

## VISHNU SAHASRANAMA

Shuklā ambaradḥaram Viṣṇum

Shashi Varnam Chatur Bḥujam

Prasanna Vadanam Dḥyāyēth

Sarva Viḡṇōpa Shāntaye || 1 ||

### POORVA PEETIKA

Vyāsam Vasishṭa naphāram

Shakteḥ Poutram - akalmasham

Parāshara - ātmajam vande

Shuka thātham tapo nidḥim || 3 ||

Vyāsāya Viṣṇu rōopāya

Vyāsa rōopāya Viṣṇave

Namō vai Brahma nidḥayē

Vāasishṭāya namō namaha || 4 ||

Avikārāya shuddhāya

Nithyāya Paramātmāne

Sadaika rōopa rōopāya

Viṣṇavē Sarva Jiṣṇnavē || 5 ||

Yasya Smarana Mātrēna

Janma Samsāra Bandhanāth

Vimuchyatē namah - tasmai (namas / tasmai)

Viṣṇavē prabha Viṣṇavē || 6 ||

Aum namō Viṣṇavē prabha Viṣṇavē

### Sri Vaishampāyana uvācha

Shruthvā Dharmān - asheshena

pāvanāni cha Sarvashaha

Yudhishtirah Shāntanavam

Punareva - abhi - abhashata (abhya / bhashatha) || 7 ||

## Yudhishtira uvācha

Kim - ēkam daivatam lokē

Kim vāpi - ēkam (vāpyē / kam) parāyanam

Stuvantah kam kam - archantah

Prāpnuyuh - mānavāh (Prapnuyur / mānavāh) shubham || 8 ||

Ko Dharmah sarva Dharmānām

bhavatah paramo mataha

Kim japan - muchyatē jantuhu

Janma samsāra bandhanāth (jantur / janma) || 9 ||

## Sri Bheeshma uvācha

Jagat prabhum dēva dēvam

Anantham purushōttamam

Stuvan - nāma sahasrēna

purushaha satatōthitaha (Satatō / thitaha) || 10 ||

Tam-**ēva** cha**ā**rchayan - nityam

**Bh**aktyā Puru**ṣ**ham - avyayam

**Dh**yāyan stuvan namasyan - cha

Yajama**ā**nah tam - **ēva** cha (Yajama**ā**nas / tam - **ēva** cha) || 11 ||

Ana**ā**di nid**ḥ**anam Vi**ṣ**hnum

Sarva **lō**ka mah**ē**shwaram

**Lō**ka - ad**ḥ**yaksham Stuvan - nityam

Sarva duk**ḥ**ātigo **bh**av**ē**th || 12 ||

Brahmanyam sarva **Dh**armagnam

Lōkā**nā**m Kēerthi Vard**ḥ**anam

Lōkan**ā**tham Mahad - **bh**ō**ō**tam

Sarva **Bh**ō**ō**tha **bh**av**ō**db**ḥ**avam || 13 ||

E**ṣ**ha **mē** sarva **Dh**armā**nā**m

**Dh**arm**ō** - Ad**ḥ**ikata**mō** mataha

Yat - **bh**aktyā Pundar**ē**ekā**k**sham

Stavaih arch**ē**n narah (Stavair/arch**ē**n/narah) sadā || 14 ||

Paramam Yō mahat - tējaha

Paramam Yō mahat - tapaha

Paramam Yō mahat - Brah̄mā (mahad/Brah̄mā)

Paramam Yah Parāyanam || 15 ||

Pavitrānām pavitram Yō

mangalānām cha mangalam

Daivatam devatānām cha

**Bhō**tānām yōvyayah Pitā || 16 ||

Yatah Sarvāni **Bhō**thāni

**Bh**avantyādi Yugāgame

Yasmin**ś**cha Pralayam yān̄thi

Punarēva yugak**ś**hayē || 17 ||

Tasya lōka Prad**h**ānasya

Jagan**n**ā**th**asya **Bhō**opathē

Vi**ś**h**nō**h - nāma (Vi**ś**h**n**or / nama) sahasram mēy

Shrunu pāpa **b**hayāpaham || 18 ||

Yāni nāmāni gouṇāni

vikhyāthāni mahātmanaha

Rishibhih Parigēethāni

thāni vakshyāmi Bhōotayē || 19 ||

Rishirnāmnām sahasrasya

Vēdavyāsō mahāmunihi

Chandō - anushtup thathā devō

Bhagavān devakī sutah || 20 ||

Amruthāmsḥōodbhavō bēejam

Shakthir - Devaki nandanaha

Thrisāmā hridayam tasya

Shāanthyarthe viniyujiyathē || 21 ||

Viṣṇum Jiṣṇum Mahāviṣṇum

Prabha Viṣṇum Mahēshvaram

Ānēka rōopa daithya - antham

Namāmi puruṣhothamam || 22 ||

## Poorvanyasaha

Asya shrēē Viṣṇō divya

Sahasraṇāma stōtra mahā mantrasya || 1 ||

Shrēē Vēda vyāsō Bhagavān rishihi || 2 ||

Anuṣṭup cḥandaha || 3 ||

Shrēē Mahāviṣṇuh Paramāthmā

Shrēē mann - Nārāyanō Dēvathā || 4 ||

Amruthaṁśhōdbḥavō Bḥanurithi bēejam || 5 ||

Devakēēnandanaha Srashtēthi Shakthihi || 6 ||

Udbḥavaha kṣḥobḥaṇō

dēva iti Paramō mantraha || 7 ||

Shankaha - Bhrin nandakēē chakrēēthi kēēlakam || 8 ||

Shārngadhanvā gadādhara ityasthram || 9 ||

Rathānga pānir akshōbhya iti nētram || 10 ||

Thrisāmā sāmagah sāmēthi kavacham || 11 ||

Ānandam ParaBrahmēti yōnihi || 12 ||

Rutuh sudarshanah kāāla  
iti dhig - Bḥandaha || 13 ||

Srī vishwarōopa iti dhyānam || 14 ||

Srēē Mahāvishnu prēētyarthē  
Sahasranāma japē pārāyanē viniyōgaha || 15 ||