

Ārogya Mantra

ॐ प्राणापानव्यानोदानसमाना मे शुध्यन्तां
ज्यातिरहं विरजा विपाप्मा भूयासँ स्वाहा ॥

oṃ prāṇāpāna-vyānodāna-samānā me śudhyantāṃ
jyotir ahaṃ virajā vipāpmā bhūyāsagṃ svāhā ॥

May my in-breath, out-breath, circulating-breath,
rising-breath, and abdominal-breath be purified.
May I become the light, free from dust, free from sin.
May my offering be received. So be it!

ॐ वाङ्मनश्चक्षुःश्रोत्रजिह्वाघ्राणरेतोबुद्ध्यकूतिःसङ्कल्पा मे शुध्यन्तां
ज्यातिरहं विरजा विपाप्मा भूयासँ स्वाहा ॥

oṃ vāñ-manaś-cakṣuḥ-śrotra-jihvā-ghrāṇa-
reto-buddhyākūtiḥ-saṅkalpā me śudhyantāṃ
jyotir ahaṃ virajā vipāpmā bhūyāsagṃ svāhā ॥

May my speech, mind, eye, ear, tongue, nose,
seed, intellect, intention, and purpose be purified.
May I become the light, free from dust, free from sin.
May my offering be received. So be it!

ॐ शिरःपाणिपादपार्श्वपृष्ठोरूधरजङ्घाशिश्नोपस्थपायवो मे शुध्यन्तां
ज्यातिरहं विरजा विपाप्मा भूयासँ स्वाहा ॥

om śiraḥ-pāṇi-pāda-pārśva-prṣṭhorūdharma-jaṅghā-
śiśnopasthapāyavo me śudhyantām
jyotir ahaṃ virajā vipāpmā bhūyāsaṃ svāhā ॥

May my head, hands, feet, sides, back, thighs, belly,
lower legs, organs of procreation and excretion be purified.
May I become the light, free from dust, free from sin.
May my offering be received. So be it!

ॐ त्वक्चर्ममांसरुधिरमेदोमज्जास्नायवोऽस्थीनि मे शुध्यन्तां
ज्यातिरहं विरजा विपाप्मा भूयासँ स्वाहा ॥

om tvak-carma-māṃsa-rudhira-medo-majjā-
snāyavo'sthīni me śudhyantām
jyotir ahaṃ virajā vipāpmā bhūyāsaṃ svāhā ॥

May my outer and inner skin, flesh, blood, fat, marrow,
tendons, and bone be purified.
May I become the light, free from dust, free from sin.
May my offering be received. So be it!

ॐ शब्दस्पर्शरूपरसगन्धा मे शुध्यन्तां
ज्यातिरहं विरजा विपाप्मा भूयासँ स्वाहा ॥

om śabda-sparśa-rūpa-rasa-gandhā me śudhyantāṃ
jyotir ahaṃ virajā vipāpmā bhūyāsagṃ svāhā ॥

May the five elemental qualities – sound, touch, form,
taste, and smell – be purified.
May I become the light, free from dust, free from sin.
May my offering be received. So be it!

ॐ पृथिव्यप्तेजोवायुराकाशा मे शुध्यन्तां
ज्यातिरहं विरजा विपाप्मा भूयासँ स्वाहा ॥

om pṛthivyap-tejo-vāyur-ākāśā me śudhyantāṃ
jyotir ahaṃ virajā vipāpmā bhūyāsagṃ svāhā ॥

May the five elements of my body – earth, air, fire,
wind, and ether – be purified.
May I become the light, free from dust, free from sin.
May my offering be received. So be it!

ॐ अन्नमयप्राणमयमनोमयविज्ञानमयमानन्दमयमात्मा मे शुध्यन्तां
ज्यातिरहं विरजा विपाप्मा भूयासँ स्वाहा ॥

**om annamaya-prāṇamaya-manomaya-vijñānamayam
ānandamayam ātmā me śudhyantām
jyotir ahaṃ virajā vipāpmā bhūyāsaṅ svāhā ॥**

May my five sheaths, consisting of food, breath, mind,
intelligence, and bliss be purified.
May I become the light, free from dust, free from sin.
May my offering be received. So be it!

विविद्यै स्वाहा ।

कषोत्काय स्वाहा ।

viviḍḍyai svāhā |

kaṣotkāya svāhā |

May this offering be made to the all-pervading
Supreme self. So be it!

May this offering be made to the Supreme self,
who cares for the universe. So be it!

ॐ उत्तिष्ठ पुरुष हरित पिङ्गल लोहिताक्षि देहि देहि ददापयिता मे शुध्यन्तां
ज्यातिरहं विरजा विपाप्मा भूयासँ स्वाहा ॥

**om uttiṣṭha puruṣa harita piṅgala lohitākṣi
dehi dehi dadāpayitā me śudhyantāṃ
jyotir ahaṃ virajā vipāpmā bhūyāsaṃ svāhā ॥**

May the divine person who is green and brown with red eyes,
Grant me, grant me, cause me to be given purification.
May I become the light, free from dust, free from sin.
May my offering be received. So be it!