

# महामृत्युञ्जय मन्त्रः

*Mahā Mrtyuñjaya Mantraḥ*

ॐ त्र्यम्बकं यजामहे सुगन्धिं पुष्टिवर्धनम् ।

उर्वारुकमिव बन्धनात् मृत्योर्मुक्षीय माऽमृतात् ॥

*Om tryambakaṁ yajāmake sugandhim puṣṭivardhanam  
urvārukamiva bandhanāt mrtyormukṣīya mā'amṛtāt*

Om! We worship the Three-eyed One, the fragrant (the limitless), the nourisher of all beings: “Just as the ripe melon (frees itself) from bondage (to the vine), please (make me mature — bless me with Knowledge — and thereby) free me from mortality (from saṁsāra), not from immortality!”

*Om* - the symbol of the Self, of Brahman; the living power of any *mantra*

*Tryambakam* - three-eyed one (*tri* - three; *ambaka* - eye): the one endowed with the three ‘eyes’ (sources of light) of sun, moon and fire

*Yajāmake* - we worship (all of us, by our every action, worship the limitless, whether we realise it or not, for we seek it in every action)

*Sugandhim* - beautiful fragrance (*su* - superior, virtuous, beautiful; *gandhim* - fragrance); *sugandha* implies happiness — just as fragrance attracts the mind towards itself, so does happiness; hence *sugandhi* implies one who is of the nature of happiness (limitlessness).

*Puṣṭi* - health, wellbeing, welfare, prosperity

*Vardhanam* - the one who develops, nourishes, strengthens

*Urvārukam* - ripe melon (a ripe melon naturally detaches its own stalk from the vine: its very ripeness/maturity gives it its ‘liberation’ from the vine)

*Iva* - just as

*Bandhanāt* - from bondage (to death, or in the melon’s case, to the vine). (*Sandhi* turns the word to *bandhanān* when chanting).

*Mrtyoḥ* - from death (and, by implication, ‘from life’ too, i.e. ‘from saṁsāra, the eternal round of birth, death and rebirth by giving me that knowledge that is mokṣa’ is what is meant here)

*Mukṣīya* - please free/liberate (me) — imperative form of verb

*Mā* - not

*Amṛtāt* - from immortality (used here to emphasise the desire for liberation: “Free me from death and rebirth! — not from immortality!”)

(N.B. When chanted, each repetition of this entire mantra should be preceded by *Om hrīm namaḥ Śivāya* - salutations to Shiva)