

I'm not a bot



5) It is believed that exposure to the Sun during day time (approximately between 10 am to 2 PM) helps the body generate Vitamin D. Apart from this, we wouldn't be able to sustain on earth without the Sun. Therefore, the recitation of the Aditya Hridayam is a thanksgiving gesture. When to chant Aditya Hrudayam? Best time to read aditya hrudayam is at sunrise or within one hour of sunrise. It should be chanted keeping in mind both suryadeva and narayana. How many times should I recite Aditya Hrudayam? 3. Recite the Aditya Hrudayam 6 times a day for 60 continuous days to enjoy a disease free good life. READ: What Flavour is humble pie?What is the benefit of Aditya Hrudayam stotram? Aditya Hrudayam Benefits This stotram can ward off the fears and brings courage in oneself at the same time removing the enemies from your path. Reciting this hymn can also uplift you during difficult situations as well as from deep sorrow. Can we chant Aditya Hridayam in the evening? Yes you can chant aditya hrudayam at any time any where there are no restrictions for Aditya Hrudayam. Can we read Aditya Hridayam in the night? Yes you can chant aditya hrudayam at any time any where there are no restrictions for Aditya Hrudayam. Even you can chant while lying on the bed r while walking even without bathing or face wash. What is the use of Aditya Hrudayam? Aditya Hrudayam is the hymn is the praise of the Lord Surya. Various people have experienced different results (benefits) from reciting this hymn, from curing of illnesses to increased concentration in students to winning court cases. Who has written Aditya Hrudayam? Aditya Hridayam, is a hymn associated with the Sun or Surya and was recited by the great sage Agastya to Rama on the battlefield before fighting with Ravana. READ: What is the best AVI Converter for Mac?Why should we read Aditya Hrudayam? By reciting Aditya Hridaya Stotra lord Sri Rama killed Ravana and achieved Victory. Hence, it helps gaining confidence to conquer over one's problems. 2. People desirous of Tejas-the divine Aura around them, have to recite Aditya Hridaya Stotra. Can you do Aditya Hridaya stotra evening? Why do we say Aditya Hridaya stotra? It encourages you to be brave in your life and endeavours. Furthermore, reciting the Aditya Hridaya Stotra uplifts you and protects you from terrible misery during trying times. It frees you from self-doubt and cleanses you of your misdeeds. The Aditya hridaya stotra also bestows prosperity and the clarity. What is the significance of Aditya Hridaya Stotra? Aditya Hridaya Stotra is the 105 sarg of Valmiki's Ramayana. Agastya Hrishni has described this strot for lord Rama. It is very beneficial to get power like Sun, to win in litigation and war. It is also beneficial to get rid of Sun related problems. What is the best time to read Aditya Hrudayam? Best time to read aditya hrudayam is at sunrise or within one hour of sunrise. It should be chanted keeping in mind both suryadeva and narayana. Thanks for the edit pensive. No rules , just perform it with deep feeling. The effectiveness of your mantras will depend on the level of Love and immersion you have while chanting. READ: How can I have a productive day after no sleep?Why is Aditya Hridayam recited before fighting with Ravana? The Aditya Hridayam, is a hymn in glorification of the Sun or Surya and was recited by the great sage Agastya to Lord Rama on the battlefield before fighting with Ravana. This historic hymn starts at the beginning of the Battle with Ravana, when Lord Rama is fatigued and getting ready to fight. What is strot for Lord Rama? Agastya Hrishni has described this strot for lord Rama. It is very beneficial to get power like Sun, to win in litigation and war. It is also beneficial to get rid of Sun related problems. There are some rules which should be followed for strot. People get benefit if they are facing state related problems or litigation matters. Recite the Aditya Hrudayam 6 times a day for 60 continuous days to enjoy a disease free good life. Who taught the Aditya hear mantra to Lord Rama? The great sage Agastya Aditya Hridayam, is a hymn associated with the Sun or Surya and was recited by the great sage Agastya to Rama on the battlefield before fighting with Ravana. How many times we should read Aditya Hrudayam? Originally Answered: How many times should I recite Aditya Hrudayam Stotra for the best result? ADITYA Hrudayam to be chant after sunrise, 7 times a day. If not daily on Sunday 7 times compulsory. If one can do every one time of chant and do Surya namaskar seeing sun it is good and effective. Can we read Surya Ashtakam in the evening? No. For best results it is better to chant it in the Morning only (after taking bath). What are the benefits of giving water to sun? It boosts energy, confidence and improves communication. It welcomes peace and harmony in life by eliminating the negative effects of Grah Dosh. Surya prayers have the power to help us get rid of our troubles and showers prosperity in health and wealth. What happens when Sun is strong? Simply understand a strong Sun gives you life-giving energy, willpower, immunity, the ability to fight with all evils of your life including infighting with the diseases. A strong Sun basically gives you the power to lead in all odds in life but can also give you aggression leading to self-centered tendencies. Who is father of Sun God? The bringer of the Sun, Surya was thought to ride his chariot across the sky & defeat the demons of darkness. According to some myths Surya is the son of Kasyapa (a Vedic sage) and Aditi (Infinite Heavens), in others he is the offspring of Dyaus (Sky), and in still others his father is Brahma. How can I impress Lord Surya? It is advised to pray Lord Rama, every morning during sun rise. Recite Aditya Hridaya Stotra, Fast for Surya; In order to get the blessings of Surya Bhagwan, it is advised to fast on Sundays. To get the blessings of the sun, wear the hel moon this root should be held in Sun's constellation on Sundays. How can I make Lord Sun happy? Aditya Hridaya Stotra benefits (Surya mantra for success in life) and Aditya Hridaya Stotra ke niyam. Know how many times should we chant Aditya Hrudayam and can ladies chant Aditya Hridayam? The Aditya Hridayam Stotram is dedicated to Surya Dev (Hindu Sun God). It is one of the most powerful mantras in Hinduism for achieving fame and success. It is also powerful in conditions when one needs to get rid of chronic diseases and troublesome government or legal matters. As per Hindu scriptures, the sacred verses of Aditya Hridaya Stotra was first mentioned in the Yuddha Kanda of Sage Valmiki's Ramayana. It is said that the Aditya Hridaya Stotra was recited by Sage Agastya to Shri Ram, just before the war against King Ravana. It is because of this mantra (Aditya Hridaya Stotra) that Lord Ram was able to defeat Ravana as it granted the much needed mental and physical strength in the battlefield. Aditya Hridaya Stotra in Hindi With Meaning People whose sun is in the second, third, fourth, sixth, seventh, eighth or twelfth of the horoscope. It gives quick auspicious results for such people.Aries people should definitely read this for education.Leo zodiac for health and Sagittarius people for luck.Taurus people should read it for property.Virgo people for jobs.Capricorn people for age.People of Gemini, Libra and Aquarius should recite it for marital life and health.Cancer, Scorpio and Pisces people should recite it to attain high position.If there is some legal or administrative or police cases (ongoing),Have been suffering from constant diseases, especially of bones or eyes. The most powerful benefit of chanting Aditya Hridaya Stotra is to overcome all kinds of hurdles and challenges in the life. This Stotra helps a person regain lost fame and success with total confidence in the evening? Yes you can chant aditya hrudayam in the evening? Yes you can chant aditya hrudayam at any time any where there are no restrictions for Aditya Hrudayam. What is the meaning of Aditya Hridayam Stotram? Aditya Hridaya Stotra. The Aditya Hridayam Stotram is dedicated to Surya Dev (Hindu Sun God). It is one of the most powerful mantras in Hinduism for achieving fame and success. It is also powerful in conditions when one needs to get rid of chronic diseases and troublesome government or legal matters. What are the benefits of chanting Aditya Hridaya Stotra? The most powerful benefit of chanting Aditya Hridaya Stotra is to overcome all kinds of hurdles and challenges in the life. This Stotra helps a person regain lost fame and success with total confidence and triumph. It must be recited daily during sunrise time, starting from Sunday. One must avoid all kinds of liquor and meat on that day. READ ALSO: How do I make my bird go to sleep?What are the benefits of Aditya hrudaym? Spiritual: Aditya Hrudaym or sacred remembrance of Lord Sun in heart provides Daivik or spiritual blessings . After all, Lord Aditya or holy sun is treated as lord of universe. Its regular recitation removes supernatural ills or astrological problems. Physical: Lord Sun is known for his Dehik or life nourishing power. Why surrender to Lord Aditya? Mundane :Lord Agastya Rishi guides Lord Rama that Aditya Hrudayam is a divine secret whose regular chanting removes mundane problems- financial , professional, social and so on. Conclusion: Surrender to Lord Aditya -the most benevolent one ! Om Shri Surya Narayanaya Namah Jai Bhagwan Aditya Bhaskar ! In our customs, natural forces like the earth, fire, wind, and others, are like idols. One of them is Surya or Surya Deva. He is also known as Aditi because of his son Aditi and is like the pillar of life on earth. So, aditya hridaya stotra is amongst the most powerful hymns of all time. It is dedicated to Surya Deva and recited by people who have weak Sun, according to astrology or feel indecisiveness. But how is chanting aditya hridaya stotra so impactful? Why should folks recite it at least once a day? Moreover, why specifically chant it on Sundays? Well, here we have the answers to all your anxieties. Also Read: List of All Surya Graha in 2021 You must be wondering what connection it has to do with the reasons to recite the Stotra? Well, some answers are better told in history. It is about the legendary Ramayan times, more specifically during the final battle between Ram and Ravana. It says that Lord Ram tried his best to defeat and kill Ravana, but everything went in vain. Disturbed and tormented by this helplessness of not killing his enemy, Lord Rama felt nothing but fatigue and disappointment. It was in this seizing moment he prayed to his best. As he did so, the wise Agastya showed up in front of him. He appeared with the motive of refreshing Rama. He then asked him to offer his prayers to Lord Surya, reciting the aditya hridaya stotra. As he did so, he not only felt energized but also strong and prepared for the decisive fight. Can you believe that reciting Stotra could be this enthusiastic? Well, we are sure you do! Also Read: Why did King Ravana once capture all the 9 planets & how were they rescued? According to astrology, each day of the week is bind to one God. Like the Saturdays are for Shani Deva and Tuesdays for Lord Hanuman. Similarly, Sunday or Ravi-Vaar is for Lord Surya (Ravi being his other name). And what day would be better to praise him and seek his blessings than his day himself? Though there is no "right" time to memorize God. Yet, it is best if you chant it during dawn on Sundays. Also, you must keep in mind to avoid the consumption of salt, grains, and liquor while reciting it. We know it is a bit hard at the start. But once you become fluent, its aara will be the best you can ever experience. Offer Lord Surya your thankfulness and gratitude. But on the other hand, don't forget to be a little solicitous and ask him to bless you with courage and spirituality in life. Also Read: Surya Namaskar (Sun Salutation) and Astrological Significance We humans never take interest in anything until it is of some benefit to us. And aditya hridaya stotra has countless perks and benefits. However, to bring up some from the Stotram and Pahluti we have picked some of its merits: The Stotra assists you to be successful in your works and efforts by the blessings of Lord Surya. It also zones out the anxieties and uneasiness in you.It brings courage to your life and path. Not just this, reciting aditya hridaya stotra uplifts you in days of difficulties and saves you from deep unhappiness.Along with destroying your sins it elevates you from self-doubts,Aditya hridaya stotra also brings prosperity and clarity in life.The Stotra makes you determined and confident. Last but not the least, it keeps you disease-free and helps in curing many serious ailments. Fascinating, isn't it? Giving ten minutes of your day to Lord Surya and reciting this divine Stotra can do much! So, wait for none and start your resting Sundays in a little spiritual manner. Also Read: Remedies for Weak Sun in Horoscope You can also go through the Astrological Value Of Offering Water To Sun or find out the Sunstone in Astrology- Benefits and Correct Way to Wear. And follow us on Instagram as well. Thread starter ricki boy Start date Jul 12, 2019 Aditya Hridayam - The Heart of Aditya (the Sun God) - Sundara Khanda, Valmiki Ramayan Aditya = the Sun God; Hridayam = that which is especially nourishing and healing for the heart. Sage Agastya Muni gave this powerful Mantra to Sri Rama when Rama was perplexed, while fighting with Ravana. After chanting this Hymn three times Sri Rama defeated Ravana. The Aditya Hridayam, is a hymn in glorification of the Sun or Surya and was recited by the great sage Agastya to Lord Rama on the battlefield before fighting with Ravana. This historic hymn starts at the beginning of the Battle with Ravana, when Lord Rama is fatigued and getting ready to fight. The mystical hymn is directed to the Sun God, the illustrious lord of all victories. Trying to do justice to verses from the epic Ramayana – the first of all epics in the world – written over 5000 years ago, is impossible by anybody today. And for that matter, Sage Valmiki himself says that the prayer part is older than the epic itself. That must be obviously true, for, Sanskrit language existed in its poetic, prosaic and pristine form much before the penning of the epic. I have just attempted to give the limited version of my understanding of the Slokas (verses). Mistakes, if any, are all mine, and any praise for the work goes to blessings of Lord Ganeshha, Lord Rama, the Sun God, and of course Sage Valmiki. The Aditya-Hridayam Hymn is part of the Yuddha Kanda of Valmiki Ramayana (the chapter of war) and contains 31 slokas. Nama Surya Santaya Sarvarogya Nivarine | Ayu rarogya maisvairyam dehi devah jagatpate || Oh! Lord Surya, ruler of the universe, you are the remover of all diseases, the repository of peace I bow to you. May you bless your devotees with longevity, health and wealth. download MP3 Audio file for this mantra tato yuddha parishranam samare chintaya sthitam | ravanam chagrato drishvta yuddhaya samupastitam || I daiva tsaischa samaganya drashtu mahya gato ranam | upaganya bravidramam agastyo bhagavan rishih || 2 rama rama mahabaho shrinu gubhyam sanatanam | yena sarvanarin vatsa samare vijayishyasi || 3 aditya-hridayam punyam sarva shatru-vinashanam | jayavaham japan-nityam akshayam paramam shivam || 4 sarvamangala-vangsham sarva pada pranashanam | chintashoka-prashamanam ayurvardhana-muttamam || 5 rishni mantam samudyantram devasura-namaskritam | pujayasa vivasntam bhaskaram bhuvaneshwaram || 6 sarva devatmakoh yeshba tejasvi rashmi-bhavanah || esha devasura gananlokam patibhasthibih || 7 esha brahma cha vishnuh cha shivah skandah prajapatihi | mahendro dhanadakh lokamah somo hyapam pathi || 8 pitaro vasavah sadhya yashvinau maruto manuh | vayurvahnih praja-prana ritukarta prabhakararah || 9 adityah savita suryah khaqah pusbha gabhastiman | suvarnasadrisho bhaur-hiranyareta divakarrah || 10 haridashvah sahasrarchih saptasapti-marichiman | timironmathanah shambhu-stvashta martanda amshunan || 11 hiranyagarbhabh shishira stapano bhaskaro ravih | agni garbho'diteh putrah shankhah shishira nashanaha || 12 vyomanastastamobhedhi rijugyasamaparagaha | ghanavrishtirapam mitro vindhya-vitihpijavangamaha || 13 atapi mandali mrityuh pingaloh sarvatapanaha | kavirivishvo mahatejah raktah sarva bhavodbhavaha || 14 nakshatra grahataranam-adhipo vishva-bhavanah | tejasamapi tejasvi dvadashatman namo'stu te || 15 namah purvaya giraye pashchimayadraye namah | jyotirgananam pataye dinaadhipataye namah || 16 Javaya jaya bhadraya haryashvaya namo namah | namo namah sahasramsho adityaya namo namah || 17 nama ugraya viraya saranganya namo namah | namah padma prabodhaya martandaya namo namah || 18 brahmeshanachuteshaya suryevadyityavarchase | bhasvate sarva bhakshaya raudraya vapushe namaha || 19 lamoghniyaya himaghnaya shatrughnyamayimatmane | krltaghniaghnya devaya jyotsham pataye namaha || 20 taplacami karabhaya vahnyave vishvakarmame | namastamo bhinighnaya ravaye (rucaye) lokasakshiine || 21 nashyati yeshva vai bhutam tadeva srijati prabhuh | payasheba tapatyeshva varshatyeshva gabhasthibih || 22 esha suryeshu jagati bhuteshu parinshithitaha | esha evagmitotram cha phalam chaivagnihotritam || 23 vedascha kratavashchaiva kratunam phalam eva cha | yani krityani lokeshu sarva esha ravoh prabhuh || 24 ena-mapatu krichchreshu kantareshu bhayeshu cha | kirtyan purushah kaschinnavasidati raghava || 25 pujayavana-mekagro devadevam jagatpatim | etat triguantim japtva yudheshu vijayishyasi || 26 asmin kshane mahabaho ravanam tvam vadishyasi | evamukta tada gastyo jabhava cha yathagatam || 27 etachrutva mahateja nashashokob'bhavattada | dharayamasu spritno raghavah prayatnamam || 28 adityam prekshya japtva tu param harshamavaptavam | trirachmaya shuchirbhutva dhanuradaya virayam || 29 ravanam prekshya hrishatma yuddhaya samupagatam | sarvatyena mahata vadhe tasya dhrito'bhavat || 30 atha ravi-ravadan-nirikshya ramam mudita manah paramam prashriyamamaha | nishchirapati-sankshayam viditya suragana-madyagato vachastvareti || 31 Translacion 1 & 2 Beholding Sri Rama, standing absorbed in deep thought on the battle-field, exhausted by the fight and facing Ravana who was duly prepared for the war, the glorious sage Agastya, who had come in the company of gods to witness the encounter (battle) now spoke to Rama as follows: 3 'O Rama', 'O Mighty armed elegant Rama', listen carefully to the eternal secret by which, 'O my child', you shall conquer all your enemies on the battle field and win against your adversaries. 4 By Chanting the Aditya-Hridayam (the meditation of Sun in the heart) which is very auspicious and highly beneficial, you will be victorious in battle. This holy hymn dedicated to the Sun-God will result in destroying all enemies and bring you victory and permanent happiness. 5 This supreme prayer is the best amongst auspicious verses, it will destroy all sins, dispel all doubts, alleviate worry and sorrow, anxiety and anguish, and increase the longevity of life. It is a guarantee of complete prosperity. 6 Worship the sun-god, the ruler of the worlds and lord of the deities, who is crowned with effulgent rays, who appears at the horizon and brings light, who is revered by the denizens of heaven (devas) and asuras alike. 7 Indeed, He is the very embodiment of all Gods. He is self-luminous and sustains all with his rays. He nourishes and energizes the inhabitants of all the worlds as well as the host of Gods and demons by his Rays. 8 He is Brahma (the creator), Vishnu (the Sustainer), Shiva (the destroyer), Skanda (the son of Siva), Prajapati (progenitor of human race), the mighty Indra (king of heaven), Kubera (the god of wealth and lord of riches), Kala (eternal time), Yama (the Lord of death) (the moon god that nourishes), and Varuna (the lord of sea and ocean). 9 Indeed, he is Pitris (ancestors, manes), the eight Vasus, the Sadyhis, the twin Aswins (physicians of Gods), the Maruts, the Manu, Vayu (the wind God), Agni (the fire God), Prana (the Life breath of all beings), the maker of six seasons and the giver of light. 10 He is the Son of Aditi (the mother of creation), the Sun God who transverse the heavens, he is of brilliant golden color, the possessor of a myriad rads, by illuminating all directions he is the maker of daylight. He is the all pervading, shining principle, the dispeller of darkness, exhibiting beautiful sight with golden hue 11 He has seven horses yoked to his Chariot, shines with brilliant light having infinite rays, is the destroyer of darkness, the giver of happiness and prosperity, mitigator of the sufferings and is the infuser of life. He is the Omnipresent one who pervades all with immeasurable amount of rays. 12 He is Hiranyagarbha born of Aditi of a golden womb. He is Sisirastapana the destroyer of the cold, snow and fog, illuminator, Ravi, bearer of the fire and conch. He is the remover of ignorance and giver of fame. 13 He is the Lord of the firmament and ruler of the sky, remover of darkness. the master of the three vedas Rig, Yaju, Sama, he is a friend of the waters (Varuna) and causes abundant rain. He swiftly courses in the direction South of Vindhya-mountains and sports in the Brahma Nadi. * The Sun evaporates water from the ocean and rain is produced. Sun is the cause of rain. * The southward (apparent) journey of the sun causes the change of seasons which is essential for life on earth. 14 He, whose form is circular and is colored in yellow and red hues, is intensely brilliant and energetic. He is a giver of heat, the cause of all work, of life and death, he is the destroyer of all and is the Omniscent one sustaining the universe and all action. 15 He is the lord of the constellations, stars and planets and the origin of every thing in the universe. Salutations to Aditya who appears in twelve forms (in the shape of twelve months of the year) and whose glory is described in his twelve names. 16 Salutations to the Lord of sunrise and sunset, who rises at the eastern mountains and sets in the western mountains. Salutations to the Lord of the Stellar bodies and to the Lord of daylight. 17 Oh! Lord of thousand rays, son of Aditi, Salutations to you, the bestower of victory, auspiciousness and prosperity, Salutations to the one who has coloured horses to carry him. 18 Salutations to Martandaya the son of Mrukadana Maharisi, the terrible and fierce one, the mighty hero, the one that travels fast. Salutations to the one whose appearance makes the lotus blossom (also the awakener of the lotus in the heart) 19 Salutations to the Lord of Brahma, Shiva and Vishnu, salutations to Surya the sun god, who (by his power and effulgence) is both the illuminator and devourer of all and is of a form that is fierce like Rudra. 20 Salutations to the dispeller of darkness, the destroyer of cold, fog and snow, the exterminator of foes; the one whose extent is immeasurable. Salutations also to the annihilator of the ungrateful and to the Lord of all the stellar bodies, who is the first amongst all the lights of the Universe. 21 Salutations to the Lord shining like molten gold, destroying darkness, who is the transcendental fire of supreme knowledge, who destroys the darkness of ignorance, and who is the cosmic witness of all merits and demerits of the denizens who inhabit the universe. Salutations to Vishvakarma the architect of the universe, the cause of all activity and creation in the world 22 Salutations to the Lord who creates heat by his brilliant rays. He alone creates, sustains and destroys all that has come into being. Salutations to Him who by His rays consumes the waters, heats them up and sends them down as rain again. 23 Salutations to the Lord who abides in the heart of all beings keeping awake when they are asleep. Verily he is the Agnihotra , the sacrificial fire and the fruit gained by the worshipper of the agnihotra. 24 The Sun God (Ravi) is the origin and protector of the four Vedas (Rig, Yajur, Sama, and Atharva), the sacrifices mentioned in them and the fruits obtained by performing the sacrifices. He is the Lord of all action in this universe and decides the Universal path. Phaishruti 25 Listen Oh Rama! Oh Ragava, scion of the Raghu dynasty, any person, singing the glories of Surya in great difficulties, during affliction, while lost in the wilderness, and when beset with fear, will not come to grief (or lose heart). 26 If you worship this lord of the universe, the God of all Gods, with concentrated mind and devotion by reciting this hymn (Aditya-Hridayam) thrice, you will emerge victorious in the battle. 27 O mighty armed one, you shall triumph over Ravana this very moment. After blessing Lord Rama thus, and predicting that He would slay (the demon) Ravana, sage Agastya took leave and returned to his original place. 28 Having heard this, that great warrior Raghava, feeling greatly delighted, became free from grief. His clouds of worry thus dispelled, the lustrous Lord Rama obeyed the sayings of sage Agastya with great happiness.With composed mind he retained this hymn in his memory, ready to chant the Aditya-Hridayam. 29 Having performed Achamanam (sipping water thice) and being purified, Rama gazing at the sun with devotion, recited the hymn Aditya-Hridayam thrice, then that great hero Raghava was thrilled and lifted his bow. 30 Lord Rama thus cheered, seeing Ravana coming to fight, put forth all his effort with a determination to kill him. (Ravana) 31 Then knowing that the destruction of Ravana was near, the Sun-God Aditya, surrounded by all the Gods in heaven, looked at Rama with delighted mind and exclaimed 'Hurry up' - 'Be quick'. Thus ends the hymn Aditya-Hridayam in praise of the Sun God recounted in the Yuddha Kanda of Valmiki Ramayana (the war chapter) Download PDF file with Sankrit and Transliteration This hymn (Aditya-Hridayam) praise to the Sun God is known as the Heart of Aditya. The word heart or hridayam refers to the One (ayam) who is shining or dwelling in the heart (hridi). Aditya is derived from "ad" meaning "to enjoy" or to perceive all sense objects like sound, touch, form, taste and smell, after entering the heart. So by the Heart of Aditya is meant the inner and unchanging witness of all thoughts, words and deeds, whose nature is the all-pervading Light of Consciousness. By the repetition of this holy hymn daily, one attains imperishableness, the highest good, all blissfulness, the end of all sins, troubles and sorrows, and a long life. Thus one should worship the rising Sun of divine rays who is hailed as the brilliant Lord of the universe by all devas and asuras, by all man and gods. The Sun God is Universal. One can understand how important is Sun worship when remembering that the Lord Rama himself was taught the Aditya Hridaya Stotram by the great sage Agastya in a critical moment. After fighting with Ravana and being severely tried and tired, Sri Rama became anxious on the battlefield. It is then that Sage Agastya appeared to him and taught him the perennial secret through which all foes are conquered, not only the external foes but the internal as well. Our constant internal foes are passion, anger and greed caused by delusion and ignorance. The benefit of Aditya Hridaya Stotra recitation 1. By reciting Aditya Hridaya Stotra lord Sri Rama killed Ravana and achieved Victory. 2. "Tejaskamo Vibhavasum" people desirous of Tejas-Aura around them, have to recite Aditya Hridaya Stotra. This is stated in Bhagavata. 3. By the grace of Bhagavan Surya Kunti Devi was blessed with Kama and the Monkey Rurajasa with Sugreeva, as sons. 4. Satrajit obtained Syamantaka-mani by worshipping Surya. 5. Dharma Raja obtained Akshaya patra by worshipping Lord Surya and he used to entertain his guests with this wish yielding bowl. 6. "Dinesam Sukhardham" It is stated in Skanda purana that one has to pray to Surya Bhagavan for happiness and welfare. 7. The Samba purana declared that Samba the son of Jambavati could get himself cured of his leprosy by worshipping Lord Surya. 8. Mayurabhatta could make his body a diamond wise and became free from disease. Sunday is very dearer to Aditya. One must avoid keeping mundane Company, liquor and Meat on that day. Also one should observe Celibacy on Sunday. Veda has stated that it is essential to get up early before sun rise. The method of Suryopasana is said as Naturopathy. One must get up in the early morning and offer oblations to the Sun God. It is desirable to take bath in any lake or pond or river. Stand opposite to Sun God and offer the Arghya. Then the Cosmic rays covering the flowing water in Arghya pradana will emanate the power received from the rays of Sun and they project on our body. Hence the infective germs in our body will die due to that and our body receive the vital energy (pranic sakti). The Vedas declare, that the colours embeded in the Sun rays cure all diseases. These Seven rays, viz. 1. Red 2. Orange 3. Yellow 4. Green 5. Blue 6. Indigo 7. Violet, are the seven horses of Surya. We also see the same colours in the Rainbow. The system of curing the diseases with the different colours of cosmic rays and its benefits are detailed. This system of "Chromopathy" is the method of systematic application of the Seven colours present in Sun. In this, the health advantages and its procedures are stated. By this treatment certain specific diseases and other common ailments are cured. This means that leucoderma, heart diseases when attacked exposure to the red rays of Sun health will be resorted. In this treatment the application of blue colour cures fever, dysentery, diabetes, blood motions. Bronchitis, head ache, urinary disorders, small pox, filarial Elephantiasis. In the line of colours the last one orange, the ultra violet ray are hiddenly secure in its rays. When these rays radiate on our body the 'D' Vitamin in the middle of the Skin will be produced. This 'D' Vitamin manufacture the substances 'Calcium' and phosphorus essential for our body. Due to these substances teeth get improved and help the actions of the body perfectly. Due to chromopathy hernia will be cured. The medicine used for cure is kept in coloured bottles and allow the Sun ray pass through there and made a mixture from two to three bottles each time and used each time for three months. Improvement is found. Every disease through the red colour, the yellow the stomach diseases, the green colour heart and all skin diseases are cured. In the Sun's ray all the colours of red and white are secretly penetrated. In our body we have different colours in different organs separately. The skin has wheatish colour, hair black, eye balls and teeth whitel the other organs too has different colours in the body. The essence of this cosmic colour therapy is that the deficiency of colour and the reduction of them cause ill health. The blue colour gives good health and the red colour enthusiasm and energy. Depending upon the types of disease pure water is filled in the different coloured bottles, and the Sun rays are being attracted through the bottles into the water, and given to the diseased for few days and there by the colours in their body is recouped and health is restored. The oil and water can be prepared from the cosmic rays during the convenient time from (April, May and June) Caitra to Jesta months. During this period the Sun rays are profusely available. Medicated Oil Preparation with Sun Rays To cure the diseases of head, pour gingely oil, or Badam oi, two inches below the neck of a bottle, tie with the cork or cotton and keep it in Sun shine. When cotton is plugged, every day the cotton has to be replaced. The oil will be ready in Ninety days. After the oil is prepared perfume can be added but not colours. Medicated Water Preparation with Sun Rays Depending upon the type of disease, in different coloured bottles, water has to be filled two inches less to the full capacity of the container, and the same coloured cork has to be fitted to the bottle. The oil or water has to be kept on a wooden plank and not on the ground and expose it in full shine from 10 'O' clock in the morning to 5 'O' clock in the evening. In the mean while no shadow should befall on it. If by any mistake it is allowed to stay after the setting of Sun, and the ray of moon, or Stars falls on them the water will be spoiled. Then the bottles must be emptied. It has to be cleansed, fresh water is filled up and again prepared. When different coloured bottles are kept in the same cabin or when they are exposed to Sun rays simultaneously, a separate coloured papers matching their own colour is daily wrapped and separately kept up with out touching each other and one's own shade of the bottle will not fall on the other. The water prepared in one bottle can not be kept more than three days. Immediately it has to be transferred to a white bottle. It is useful only for three days and again it has to be prepared separately. The water prepared though the Sun rays in a white bottle is very beneficial. This water can be used two times during a day. SAPTA SAPITH - SURYA BHAGAVAN 1. He possesses Seven horses (Seven rays) They are Jaya, Ajaya, Vijaya, Jitaprana, Jitakrama, Mano Japa, Jita Krodha (Bhavisha puraana) Jaya : The first ray bestows firm conviction, mental and physical strength generosity domination of others and benevolence. Ajaya : gives Compassion, tranquility and intelligence, inward understanding. Vijaya : Voracious reading, high thinking and spiritual base. Jita prana : Deep thinking, extremely kind, merciful. Jita krama : grants high quality discipline, very knowledgeable and scientific evaluators. Manojaya : Dedication and devotion, sincere and pursues the path of truth. Jita krodha : In depth evaluation, artistic taste in fine arts and adoration of beauty, love for display. 2. The Seven Chandas : (poetic metres) 1. The Gayatri 2. Jagati 3. Usnik 4. Tristupp 5. Anustupp 6. Pankti became the six horses. 7. the bhruhati chanda has become the seat in the middle of the Chariot. Surya Bhagavan sits on this Chariot of Chandas and travel on the space. 3. Lord Surya has Seven rays : These are 1. Susumna 2. Suradana 3. Udannvasu 4. Visvakarma 5. Udavasu 6. Visvayavca 7. Harikesa "Susumna". This is equivalent to the brightness of thousand rays. This ray with this name make Candra (Moon) the most beautiful one. The Nectar given by the fullmoon to all the panis bestows on them all happiness and pleasure. "Surandana" : The moon has originated from this ray. Even the rays are only the rays of Surya (Sun) alone. "Udannvasu" : From this the Kujra graha (planet) is originated. This ray of Surya will protect the living being from the defects of blood, and gives them health, brilliance and wealth. "Visva karma" : This constructs the Budhagraha (planet). This ray will remove the mental agitations of the people and grants all auspiciousness and peace. "Udavasu" : This ray constructs Bruhaspati planet. This planet grants pleasures and liberation to all living beings. By worshipping this planet all hurdles, obstructions, opposition will be removed and success is achieved. "Visva vyaca" : From this ray Sukra and Sani have originated. Among them sukra is responsible for Virya (sperm) Sukra is incharge of humans procreation and also his ray brings death. Hence by worshipping this ray one will get complete longevity. "Harikesa" : Due to this ray, all Stars (Nakshatras) are born. These come to be known as Nashtra because they are protecting the human bodies from the loss of strength, Virya, and teja. Surya has seven service personnel They are 1. Namshatras 2. Months 3. Fortnights 4. Seasons 5. Years 6. Days 7. Nights. He has Seven Indriyas (organs) they are 1. 2 eyes 2. Two Nostrils 3. Two ears 4. One face. Surya Bhagavan is the person that activates the functions of these organs. 6. He has a Horse by name Sapta. Having a Chariot with this name he is called as Sapta Panni. This name is denoted at the end of Kalki Avatara riding this horse. The seven colours of Surya These seven colours, viz. 1. Red 2. Orange 3. Yellow 4. Green 5. Blue 6. Indigo 7. Violet, are the seven horses of Surya. We also see the same colours in the Rainbow.