

## Viṣṇusahasranāma

om śuklāmbaradharaṁ viṣṇuṁ śaśivarnaṁ caturbhujam |  
prasannavadanaṁ dhyāyet sarvavignopaśāntaye || 1 ||

vyāsaṁ vasiṣṭhanaptāraṁ śakteḥ pautramakalmaṣam |  
parāśarātmajaṁ vande śukatātaṁ taponidhim || 2 ||

vyāsāya viṣṇurūpāya vyāsarūpāya viṣṇave |  
namo vai brahmanidhaye vāsiṣṭhāya namo namaḥ || 3 ||

avikārāya śuddhāya nityāya paramātmane |  
sadaikarūparūpāya viṣṇave sarvaviṣṇave || 4 ||

yasya smaraṇamatreṇa janmasaṁsārabandhanāt |  
vimucyate namastasmai viṣṇave prabhaviṣṇave || 5 ||  
om namo viṣṇave prabhaviṣṇave ||

śrīvaiśampāyahana uvāca  
śrutvā dharmānaśeṣeṇa pāvanāni ca sarvaśaḥ |  
yudhiṣṭhiraḥ śāntanavaṁ punarevābhyabhāṣata || 6 ||

yudhiṣṭhira uvāca  
kimekaṁ daivataṁ loke kiṁ vā 'pyekaṁ parāyaṇam |  
stuvantaḥ kaṁ kamarantaḥ prāapnuyurmānavāḥ śubhaṁ || 7 ||

ko dharmaḥ sarvadharmāṇāṁ bhavataḥ paramo mataḥ |  
kiṁ japan mucyate jantur janmasaṁsārabandhanāt || 8 ||

śrībhīṣma uvāca  
jagatprabhuṁ devadevam anantaṁ puruṣottamam |  
stuvannāmasahasreṇa puruṣaḥ satatotthitaḥ || 9 ||

tameva cārcayan nityaṁ bhaktyā puruṣamavyayam |  
dhyāyan stuvan namasyaṁśca yajamānastameva ca || 10 ||

anādiniddhanam viṣṇum sarvalokamaheśvaram |  
lokādhyakṣam stuvan nityam sarvaduḥkhātigo bhavet || 11 ||

brahmaṇyam sarvadharmajñam lokānām kīrtivardhanam |  
lokanātham mahadbhūtam sarvabhūtabhavodbhavam || 12 ||

eṣa me sarvadharmāṇām dharmo'dhikatamo mataḥ |  
yadbhaktiyā puṇḍarikākṣam stavairarcennaraḥ sadā || 13 ||

paramam yo mahattejaḥ paramam yo mahattapaḥ |  
paramam yo mahadbrahma paramam yaḥ parāyaṇam || 14 ||

pavitrāṇām pavitraṁ yo maṅgalānām ca maṅgalam |  
daivataṁ devatānām ca bhūtānām yo'vyayaḥ pitā || 15 ||

yataḥ sarvaṇi bhūtāni bhavantyādiyugāgame |  
yasmimśca pralayaṁ yānti punareva yugakṣaye || 16 ||

tasya lokapradhānasya jagannāthasya bhūpate |  
viṣṇornāmasahasraṁ me śṛṇu pāpabhayāpaham || 17 ||

yāni nāmāni gauṇāni vikhyātāni mahātmanaḥ |  
ṛṣibhiḥ parigītāni tāni vakṣyāmi bhūtaye || 18 ||

ṛṣirnāmnām sahasrasya vedavyāso mahāmuniḥ |  
chando'nuṣṭup tathā devo bhagavān devakīsutaḥ || 19 ||

amṛtāmśūdbhavo bījam śaktirdevakīnandanaḥ |  
trisāmā hṛdayam tasya śāntyarthe viniyujyate || 20 ||

viṣṇum jiṣṇum mahāviṣṇum prabhaviṣṇum maheśvaram |  
anekarūpadaityāntam namāmi puruṣottamam || 21 ||

### **Nyāsaḥ**

asya śrīviṣṇordivyasahasranāmastotramahāmantrasya śrīvedavyāso bhagavān  
ṛṣiḥ | anuṣṭup candaḥ | śrīmahāviṣṇuḥ paramātmā śrīmannārāyaṇo devatā |  
amṛtāmśūdbhavo bhānuriti bījam | devakīnandanaḥ sraṣṭeti śaktiḥ | udbhavaḥ  
kṣobhaṇo deva iti paramo mantraḥ | śaṅkhabhṛnnandakī cakṛiti kīlakam |

śārngadhanvā gadādhara ityastram | rathāṅgapāṇirakṣobhya iti netram | trisāmā  
sāmaghaḥ sāmēti kavacam | ānandaṁ parabrahmeti yoniḥ | ṛtuḥ sudarśanaḥ kāla  
iti digbandhaḥ | śrīviśvarūpa iti dhyānam | śrīmahāviṣṇuprītyarthe  
sahasranāmajape viniyogaḥ ||

### Dhyānam

kṣīrodanvatpradeśe śucimāṇivilasatsaikate mauktikānām  
mālākṛptāsanaḥ sphaṭikamaṇinibhairmauktikairmaṇḍitāṅgaḥ |  
śubhraiḥbhairairadabhairupariviracitairmuktapīyūṣavarṣaiḥ  
ānandī naḥ punīyādarinalinagadāśāṅkhapāṇirmukundaḥ || 22 ||

bhūḥ pādaḥ yasya nābhīrviyadasuranilaścandrasūryau ca netre  
karṇāvāśāḥ śīro dyaurmukhamapi dahano yasya vāsteyamabdhiḥ |  
antasstham yasya viśvaṁ suranarakhagagobhogigandharvadaityaiḥ  
citraṁ raṁramyate taṁ tribhuvanavapuṣaṁ viṣṇumīśaṁ namāmi || 23 ||  
om̐ namo bhagavate vāsudevāya |

śāntākāraṁ bhujagaśayanaṁ padmanābhaṁ sureśaṁ  
viśvādhāraṁ gaganasadrśaṁ meghavarṇaṁ śubhāṅgam |  
lakṣmīkāntaṁ kamalanayanaṁ yogiḥṛddhyānagamyāṁ  
vande viṣṇuṁ bhavabhayaḥaram sarvalokaikaṇātham || 24 ||

meghaśyāmaṁ pītakaśeyavāsaṁ śrīvatsāṅkaṁ kaustubhodbhāsitāṅgam |  
puṇyopetaṁ puṇḍarikāyatākṣaṁ viṣṇuṁ vande sarvalokaikaṇātham || 25 ||

namaḥ samastabhūtānāmādibhūtāya bhūbhṛte |  
anekarūparūpāya viṣṇave prabhaviṣṇave || 26 ||

saśāṅkhacakraṁ sakirīṭakuṇḍalaṁ sapītavastraṁ sarasīruhekṣaṇam |  
sahāravakṣassthalaśobhikaustubhaṁ namāmi viṣṇuṁ śirasā caturbhujam || 27 ||

chāyāyāṁ pārijātasya hemasiṁhāsanopari |  
āsīnamambudaśyāmamāyatākṣamalaṅkṛtam || 28 ||

candrānanaṁ caturbāhuṁ śrīvatsāṅkitavakṣasam |  
rukmiṇīsatyabhāmābhyāṁ sahitaṁ kṛṣṇamāśraye || 29 ||

## Sahasranāmāvali

om̐ namo bhagavate vāsudevāya ।

om̐ viśvaṁ viṣṇurvaṣaṭkāro bhūtabhavyabhavatprabhuḥ ।  
bhūtakṛd bhūtabhṛd bhāvo bhūtātmā bhūtabhāvanaḥ ॥ 1 ॥

pūtātmā paramātmā ca muktānām paramā gatiḥ ।  
avyayaḥ puruṣaḥ sāksī kṣetrajño'kṣara eva ca ॥ 2 ॥

yogo yogavidāṁ netā pradhānapuruṣeśvaraḥ ।  
nārasimhavaṇḍ śrīmān keśavaḥ puruṣottamaḥ ॥ 3 ॥

sarvaḥ śarvaḥ śivaḥ sthāṇurbhūtādirnidhiravyayaḥ ।  
sambhavo bhāvano bhartā prabhavaḥ prabhuriśvaraḥ ॥ 4 ॥

svayambhūḥ śambhurādityaḥ puṣkarākṣo mahāsvanaḥ ।  
anādinidhano dhātā vidhātā dhāturuttamaḥ ॥ 5 ॥

aprameyo hṛsīkeśaḥ padmanābho'maraprabhuḥ ।  
viśvakarmā manustvaṣṭā sthaviṣṭhaḥ sthaviro dhruvaḥ ॥ 6 ॥

agrāhyaḥ śāśvataḥ kṛṣṇo lohitaḥkṣaḥ pratardanaḥ ।  
prabhūtastrīkakubdhāma pavitraṁ maṅgalaṁ param ॥ 7 ॥

īśānaḥ prāṇadaḥ prāṇo jyeṣṭhaḥ śreṣṭhaḥ prajāpatiḥ ।  
hiraṇyagarbho bhūgarbho mādhave madhusūdanaḥ ॥ 8 ॥

īśvaro vikramī dhanvī medhāvī vikramaḥ kramaḥ ।  
anuttamo durādharṣaḥ kṛtajñaḥ kṛtirātmavān ॥ 9 ॥

sureśaḥ śaraṇaṁ śarma viśvaretāḥ prajābhavaḥ ।  
ahaḥ saṁvatsaro vyālaḥ pratyayaḥ sarvasarśanaḥ ॥ 10 ॥

ajaḥ sarveśvaraḥ siddhaḥ diddhiḥ sarvādiracyutaḥ ।  
vṛṣākapirameyātmā sarvayogavinissṛtaḥ ॥ 11 ॥

vasurvasumanāḥ satyaḥ samātmā'sammitaḥ samaḥ |  
amodhaḥ puṇḍarikākṣo vṛṣakarmā vṛṣākṛtiḥ || 12 ||

rudro bahuśirā babhrurviśvayoniḥ śuciśravāḥ |  
amṛtaḥ śāsvatasthāṇurvarāroho mahātapāḥ || 13 ||

sarvagaḥ sarvavidbhānuḥ viśvakseno janārdanaḥ |  
vedo vedavidavyaṅgo vedāṅgo vedavitkaviḥ || 14 ||

lokadhyakṣaḥ surādhyakṣo dharmādhyakṣaḥ kṛtākṛtaḥ |  
caturātmā caturvyūhaścaturdaṁṣṭraścaturbhujāḥ || 15 ||

bhrājiṣṇurbhojanaṁ bhoktā sahiṣṇurjagadādijaḥ |  
anagho vijayo jetā viśvayoniḥ punarvasuḥ || 16 ||

upendro vāmanaḥ prāmśuramoghaḥ śucirūrjitaḥ |  
atīndraḥ saṅgrahaḥ sargo ghr̥tātmā niyamo yamaḥ || 17 ||

vedyo vedyaḥ sadāyogī vīrahā mādhave madhuḥ |  
atīndriyo mahāmāyo mahotsāho mahābalaḥ || 18 ||