

|| aayushya sooktam ||

yo brahmaa brahmaNa ujjahaara praaNaih shirah kruttivaasaah pinaakee |
eeshaano devah sa na aayurdadhaatu tasmai juhomi havishaa ghrutena || 1 ||

vibhraajamaanah sarirasya madhyaa-drochamaano gharmaruchirya aagaat |
sa mrutyupaashaanapanudya ghoraanihaayusheNo ghrutamattu devaha || 2 ||

brahmajyotir brahma patneeshu garbham yamaadadhaat pururoopam jayantam |
suvarNarambhagraham arkam archyam tamaayushe vardhayaamo ghrutena
|| 3 ||

shriyam lakshmeem oubalaam ambikaam gaam shashTheem cha
yaamindrasenetyudaahuhu |
taam vidyaam brahmayonigm saroopaam iha aayushe tarpayaamo gheutena
|| 4 ||

daakshaayaNyah sarvayonyah sa yonyah sahasrasho vishvaroopaa viroopaaha |
sasoonavah sapatayah sayoothyaa aayusheNo ghrutamidam jushantaam || 5 ||

divyaa gaNaa bahuroopaah puraaNaa aayushChido nah pramathnantu veeraan |
tebhyo juhomi bahudhaa ghrutena maa nah prajaagm reerisho mot veeraan
|| 6 ||

ekah purastaat ya idam babhoova yato babhoova bhuvanasya gopaaha |
yamapyeti bhuvanagm saamparaaye sa no havirghruta mihaayushettu devaha
|| 7 ||

vasoon rudraan aadityaan maruto atha saadhyaan rubhoon yakshaan gandharvaagshcha
pitrugshcha vishvaan |
bhRugoon sarpaagshchaamgariso atha sarvaan ghrutagm hutvaa svaayushyaa
mahayaama shashvat || 8 ||

vishNo tvam no antamashsharmayacCha sahantya |
pratedhaaraa madhushchuta uthsam duhrate akshitam ||

om shaantih shaantih shaantihi ||