

**12****VISHNU SAHASRA NAMA  
STOTRAM - I**

The Vishnu Sahasranam is found in the Mahabharatha. Literally translated this means thousand names of Vishnu. This is found in the Anushasanika Parvam (chapter relating to orders or rules to the kings) of Mahabharatha.

Bheeshma Pitamaha was defeated and grievously wounded by Arjuna. But since he could choose the time of his death as per the boons received by him, he chose to die in Uttarayana and was waiting for the auspicious time. Meanwhile the war was over leading to death of all those male members in his family except the Pancha Pandavas and the unborn child of Abhimanyu. Yudishtra the eldest of the Pandavas became the King of



Hashtinapura and whom else would he go for advise other than Bheeshma the great. Anushasanika Parva is in the form of questions and answers between Yudishtra and Bheeshma Pitamaha. To a question as to what is the best possible stotra, Bheeshma answers that it is the Vishnu Sahasra Nama and teaches it to Yudishtra.

Though it describes one thousand aspects and praises of the lord, it is not simple and easy to understand. Many great Acharyas lead by Sankara Bhagavat Pada, felt a need to give its meaning in crystal clear terms so that the devotee can not only sing but meditate on the aspect of the God he is praising. But this again was done in Sanskrit. With the modern civilization several translations of this stotra is available in English and in almost all major languages of India.

Though it is called Sahasra Nama in fact it contains only 901 distinct sounding names. Eight hundred and fifteen names are repeated once, Seventy-five of these names are repeated twice, nine of these names thrice and two of these names four times. The acharyas have attempted to give different meanings to the same word in different places successfully.

In the afterward to the stotra Goddess Parvathi asks Siva the cosmic god for an easy way to sing this stotra for the learned. He replies that it is sufficient that the learned one repeats the name of Rama and this is equivalent to his singing of sahasranama. It is important to note that this is easy method is prescribed to the very learned who do not have time to recite it daily and not for everybody,



### OBJECTIVES

After reading this lesson you will be able to:

- recite Vishnu-Sahasranama which is part of Mahabharata
- know the importance of Vishnu-Sahasranama.



Note

## 12.1 VISHNU SAHASRA NAMA STOTRAM-I

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नारायणं नमस्कृत्य नरं चौव नरोत्तमम् ।

देवीं सरस्वतीं व्यासं ततो जयमुदीरयेत् ॥

ॐ अथ सकलसौभाग्यदायक श्रीविष्णुसहस्रनामस्तोत्रम् ।

शुक्लाम्बरधरं विष्णुं शशिवर्णं चतुर्भुजम् ।

प्रसन्नवदनं ध्यायेत् सर्वविघ्नोपशान्तये ॥ १ ॥

One should meditate for the removal of all obstacles upon Vishnu who is clad in white garments, who has a lustre like the moon, who has four arms and a beneficent face.

यस्य द्विरदवक्त्राद्याः पारिषद्याः परशशतम् ।

विघ्नं निघ्नन्ति सततं विष्वक्सेनं तमाश्रये ॥ २ ॥

I take refuge in Vishvaksena who always eliminates all hindrances, The commander of the elephant-faced attendants and the numerous others.

## Class-V



Note

## Vishnu Sahasra Nama Stotram-I

व्यासं वसिष्ठनप्तारं शक्तेः पौत्रमकल्मषम् ।  
पराशरात्मजं वन्दे शुकतातं तपोनिधिम् ॥ ३ ॥

Vyasa is the great grandson of Vasishta and the grandson of Shakti. He is the son of Parasara and the father of Suka. I offer my obeisance to the Vyasa who is free from all defects and is a repository of austerities.

व्यासाय विष्णुरूपाय व्यासरूपाय विष्णवे ।  
नमो वै ब्रह्मनिधये वासिष्ठाय नमो नमः ॥ ४ ॥

My repeated salutations to Vyasa who is the form of Vishnu and to Vishnu who is the form of Vyasa - sage Vyasa who is a descendant of Vasistha and who is a treasure of Knowledge of Brahman.

अविकाराय शुद्धाय नित्याय परमात्मने ।  
सदैकरूपरूपाय विष्णवे सर्वजिष्णवे ॥ ५ ॥

I offer my obeisance to Vishnu, Who is devoid of all mutations, Who is by nature pure and eternal, Who is endowed with a form which is uniform at all times and Who is the victor over all.

यस्य स्मरणमात्रेण जन्मसंसारबन्धनात् ।  
विमुच्यते नमस्तस्मै विष्णवे प्रभविष्णवे ॥ ६ ॥



Note

My salutations to that Supreme Being Vishnu, by a mere thought of Whose name all persons are freed from the bonds of Samsara. Salutations to the omnipotent Being Who is signified by the Pranava.

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श्रीवैशम्पायन उवाच ...

श्रुत्वा धर्मानशेषेण पावनानि च सर्वशः ।

युधिष्ठिरः शान्तनवं पुनरेवाभ्यभाषत ॥ ७ ॥

Sri Vaishampayana said — Having heard all the Dharmas in their entirety (without anything having been left out) and having learnt about all purificatory acts, Yudhisthira again addressed Bhishma as follows;

युधिष्ठिर उवाच ...

किमेकं दैवतं लोके किं वाप्येकं परायणम् ।

स्तुवन्तः कं कमर्चन्तः प्राप्नुयुर्मानवाः शुभम् ॥ ८ ॥

Yudhisthira said:— Who is the One Supreme Being which the Scriptures declare? What is the one Supreme Goal which should be sought? By the recitation of what mantra is a person released from the bonds of repeated birth and death? Which in your opinion is the highest form of religion?

## Class-V



Note

## Vishnu Sahasra Nama Stotram-I

को धर्मद्व सर्वधर्माणां भवतः परमो मतः ।

किं जपन्मुच्यते जन्तुर्जन्मसंसारबन्धनात् ॥ ६॥

What spiritual path is that, which according to thy judgment is the foremost of all paths? What are those mantras by reciting which a being becomes freed from the bonds of birth and death.

भीष्म उवाच ... जगत्प्रभुं देवदेवमनन्तं पुरुषोत्तमम् ।

स्तुवन् नामसहस्रेण पुरुषस्सततोत्थितः ॥ १०॥

Bhishma said:— A person who is always engaged in praising with the hymn of a Thousand Names; the Lord of the Universe, the God of gods, and the limitless Supreme Being,

तमेव चार्चयन्नित्यं भक्त्या पुरुषमव्ययम् ।

ध्यायन् स्तुवन् नमस्यंश्च यजमानस्तमेव च ॥ ११॥

And engaged in worshipping Him with devotion, meditating upon Him, glorifying Him, offering obeisance and adoring Him.

अनादिनिधनं विष्णुं सर्वलोकमहेश्वरम् ।

लोकाध्यक्षं स्तुवन्नित्यं सर्वदुद्धखातिगो भवेत् ॥ १२॥

one who is ever engaged in praising the Lord who is without beginning and end, the Allpervading-One, the Ruler of the



Note

Universe, the Supervisor of the worlds, the One Who is to be known from the Vedas, Who is Himself the Knower of all Dharmas, the One Who is constantly engaged in the Universal Welfare, Lord of the Universe, and the Cause of all beings — such a devotee transcends over all the sorrows of this material world.

ब्रह्मण्यं सर्वधर्मज्ञं लोकानां कीर्तिवर्धनम् ।  
लोकनाथं महद्भूतं सर्वभूतभवोद्भवम् ॥ १३ ॥

Verily He is champion of the devotees, conversant with all duties and injunctions, the enhancer of fame and achievement of all people, the master of all the universe, exceedingly wonderful, and the cause of the origination of all beings.

एष मे सर्वधर्माणां धर्मोऽधिकतमो मतः ।  
यद्भक्त्या पुण्डरीकाक्षं स्तवैरर्चन्न्नरः सदा ॥ १४ ॥

This worship of the Supreme Lotus-eyed Lord at all times by a person endowed with devotion is regarded by me as the greatest of all religious practices

परमं यो महत्तेजद्भ परमं यो महत्तपः ।  
परमं यो महद्ब्रह्म परमं यद्भ परायणम् ॥ १५ ॥

He Who is the Supreme Effulgence; Who is the Supreme

## Class-V



Note

## Vishnu Sahasra Nama Stotram-I

Director; Who is the Supreme Brahman; and Who is the Supreme, Highest and Ultimate Goal;

पवित्राणां पवित्रं यो मङ्गलानां च मङ्गलम् ।

दैवतं दैवतानां च भूतानां योऽव्ययः पिता ॥ १६ ॥

He Who is the purest of the pure and the most auspicious amongst the auspicious, The God of gods and the indestructible Progenitor of all beings.

यतद्ध सर्वाणि भूतानि भवन्त्यादियुगागमे ।

यस्मिंश्च प्रलयं यान्ति पुनरेव युगक्षये ॥ १७ ॥

From whom all beings originate in the beginning of the first Yuga and in Whom they merge again at the end of the Yuga.

तस्य लोकप्रधानस्य जगन्नाथस्य भूपते ।

विष्णोर्नामसहस्रं मे शृणु पापभयापहम् ॥ १८ ॥

O King! Hear from me the Thousand Names which remove sins and drive away fear. The

appellations of that Vishnu, Lord of the Universe and Ruler of the World.





Note

यानि नामानि गौणानि विख्यातानि महात्मनः ।

ऋषिभिः परिगीतानि तानि वक्ष्यामि भूतये ॥ १६ ॥

For the good of the world, I shall tell you the holy names of the Supreme Being, which are indicative of His attributes and glory, well known and recited by the Rishis.

ऋषिर्नाम्नां सहस्रस्य वेदव्यासो महामुनिः ॥

छन्दोऽनुष्टुप् तथा देवो भगवान् देवकीसुतः ॥ २० ॥

The Great Vedavyasa is the Seer of these Thousand Names of Vishnu, the metre is the anushtup, the Presiding Deity is Lord Krishna the son of Devaki.

अमृतांशूद्भवो बीजं शक्तिर्देवकिनन्दनद्ध ।

त्रिसामा हृदयं तस्य शान्त्यर्थे विनियोज्यते ॥ २१ ॥

The seed is He-who-was-born-in-the-lunar-race; its power is The Name, The-son-of-Devaki. The heart is the One-who-is-lauded-by-the-three-Sama-hymns, The purpose of its use is the attainment of peace.

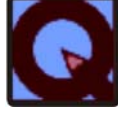
विष्णुं जिष्णुं महाविष्णुं प्रभविष्णुं महेश्वरम् ॥

अनेकरूप दैत्यान्तं नमामि पुरुषोत्तमं ॥ २२ ॥

I pay my obeisance to Vishnu, the Victorious, the All-pervading



One, the Mighty, the Lord of all, the enemy of the demons of many forms and the Best of Persons.

**INTEXT QUESTIONS 12.1**

1. विष्णोः स्मरणमात्रेण कस्मात् विमुच्यते ?
2. कं: पवित्राणां पवित्रं मङ्गलानां मङ्गलम् च ?
3. अस्मिन् स्तोत्रे विष्णो कति नामानि वर्णितानि ?
4. कं: लोकप्रधानः ?
5. विष्णोः हृद्यः कीदृशः ?

**WHAT HAVE YOU LEARNT**

- Recitation of Vishnu-Sahasranam-stotram,
- significance of Vishnu-Sahasranam-stotram,
- Different qualities of the God Vishnu.

**TERMINAL QUESTIONS**

1. Write the essence of Vishnu-sahasranam-stotram.
2. Describe some qualities of Vishnu.



ANSWERS TO INTEXT QUESTIONS



Note

1. जन्मसंसारबन्धनात्
2. विष्णुः
3. सहस्राणि
4. विष्णुः
5. त्रिसामा