

- 5 -

For all Heart diseases including hypertension (High BP), elongation of heart, Ischaemia, blocked arteries etc.

**Note :**

It is said that the repetition of this Mantra destroys diseases, toxins and poison, viruses etc. and also bestows pleasure and enjoyment besides ultimately leading the person to Moksha.

रोगघ्नश्च विषघ्नश्च भुक्ति मुक्ति फलप्रदः ।

**Rogaghnascha Vishaghnaścha**

**Bhukti Mukti Phala Pradaḥ**

- 5 -

मन्त्रं

उद्यन्नद्य मित्रमहः आरोहनुत्तरां दिवम् ।  
हृद्रोगं मम सूर्य हरिमाणं च नाशय ॥

(ऋग्वेद I-50-11)

MANTRA

Udyannadya Mitra Mahah  
Ārôhan nuttarâm Divam  
Hṛdrôgam Mama Soorya  
Harimāṇam ça nâsaya

(Rigveda I 50-11)

(To chant daily 108 times)