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ଶ୍ରୀ-ବେଦବ୍ୟାସାୟ ନମଃ

ଶ୍ରୀମଦ୍-ଆଦ୍ୟ-ଶଙ୍କର-ଭଗବତ୍ପାଦ-ପରମ୍ପରାଗତ-
ମୂଳାମ୍ବାୟ-ସର୍ବଜ୍ଞ-ପୀଠମ୍
ଶ୍ରୀ-କାଞ୍ଚୀ-କାମକୋଟି-ପୀଠମ୍
ଜଗନ୍ନାଥ-ଶ୍ରୀ-ଶଙ୍କରାଚାର୍ଯ୍ୟ-ସ୍ବାମି-ଶ୍ରୀମଠ-ସଂସ୍ଥାନମ୍

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 ତେଜୋରାଶୋ ଜଗତ୍ପତି
ଅନୁକମ୍ପୟ ମାଂ ଭକ୍ତ୍ୟା ଗୃହାଣାତ୍ମ୍ୟଂ ଦିବାକର॥

॥ଅର୍ଘ୍ୟ-ପ୍ରଦାନମ୍॥

ନମୋ ବିବସ୍ୱତେ ବ୍ରହ୍ମନ୍ ଭାସ୍ୱତେ ବିଷ୍ଣୁତେଜସେ
ଜଗତ୍ପତିତ୍ରେ ଶୁଚୟେ ସବିତ୍ରେ ଫଲଦାୟିନେ॥
(ଏବଂ ତ୍ରିଃ)

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