

ॐ ऋमन्नकं यजामहे ।
सुगन्धिम् पुष्टिवर्धनम् ॥
ॐर्वारुकमिव बन्धनान् ।
मृत्योर्मुक्षीय मामृतात् ॥

Maha Mritunjaya Mantra

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Om

Tryambakam (3 eyed)	top of head
Yajamahe (meditate upon)	eyebrows (brain)
Sugandhim (sweet fragrance)	eyes (ajna)
Pushti (growth, nourishment)	head-shoulder
Vardhanam (expanding, increasing)	Arms

Urvarukam (cucumber like)	Cheeks
Iva (“ “))	Heart (anahata)
Bandhanam (from stem)	Stomach (manipura)
Mrtyor (from death)	genitals (swadisthana)
Mukshiya (may I be Free)	thighs (muladhara)
Maa (not)	knees
Amrtat (from immortality)	Feet

(Tantric practice adds this at the beginning: om hraum jūm saḥa / om bhūrbhuvah svaḥa and followed at the end by om svaḥa bhuvah bhūr / om saḥa jūm hraum om.

In classical terms, the Maha mrityunjaya mantra is viewed as the death-defying, healing mantra and a call for enlightenment. It is said to be a practice of purifying the karmas of the soul at a deep level.

On a modern level the practice of repetition alone develops concentration that leads towards transformation and greater awareness. The Vibrational resonance has beneficial effect of a subtler deeper level and this is why chanting or even just listening has benefits for mental, emotional, and physical health.