



|| āhnika stotraṁ - śrīharivaṁśa purāṇam || Ahnika Stotram – Harivamsha Puranam

The following is a rare hymn titled **Ahnika Stotram** as initiated by **Lord Balarama** to **Prdyumna** (Lord Krishna and Devi Rukmini's son) but narrated by **Sage Vaishampayana** to **King Janamejaya** and taken from **Harivamsha Paranam and Chapter 109**. The brief Phalashruti mentions the following benefits for those who recite or listen to this hymn:

- One who recites this hymn embedded with 108 sacred names becomes victorious over bondage, diseases and sorrow.
- This hymn, which is in consonance with Vedas, is capable of bestowing auspiciousness in either world including wealth, comforts, long life, abode in Svarga, increase of Punya, progeny, intellect, fame and clan, etc.
- One who recites this hymn with devotion gets absolved of all sins and attains salvation.

śrīvaiśampāyana uvāca -

atrā'scaryātmakaṁ stotraṁ āhnikāṁ jayatāṁ vara |
pradyumne dvārakāṁ prāpte hatvā taṁ kālaśambaram || 1 ||

baladevena rakṣārthaṁ proktaṁ āhnikāṁ ucyate |
yajjaptvā tu nṛpa-śreṣṭha sāyaṁ pūtātmatāṁ vrajet || 2 ||

kīrtitaṁ baladevena viṣṇunā caiva kīrtitam |
dharma-kāmaīśca munibhir ṛṣibhiścāpi kīrtitam || 3 ||

karhicid rukmiṇī-putro halinā saṁyuto gṛhe |
upaviṣṭaḥ praṇamyā'tha taṁ uvāca kṛtāñjaliḥ || 4 ||

pradyumna uvāca -

kṛṣṇā'nuja mahābhāga rohiṇī-tanaya prabho |
kiñcit stotraṁ mama brūhi yajjaptvā nirbhayo 'bhavam || 5 ||

śrībaladeva uvāca -

surā'sura-gurur brahmā pātu mām jagataḥ-patiḥ |
athoñkāra vaṣaṭkarau sāvitrī vidhayas trayāḥ || 6 ||

ṛco yajūṁṣi sāmāni chandāṁsyā 'tharvaṇāni ca |
catvārastvakhilā vedāḥ sarahasyāḥ savitastarāḥ || 7 ||

purāṇaṁ itihāsaśca akhilānyupakhilāni ca |
aṅgānyupāṅgāni tathā vyākhyātāni ca pāntu mām || 8 ||

pr̥thivī vāyur ākāśam āpo jyotiśca pañcamam |
indriyāṇi mano buddhis tathā sattvaṁ rajas tamaḥ || 9 ||
vyānodānau samānaśca prāṇo 'pānaśca pañcamah |
vāyavaḥ sapta caivā'nye yeṣvāyattamidaṁ jagat || 10 ||
marīcir aṅgirā 'triśca pulastyah pulahaḥ kratuḥ |
bhṛgur vasiṣṭho bhagavān pāntu te mām maharṣayah || 11 ||
kaśyapādyāśca munayaś caturdaśa diśo daśa |
nara-nārāyaṇau devau saganau pāntu mām sadā || 12 ||
rudrāścaikādaśa proktā ādityā dvādaśaiva tu |
aṣṭau ca vasavo devā aśvinau dvau prakīrtitau || 13 ||
hrīḥ śrīr lakṣmīḥ svadhā puṣṭir medhā tuṣṭiḥ smr̥tir dhṛtiḥ |
aditir ditir danuścaiva simhikā daitya-mātarah || 14 ||
himavān hemakūṭaśca niśadhaḥ śveta-parvataḥ |
ṛṣabhaḥ pāriyātraśca vindhyo vaiḍūrya-parvataḥ || 15 ||
sahyodayaśca malayo meru mandara durdarāḥ |
krauñca kailāsa mainākāḥ pāntu mām dharaṇīdharāḥ || 16 ||
śeṣaśca vāsukiścaiva viśālākṣaśca takṣakaḥ |
elāpatraḥ śukla-varṇaḥ kambalā 'śvatarāvubhau || 17 ||
hastibhadraḥ piṭarakaḥ karkoṭaka dhanañjayau |
tathā pūraṇakaścaiva nāgaśca karavīrakaḥ || 18 ||
sumanāsyo dadhimukhas tathā śṛṅgāra-piṇḍakaḥ |
maṇināgaśca bhagavāms triṣu lokeṣu viśrutaḥ || 19 ||
nāgarāḍ adhikarṇaśca tathā hāridrako 'paraḥ |
ete cā'nye ca bahavo ye cā'nye nānukīrtitāḥ || 20 ||
bhūdharāḥ satyadharmaṇaḥ pāntu mām bhujageśvarāḥ |
samudrāḥ pāntu catvāro gaṅgā ca saritām varā || 21 ||
sarasvatī candrabhāgā śatadrur devikā śivā |
dvārāvati vipāśā ca sarayūr yamunā tathā || 22 ||
kalmāṣī ca rathoṣmā ca bāhudā ca hiraṇyadā |
plakṣā cekṣumatī caiva sravanti ca bṛhadrathā || 23 ||
khyātā carmaṇvatī caiva puṇyā caiva vadhūsarā |
etāś cā'nyāśca sarito yāścā'nyā nānukīrtitāḥ || 24 ||

uttarā-patha-gāminyaḥ salilaiḥ snapayantu mām |
veṇī godāvarī sītā kāverī kauṅkaṇāvātī || 25 ||

kṛṣṇā veṇā śuktimatī tamasā puṣpavāhinī |
tāmraparṇī jyotirathā utphalodumbarāvātī || 26 ||

nadī vaitaraṇī puṇyā vidarbhā narmadā śubhā |
vitastā bhīmarathyā ca ailā caiva mahānadī || 27 ||

kālindī gomatī puṇyā nadaḥ śoṇaśca viśrutaḥ |
etāścā'nyāśca vai nadyo yāścā'nyā na tu kīrtitāḥ || 28 ||

dakṣiṇā-patha-vāhinyaḥ salilaiḥ snapayantu mām |
kṣiprā carmaṇvatī puṇyā mahī śubhravatī tathā || 29 ||

sindhur vetravatī caiva bhojāntā vanamālikā |
pūrvabhadrā parābhadrā ūrmilā ca paradrumā || 30 ||

khyātā vetravatī caiva cāpadāsīti viśrutā |
prasthāvatī kuṇḍanadī nadī puṇyā sarasvatī || 31 ||

citraghnī cendumālā ca tathā madhumatī nadī |
umā gurunadī caiva tāpī ca vimalodakā || 32 ||

vimalā vimalodā ca mattagaṅgā payasvinī |
etāścā'nyāśca vai nadyo yāścā'nyā nānukīrtitāḥ || 33 ||

tā mām samabhiṣiṅcantu paścimām āśritāḥ diśam |
bhāgīrathī puṇyajalā prācyām diśi samāśritā || 34 ||

sā tu dahatu me pāpam kīrtitā śambhunā śrutā |
prabhāsam ca prayāgam ca naimiṣam puṣkarāṇi ca || 35 ||

gaṅgātīrtham kurukṣetram śrīkaṅṭham gautamāśramam |
rāmahradaṁ vinaśanam rāmatīrtham tathaiva ca || 36 ||

gaṅgādvāram kanakhalam somo vai yatra cotthitaḥ |
kapāla-mocanam tīrtham jambūmārgam ca viśrutam || 37 ||

suvarṇavindum vikhyātam tathā kanaka-piṅgalam |
daśāśvamedhikam caiva puṇyāśrama-vibhūṣitam || 38 ||

badarī caiva vikhyātā nara-nārāyaṇāśramah |
vikhyātam phalguṭīrtham ca tīrtham candravaṭam tathā || 39 ||

kokāmukham puṇyatamam gaṅgāsāgarameva ca |
magadheṣu tapodaśca gaṅgodbhedaśca viśrutaḥ || 40 ||

tīrthānyetāni puṇyāni sevitāni maharṣibhiḥ |
mām plāvayantu salilaiḥ yāni me kīrtitāni vai || 41 ||

sūkaram yogamārgam ca śvetadvīpam tathaiva ca |
brahmatīrtham rāmatīrtham vājimedha śatopamam || 42 ||

dhārā sampāta saṃyuktā gaṅgā kilbiṣa-nāsinī |
gaṅgā vaikuṅṭha kedāram sūkarodbhedanam param |
tacchāpa-mocanam tīrtham punantvetāni kilbiṣāt || 43 ||

dharmā'rtha-kāma viṣayo yaśaḥ prāptiḥ śamo damaḥ |
varuṇeśo'tha dhanado yamo niyama eva ca || 44 ||

kālo nayaḥ sannatiśca krodho mohaḥ kṣamā dhṛtiḥ |
vidyuto 'bhrāṇyathauśadhyāḥ pramādonmāda-vigrahāḥ || 45 ||

yakṣāḥ piśācā gandharvāḥ kinnarāḥ siddhacāraṇāḥ |
naktamcarāḥ khecarīṇo daṃṣṭriṇaḥ priyavigrahāḥ || 46 ||

lambodarāśca balinaḥ piṅgākṣā viśvarūpiṇaḥ |
marutaḥ sahaparjanyaḥ kalātruṭilavāḥ kṣaṇāḥ || 47 ||

nakṣatrāṇi grahāścaiva ṛtavaḥ śiśirādayaḥ |
māsāhorātrayaścaiva sūrya candramasau tathā || 48 ||

āmodaśca pramodaśca praharṣaḥ śoka eva ca |
rajas tamas tapaḥ satyaṃ śuddhir buddhir dhṛtiḥ śrutīḥ || 49 ||

rudrāṇi bhadrakālī ca bhadra jyeṣṭhā ca vāruṇī |
bhāsī ca kālīkā caiva śāṅḍilī ceti viśrutāḥ || 50 ||

āryā kuhūḥ sinīvālī bhīmā citrarathī ratīḥ |
ekānamśā ca kūṣmāṇḍī devī kātyāyanī ca yā || 51 ||

lohityā janamātā ca devakanyās tu yā smṛtāḥ |
gonandā devapatnī ca mām rakṣantu sabāndhavam || 52 ||

nānā'bharaṇa-veśāśca nānā-rūpāṅkitā'nanāḥ |
nānā-deśa-vicāriṇyo nānā-śastropaśobhitāḥ || 53 ||

medo majjāpriyāścaiva madyamāmsavasāpriyāḥ |
mārjāra dvīpi vaktrāśca gaja-simha-nibhānanāḥ || 54 ||

kaṅkavāyasa ḡrdhrāṇām krauñca-tulyānanās tathā |
vyāla-yajñopavitāśca carma-prāvaraṇās tathā || 55 ||

kṣatajokṣita vaktrāśca kharabherī samasvanāḥ |
matsarāḥ krodhanāścaiva prāsādā rucirālayāḥ || 56 ||
mattonmatta pramattāśca praharantyaśca dhiṣṭhitāḥ |
piṅgākṣāḥ piṅgakeśāśca tato 'nyā lūnamūdhajāḥ || 57 ||
ūrdhvakeśyaḥ kṛṣṇkeśyaḥ śvetakeśyas tathāvarāḥ |
nāgāyuta balāścaiva vāyuvegās tathāparāḥ || 58 ||
ekahastā ekapādā ekākṣāḥ piṅgalā matāḥ |
bahuputrā 'lpaputrāśca dviputrāḥ putra-maṇḍikāḥ || 59 ||
mukhamaṇḍī biḍālī ca pūtanā gandhapūtanā |
śītavātoṣṇa vetālī revatī graha-saṁjñitāḥ || 60 ||
priyahāsyāḥ priyakrodhāḥ priyavāsāḥ priyamvadāḥ |
sukhapradāścā 'sukhadāḥ sadā dvija-jana-priyāḥ || 61 ||
naktamcarāḥ sukhodarkāḥ sadā parvaṇi dāruṇāḥ |
mātaro mātṛvat putram rakṣantu mama nityaśaḥ || 62 ||
pitāmaha mukhodbhūtā raudrā rudrāṅga-sambhavāḥ |
kumāras vedajāścaiva jvarā vai vaiṣṇavādayaḥ || 63 ||
mahābhīmā māvīryā darpodbhūtā mahābalāḥ |
krodhanā 'krodhanāḥ krūrāḥ sura-vigraha-kāriṇāḥ || 64 ||
naktamcarāḥ kesariṇo daṁṣṭriṇāḥ priyavigrahāḥ |
lambodarā jaghaninaḥ piṅgākṣā viśvarūpiṇāḥ || 65 ||
śaktyṛṣṭi śūla parigha prāsa carmāsipāṇayaḥ |
pināka vajra musala brahma-daṇḍāyudha-priyāḥ || 66 ||
daṇḍinaḥ kuṇḍinaḥ sūrā jaṭā-mukuṭa-dhāriṇāḥ |
veda vedāṅga kuśalā nitya-yajñopavītiṇāḥ || 67 ||
vyālāpīḍāḥ kuṇḍalino vīrāḥ keyūra-dhāriṇāḥ |
nānāvasana saṁvītāś citrmālyā'nulepanāḥ || 68 ||
gajāśvoṣṭrarkṣamārjāra simha vyāgra nibhānanāḥ |
varāholūka gomāyu mṛgākhu mahiṣānanāḥ || 69 ||
vāmanā vikaṭāḥ kubjāḥ karālā lūna-mūrdhajāḥ |
sahasra śataścā 'nye sahasra-jaṭa-dhāriṇāḥ || 70 ||
śvetāḥ kailāsa saṅkāśāḥ kecid dinakara-prabhāḥ |
kecij jalada-varṇābhā nilāñjanacayopamāḥ || 71 ||

ekāpādā dvipādāśca tatho dvi-śiroso 'pare |
nirmānsāḥ sthūlajaṅghāśca vyāditāsyā bhayaṅkarāḥ || 72 ||

vāpī taḍāka kūpeṣu samudreṣu saritsu ca |
śmaśāna śaila vṛkṣeṣu śūnyāgāra-nivāsinaḥ || 73 ||

ete grahāśca satataṁ rakṣantu mama sarvataḥ |
mahāgaṇapatir nandī mahākālo mahābalaḥ |
māheśvaro vaiṣṇavaś ca jvarau loka bhayāvahau || 74 ||

grāmaṅīścaiva gopālo bhṛṅgarīṭir gaṇeśvaraḥ |
devaśca vāmadevaśca ghaṅṭākarnaḥ karandhamaḥ || 75 ||

śvetamodaḥ kapāli ca jambhakaḥ śatru-tāpanaḥ |
majjanonmajjanau cobhau santāpana vilāpanau || 76 ||

nijaghāso 'ghasaścaiva sthūṅākarnaḥ praśoṣaṇaḥ |
ulkāmālī dhamadhamo jvālāmālī pramardanaḥ || 77 ||

saṅgaṭṭanaḥ saṅkuṭanaḥ kāṣṭhabhūtaḥ śivaṅkaraḥ |
kūṣmāṇḍaḥ kumbhamūrdhā ca rocano vaikṛto grahaḥ || 78 ||

aniketaḥ surārighnaḥ śivaścā'śiva eva ca |
kṣemakaḥ piśitāśī surārīr harilocanaḥ || 79 ||

bhīmako grāhakaścaiva tathaivā 'gramayo grahaḥ |
upagraho 'ryakaścaiva tathā skanda-graho 'paraḥ || 80 ||

capalo 'samavetālas tāmasaḥ sumahākapiḥ |
hṛdayodvartanaścaidaḥ kuṇḍāśī kaṅkaṇa-priyaḥ || 81 ||

hariśmaśrur garutmanto manomāruta raṁhasaḥ |
pārvatyā roṣa-sambhūtāḥ sahasrāṇi śatāni ca || 82 ||

śaktimanto dhṛtimanto brahmaṇyāḥ satyasaṅgarāḥ |
sarva-kāmā'pahantāro dviṣatāṁ ca mṛdhe mṛdhe || 83 ||

rātrāvahani durgeṣu kīrtitāḥ sakalair guṇaiḥ |
teṣāṁ gaṇānāṁ patayaḥ saganāḥ pāntu mām sadā || 84 ||

nāradaḥ parvataścaiva gandharvā 'psarasām gaṇāḥ |
pitarāḥ kāraṇaṁ kāryaṁ ādhayo vyādhayas tathā || 85 ||

agastyo gālavo gārgyaḥ śaktir dhaumyaḥ parāśaraḥ |
kṛṣṇā 'treyaśca bhagavān asito devalo balaḥ || 86 ||

bṛhaspatir utathyaśca mārkaṇḍeyaḥ śrutaśravāḥ |
dvaipāyano vidarbhaśca jaiminir māṭharaḥ kaṭhaḥ || 87 ||
viśvāmitro vasiṣṭhaśca lomaśaśca mahāmuniḥ |
uttaṅkaścaiva raibhyaśca paulomaśca dvitas tritaḥ || 88 ||
ṛṣir vai kālavr̥kṣīyo munir medhātithis tathā |
sārasvato yavakrītiḥ kuśiko gautamas tathā || 89 ||
saṁvarta ṛṣyaśṛṅgaśca svastyāatreyo vibhāṇḍakaḥ |
ṛcīko jamadagniśca tathaurvas tapasām-nidhiḥ || 90 ||
bharadvājaḥ sthūlaśirāḥ kaśyapaḥ pulahaḥ kratuḥ |
bṛhadagnir hariśmaśrur vijayaḥ kaṇva eva ca || 91 ||
vaitaṇḍī dīrghatāpaśca vedagātho ' mśumāñ chivaḥ |
aṣṭāvakra dadhīciśca śvetaketus tathaiva ca || 92 ||
uddālakaḥ kṣīrapāṇiḥ śṛṅgī gauramukhas tathā |
agniveśyaḥ śamīkaśca pramucur mumucus tathā || 93 ||
ete cā'nye ca ṛṣayo bahavaḥ śaṁsitavratāḥ |
munayaḥ śaṁsitātmāno ye cā'nye nānukīrtitāḥ || 94 ||
kratavaḥ ślāghinaḥ śāntāḥ śāntim kurvantu me sadā |
trayo'gnayas trayovedās traividyaḥ kaustubho maṇiḥ || 95 ||
uccaiḥśravā hayaḥ śrīmān vaidyo dhanvantarir hariḥ |
amṛtaṁ gauḥ suparṇaśca dadhi gaurāśca sarṣapāḥ || 96 ||
śuklāḥ sumanaśaḥ kanyāḥ śvetacchatraṁ yavākṣatāḥ |
dūrvā hiraṇyam gandhāśca vāla-vyajanameva ca || 97 ||
tathā pratihitaṁ cakraṁ mahokṣas candanaṁ viṣam |
śveto vṛṣaḥ karī mattaḥ siṁho vyāghro hayo giriḥ || 98 ||
pṛthivī coddhṛtā lājā brāhmaṇā madhu pāyasam |
svastiko varddhamānaśca nandyāvartaḥ priyaṅgavaḥ || 99 ||
śrīphalaṁ gomayaṁ matsyo dundubhiḥ paṭahasvanaḥ |
ṛṣipatnyaśca kanyāśca śrīmad bhadraśanaṁ dhanuḥ |
rocanā rucakaścaiva nadīnām saṅgamodakam || 100 ||
suparṇāḥ śatapatrāśca cakorā jīvajīvikāḥ |
nandīmukho mayūraśca baddha-muktāmaṇi-dhvajāḥ || 101 ||

āyudhāni praśastāni kārya-siddhi-karāṇi ca |
puṇyam vai vigata kleśam śrīmad vai maṅgalānvitam || 102 ||
rāmeṇodāhṛtam pūrvam āyuh śrī jaya kāṅkṣiṇā |

|| phalaśrutiḥ ||

ya idaṁ śrāvayed vidvān tathaiva śṛṇuyān naraḥ || 103 ||
maṅgalāṣṭa-śatam snāto japan parvaṇi parvaṇi |
vadha bandha parikleśam vyādhi śoka parābhavam || 104 ||
na ca prāpnoti vaikalyam pavitraṁ veda-sammitam |
śrīmat svargyam sadā puṇyam apatya-jananam śivam || 105 ||
śubham kṣemakaram nṛṇām medhā-jananam uttamam |
sarva-roga-praśamanam svakīrti-kula-varadhanam || 106 ||
śraddhāno dayopeto yaḥ paṭhed ātmavān naraḥ |
sarva-pāpa-viśuddhātmā labhate ca śubhām gatim || 107 ||

**|| iti śrīmahābhārata khilabhāge harivaṁśe mahāpurāṇe viṣṇu
parvaṇi āhnika stotraṁ sampūrṇam ||**