

Mahamrityunjaya Mantra

महामृत्युंजय मंत्र

The Mahamrityunjaya Mantra is a Vedic prayer to Tryambaka, the three-eyed Shiva, found in the Rig Veda (7.59.12) and again in the Yajurveda. Its seer is Rishi Vasishtha. It asks to be freed from death as easily as a ripe cucumber slips from its vine, and is traditionally chanted 108 times, especially on Mondays and in times of illness or fear.

Mantra

Om Tryambakam Yajamahe Sugandhim Pushtivardhanam
Urvarukamiva Bandhanan Mrityor Mukshiya Mamritat

Om. We worship the three-eyed Lord, fragrant and the giver of nourishment and strength. As a ripe cucumber is released from its vine, may I be released from the bonds of death, but never from immortality.

Source: Rig Veda Samhita 7.59.12 (cross-checked with sa.wikisource Rigveda 7.59 with Sayana bhashya); also Shukla Yajurveda Vajasaneyi Samhita 3.60 and Taittiriya Samhita 1.8.6

The meanings are our own first draft. A scholar has not reviewed them yet. If you spot a mistake, please tell us.

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