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For Removal of all diseases (General)

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**Note :**

As per scriptural belief, if one sips once daily one teaspoon of water (Āchamanam) along with each name in the Mantra as given here, it destroys all diseases.

**Achutānanta Govinda  
Namōcchārana Bhēṣajam  
Naśyanti sakalā rogāh  
Satyam Satyam Vadāmyaham**

While sipping the water, care should be taken to see that the spoon or hand does not touch our lips and we should not lick our hands or the spoon. One should pour the teaspoon of water into his right hand and from the right hand into the mouth while pronouncing each name. This should be done preferably early in the morning.

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मन्त्रं

ओं अच्युताय नमः

ओं अनन्ताय नमः

ओं गोविंदाय नमः

**MANTRA**

**Om Achyutāya Namah**

**Om Anantāya Namah**

**Om Govindāya Namah**