

















ॐ नमो भगवते वासुदेवाय ॥ १०४ ॥

ॐ नमो भगवते वासुदेवाय ॥  
ॐ नमो भगवते वासुदेवाय ॥ १०५ ॥

ॐ नमो भगवते वासुदेवाय ॥  
ॐ नमो भगवते वासुदेवाय ॥ १०६ ॥

ॐ नमो भगवते वासुदेवाय ॥  
ॐ नमो भगवते वासुदेवाय ॥ १०७ ॥

ॐ नमो भगवते वासुदेवाय ॥ १०८ ॥

ॐ नमो भगवते वासुदेवाय ॥  
ॐ नमो भगवते वासुदेवाय ॥ १०८ ॥

ॐ नमो भगवते वासुदेवाय ॥ १०९ ॥

## What Is Vishnu Sahasranama?

The Vishnu Sahasranama Stotram is a devotional Sanskrit hymn comprising 1,000 names of Lord Vishnu, the preserver of the universe in Hinduism. It is one of the most important texts from the Mahabharata, specifically found in the Anushasana Parva (Book 13, Chapter 149).

It was recited by Bhishma Pitamah on his deathbed to Yudhishthira, the eldest of the Pandavas, offering deep philosophical and spiritual knowledge.

## Meaning of 'Sahasranama'

Sahasra = Thousand

Nama = Names

Together, Sahasranama means "a thousand epithets or divine attributes."

Each name reveals a different quality, attribute, or form of

Lord Vishnu, symbolizing infinity, protection, compassion, and sustenance.

## Who Can Recite Vishnu Sahasranama?

- ☐ Men, women, and children
- ☐ Followers of any faith (for meditative/spiritual purposes)
- ☐ Beginners in Sanskrit (with translations)
- ☐ Ideal for students, professionals, spiritual seekers, and yoga practitioners

“He who chants these names with devotion every day will enjoy peace, prosperity, and liberation.” – Mahabharata, Anushasana Parva

## Structure of the Vishnu Sahasranama Stotram

Dhyana Shlokas (Meditative Verses) – For invoking a calm and focused state

Sahasranama (1000 Names) – Divided into 107 stanzas of 8–10 names each

Phala Shruti (Benefits of Chanting) – Closing verses describing the rewards

Mangala Shlokas (Concluding Prayers) – For universal peace and well-being

## Benefits of Reciting Vishnu Sahasranama (Spiritual + Scientific)

- ☐☐☐ 1. Mental Clarity & Focus  
Enhances memory, reduces overthinking

Helps in meditation and mindfulness

## □□ 2. Spiritual Growth

Cultivates devotion (bhakti), gratitude, and surrender

Aids in spiritual evolution and liberation (moksha)

## □□ 3. Protection & Healing

Names act as mantras that vibrate through the body and mind, dispelling negativity

## □ 4. Success & Stability

Boosts mental discipline and decision-making

Aligns inner peace with outer actions—ideal for students & professionals

## □ 5. Neuroscientific Benefits

Repetition stimulates gamma brainwaves (linked to memory and compassion)

Sanskrit phonetics are shown to enhance neural activity and breathing rhythm

# Scientific Studies Supporting Sanskrit Chanting

A 2023 AI-NLP Research Study found that chanting structured Sanskrit hymns increases alpha and theta waves in the brain, promoting calmness and concentration.

Chanting daily for 40 days has shown improvements in neuroplasticity and stress management in wellness practitioners and meditators.

## How to Recite Vishnu Sahasranama

Step Action

Time Ideal during Brahma Muhurta (4–6 AM) or after sunset

Posture Sit comfortably facing east or north

Cleanliness Take a bath, light a diya/lamp

Mindset Focus on devotion, calmness, and clarity

Tools (Optional) Use a Sanskrit text, app, or audio guide for pronunciation aid

## Frequently Asked Questions (FAQs)

Q1: Is it okay to chant Vishnu Sahasranama without understanding Sanskrit?

Yes. Devotion and intention matter more than perfection. You can read translations or listen to guided audios.

Q2: Can working professionals or students chant it?

Absolutely. Reciting even 10–15 minutes daily offers mental clarity and reduces stress.

Q3: What if I make a mistake while chanting?

Bhagwan Vishnu is known for compassion. Sincere effort matters more than accuracy. Try again with learning.

Q4: Is there a short version for beginners?

Yes. You can begin with Dhyana Shlokas + 1–2 stanzas daily, and gradually increase your practice.

Q5: Can I listen instead of chanting?

Yes. Listening mindfully (with focus) can also offer many benefits, especially for beginners.

## Conclusion

The Vishnu Sahasranama Stotram is more than a thousand names—it's a thousand pathways to inner strength, divine connection, and mental equilibrium. In 2025's fast-paced, tech-driven world, this ancient stotra offers a grounding, peaceful practice that brings balance to your day.

Whether you're seeking spiritual depth, emotional balance, or mental resilience, chanting or listening to Vishnu Sahasranama

can be your daily anchor.

# Vishnu SahasraNama Stotra in Tamil/Telgu/Gujrati/Marathi/English

ॐ नमो भगवते वासुदेवाय ।  
ॐ नमो भगवते वासुदेवाय ।  
ॐ नमो भगवते वासुदेवाय ।  
ॐ नमो भगवते वासुदेवाय ।  
ॐ नमो भगवते वासुदेवाय ।

[Vishnu Sahasranama Stotram](#)

[ॐ नमो भगवते वासुदेवाय](#)  
[ॐ नमो भगवते वासुदेवाय](#)  
[ॐ नमो भगवते वासुदेवाय](#)  
[ॐ नमो भगवते वासुदेवाय](#)

[Vishnu Mantra in English](#)

[ॐ नमो भगवते वासुदेवाय](#)

[Om Jai Jagdish Hare Aarti In English](#)

#VishnuSahasranama #VishnuChanting #Stotram #SanskritChants  
#SpiritualHealing #BhaktiYoga #MindfulChanting #DivineMantras  
#MahabharataWisdom #ChantingBenefits #LordVishnu

***Vishnu Sahasranama meaning***

***How to chant Vishnu Sahasranama***

***Benefits of Vishnu Sahasranama***

***Vishnu Sahasranama for peace***

***Sanskrit chanting mental health***

***Sahasranama daily recitation***

*Bhakti yoga practices*

*Stotra for protection*

*Hindu mantras for meditation*

*Sahasranama mantra explanation*

*Thousand names of Lord Vishnu*

*Bhishma teachings in Mahabharata*

*Vishnu Sahasranama app*

*Sanskrit stotra chanting*

*Vishnu stotra for students*

*Daily spiritual routine*

*Phala shruti significance*

*Vishnu stotra audio*

*Yoga and chanting synergy*

## **Download Vishnu SahasraNama stotra PDF**

By clicking below you can **Free Download Vishnu Sahasra Nama Stotram** | षडशतनाम षडशतनाम षडशतनाम **PDF** format or also can Print it.