

सङ्क्षिप्त सन्ध्यावन्दनम् Sāṅkshipta Sandhyāvandanam Tṛtīya Āvṛttih

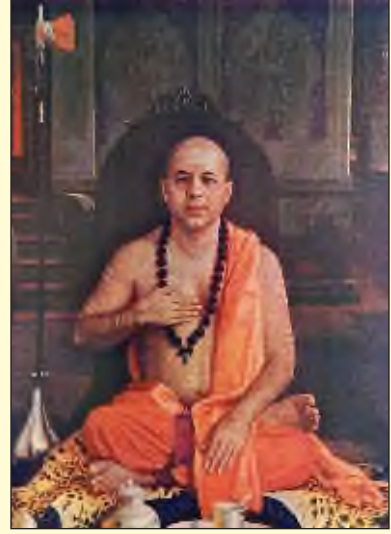
A Beginner's guide to Sandhyāvandanam



SHRĪ CHITRĀPUR MATH



परमपूज्य-श्रीमत्-पाण्डुरङ्गाश्रम-स्वामिनः



परमपूज्य-श्रीमद्-आनन्दाश्रम-स्वामिनः



परमपूज्य-श्रीमत्-परिज्ञानाश्रम-स्वामिनः



परमपूज्य-श्रीमत्-सद्योजात-
शङ्कराश्रम-स्वामिनः

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Saṅkshipta-Sandhyāvandanam
Tṛtīya Āvṛttiḥ

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Saṅkshipta-Sandhyāvandanam

Trtīya Āvrttīh

A Beginner's guide to Sandhyāvandanam

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Preface

Om Shrī Gurubhyo Namaḥ

'The Saṅkshipta Sandhyāvandanam - Tṛtīya Āvṛttiḥ' is an online edition of the book published in 2013 with the second edition in 2016. Two additions, namely 'Digbandhaḥ and Āsanashuddhiḥ' were made in the second edition. After due consultations with Parama Pūjya Shrīmat Sadyojāt Shaṅkarāshram Swāmījī and Dharmaprachāraka V. Rājgopāl Bhaṭ mām, this new online edition incorporates a very significant element of the Japa of the sacred Gāyatrī Mantra, the 'Nyāsa'. This aspect of the Sandhyāvandanam will further intensify the sādhanā of the Sādhaka.

We humbly offer this online edition and the video recording of the Saṅkshipta Sandhyāvandanam, at the Holy Feet of the Sadguru.

13th August 2020

Foreword

॥ Om Shri Gurubhyo Namaḥ ॥

Our humble praṇāma-s to Lord Bhavānīshaṅkar and the Guruparamparā who have inspired and guided the publication of Saṅkshipta-sandhyāvandanam.

This manual is an attempt to inspire *sādhaka*-s to practice *sandhyāvandanam*, as a *nitya-karmāṅga* - a necessary part of daily *sādhanā*.

Parama Pūjya Shrimat Sadyojāt Shaṅkarāshram Swāmiji has time and again spoken about the immense physical and mental benefits that a *sādhaka* receives with the regular practice of *sandhyāvandanam* and the *Gāyatrī-japam*. Their observance makes the *sādhaka* an *adhikārī* to the performance of rituals relating to the *deva*-s and *pitṛ*-s. Parama Pūjya Swāmiji has also emphasised that daily *sandhyāvandanam* contributes to one's personal growth in both the spiritual and material spheres. However, even though desirous of performing the *sandhyāvandanam*, many have been reluctant to add new dimensions to their already busy lives.

Sensitive to the modern *sādhakas'* dilemma and concerned as well for their progress, Parama Pūjya Swāmiji wanted that a condensed form of the practice be designed, by which, one could easily perform the *sandhyāvandanam* on a daily basis. When the *sādhaka* is comfortably able to do the *saṅkshipta-sandhyāvandanam*, it is hoped that he is encouraged to perform the complete *sandhyāvandanam*, which has been detailed in an earlier Math publication.

This book also serves as an instruction manual for beginners. Though the methodology has been described in easy detail in the book, beginners are requested to seek the guidance of volunteers, trained by *purohita-s* of the Shri Chitrāpur Math.

Our deepest gratitude and our *sāshṭāṅga praṇāma-s* at the lotus feet of Parama Pūjya Shrimat Sadyojāt Shaṅkarāshram Swāmijī for the inspiration and constant guidance in the publication of this manual. To Pūjya Swāmijī, we offer this labour of love.

We thank Prakāsh Haṭṭaṅgaḍi, Chairman, Publications Committee for his support, members of the Chitrāpur Protocol Committee for typing the manuscript and proofreading the work, Shri Kṛshṇānand Maṅkikar for the meanings of some of the shloka-s that feature in the Appendix and Shri Nārāyaṇan Menon, Surekhā Press for printing the book.

We would also like to thank Smt Revatī S. Gulvāḍy, who has sponsored this publication in memory of her husband, late Shri Srikar D. Gulvāḍy.

Dr Chaitanya Gulvāḍy

On behalf of the Saṅkshipta-sandhyāvandanam Core Group of Dr Gajānan Maṅkikar, Rājiv Sānāḍī, Sudhīr Bālwāly, Vinay Māsurkar and Rājiv Kalliānpur.

॥ ॐ श्रीगुरुभ्यो नमः । श्रीभवानीशङ्कराय नमः । श्रीमात्रे नमः ॥

प्रातः सन्ध्यावन्दनम् Morning *sandhyāvandanam*

सायं सन्ध्यावन्दनम् Evening *sandhyāvandanam*

॥ आचमनम् ॥

(Take *kāyaso/spoon* of water in your left hand, pour it into the hollow of your right palm and sip the water, uttering the following three *mantra*-s, one sip for each *mantra*.)

ॐ श्रीकेशवाय स्वाहा ॥

ॐ नारायणाय स्वाहा ॥

ॐ माधवाय स्वाहा ॥

(Pour one spoon of water over the right palm into the plate after this *mantra*.)

ॐ गोविन्दाय नमः ॥

(Continue with recitation of the following
mantra-s.)

ॐ विष्णवे नमः ॥

ॐ मधुसूदनाय नमः ॥

ॐ त्रिविक्रमाय नमः ॥

ॐ वामनाय नमः ॥

ॐ श्रीधराय नमः ॥

ॐ हृषीकेशाय नमः ॥

ॐ पद्मनाभाय नमः ॥

ॐ दामोदराय नमः ॥

ॐ सङ्कर्षणाय नमः ॥

ॐ वासुदेवाय नमः ॥

ॐ प्रद्युम्नाय नमः ॥

ॐ अनिरुध्दाय नमः ॥

ॐ पुरुषोत्तमाय नमः ॥

ॐ अधोक्षजाय नमः ॥

ॐ नारसिंहाय नमः ॥

ॐ अच्युताय नमः ॥

ॐ जनार्दनाय नमः ॥

ॐ उपेन्द्राय नमः ॥

ॐ हरये नमः ॥

(Pour one spoon of water over the right palm into the plate after this last *mantra*.)

ॐ श्रीकृष्णाय नमः ॥

॥ प्राणायामः ॥

प्रणवस्य स्वयम्भूर्ब्रह्मा ऋषिः । परमात्मा देवता । दैवी गायत्रीछन्दः ।
प्राणायामे विनियोगः ॥

ॐ भूः ॐ भुवः ॐ स्वः ॐ महः ॐ जनः ॐ तपः ॐ सत्यम् ॥

ॐ तत्सवितुर्वरेण्यं भर्गोदेवस्य धीमहि ॥ धियो यो नः प्रचोदयात् ॥

ॐ आपोज्योती रसोमृतं ब्रह्म भूर्भुवः स्वरोम् ॥

॥ सङ्कल्पः ॥

Refer to Appendix I and The Chitrāpur Math Calendar for the correct ऋतु, मास, पक्ष, तिथि and वार.

(Pour one spoon of water over the right palm into the plate after reciting the following *mantra-s.*)

(प्रातः सन्ध्यावन्दनम्) श्रीमद्भगवतो महापुरुषस्य विष्णोराज्ञया प्रवर्तमाने, अद्यास्मिन्ब्रह्माण्डे, भूलोके, जम्बुद्वीपे भरतखण्डे, भारतवर्षे, मेरोर्दक्षिणदिग्भागे, ब्रह्मणोऽस्य द्वितीयपरार्धे, श्रीश्वेतवराहकल्पे, वैवस्वतमन्वन्तरे, अष्टाविंशतितमे, युगचतुष्के, अत्र कलियुगे, प्रथमचरणे, बौध्दावतारे, शालिवाहनशके, वर्तमाने ----
- संवत्सरे, उत्तरायणे / दक्षिणायने, ----ऋतौ, ----- मासे,
----पक्षे, ----तिथौ, ---- वासरे एवं गुणविशेषण-
विशिष्टायां शुभतिथौ ममोपात्त-दुरितक्षयद्वारा श्रीपरमेश्वर प्रीत्यर्थं
प्रातःकाल-सन्ध्यामुपासिष्ये । इति सङ्कल्प्य ।

(सायं सन्ध्यावन्दनम्) श्रीमद्भगवतो महापुरुषस्य विष्णोराज्ञया प्रवर्तमाने, अद्यास्मिन्ब्रह्माण्डे, भूलोके, जम्बुद्वीपे भरतखण्डे, भारतवर्षे, मेरोर्दक्षिणदिग्भागे, ब्रह्मणोऽस्य द्वितीयपरार्धे, श्रीश्वेतवराहकल्पे, वैवस्वतमन्वन्तरे, अष्टाविंशतितमे, युगचतुष्के, अत्र कलियुगे, प्रथमचरणे, बौध्दावतारे, शालिवाहनशके, वर्तमाने ----

-संवत्सरे, उत्तरायणे / दक्षिणायने, ----ऋतौ, ----मासे, --
-- पक्षे, ----- तिथौ, ----वासरे एवं गुणविशेषण-विशिष्टायां
शुभतिथौ ममोपात्त- दुरितक्षयद्वारा श्रीपरमेश्वर प्रीत्यर्थं सायङ्काल-
सन्ध्यामुपासिष्ये । इति सङ्कल्प्य ।

॥ भस्म धारणम् ॥

Reciting the following *mantra-s* (Optional), mix the bhasma with water in the left palm and apply wet bhasma with three fingers, on forehead, neck, both sides of chest, stomach, arms, elbows, wrists, upper back and waist on both sides and feet. (Refer to no.1 in Appendix II for meaning)

श्री परमेश्वर प्रीत्यर्थं देहशुद्ध्यर्थं भस्मधारणं करिष्ये । इति सङ्कल्प्य ॥

ॐ अग्निरिति भस्म । ॐ वायुरिति भस्म । ॐ जलमिति भस्म ।
ॐ स्थलमिति भस्म । ॐ व्योमेति भस्म । ॐ सर्वं घृ हवा इदं
भस्म ॥

ॐ सद्योजातम् प्रपद्यामि सद्योजाताय वै नमो नमः ।

भवे भवे नातिभवे भवस्व माम् । भवोद्भवाय नमः ॥

॥ मार्जनम् ॥

(Pour one spoon of water over the right palm into the plate after reciting the *mantra-s* below)

आपोहिष्ठेति तृचस्य सिन्धुद्वीपाम्बरीषऋषिः आपोदेवता गायत्रीछन्दः
मार्जने विनियोगः ।

(Take a spoon of water and sprinkle on the body while uttering *mantra-s* below) (Refer to no.2 in Appendix II for meaning)

ॐ आपो हि ष्ठा मयोभुवस्ता न ऊर्जे दधातन ॥ महे रणाय चक्षसे
॥ यो वशिषवतमो रसस्तस्य भाजयतेह नः ॥ उशतीरिव मातरः ॥
तस्मा अरं गमाम वो यस्य क्षयाय जिन्वथ ॥ आपो जनयथा च नः ॥

॥ अप् प्राशनम् ॥

(Pour one spoon of water over the right palm into the plate after reciting the *mantra-s* below)

(प्रातः सन्ध्यावन्दनम्) सूर्यश्चेत्यस्य मन्त्रस्य याज्ञवल्क्योपनिषद् ऋषिः
प्रकृतिच्छन्दः सूर्यमन्युमन्युपतयो देवताः अन्तश्शुद्ध्यर्थम् अप्प्राशने
विनियोगः ॥

(सायं सन्ध्यावन्दनम्) अग्निश्चेत्यस्य मन्त्रस्य याज्ञवल्क्योपनिषद ऋषिः
प्रकृतिच्छन्दः अग्निमन्युमन्युपतयो देवताः अन्तश्शुद्ध्यर्थम् अप्प्राशने
विनियोगः ॥

(Pour one spoon of water into the right palm
and hold it till the following *mantra* is recited
and sip it after the *mantra*.) (Refer to no.3 in
Appendix II for meaning)

(प्रातः सन्ध्यावन्दनम्) ॐ सूर्यश्च मामन्युश्च मन्युपतयश्च
मन्युकृतेभ्यः । पापेभ्यो रक्षन्ताम् । यद्रात्र्या पापमकार्षम् । मनसा
वाचा हस्ताभ्याम् । पद्भ्यामुदरेण शिशना । रात्रिस्तदवलुम्पतु ।
यत्किञ्च दुरितं मयि । इदमहं माममृतयोनौ सूर्ये ज्योतिषि जुहोमि
स्वाहा ॥

(सायं सन्ध्यावन्दनम्) ॐ अग्निश्च मामन्युश्च मन्युपतयश्च मन्युकृतेभ्यः
। पापेभ्यो रक्षन्ताम् । यदह्ना पापमकार्षम् । मनसा वाचा हस्ताभ्याम्
। पद्भ्यामुदरेण शिशना । अहस्तदवलुम्पतु । यत्किञ्च दुरितं मयि ।
इदमहं माममृतयोनौ सत्ये ज्योतिषि जुहोमि स्वाहा ॥

॥ अर्घ्यप्रदानम् ॥

(Pour one spoon of water over the right palm
into the plate after reciting the *mantra-s* below)

(प्रातः सन्ध्यावन्दनम्) आचम्य, प्राणानायम्य, देशकालौ सङ्कीर्त्य,
मम समस्त पापक्षयार्थं श्रीसूर्याय अर्घ्यप्रदानं करिष्ये ।

(सायं सन्ध्यावन्दनम्) आचम्य, प्राणानायम्य, देशकालौ सङ्कीर्त्य,
मम समस्त पापक्षयार्थं श्रीसूर्याय अर्घ्यप्रदानं करिष्ये ।

(Pour one spoon of water over the right palm,
hold it in front of you and then into the plate
after reciting the following *mantra-s*)

ॐ भूः ॐ भुवः ॐ स्वः ॐ महः ॐ जनः ॐ तपः ॐ सत्यम् ॥

ॐ भूर्भुवस्स्वः, ॐ तत्सवितुर्वरेण्यं भर्गो देवस्य धीमहि ॥ धियो यो
नः प्रचोदयात् ॥

ॐ आपो ज्योती रसोऽमृतं ब्रह्म भूर्भुवःस्वरोम् ॥

(प्रातः सन्ध्यावन्दनम्) ॐ नमो नारायणाय अरुणमण्डल
मध्यवर्तिने श्री सूर्यायेदमर्घ्यम् ॥१॥

(सायं सन्ध्यावन्दनम्) ॐ नमो नारायणाय वरुणमण्डल
मध्यवर्तिने श्री सूर्यायेदमर्घ्यम् ॥१॥

(Pour water into your right palm, holding it,
turn it around the head and pour it onto the
plate while uttering the following *mantra.*)

ॐ असावादित्यो ब्रह्म, इत्युच्चरन् सजलहस्तः प्रदक्षिणं कुर्यात् ॥

॥ दिग्बन्धः॥

(Hold your hands in the trishūla mudrā slightly above forehead level. For the trishūla mudrā- join hands together with the fingers spread out. Fold the little fingers over the opposite knuckle. Cross the thumbs. The three centre fingers remain upright to indicate a three pointed spear. Rotate the wrists gently thrice in clockwise direction and then in a quick movement of the wrists, direct the mudrā forward- in front of you- while chanting the following *mantra*.)

अपसर्पन्तु ते भूता ये भूता भूमिसंस्थिताः ।

ये भूता विघ्नकर्तारस्ते नश्यन्तु शिवाज्ञया ॥

॥ आसनशुद्धिः ॥

(With your left hand, lift the front right corner of your āsana. Place the tips of your right madhyamā and anāmikā on the ground, touch your right elbow with your left hand and chant the following *mantra*.)

पृथ्वि त्वया धृता लोका देवि त्वं विष्णुना धृता ।
त्वं च धारय मां देवि पवित्रं कुरु चासनम् ॥

॥ अथ न्यासाः ॥

तत्सवितुर्ब्रह्मात्मने अङ्गुष्ठाभ्यां नमः । वरेण्यं विष्ण्वात्मने तर्जनीभ्यां नमः । भर्गो
देवस्य रुद्रात्मने मध्यमाभ्यां नमः । धीमहि तत्त्वात्मने अनामिकाभ्यां नमः । धियो यो
नः ज्ञानात्मने कनिष्ठिकाभ्यां नमः । प्रचोदयात् सर्वात्मने करतलकरपृष्ठाभ्यां नमः ॥
तत्सवितुर्ब्रह्मात्मने हृदयाय नमः । वरेण्यं विष्ण्वात्मने शिरसे स्वाहा । भर्गो देवस्य
रुद्रात्मने शिखायै वषट् । धीमहि तत्त्वात्मने कवचाय हूं । धियो यो नः ज्ञानात्मने
नेत्रत्रयाय वौषट् । प्रचोदयात्सर्वात्मने अस्त्राय फट् ॥

' तत्सवितुर्ब्रह्मात्मने ' etc. with these *mantra-s*, the four – four letters of *Gāyatrī-mantra* should be imagined in *Āngushtha* or thumb and other fingers, as also in *Hṛdaya* or heart and such other *Shadaṅga-s* or six parts of the body.

॥ अथ गायत्री ध्यानम् ॥

मुक्ता-विद्रुम-हेम-नील-धवलच्छायैर्- मुखै-स्त्रीक्षणैर्-

युक्तामिन्दु-निबद्ध-रत्नमुकुटां तत्त्वार्थ-वर्णात्मिकाम् ॥

गायत्रीं वरदाभयाङ्कुशकशाशुभ्रं कपालं गुणं

शङ्खं चक्रमथारविन्द-युगलं हस्तैर्वहन्तीं भजे ॥१॥

(Refer to no.4 in Appendix II for meaning)

(Pour one spoon of water over the right palm into the plate after reciting the following *mantra*)

ममोपात्त दुरितक्षयद्वारा श्री परमेश्वर प्रीत्यर्थं यथाशक्ति गायत्रीजपं करिष्ये ॥

The *Gāyatrī-mantra* may be recited 10, 28, 108 or 1000 times, preferably with a *japa-mālā*.

॥ गायत्री जपम् ॥

ॐ भूर्भुवस्स्वः ॐ तत्सवितुर्वरेण्यं भर्गो देवस्य धीमहि ॥

धियो यो नः प्रचोदयात् ॥

(Refer to no.5 in Appendix II for meaning)

(Pour one spoon of water over the right palm into the plate after reciting the following *mantra*.)

यथाशक्ति गायत्री जपाराधनेन सर्वात्मकः श्रीपरमेश्वरः प्रीयतां प्रीतो
वरदो भवतु ॥

॥ प्रातःसन्ध्या तर्पणं करिष्ये ॥

(Pour water onto your right palm and down through the tips of the right hand fingers with each *tarpaṇam*).

ॐ सन्ध्यां तर्पयामि, गायत्रीं तर्पयामि, ब्राह्मीं तर्पयामि, निर्मृजीं तर्पयामि, इति तर्पयेत् ।

॥ सायंसन्ध्या तर्पणं करिष्ये ॥

(Pour water onto your right palm and down through the tips of the right hand fingers with each *tarpaṇam*).

ॐ सन्ध्यां तर्पयामि, सरस्वतीं तर्पयामि, रौद्रीं तर्पयामि, निर्मृजीं तर्पयामि, इति तर्पयेत् ।

॥ स्वगोत्र अभिवादनम् ॥

Uttering one's गोत्र, should perform अभिवादनम्.
For the respective people belonging to particular गोत्र, the method of performing अभिवादनम् is as follows : Cross the hands at knee level, uncross and raise them up towards the ears.

कौण्डिण्य-गोत्रीय :

For people belonging to Kouṇḍiṇya-gotra :
वसिष्ठमैत्रावरुण कौण्डिण्य-गोत्रोत्पन्नः आश्वलायन सूत्र ऋक्
शाखाध्यायी ----- शर्मा, अहं भो अभिवादये,
अहं भो अभिवादये, अहं भो अभिवादये ।

भारद्वाज-गोत्रीय :

For people belonging to Bhāradvāja-gotra :
अङ्गिरसबार्हस्पत्य भारद्वाज-गोत्रोत्पन्नः आश्वलायन सूत्र ऋक्
शाखाध्यायी -----शर्मा, अहं भो अभिवादये, अहं
भो अभिवादये, अहं भो अभिवादये ।

वत्स-गोत्रीय :

For people belonging to Vatsa-gotra :

भारगव च्यावनापनवानौर्व जामदन्य पञ्चप्रवरान्वित वत्स गोत्रोत्पन्नः
आश्वलायन सूत्र ऋक् शाखाध्यायी ----- शर्मा,
अहं भो अभिवादये, अहं भो अभिवादये, अहं भो अभिवादये ।

कौशिक-गोत्रीय :

For people belonging to Kaushika-gotra :
वैश्वामित्राघमर्षण कौशिक-गोत्रोत्पन्नः आश्वलायन सूत्र ऋक्
शाखाध्यायी ----- शर्मा, अहं भो अभिवादये,
अहं भो अभिवादये, अहं भो अभिवादये ।

अत्रि-गोत्रीय :

For people belonging to Atri-gotra :
आत्रेयार्चनानस श्यावाश्वत्रि प्रवरान्वितात्रि गोत्रोत्पन्नः आश्वलायन सूत्र
ऋक् शाखाध्यायी ----- शर्मा, अहं भो
अभिवादये, अहं भो अभिवादये, अहं भो अभिवादये ।

कांश्य-गोत्रीय :

For people belonging to Kānshya-gotra :
शङ्खपिङ्गलैकर्षि त्रिप्रवरान्वित कांश्य गोत्रोत्पन्नः आश्वलायन सूत्र ऋक्
शाखाध्यायी ----- शर्मा, अहं भो अभिवादये,
अहं भो अभिवादये, अहं भो अभिवादये ।

॥ गायत्री प्रस्थानम् ॥

ॐ उत्तमे शिखरे जाते भूम्यां पर्वतमूर्धनि ।

ब्राह्मणेभ्योऽभ्यनुज्ञाता गच्छ देवि यथासुखम् ।

स्तुता मया वरदा वेद माता । प्रचोदयन्ती पवने द्विजाता ।

आयुः पृथिव्यां द्रविणं ब्रह्मवर्चसं मह्यं दत्त्वा प्रजातुं ब्रह्मलोकम् ॥

(Refer to no.6 in Appendix II for the meaning)

This कर्मम् (सन्ध्यावन्दनम्) should be concluded (ब्रह्मार्पणम्) with the following prayer while pouring a spoon of water over the right palm onto the plate :

(प्रातः सन्ध्यावन्दनम्) ममोपात्तदुरितक्षयद्वारा श्रीपरमेश्वर प्रीतये
प्रातःकालसन्ध्यावन्दनेन भगवान् सर्वात्मकः श्रीपरमेश्वर प्रीयताम् ।

(सायं सन्ध्यावन्दनम्) ममोपात्तदुरितक्षयद्वारा श्रीपरमेश्वर प्रीतये
सायंकालसन्ध्यावन्दनेन भगवान् सर्वात्मकः श्रीपरमेश्वर प्रीयताम् ।

(प्रातः सन्ध्यावन्दनम्) ॥ ॐ तत् सत् ॥ ॥ इति प्रातः सन्ध्यावन्दनम्
॥ ॥ॐ॥

(सायं सन्ध्यावन्दनम्) ॥ ॐ तत् सत् ॥ ॥ इति सायं सन्ध्यावन्दनम्
॥ ॥ॐ॥

॥ Om Shri Gurubhyo Namaḥ ॥
॥ Shri Bhavānishaṅkarāya Namaḥ ॥
॥ Shri Mātre Namaḥ ॥

Prātaḥ Sandhyāvandanam - (Morning
Sandhyāvandanam)

Sāyam Sandhyāvandanam - (Evening
Sandhyāvandanam)

॥ Āchamanam ॥

(Take *kāyaso/spoon* of water in your left hand, pour it into the hollow of your right palm and sip the water, uttering the following three *mantra-s*, one sip for each *mantra*)

Om Shri Keshavāya swāhā ॥

Om Nārāyaṇāya swāhā ॥

Om Mādhavāya swāhā ॥

(Pour one spoon of water over the right palm into the plate after this *mantra*)

Om Govindāya namaḥ ||

(Continue with recitation of the following *mantra-s.*)

Om Vishṇave namaḥ ||

Om Madhusūdanāya namaḥ ||

Om Trivikramāya namaḥ ||

Om Vāmanāya namaḥ ||

Om Shrīdharāya namaḥ ||

Om Hṛṣhīkeshāya namaḥ ||

Om Padmanābhāya namaḥ ||

Om Dāmodarāya namaḥ ||

Om Saṅkarṣṇāya namaḥ ||

Om Vāsudevāya namaḥ ||

Oṃ Pradyumnāya namaḥ ॥

Oṃ Aniruddhāya namaḥ ॥

Oṃ Purushottamāya namaḥ ॥

Oṃ Adhokshajāya namaḥ ॥

Oṃ Nārasimhāya namaḥ ॥

Oṃ Achyutāya namaḥ ॥

Oṃ Janārdanāya namaḥ ॥

Oṃ Upendrāya namaḥ ॥

Oṃ Haraye namaḥ ॥

(Pour one spoon of water over the right palm into the plate after this last *mantra*)

Oṃ Shrikr̥ṣṇāya namaḥ ॥

॥ Prāṇāyāmaḥ ॥

Praṇavasya swayambhūrbrahmā ṛshīḥ ।
Paramātmā devatā । Daivī gāyatrīchandaḥ ।
Prāṇāyāme viniyogaḥ ॥

Om Bhūḥ Om Bhuvāḥ Om Svaḥ Om Mahaḥ
Om Janaḥ Om Tapaḥ Om Satyam ॥

Om Tatsaviturvareṇyaṁ bhargodevasya
dhīmahi ॥ Dhiyo yo naḥ prachodayāt ॥

Om Āpojyotī rasomṛtaṁ brahma bhūrbhuvāḥ
svarom ॥

॥ Saṅkalpaḥ ॥

Refer to Appendix III and The Chitrāpur Math
Calendar for the correct Ṛtu, Māsa, Pakṣha,
Tithi, and Vāra.

(Pour one spoon of water over the right palm
into the plate after reciting the following
mantra-s.)

(Prātaḥ Sandhyāvandanam) Shrīmadbhagavato
mahāpurushasya Vishnorājñayā pravartamāne,
adyāsminbrahmāṇḍe, bhūloke, Jambudvīpe
Bharatakhaṇḍe, Bhāratavarshe,
merordakshiṇadigbhāge, brahmaṇossya
dvtiyaparārdhe, shrīshvetavarāhakalpe,
vaivasvatamanvantare, ashtāvīmshatitame,
yugachatushke, atra kaliyuge, prathamacharaṇe,
bauddhāvātāre, shālivāhanashake, vartamāne --
---- saṁvatsare, uttarāyaṇe / dakshiṇāyaṇe, --
----- ṛtau, ----- māse, ----- pakshe, -----
tithau, ----- vāsare, evaṁ guṇa-visheshāṇa-
vishishtāyām shubhatithau mamopāṭta-
duritakshayadvārā Shrīparameshvara
prītyartham prātaḥkāla - sandhyāmupāsishye ।
Iti saṅkalpya ।

(Sāyam Sandhyāvandanam) Shrīmadbhagavato
mahāpurushasya Vishnorājñayā pravartamāne,
adyāsminbrahmāṇḍe, bhūloke, Jambudvīpe
Bharatakhaṇḍe, Bhāratavarshe,
merordakshiṇadigbhāge, brahmaṇossya
dvtiyaparārdhe, shrīshvetavarāhakalpe,

vaivasvatamanvantare, ashtāvimshatitame,
yugachatushke, atra kaliyuge, prathamacharaṇe,
bauddhāvātāre, shālivāhanashake, vartamāne --
----- saṁvatsare, uttarāyaṇe / dakshiṇāyaṇe,
----- ṛtau, ----- māse, ----- pakshe, -----
-- tithau, ----- vāsare evaṁ guṇa-
visheshāṇa-vishistāyām shubhatithau
mamopātta duritakshayadvārā
Shrīparameshvara prītyartham sāyaṅkāla-
sandhyāmupāsishye | Iti saṅkalpya |

|| Bhasma-dhāraṇam ||

Reciting the following *Mantra-s* (Optional), mix the bhasma with water in the left palm and begin to apply wet bhasma with three fingers, on forehead, neck, both sides of chest, stomach, arms, elbows, wrists, upper back and waist on both sides and feet. (Refer to no.1 in Appendix II for meaning)

Shrī Parameshvara prītyartham
dehashuddhyartham bhasmadhāraṇam karishye
I Iti saṅkalpya II

Oṃ Agniriti bhasma I Oṃ Vāyuriti bhasma I

Oṃ Jalamiti bhasma I Oṃ

Sthalamiti bhasma I Oṃ Vyometi bhasma I

Oṃ Sarvam Ghuṃ havā idam bhasma II

Oṃ Sadyojātam prapadyāmi sadyojātāya vai
namo namaḥ I

Bhave bhava nātibhave bhavasva mām I

Bhavodbhavāya namaḥ II

II Mārjanam II

(Pour one spoon of water over the right palm
into the plate after reciting the *mantra*-s below)

Āpohishtheti tṛchasya
sindhudvīpāambarīsharṣhīḥ āpodevatā
gāyatrīchandaḥ mārjane viniyogaḥ ।

(Take a spoon of water and sprinkle on the body while uttering *mantra-s* below.) (Refer to no.2 in Appendix II for meaning)

Om Āpo hi shthā mayobhuvastā na ūrjje
dadhātana ॥ Mahe raṇāya chakshhase ॥ Yo
vashshivatamo rasastasya bhājayateha naḥ ॥
Ushatīriva mātaraḥ ॥ Tasmā aram gamāma vo
yasya kshayāya jinvatha ॥ Āpo janayathā cha
naḥ ॥

॥ Ap-prāshanam ॥

(Pour one spoon of water over the right palm into the plate after reciting the *mantra-s* below.)

(Prātaḥ Sandhyāvandanam) Sūryashchetyasya
mantrasya Yājñavalkyopanīshhada ṛshīḥ

prakṛtichchandaḥ sūryamanyumanyupatayo
devatāḥ antashshuddhyartham apprāshane
viniyogaḥ ॥

(Sāyam Sandhyāvandanam) Agnishchetyasya
mantrasya Yājñavalkyopanishada ṛshih
prakṛtichchandaḥ agnimanyumanyupatayo
devatāḥ antashshuddhyartham apprāshane
viniyogaḥ ॥

(Pour one spoon of water into the right palm
and hold it till the following *mantra* is recited
and sip it after the *mantra*.)

(Refer to no.3 in Appendix II for meaning)

(Prātaḥ Sandhyāvandanam) Om Sūryashcha
māmanyushcha manyupatayashcha
manyukṛtebhyaḥ । Pāpebhyo rakshantām ।
Yadrātryā pāpamakārsham । Manasā vāchā
hastābhyām । Padbhyāmudareṇa shishnā ।
Ratristadavalumpatu । Yatkiñcha duritaṁ mayi
। Idamahaṁ māmamṛtayonau sūrye jyotiḥ
juhomi svāhā ॥

(Sāyam Sandhyāvandanam) Om Agnishcha
māmanyushcha manyupatayashcha
manyukṛtebhyaḥ | Pāpebhyo rakshantām |
Yadahnā pāpamakārsham | Manasā vāchā
hastābhyām | Padbhyāmudareṇa shishnā |
Ahastadavalumpatu | Yatkiñcha duritaṁ mayi |
Idamaḥaṁ māmamṛtayonau satye jyotiṣhi
juhomi svāhā ||

|| Arghyapradānam ||

(Pour one spoon of water over the right palm
into the plate after reciting the *mantra-s* below)

(Prātaḥ // sandhyāvandanam) Āchamya,
prāṇānāyamya, deshakālau saṅkīrtya, mama
samasta pāpakshayārtham Shrisūryāya
arghyapradānaṁ kariṣhye |

(Sāyam Sandhyāvandanam) Āchamya,
prāṇānāyamya, deshakālau saṅkīrtya, mama

samasta pāpakshayārthaṁ Shrisūryāya
arghyapradānaṁ karishye ।

(Pour one spoon of water over the right palm,
hold it in front of you and then into the plate
after reciting the following *mantra-s*)

Om Bhūḥ Om Bhuvaḥ Om Svaḥ Om Mahaḥ
Om Janaḥ Om Tapaḥ Om Satyam ॥

Om Bhūrbhuvassvaḥ, Om Tatsaviturvareṇyaṁ
bhargo devasya dhīmahi ॥ Dhiyo yo naḥ
prachodayāt ॥

Om Āpo jyotī rasoSmṛtaṁ brahma
bhūrbhuvaḥsvarom ॥

(Prātaḥ Sandhyāvandanam) Om Namō
Nārāyaṇāya aruṇamaṇḍala madhyavarttine Shri
Sūryāyedaṁarghyam ॥

(Sāyam Sandhyāvandanam) Om Namō
Nārāyaṇāya varuṇamaṇḍala madhyavarttine
Shri Sūryāyedaṁarghyam ॥

(Pour water into your right palm, holding it, turn it around the head and pour it onto the plate while uttering the following *mantra*.)

Om Asāvādityo brahma, ityuchcharan
sajalahastaḥ pradikṣhaṇaṁ kuryāt ||

|| Digbandhaḥ ||

(Hold your hands in the trishūla mudrā slightly above forehead level. For the trishūla mudrā-join hands together with the fingers spread out. Fold the little fingers over the opposite knuckle. Cross the thumbs. The three centre fingers remain upright to indicate a three pointed spear. Rotate the wrists gently thrice in clockwise direction and then in a quick movement of the wrists, direct the mudrā forward- in front of you- while chanting the following *mantra*.)

Apasarpantu te bhūtā ye bhūtā bhūmi
saṁsthitāḥ |

Ye bhūtā vighnakartāraste nashyantu
Shivājñayā ||

॥ Āsanashuddhiḥ ॥

(With your left hand, lift the front right corner of your āsana. Place the tips of your right madhyamā and anāmikā on the ground, touch your right elbow with your left hand and chant the following *mantra*.)

Pr̥thvi tvayā dhṛtālokā Devi tvaṁ Vishṇunā
dhṛtā ।

Tvaṁ cha dhāraya mām Devi pavitraṁ kuru
chāsanam ॥

॥ Atha Nyāsāḥ ॥

Tatsaviturbrahmātmane aṅgushthābhyām
namaḥ । Vareṇyaṁ Vishṇvātmane tarjanībhyām
namaḥ । Bhargo devasya Rudrātmane
madhyamābhyām namaḥ । Dhīmahi Tatvātmane
anāmikābhyām namaḥ । Dhiyo yo naḥ
Jñānātmane kanishthikābhyām namaḥ ।
Prachodayāt Sarvātmane
karatalakaraprshthābhyām namaḥ ॥
Tatsaviturbrahmātmane Hṛdayāya namaḥ ।
Vareṇyaṁ Vishṇvātmane shirase svāhā ।

Bhargo devasya Rudrātmane shikhāyai vashat
। Dhīmahi Tatvātmane kavachāya hūm̐ । Dhiyo
yo nah̐ Jñānātmane netratrayāya vaushat ।
Prachodayātsarvātmane astrāya phat ॥

' Tatsaviturbrahmātmane ' etc. with these
mantra-s, the four - four letters of *Gāyatrī -
mantra* should be imagined in Aṅgushtha or
thumb and other fingers, as also in Hṛdaya
or heart and such other Shaḍaṅga-s or six
parts of the body.

॥ Atha Gāyatrī-dhyānam ॥

Muktā-vidruma-hema-nīla-dhavalā-chchāyair-
mukhai-strikshāṇair-
yuktāmindu-nibaddha-ratnamakuṭām̐
tattvārtha-varṇātmikām ॥

Gāyatrīm varadābhayāṅkusha-kashāsh-
shubhram̐ kapālam̐ guṇam̐

shaṅkhaṁ chakramathāravinda-yugalaṁ
hastair-vahantiṁ bhaje ॥1 ॥

(Refer to no.4 in Appendix II for meaning)

(Pour one spoon of water over the right palm
into the plate after reciting the following
mantra)

Mamopātta duritakshayaadvārā
Shrīparameshvara prītyarthaṁ yathāshakti
gāyatrījapaṁ karishye ॥

The *Gāyatrī-mantra* may be recited 10, 28,
108 or 1000 times, preferably with a *japa-*
mālā.

॥ **Gāyatrī-Japam** ॥

Om bhūrbhuvassvaḥ Om tatsaviturvareṇyaṁ
bhargo devasya dhīmahi ॥ Dhiyo yo naḥ
prachodayāt ॥

(Refer to no.5 in Appendix II for meaning)

(Pour one spoon of water over the right palm into the plate after reciting the following *mantra*.)

Yathāshakti Gāyatrī japārāadhanena
sarvātmakaḥ Shrīparameshvaraḥ prīyatām prīto
varado bhavatu ॥

॥ Prātaḥsandhyā-tarpaṇam karishye ॥

(Pour water onto your right palm and down through the tips of the right hand fingers with each *tarpaṇam*).

Om Sandhyām tarpayāmi, Gāyatrīm tarpayāmi,
Brāhmīm tarpayāmi, Nirmṛjīm tarpayāmi, iti
tarpayet ।

॥ Sāyāmsandhyā-tarpaṇam karishye ॥

(Pour water onto your right palm and down through the tips of the right hand fingers with each *tarpaṇam*).

Oṃ Sandhyāṃ tarpayāmi, Sarasvatīṃ
tarpayāmi, Raudrīṃ tarpayāmi, Nirmṛjīṃ
tarpayāmi, iti tarpayet ।

॥ Svagotra-abhivādanam ॥

Uttering one's *gotra* should perform *abhivādanam*. For the respective people belonging to particular *gotra*, the method of performing *abhivādanam* is as follows : Cross the hands at knee level, uncross and raise them up towards the ears.

Kauṇḍīnya-gotriya : For people belonging to
Kauṇḍīnya-gotra

Vasishthamaitrāvaruṇa Kauṇḍīnya-
gotrotpannaḥ āshvalāyana sūtra ṛk
shākhādhyāyī -----
sharmā, ahaṃ bho abhivādaye, ahaṃ bho
abhivādaye, ahaṃ bho abhivādaye ।

Bhāradvāja-gotrīya : For people belonging to
Bhāradvāja-gotra :

Āngirasabārhaspatya Bhāradvāja-gotrotpannah
āshvalāyana sūtra ṛk shākhādhyāyī -----
----- sharmā, ahaṁ bho abhivādaye,
ahaṁ bho abhivādaye, ahaṁ bho abhivādaye ।

Vatsa-gotrīya : For people belonging to Vatsa-
gotra :

Bhārgava Chyāvanāpnāvānaurva Jāmadagnya
pañchapavarānrita Vatsa-gotrotpannah
āshvalāyana sūtra ṛk shākhādhyāyī -----
----- sharmā, ahaṁ bho
abhivādaye, ahaṁ bho abhivādaye, ahaṁ bho
abhivādaye ।

Kaushika-gotrīya : For people belonging to
Kaushika-gotra :

Vaishvāmitrāghamarshaṇa Kaushika-
gotrotpannah āshvalāyana sūtra ṛk
shākhādhyāyī -----

sharmā, ahaṁ bho abhivādaye, ahaṁ bho
abhivādaye, ahaṁ bho abhivādaye ।

Atri-gotrīya : For people belonging to Atri-
gotra :

Ātreyārchanānasa Shyāvāshvatri
Pravarānvitātri-gotrotpannaḥ āshvalāyana sūtra ṛk
shākhādhyāyī -----
sharmā, ahaṁ bho abhivādaye, ahaṁ bho
abhivādaye, ahaṁ bho abhivādaye ।

Kāmshya-gotrīya : For people belonging to
Kāmsha-gotra

Shaṅkhaṅgalaikarshi Tripravarānvi
Kāmshya-gotrotpannaḥ āshvalāyana sūtra ṛk
shākhādhyāyī -----
sharmā, ahaṁ bho abhivādaye, ahaṁ bho
abhivādaye, ahaṁ bho abhivādaye ।

॥ Gāyatrī-prasthānam ॥

Om Uttame shikhare jāte bhūmyām
parvatamūrdhani ।

Brāhmaṇebhyosbhyanujñātā gachcha Devi
yathāsukham ।

Stutā mayā varadā veda mātā । Prachodayanti
pavane dvijātā ।

Āyuh pṛthivyām draviṇam brahmavarchasam
mahyam datvā prajātum Brahmamlokam ॥

(Refer to no.6 in Appendix II for the meaning)

This *karmam* (*sandhyāvandanam*) should be
concluded (*Brahmārpaṇam*) with the following
prayer while pouring a spoon of water over the
right palm onto the plate :

(Prātaḥ Sandhyāvandanam)
Mamopāttaduritakshayadvārā Shriparameshvara
pṛitaye pṛataḥkālasandhyāvandanena Bhagawān
sarvātmakaḥ Shriparameshvara pṛiyatām ।)

(Sāyaṁ Sandhyāvandanam)
Mamopāttaduritakshayadvārā Shrīparameshvara
pṛitaye sāyaṅkālasandhyāvandanena Bhagawān
sarvātmakaḥ Shrīparameshvara pṛiyatām ।)

(Prātaḥ Sandhyāvandanam)

॥ Om tat sat ॥ Iti prātaḥ Sandhyāvandanam ॥

॥ Om ॥

(Sāyaṁ Sandhyāvandanam)

॥ Om tat sat ॥ Iti sāyaṁ Sandhyāvandanam ॥

॥ Om ॥

Appendix I

मासाः	ऋतुः
चैत्र, वैशाख	वसन्त-ऋतुः
ज्येष्ठ, आषाढ	ग्रीष्म-ऋतुः
श्रावण, भाद्रपद	वर्षा-ऋतुः
आश्विज, कार्तिक	शरद्-ऋतुः
मार्गशीर्ष (शिर), पुष्य	हेमन्त-ऋतुः
माघ, फाल्गुण	शिशिर-ऋतुः
तिथिः	
१. प्रतिपदि	९. नवम्याम्
२. द्वितीयायाम्	१०. दशम्याम्
३. तृतीयायाम्	११. एकादश्याम्
४. चतुर्थ्याम्	१२. द्वादश्याम्
५. पञ्चम्याम्	१३. त्रयोदश्याम्
६. षष्ठ्याम्	१४. चतुर्दश्याम्

७. सप्तम्याम्

१५. पूर्णिमायाम्

८. अष्टम्याम्

१६. अमावास्याम् (अमायाम्)

वारः

१. रविवासरे

५. गुरुवासरे

२. चन्द्रवासरे

६. भार्गववासरे

३. कुजवासरे

७. स्थिरवासरे

४. सौम्यवासरे



Appendix II

1) Sadyojāta - West Face

ॐ सद्योजातम् प्रपद्यामि सद्योजाताय वै नमो नमः ।

भवे भवे नातिभवे भवस्व माम् । भवोद्भवाय नमः ॥

Om, I propitiate 'Sadyojāta' (this is a name of Agni or of Westerly face of Shiva), I bow down to Sadyojāta, repeatedly.

I pray thus: Oh Lord, please do not prompt me in acts which lead to rebirth , but (on the other hand) please prompt me to do acts which take me away from rebirth, I bow down to you who uplifts me from the mire of this 'saṁsāra'

२) ॐ आपो हि ष्ठा मयोभुवस्ता न ऊर्जे दधातन ॥ महे रणाय चक्षसे ॥ यो वशिषवतमो रसस्तस्य भाजयतेह नः ॥ उशतीरिव मातरः ॥ तस्मा अरं गमाम वो यस्य क्षयाय जिन्वथ ॥ आपो जनयथा च नः ॥

Oh holy waters, you exist, to bestow happiness, sukha. Oh holy waters, you make

us worthy of (good) food and make us eligible for excellent knowledge.

Oh holy waters, you make us imbibe the most holy of your essence, in this world, in the same manner as a Mother breast-feeds (with love and blessings) her child,

Oh holy waters, for washing away that sin of ours, you are very dear to us, we come to you (in a mood of surrender), quickly.

O waters make us capable of procreating children and grand children.

३) (प्रातः सन्ध्यावन्दनम्) ॐ सूर्यश्च मामन्युश्च मन्युपतयश्च मन्युकृतेभ्यः । पापेभ्यो रक्षन्ताम् ।

Om, may the Sun, anger and the Lord controlling the anger protect me from the sins arising out of deeds done by me in anger.

यद्रात्र्या पापमकार्षम् । मनसा वाचा हस्ताभ्याम् । पद्भ्यामुदरेण शिशना । रात्रिस्तदवलुम्पतु । यत्किञ्च दुरितं मयि ।

Whatever, sin, I have committed last night, mentally, by speech, hands, by my feet, stomach and by my reproductive organs, may the night cause that (sin) to disappear, whatever sin/bad in me (may also be washed out)

इदमहं माममृतयोनौ सूर्ये ज्योतिषि जुहोमि स्वाहा ॥

This (then) is the offering by me to the Sun who is in the amṛta yonī (the morning Sun-who is beyond Death and destruction). This offering I make in the self effulgent fire of the Sun I offer the oblation. (One's mouth is verily the 'Homakuṇḍa')

(सायं सन्ध्यावन्दनम्) ॐ अग्निश्च मामन्युश्च मन्युपतयश्च मन्युकृतेभ्यः । पापेभ्यो रक्षन्ताम् । यदह्ना पापमकार्षम् । मनसा वाचा हस्ताभ्याम् । पद्भ्यामुदरेण शिशना । अहस्तदवलुम्पतु । यत्किञ्च दुरितं मयि । इदमहं माममृतयोनौ सत्ये ज्योतिषि जुहोमि स्वाहा ॥

Om, may the fire Agni, the anger Manyu and the Lord of the anger Manyupati, protect me from the sins by me acquired by giving in to anger. Whatever sin I have committed during

the day, mental, oral, by hand, by feet, by my procreative organs, may the day (when it ends) cast it off, whatever bad acts I have committed, I offer in sacrifice in the flame of *Satya* - The Truth.

४) मुक्ता-विद्रुम-हेम-नील-धवलच्छायैर्-मुखै-स्त्रीक्षणैर्-
युक्तामिन्दु-निबद्ध-रत्नमुकुटां तत्त्वार्थ-वर्णात्मिकाम् ॥

I meditate upon Gāyatrī, with five faces which respectively have the hue of pearl, coral, gold, sapphire, and white, who has three eyes, who wears gem studded crown lined with the crescent moon, and whose 24 letters elucidate the 24 तत्त्वाः, the 24 principles,

गायत्रीं वरदाभयाङ्कुशकशाशुभ्रं कपालं गुणं
शङ्खं चक्रमथारविन्द-युगलं हस्तैर्वहन्तीं भजे ॥१॥

I pray to Gāyatrī, who is a boon giver, who removes fear, and who bears goad, the whip, the white skull, (spear) the noose, the conch,

the chakra, and the pair of lotuses, in her hands.

५) ॐ भूर्भुवस्वः

In Gāyatrī mantra proper, there are seven व्याहृती-s - The names of the seven worlds above us, भूः, भुवः, स्वः, महः, जनः, तपः and सत्यम् भूः, भुवः, स्वः are the major व्याहृती-s .

ॐ तत्सवितुर्वरेण्यं भर्गो देवस्य धीमहि ॥ धियो यो नः प्रचोदयात् ॥

Om. (We) contemplate/meditate upon, that supreme/greatest, splendor/radiance- that dispels ignorance, of that God-who is self effulgent, Savitā who propels every thought and action, who may inspire our intellect

६) ॐ उत्तमे शिखरे जाते भूम्यां पर्वतमूर्धनि ।

ब्राह्मणेभ्योऽभ्यनुज्ञाता गच्छ देवि यथासुखम् ।

Om, Oh Devī, you who reside on the highest peak of the (Merū) mountain on this earth, you who are now acknowledged, by the Brāhmaṇa-s. Please return (to your abode), happily contented.

स्तुता मया वरदा वेद माता । प्रचोदयन्ती पवने द्विजाता ।

आयुः पृथिव्यां द्रविणं ब्रह्मवर्चसं मह्यं दत्त्वा प्रजातुं ब्रह्मलोकम् ॥

Praised by me, the giver of boons the mother of the Veda-s, one who propels in the form of the Antaryāmi, who manifests herself in the two worlds सूर्यलोक and ब्रह्मलोक and having bestowed on me on this Earth पृथिव्यां Life, wealth, the righteousness of the Brahman, she has departed to the Brahmaloaka.

Appendix III

Māsāḥ (Months)	Ṛtu (Seasons)
Chaitra, Vaishākha	Vasanta-Ṛtu
Jyeshtha, Āshādha	Grīshma-Ṛtu
Shrāvaṇa, Bhādrapada	Varshā-Ṛtu
Āshvija, Kārtika	Sharad-Ṛtu
Mārgashīrsha(shira), Pushya	Hemanta-Ṛtu
Māgha, Phālgua	Shishira-Ṛtu

Tithiḥ

- | | |
|----------------|----------------------|
| 1. Pratipadi | 6. <u>Shashthyām</u> |
| 2. Dvitiyāyām | 7. Saptamyām |
| 3. Tṛtiyāyām | 8. <u>Ashṭamyām</u> |
| 4. Chaturthyām | 9. Navamyām |
| 5. Pañchamyām | 10. Dashamyām |

- | | |
|------------------|---------------------------|
| 11. Ekādashyām | 14. Chaturdashyām |
| 12. Dvādashyām | 15. Pūrṇimāyām |
| 13. Trayodashyām | 16. Amāvāsyām
(Amāyām) |

Vāraḥ

1. Ravivāsare
2. Chandravāsare
3. Kujavāsare
4. Saumyavāsare
5. Guruvāsare
6. Bhārgavavāsare
7. Sthiravāsare



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