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## \ Maharsi Vasistha's Mrityunjaya Mantra \

Sanjay Rath



### THE MAHAMANTRA

This Maha mritunjaya mantra is from the Rig-Veda (7th Book or Mandala, 59 Chapter) and needs initiation for attaining Siddhi. Anybody can recite this mantra and attain good health, release from bondage and other problems. This is the greatest panacea for all evils and can be recited at any time like any other Maha-mantra. I will advise its recitation for forty days both in the morning and evening, after lighting a lamp and sitting in any yogic posture (preferably Padmasana which is the picture of Lord Shiva in the picture) while facing east. Recite the Maha-mantra 108 times (one rosary) or its multiples in each sitting. This is the greatest work of Maharishi Vashistha. Before commencing the Mahamrutunjaya mantra recite the following small prayer to the everlasting spirit of the Maharishi for his blessings and guidance.

शुचिमर्कैर्बृहस्पतिमध्वरेषु नमस्यत । अनाम्योज आचके ॥  
*śucimarkairbr̥haspatimadhvareṣu namasyata | anāmyoja ācake ||*

(21 Times) (Rig Veda III.62)

Sarpa Deva Mantra  
Spiritual Practice of  
Yoga  
Sri Achyutananda  
Sri Chaitanya  
Mahaprabhu  
Sri Narasimha  
Stotra  
Surya - the Sun  
God

**Translation:** We pray to Brihaspati (the Lord of this Universe and the teacher of this Vedic Knowledge), whose wishes are inviolable, for good thoughts (that will lead to good speech and actions that cannot be violated as it will be the truth).

### Steps in mantra siddhi:

वं वशिष्ठाय नमः ।  
*vaṁ vaśiṣṭhāya namaḥ*

Recite this mantra 21 or 108 times . This is the prayer to Maharishi Vashistha (whose Holy Spirit is Omnipresent).

ॐ हौं जुं सः ।  
*om haum jum saḥ*

The students of SJC and the Vaishnava's can recite the Vyasa Mantra "Samputita" with the Kahola Beeja Mantra as described below.

The initiated should practice the Pranayama ten times with the Beejakshara Mantra "OM HOUM JUM SAH".

It is also advisable to practise VAMADEVA RISHI'S SADASHIVA BEEJAMANTRA (OM HOUM SAH) and KAHOLA RISHI'S MRITUNJAYA BEEJAMANTRA (OM JUM SAH) separately (This is my personal recommendation and is in the lines of the standard texts on Tantra). Others can skip this and go to the Mahamantra directly.

### Sadashiva Beeja mantra

ॐ हौं सः ।  
*om haum saḥ*

### Mrityunjaya Beeja Mantra

ॐ जुं सः ।  
*om jum saḥ*

**The Vyasa Mantra :** The students of SJC and those belonging to the Vaishnava parampara should worship the Jagadguru Maharishi Veda-Vyasa instead with the Kahola Mritunjaya Mantra prefixed and suffixed. KAHOLA RISHI'S MRITUNJAYA BEEJAMANTRA OM JUM SAH added gives this most powerful and all fulfilling mantra.

**Vedavyasa Mantra:**



**Vedavyasa Mantra**

**व्यं वेदव्यासाय नमः ।**

*vyaṁ vedavyāsāya namaḥ |*

**Vyasa Mrityunjaya mantra:** OM JUM SAH VYAM VYASADEVAYA NAMAḥ SAH JUM OM

**Vyasa Mrityunjaya Mantra**

**ॐ जुं सः व्यं वेदव्यासाय नमः सः जुं ॐ ।**

*om jum saḥ vyaṁ vedavyāsāya namaḥ saḥ jum om*

This is to be followed by the Dhyana Mantra (Meditation) of Sri Tryambakeswara (One of the twelve Jyotirlinga) and then meditate on Sri Tryambakeshwara (Lord Shiva) and Sri Amriteshwari (Gouri or Parvati Shakti) with the relevant beejakshara and Rudra Pooja. Meditate for at least 15 Minutes before starting the Japa (Recitation of Mantra). Those conversant with TM or other forms of meditation, dhyana, dharana etc. can use the MANTRA'S described above.

Vamadeva Rishi's Sadashiva Beejamantra gives all happiness and removes all evils and sins. Tamas is destroyed resulting in quick progress into Satwa Guna. Kahola Rishi's Mritunjaya Beejamantra gives good health, vitality and the native as removed from sin. The intelligence is restored and all forms of black magic etc. are destroyed by the insurmountable OMNIPOTENT Lord Shiva in the form of SRI TRYAMBAKESHWARA.

Then repeat the following Mritunjaya mantra 108 times or multiples of this number. The Mritunjaya Mantra reads:

**Mritunjaya Mantra**

ॐ त्रयंबकं यजामहे सुगन्धिं पुष्टिवर्धनम् ।  
उर्वारुहमिव बन्धनान् मृत्योर्मुक्षीय मामृतात् ॥

*om trayambakkani yajāmahe sugandhiṁ puṣṭivardhanam |  
urvāruhamiva bandhanān mṛtyormūkṣī ya māṁṛtāt ||*

Thereafter, perform Rudrabhishek (Ritual offering of the Panca-Amrita or the five forms of nectar as Honey, Ghee, Curd, Milk and Water) on the Shiva linga.

**UNDERSTAND THE MAHAMANTRA**

It is important to understand the meaning of the words as this makes the repetition meaningful and brings forth the results.

1. OM is not spelt out in the Rig-Veda, but has to be added to the beginning of all Mantras as given in an earlier Mantra of the Rig-Veda addressed to Ganapati. This Mantra is given in the Prayer page of my Book "[Maharishi Jaimini's Upadesa Sutra](#)".
2. TRYAMBAKKAM refers to the Three eyes of Lord Shiva. 'Trya' means 'Three' and 'Ambakam' means eyes. These three eyes or sources of enlightenment are the Trimurti or three primary deities, namely Brahma, Vishnu and Shiva and the three 'AMBA' (also meaning Mother or Shakti) are Saraswati, Lakshmi and Gouri. Thus in this word, we are referring to

God as Omniscient (Brahma), Omnipresent (Vishnu) and Omnipotent (Shiva). This is the wisdom of Brihaspati and is referred to as Sri Duttatreya having three heads of Brahma, Vishnu and Shiva.

3. YAJAMAHE means, "We sing Thy praise".
4. SUGANDHIM refers to His fragrance (of knowledge, presence and strength i.e. three aspects) as being the best and always spreading around. Fragrance refers to the joy that we get on knowing, seeing or feeling His virtuous deeds.
5. PUSTIVARDHANAM: Pooshan refers to Him as the sustainer of this world and in this manner, He is the Father (Pater) of all. Pooshan is also the inner impeller of all knowledge and is thus Savitur or the Sun and also symbolizes Brahma the Omniscient Creator. In this manner He is also the Father (Genitor) of all.
6. URVAAROKAMEVA: 'URVA' means "VISHAL" or big and powerful or deadly. 'AAROOKAM' means 'Disease'. Thus URVAROOKA means deadly and overpowering diseases. (The CUCUMBER interpretation given in various places is also correct for the word URVAROOKAM, but not apt for this mantra). The diseases are also of three kinds caused by the influence (in the negative) of the three Guna's and are ignorance (Avidya etc), falsehood (Asat etc as even though Vishnu is everywhere, we fail to perceive Him and are guided by our sight and other senses) and weaknesses (Shadripu etc. a constraint of this physical body and Shiva is all powerful).
7. BANDANAAM means bound down. Thus read with URVAROOKAMEVA, it means 'I am bound down by deadly and overpowering diseases'.
8. MRITYORMOOKSHEYA means to deliver us from death (both premature death in this Physical world and from the neverending cycle of deaths due to re-birth) for the sake of Mokshya (Nirvana or final emancipation from re-birth)

9. MAAMRITAAT means 'please give me some Amritam (life rejuvenating nectar). Read with the previous word, it means that we are praying for some 'Amrit' to get out of the death inflicting diseases as well as the cycle of re-birth.

### Shiva Purana [Extract Translation by Sanjay Rath]

The mantra is is Anusthub chanda i.e. it has a perfect order of 8 + 8 + 8 + 8 = 32 syllables. This is one of the oldest meters and has four pada (feet) each measuring 8 syllables. It is exactly one pada (8 phonemes) more than the gayatri. Gayatri chanda is for merging with God and is of the form of God while Anustubh is for following God. Anustubh means following (as it follows the Gayatri with one more step) and is the meter for the faithful followers.

त्रयम्बकं यजामहे सुगन्धिं पुष्टिवर्धनम् ।  
उर्वारूकमिव बन्धनान् मृत्योर्मुक्षिय मामृतात् ॥  
trayambakaṁ yajāmahe sugandhiṁ puṣṭivardhanam ।  
urvārūkamiva bandhanān mṛtyormukṣiya māmṛtāt । ।

**Sukracharya(Venus in astrology)** said "The first pada is **trayambakaṁ yajāmahe** and means - we worship or sing the praise of Lord Trayambaka. 'Tryambaka' is the name of Lord Shiva as the father of the three worlds - bhu, bhua and svarga lokas. He is the father and lord of the three mandala's - Surya, Soma and Agni mandala. He is Maheswara, the lord of the three Guna's - Satva, Rajas and Tamas. He is the Sadashiva, the teacher of the three tatvas - Atma tatva, Vidya tatva and Shiva tatva. He is the father (cause and source) of the three energies (agni) - Aavahaniya, Garhapatya and Dakshinagni. He is the father of all physical creation through the three murti bhuta - Prithvi (solid), Jala (liquid) and Tejas or agni (energy). He is the lord of the three heavens created by the dominance of the three Gunas - Rajas (Brahma), Satva (Vishnu) and Tamas (Shiva). Know Him to be the nirakara (formless) Sadashiva as He is above this physical mode and is their Maheswara. This is the first foot of the mantra (composed of eight syllables)."

"The second pada of the mantra," continued Sukracharya, "is **sugandhim puṣṭivardhanam**. 'Sugandhim' refers to the fragrance of the flower that spreads in all directions, and in a similar way Shiva is present in the entire creation, both animate and inanimate. In all the bhutas (modes of existence), in the three Gunas (nature of creation as being Satva, Rajas or Tamas), in the ten indriyas (five gyana-indriyas or senses and five karma-indriyas or organs of action), in all the devas (33 devas are the source of all illumination and enlightenment) and the ganas (hosts of demi-gods), Shiva exists and pervades as the illumine atma (soul) and is their essence. 'Pustivardhanam' is now being explained. That inward dwelling spirit (atman), the Purusha Shiva is the real sustainer of Prakriti (and not vice-versa as all people perceive). Starting with the mahatatva (primordial state of matter/energy) to the individual parts of creation, the entire sustenance of the physically created beings (both animate and inanimate) is done by the imperishable Purusha. You, I, Brahma, Vishnu, the Munis and even Indra & devas are maintained/sustained (by the atma and that is Him). Since the Purusha (atma - Shiva) is the granter of sustenance to prakriti (body/nature), he is 'Pusti-varadhana'."

Having explained the first two pada of the mantra, Sukracharya continued to explain the remaining two pada. He said " **the next two pada** (consisting of sixteen syllables) is **urvārūkāmiva bandhanān mṛtyormukṣiya māmṛtāt** meaning - Prabhu! just as the ripe cucumber is severed from the bondage of the creeper, in the same manner may we be delivered from death for the sake of immortality (moksha). Rudra deva is like amrita (nectar of immortality). Those who worship Him with good karma, penance and repentance, meditation, contemplation, prayer or praise, will surely renewed life and vigor. The strength of truth force (in this mantra) is such that Lord Shiva shall definitely free the worshipper from the bondage of death because Shiva alone is the giver of bondage and moksha.

This is the Mritasanjivani mantra and has the power to give back life and rescue from death and great evils.

## SOME EXPERIENCES

"Gautam Sarkar" <[gsarkar@pacbell.net](mailto:gsarkar@pacbell.net)> wrote:

OM GAM

Dear Rathbabu,

I have personal experience of the effectiveness of this powerful Mantra. In the Ashram of my Guru, a gentleman who was working on the roof touched high-tension cables with his tools. I was sure that he would not survive this ordeal. We recited the Mahamrutunjaya Mantra for him for 4 hours, and he survived, minus some toes. (Of course, he was doing Yoga for a long time and his Guru-kripa was very strong.) A mantra to be effective should be pronounced correctly, and its meaning should be kept in mind, call me if you need any help. (209) 472-1723. Love and Peace,

Gautam Sarkar

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Jai Maharaj, A Vedic Astrologer writes: (E-mail:[jai@mantra.com](mailto:jai@mantra.com) )

OM

Pranaam, Gautam Sarkar and Sanjay Rath ji:

I trust this finds both of you in the best of circumstances.

In my practice of over four decades, I attest, the Mriyunjaya Mantram has been of great value not only among my extended family members in U.P., Rajasthan, Dillee and abroad, but also incuring and save the lives of many clients and Jyotish colleagues.

Jai Maharaj

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A recent case:

Dear Maharajji & Gautamji,

The Mahamrutunjaya Mantra is also called the Sanjivani Mantra and if used properly can cure the most impossible of diseases. Last year the doctors had given one brother of my Joint Secretary time till December...he has terminal Cancer. The Mrutunjaya has kept him alive till now. I know for sure that this is the best mantra for good health.

Hare Krishna,

Sanjay Rath

If you have any experience related to this mantra do e-mail me a few lines.

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