

upākarma and *gāyatrī japam saṅkalpa* details for Aug 30th and Aug 31st, 2023, respectively.

In the *saṅkalpa* portion of the document, use the following entries.

No.	<i>upākarma</i>	<i>gāyatrī japam</i>
Table 2	<i>śōbhakṛt</i>	<i>śōbhakṛt</i>
Table 3	<i>dakṣiṇa</i>	<i>dakṣiṇa</i>
Table 4	<i>varṣa</i>	<i>varṣa</i>
Table 5	<i>siṃha</i>	<i>siṃha</i>
Table 7	<i>saumyavāsara</i>	<i>guruvāsara</i>
Table 8	<i>dhaniṣṭhā</i>	<i>śatabhiṣak</i>

Table 1: Relevant entries of tables in the document.

Please verify the contents of the table before using it.

śrīḥ
śrīmatē rāmānujāya namaḥ
śrīmatē niḡamāntamahādēśikāya namaḥ

॥ yajurupākarmaprayōgaḥ ॥

This document has been prepared by
Sunder Kidāmbi
with the blessings of
śrī raṅgarāmānuja mahādēśikan
His Holiness śrīmad āṇḍavan śrīraṅgam

śrīḥ
śrīmatē rāmānujāya namaḥ
śrīmatē nigamāntamahādēśikāya namaḥ

॥ yajurupākarmaprayōgaḥ ॥

Usually *yajurupākarma* falls on *paurṇamī* of *śrāvaṇa* month. If it not possible to perform it in that month due to unfavorable circumstances, then the same can be performed on *paurṇamī* of *bhādrapada* month (i.e., the following month).

kāmō'kārṣīt manyurakārṣīt japam

After your morning bath and *sandhyāvandanam*, do two *ācamanam* and sit down on a slightly raised platform facing east. Place two strands of *darbha* grass under your seat. Wear a *pavitram* made of two strands of *darbha* grass on your right ring finger and fold two strands of *darbha* grass around your ring finger. Perform three *prāṇāyāmam*. Recite the following

śrīmān vēṅkaṭanāthāryaḥ kavitārkikakēsarī |
vēdāntācāryavaryō mē sannidhattāṃ sadā hr̥di ||

gurubhyastadgurubhyaśca namōvākamadhīmahē |
vṛṇīmahē ca tatrādyau dampatī jagatāṃ patī ||

svaśēṣabhūtēna mayā svīyaiḥ sarvaparicchadaiḥ |
vidhātum prītamātmānaṃ dēvaḥ prakramatē svayam ||

śuklāambaradharaṃ viṣṇuṃ śaśivarṇaṃ caturbhujam |
prasannavadanaṃ dhyāyēt sarvavighnōpaśāntayē ||

*yasya dviradavaktrādyāḥ pāriṣadyāḥ paraśśatam |
vighnaṃ nighnanti satataṃ viṣvaksēnaṃ tamāśrayē ||*

On your right thigh, place your left palm facing upward with the right palm on top of it facing downward. This is the posture for performing *saṅkalpam* or *mahāsaṅkalpam*. The difference between *saṅkalpam* and *mahāsaṅkalpam* is only in its length, the former being shorter than the latter. Henceforth, when we refer to performing *saṅkalpam* or *mahāsaṅkalpam*, you must first configure this posture and then recite the text indicated.

Perform the *mahāsaṅkalpam* by reciting

hariḥ oṃ tat śrīgōvinda gōvinda gōvinda |

*asya śrībhagavatō mahāpuruṣasya śrī viṣṇoḥ ājñayā
pravartamānasya adya brahmaṇaḥ dvitīyaparārdhē
śrīśvētavarāhakalpē vaivasvatamanvantarē kaliyugē
prathamapādē jambūdvīpē bhāratavarṣē bharatakhandē
śakābdē mēōrdakṣiṇē pārśvē asmin vartamānē
vyāvahārikē prabhavādi ṣaṣṭhi saṃvatsarāṇāṃ madhyē*

People in the United States may wish to perform the
mahāsaṅkalpam as

hariḥ oṃ tat śrīgōvinda gōvinda gōvinda |

*asya śrībhagavatō mahāpuruṣasya śrī viṣṇoḥ ājñayā
pravartamānasya adya brahmaṇaḥ dvitīyaparārdhē*

*śrīśvētavarāhakalpē vaivasvatamanvantarē kaliyugē
prathamapādē krauñca dvīpē ramaṇakavarṣē uttara (gōtīrtha)
khaṇḍē śakābdē mērōrdakṣiṇē pārśvē asmin vartamānē
vyāvahārikē prabhavādi ṣaṣṭhi saṃvatsarāṇāṃ madhyē*

Fill in the year from Table 2 *nāmasaṃvatsarē*

Fill in the ayanam from Table 3 *ayaṇē*

Fill in the ritu from Table 4 *ṛtau*

Fill in the month from either Table 5 or 6 *māsē*

śukla pakṣē paurṇamāsyāṃ śubhatithau

Fill in the day from Table 7

Fill in the star from Table 8

*nakṣatra yuktāyāṃ śubhayōga śubhakarāṇa
ēvaṃ guṇaviśēṣaṇa viśiṣṭāyāṃ asyāṃ paurṇamāsyāṃ
śubha tithau śrī bhagavadājñayā śrīman nārāyaṇa prītyartham
(bhagavatkaiṅkarya rūpam/bhagavat prītyartham)
taiśyāṃ paurṇamāsyāṃ adhyāyōtsarjana akaraṇa
prāyaścittārtham aṣṭōttara sahasra (aṣṭōttara śata) saṅkhyayā
kāmo'kārsīt manyurakārsīt iti mahāmantra japaṃ kariṣyē |*

Note that *aṣṭōttara sahasra* means 1008 while *aṣṭōttara śata* means 108. Discard the folded strands of *darbha* grass around your ring finger in

the direction of north. Do not discard the *pavitram*. Now keep your palms in the namaste posture and perform *sāttvika tyāgam* by reciting

*bhagavānēva svaniyāmya svarūpasthiti pravṛtti
svaśēṣataikarasēna anēna ātmanā kartrā
svakīyaiścōpakaraṇaiḥ svārādhanaiḥ prayōjanāya parama
puruṣaḥ sarvaśēṣī śriyaḥpatiḥ svaśēṣa bhūtamidam
kāṃō'kāṛṣīt manyurakāṛṣīt iti mahāmantra japākhyam karma
svasmai svaprītayē svayamēva kārayati ॥*

Recite

kāṃō'kāṛṣīt manyurakāṛṣīt |

either 1008 or 108 times depending upon the *saṅkalpam* you chose. Do *ācamanam* and perform *sāttvika tyāgam* by reciting

*bhagavānēva svaniyāmya svarūpasthiti pravṛtti
svaśēṣataikarasēna anēna ātmanā kartrā
svakīyaiścōpakaraṇaiḥ svārādhanaiḥ prayōjanāya parama
puruṣaḥ sarvaśēṣī śriyaḥpatiḥ svaśēṣa bhūtamidam
kāṃō'kāṛṣīt manyurakāṛṣīt iti mahāmantra japākhyam karma
svasmai svaprītayē svayamēva kāritavān ॥*

This completes the *kāṃō'kāṛṣīt manyurakāṛṣīt japam* which constitutes the first part of *upākarma*.

The daily *mādhyāhnikam* is performed before the next part of *upākarma*. Facing east, do *ācamanam* twice. Be seated on a seat with two strands

of *darbha* grass. Wear the *pavitram* on your right ring finger and do *prāṇāyāmam* three times. Keep your palms in namaste position and recite

śrīmān vēṅkaṭanāthāryaḥ kavītārkikakēsarī |
vēdāntācāryavaryō mē sannidhattāṃ sadā hr̥di ||

gurubhyastadgurubhyaśca namōvākamadhīmahē |
vṛṇīmahē ca tatrādyau dampatī jagatāṃ patī ||

svaśēṣabhūtēna mayā svīyaiḥ sarvaparicchadaiḥ |
vidhātuṃ prītamātmānaṃ dēvaḥ prakramatē svayam ||

śuklāambaradharaṃ viṣṇuṃ śaśivarṇaṃ caturbhujam |
prasannavadanaṃ dhyāyēt sarvavighnōpaśāntayē ||

yasya dviradavaktrādyāḥ pāriṣadyāḥ paraśśatam |
vighnaṃ nighnanti satataṃ viṣvaksēnaṃ tamāśrayē ||

Perform the *mahāsaṅkalpam* by reciting

hariḥ oṃ tat śrīgōvinda gōvinda gōvinda |

asya śrībhagavatō mahāpuruṣasya śrī viṣṇōḥ ājñayā
pravartamānasya adya brahmaṇaḥ dvitīyaparārdhē
śrīsvētavarāhakalpē vaivasvatamanvantarē kaliyugē
prathamapādē jambūdvīpē bhāratavarṣē bharatakhandē
śakābdē mērōrdakṣiṇē pārśvē asmin vartamānē
vyāvahārikē prabhavādi ṣaṣṭhi saṃvatsarāṇāṃ madhyē

People in the United States may wish to perform the *mahāsaṅkalpam* by reciting

hariḥ oṃ tat śrīgōvinda gōvinda gōvinda |

asya śrībhagavatō mahāpuruṣasya śrī viṣṇōḥ ājñayā
pravartamānasya adya brahmaṇaḥ dvitīyaparārdhē
śrīśvētavarāhakalpē vaivasvatamanvantarē kaliyugē
prathamapādē krauñca dvīpē ramaṇakavarṣē uttara (gōtīrtha)
khaṇḍē śakābdē mērōrdakṣiṇē pārśvē asmin vartamānē
vyāvahārikē prabhavādi ṣaṣṭhi saṃvatsarāṇāṃ madhyē

Fill in the year from Table 2 nāmasaṃvatsarē

Fill in the ayanam from Table 3 ayaṇē

Fill in the ritu from Table 4 ṛtau

Fill in the month from either Table 5 or 6 māsē

śukla pakṣē paurṇamāsyāṃ śubhatithau

Fill in the day from Table 7

Fill in the star from Table 8

nakṣatra yuktāyāṃ śubhayōga śubhakarāṇa
ēvaṃ guṇaviśēṣaṇa viśiṣṭāyāṃ asyāṃ paurṇamāsyāṃ
śubha tithau śrī bhagavadājñayā śrīman nārāyaṇa prītyartham
(bhagavatkaiṅkarya rūpam/bhagavat prītyartham) śrāvanyāṃ
(āśāḍhyāṃ) paurṇamāsyāṃ adhyāyōpākarma kariṣyē |
tadaṅgaṃ nava kāṇḍa ṛṣi tarpaṇaṃ kariṣyē |

tadaṅgaṃ yajñōpavīta dhāraṇaṃ kariṣyē |
tadaṅgaṃ puṇyatīrtha snānamahaṃ kariṣyē |

The following line (just one line) is recited by unmarried persons only.

tadaṅgatayā mauñjyajina daṇḍadhāraṇāni ca kariṣyē |

Now keep your palms in the namaste posture and perform
sāttvika tyāgam by reciting

bhagavānēva svaniyāmya svarūpasthiti pravṛtti
svaśēṣataikarasēna anēna ātmanā kartrā
svakīyaiścōpakaraṇaiḥ svārādhanaiḥ prayōjanāya parama
puruṣaḥ sarvaśēṣī śriyaḥpatiḥ svaśēṣa bhūtamidaṃ
śrāvaṇyām (āśāḍhyāṃ) paurṇamāsyām adhyāyōpākarmākhyāṃ
karma svasmai svapṛītayē svayamēva kārayati ||

With hands still in namaste position, recite

apavitraḥ pavitrō vā sarvāvasthāṃ gatō'pi vā |
yaḥ smarēt puṇḍarīkākṣaṃ sa bāhyābhyantaraḥ śuciḥ |
śrī harirhariḥ puṇḍarīkākṣāya namaḥ ||

Sprinkle some water on yourself (including your head) thus indicating a
bath (*snānam*).

yajñōpavīta dhāraṇam

Perform the following *saṅkalpam* by reciting

*adya pūrvōkta ēvaṃ guṇa viśēṣaṇa viśiṣṭāyām asyām
paurṇamāsyām śubha tithau śrī bhagavadājñayā śrīman
nārāyaṇa prītyartham (bhagavatkaiṅkarya rūpam/bhagavat
prītyartham) śrautas-mārtavihitanyakarmānuṣṭhānayoḡyatā -
siddhyartham brahmatējaḥ abhivṛddhyartham
yajñōpavītadhāraṇam karisyē |*

Now keep your palms in the namaste posture and perform
sāttvika tyāgam by reciting

*bhagavānēva svaniyāmya svarūpasthiti pravṛtti
svaśēṣataikarasēna anēna ātmanā kartrā
svakīyaiścōpakaraṇaiḥ svārādhanaiḥ prayōjanāya parama
puruṣaḥ sarvaśēṣī śriyaḥpatiḥ svaśēṣa bhūtamidaṃ
yajñōpavītadhāraṇākhyam karma svasmai svaprītayē
svayamēva kārayati ||*

Sit in *kukkuṭāsana* facing east. Do *ācamanam* and then *prāṇāyāmam*.
Hold the *yajñōpavītam* (the sacred thread) between your palms in such a
way that your right palm faces upward and your left palm faces downward.
The top of the knot on the *yajñōpavītam* should be on your right palm
facing right. This is the starting posture. Now touch the scalp with your
right fingers and recite

yajñōpavīta dhāraṇa mantrasya brahmā ṛṣiḥ

Touch your nose and recite

triṣṭup chandaḥ

Touch your chest and recite

*vēdāstrayō dēvatā |
yajñōpavīta dhāraṇē viniyōgaḥ ||*

Recite the following

*yajñōpavītaṃ parāmaṃ pavitraṃ
prajāpatēryatsāhajam purastāt |
āyusyamagryam pratimuñca śubhram
yajñōpavītaṃ balāmastu tējāḥ ||*

and wear one set of *yajñōpavītam*. Now do *ācamanam*. If you are married, do *prāṇāyāmam* and perform the *saṅkalpam* by reciting the following

*adya pūrvōkta ēvaṃ guṇa viśēṣaṇa viśiṣṭāyām asyāṃ
paurṇamāsyāṃ śubha tithau śrī bhagavadājñayā śrīman
nārāyaṇa prītyartham (bhagavatkaīnkarya rūpam/bhagavat
prītyartham) gārhashtyārthaṃ dvitīya yajñōpavīta
dhāraṇaṃ kariṣyē |*

Hold the second *yajñōpavītam* in the starting posture described above. Now touch the scalp with your right fingers and recite

yajñōpavīta dhāraṇa mantrasya brahmā ṛṣiḥ

Touch your nose and recite

triṣṭup chandaḥ

Touch your chest and recite

vēdāstrayō dēvatā |

yajñōpavīta dhāraṇē viniyōgaḥ |

Recite the following

yajñōpavītaṃ parāmaṃ pavitraṃ
prajāpātēryatsāhajam purastāt |
āyusyamagryam pratimuñca śubhram
yajñōpavītaṃ balāmastu tējāḥ ||

and wear the second set of *yajñōpavītam*. The following is common to all. Now recite

upavītaṃ chinnatantuṃ (bhinnatantuṃ) jirṇaṃ kaśmala dūṣitam |
visrjāmi punarbrahman varcō dīrghāyurastu mē ||

Now discard the old *yajñōpavītam* preferably under a tree.

Do *ācamanam* and perform *sāttvika tyāgam* by reciting

adya pūrvōkta ēvaṃ guṇa viśēṣaṇa viśiṣṭāyām asyām
paurṇamāsyām śubha tithau śrī bhagavadājñayā śrīman
nārāyaṇa prītyartham (bhagavatkainkarya rūpam/bhagavat
prītyartham) gārhashtyārthaṃ dvitīya yajñōpavīta
dhāraṇaṃ kāritavān ||

This completes the process of wearing the new *yajñōpavītam*.

For the unmarried persons, the following three *mantrās* apply for wearing *mauñji*, *kṛṣṇājina*, and *palāśa daṇḍam*. For the first item, i.e., *mauñji*, recite the following and wear a belt made of three strands of *durvā* around the waist. If this is not available, three strands of *darbha* grass can be used.

īyaṃ durūktātparibādhamānā śarma
varūtham punatī na āgāt |
prāṇāpānābhyāṃ balāmābharantī priyā
dēvānāg subhagā mēkhālēyam |

ṛtasya gōptrī tapāsaḥ paraśpī ghnatī
rakṣassahamānā arātī |
sā nāssamantamanu parihi bhādrayā
bhartāraṣṭē mēkhālē mā riṣāma |

For *kṛṣṇājina*, the following is recited after which a piece of deer skin is tied to your *yajñōpavītam*

mitrasya cakṣurdharuṇam baliyastējō
yaśasvi sthāviraḡ samiddham |
anāhaṇasyam vasānam jariṣṇu parīdam
vājyajinam dadhē'ham ||

If you are unable to find a piece of deer skin, a few strands of *darbha* grass can be used instead. For the third item, following is recited after which a small twig of the peepul tree (*palāśa daṇḍam*) is held in the right hand. If you are not able to get this, a couple of strands of *darbha* grass could be used instead.

suśravāssuśravāsaṃ mā kuru yathā tvaḡ suśravāssuśravā
asyēvamahaḡ suśravāssuśravā bhūyāsaṃ yathā tvaḡ
suśravāssuśravō dēvānāṃ nidhigōpō'syēvamahaṃ
brāhmaṇānāṃ brahmaṇō nidhigōpō bhūyāsaṃ ।

navakāṇḍa ṛṣi tarpaṇam

As a pre-requisite for this procedure, prepare a mixture of uncooked rice and black sesame seeds. For brevity, we will call this mixture as RS mixture. It would be helpful if someone assisted you by providing small quantities of this mixture and water while you offer the *tarpaṇam*. For our reference, we will call the person assisting you as the helper. Now, do *ācamanam* twice. Perform the *sāttvika tyāgam* by reciting

bhagavānēva svaniyāmya svarūpasthiti pravṛtti
svaśēṣataikarasēna anēna ātmanā kartrā
svakīyaiścōpakaraṇaiḥ svārādhanaiḥ prayōjanāya parama
puruṣaḥ sarvaśēṣī śriyaḥpatiḥ svaśēṣa bhūtamidaṃ
navakāṇḍa ṛṣitarpaṇākhyam karma svasmai svaprītayē
svayamēva kārayati ॥

Stand facing north. Join both your palms such that they face upward. Wear the *yajñōpavītam* like a necklace such that it goes around your neck and in between your index finger and thumb of both your hands. The sacred knots rest on your palms.

This *tarpaṇam* comprises of three parts. The first seven offerings of the *tarpaṇam* are offered as *ṛṣi tīrtham*. To start this *tarpaṇam*, have the helper place a small amount of the RS mixture on your palms and pour some water. Now recite each line below and release the RS mixture such that it exits from the base of the little fingers of both your palms, as shown in Figure 1. For each line, a fresh amount of RS mixture must be used.

prajāpatiṃ kāṇḍa ṛṣiṃ tarpayāmi |
prajāpatiṃ kāṇḍa ṛṣiṃ tarpayāmi |
prajāpatiṃ kāṇḍa ṛṣiṃ tarpayāmi |

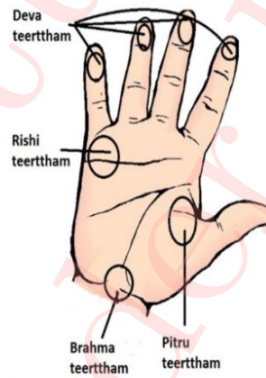


Figure 1: Locations to release various types of *tīrtham*.

sōmaṃ kāṇḍa ṛṣiṃ tarpayāmi |
sōmaṃ kāṇḍa ṛṣiṃ tarpayāmi |
sōmaṃ kāṇḍa ṛṣiṃ tarpayāmi |

agnim kāṇḍa ṛṣim tarpayāmi |
agnim kāṇḍa ṛṣim tarpayāmi |
agnim kāṇḍa ṛṣim tarpayāmi |

viśvān dēvān kāṇḍa ṛṣin tarpayāmi |
viśvān dēvān kāṇḍa ṛṣin tarpayāmi |
viśvān dēvān kāṇḍa ṛṣin tarpayāmi |

sāṃhitīrdēvatā upaniṣadastarpayāmi |
sāṃhitīrdēvatā upaniṣadastarpayāmi |
sāṃhitīrdēvatā upaniṣadastarpayāmi |

yājñikīrdēvatā upaniṣadastarpayāmi |
yājñikīrdēvatā upaniṣadastarpayāmi |
yājñikīrdēvatā upaniṣadastarpayāmi |

vāruṇīrdēvatā upaniṣadastarpayāmi |
vāruṇīrdēvatā upaniṣadastarpayāmi |
vāruṇīrdēvatā upaniṣadastarpayāmi |

The next offering is performed with *brahma tīrtham*. For this, release the RS mixture such that it exits from the base of your palms, as shown in Figure 1. This is typically done by pointing the fingers upward, keeping the sides of the hands together.

brahmāṇam svayaṃbhuvam tarpayāmi |
brahmāṇam svayaṃbhuvam tarpayāmi |
brahmāṇam svayaṃbhuvam tarpayāmi |

The next offering is performed with *dēva tīrtham*. For this, release the RS mixture such that it exits from the tip of your fingers of both your hands, as shown in Figure 1. This is typically done by pointing the fingers downward, keeping the sides of the hands together.

sadasaspatiḥ tarpayāmi |
sadasaspatiḥ tarpayāmi |
sadasaspatiḥ tarpayāmi |

There are some who include

ṛgvēdaḥ tarpayāmi |
yajurvedaḥ tarpayāmi |
sāmavedaḥ tarpayāmi |
atharvaṇavedaḥ tarpayāmi |
itihāsaḥ tarpayāmi |
purāṇān tarpayāmi |
kalpān tarpayāmi |

Now wear your *yajñōpavītam* in the normal way (*upavītam*).

Do two *ācamanam* and perform the *sāttvika tyāgam* by reciting

bhagavānēva svaniyāmya svarūpasthiti pravṛtti
svaśēṣataikarasēna anēna ātmanā kartrā
svakīyaiścōpakaraṇaiḥ svārādhanaiḥ prayōjanāya parama
puruṣaḥ sarvaśēṣī śriyaḥpatiḥ svaśēṣa bhūtamidaḥ
navakāṇḍa ṛṣitarpaṇākhyam karma svasmai svapṛitayē
svayamēva kāritavān ||

Since the most important part of *upākarma* is *vēdādhyayanam*, one should recite whatever part of *vēda* one knows. Traditionally, at least one *anuvākam* from the *vēda* is recited. For example, if one knows *puruṣa sūktam*, one can recite this. At the very least, *gāyatrī japam* is recommended.

sarvaṃ śrīkr̥ṣṇārpaṇamastu

gāyatrī japam

On the following day, after the morning *sandhyāvandanam*, sit facing east and perform two *ācamanam* and wear a *pavitram* made of two strands of *darbha* grass. Next do *prāṇāyāmam* three times and recite

śrīmān vēṅkaṭanāthāryaḥ kavitārkikakēsarī |
vēdāntācāryavaryō mē sannidhattāṃ sadā hr̥di ||

gurubhyastadgurubhyaśca namōvākamadhīmahē |
vṛṇīmahē ca tatrādyau dampatī jagatāṃ patī ||

svaśēṣabhūtēna mayā svīyaiḥ sarvaparicchadaiḥ |
vidhātuṃ prītamātmānaṃ dēvaḥ prakramatē svayam ||

śuklāambaradharaṃ viṣṇuṃ śaśivarṇaṃ caturbhujam |
prasannavadanaṃ dhyāyēt sarvaviḥnōpaśāntayē ||

yasya dviradavaktrādyāḥ pāriṣadyāḥ paraśśatam |
viḥnaṃ niḥnanti satataṃ viṣvaksēnaṃ tamāśrayē ||

Perform the *mahāsaṅkalpam* by reciting

hariḥ oṃ tat śrīgōvinda gōvinda gōvinda |

asya śrībhagavatō mahāpuruṣasya śrī viṣṇōḥ ājñayā
pravartamānasya adya brahmaṇaḥ dvitīyaparārdhē
śrīśvētavarāhakalpē vaivasvatamanvantarē kaliyugē
prathamapādē jambūdvīpē bhāratavarṣē bharatakhaṇḍē
śakābdē mērōrdakṣiṇē pārśvē asmin vartamānē
vyāvahārikē prabhavādi ṣaṣṭhi saṃvatsarāṇāṃ madhyē

People in the United States may wish to perform the
mahāsaṅkalpam as

hariḥ oṃ tat śrīgōvinda gōvinda gōvinda |

*asya śrībhagavatō mahāpuruṣasya śrī viṣṇoḥ ājñayā
pravartamānasya adya brahmaṇaḥ dvitīyaparārdhē
śrīśvētavarāhakalpē vaivasvatamanvantarē kaliyugē
prathamapādē krauñca dvīpē ramaṇakavarṣē uttara (gōtīrtha)
khaṇḍē śakābdē mērōrdakṣiṇē pārśvē asmin vartamānē
vyāvahārikē prabhavādi ṣaṣṭhi samvatsarāṇām madhyē*

Fill in the year from Table 2 *nāmasamvatsarē*

Fill in the ayanam from Table 3 *ayaṇē*

Fill in the ritu from Table 4 *ṛtau*

Fill in the month from either Table 5 or 6 *māsē*

kṛṣṇa pakṣē prathamāyām śubhatithau

Fill in the day from Table 7

Fill in the star from Table 8

*nakṣatra yuktāyām śubhayōga śubhakarāṇa
ēvaṃ guṇaviśēṣaṇa viśiṣṭāyām asyām prathamāyām
śubha tithau śrī bhagavadājñayā śrīman nārāyaṇa prītyartham*

(bhagavatkaiṅkarya rūpam/bhagavat prītyartham)
mithyādhīta dōṣa prāyaścittārtham aṣṭōttara sahasra
(aṣṭōttara śata) saṅkhyayā gāyatrī mahāmantrajapaṃ kariṣyē |

Recall that *aṣṭōttara sahasra* and *aṣṭōttara śata* mean 1008 and 108, respectively. Now keep your palms in the namaste posture and perform *sāttvika tyāgam* by reciting

bhagavānēva svaniyāmya svarūpasthiti pravṛtti
svaśēṣataikarasēna anēna ātmanā kartrā svakīyaiścōpakaraṇaiḥ
svārādhanaika prayōjanāya parama puruṣaḥ sarvaśēṣī
śriyaḥpatiḥ svaśēṣa bhūtamidaṃ gāyatrī mahāmantra
japākhyam karma svasmai svaprītayē svayamēva kārayati ||

Touch the scalp with your right fingers and recite

āsanamantrasya pṛthivyā mērupṛṣṭha ṛṣiḥ

Touch your nose and recite

sutalaṃ chandaḥ

Touch your chest and recite

śrīkūrmō dēvatā |
kūrmāsanē viniyōgaḥ ||

In the namaste posture, recite

*pr̥thvi tvayā dhṛtā lōkā dēvi tvam̐ viṣṇunā dhṛtā |
tvam̐ ca dhāraya mām̐ dēvi pavitraṃ kuru cāsanam ||*

Touch the scalp with your right fingers and recite

praṇavasya ṛṣirbrahmā

Touch your nose and recite

dēvī gāyatrī chandaḥ

Touch your chest and recite

paramātmā dēvatā

Touch the scalp with your right fingers and recite

*bhūrādi sapta vyāhṛtīnām̐ atri bhṛgu kutsa vasiṣṭha
gautama kāśyapa āṅgīrasa ṛṣayaḥ*

Touch your nose and recite

*gāyatrī uṣṇik anuṣṭup bṛhatī paṅkti
triṣṭup jagatyaḥ chandā~msi*

Touch your chest and recite

agni vāyu arka vāgīśa varuṇa indra viśvēdēvā dēvatāḥ

Touch the scalp with your right fingers and recite

sāvitryā ṛṣiḥ viśvāmitra

Touch your nose and recite

dēvī gāyatrī chandaḥ

Touch your chest and recite

savitā dēvatā

Touch the scalp with your right fingers and recite

gāyatrī śirasaḥ brahmā ṛṣiḥ

Touch your nose and recite

anuṣṭup chandaḥ

Touch your chest and recite

paramātmā dēvatā |

sarvēśāṃ japē (prāṇāyāmē) viniyōgaḥ ||

Now do *prāṇāyāmam* ten times.

Touch the scalp with your right fingers and recite

āyātu iti anuvākasya vāmadēva ṛṣiḥ

Touch your nose and recite

anuṣṭup chandaḥ

Touch your chest and recite

gāyatrī dēvatā

In the namaste posture, recite

gāyatrī āvāhanē viniyōgaḥ |

āyātu varādā dēvyakṣaram brahma sammitam |
gāyatrīm chandasām mātēdam brāhma juṣasvā naḥ |
ōjō'si saho'si balāmasi bhrājō'si dēvānām
dhāma nāmāsi viśvāmasi viśvāyussarvāmasi
sarvāyurabhibhūrōm gāyatrīmāvāhayāmi ||

Touch the scalp with your right fingers and recite

sāvitrīyā ṛṣiḥ viśvāmitraḥ

Touch your nose and recite

dēvī gāyatrī chandaḥ

Touch your chest and recite

savitā dēvatā

In the namaste posture, recite

śaṅkhacakra dharam dēvaḥ kirītādivibhūṣitam |
sūryamaṇḍalamadhyastham dhyāyētsvarṇaruciḥ harim ||

yō dēvassavitā'smākaṃ dhiyō dharmādigōcarāḥ |
prērayēttasya yadbhargastadvarēṇyamupāsmahē ||

Now recite the *gāyatrī mantram*

ōṃ |

bhūrbhuvassuvāḥ |

tathsāviturvarēṇyaṃ (tathsāviturvarēṇiyam) |

bhargō dēvasyā dhīmahi |

dhiyō yō naḥ pracōdayāt ||

1008 or 108 times, as chosen in the *saṅkalpam*.

Do *prāṇāyāmam* once. Perform *saṅkalpam* by reciting

śrī bhagavadājñayā śrīman nārāyaṇa prītyartham
(bhagavatkaiṅkarya rūpam/bhagavat prītyartham)
gāyatrī udvāsanam kariṣyē |

Touch the scalp with your right fingers and recite

uttama ityanuvākasya vāmadēva ṛṣiḥ

Touch your nose and recite

anuṣṭup chandaḥ

Touch your chest and recite

gāyatrī dēvatā |
gāyatrī udvāsanē viniyōgaḥ ||

In the namaste posture, recite

uttamē śikharē dēvi bhūmyāṃ parvatamūrdhani |
brāhmaṇēbhyō hyanujñānaṃ gaccha dēvi yathāsukham ||

Prostrate and recite your *abhivādayē* (see appendix).

Do *ācamanam* twice and perform the *sāttvika tyāgam* by reciting

bhagavānēva svaniyāmya svarūpasthiti pravṛtti
svaśēṣataikarasēna anēna ātmanā kartrā svakīyaīscōpakaraṇaiḥ
svārādhanaiḥ prayōjanāya parama puruṣaḥ sarvaśēṣī
śriyaḥpatiḥ svaśēṣa bhūtamidaṃ gāyatrī mahāmantra
japākhyam karma svasmai svaprītayē svayamēva kārītavān ||

This concludes the *gāyatrī japam*.

sarvaṃ śrīkr̥ṣṇārpaṇamastu

Appendix

ācamanam

Sit in the *kukkuṭāsana* posture with hands between the legs, as shown in Fig. 2.



Figure 2: *ācamanam*.

Hold the right palm such that the little, ring and middle fingers are stretched out while the index finger is bent inward and thumb faces outward. Pour a small amount of water into your right palm and recite

ōṃ acyutāya namaḥ

and swallow the water (do not sip).

Repeat the above procedure by reciting

ōṃ anantāya namaḥ, and *ōṃ gōvindāya namaḥ*.

Wipe your lips with water and wash your right hand. Next, the twelve mantras given in the left column of Table 1 are uttered while carrying out the action indicated in the right column of the table.

Mantra	Action
<i>ōṃ kēśavāya namaḥ</i>	Right hand thumb touching the right cheek
<i>ōṃ nārāyaṇāya namaḥ</i>	Right hand thumb touching the left cheek
<i>ōṃ mādhavāya namaḥ</i>	Right hand ring finger touching the right eye
<i>ōṃ gōvindāya namaḥ</i>	Right hand ring finger touching the left eye
<i>ōṃ viṣṇavē namaḥ</i>	Right hand index finger touching the right nostril
<i>ōṃ madhu - sūdanāya namaḥ</i>	Right hand index finger touching the left nostril
<i>ōṃ trivikramāya namaḥ</i>	Right hand little finger touching the right ear
<i>ōṃ vāmanāya namaḥ</i>	Right hand little finger touching the left ear
<i>ōṃ śrīdharāya namaḥ</i>	Right hand middle finger touching the right shoulder
<i>ōṃ ṛṣikēśāya namaḥ</i>	Right hand middle finger touching the left shoulder

<i>ōṃ padmanābhāya namaḥ</i>	Right hand fingers touching the navel
<i>ōṃ dāmōdarāya namaḥ</i>	Right hand fingers touching the scalp

Table 1: **Mantra and Action** involved in the second part of *ācamanam*

prāṇāyāmam

This is a three part action wherein the the nose is held between the right hand thumb and the right ring finger. The index and middle fingers must be bent inward towards the center of the palm. In the first part, close the left nostril with the ring finger and exhale through the right nostril. This process is called *rēcaka*. Next, close the right nostril with the thumb and inhale slowly through the left nostril. This process is called *pūraka*. In the second part, close the left nostril with the ring finger thus holding the breath. This process is called *kumbhaka*. Mentally recite the following mantra three times.

ōṃ bhūḥ |

ōṃ bhuvāḥ [ōṃ bhuvāḥ] |

ōḡ suvāḥ [ōḡ suvāḥ] |

ōṃ mahāḥ [ōṃ mahāḥ] |

ōṃ janāḥ [ōṃ janāḥ] |

ōṃ tapaḥ [ōṃ tapaḥ] |

ōḡ saṭyam |

ōṃ tathsaṅviturvarēṅyaṃ bhargō dēvasya dhīmahī |

dhiyō yō naḥ pracōdayāt |

ōmāpō jyōtī rasō mṛtaṃ brahma bhūrbhuvassuvarōm ||

In the third part, keep the left nostril closed with the ring finger and exhale through the right nostril. Say *ōm* and touch the right ear. Figure 3 shows the three parts of *prāṇāyāma*.



Part 1 *rēcaka*



Part 2 *pūraka*



Part 3 *kumbhaka*

Figure 3: Three parts of *prāṇāyāma*.

abhivādanam

In the standing posture, bend your body to the waist level. Cover your right and left ears with right and left palms, respectively. Then recite

abhivādayē

choose from column two in Table 9 based on your *gōtram*

trayārṣaya pravarānvita or *pañcārṣaya pravarānvita* depending upon your *gōtram*

choose from column one of Table 9 based on your *gōtram*

gōtraḥ

choose from column two of Table 10 based on your branch of veda

sūtraḥ

choose from column one of Table 10 based on your branch of veda

śākhā'dhyāyī

say your *śarma* name

śarma nāmāham asmibhōḥ

As an example

abhivādayē ātrēya ārcanānasa śyāvāśva trayārṣaya

pravarānvita ātrēya gōtraḥ āpastamba sūtraḥ yajuśśākhā'dhyāyī

sundararājaśarmanāmāham asmibhōḥ |

1	<i>prabhava</i>	16	<i>citrabhānu</i>	31	<i>hēvilāmbi</i>	46	<i>parīdhāvi</i>
2	<i>vibhava</i>	17	<i>svabhānu</i>	32	<i>viḷāmbi</i>	47	<i>pramādīca</i>
3	<i>śukla</i>	18	<i>tāraṇa</i>	33	<i>vikāri</i>	48	<i>ānanda</i>
4	<i>pramōdūta</i>	19	<i>pārthiva</i>	34	<i>śārvari</i>	49	<i>rākṣasa</i>
5	<i>prajōtpatti</i>	20	<i>vyaya</i>	35	<i>plava</i>	50	<i>naḷa</i>
6	<i>āṅgīrasa</i>	21	<i>sarvajit</i>	36	<i>śubhakṛt</i>	51	<i>piṅgala</i>
7	<i>śrīmukha</i>	22	<i>sarvadhārī</i>	37	<i>śōbhakṛt</i>	52	<i>kālayukti</i>
8	<i>bhava</i>	23	<i>virōdhi</i>	38	<i>krōdhi</i>	53	<i>siddhārthi</i>
9	<i>yuva</i>	24	<i>vikṛti</i>	39	<i>viśvāvasu</i>	54	<i>raudri</i>
10	<i>dhātu</i>	25	<i>khara</i>	40	<i>parābhava</i>	55	<i>durmati</i>
11	<i>īśvara</i>	26	<i>nandana</i>	41	<i>plavaṅga</i>	56	<i>dundubhi</i>
12	<i>bahudhānya</i>	27	<i>vijaya</i>	42	<i>kīlaka</i>	57	<i>rudhirōdgāri</i>
13	<i>pramāthi</i>	28	<i>jaya</i>	43	<i>saumya</i>	58	<i>raktākṣi</i>
14	<i>vikrama</i>	29	<i>manmatha</i>	44	<i>sādhāraṇa</i>	59	<i>krōdhana</i>
15	<i>viṣu</i>	30	<i>durmukhi</i>	45	<i>virōdhikṛt</i>	60	<i>akṣaya</i>

Table 2: **Samvatsaram**

<i>ayanam</i>	Period
<i>uttara</i>	Mid January to Mid July
<i>dakṣiṇa</i>	Mid July to Mid January

Table 3: **Ayanam**

<i>ṛtu</i>	Period
<i>vasanta</i>	Mid April to Mid June
<i>grīṣma</i>	Mid June to Mid August
<i>varṣa</i>	Mid August to Mid October
<i>śarat</i>	Mid October to Mid December
<i>hēmanta</i>	Mid December to Mid February
<i>śīśira</i>	Mid February to Mid April

Table 4: **Ritu or Seasons**

<i>māsam</i>	Period
<i>caitra</i>	March to April
<i>vaiśākha</i>	April to May
<i>ḥyēṣṭha</i>	May to June
<i>āsāḍha</i>	June to July
<i>śrāvaṇa</i>	July to August
<i>bhādrapada</i>	August to September
<i>āsvayuja</i>	September to October
<i>kārtika</i>	October to November
<i>mārgaśira</i>	November to December
<i>puṣya</i>	December to January
<i>māgha</i>	January to February
<i>phālgua</i>	February to March

Table 5: Lunar months

<i>māsam</i>	Period
<i>mēṣa</i>	Mid April to Mid May
<i>vṛṣabha</i>	Mid May to Mid June
<i>mithuna</i>	Mid June to Mid July
<i>karkaṭa</i>	Mid July to Mid August
<i>siṃha</i>	Mid August to Mid September
<i>kanyā</i>	Mid September to Mid October
<i>tulā</i>	Mid October to Mid November
<i>vṛścika</i>	Mid November to Mid December
<i>cāpa</i>	Mid December to Mid January
<i>makara</i>	Mid January to Mid February
<i>kumbha</i>	Mid February to Mid March
<i>mīna</i>	Mid March to Mid April

Table 6: **Solar months**

Day of the week	<i>vāsaraḥ</i>
Sunday	<i>bhānuvāsaraḥ</i>
Monday	<i>induvāsaraḥ</i>
Tuesday	<i>bhaumavāsaraḥ</i>
Wednesday	<i>saumyavāsaraḥ</i>
Thursday	<i>guruvāsaraḥ</i>
Friday	<i>bhṛguvāsaraḥ</i>
Saturday	<i>sthiravāsaraḥ</i>

Table 7: **Days of the week**

1	<i>aśvini</i>	10	<i>maghā</i>	19	<i>mūla</i>
2	<i>bharaṇī</i>	11	<i>pūrvaphālgunī</i>	20	<i>pūrvāṣāḍhā</i>
3	<i>kṛttikā</i>	12	<i>uttaraphālgunī</i>	21	<i>uttarāṣāḍhā</i>
4	<i>rōhiṇī</i>	13	<i>hasta</i>	22	<i>śravaṇa</i>
5	<i>mṛgaśīrṣa</i>	14	<i>citrā</i>	23	<i>dhaniṣṭhā</i>
6	<i>ārdrā</i>	15	<i>svāti</i>	24	<i>śatabhiṣak</i>
7	<i>punarvasu</i>	16	<i>viśākhā</i>	25	<i>pūrvabhādrapadā</i>
8	<i>puṣya</i>	17	<i>anurādhā</i>	26	<i>uttarabhādrapadā</i>
9	<i>āślēṣā</i>	18	<i>jyēṣṭhā</i>	27	<i>rēvatī</i>

Table 8: **Nakshtram**

No.	gōtram	pravaram
1	<i>aja</i>	(1) <i>viśvāmitra, mādhuccandasa, aja (3)</i> (2) <i>viśvāmitra, āśmarathya, vādhula (3)</i>
2	<i>aṣṭaka</i>	(1) <i>viśvāmitra, mādhuccandasa, aṣṭaka (3)</i> (2) <i>viśvāmitra, aṣṭaka (2)</i>
3	<i>aṣṭaka</i>	<i>viśvāmitra, aṣṭaka, lauhita (3)</i>
4	<i>āghamarṣaṇa</i>	<i>viśvāmitra, āghamarṣaṇa, kauśika (3)</i>
5	<i>atithi</i>	<i>ātrēya, ārcanānasa, atitha (3)</i>
6	<i>agastya</i>	(1) <i>agastya, dārḍhyacyuta, aidhmavāha (3)</i> (2) <i>agastya, dārḍhyacyuta, saumavāha (3)</i>
7	<i>agnivēśya</i>	<i>āṅgīrasa, bārhaspatya, bhāradvāja (3)</i>
8	<i>agastāra</i>	<i>agastya, mahēndra, māyōbhuvā (3)</i>
9	<i>aśmarathya</i>	<i>viśvāmitra, aśmarathya, vādhula (3)</i>
10	<i>ātmabhuvā</i>	<i>āṅgīrasa, bārhaspatya, bhāradvāja, māntravara, ātmabhuvā (5)</i>
11	<i>ātrēyasa</i>	<i>ātrēya, ārcanānasa, śyāvāśva (3)</i>

No.	<i>gōtram</i>	<i>pravaram</i>
12	<i>āyāsyā auśija gautama</i>	<i>āṅgīrasa, āyāsyā, auśija, gautama, kākṣivata (5)</i>
13	<i>ātrēya</i>	<i>āṅgīrasa, bārhaspatya, bhāradvāja, śainya, gārgya (5)</i>
14	<i>āṅgīrasa</i>	<i>(1) āṅgīrasa, āmbarīṣa, hārīta (3) (2) āṅgīrasa, āmbarīṣa, yauvanāśva (3)</i>
15	<i>indrakauśika</i>	<i>viśvāmitra, aindra, kauśika (3)</i>
16	<i>idhmavāhana</i>	<i>agastya, dālbhyacyuti, idhmavāha (3)</i>
17	<i>upamanyu (vasiṣṭha)</i>	<i>vāsiṣṭha, ābharadvasavya, aindra pramada (3)</i>
18	<i>ṛkṣasa</i>	<i>(1) āṅgīrasa, bārhaspatya, bhāradvāja, vāndana, mātavacasa (5) (2) āṅgīrasa, vāndana, mātavacasa (3)</i>
19	<i>aucathya gautama</i>	<i>(1) āṅgīrasa, aucathya, gautama (3) (2) āṅgīrasa, aucathya, auśija (3)</i>
20	<i>auśanasa</i>	<i>āṅgīrasa, gautama, auśanasa (3)</i>
21	<i>auśijagautama</i>	<i>āṅgīrasa, auśija, gautama (3)</i>
22	<i>karēṇupāla</i>	<i>āṅgīrasa, gautama, kārēṇupāla (3)</i>

No.	<i>gōtram</i>	<i>pravaram</i>
23	<i>kapi</i> <i>śuddhakapi ca</i>	<i>āṅgīrasa, āmahīyava, auruḥṣaya (3)</i>
24	<i>kaṇvasa</i>	(1) <i>āṅgīrasa, ajamīḍha, kāṇva (3)</i> (2) <i>āṅgīrasa, ghaura, kāṇva (3)</i>
25	<i>kata</i>	<i>viśvāmitra, kātyā, kīla (3)</i>
26	<i>kapōtarētaśa</i>	<i>viśvāmitra, kapōtarētaśa (2)</i>
27	<i>kathaka</i>	<i>viśvāmitra, kathaka (2)</i>
28	<i>kāśyapa</i>	<i>kāśyapa, āvatsāra, āśita (3)</i>
29	<i>kātya</i>	(1) <i>viśvāmitra, kātya, ākṣīla (3)</i> (2) <i>sāti, saulidvāri, viśvāmitra (3)</i>
30	<i>kākṣivata</i>	<i>āṅgīrasa, aucathya, gautama,</i> <i>auśija, kākṣivata (5)</i>
31	<i>kāpibhuva</i>	<i>āṅgīrasa, taittiri, kāpibhuva (3)</i>
32	<i>kāmakāyana</i> <i>viśvāmitra</i>	<i>viśvāmitra, dēvaśravasa,</i> <i>daivatarasa (3)</i>
33	<i>kutsasa</i>	(1) <i>āṅgīrasa, āmbarīṣa, yauvanāśva (3)</i> (2) <i>māndhātra, āmbarīṣa,</i> <i>yauvanāśva (3)</i> (3) <i>āṅgīrasa, māndhātra, kautsa(3)</i>
34	<i>kaunḍinya</i>	<i>vāsiṣṭha, maitrāvaruṇa, kaunḍinya (3)</i>

No.	<i>gōtram</i>	<i>pravaram</i>
35	<i>kaumaṇḍa</i>	<i>āṅgīrasa, aucathya, kākṣīvata, gautama, kaumaṇḍa (5)</i>
36	<i>kausīka</i>	(1) <i>viśvāmitra, dēvarāta, audala (3)</i> (2) <i>viśvāmitra, āghamarṣaṇa, kausīka (3)</i>
37	<i>kausīka</i> <i>viśvāmitra</i>	<i>viśvāmitra, āghamarṣaṇa, kausīka (3)</i>
38	<i>gārtsamada</i>	<i>bhārgava, gārtsamada (2)</i>
39	<i>gārgya</i>	(1) <i>āṅgīrasa, bārhaspatya, bhāradvāja, gārgya, śainya (5)</i> (2) <i>āṅgīrasa, śainya, gārgya (3)</i>
40	<i>gāviṣṭhira</i>	(1) <i>ātrēya, gāviṣṭhira, paurvatitha (3)</i> (2) <i>ātrēya, ārcanānasa, gāviṣṭhira (3)</i>
41	<i>gārgya</i>	<i>bhāradvāja, gārgya, śainya (3)</i>
42	<i>gāthina</i>	<i>viśvāmitra, gāthina, raivaṇa (3)</i>
43	<i>gautama</i>	<i>āṅgīrasa, āyāsya, gautama (3)</i>
44	<i>ghṛtakausīka</i>	<i>viśvāmitra, ghṛtakausīka (2)</i>

No.	gōtram	pravaram
45	jamadagni	(1) bhārgava, cyāvana, āpnavāna, aurva, jāmadagnya (5) (2) bhārgava, aurva, jāmadagnya (3) (3) jāmadagnya, vatsa, bhārgava (3) (4) jāmadagnya, bidā, bhārgava (3) (5) bhārgava, cyāvana, āpnavāna (3) (6) jāmadagnya, cyāvana, āpnavāna (3) (7) bhārgava, cyāvana, āpnavāna, ārṣṇiṣēṇa, anūpa (5)
46	māṇḍavya	(1) bhārgava, cyāvana, āpnavāna, aurva, jāmadagnya (5)
47	jamadagni	vatsa, cyāvana, āpnavāna (3)
48	jātūkarṇya	vāsiṣṭha, ātrēya, jātūkarṇya (3)
49	dīrghatamasa	(1) āṅgīrasa, aucathya, dairghatamasa (3) (2) āṅgirasa, aucathya, kākṣīvata, gautama, dairghatamasa (5)
50	daivatarasa	viśvāmitra, daivaśravasa, dēvatarasa (3)
51	dhanañjaya	viśvāmitra, mādhucchandasa, dhānañjaya (3)
52	dhanañjaya	ātrēya, ārcanānasa, dhānañjaya (3)

No.	gōtram	pravaram
53	dharbhavāha	agastya, dālbhyacyuti, dharbhavāha (3)
54	naidhruva	kāśyapa, āvatsāra, naidhruva (3)
55	naimathita	bhārgava, cyāvana, āpnavāna, baijava, naimathita (5)
56	parāśara	vāsiṣṭha, śāktya, pārāśarya (3)
57	pārtha	bhārgava, vainya, pārtha (3)
58	pārpadaśva	aṣṭāduṣṭra, vairūpya, pārśadaśva (3)
59	purōdhasa	bhārgava, vātsa, paurōdhasa (3)
60	pūraṇa	viśvāmitra, dēvarāta, paurāṇa (3)
61	pūrṇamāsa	agastya, paurṇamāsa, vāraṇa (3)
62	pūtamānasa	(1) vāsiṣṭha, maitrāvaruṇa, upamanyu (3) (2) sāṅkya, sāṅkr̥tya, gauravēdi (3)
63	pṛśadaśva	āṅgirasa, pārśadaśva, vairūpya (3)
64	paurāṇa	viśvāmitra, paurāṇa (2)
65	pautrika	ātrēya, vāmarathya, pautrika (3)
66	paurāṇa	agastya, paurṇamāsa, paurāṇa (3)
67	paurūrava	mānava, ēla, paurūravasa (3)
68	pauṇika	agastya, paināyata, pauṇika (3)

No.	gōtram	pravaram
69	bādarāyaṇa	(1) āṅgīrasa, viṣṇuvṛddha, bādarāyaṇa (3) (2) āṅgīrasa, paurukutsa, trāsadasyava (3)
70	bida	(1) bhārgava, cyāvana, āpnavāna, aurva, baida (5) (2) bhārgava, aurva, jāmadagnya (3) (3) bhārgava, cyāvana, āpnavāna (3)
71	bījāvāpa	(1) ātrēya, ārcanānasa, atithēti (3) (2) ātrēya, ārcanānasa, gāviṣṭha (3)
72	bṛhadukthya	āṅgīrasa, bārhaduktha, gautama (3)
73	baijava	bhārgava, cyāvana, āpnavāna, baijava, naimathita (5)
74	bhāradvāja	āṅgīrasa, bārhaspatya, bhāradvāja (3)
75	mayōbhuva	agastya, paurṇamāsa, pauraṇa (3)
76	mānava	mānava (1)
77	māṭhara	bhārgava, sāṭhara, māṭhara (3)
78	mitrayuva	bhārgava, vādhryaśva, daivōdāsa (3)
79	mudgalasa	ātrēya, ārcanānasa, paurvatitha (3)

No.	gōtram	pravaram
80	maudgalya	(1) āṅgīrasa, bhaurmyaśva, maudgalya (3) (2) tārksya, bhārmyaśva, maudgalya (3)
81	mauṅgala	bhālandana, vātsapri, mauṅgala (3)
82	mauna - bhārgava	bhārgava, vītahavya, sāvēdasa (3)
83	yaska	bhārgava, vaitahavya, sāvēdasa (3)
84	yajñavāha	agastya, dārḍhyacyuta, yajñavāha (3)
85	rathītara	(1) āṅgīrasa, vairūpa, pārṣadaśva (3) (2) āṅgīrasa, pārṣadaśva, rāthītara (3)
86	rāhūgaṇa	āṅgīrasa, rāhūgaṇa, gautama (3)
87	rāghavasa	āṅgīrasa, rāghava, gautama (3)
88	rōhiṇa	viśvāmitra, mādhucchandasa, rauhīṇa (3)
89	raibhya	kāśyapa, āvatsāra, raibhya (3)
90	raivaṇa	viśvāmitra, gādhina, raivaṇa (3)
91	rautthaka	(1) viśvāmitra, rautthaka, raivaṇa (3) (2) viśvāmitra, gādhina, raivaṇa (3)
92	rauḥṣaka	(1) viśvāmitra, gāthina, raivaṇa (3) (2) viśvāmitra, rauḥṣaka, raivaṇa (3)

No.	<i>gōtram</i>	<i>pravaram</i>
93	<i>lōhita</i>	<i>viśvāmitra, aṣṭaka, lauhita (3)</i>
94	<i>lōhitasa</i>	<i>viśvāmitra, dēvarāta (2)</i>
95	<i>laugākṣi</i>	<i>(1) kāśyapa, āvatsāra, vāsiṣṭha (3)</i> <i>(2) vāsiṣṭha, āvatsāra, kāśyapa (3)</i>
96	<i>vasiṣṭha</i>	<i>(1) vāsiṣṭha (1)</i> <i>(2) vāsiṣṭha, maitrāvaruṇa,</i> <i>kaunḍinya (3)</i>
97	<i>vatsa</i>	<i>bhārgava, cyāvana, āpnavāna, vātsa,</i> <i>paurōdhasa (5)</i>
98	<i>vāmadēva</i>	<i>(1) āṅgirasa, vāmadēva, gautama (3)</i> <i>(2) āṅgirasa, vāmadēva,</i> <i>bārhaduktha (3)</i>
99	<i>vāgbhūta</i>	<i>ātrēya, ārcanānasa, vāgbhūta (3)</i>
100	<i>vātsapri</i>	<i>vātsapri (1)</i>
101	<i>vāmarathya</i>	<i>(1) ātrēya, ārcanānasa, atithēti (3)</i> <i>(2) ātrēya, ārcanānasa, gāviṣṭha (3)</i>
102	<i>vādryaśva</i>	<i>bhārgava, daivōdāsa, vādryaśva (3)</i>
103	<i>vādhula</i>	<i>yāsyā, vādhūla, maunamōka (3)</i>
104	<i>viśvāmitra</i>	<i>viśvāmitra, dēvarāta, audala (3)</i>
105	<i>viṣṇuvṛddhasa</i>	<i>āṅgirasa, paurukutsa, trāsadasyava (3)</i>

No.	<i>gōtram</i>	<i>pravaram</i>
106	<i>vaiṇava</i>	<i>viśvāmitra, gādhina, vaiṇava (3)</i>
107	<i>vainya</i>	<i>vainya, bhārgava, pārtha (3)</i>
108	<i>śaṭhamarṣaṇa</i>	<i>āṅgīrasa, paurakutsa, trāsadasyava (3)</i>
109	<i>śāṅḍilya</i>	(1) <i>śāṅḍilya, āsita, daivala (3)</i> (2) <i>kāśyapa, āsita, daivala (3)</i> (3) <i>kāśyapa, āvatsāra, āsita (3)</i> (4) <i>kāśyapa, āvatsāra, śāṅḍilya (3)</i> (5) <i>āsita, daivala, kāśyapa (3)</i>
110	<i>śālaṅkāyana</i>	<i>viśvāmitra, śālaṅkāyana, kauśika (3)</i>
111	<i>śāṭhara</i>	<i>bhārgava, śāṭhara, māṭhara (3)</i>
112	<i>śāradvata</i>	<i>āṅgīrasa, gautama, śāradvata (3)</i>
113	<i>śākra</i>	<i>agastya, haimavarca, haimōdaka (3)</i>
114	<i>śunaka</i>	(1) <i>bhārgava, śaunahōtra, gārtsamada (3)</i> (2) <i>śaunaka, bhārgava, gārtsamada (3)</i>
115	<i>śrīvatsa</i>	<i>bhārgava, cyāvana, āpnavāna, aurva, śrīvatsa (5)</i>
116	<i>śraita</i>	<i>śraita, vainya, pārtha (3)</i>
117	<i>śaunaka</i>	<i>śaunaka (1)</i>
118	<i>śaunaka</i>	<i>gārgya, gārtsamada, śaunaka (3)</i>

No.	gōtram	pravaram
119	śauṅga śaiśira	(1) āṅgīrasa, bārhaspatya, bhāradvāja, kāta, ātkīla (5) (2) āṅgīrasa, kātya, ātkīla (3) (3) āṅgīrasa, bārhaspatya, bhāradvāja, śauṅga, śaiśira (5)
120	śraumata	viśvāmitra, daivaśravasa, daivatarasa (3)
121	satyamugrya	āṅgīrasa, bhārmyaśva, maudgalya (3)
122	sāhula	viśvāmitra, sāhula, māhula (3)
123	sāmbhavāha	agastya, dārḍhyacyuta, sāmbhavāha (3)
124	sāravāha	agastya, dālbyacyuta, sāravāha (3)
125	suvarṇarētaśa	viśvāmitra, kāpātarasa (2)
126	sumaṅgalasa	ātrēya, saumaṅgala, śyāvāśva (3)
127	sōmarājaka	āṅgīrasa, saumarājya, gautama (3)
128	sōmavāha	agastya, dārḍhyacyuta, saumavāha (3)
129	saṅkṛti	(1) āṅgīrasa, sāṅkṛtya, gauruvīta (3) (2) śākyta, gauruvīta, sāṅkṛtya (3)
130	haritasa	(1) āṅgīrasa, āmbarīṣa, yauvanāśva (3) (2) āṅgīrasa, āmbarīṣa, māndhāta (3)

No.	<i>gōtram</i>	<i>pravaram</i>
131	<i>piṅga, śaṅkha, darbha, bhaimagava</i>	(1) <i>āṅgīrasa, āmbarīṣa, yauvanāśva</i> (3) (2) <i>āṅgīrasa, āmbarīṣa, māndhāta</i> (3)
132	<i>hiraṇyarētaśa</i>	<i>viśvāmitra, hairaṇyarētaśa</i> (2)
133	<i>himōdaka</i>	<i>agastya, haimavarṇa, haimōdaka</i> (3)
134	<i>haṃsajihva</i>	<i>āṅgīrasa, tāyva, maudgalya</i> (3)

Table 9: **Gotrams and Pravarams**

<i>vēda</i>	<i>sūtra</i>
<i>ṛk</i>	<i>āśvalāyana, kātyāyana</i>
<i>yajur</i>	<i>āpastamba, bōdhāyana</i>
<i>sāma</i>	<i>trāhyāyaṇi, raṇāyaṇi</i>

Table 10: **Vedas and Sutras**

॥ yajurupākarmaprayōgaḥ samāptaḥ ॥