

SANDHYAVANDANA MANTRAS

The version given below is followed by smarthas of Apastamba sutram. Prata sandhyavandanam are shown for Madhyaniikam and Sayam sandhyavandanam.

Part I Prata sandhyavandanam

- 1) Facing East - Sit in an aasanam – take panchapathram/udharani take water in the right palm one spoon, and drink three times chanting Achuthayanamaha ananthayanamaha govindayanamaha Righthand thump on the right cheek(KESAVA) on the left cheek (NARAYANA), pavithra finger on the right eyebrows(MADHAVA) On the left eye brows(GOVINDA), index finger on the right nose (VISHNU), on the left nose(MADHUSUDHANA), little finger on The right ear(THRIVIKRAMA), on the left ear(VAMANA), centre Finger on the right shoulder(SREEDHARA), left shoulder(RUSHEEKESA), and all fingers on the bottom stomach (PADMANABHA) left fingers on the forehead(DAMODARA)

2)Ganapati dhyanam

Facing East - Gently hit the temple with the knuckles five times in all , once

after each of the words, :

Suklambaradharam, Vishnum, Sasivarnam, Chaturbhujam,
prasanna vadanam, Dhyayeth, Sarvavighnopasantaye

3)Pranayamaha also facing east

(Touch the right nostril with the right thumb and the left nostril with the right ring finger and gently press the right thumb to close the gap on the right nostril and inhale through the left nostril with the following mantra:)

Ombhu: Om bhuva: Oghum suva: Om maha: Om jana: Om tapa: Oghum
satyam , (Now close both the nostrils and hold the breath with the following
mantra)

Om tatsath viturvarenyam, bhargo devasya dhimahi dhiyo yo naha
prachodayaath

Now leave the right thumb and exhale with the following mantra:

Om apo jyotirasomrutam brahma bur buva: suvarom

Now release both the fingers.

4)Samkalpa facing East

closed with right palm over the left palm and chant the following:

Mamopatta-samasta-duritakshayadwara Sriparameswaraprlyartham

Prathasandhya upasishye. Release the hands.

Chant rotating the right pavithra finger in the panchapathram water

Apova idhagum sarvam viswa boothanyapaha pranava apaha pasava
apaha annam apaha amritham apaha samrada apaha virada apaha
swarada apaha chandagumshi apaha jyothigumshi apaha yajugumshi
apaha sathyamapa: saravadevatha apo boorbuvasuvarapa om

Sree kesavayanamaha (tilak on the forehead with water with your right ring
finger)

5) Achamanam (as shown in (1) above)

6) Prokshanam on your body with water with right ring finger:-

Apohishtamayobuvaha thana urje dadhana maheranaya
chakshase yovassivathamorasaha thasyabajayathehanaha
Usatheerava matharaha thasmath aranga mamavaha yasyakshayaya
jinuadha (sprinkle water on your right and left knees) apojanayathajanaha
bur buva suvaha (sprinkle water around you in clockwise direction)

7) Facing east towards the sun with water on your right palm inside:-

Suryascha mamanyuscha manyupathayascha manyukruthebyaha
Pabebyo rakshantham yadrathriya papamakarishom manasa vacha

Hasthabyam pabyam utharena sishnam rathristhatha valumpathu

Yathkincha duritham mayi ithamaham mamamruthayonow suryejyothishi

juhomiswaha (drink the water)

7A) Achamanam (see 1 above)

8) Prokshanam as shown in 6 above

Dadhikra vinno akarisham jishno raswasya bajinaha surabino

Mukhakarathu prana aa yugum shitharishathu apohishtamayo

Buvaha (complete the rest as in 6)

9) Arkyam 3 times facing east with water in both handfuls of

Water and pour in front;-

Om bur buva suvaha thath sa vithur varenyam bargo devasya

dhimahi diyoyona prachothayayathu (repeat 2nd and 3rd times)

9A) Om boohoo: As in 3)

10) with water in both hands pour in front chanting Asavadithyo

Brahma bramaivasathyam brahmarpanam

11) Achamanam

12)Arkyam with water in both hands towards east;-

Adithyam tharpayami, Somam''', Angarakom''', budham'''
Bruhaspathim''', sukram''', sanaischaram'''' rahum'''' kethum''''
Kesavam''', narayanam''', madhavam''', govindam'' vishnum''',
Madhusudhanam'', thrivikramam'', vamanam'', sreedharam'',
Hrusheekesam'', padmanabhan'', damodaram'', Gayathrim',
Savithrim'', saraswathim tharpayami

13)Achamanam

14)with full of water in both hands towards east pouring with

Manthra that sath brahmarpanam asthu

Prathasandhyavandhnam arkyam over.

MADHYANHIKOM ARKYAM

Facing North:- 1) 2) 3) follow Prata sandhyavandanam

Follow 4) fully except Madhyanhika Upa sishye

Follow 5) & 6) Pratasandhyavandanam

Apah punanthu prithivim prithivim boothapunathuma punanthu

Brahmanaspathihi brahmabootha punathuma eduschishtom

Apojyam edwa duscharitham mama sarvam punanthu mama

Pom sathanja prathigrahaguswahaha (drink the water)

Achamanam

Prokshanam as 8) pratasandhyavandanam

Arkyam Om boor buva suvaha 2 times only

Omboohu:

Asavadithyo brahma..... brahmarpanam

Achamanam

Arkyam : Audityam tharpayami.....Saraswathim tharpayami

Madhyanhika arkyam over

SAYAM SANDHYA VANDANAM ARKYAM

Facing North:- 1) 2) 3) Follow Prata sandhyavandanam

Follow 4) fully, and chant Sayam sandhya upa sishye

Follow 5) & 6) follow Prata sandhya vandanam

Take water in the right hand palm and chant, Agnischa
mamanyuscha manyupathayascha manyukruthebyaha papebyo
rakshamtham yadhanha

Papamakarishom manasa vacha hasthabhyam padhbhyam

Utharena sishnam aha sthatha valumpathu yathkincha

Duritham mayi idhamaham mamamrutha yonou sathye

Jyothishi juhomiswaha drink the water

Achamanam

Prokshanam as 8) prata sandhyavandanam

Arkyam: Omboor buva suvaha ... prachothayayathu (3 times)

Omboohu:

Asavadhithyo brahma.....

Achamanam

Arkyam: Audityam tharpayami.... Saraswathim tharpayami

Om Thath sath brahmarpanamasthu (with both hands water)

Sayam sandhya vandanam arkyam over

See seperfate sheet for Japam

Part II PRATA SANDHYAVANDHANAM JAPAM

|| **Ganapati dhyanam** ||

Face East :-

Suklam baradharam vishnum.....sarvavignopasanthaye

Om Boohu:boor buva suvarom

Mamopatta smastha..... preethyartham

Prata sandhya gayathri maha manthrajapam karishye

With fingures on the forehead xx Pranavasya Rishibrahma

With fingures just below the nose xx Devi gayathri chandaha

With fingures just below heart xx Paramathma Devatha

Chant OM BOOHU complete xx 10 times

Keep the fingures on the forehead and chant:-

Bhoorati saptavyahrudheenam Atribruguhu: Kustha Vasishta

Gauthama kasyapa Angeerasa Rishayaha

Fingures on the nosexxx chant

Gayathri Ushnik Anushtup Bruhathi pankthi thrishtup jagatiyaha

Chandamsi,

Fingures below heartxxx chant

Agni Vayu Arka Vageesa Varuna Indira Viswedeva Devata

Fingures on forehead and chant

Ayadithya Anuvakasya vamadeva rishihi

Fingures on the nose chant Anushtup chandaha

Savitha Devatha

Ayathu varada devi aksdharam brahma sammidham Gayathrim

Chandasam mata idham brahma jushaswame ojosi sahosi balamasi
Brajosi Devanam dhamanamasi viswamasi viswayuhu sarvamasi
Sarvayuhu abhiburom gayathrim avahayami savithrim avahayami
Saraswathim avahayami savithria rishihi viswamithra nrujath gayathri
Chadaha gayathria devatha

Chant Gayathri manthram 108 times:-

“Om Boor Buva Suvaha That Sa Vithurvarenyam Bargo Devasya

Dheemahi Dhi Yoyona prachothayayathu”

Omboohu Boor buva suvarom

Prata Sandhyopasthanam karishye

Keeping ring finger on the bhoomi – Uthame Sikhare Devi Bhoomyam

Parvathmoordhani brahmanebyo hyanugnanam gachadevi yadhasukam

Keep Both hands folded and pray facing east:

Mithrasya charushanidhrudaha sravo devasya sanasim sathyam

Chithrasravasthamam mithrojananu yatha ithiprajanan mithrodadhara

Prithivim udhadhyam mithrkrushtihi anubhishabhichashte sathyaya

Havyam grudhavad dwithema prasavithra martho asthu payaswan

Yastha auditia sikshathivrathena nahanyathe najeeyathe totho ninam

Agumho asnothi anthi dona doorath

With folded hands Sandhyayai namaha(east) Savithiyainamaha(south)

Gayathriyainamaha(west) saraswathyainamaha(north) Sarvabyo
devathbyonamaha kamo karusheedh manjula karusheedh namonamaha
Abhivathaye xxxx Asmibhoohu (touch both the top leg padam with each
Hand} Direct your both hands folded, Prachi disi namaha(east)

Dakshinachi disi namaha(south)

Pradichi disinamaha(west) Udhichidisinamaha(north Urdhwayanamaha
(up) Adharayanamaha(down) Antharikshayanamaha(up) Bhoomyainamaha
(down) Brahmanenamaha(up) Vishnavenamaha(down) yamayanamaha
(up) with same folded hands, Face south:- Yamaya dharmarajaya

mruthyuvecha anthkayacha Vaivaswathaya kalaya sarvabootha

kshayayacha outhumbaraya Dhadhnaya neelaya parameshtine

vrugodharaya chithraya chithra Gupthaya vainamaha Turn to north

clockwise and chant, Chithragupthayavainamonamaha,

Ruthagum sathyam parambrahma purusham krishnapingalam

Oordhwaretham virupaksham viswarupayavainamaha

Face east – viswarupayavainamonnamayithi - Chant – Namah savithre

Jagadhekachakshuse jagathprasudhi sthithinasakethave thrayee

Mayaya thrigunathmadharine virinjanarayana sankarathmane

Dheyasadha savithrumandala madhyavruthi narayana sarasijasana

Keyuravan makarfakundalavan kireedi haari hiranmaya vapudrudha

Samku chakra sankuchakra gadhapani sreemadh dwaraka
Nilayachutha govinda pundareekasham rakshamam saranagatham
Akasath pathitham thoyam yadha gachathi sagaram sarvadeva
Namaskaraha sree kesavam prathigachathi - Sreekedsavam prati
Gachathyonnamayithi (keeping both hands on both ears)
Abhivathayesarmanamaham asmibhoohu
NAMASKARAM To the east;- Kayenavacha manasendrierva
Budhyathmanava prakrutheswabhavath karom iyadhiath
Sakalam parasmai Sreeman narayanayeth samarpayami
Manthraheenam kriyaheenam bhaktiheenam udhasana
Yadhuthandhu mayadeva paripoornam thathasthudhe
Prayaschithan aseshanam thapah karmathma thanivai
Thanishesan aseshanam sreekrishanusmaranamparam
Sree Krishna Krishna (namaskaram complete)

PRATHA SANDHYAVANDANA JAPAM COMPLETE

Xxxxx

MADHYANHIKA GAYATHRI JAPAM

Suklam baradharam vishnum xxxxxxxxxxxxxxxsanthaye
Ombhoohu xxxxxxxxxxxxxxxxxxxxxxxxxxxboorbhuvasuvarom
Mamopatha xxxxxxxxxxxxxxxxxxxxxxxxxxxprithyatham
Madhyanhika gayathri mahamanthrajapam karishye

Pranavasya rishibrahma xxxxxxxx paramathma devatha

Omboohu xxxxxx chant 10 times

Ayaditya xxxxxxxxxxxxxxxxxxxx savitha devatha

Ayathuvarada devi xxxxxxxxxxxxxx Gayathria devatha

Chant Gayathri 32 times

Omboohu xxxxxxxxxxxxxxxxxxxx boorbhuvasuvarom

Madhyanhikopasthanam karishye

Uthame sikhare devixxxxxxxxxxxxxxxxxxgacchadevi yadhasukom

Prarthana (east) Asathyena rajasa varthamanonivesayann

Amrutham marthyancha hiranyayena savitharathena athe boyadhi

Bhuvana vipaschyannu udwayam thama saspari pasyam tho

Jyothirutharam devamde vakthrasurtam aganmajyothiruthamam

Uduthyam jathavethasam devam vahanthi hethavaha druse viswaya

Suryam chithram devanamudhakathaneekom chakshur mithrasya

Varunasyagneh apradyavapridhivi antharikshagum surya athma

Jagadath chakshushascha thachakshur devahitham purasthaath

Sukram ucharathu pasyema sarathassathm jeevema sarathassatham

Nandhama sarathassatham mothama sarathassatham bhavama

Sarathassathm srunuvama sarathassatham prabravama sarathassatham

achheethasyama sarathassatham yokchasuryam druse ya udhakadh

Mahathornavaathu vibrajamana salilassamadhyath samavrushaboloji

Thaksha suryovipaschin manasapunathu

Sandhyainamaha savithriai namaha xxxxxxxxdevathbyonamaha

Kamokarsheet manjurakarsheet namonamaha

Abhivathaye xxxxxxxxxxxxxxxxxxxxxxxxxxxx asmibhoohu

Udichi disinamaha, prachi, dakshinachi, pradichi xxxxxxxxxxxxxxxxxxxx

yamayanamaha Yamaya dharmarajaya xxchithragupthayavainamonamaha

North – Ruthagum sathyam xxxx viswarupayavainamonamaha

East – Namah savithre xxxxxxxxSreekesavam pratyhigachathyom

Nama ithi Abhivathaye xxxxxxxxxxxxasmibhoohu

Namaskaaram Kayenavacha xxxxxKrishanusmaranampaaram

Madhyanhika japam complete

SAYAM SANDHYA GAYATHRI JAPAM

Suklam baradharamxxxxxxxxxxxxxxxxxsanthaye

Ombhoohu xxxxxxxxxxxxxxxxxxxxxxxxxxxxbhoor buva suvarom

Mamopatha xxxxxxxxxxxxxxxxxxxxxxxxxxxpreethyatham

Sayam sandhya gayathri mahamanthrajapam karishye

Pranavasya xxxxxxxx paramathma devatha

Omboohu xxxxxxxx 10 times

Ayaditya xxxxxxxxxxxxxxxxxxxxxxxxxxxsavitha devatha

Ayathu varada devi xxxxxxxxxxxxxxxxxxxx Gayathria devatha

Gayathri chanting xxx 64 times

Omboohu xxxxxxxxxxxxxxxxxxxxxxxxxxxx bhoor bhuva suvarom

Sayam sandhyopasthanam karishye

Uthame sikhare devi xxxxxxxxxxxxxxxxxxxgachadevi yadhasukom

Imam me varuna sudheehavam adyajamrudaya thwamavasyurachake

Thathwayami brahmana vandhamanaha thadhasaasthe yajamano

Havirbihi ahedamano varuna ihabodhi urusagum samana ayuh-

Pramosheehi yachiddido visayatha pradeva varunavratham minimasi

Dyavidyavi yath kimchetham varuna deivye janaibhidroham manushyaa=

Charamasi achitheeyathava dharmayuyopima manassthamadh yenaso

Devaririshaha ithavaso yadrirupurnadheevi yadwagasathyam udhayanna

vidhma sarvadhya vishya sidhirevadeva adhathesyama varuna priyasahaha

Sandhyayai namaha xxxxxxxxxxxxxxkamokarsheet manjurakarsheet

Namonamaha Abhivathaye xxxxxxxxxxxxxxxxxxxasmibhoohu

Pradichi disinamaha, udhichi, prachi, dakshinachi disinamaha

urdhwayanamaha xxxx yamayanamaha

South yamaya dharmarajayxxxxxxxxxxxx chithraguptayavainamaha

Cahithragupthayavainamonnamaithi North Ruthagum sathyam xxxx

Viswarupayavainamonama ithi,

Namaskaram :- Namassavithrexxxxxxxxx sreekrishnakrishna

Sayam sandhya japam complete

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