

āśīrvāda mantrah (oṃ śatamānam)

samhitā pāṭhaḥ

oṃ śatamānam bhavatu śatāyuh puruṣaśśatendriya

āyusyevendriye prati tiṣṭhati ||

krama pāṭhaḥ

oṃ śatamānam bhavatu |

śatamānamiti śata – mānam |

bhavatu śatāyuh |

śatāyuh puruṣah |

śatāyuriti śata – āyuh |

puruṣaśśatendriyah |

śatendriya āyusi |

śatendriyaiti śata – indriyah |

āyusseyeva |

eva prati |

prati tiṣṭhati

tiṣṭhatiti – tiṣṭhati ||