



Krishnamacharya Yoga Mandiram

|| mṛtyuñjaya-mahāmantraḥ ||

|| saṁhitā-pāṭhaḥ ||

om tryambakam yajāmahe sugandhim puṣṭivardhanam |
urvārukamiva bandhanānmṛtyormukṣīya mā'mṛtāt ||

|| krama-pāṭhaḥ ||

om tryambakam yajāmahe | tryambakamiti tri-ambakam |
yajāmahe sugandhim | sugandhim puṣṭivardhanam |
sugandhimiti su-gandhim |
puṣṭivardhanamiti puṣṭi-varadhanam |
urvārukamiva | iva bandhanāt | bandhanānmṛtyoḥ |
mṛtyormukṣīya | mukṣīya mā | mā'mṛtāt |
amṛtādityamṛtāt ||



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॥ jaṭā - pāṭhaḥ ॥

om tryāmbakaṁ yajāmahe yajāmahe tryāmbakaṁ tryāmbakaṁ
yajāmahe ।

tryāmbakamīti tri-āmbakam ।

yajāmahe sugandhigṁsugandhim yajāmahe yajāmahe sugandhim ।

sugandhim puṣṭivardhanam puṣṭivardhanagṁsugandhigṁsugandhim
puṣṭivardhanam ।

sugandhimiti su-gandhim ।

puṣṭivardhanamīti puṣṭi-varadhanam ।

urvārukamīvevorvārukamurvārukamīva ।

īva bandhanādbandhanādīveva bandhanāt ।



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bandhanān₁mṛtyormṛtyorbandhanā₂dbandhanān₁mṛtyoḥ |

mṛtyormukṣīya mukṣīya mṛtyormṛtyormukṣīya |

mukṣīya mā mā mukṣīya mukṣīya mā |

mā'mṛtādamṛtānmā mā'mṛtāt |

amṛtādityamṛtāt ||

|| ghana - pāṭhaḥ ||

om tryāmbakaṁ yajāmahe yajāmahe tryāmbakaṁ tryāmbakaṁ
yajāmahe sugandhigṁsugandhim yajāmahe tryāmbakaṁ
tryāmbakaṁyajāmahe sugandhim |

tryāmbakamiti tri-ambakam |

yajāmahe sugandhigṁsugandhim yajāmahe yajāmahe sugandhim
puṣṭivardhanam puṣṭivardhanagṁsugandhim yajāmahe yajāmahe
sugandhim puṣṭivardhanam |

sugandhim puṣṭivardhanam
puṣṭivardhanampuṣṭivardhanagṁsugandhigṁsugandhim
puṣṭivardhanam |



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sugandhimiti su-gandhim |

puṣṭivardhanamiti puṣṭi-varধানam |

urvārukamivevorvārukamurvārukamiva

bandhanādbandhanādivorvārukamurvārukamiva bandhanāt |

iva bandhanādbandhanādiveva

bandhanānmṛtyormṛtyorbandhanādivevabandhanānmṛtyoḥ |

bandhanānmṛtyormṛtyorbandhanādbandhanānmṛtyormukṣīya

mukṣīya mṛtyorbandhanādbandhanānmṛtyormukṣīya |

mṛtyormukṣīya mukṣīya mṛtyormṛtyormukṣīya mā mā

mukṣīya mṛtyormṛtyormukṣīya mā |

mukṣīya mā mā mukṣīya mukṣīya mā'mṛtādamṛtānmā mukṣīya

mukṣīya mā'mṛtāt |

mā'mṛtādamṛtānmā mā'mṛtāt |

amṛtādityamṛtāt ||