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ଶ୍ରୀ-ଦେବବ୍ୟାସାୟ ନମ୍ୟ

ଶ୍ରୀମଦ୍-ଆଦ୍ୟ-ଶଙ୍କର-ଉଗବସ୍ଥାଦ-ପରମରାଗତ-

ମୂଲାମୃଯ-ସର୍ବଜୀ-ପୀଠମ୍

ଶ୍ରୀ-କାଞ୍ଚୀ-କାମକୋଟି-ପୀଠମ୍

ଉଗବୁରୁ-ଶ୍ରୀ-ଶଙ୍କରାଚାର୍ଯ୍ୟ-ସ୍ଵାମି-ଶ୍ରୀମଠ-ସଂସ୍କାନମ୍

## ସୂର୍ଯ୍ୟ-ଅର୍ଘ୍ୟ-ପ୍ରଦାନମ୍

Method of women offering Arghya to Surya

After bathing, wearing clean clothes, tilakam etc, taking clean water in a tirtha patram, this must be offered thrice every day with devotion.

It must be done facing **east** in the morning and facing **west** in the evening. For noon, east until midday, and west if it has elapsed.

Pray to Surya with the first shloka. Chanting the second shloka three times, offer arghyam for each repetition.

**Arghya** means to join the two hands joined together, cupped and palms facing up, taking water in them and give with devotion.

### Do-s and don't-s

Arghya must be offered in a waterbody such as a river or in a clean place. If that is not possible, it may be offered in a plate or vessel and then poured away in another clean place.

The water offered as arghya should not get mixed with dirty water. It should not be touched by feet. If it spills where feet might touch it, wipe it away.

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Not only for this, but for any anushthanam, vessels used must be made of traditional metals such as copper, brass etc. Stainless steel should not be used.

If one incurs an ashaucham, one can mentally pray to Surya but perform this only after it has elapsed and one acquires shuddhi.

### Meanings of the verses

**Prarthana:** Come O Surya! You are the thousand-rayed effulgence! You are the ruler of this world! Oh causer of daytime! Please accept my arghyam, showing compassion towards my devotion.

**Arghyam:** O supreme being who shine with many rays! Your brilliance pervades everywhere! You are the one who created this world. You are pure. You are the witness to all the happenings of this world. You are the one that gives the fruits of actions to beings! To you my prostrations!

॥ପ୍ରାର୍ଥନା॥

ଏହି ସୂର୍ଯ୍ୟ ସହସ୍ରାଂଶୋ ତେଜୋରାଶେ ଜଗପୁଣେ  
ଅନୁକମ୍ପ୍ୟ ମାଂ ଭକ୍ତ୍ୟୋ ଗୃହାଶାର୍ଦ୍ଦ୍ୟୋ ଦିବାକର||

॥ଅର୍ଦ୍ଦ-ପ୍ରଦାନମ୍॥

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ଜଗପୁଣିତ୍ରେ ଶୁଣ୍ୟେ ସବିତ୍ରେ ଫଳଦାୟିନେ||  
(୩୭ ଟ୍ରେୟୀ)