# Sheetalashtakam

**About these texts**

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| Sources | Each text is printed with its source, tradition and version. Wording may differ slightly in other traditions and editions. |
| Transliteration | The Roman line is IAST transliteration derived from the Devanagari (ā = long a, ṃ = anusvara, ḥ = visarga, ś/ṣ = sh sounds, c = ch as in “church”). In Hindi, Awadhi and Braj texts the silent final “a” is dropped. Transliteration does not show Vedic accents. |

## Sheetalashtakam

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|---|---|
| Type | Ashtakam |
| Deity | Sheetla Mata |
| Version | Verified text |
| Tradition | Shakta |
| Source | Brihat Stotra Ratnakara — Nirnaya Sagar Press, Bombay, 1912 — No. 82, printed pp. 178–179 (djvu 186–187) |
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श्रीगणेशाय नमः ॥

śrīgaṇeśāya namaḥ ||

अस्य श्रीशीतलास्तोत्रस्य महादेव ऋषिः । अनुष्टुप् छंदः । शीतला देवता । लक्ष्मीर्बीजम् । भवानी शक्तिः । सर्वविस्फोटकनिवृत्तये जपे विनियोगः ।

asya śrīśītalāstotrasya mahādeva ṛṣiḥ | anuṣṭup chaṃdaḥ | śītalā devatā | lakṣmīrbījam | bhavānī śaktiḥ | sarvavisphoṭakanivṛttaye jape viniyogaḥ |

ईश्वर उवाच ।

īśvara uvāca |

वंदेहं शीतलां देवीं रासभस्थां दिगंबराम् ।

vaṃdehaṃ śītalāṃ devīṃ rāsabhasthāṃ digaṃbarām |

मार्जनीकलशोपेतां शूर्पालंकृतमस्तकाम् ॥ १ ॥

mārjanīkalaśopetāṃ śūrpālaṃkṛtamastakām || 1 ||

वंदेऽहं शीतलां देवीं सर्वरोगभयापहाम् ।

vaṃde'haṃ śītalāṃ devīṃ sarvarogabhayāpahām |

यामासाद्य निवर्तेत विस्फोटकभयं महत् ॥ २ ॥

yāmāsādya nivarteta visphoṭakabhayaṃ mahat || 2 ||

शीतले शीतले चेति यो ब्रूयाद्दाहपीडितः ।

śītale śītale ceti yo brūyāddāhapīḍitaḥ |

विस्फोटकभयं घोरं क्षिप्रं तस्य प्रणश्यति ॥ ३ ॥

visphoṭakabhayaṃ ghoraṃ kṣipraṃ tasya praṇaśyati || 3 ||

यस्त्वामुदकमध्ये तु धृत्वा पूजयते नरः ।



Traditional texts with source notes. No guaranteed results are claimed.

yastvāmudakamadhye tu dhṛtvā pūjayate naraḥ |

विस्फोटकभयं घोरं गृहे तस्य न जायते ॥ ४ ॥

visphoṭakabhayaṃ ghoraṃ gṛhe tasya na jāyate || 4 ||

शीतले ज्वरदग्धस्य पूतिगंधयुतस्य च ।

śītale jvaradagdhasya pūtigaṃdhayutasya ca |

प्रनष्टचक्षुषः पुंसस्त्वामाहुर्जीवनौषधम् ॥ ५ ॥

pranaṣṭacakṣuṣaḥ puṃsastvāmāhurjīvanauṣadham || 5 ||

शीतले तनुजान्रोगान्नृणां हरसि दुस्त्यजान् ।

śītale tanujānrogānnṛṇāṃ harasi dustyajān |

विस्फोटकविदीर्णानां त्वमेकामृतवर्षिणी ॥ ६ ॥

visphoṭakavidīrṇānāṃ tvamekāmṛtavarṣiṇī || 6 ||

गलगंडग्रहा रोगा ये चान्ये दारुणा नृणाम् ।

galagaṃḍagrahā rogā ye cānye dāruṇā nṛṇām |

त्वदनुध्यानमात्रेण शीतले यांति संक्षयम् ॥ ७ ॥

tvadanudhyānamātreṇa śītale yāṃti saṃkṣayam || 7 ||

न मंत्रो नौषधं तस्य पापरोगस्य विद्यते ।

na maṃtro nauṣadhaṃ tasya pāparogasya vidyate |

त्वामेकां शीतले धात्रीं नान्यां पश्यामि देवताम् ॥ ८ ॥

tvāmekāṃ śītale dhātrīṃ nānyāṃ paśyāmi devatām || 8 ||

मृणालतंतुसदृशीं नाभिहृन्मध्यसंस्थिताम् ।

mṛṇālataṃtusadṛśīṃ nābhihṛnmadhyasaṃsthitām |

यस्त्वां संचिंतयेद्देवि तस्य मृत्युर्न जायते ॥ ९ ॥

yastvāṃ saṃciṃtayeddevi tasya mṛtyurna jāyate || 9 ||

अष्टकं शीतलादेव्या यो नरः प्रपठेत्सदा ।

aṣṭakaṃ śītalādevyā yo naraḥ prapaṭhetsadā |

विस्फोटकभयं घोरं गृहे तस्य न जायते ॥ १० ॥

visphoṭakabhayaṃ ghoraṃ gṛhe tasya na jāyate || 10 ||

श्रोतव्यं पठितव्यं च श्रद्धाभक्तिसमन्वितैः ।

śrotavyaṃ paṭhitavyaṃ ca śraddhābhaktisamanvitaiḥ |

उपसर्गविनाशाय परं स्वस्त्ययनं महत् ॥ ११ ॥

upasargavināśāya paraṃ svastyayanaṃ mahat || 11 ||

शीतले त्वं जगन्माता शीतले त्वं जगत्पिता ।

śītale tvaṃ jaganmātā śītale tvaṃ jagatpitā |

शीतले त्वं जगद्धात्री शीतलायै नमो नमः ॥ १२ ॥

śītale tvaṃ jagaddhātrī śītalāyai namo namaḥ || 12 ||

रासभो गर्दभश्चैव खरो वैशाखनंदनः ।

rāsabho gardabhaścaiva kharo vaiśākhanaṃdanaḥ |

शीतलावाहनश्चैव दूर्वाकंदनिकृंतनः ॥ १३ ॥

śītalāvāhanaścaiva dūrvākaṃdanikṛṃtanaḥ || 13 ||

एतानि खरनामानि शीतलाग्रे तु यः पठेत् ।


Traditional texts with source notes. No guaranteed results are claimed.

etāni kharanāmāni śītalāgre tu yaḥ paṭhet |

तस्य गेहे शिशूनां च शीतलारुङ् न जायते ॥ १४ ॥

tasya gehe śiśūnāṃ ca śītalāruṅ na jāyate || 14 ||

शीतलाष्टकमेवेदं न देयं यस्यकस्यचित् ।

śītalāṣṭakamevedaṃ na deyaṃ yasyakasyacit |

दातव्यं च सदा तस्मै श्रद्धाभक्तियुताय वै ॥ १५ ॥

dātavyaṃ ca sadā tasmai śraddhābhaktiyutāya vai || 15 ||

इति श्रीस्कंदपुराणे शीतलाष्टकस्तोत्रं संपूर्णम् ॥

iti śrīskaṃdapurāṇe śītalāṣṭakastotraṃ saṃpūrṇam ||

## Meaning

A short paraphrase, not a translation. After the viniyoga (seer Mahadeva, metre anushtubh, deity Sheetala), Ishvara says: I bow to goddess Sheetala, seated on a donkey, clothed by the directions, holding broom and pot, a winnowing fan on her head; I bow to her who removes the fear of every disease, reaching whom the great fear of pox turns away. Whoever, burning with fever, calls 'Sheetale, Sheetale', or worships her image held in water, is freed from that fear in his home. To one scorched by fever, foul with sores and losing his sight she is called the life-giving remedy; she takes away the stubborn diseases of the body and alone rains nectar on those torn by pox; swellings of the throat and other cruel ills are said to vanish by meditating on her. I see no other remedy, mantra or god but you, Sheetala, the nurse; whoever contemplates the goddess, fine as a lotus fibre, between navel and heart is said to be free of death's fear. Sheetala, you are the world's mother, father and sustainer — salutations to you. Her donkey is named Rasabha, Gardabha, Khara, Vaishakhanandana, Sheetala's vehicle and cutter of durva roots; reciting these names before her is traditionally said to keep the disease from the children of the house. The hymn is to be heard and recited with faith and given only to the devout.


Traditional texts with source notes. No guaranteed results are claimed.

## About this document

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