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SAMAVEDA UPAKARMA – AUGUST 29, 2014 (FRIDAY)

Sama Veda Upakarma Prayoga for the year 2014 (29-08-2014) In the case of Sama Veda, the upakarma prayogam is very extensive and differs very much from the Upakarma prayoga of Rig and Yajur Vedis. They always do it in **Hastha Nakshtra (PuLLayAr Chaturthi day)**. This year it falls on Aug 29, 2014. It essentially consists of ten steps in the following order:

1. Panchagavya sammelanam
2. Snana Mahasankalpam
3. Brahmayagnam
4. Punyaham
5. Rishipooja (Uthsarjan Karma)
6. Deva, rishi, Pithru Tharpanam (264+12)
7. Ghata Poojai
8. Yagnopaveethadhaaranam
9. Vedarambam
10. Kankanadharanam

The above have to be done with the instruction of a Guru but in modern times when people are scattered all over the world and also because well learned Sama Veda Purohithas are very scarce, many people are forced to do it in their home depending on some handouts. Since most of the above steps are lengthy and involve proper chanting of Sama Veda Mantras, following three steps of the above 10 are recommended. They are:

1. Snana maha Sankalpam,
2. Brahma Yagnam
3. Yagnopaveetha dharanam

MAHAA SANKALPAM

(Aacharya + Wear Pavithram + Put Durbha Aasanam under the legs + Wear Two Dharbha between the Pavithram) Darbeshvaaseena: Darbhaan Dhaaryamaana:
AUM SUKLAAM BARADHARAM VISHNUM SASHI VARNAM CHATHURBHUJAM PRASANNA
VADHANAM DHYAAYETH SARVA VIGHNA UPASHAANTHAYE - OM BHUUHU, OM
BHUVAHA, OM GUM SUVAHA, OM MAHAHA, OM JANAHA, OM THAPAHA, OOGUM
SATHYAM OM THATSAVITHURVARENYAM BHARGO DEVASYA DEEMAHI DHEEYO-YONA
PRACHOTHAYAATH - OM APO JYOTHEERASO AMRUTHAM BRAHMA
BHURBUVASSUVAROM OM OM OM.



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MAMOPAAKTHA SAMASTHA DHURITHA KSHAYADHWARA SRI PARAMESWARA
PREETHYARTHAM –

THADEVA LAGNAM SUDHINAM THADAIVAA, THAARAABALAM CHANDRABALAM
THADAIVAA, VIDHYAABALAM DAIVABALAM THADAIVAA, SRI LAKSHIPATHETHU
ANGRIYUGAM SMARAAMI –
OM APAVITHRAHAA PAVITHROVAA SARVAA VASTHAAM GATHOPIVAA - YASMARETH
PUNDAREEKAASHAM - SABAHYAA ABHYANTHARAHAA SHUCHIHI
MAANASAM VAACHIKAM PAAPAM - KARMANAAM SAMUPAARJITHAM - SRI RAMA
SMARANENAIVA VYAPOHATHI NA-SAMSHAYAHAA –
SRI RAMA, RAMA RAMA RAMA THITHIR VISHNUHU - THATHAA VAARAHAA
NAKSHATRAM VISHNUREVACHAA YOGASCHA KARANAM CHAIVAA SARVAM VISHNU
MAYAM JAGATH_ . SRI GOVINDAA, GOVINDA GOVINDAA – ADHYA SRI BAGAVATHAHAA
MAHAAPURUSHASYA AADI VISHNOHO AADI NAARAYANASYA ACHINTHYAYAA
APARIMITHAYAA SAKTHYAA ABRIYAMAANASYAA MAHAA JALOWGASYAA MADHYE
PARIBRAMATHAAM ANEKA KOTI BRAHMAANDDAANAAM MADHYE YEKATHAME
PRITHIVI APTHEJAHAA VAAYUHU AAKAASHA AHANGAARA MAHAD AVYAKTA
AATMAKAIHI AAVARANAIHI AAVRUTHE ASMIN_ MAHATHI BRAHMAANDA KARANDA
MANDALE AADHAARA SHAKTHI KOORMA VARAAHA NANDATHI ASHTA DIGGAJOPARI
PRATHISHTITHAANAAM
ATALA-VITALA-SUTHALA- RASAATTHALA THALAATHALA - MAHAATHALA-PAATHAALA
AKHYAANAAM SAPTHA LOKAANAAM OORDHWA BHAAGE BHUVARLOKE SUVARLOKA
MAHOLOKA JANOLOKA TAPOLOKA SATYA LOKA AAKHYA LOKA SHATKASYA
ADHOBHAAGE
MAHAA NAALAYAMAANA PHANIRAAJA SESHASYA SAHASRA PHANAAMANI MANDALA
MANDITHE, DIGDHANTHI SHUNDAA DHANDA UTTAMBITHE LOKAA LOKAA CHALENA
VALAYITHE, LAVANA IKSHU SURA SARA SARPI DADHI KSHEERA SUDHODAKA
AARNAVAIHI PARIVRUTHE JAMBU PLAKSHA PUSA KROWNCHA SAKA SAALMALEE
PUSHKARAAKHYA SAPTA DWEEPAANAAM MADHYE JAMBOO DWEEPE BHAARATA
KIMPURUSHA HAREELAAVRUTA BHADRAASHWA KETUMAALA HIRANYAKA RAMANAKA
KURU VARSHA AAKHYA NAVA VARSHAANAAM MADHYE BHAARATA VARSHE INDRA
DEEPAKASERU TAAMBRA GABHASTI PUNNAAGA GANDHARVA SOWMYA VARUNA
BHARATA KHANDAANAAM MADHYE BHARATA KHANDE PANCHAASATH KOTI YOJANA
VISTEERNA BHUMANDALE KARMABHUMOU DANDAKAARANYE SAMA BHUMOU ARDHA
REKHAYAA: DAKSHINA DIG BHAAGE SRI SAILASYA AAGNEYA DIG BHAAGE
RAAMASETO: UTTARA DIGBHAAGE GANGA YAMUNA SARASWATI BEEMARATI
GOWTAMI NARMADAA GANTAKI KRISHNAVENI TUNGABADRA CHANDRABHAAGA
MALAAPA: KAAVERI KAPILA TAAMPRAVARNI VEGAVATI PINAAKINEE KSHEERA NADI
AADI ANEKA MAHAANADEE VIRAAJITE VAARANAASI CHITAMBARA SRI SAILA AHOBILA
VENKATAACHALA RAAMASETU JAMBUKESWARA KUMBHAKONA HAALAASYA
GOKARNA ANANTASAYANA GAYAA PRAYAAGAADI ANEKA PUNYA KSHETRA
PARIVRUTE KAAVERI TEERE SAKALA JAGATU SRUSHTU: PARAARDHA DWYA JEEVINA:
BRAHMANA: PRATHAME PARAARDHE PANCHAASATH ABDAATMIKE ATEETE
DWETEEYE PARAARDHE PANCHASSATH ABDAADOU PRATAME VARSHE PRATAME



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MAASE PRATAME PAKSHE PRATAME DIWASE AHANI DWEETEEYE YAAME TRUTEEYE
MUHOORTE PAARTIVA KOORMA PRALAYA ANANTA SWETAVARAHA BRAAHMA
SAAVITRI AAKHYE SAPTA KALPAANAAM MADHYE SWETA VARAHA KALPE

SWAAYAMBHUA SWAAROCHISHA UTTAMA TAAMASA RAIVATA CHAAKSHU
SHAAKHYESHU SHASTSU MANUSHU ATEETESHU SAPTAME VAIVASWATA
MANVANTARE ASHTAAVIGUMSATI TAMEY KALI YUGE PRATAME PAADE YUDHISHTIRA
VIKRAMA SAALIVA AHANA VIJAYA ABHINANDANA NAGAARJUNA KALI BHUMA AAKHYA
SAKA PURUSHA MADHYE PARI GANITA SAALIVA AHANA SAKEY BHOWDHA AVATAARE
BRAAMHA DAIVA PITRVYA PRAAJAAPATYA BAARUSHAPATYA SOWRA CHAANDRA
SRAVISHTA NAKSHATRA AAKHYA NAVAMAANA MADHYA PARIGANITENAA SOWRA
CHAANDRA MAANA DWAYENA PRAVARTAMAANE PRABHAVA ADEENAAM SHASHTIYAH
SAMVATSARAANAM MADHYE **JAYA** NAAMA SAMVATSARE, **DAKSHINAYANE**, **VARSHA** RITHOW,
SIMHA MAASE, **SHUKLA** PAKSHE, **CHATHURTHYAAM (Canada, USA, India)** SUBHATHITHOW –
VAASARAHA **BRUGU** VASARA YUKTHAAYAAM, **HASTHA UPARI CHITHRA (Canada, USA, India)**
NAKSHATRA YUKTHAYAAM - SUBAYOGA, SUBAKARANA SHUBA MUHURTE EVAM GUNA
VISESHANA VISISHTAAYAAM, ASYAAM DVITHIYAAN/THRUTEEYAAM SUBHATHITHOW
MAMO PAAKTHA SAMASTHA DURITA KSHYA DHWAARA SARVA PAPA HARANA NIPUNA
SREE PAREMESHWARA PREETHYARTHAM
ANAADHI AVIDYA VAASANAYA PRAVARTHAMAANE ASMIN MAHATHI SAMSAARA
CHAKRE VICHITRAABIHI KARMA GATHIBIHI VICHITRAASU YONISHU PUNA PUNAHA
ANEKADHA JANITHWA KENAAPI PUNYAKARMA VISESHANA IDHAANEEMDHANA
MAANUSHYE MAMAA DWIJA JANMA VISESHAM PRAAPTHAVATHAHA MAMAA IHA
JANMA PRABHRUTI IHA JANMANI POORVA JANMANI JANMA JANMAANTARESHU YETAT
KSHANA PARYANTAM BAALYE VAYASI KOWMARE YOWVANE VAARDHAKESHA
JAAGRATH SWAPNA SUSHUPTI AVASTHAASU MANO VAAK KAAYAI: KARMENDRIA
GYANENDRIA VYAAPAARASCHA KAAMA KRODHA LOBHA MOHAMADHA
MATHSARYAADHI SAMBHAAVITAANAAM IHA JANMANI JANMANTHARE CHA JNANA
AJNANA KRUTAANAAM RAHASYA KRUTAANAAM PRAKAASHA KRUTAANAAM BRAHMMA
HANANA SURAPAANA SWARNASTEYA GURUTALPAGAMANA THATSAT SAMSARGA
AKHYAANAM MAHAAPAATAKAANAAM MAHAA PAATAKA ANUMRUTATVA ADEENAAM ATI
PAATAKAANAAM SOMAYAAGASTA KSHATRIA VAISYA VADHADEENAAM SAMA
PAATAKAANAAM GOVADHA ADEENAAM UPA PAATAKAANAAM MAARJARA
VADHA ADEENAAM SANKALEE KARANAANAAM KRIMI KEETA VADHA ADEENAAM
MALINEEKARANAANAAM NINDITHA DHANAA DHAANA UPA JEEVA NAADEENAAM
APAATHRI KARANAANAAM MADHYA GHRAANA NAADEENAAM JAATI TAATI BHRAMSA
KARAANAM VIHITAKARMA THYAAGA ADEENAAM ABIHITAKARMA AACHARANAANAAM
PRAKEERNAKAANAAM GNANATAHA SAKRUT KRUTAANAAM AGNAANATAHA ASAKRUT
KRUTAANAAM ATYANTA ABHYASTAANAAM NIRANTARA ABHYASTAANAAM
CHIRAKAALA ABHYASTAANAAM
PANKIBEDANA SWAAGABEDANA PARAANNABHOJANA SHOODRAPRESHYAA
HEENAJAADI TASYAA EVAM NAVAANAAM NAVAVIDHAANAAM BAHONAAM
BAHUVIDHANAAM SARVESHAAM PAAPAANAAM HAVYAHA APANODANA DVAARAA
SAMASTA PRAPAKSHYARTHAM MANGALAAMBIKAA SAMEDHA AADIKUMBHESHWARA



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VISAALAAKSHI AMBIKA SAMETA KASI VISVESHVARA SWAMI SANNIDHOU SEETHA
LAKSHMANA BHARATA SHATRUGHANA HANUMAS METHA SRI RAMA CHANDRA SWAMI
SANNIDHOU VINAAYAKAADI SAMASTA SWAMI SANNI DHOW ASHWATHATHA

NARAYANA SWAMI SANNIDHOU DEVA BRAAHMANA SANNIDHOU SAMASTHA HARI
HARA DEVATAA SANNIDHOU TRYAA TRIMSATH KOTI DEVATHAA SANNIDHOU SRI
RUKMANI SATHYABHAMA SAMETHA SRI GOPALA KRISHNA SWAMI SANNIDHOU –
TAIYASHYAM SRAAVANYAAM POURNAMAASYAAM ADHYAAYA UPAAKARMA KARISHYE
THADANGAM SRAVANE CHATHURTHYAAM PUNYAKAAL SAREERA SHUDHARTAM
SHUDDHODHAKA SNANAM AHAM ARISHYE.

(Remove the two darbha and put it on the north side - You can take the bath now or even do the
Prokshanam)

PUROKSHNA MANTRAM:

ATHIKROORA MAHAAKAAYA KALPAANTHA DAHANOPAMAA

BHAIRAVAAYA NAMASTHUBYAM ANUGYAAM DHAATHU MARHASI
DURBHOJANA DURAALAAPA DUSHPRATIGRAHA SAMBHAVAM PAAPAMHARA
MAMAKSHIPRAM SAHYAKANYE NAMOSTUTE TRUHAATRAM JAANNAVITEERE
PANCHARAATHRANTU YAAMUNE SADYAHA PUNAATU KAAVERI PAAPAM
AAMARNAANDHIKAM GANGA GANGETI YO BHRUYAAT YOJANAANAAM SATAIRAPI
MUCHYATE SARVA PAAPEBHYAHA VISHNU LOKAM SAGACHATI
AAPOHISHTA MAYO BHUVAHA STHAANA OORJE DADHATANA MAHERANAYA
CHAKSHUSHE YOUVAHA SHIVATA MORASAHA TASYA BHAJAYATE HANAHA USHA
TEERIVA MAATARAHA TASMAAHA ARANGA MAMAVAHA YAS YAKSHYAYAA JINVATA
AAP: JANAYATA JANAHA BHOORBHAVASUVAHA OM BHOORBHAVASUVAHA
GOVINDHANAMA SAMKEERTHANAM - GOVINDA! GOVINDA

**SPECIALMANTRA FOR BRAHMACHARI's (MOWJEEEDHARANA
MANTRAM)**

IYAM DURUKTHATH PARI BHADHAMANA SARMA VAROOTTHAM PUNATHI NA AAGATH -
PRAANAPANABYAM BALAMA BARAMTHI PRIYA DEVANAGUM SUBAGA MEGALEYAM.

RITHASWA GOPTRI THAPASAHA PARASPEE GNATHI

RAKSHA SAHAMANA ARATHIHI. SA NASAMANTHA MANUPAREEHI BADRAYA

BARTHARASTHE MEGALE MA RISHAMA.

KRISHNAJINA DHARANA MANTRAM (MAANTHOL)

MITRASYA CHAKSHUR DHARUNAM BALEEYA STHEJO YASASWI STHAVIRAGUM

SAMIDHAM ANAHANASYAM VASANAJJA RISHNU PAREEDHAM VAJYAJINAM

DADHEHAM.

DHANDA DHARANA MANTRAM (PLACHHI DHANDU)

SUSRAVAHA SUSRAVASAM MA KURU YATHA TWAGUM SUSRAVAHA



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SUSRAVA ASYEVA MAHAGUM SUSRAVAHA SUSRAVA BHOOYASAM YATHA TWAGUM
SUSRAVO DEVANAAM NIDHI GOPO ASYEVAMAHAM BRAAHMANANAAM BRAHMANO
NIDHI GOPO BHOOYASAM.



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THREAD CHANGING (POONAL MAARAL)

ACHAMANAM

ACHUDAAYA NAMAHA ANANTHAAYA NAMAHA GOVINDAAYA NAMAHA
KESHAVAA NARAAYANAA MADHAVAA GOVINDAA VISHNO MADHUSUDHANAA TRIVIKRAMAA
VAAMANAA SREEDHARAA RISHIKESHA PADMANAABHAA DAAMODARAA
OM SHUKLAAM BHARADHARAM VISHNUM SASHIVARNAM CHATHURBHUJAM
PRASANNA VADHANAM DYAAYETH, SARVA VIGNA UPASAANTHAYE -

PRANAYAMAM - OM BHUUHU, OM BHUVAHA, OGUM SUVAHA, OM MAHAHA, OM
JANAHA, OM THAPAHA, OGUM SATHYAM, OM THATSAVITHUR VARENYAM,
BARGODEVASYA DEEMAHY DHEEYO-YONA PRACHOTHAYAATH – OMAAPA:
JYOTHIRASA: AMRUTHAM BRAHMAA BHURBUVASSUVAROM. (TOUCH THE RIGHT
HAND EAR).

SANKALPAM: MAMOPAAKTHA SAMASTHA DHURITHA KSHAYADHWAARA SREE
PARAMESWARA PREETHYARTHAM

SROWTHA SMAARTHA VIHITHA NITYAKARMA ANUSHTAANA SADHAACHARA
YOGYATHAA SIDHYARTHAM
BRAHMATHEJO: ABI VRUDHYARTHAM YAJNOPAVEETHA DHAARANAM KARISHYE.

1st Poonal:

YAJNOPAVEETHA DHAARANA MAHAAMANTRASYA PARABRAHMA RISHIHI, (TOUCH THE
HEAD)

TRISHTUP CHANDHAHA (TOUCH THE NOSE)

PARAMAATHMA DEVATHA (TOUCH THE CHEST).

YAGYOPAVEETHA DHAARANE VINIYOGAHAA (KEEP BOTH HANDS AS “NAMASTHE” FOR
A SECOND).

TAKE THE NEW POONAL (ONE BY ONE) IN THE HAND AND SAY - (BRAHMA MUDICHU IN
RIGHT HAND (INNER SIDE FACING THE SKY) LEFT HAND WITH INNER SIDE FACING
BHOOMI WITH PAVITRAM FINGER IN WATER IN THE PANCHA PAATRAM) AND SAY:

YAGYO PAVEETHAM PARAMAM PAVITHRAM PRAJAAPATHE:

YATHU SAHAJAM PURASTHA ATHU

AAYUSHYAM AGRIYAM PRATHIMUNJA SHUBRAM

YAGYOPAVEETHAM BALAMASTHU THEJAHAA – HARI: OM (WEAR ONE POONAL).



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For married persons - Second Poonal:-

gaarkhasidhiartham dwideeya yagnjopaveetha dhaaranam karishye:
Yagnopaveetham paramam pavithram praja patheh,
Yat sahajam purasthat aayushyam
Agriyam prathi muncha shubhram yagnopaveetham balamasthu thejah HARI:
OM .

For married persons - Three Poonal:-

gaarkhasidhiartham Thrithieeya yagnjopaveetha dhaaranam karishye:
Yagnopaveetham paramam pavithram praja patheh,

Yat sahajam purasthat aayushyam
Agriyam prathi muncha shubhram yagnopaveetham balamasthu thejah HARI:OM
AACHAMANAM

REMOVE THE OLD POONAL - SAY –

UPAVEETHAM BHINNATHANTHUM JEERNAM KASHMALA DHOOSHITHAM
VISRUJAAMI PUNA: BRAHMA VARCHO DEERGAYURASTHU ME. (PUT THE POONAL IN
THE RIGHT HAND SIDE).
- OM THATSATHU BRAHMARPPANAM ASTHU
- AACHAMANAM



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DEVA RISHI THARPANAM

Achanamam / Wear two leaves dharba pavithram / Praanaayaamam Harih Omm

Om Achyuthaya namah 2, Om Ananthaya namah 3, Om Govindaya namah

Then

Touch with thumb both cheeks saying keshava -Narayana

Touch with ring finger both eyes saying Madhava –govinda

Touch with the first finger both sides of nose saying Vishnu-Madhusoodana

Touch with little finger both ears saying Trivikrama-Vamana

Touch with the middle finger both shoulders saying Sreedhara-Hrishi keshha

Touch with all fingers the belly button saying Padmanabha

Touch with all fingers the head saying Damodara.

Sukhlaambaratharam Vishnum sasivarnam chathurbhujam |

Prasannavadanam dhyayeth sarvavignobashanthaye||

Om Bhooh, Om Bhuvah, Ogum Suvah, Om Mahah, Om Janah, Om Thapah,

Ogum Sathyam, Om Tatsa vithur varenyam Bargo devasya dhi mahi dhiyo yona

Prachodayath Om Apah Jyothj rasah Amrutham brahma Bhoorbuvasuvarom

Touch the ears three times saying Om, Om, Om

Mamo Partha Samasta Duritha kshaya dwara Sri Parameshwara Preethyartham.

Apavithraha pavithro Va Sarvavastham gathopiva,

Ya smareth pundarikaksham Sa bahya abhyanthara suchi

Manasam vachikam paapam karmana samuparjitham

Sri Rama smarane naiva vyapohathi Na samsayah

Sri Rama-Rama Rama

Tithir Vishnu tatha vaarah nakshatram Vishnureva cha,

Yogascha karanam Chaiva sarvam Vishnu mayam jagat

Sri Govinda Govinda Govinda

Adhya Sri bhagavataha maha purushasya vishnor agnaya pravarthamanasya adhya

brahmanaha dweethiya parardhe shwetha varaha kalpe vaivasvatha manvanthare ashta

vimsathi thame kali yuge prathame padhe jambu dweepe (For North America - Krauncha

Dweepe) bharaatha varshe (For North America - RamaNaka Varshe) bharaatha khande (For

North America - Aindra KhaNde) meroho dakshine parswe (For North America - PaschimE

Parswe) shakabdhe asminnu varthamane vyavahaarika prabavadeenam sashtya

samvatsaraaNaam madhye.

jaya Naama samvathsare, Dakshinaayane, varsha rithou, simha Maase, Shukhla Pakshe,

chathurthyAm (Canada / USA /India) subha thithou, brugu vaasara yukthaayaam, hastha upari

chithrA (Canada / USA / India) Nakshathra yukthaayaam, subha yoga, subha Karana,

Evamguna ViseshaNaa visishtaayaam asyaam chathurthyAm subhathithou,



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adhyaayana uthsarjana karmani devarishi pithru preethiyartham devarishi pithru tharpanam
cha adhya karishye. devaan yathaa poorvam tharpayishyamah:

APA UPASPRISHYA:-

Now keep ready the Erukkan leaves, needed quantity of water akshathai and then proceed
with tharppanam with the following mantra:

upaviti (Regular wearing of poonal)

change position of poonal to the left shoulder

001. agni thrupyathu
002. brahma thrupyathu
003. soma thrupyathu
004. shiva: thrupyathu
005. prajapati thrupyathu
006. savit a t thrupyathu
007. indraa thrupyathu
008. bruhaspathi thrupyathu
009. thvashtaa thrupyathu
010. vishNu thrupyathu
011. yama: thrupyathu
012. vaayu: thrupyathu
013. aaditya thrupyathu
014. chandramaa thrupyathu
015. nakshatraaNi thrupthayanthu
016. sahaddevatabhi vasava: thrupthayanthu
017. rudra thrupthayanthu
018. aaditya thrupthayanthu
019. bhrugava thrupthayanthu
020. aangirasa: thrupthayanthu
021. saadhyaa thrupthayanthu
022. marutha thrupthayanthu
023. vishvEdevaa thrupthayanthu
024. sarvedevaa thrupthayanthu
025. vaak cha thrupyathu
026. manascha thrupyathu
027. aapEksha thrupthayanthu
028. aushadhyaksha thruptayanthu
029. indraagni trupyathaam
030. dhaataa thrupyathu
031. aryamaa thrupyathu
032. sardhamaasarthava thrupthayanthu
033. diti thrupyathu



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034. aditi thrupyathu
035. indraaNi thrupyathu
036. umaa thrupyathu
037. shree cha thrupyathu
038. sarve cha devapatnyaa trupthyanthu
039. rudra thrupyathu
040. skandavisaakau thrupthyathaam
041. vishwakarmaa thrupyathu
042. darsashya thrupyathu
043. paurNamaascha thrupyathu
044. chaturvedyaam thrupyathu
045. chaturhautram thrupyathu
046. vaihaarikaa thrupyanthu
047. paakayanjaa trupthyanthu
048. sthaavara yagnjaangame trupyatham
049. parvat seeshaa trupthyanthu
050. bhavya thrupyathu
051. nadhya thrupyanthu
052. samudra thrupyathu
053. apaampati thrupyathu.
054. yajamaane ye deva ekaadasaaka: trayaksha trineecha sadhaa trayacha tirneecha
sahatsraa trupthyanthu
055. dvipavitrayaa devaam truptyantham
056. eka pavithrya devaam manushya prabhutaya trupthyanthu
057. sangarshana vaasudevo thrupthyathaam
058. dhanvantari thrupyathu
059. saadhukaara thrupyathu
060. udara vaishravaNa poornaabhadra maNibhadra thrupyanthu
061. yathudhaana: thrupyanthu
062. yakshaa thrupyanthu
063. rakshaasmsmi trupthyanthu
064. ithara gaNaa thrupyanthu
065. traiguNyam thrupyathu
066. naama arkhyaata upasarga nipaathaa trupthyanthu
067. devarshaya thrupyanthu.
068. Mahaavyaagrudaya: thrupyanthu
069. saavitrhi thrupyathu
070. ruchah thrupyanthu
071. yajumshi trupthyanthu
072. saamaani trupthyanthu



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073. kaandaNi trupthyanthu
074. eshaam daivathaani trupthyanthu
075. praayachittaani trupthyanthu
076. sukhriyopanishada: thrupyanthu
077. shoki thrupyathu
078. sukha thrupyathu
079. shaakalya thrupyathu
080. paanchaala thrupyathu
081. rusaabhi thrupyathu

Rushi tharppaNam – change poonal as Mala - garland (to hang from neck as garland)

082. vyaasa thrupyathu
083. paraasaryah thrupyathu
084. tandi thrupyathu
085. kuki thrupyathu
086. kauseeki thrupyathu
087. badabaa thrupyathu
088. pratitheyi thrupyathu
089. maitraayani thrupyathu
090. daakshayani thrupyathu
091. sarvaachaarya thrupyanthu
092. kulaachaarya thrupyanthu.
093. gurukulavaasina thrupyanthu
094. kanyaa thrupyathu
095. brahmachaari thrupyathu
096. aatmaarathi thrupyathu
097. yaagnjavalkya thrupyathu
098. raanaayani thrupyathu
099. satyamugri thrupyathu
100. durvaasa thrupyathu
101. bhaaguri thrupyathu
102. gaurundi thrupyathu
103. gaulgulavi thrupyathu
104. bhagavaan aupamanyavah thrupyathu
105. daaraala thrupyathu
106. gargisavarNi thrupyathu
107. varshagaNa yakshaa thrupyathu
108. kuthumiksha thrupyathu.
109. shalihotraksha thrupyathu
110. jaiminiksha thrupyathu



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111. atih thrupyathu
112. bhalla bavi thrupyathu
113. kaalabavi thrupyathu
114. tandyaah thrupyanthu
115. vruksha thrupyathu
116. vrukshaanagaksha thrupyathu
117. rurukisha thrupyathu
118. agastya thrupyathu
119. batkashira thrupyathu
120. kuhusha thrupyathu.

Deva TharppaNam - Upaveetham - wear Poonal as usual

121. agni thrupyathu
122. brahmaa thrupyathu
123. devaa thrupyanthu
124. vedaa thrupyanthu
125. omkaaraa thrupyathu
126. saavitri thrupyathu
127. yanjaa: thrupyathu
128. dyaavaprthivi thrupyathaam
129. ahoraatraaNi trupthyanthu
130. samkhyaa thrupyanthu
131. samudraa thrupyanthu
132. kshetrasadhi vanaspataya trupthyanthu
133. gandharvaa thrupyanthu
134. apsarasah thrupyanthu
135. nagaah thrupyanthu
136. yakshaa thrupyanthu
137. rakshaamsi thrupyanthu bhutamshaiva anumanyanthaam
138. jaimini thrupyathu
139. viswaamitra thrupyathu
140. vasishta thrupyathu
141. paraasara thrupyathu
142. jaananthu thrupyathu
143. baahava thrupyathu
144. gautama thrupyathu
145. sahkalya: thrupyathu
146. baabhravya thrupyathu
147. maandavya thrupyathu
148. badabaa thrupyathu
149. Pratitheyi thrupyathu



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Rishi TharppaNam - wear poonal as Mala (as garland):

150. namo brahmaNe thrupthirasthu
151. namo brahmaNebhya thrupthirasthu
152. nama achaaryebhya thrupthirasthu
153. nama rshibhya thrupthirasthu
154. namo devebhya thrupthirasthu
155. namo vedebhya thrupthirasthu
156. namo vaayavesha thrupthirasthu
157. mruthyaveksha thrupthirasthu
158. VishNaveksha thrupthirasthu
159. namo vaishravaNaayacha thrupthirasthu
160. sarvadatta gargyata upajaayatha tasmainama: thrupthirasthu
161. sarvadatta gargyata rudrabhute drahyayaNe upajaayatha tasmainama: thrupthirasthu
162. rudrabhuti drahyayaNi traatat aishumataat upajaayatha tasmainama: thrupthirasthu
163. tratat aishumata nigataat parNavalke upajaayatha tasmainama: thrupthirasthu
164. nigataat parNavalki girisarmaNa khaNde viddhe upajaayatha tasmainama:
thrupthirasthu
165. girisarma khaNdeviddhi brahmavruddhe chandogamaahake upajaayatha tasmainama:
thrupthirasthu
166. brahmaiddhi chandogamaaaki mitra varchasa sthairakayaanaat upajaayatha
tasmainama: thrupthirasthu
167. mitravarcha sthairakayaana suprat istaat aulundyaath upajaayatha tasmainama:
thrupthirasthu
168. supratita aulundya bruhaspati guptaat shayasthe upajaayatha tasmainama:
thrupthirasthu.
169. bruhaspatigupta shaayasthitah bhavatrataath shreyasthe upajaayatha tasmainama:
thrupthirasthu
170. bhavatrata shaayasthi kustukaat sharkaraakshaat upajaayatha tasmainama:
thrupthirasthu
171. kustuka sharkaraakshat shraravaNa dattaat kauhalat upajaayatha tasmainama:
thrupthirasthu
172. shravaNadattat kauhala sushradaat shalankaayanaath upajaayatha tasmainama:
thrupthirasthu
173. sushrada shalankaayana oorjayata aupamanyavaat upajaayatha tasmainama:
thrupthirasthu
174. oorjayana aupamanyava bhanumataH aupamanyavaat upajaayatha tasmainama:
thrupthirasthu
175. bhaanumaan aupamanyava anandaaja chandhanaayanaat upajaayatha tasmainama:
thrupthirasthu



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176. annandaaja chandhanaayana .sambaat sharkaraakshaat khammbojaachcha
aupamanyavaat upajaayatha tasmainama: thrupthirasthu
177. shamba sharkaraarshaa khmbojaachcha aupamanyava madragaaraat shaumgaayane
upajaayatha tasmainama: thrupthirasthu.
178. madragaara shaumgaayani satharaushtaakshe upajaayatha tasmainama:
thrupthirasthu
179. satharaushraakshi sushravasa: varshagaNyaath upajaayatha tasmainama:
thrupthirasthu
180. sushtravasa: praaranhaath khauhalaath upajaayatha tasmainama: thrupthirasthu
181. prataraahnaa kauhala ketorvaajyath upajaayatha tasmainama: thrupthirasthu
182. keturvaajya mitravindaat kauhalat upajaayatha tasmainama: thrupthirasthu
183. mitraavinda kauhala sunithaat kaapadavaat upajaayatha tasmainama: thrupthirasthu
184. sunithah kaapadavad sutemanasa shandilyaayanaat upajaayatha tasmainama:
thrupthirasthu
185. sutemana shaandilyaayana amsoh dhanañjyaaat upajaayatha tasmainama:
thrupthirasthu
186. amsoh dhanañjyyu amaavaasyaat shandilyaayanaat radhachcha gautamaat
upajaayatha tasmainama: thrupthirasthu
187. raadha gautamah gaatu gautamaat pituh upajaayatha tasmainama: thrupthirasthu.
188. gaataa gautamah samvargajita laamakaayanaat pitu upajaayatha tasmainama:
thrupthirasthu
189. samvargajit laamakaayana shaakadaasaat bhaaditaayanaat upajaayatha tasmainama:
thrupthirasthu
190. shakadaasa bhaaditaayana vishakshanaat tandyaat pitu upajaayatha tasmainama:
thrupthirasthu
191. visakshanah: taandya: gardabhimukhaat shandilyaanaath upajaayatha tasmainama:
thrupthirasthu
192. gardaabhimukhaah shandilyaayana udarashandilyaath upajaayatha tasmainama:
thrupthirasthu
193. udarashandilyaa atidhanvanaksha saunakat masakaachcha gaargyaat upajaayatha
tasmainama: thrupthirasthu
194. masaka gaargya sthirakaat gargyaat pitu upajaayatha tasmainama: thrupthirasthu
195. sthiraka gargyaa vasishtaata chaikitaaneyaaat upajaayatha tasmainama: thrupthirasthu
196. vasishtaha saikitaaneyaa vasishtaata auraihaNyaat raajanyaath upajaayatha
tasmainama: thrupthirasthu.
197. vasishtaa ayraihaNyaat rajanya sumantraat babhravaat gautamaat upajaayatha
tasmainama: thrupthirasthu
198. sumantra baabhrava gautamaat vaanheyaat bhaaradvaajaat upajaayatha tasmainama:
thrupthirasthu



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199. susah vaanheya bhaaradvaaja araalata darteyat saunakaat upajaayatha
tasmainama: thrupthirasthu
200. araalaa darteya saunakaad dihte aindrotaat saunakaat pitu upajaayatha tasmainama:
thrupthirasthu
201. dhite aindrotaa saunakaa indrotat saunakaat pitureva upajaayatha tasmainama:
thrupthirasthu
202. indrotaa saunakaa vrushasushnaat vathaavathath upajaayatha tasmainama:
thrupthirasthu
203. vrushasushnaath vathavathath nikothakaath bhayajatyat upajaayatha tasmainama:
thrupthirasthu
204. nikothaka bhayajatyaa pratithe devatarathaath upajaayatha tasmainama: thrupthirasthu
205. pratithi devatarathah devatarasa savasaayanaat pitu upajaayatha tasmainama:
thrupthirasthu
206. devatara. savasayaanat savasa pitureva upajaayatha tasmainama: thrupthirasthu
207. savah agnibhuva kaashyapaat upajaayatha tasmainama: thrupthirasthu
208. agnibhu kashyapa indrabhuva kaashyapaat upajaayatha tasmainama: thrupthirasthu
209. indrabhu kaashyapa mitrabhuva kaashyapaat upajaayatha tasmainama: thrupthirasthu
210. mitrabhu kashyapaa vibhandakaath kaashyapaat pitu upajaayatha tasmainama:
thrupthirasthu
211. vibhaandaka kaashyapa rushyashringaath kaashyapaat pitureva upajaayatha
tasmainama: thrupthirasthu
212. rushyashringa kashyapa kaashyapaat pitureva upajaayatha tasmainama:
thrupthirasthu
213. kaashyapa agne upajaayatha tasmainama: thrupthirasthu.
devatarpaNam - upaveethi (wear poonal as regular)
214. agni indraath upajaayatha tasmainama: thrupthirasthu
215. indra vaayo upajaayatha tasmainama: thrupthirasthu
216. vayu mrutyu upajaayatha tasmainama: thrupthirasthu
217. mrutyu prajaapathe upajaayatha tasmainama: thrupthirasthu
218. prajapati brahmaaNam upajaayatha tasmainama: thrupthirasthu
219. brahmaaNam svayambhu tasmainama: tebhyo nama thrupthirasthu
220. aachaarya namaskruthva atha vamsaasya keerthayeth svadha purveshaam bhavathi
netayurdighamashnuthe ||
221. ithyukthva anukrameth vamsam aabrahmaana: ||
Rishi TharppaNam - Neevithi - wear poonal as mala (garland)
222. nayan aryamabhuvathe kaalabavaath upajaayatha tasmainama: thrupthirasthu
223. aryamabhuti kaalabava bhadraasharmaNah kausikaat upajaayatha tasmainama:
thrupthirasthu
224. bhadraasarma kausika pushyayashasa audavraje upajaayatha tasmainama:
thrupthirasthu



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225. pushyayashasa audavraji samkaraat gautamaat upajaayatha tasmainama:
thrupthirasthu
226. samkara gautamaa aryamaa raadhaachcha gobhilaat upajaayatha tasmainama:
thrupthirasthu
227. pusaamitra gobhila ashwamitrat gobhilaat upajaayatha tasmainama: thrupthirasthu
228. ashwamitra gobhila varuNaamitraat gobhilaat upajaayatha tasmainama:
thrupthirasthu.
229. varuamitra gobhila mulamitraat gobhilaat upajaayatha tasmainama: thrupthirasthu
230. mulamitraa gobhila vatsamitraat gobhilaat upajaayatha tasmainama: thrupthirasthu
231. vatsamitra gobhila gaulgulavi putraat gobhilaat upajaayatha tasmainama:
thrupthirasthu
232. gaulgulavi putra gobhila bruhadvaso gobhilaat pitu upajaayatha tasmainama:
thrupthirasthu
233. bruhadvasu gobhila gobhila deva upajaayatha tasmainama: thrupthirasthu
234. gobhila raadhaachcha gautamaat upajaayatha tasmainama: thrupthirasthu
235. raadha gautamah samvargajit pitu upajaayatha tasmainama: thrupthirasthu
236. gata gautama samvargajita laamakaayanaat upajaayatha tasmainama: thrupthirasthu
237. samvargajit laamakaayana sakadaasaat bhaadhithaayanaath upajaayatha
tasmainama: thrupthirasthu
238. sakadaasah bhaaithaayana vichakshaNaath taandyaat upajaayatha tasmainama:
thrupthirasthu.
239. vichakshaNa taandyaah gardabhimukhaath saandilyaayanat upajaayatha tasmainama:
thrupthirasthu
240. gardabhimukha saandilyaayana udarasaandilyaath upajaayatha tasmainama:
thrupthirasthu
241. udarasaandilya atidhanvanaksha saunakaat mashakachha gargyaat upajaayatha
tasmainama: thrupthirasthu
242. mashaka gaargya sthirakaat gaargyaat pitu upajaayatha tasmainama: thrupthirasthu
243. sthiraka gaargyaa vasishtaath chaikitaaneyaath upajaayatha tasmainama:
thrupthirasthu
244. vasishtah chaikitaaneya vasishta haraihayaat raajanyaath upajaayatha tasmainama:
thrupthirasthu
245. vasishta haaraihaNya raajanya sumantraat babhravaat gautamaat upajaayatha
tasmainama: thrupthirasthu
246. sumantra babhrava gautama susaath vahnheyaat bharadvajaat upajaayatha
tasmainama: thrupthirasthu
247. susah vanheya bharadvaja araalaata darteyaath saunakaat upajaayatha tasmainama:
thrupthirasthu.
248. Araala: daarteya: shaunakaa driteh aindrotaath shaunakaat pitu upajaayatha
tasmainama: thrupthirasthu



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249. driteh aindrotaa shaunaka indrotaa shaunakaat pitureva upajaayathatasmayama:
thrupthirasthu
250. aindrotat shaunaka vrushushnaath vaadaavadaath upajaayatha tasmayama:
thrupthirasthu
251. vrushashushna: vaathaavadat nikothakaat bhaayajaatyaa upajaayatha tasmayama:
thrupthirasthu
252. nikothakaa bhaayajaatyaa pratiithe devatarathaath upajaayatha tasmayama:
thrupthirasthu
253. pratithi devataratha devatarasaa shavasaayanaath pitu upajaayatha tasmayama:
thrupthirasthu
254. devataraa. shevasaayanaa shavasa pitureva upajaayatha tasmayama: thrupthirasthu
255. shavaah agnibhuva kashyapaath upajaayatha tasmayama: thrupthirasthu
256. agnibhu kashyapa indrabhuva kashyapaath upajaayatha tasmayama: thrupthirasthu
257. Indrabuh kashyapa mitrabhuva kashyapaath upajaayatha tasmayama: thrupthirasthu
258. mitrabhuh kaashyapa vibhandakaat kashyapa pituh upajaayatha tasmayama:
thrupthirasthu
259. vibhandakat kashyapa rushyashrungat pitureva upajaayatha tasmayama:
thrupthirasthu
260. rushyashrungat kashyapa kashyapaath pithureva upajaayatha tasmayama:
thrupthirasthu
261. kashyapa agne upajaayatha tasmayama: thrupthirasthu

Deva TharppaNam - upaveethi - wear poonal as usual

262. agni indraath upajaayatha tasmayama: thrupthirasthu
263. indra vaayo upajaayatha tasmayama: thrupthirasthu
264. vayu mrutyu upajaayatha tasmayama: thrupthirasthu
265. mrutyu prajaapathe upajaayatha tasmayama: thrupthirasthu
266. prajapati brahmaa upajaayatha tasmayama: thrupthirasthu
267. brahma svayambhu tasmayama: tebhya nama thrupthirasthu
- pithru tarpaNam – Praachinaaveethi – Change poonal to hang from
right shoulder. (Only those who does the pithru tharpanam to continue
with following)**

but it is Recommend that to do all .

- pithruNam thrupthirasthu
pithamahan thrupthirasthu
prapithamahan thrupthirasthu
maathruNaam thrupthirasthu
mathamahan thrupthirasthu
pramaathaamahan thrupthirasthu
aacharyaNam thrupthirasthu
prqacharyaaNam athrupthirasthu



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samhithakara padakara sutrakara brahmakaaraNam thrupthirasthu
brahmaana anapatyaanam thrupthirasthu
brahmaaninaam ekapatninam thrupthirasthu
sarveshaam brahmmachariNam thrupthirasthu

Change the poonal to upaveetham (as usual). Remove all the old pavithrams.



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BRAHMAYAGYAM - AACHAMYA

AUM SUKLAAM BARADHARAM VISHNUM SASHI VARNAM CHATHURBHUJAM PRASANNA
VADHANAM DHYAAYETH SARVA VIGNA UPASHAANTHAYE –
OM BHUHU, OM BHUVAHA, OM GUM SUVAHA, OM MAHAHA, OM JANAHA, OM THAPAHA,
OOGUM SATHYAM OM THATSAVITHUR VARENYAM BHARGO DEVASYA DEEMAHI
DHEEYO-YONA PRACHOTHAYAATH – OMAAPA: JYOTHEERASAHA AMRUTHAM
BRAHMAA BHURBUVASSUVAROM OM OM OM.
MAMOPAAKTHA SAMASTHA DHURITHA KSHAYADHWAARA SRI PARAMESWARA
PREETHYARTHAM - BRAHMAYAGYAM KARISHYE - BRAHMA YAGNENA YAKSHYE
VIDHYURASI VIDHYAME PAAPMAANAM RUTHAAT SATHYAM UPAIMI (CLEAN HANDS
WITH WATER)

OM BHUUHU: TATSAVITHUR VARENYAM, OM BHUVAHAA BARGODEVASYA DEEMAHI,
OGUM SUVAHAA DHEEYO YONAHAA PRACHODHAYAATH - OM BHUHU:
TATSAVITHURVARENYAM, BARGODEVASYA DEEMAHI, OM BHUVAHAA DHEEYO
YONAHAA PRACHODAYAATH - OGUM SUVAHAA TATSAVITHURVARENYAM,
BARGODEVASYA DEEMAHI, DHEEYO YONA PRACHODAYAATH –

Om Bhoo, Om Bhuva, Om Suva, Om Sathyam, Om Purusha

Om Bhoo, bhoo., hoi bhoo, Hoi bhoo Haa aavu vaa a, suvarjyothi aa

Om Bhuvaa, Bhuva, Hoi Bhuva, Hoi Bhuva, Haa aavu vaa a, suvarjyothi aa

Om Suvaa, Suva, Hoi Bhuva, Hoi Bhuva, Haa aavu vaa a, suvarjyothi aa

Om Sathyam, Sathyam, Hoi Bhuva, Hoi Bhuva, Haa aavu vaa a, suvarjyothi aa

Om Purushaa, Purusha, Hoi Bhuva, Hoi Bhuva, Haa aavu vaa a, suvarjyothi aa

Om Thatsa vithurvarenyam, bhargo devasya dheemahi, dhiyo yoo na Pracho aa, him,
dhayo Aaa aa,

HARI: OM AGNIMEE EELE PUROHITHAM YAJNASYA DEVAM RITHWIJAM, HOTHAA
AARAM RATHNA DHAATHAMAM HARI: OM
HARI: OM ISHE TVOR JETWAA VAAYAVASTHA UPAAVASTHA DEVOVAHAA SAVITHAA
PRAARPAYATHU SRESHTATHAMAAYAA KARMANE
HARI: OM AGNA AAYAAHI VEETHAYEE GRUNAANAHAA HAVYADHAATHAYE NI HOTHAA
SATSI BARHISHI HARI: OM



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HARI: OM SHANNO DEVI: ABISHTAYE AAPO BAVANTHU PEETHAYE: SANYO: ABHI
SRAVANTHU NAHAA HARIH: OM
OM BHURBAVASUVAHAA (Take one udarni water in the right hand - with that water round
your head and say the mantram as)
OM SATHYAM THAPAHA SRADHAAYAAM JUHOMI.
(Keep both hands as Namaste and chant the mantra as)
OM NAMO BRAHMANE - NAMO ASTU AGNAYE, NAMA: PRITHIVYAI, NAMA
OWSHADHEEBYAHAA, NAMO VAACHE NAMO VAACHASPATHAYE NAMO VISHNAVE
BRUHATHE KAROMI (3 TIMES)

VRUSHTIRASI VRUSCHA ME PAAPMAANAM AMRUTHAATH SATHYAM UPAAGAM (with
little water touch your both hands Muttu) GOVINDA NAMA SANKEERTHANAM – GOVINDA
GOVINDAA

deva-rishi-pithru tharpanam karishye.

Do deva tharpanam through the tip of fingers

1. Bramodaya ye deva than devaan tharpayami
2. Sarvaan devaan tharpayami
3. Sarva deva ganaan tharpayami
4. Sarva deva pathnis tharpayami
5. Sarva deva ganapathnis tharpayami

***Do rishi tharpanam by wearing yagnopaveetha as garland and pouring out water
from the liitle finger***

- 1, Krishna dwaipayanaayah ye rishaya than rishin tharpayami
2. Sarvaan risheen tharpayami
3. Sarva rishi ganaan tharpayami
4. Sarve rishi pathnis tharpayami
- 5, Sarva rishi gana pathnistharpayami
6. Prajapathim kanda rishim tharpayami
7. Somam kanda rishim tharpayami
8. Agnim kanda rishim tharpayami
9. Viswan devan kanda rishin tharpayami

Pour water from the tips of fingers

10. Sagumhithir devatha upanishada tharpayami
11. Yagnikeer devatha upanishada tharpayami
12. Varuneer devatha upanishada tharpayami

Pour out water from the liitle finger

13. Havyavaham tharpayami
14. Viswaan devaan kanda rishin tharpayami



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Pour water by the bottom of the palm towards self

15. Brahmanam swayambhuvam tharpayami

Pour out water from the little finger

16. Viswan devan kandarishin tharpayami

17. Arunan kandarishin tharpayami

Pour water from the tips of fingers

18. Sadaspathim tharpayami

19. Rig vedam tharpayami

20. Yajur Vedam tharpayami

21. Sama Vedam tharpayami

22. Atharvana Vedam tharpayami

23. Ithihasa puranam tharpayami

24. Kalpam tharpayami

(Only those who have lost their father do Pithru tharpanam wearing the yagnopaveetham on the right shoulder pouring water between the thumb. And index finger).

1. Somah pithruman yamo angiraswan agni kavyavahana ithyadaya ye pithara than pithrun tharpayami,

2. Sarvaan pithrun tharpayami

3. Sarva pithru ganam tharpayami

4. Sarva pithru pathnistharpayami

5. Sarva pithru ganapathnistharpayami

6. Oorjam vahanthi amrutham grutham paya keelaalam parisruyatham swadaastha tharpayatha me pithrun trupyatha, trupyatha, trupyatha (3 times)

Put the yagnopaveetha in the normal fashion

And then do aachamanam.

Brahma yagnam (sacrifice to Brahma) is the oblation offered to satisfy Devas, Rishis (sages) and Pithrus (ancestors). It is supposed to be performed daily after Madhyannikam, But nowadays it is done mainly on avani avittam days.

Summary meaning: Tharpanam means really satisfying. By this tharpanam we satisfy the rishi (sages) of Soma (moon), Agni (fire), Viswaan devan (all gods looking after earth), etc.



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Vedarambham

Though these are essential part of Upakarma
Chant Vedic manthras

Rigvedam (Om Agnimeele.....)

Yajurvedam (Om Ishe Tworje

Samavedam(Om Agna Aayahi.....)

Atharvavedam(Om shanno.....)

Vedic manthraas are very difficult to transliterate in to English and reading them wrongly would be counter productive.(It is Strongly Recommended that the Veda Mantras must be pronounced as per Gurus Directions).

Do aachamanam.

Compiled from various sources by Vish Anant