxdy–J s¢kõx—j Zûx– öhxR—sû¥Z ||

**(QxjxsI¹xs¥iZ öqzs¢kõdxkxjY sûxiy¥d diJ | HxI d¥ix dxkxjYxj | sûxiy© öeszb öeszb |)**

**TS 1.4.31.1 & TA 3.16.1**

**38**. HxI | N£Yy–J s¢kõ— B–by¥Zõx d öehx—px–Zõ±—kI |

ic¡— ±kÇy– Zb§-k—sI | s–ZõI ¤¤p Zb§-ks–ix¥ex–

¥RõxZz–k¥sx–„i£Z–I ögÖ– h¢ªh¡p–sþ¡p–¥kxI || **(QxjxsI¹xs¥iZ öqzs¢kõdxkxjY sûxiy¥d diJ | HxI d¥ix dxkxjYxj | sûxiy© öeszb öeszb)** **T.A.6.37.1**

**39**. HxI - N£Yy–kyZy– ¥bû A–±¥k˜ | s¢kõ– CZy– öZzYy— |

B–by–Zõ CZy– öZzYy— |

G–Z¤¤bû sx—py–öZsõx–ræx±—kI e–bò öqy–jx„hyry—°I |

j G–pI Æ¥pb— | öqy–jx ¤¤t–pxhyry—Põ¥Z ||

**(QxjxsI¹xs¥iZ öqzs¢kõdxkxjY sûxiy¥d diJ | HxI d¥ix dxkxjYxj | sûxiy© öeszb öeszb |)**

**(T.B.3.10.9.13 & 14)**

**40**. B–by–¥Zõx px G–r G–Z© i–¾m–I Ze—Zy– ZöZ– Zx

EP–sëb£–Px i—¾m–óè– s E–PxI Æ¥mx–¥Kx„a– j G–r G–Zsôy—© i–¾¥m–„ªPyª bz–eõ¥Z– Zxdy– sxix—dy– s sx–iïxI Æ¥mx–¥Kx„a– j G–r G–Zsôy—© i–¾¥m–„ªPyry– e¡k¡—r–sëxdy– jR¢óè—ry– s jR¡—rx i¾m–óè– s jR¡—rxI Æ¥mx–K¤¤sþrx öZ–¥Ðp—

py–bõx Z—eZy– j G–¥rx˜„Çkx—by–¥Zõ ty—k–¿j–J e¡k¡—rJ || **(QxjxsI¹xs¥iZ öqzs¢kõdxkxjY sûxiy¥d diJ | HxI d¥ix dxkxjYxj | sûxiy© öeszb öeszb ) T.A.6.14.1**

**41**. B–by–¥Zõx ¤¤p ¥ZR– Hx¥Rx– gm–I Æjq–-Ò±¡–-

¥öqüxöZ—ix–Ãx i¥dx— i–dõ¡ª-id¡—ª-i£–Zõ¡-sþ–¥Zõx iy–¥öZx

px–j¡kx—Kx–qJ öex–¥Yx ¥mx—Kex–mJ KJ KyI KI Za§s–ZõiË—-i–i£¥Zx— Rz–¥px pyqû—J KZ–iJ sû—j–Ih¡ ög¤¤Ö– Zbi£—Z G–r e¡k¡—r G–r h¢–Zxdx–-icy—eZy–ª ögÖ—Y–J sxj¡—Rõóè

s¥mx–KZx—ix¥eïx-¥Zõ–Zxsx—¥i–p ¥b–pZx—dx–óè– sxj¡—Rõóè

sx–ªræyZxóè— sixd¥mx–KZx—-ix¥eïxZy–

j G–pI ¥p¥b˜Zõ¡e–dyrZ§ ||

**(QxjxsI¹xs¥iZ öqzs¢kõdxkxjY sûxiy¥d diJ | HxI d¥ix dxkxjYxj | sûxiy© öeszb öeszb ) T.A.6.14.2**

**42**. s¢kõI s¡Ék¥mxKdxaii£ZI ¥pbxÇsxkI qypI |

¹xdI ögÖijI s¡¥kqiimI ¥mx¤¤KKPyÀI sûjI |

CöÉxbyZõdkxcyeI s¡kM¡k¡I ¤¤öZ¥mxKõP¢WxiYyI |

pyrê¡ ögÖqyp sûk¢et£bjI p¥É sbx hxsÜkI ||

**43**. h¥dx hxsÜk ixªÀx¾ P¾k¥qô bypxKk |

Bj¡kx¥kxMõ¤¤iqûkõI öqyjI e¡öZxIÒ ¥bty ¥i ||

**44**. c£Z eb§ibûjI hxd¡I ¥Z¥Rxi¾m iÆõMI |

sªpxcypõxcy qidI QxjxqøyræZd¡I h¥R ||

**45**. s¦kõi¾m iÆõÓI sxIgI sIsxk¥hrRI |

dzmöMzpI pyk¢ex±I dixiy qypipõjI ||

**46**. d¥ix cªipycxdxj di¥së K£Zsx±y¥Y |

diJ öeZõ± ¥bpxj hxsÜkxj d¥ix diJ ||

**47**. Adõax qkYI dxsëy Zû¥ip qkYI ii |

ZsôxZ§ Kxk¡Yõhx¥pd k± k± bypxKk ||

**48**. BbyZõsõ disÜxkx© ¥j K¡ªpÇy by¥d by¥d |

RÍxÇk st¥ösr¡ bxkybõI ¥dxeRxj¥Z ||

**49**. jb±keböhræI ixöZxtzdI Z¡ jb§ h¥pZ§ |

ZZ§ sªpI ±iõZxI ¥bp bypxKk d¥ix„së¡ ¥Z ||

**50**. pysªMÞ gyÉ¡ ixöZxYy ebexbx±kxYy P |

dõ¢dxdy PxZyky°xdy ±isû P bypxKk ||

(CZy disÜxkx© K£Zûx)

HxI h¡ªh¡psþ¡p¥kxI |

AsôxZ§ exöZxZ§ QxjsI¹xs¥iZ

öqzs¢kõdxkxjYsûxiydI jaxÓxdI öeZyrçxejxiy ||

AKxmi£Zõ¡tkYI sªp põxcydypxkYI

sªp exe±jKkI s¢kex¥bxbKI q¡hI ||

(CZy ZzªÁõI öexqõ)

A¥dd s¢kõdisÜx¥kY QxjsI¹xs¥iZJ öqzs¢kõdxkxjYJ öezjZxI ||

HxI ZZ§ sZ§ ögÖxªeYisë¡ || (BPxi¥jZ§)

**------------ CZy s¢kõdisÜxkJ sIe¢ªYJ ------**

**========================================================**

Courtesy :- R.S. Vadhyar & Sons, Kalpathi, Palghat