

ഹര ഹര ശങ്കര

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ജയ ജയ ശങ്കര



ശ്രീ-വേദവ്യാസായ നമഃ

ശ്രീമദ്-ആദ്യ-ശങ്കര-ഭഗവത്പാദ-പരംപരാഗത-മൂലാന്നായ-
സർവജ്ഞ-പീഠം

ശ്രീ-കാഞ്ചീ-കാമകോടി-പീഠം

ജഗദ്ഗുരു-ശ്രീ-ശങ്കരാചാര്യ-സ്വാമി-ശ്രീമഠ-സംസ്ഥാനം

സൂര്യ-അർഘ്യ-പ്രദാനം

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!

||പ്രാർഥനാ||

ഏഹി സൂര്യ സഹസ്രാംശോ തേജോരാശേ ജഗത്പതേ |
അനുകമ്പയ മാം ഭക്ത്യാ ഗൃഹാണാർഘ്യം ദിവാകര ||

||അർഘ്യ-പ്രദാനം||

നമോ വിവസ്വതേ ബ്രഹ്മൻ ഭാസ്വതേ വിഷ്ണുതേജസേ |
ജഗത്സവിത്രേ ശുചയേ സവിത്രേ ഫലദായിനേ ||
(ഏവം ത്രിഃ)