

aham asmi prathamaja rtasya | purvam devebhyo
amrtasya nabhih |
yo ma dadati sa ideva mavah | aham annam annam
adantamadmi |
purvam agner api hatyannam | yattau hasate aham
uttaresu |
vyattamasya pasavas sujambham | pasyanti dhirah
pracaranti pakah |
jahamyanyam na jahamyanyam | aham annam vasam
iccarami ||1||
samanam artham paryemi bhunjat | ko mam annam
manusyo dayet |
parake annam nihitam loka etat | visvair devaih pitrbhir
guptam annam |
yad adyate lupyate yat paropyate | satatami sa tanur me
babhuva |
mahantau caru sakrd dugdhena paprau | divam ca prsni
prthivim ca sakam
tat sampibanto na minanti vedhasah | naitad bhuyo
bhavati no kaniyah ||2||

annam pranam annam apanam ahuh | annam mrtyum tam
u jivatam ahuh |

annam brahmano jarasam vadanti | annam ahuh
prajananam prajanam |

mogham annam vindate apracetah | satyam bravimi vadha
itsa tasya |

naryamanam pusyati no sakhayam | kevalagho bhavati
kevaladi |

aham medhah stanayan varsannasmi | mam adantyaham
abhyanyan ||3||

ahagum sadamrto bhavami | madaditya adhi sarve tapanti
om ||