

aham asmi prathamaja rtasya | purvam devebhyo  
amrtasya nabhih |  
yo ma dadati sa ideva mavah | aham annam annam  
adantamadmi |  
purvam agner api hatyannam | yattau hasate aham  
uttaresu |  
vyattamasya pasavas sujambham | pasyanti dhirah  
pracaranti pakah |  
jahamyanyam na jahamyanyam | aham annam vasam  
iccarami ||1||  
samanam artham paryemi bhunjat | ko mam annam  
manusyo dayet |  
parake annam nihitam loka etat | visvair devaih pitrbhir  
guptam annam |  
yad adyate lupyate yat paropyate | satatami sa tanur me  
babhuva |  
mahantau caru sakrd dugdhena paprau | divam ca prsni  
prthivim ca sakam  
tat sampibanto na minanti vedhasah | naitad bhuyo  
bhavati no kaniyah ||2||

annam pranam annam apanam ahuh | annam mrtyum tam  
u jivatam ahuh |

annam brahmano jarasam vadanti | annam ahuh  
prajananam prajanam |

mogham annam vindate apracetah | satyam bravimi vadha  
itsa tasya |

naryamanam pusyati no sakhayam | kevalagho bhavati  
kevaladi |

aham medhah stanayan varsannasmi | mam adantyaham  
abhyanyan ||3||

ahagum sadamrto bhavami | madaditya adhi sarve tapanti  
om ||