

ततोयुद्धपरिश्रान्तं समरे चिन्तयास्थितम् ।
 रावणं चाग्रतो दृष्ट्वा युद्धाय समुपस्थितम् ॥१॥
 दैवतैश्च समागम्य द्रष्टुमभ्यागतो रणाम् ।
 उपगम्याब्रवीद्राममगस्त्यो भगवांस्तदा ॥२॥
 रामराम महाबाहो शृणु गुह्यं सनातनम् ।
 येन सर्वानरीन्वत्स समरे विजयिष्यसे ॥३॥
 आदित्यहृदयं पुण्यं सर्वशत्रुविनाशनम् ।
 जयावहं जपन्तित्यमक्षयं परमं शिवम् ॥४॥
 सर्वमङ्गलमाङ्गल्यं सर्वपापप्रणाशनम् ।
 चिन्ताशोकप्रशमनमायुर्वर्धनमुत्तमम् ॥५॥

Beholding Sri Rama, standing absorbed in thought on the battle-field, exhausted by the fight, and Ravana facing him, duly prepared for an encounter, and approaching Sri Rama, the glorious sage Agastya, who had come in the company of gods to witness the encounter now spoke as follows.

Rama, O mighty-armed Sri Rama, hearken to the following eternal secret, in the form of a holy, eternal, immortal and supremely blessed and excellent encomium, entitled the **Aditya Hridaya**, the blessing of all blessings, by means of which, my child, you will conquer once for all your adversaries on the battle-field, and which is calculated to bring victory, root out all sins, allay all anxiety and grief once for all and prolong life.

रश्मिमन्तं समुद्यन्तं देवासुरनमस्कृतम् ।
 पूजयस्व विवस्वन्तं भास्करं भुवनेश्वरम् ॥६॥
 सर्वदेवात्मको ह्येष तेजस्वी रश्मिभावनः ।
 एष देवासुरगणाँल्लोकान्याति गभस्तिभिः ॥७॥
 एष ब्रह्मा च विष्णुश्च शिवः स्कन्दः प्रजापतिः ।
 महेन्द्रो धनदः कालो यमः सोमो ह्यपांपतिः ॥८॥
 पितरो वसवः साध्या ह्यश्विनौ मरुतो मनुः ।
 वायुर्वह्निः प्रजाः प्राण ऋतुकर्ता प्रभाकरः ॥९॥
 आदित्यः सविता सूर्यः खगः पूषा गभस्तिमान् ।
 सुवर्णसदृशो भानुर्हिरण्यरेता दिवाकरः ॥१०॥

Worship the sun-god, the ruler of the worlds, who is crowned with rays, who appears at the horizon, who is greeted by gods and demons, and brings light.

Indeed he is the embodiment of all gods and full of glory and creates and sustains the gods and the demons as well as their worlds by his rays.

Indeed he is the same as Brahma as well as Vishnu, Lord Shiva, Skanda, Prajapati, the mighty Indra, Kubera, Kala, Yama, Soma, Varuna, the Pitris, the Vasus, the Sadyhas, the Ashwins, the Maruts, Manu, Vayu, and the god of Fire. He constitutes created beings, he is the life-breath, the source of the seasons, the store-house of light, an offspring of Aditi, the progenitor, the sun-god, the courser in the heavens, the nourisher, the possessor of rays, the golden, the brilliant, the one whose energy constitutes the seed of the universe and the maker of day.

हरिदश्वः सहस्रार्चिः सप्तसप्तिर्मरीचिमान् ।
 तिमिरोन्मथनः शंभुस्त्वष्टा मार्तण्डकोऽशुमान् ॥११॥
 हिरण्यगर्भः शिशिरस्तपनोऽहस्करो रविः ।
 अग्निगर्भोऽदितेः पुत्रः शङ्खः शिशिरनाशनः ॥१२॥

He has seven green horses, is myriad-rayed, full of rays, the destroyer of darkness, the source of happiness, the mitigator of suffering of his devotees, the infuser of life in the lifeless cosmic egg, all pervading and the cause of the creation, preservation and destruction of the universe. He is blissful by nature,

व्योमनाथस्तमोभेदी ऋग्यजुःसामपारगः		the ruler of all, the bringer of day and the Teacher. A son of Aditi, he bears the fire of dissolution in his womb, is bliss personified and all-enveloping, the destroyer of cold, the lord of the heavens, the disperser of darkness, a master of the three Vedas, the sender of thick showers and the friend of water. He courses swiftly along his own orbit, carries in him the resolve to evolve the universe and is adorned with a circle of rays. He is death, tawny and the destroyer of all. His is omniscient, all-formed, endowed with extraordinary brilliance, coppery, the source of all evolutes, the controller of lunar mansions, planets and stars, the creator of all, the resplendent among the splendid. O god appearing in twelve forms, hail to you!
घनवृष्टिरपां मित्रो विन्ध्यवीथीप्लवङ्गमः	१३	
आतपी मण्डली मृत्युः पिङ्गलः सर्वतापनः		
कविर्विश्वो महातेजा रक्तः सर्वभवोद्भवः	१४	
नक्षत्रग्रहताराणामधिपो विश्वभावनः		
तेजसामपि तेजस्वी द्वादशात्मन्नमोऽस्तुते	१५	
नमः पूर्वाय गिरये पश्चिमायाद्रये नमः		Hail to the eastern mountain and hail to the western mountain. Hail to the lord of hosts of luminaries, the lord of the day.
ज्योतिर्गणानां पतये दिनाधिपतये नमः	१६	
जयाय जयभद्राय हर्यश्वाय नमो नमः		Hail to the giver of victory, hail to the joy born of victory! Hail to the god having green horses. Hail, hail to you with thousands of rays! Hail hail to you, son of Aditi!
नमो नमः सहस्रांशो आदित्याय नमो नमः	१७	
नम उग्राय वीराय सारङ्गाय नमो नमः		Hail to the subduer of the senses, the valiant one! Hail to you as denoted by the mystic syllable OM! Hail to the awakener of the lotus! Hail to you, the fierce one!
नमः पद्मप्रबोधाय प्रचण्डाय नमोऽस्तु ते	१८	
बह्मेशानाच्युतेशाय सुरायादित्यवर्चसे		Hail to the ruler of Brahma, Lord Shiva and Lord Vishnu! Hail to the sun-god, the light indwelling the solar orb, the resplendent one, the devourer of all, appearing in the form of Rudra.
भास्वते सर्वभक्षाय रौद्राय वपुषे नमः	१९	
तमोघ्नाय हिमघ्नाय शत्रुघ्नायामितात्मने		Hail to the dispeller of darkness, the destroyer of cold, the exterminator of foes, the one whose extent is immeasurable, the destroyer of the ungrateful, the god who is the ruler of lights!
कृतघ्नघ्नाय देवाय ज्योतिषां पतये नमः	२०	
तप्तचामीकराभाय हरये विश्वकर्मणो		Hail to you, possessing the luster of refined gold, the dispeller of ignorance, the architect of the universe, the uprooter of darkness, splendor incarnate, the onlooker of the world!
नमस्तमोऽभिनिघ्नाय रुचये लोकसाक्षिणे	२१	
नाशयत्येष वै भूतं तयेव सृजति प्रभुः		The aforesaid Lord alone actually destroys, brings into existence and sustains all that has come into being. He radiates heat by his rays and sends showers.
पायत्येष तपत्येष वर्षत्येष गभस्तिभिः	२२	

एष सुप्तेषु जागर्ति भूतेषु परिनिष्ठितः		Planted in created beings, he remains awake when they have fallen asleep.
एष चैवाग्निहोत्रं च फलं चैवाग्निहोत्रिणाम्	२३	Nay, he himself is the act of pouring oblations into the sacred fire as well as the fruit attained by those who pour such oblations.
देवाश्च क्रतवश्चैव क्रतूनां फलमेव च		Nay, he comprises the gods as well as the sacrifices as also the fruit of sacrifices.
यानि कृत्यानि लोकेषु सर्वेषु परमप्रभुः	२४	Again, he is the Supreme Controller of activities which are found in all living beings.
एनमापत्सु कृच्छ्रेषु कान्तारेषु भयेषु च		No individual celebrating the aforesaid Lord in strait, in difficulties, in the woods as well as in times of peril comes to grief, O scion of Raghu!
कीर्तयन्पुरुषः कश्चिन्नावसीदति राघव	२५	
पूजयस्वैनमेकाग्रो देवदेवं जगत्पतिम्		Worship the aforesaid Lord of the universe, the adored of gods, with a concentrated mind.
एतत्त्रिगुणितं जप्त्वा युद्धेषु विजयिष्यति	२६	Muttering this praise three times, one will come out victorious in combats.
अस्मिन्दरौ महाबाहो रावणं त्वं जहिष्यसि		You will make short work of Ravana this moment, O mighty-armed one!
एवमुक्त्वा ततोऽगस्त्यो जगाम स यथागतम्	२७	Saying so, the celebrated Sage Agastya thereupon left in the same way as he had come.
एतच्छ्रुत्वा महातेजा नष्टशोकोऽभवत्तदा		Hearing this advice, Sri Rama, who was endowed with extraordinary energy and had a subdued mind, found his grief immediately dissipated.
धारयामास सुप्रीतो राघवः प्रयतात्मवन्	२८	Nay, feeling greatly delighted, he retained the alleluia in his memory.
आदित्यं प्रेक्ष्य जप्त्वेदं परं हर्षमवाप्तवान्		Sipping water thrice and getting purified, looking intently on the sun and repeating this prayer, the valiant one experienced supreme felicity.
त्रिराचम्य शुचिर्भूत्वा धनुरादाय वीर्यवान्	२९	Seizing hold of his bow and fixing his eyes on Ravana, the hero advanced with a view to attaining victory.
रावणं प्रेक्ष्य हृष्टात्मा जयार्थे समुपागमत्		He stood vowed to kill Ravana with an intense and all sided effort.
सर्वयत्नेन महता वृतस्तस्य वधेऽभवत्	३०	
अथ रविरवदन्निरिन्द्य रामं		Delighted in mind to gaze on Sri Rama feeling supremely exhilarated on perceiving the destruction of Ravana at hand, the sun-god, standing in the midst of a host of gods, exclaimed: "Make haste!"
मुदितमनाः परमं प्रहृष्यमाणः		
निशिचरपतिसंक्षयं विदित्वा		
सुरगणमध्यगतो वचस्त्वरेति	३१	
इत्यार्षे श्रीमद्रामायणे वाल्मीकीय आदिकव्ये युद्धकाण्डे पञ्चोत्तरशततमः सर्गः	१०५	