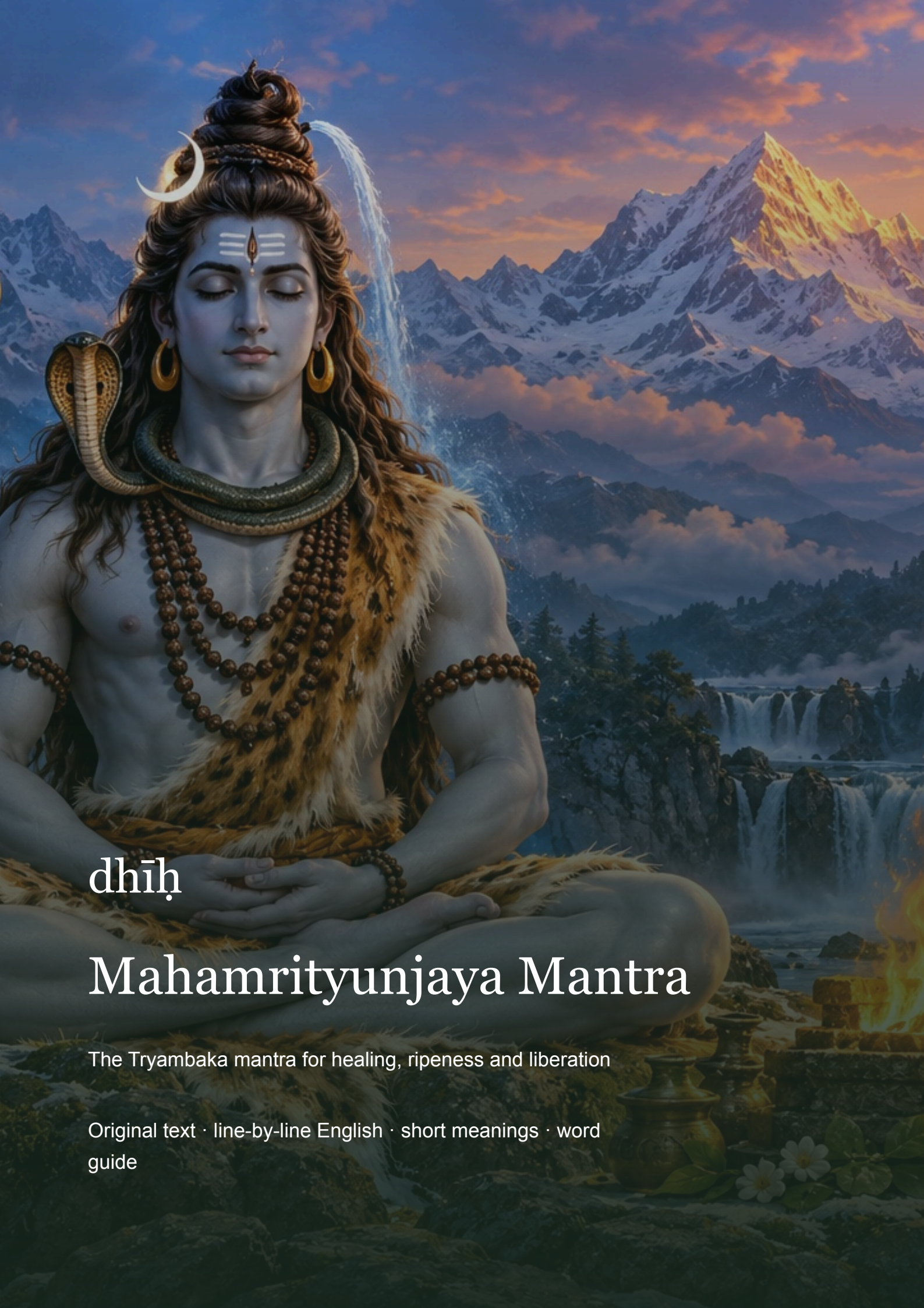


dhīḥ

Mahamrityunjaya Mantra

The Tryambaka mantra for healing, ripeness and liberation

Original text · line-by-line English · short meanings · word guide

Reading note. The original-language text is presented in full as a traditional or public-domain devotional work. Display punctuation and line breaks are normalized for screen reading. The ordered line senses and short meanings are original DHIH AI-assisted prose prepared for accessible devotional reading. They are not copied from the comparison source and do not claim to be a critical or word-for-word scholarly translation. English meanings are original DHIH editorial prose; see the website for complete source and review notes.

Section 1

ॐ त्र्यम्बकं यजामहे सुगन्धिं पुष्टिवर्धनम् ।

We worship the three-eyed one, fragrant with grace and increasing our nourishment and fullness.

उर्वारुकमिव बन्धनान्मृत्योर्मुक्षीय मामृतात् ॥

Like a ripe cucumber freed from its stem, may I be released from death-bound limitation, not from immortality.

SHORT MEANING

This Vedic prayer asks Shiva as Tryambaka for ripeness, healing and liberation from the fear and bondage of death while remaining rooted in the immortal.

WORD GUIDE

त्र्यम्बकम् tryambakam - the three-eyed one

यजामहे yajāmahe - we worship or honour

सुगन्धिम् sugandhim - fragrant; one whose grace spreads naturally

पुष्टिवर्धनम् puṣṭivardhanam - the one who increases nourishment and fullness

उर्वारुकम् इव urvārukam iva - like a ripe cucumber or gourd

बन्धनात् bandhanāt - from bondage or attachment

मृत्योः मुक्षीय mṛtyoḥ mukṣīya - may I be released from death-bound limitation

मा अमृतात् mā amṛtāt - not from immortality