

Vishnu Sahasranamam in English Lyrics PDF

Vishnu Sahasranamam

Vishnu Sahasranamam is one of the most revered and widely recited hymns in Hinduism. The name literally means "The Thousand Names of Lord Vishnu." It is a sacred stotra found in the Anushasana Parva of the Mahabharata, where Bhishma Pitamah recites it to Yudhishtira while lying on the bed of arrows.

For centuries, devotees have chanted Vishnu Sahasranamam to deepen their devotion to Lord Vishnu, seek inner peace, strengthen spiritual discipline, and cultivate a sense of divine connection. Each name describes a unique attribute, quality, power, or manifestation of Lord Vishnu, who is regarded as the Preserver and Protector of the Universe.

Many devotees recite Vishnu Sahasranamam daily, especially during morning prayers, Ekadashi observances, and Vaishnava festivals. Reading the hymn in English allows people worldwide to understand and connect with its spiritual meaning while maintaining the essence of the original Sanskrit verses.

Quick Information About Vishnu Sahasranamam

Information	Details
Name	Vishnu Sahasranamam
Deity	Lord Vishnu
Category	Stotra / Devotional Hymn
Original Language	Sanskrit
Scripture Source	Mahabharata (Anushasana Parva)
Best Day	Thursday, Ekadashi, Vaikuntha Ekadashi
Best Time	Early Morning (Brahma Muhurta) or Evening Prayer
Associated Festivals	Ekadashi, Vaikuntha Ekadashi, Janmashtami, Rama Navami
Main Purpose	Devotion, spiritual growth, peace, and remembrance of Lord Vishnu
Number of Names	1,000 Divine Names

Vishnu Sahasranamam in English Lyrics

Om vishvam vishnu rvashatkaro bhoota-bhavya bhavat-prabhuh |
Bhoota-krut bhoota-bhrud-bhavo bhootatma bhoota-bhavanah.||

Pootatma paramatma cha muktanam parama-gatih |
Avyayah purusha sakshee kshetragno-kshara eva cha.||

Yogo yoga-vidam neta pradhana puru-sheshvarah |
Narasimhavapu shreeman keshavah puru-shottamah.||

Sarvah sharvah shivah sthanuh bhootadi-rnidhi ravyayah |
Sambhavo bhavano bharta pradhavah prabhu reeshvarah||

Swayambhoo shambhu radityah pushka raksho maha-svanah |
Anadi nidhano dhata vidhata dhatu ruttamah||

Aprameyo hrushee-keshah padma-nabho-mara-prabhuh |
Vishva-karma manu-stvastha sthavishtah sthaviro dhruvah||

Agrahyah shashvatah krishno lohi-takshah pratrdanah |
Prabhoota strikakubdhama pavitram mangalam param||

Ishanah pranadah prano jyeshthah shreshthah prajpatih |
Hiranya-garbho bhoo-garbho madhavo madhu-soodanah

Ishvaro vikramee dhanve medhavee vikramah kramah |
Anuttamo dura-dharshah krutagnah kruti-ratmavan ||

Suresha sharanam sharma vishva-retah praja-bhavah |
Ahah samvatsaro vyalah pratyaya sarva-darshanah ||

Aja sarve-shvara siddhah siddhi sarvadi rachyutah |
Vrishakapi rame-yatma sarva-yoga vinih-srutah ||

Vasu rvasumana satyah samatma sammita samah |
Amoghah pundaree-kaksho vrusha-karama vrusha-krutih ||

Rudro bahushira babhruh vishva-yoni shuchi-shravah |
Amrita shashvatah stanuh vararoho maha-tapah ||

Sarvaga sarva-vidbhanuh vishva-kseno janardana |
Vedo veda-vidha-vyango vedango veda-vit-kavah ||

Loka-dhyaksha sura-dhyaksho dharma-dhyakshah kruta-krutah |
Chatu-ratna chatu-rvyooha chatur-damshtrah chatur-bhujah ||

Bhrajishnu rbhojanam bhokta sahisnu rajaga-dadivah |
Anagho vijayo jeta vishva-yonih punar-vasuh ||

Upendro vamaah pramshuh amogha shuchi roorjitah |
Ateendra sangrahaah sargo dhruvatma niyamo yamah ||

Vedyo vaidya sada yogee veeraha madhavo madhuh |
Ateendriyo maha-mayo mahotsaho maha-balah ||

Maha-buddhir-maha-veeryo maha-shaktir-maha-dyutih |
Anirdeshyavapu-shreema ameyatma maha dridhrut ||

Mahe-shvaso mahee-bharata shreeniva satamgatih |
Aniruddha sura-nando govindo govidam patih ||

Mareechi rdamaano hamaah suparno bhujagottamah |
Hiranya-nabhah sutapah padma-nabhah prajapatih ||

Amrityo sarva-druk-simhaah sandhata sandhi-man sthirah |
Ajo durma-rshana shastha vishru-tatma sura-riha ||

Guru rguru-tamo dhama satya satya para-kramah |
Nimisho-nimiisha srugvee vacha-spati ruda-radheeh ||

Agranee-rgramanee shreemaah nyayo neta samee-ranaah |
Sahasra-moordha vishvatma saha-srakshah saha-srapat ||

Avartano nivru-ttatma sam-vruta sampra-mardanaah |
Aha-ssama-vartako vahnih anilo dharanee-dharah ||

Supra-sadaah prasa-nnatma vishva srudvishva-bhugvibhuh |
Satkarta satkruta-sadhuh jahnur-narayano narah ||

Asan-khyeyo prame-yatma vishi-shta shishta-kruchu-chih |
Siddhar-thah siddha-sankalpah siddhida siddhi-sadhanah ||

Vrishahē vrishabho vishnuh vrusha-parva vrusho-darah |
Vardhano vardha-manascha vivikta shruti-sagarah ||

Subhujo durdharo vagmee mahendro-vasudho vasuh |
Naika-roopo bruha-droopah shipi-vishtah praka-shanah ||

Oja-hstejo dyuti-dharah praka-shatma prata-panah |
Bhuddhah-spashta-khsharo mantrah chandramshu-rbhaskara-dyutih
||

Amritam-shoodbhavo bhanuh shasha-bindhu-sureshvarah |
Ausha-dham jagata setuh satya-dharma para-kramah ||

Bhoota-bhavya bhava-nnathah pavanah pavano-nalah |
Kamaha-kama-krutkantah kamah kama-pradah prabhuh ||

Yugadi-krudyu-gavarto naika-mayo maha-shanah |
Adrushyo vyakta-roopaschha sahasra-jidanantajit ||

Ishto-vishishta shishte-shtah shikhandee nahusho vrushah |
Krodhaha krodha-krutkarta vishva-bahurma-heedharah ||

Achyutah-prathithah pranah pranado vasa-vanujah |
Apamnidhi radishta-nam apra-mattah prati-shtitah ||

Skandah sanda-dharo dhuryo varado vayu-vahanah |
Vasudevo bruha-dbhanuh adidevah pura-ndarah ||

Ashoka starana starah shoora-showri rjane-shvarah |
Anu-koola shata-vartah padmee padma-nibhe-kshanah ||

Padma-nabho ravinda-kshah padma-garbha-shareera-bhrut |
Mahardhi bhoddho vruddha-tma maha-ksho garuda-dhvajah ||

Atula-sharabho bheemah sama-yagno havir-harih |
Sarva lakshana lakshanyo lakshmeevan samiti-njayah ||

Veksharo rohito margo hethur-damodara sahadh |

Mahee-dharo maha-bhago vegavana-mitashanah ||

Udbhavah ksho-bhano devah shree-garbhah parame-shvarah |
Karanam karanam karta vikarta gahano guhah ||

Vyava-sayo vyava-sthanah sams-thanah sthanado dhruvah |
Para-rdhih parama-spashta stushtah pushtah-shubhe-kshanah ||

Ramo viramo virajo margo neyo nayo-nayah |
Veera-shakti-matam shreshto dharmo dharmavidu-ttamah ||

Vaikunthah purushah pranah pranadah pranavah pruthuh |
Hiranya-garbha shatru-ghno vyapto vayu-radho-kshajah ||

Rutu-sudar-shanah-kalah para-meshthi pari-grahah |
Ugra-samva-tsaro daksho vishramo vishva-dakshinah ||

Vistarah sthavara ssthanuh pramanam beeja-mavyayam |
Artho-nartho maha-kosho maha-bhogo maha-dhanah ||

Anir-vinnah sthavishto bhoo dharmo-yoopo maha-makhah |
Nakshatra-nemir-nakshatree kshamah shamah-samee-hanah ||

Yagna ijyo mahe-jyashcha kratuh-satram satam-gatih |
Sarva-darshee nivru-tatma sarva-gno gnana muttamam ||

Suvrata-sumukha-sookshmah sughosha-sukhada-suhrut |
Mano-haro jita-krodho veerba-burvi-daranah ||

Swapanah svavasho vyapee naika-tma naika-karmakrut
Vatsaro vatsalo vatsee ratnagarbho dhaneshvarah

Dharmagubdharmakrutdharmee sadasatksharamaksharam |
Avignata saha-sramshuh vidhata kruta-lakshanah ||

Gabhasti-nemi-satvasthah simho bhoota-mahe-shvarah |
Adidevo mahadevo devesho deva-bhrudguruh ||

Uttaro gopatir-gopta gnana-gamyah pura-tanah |
Shareera-bhoota-bhrud-bhokta kapee-ndro bhoori-dakshinah ||

Somapo mrutapa-somah purujit-puru-sattamah |
Vinayo-jaya-satya-sandho dasa-rhah satva-tampatih ||

Jeevo vina-yita sakshee mukundo mita vikramah |
Ambho-nidhi rana-ntatma maho-dadhi-shayo-ntakah ||

Ajo maharhah svadhavyo jita-mitrah pramo-danah |
Anando nandano nandah satya-dharma trivi-kramah ||

Maharshih kapila-charyah krutagno medi-needatih |
Tripada-strida-shadh-yakshah maha-shringah krutan-takrut ||

Maha-varaho govindah sushenah kana-kangadee |
Guhyo gabheero gahano gupta-shchakra gadadharah ||

Vedhah-svango jitah-krishno dridha-sankarshano chyutah |
Varuno varuno vrukshah pushka-raksho maha-manah ||

Bhaga-van bhagaha-nandee vana-malee hala-yudhah |
Adityo jyoti-radityah shishnur-gati-sattamah ||

Sudhanva khana-parashuh daruno dravinah pradah |
Divi-spru-ksarva drugvyaso vacha-spati rayonijah ||

Trisama samaga-samah nirvanam beshajam bhishak |
Sanya-sakrutcha-mashanto nishtha-shantih para-yanam ||

Shubhanga-shanti-dasrushta kumudah kuva-leshayah |
Gohito gopati-rgopta vrusha-bhaksho vrusha-priyah ||

Anivarthee nivru-ttatma samkshepta kshema-krutchhivah |
Shree-vatsa-vakshah shree-vasah shree-pathih shree-matam
varaah ||

Shreeda-shreeshah shree-nivasah shree-nidil-shree-vibhavanah |
Shree-dhara-shree-kara-shreyah shreem-man-lokatra-yashrayah ||

Svaksha svangah shata-nando nandi-rjyoti rgane-shvarah |
Viji-tatma vidhe-yatma satkeerti-shchhinna samshayah ||

Udeerna-sarva-tashchakshuh aneesha shashvatah sthirah |

Bhooshayo bhooshano bhooti vishoka shoka-nashanah ||
Archishma narchitah kumbho vishu-ddhatma visho-dhanah |
Aniriddho pratirathah pradyumno mita-vikramah ||
Kala-neminiha shourih shoora shoora-jane-shvarah |
Tilo-katma trilo-keshah keshavah keshiha harih ||
Kama-devah kama-palah kamee kantah kruta-gamah |
Anirde-shyavapuh vishnuh veero nantho dhananjayah ||
Bramhanyo bramha-krut bramha barmha bramha vivar-dhanah |
Bramha-vitbramahno bramhee bramhagno bramhana-ptiyah ||
Maha-kramo maha-karma maha-teja mahoragah |
Maha-kritu rmahayajva maha-yagno maha-haviah ||
Stavya-stava-priya stotram stuta stotaa rana priyah |
Poornah poorayita punyah punya-keerti rana-mayah ||
Mano-java steertha-karo vasu-reta vasu-pradah |
Vasu-prado vasu-devo vasur-vasu-mana haviah ||
Sadgati satkruti-satta sadbhooti satpa-rayanah |
Shoora-seno yadu-shreshthah sannivasa suya-munah ||
Bhoota-vaso vasu-devah sarva-sunilayo nalah |
Darpaha darpado drupto durdharo thapa-rajitah ||
Vishva-moortir-maha-moortih deepta-moorti ramoortiman |
Aneka-moorti-ravyaktah shata-moorti shata-nanah ||
Eko-naika savah kah kim yatta-tpada manu-ttamam |
Loka-bandhu rlokanatho madhavo bhakta-vatsalah ||
Suvarna varno hemango varanga shchhanda-nangadee |
Veeraha vishama shoonyo khritashee rachala shchalah ||
Amanee manado manyo loka-swamee trilo-kadhrut |
Sumedha medhajo dhanyah satya-medha dhara-dharah ||

Tejo vrusho dyuti-dharah sarva-shastra-bhrutam varah |
Pragraho nigraho vyagro naika-shrungo gada-grajah ||

Chatur-moorti chatur-bhahu chatur-vyooohah chatur-gatih |
Chatu-ratma chatur-bhavah chatur-veda-vidikapat ||

Sama-varto nivru-ttatma durjayo durati-kramah |
Durlabho durgamo durgo dura-vaso dura-riha ||

Shubhango loka-sarangah sutantu stantu-varadhanah |
Indra-karma maha-karma kruta-karma kruta-gamah ||

Udbhava sundara sundo ratana-nabha sulo-chanah |
Arko vaja-sani shrungi jayantah sarva-vijjay ||

Suvarna bindu-rakshobhyah sarva-vagee-shvare-shvarah |
Maha-hrado maha-garto maha-bhooto maha-nidhih ||

Kumudah kundarah kundah parjnyah pavano nilah |
Amrutamsho mruta-vapuh sarvagnah sarva-tomukhah ||

Sulabha suvratah siddhah shatruji chhatru-tapanah |
Nyagro-dhodumbaro shvatthah chanoo-randhru nishoo-danah ||

Saha-srarchi sapta-jihvah saptai-dha sapta-vahanah |
Amoorti ranagho chintyo bhaya-krudbhaya-nashanah ||

Anu rbruha tkrushah sthoolo guna-bhrunnir-guno-mahan |
Adhruta svadhruta svastyah pragvamsho vamsha vardhanah ||

Bhara-bhrut kathito yogee yogeesah sarva kamdah |
Ashrama shramanah kshamah suparno vayu-vahanah ||

Dhanur-dharo dhanur-vedo dando damayita damah |
Apara-jita sarva-saho niyanta niyamo yamah ||

Satvavan satvika satyah satya-dharma para-yanah |
Abhi-prayah priyarhorhah priyakrut preeti-varadhanah ||

Vihaya-sagati rjyotih suru-chirhu-tabhugvibhuh |
Ravi rvirochana sooryah savita ravi lochanah ||

Ananta huta-bhugbhokta sukhado naikado grajah |
Anirvinna sada-marshee lokadhi-shthana madbhutah ||

Sanaa tsana-tana-tamah kapilah kapi-ravyayah |
Svastida svasti-krut svasti svastibhuk svasti-dakshinah ||

Aroudrah kundalee chakree vikra-myoorjita shasanah |
Shabdatiga shabda-sahah shishira sharva-reekarah ||

Akroorah peshalo daksho dakshinah kshaminam varah |
Vidvattamo veeta-bhayah punya-shravana keertanah ||

Uttarano dushkrutiha punyo dussvapna nashanah |
Veeraha rakshana santo jeevanah parya-vasthitah ||

Anantha roopo nantha shreeh jitamanyur-bhayapahah |
Chatu-rasro gabhee-ratma vidisho vyadisho dishah ||

Anadi rbhoorbhuvo lakshmeeh suveero ruchi-rangadah |
Janano jana janmadih bheemo bheema-para-kramah ||

Adhara nilayo dhata pushpa-hasah praja-garah |
Urdhvaga satpa-thacharah pranadah pranavah panah ||

Pramanam prana nilayah prana-bhrut prana jeevanah |
Tattvam tattva videkatma janma mrutyu jaratigah ||

Bhoorbhuva svasta-rustarah savita prapi-tamahah |
Yagno yagna-patir-yajva yagnango yagna-vahanah ||

Yagna-bhrut yagnakru t yagee yagnabhuk yagna-sadhanah |
Yajna-ntakrut yagna guhyam anna mannada eva-cha ||

Atma-yoni svayam jaato vaikhana sama-gayanah |
Devakee nandana srashta kshiteeshah papa-nashanah ||

Shankha-bhrut nandakee chakree sharngadhanva gada-dharah |
Rathanga-pani rakshobhyah sarva praha-rana-yudhah ||

Sree sarva-praha-rana-yudha om naman ithi
Vanmalee gadee sharngi shankhee chakree cha nandakee |

Shree-maannaraayano vinshuh vaasu-devo dhira-kshatu ||

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Importance of Vishnu Sahasranamam

Among all Hindu devotional hymns, Vishnu Sahasranamam holds a special place because it summarizes the divine qualities of Lord Vishnu through one thousand sacred names.

The hymn is not merely a list of names. Each name represents a philosophical concept, divine virtue, cosmic function, or spiritual truth. Through regular recitation, devotees gradually develop qualities such as patience, compassion, humility, discipline, and faith.

Many spiritual teachers recommend Vishnu Sahasranamam as a daily practice because it combines devotion (Bhakti), meditation (Dhyana), and self-reflection into a single spiritual exercise.

Spiritual Significance of Vishnu Sahasranamam

The thousand names describe Vishnu as:

- Creator, Preserver, and Sustainer
- Supreme Consciousness
- Protector of Dharma
- Source of Compassion
- Eternal and Infinite Reality

- Guardian of Devotees

When devotees recite these names with sincerity, they constantly remember divine virtues and align their thoughts toward higher spiritual ideals.

Rather than focusing on material rewards alone, Vishnu Sahasranamam encourages inner transformation, spiritual awareness, and devotion to God.

Benefits of Reciting Vishnu Sahasranamam

Devotees traditionally believe that regular recitation may help:

- Increase devotion toward Lord Vishnu
- Develop mental peace and emotional balance
- Improve concentration during prayer and meditation
- Strengthen faith during difficult times
- Cultivate positive thinking
- Encourage spiritual discipline
- Promote inner strength and resilience
- Create a sense of divine connection

The greatest benefit described in traditional scriptures is remembrance of the Divine and steady progress on the spiritual path.

How to Recite Vishnu Sahasranamam

1. Take a bath or wash hands and feet before prayer.
2. Sit in a clean and peaceful place.
3. Light a lamp if possible.
4. Offer flowers or Tulsi leaves to Lord Vishnu.
5. Begin with a short prayer or meditation.
6. Recite the Vishnu Sahasranamam slowly and respectfully.

7. Focus on the meaning and divine qualities represented by the names.
8. Conclude with gratitude and prayer.

Even if one cannot complete the full recitation daily, listening to or reading a portion with devotion is considered beneficial.

Offerings Traditionally Made to Lord Vishnu

Common offerings include:

- Tulsi Leaves
- Yellow Flowers
- Fruits
- Incense
- Ghee Lamp
- Panchamrit
- Milk-based sweets

Tulsi leaves are considered especially sacred and dear to Lord Vishnu.

Dos and Don'ts While Reciting Vishnu Sahasranamam

Dos

- Maintain cleanliness.
- Recite with devotion and concentration.
- Understand the meaning whenever possible.
- Sit calmly and avoid distractions.
- Be respectful toward the sacred text.

Don'ts

- Avoid rushing through the recitation.

- Avoid chanting casually without attention.
- Avoid engaging in arguments or negativity immediately before prayer.
- Avoid treating the hymn as a tool solely for material gain.

Are There Any Rules or Restrictions?

There are no strict restrictions preventing sincere devotees from reciting Vishnu Sahasranamam.

People of all ages, genders, and backgrounds may chant or listen to the hymn. However, traditional practice encourages cleanliness, devotion, sincerity, and respect during recitation.

Special Occasions for Vishnu Sahasranamam Recitation

Many devotees perform special recitations during:

- Ekadashi
- Vaikuntha Ekadashi
- Janmashtami
- Rama Navami
- Narasimha Jayanti
- Guruvaar (Thursday)
- Personal prayer and meditation sessions

These occasions are considered spiritually significant within the Vaishnava tradition.

Who Can Recite Vishnu Sahasranamam?

Anyone can recite Vishnu Sahasranamam.

You do not need advanced Sanskrit knowledge to begin. Many devotees start by reading English transliteration and gradually learn the original pronunciation over time.

The most important requirement is sincere devotion and a willingness to connect with the divine.

Frequently Asked Questions (FAQs)

What is Vishnu Sahasranamam?

Vishnu Sahasranamam is a sacred Hindu hymn containing one thousand names of Lord Vishnu, found in the Mahabharata.

Who composed Vishnu Sahasranamam?

According to the Mahabharata, Bhishma Pitamah recited Vishnu Sahasranamam to Yudhishtira. The hymn itself forms part of the ancient epic.

What is the best time to recite Vishnu Sahasranamam?

Early morning during Brahma Muhurta is considered ideal, although it may be recited at any time with devotion.

Can I read Vishnu Sahasranamam in English?

Yes. Reading the English transliteration is common among devotees who cannot read Sanskrit.

What are the benefits of reciting Vishnu Sahasranamam?

It is traditionally believed to promote peace, devotion, concentration, spiritual growth, and remembrance of Lord Vishnu.

Can beginners recite Vishnu Sahasranamam?

Yes. Beginners may start with English lyrics, transliterations, or audio recitations.

Is Vishnu Sahasranamam only for Vaishnavas?

No. Devotees from all Hindu traditions often recite Vishnu Sahasranamam.

Can women recite Vishnu Sahasranamam?

Yes. Women can recite Vishnu Sahasranamam with devotion and respect.

Is listening to Vishnu Sahasranamam beneficial?

Yes. Listening attentively is considered a meaningful spiritual practice when recitation is not possible.

Why is Vishnu Sahasranamam so important?

Because it summarizes the divine attributes of Lord Vishnu and serves as a powerful devotional and meditative practice.

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