

☪ The 108 names of Shri Durgā ☪

The Stotram (poem) follows on page 5

Śhata-nāma pra-vakṣhyāmi Śhrīnuṣhva kamal'ānane

(Lord Shiva said...) I will recite the hundred names, listen well, O Lotus-faced One

Yasya prasāda-mātreṇa Durgā prītā bhavet Satī

Only by this offering will Mother Durga be pleased, O Faithful Spouse.

Om Twameva sākṣhāt Śhrī

You are...

Satī *The First Incarnation and Devoted Wife of Shrī Shiva;
the Most Excellent Abode of Truth*

Sādhvī *The Bearer of All Virtues*

Bhava prītā *Loved by Shrī Shiva*

Bhavānī *The Loving Consort of Shrī Shiva; the Source
of All Existence and Contemplation*

Bhava-mochanī *The One who Liberates us from Worldly Existence* 5

Āryā *Honourable and Noble*

Durgā *The Goddess who is Hard to Attain*

Jayā *The Goddess of Victory*

Ādyā *The Primordial Goddess*

Tri-netrā *Three-eyed* 10

Śhūla dhārinī *The Wielder of the Trident*

Pināka dhārinī *The One who bears Shrī Shiva's Pinaka Bow*

Chitrā *Of Many Excellent Forms*

Chanda-ghaṇṭā *Ringling a Mighty Bell to Instil Fear in Evil-Doers*

Mahā-tapā *Practicing Great Austerities* 15

Mānas *The Psyche as the Combination of Heart and Mind*

Buddhi *The Intellect and Understanding*

Ahaṁkāra *The Illusion of Individuality, the Ego*

Chitta rūpā *In the Form of the Attention*

Chitā *Consciousness* 20

Chiti *Understanding and Reflection*

Sarva-mantra mayī *The Essence of All Mantras*

Sattā *Truth and Reality*

Saty'ānanda swarūpinī .. Characterised by blissful immersion

in the Ultimate Reality

Anantā	<i>Eternal</i>	25
Bhāvinī	<i>The Fulfilment of all Good Qualities</i>	
Bhāvyā	<i>What we aspire to become</i>	
Bhavy'ābhavyā	<i>What is destined to be and what is not to be</i>	
Sadā-gati	<i>Always Moving – as Wind or Spirit</i>	
Śhāmbhavī	<i>The Beneficent Wife of Shrī Shiva</i>	30
Deva-mātā	<i>The Mother of the Gods</i>	
Chintā	<i>The One who Takes Care of our Well-Being</i>	
Ratna priyā	<i>Fond of Jewels (Realised Souls)</i>	
Sadā	<i>Ever-existent</i>	
Sarva vidyā	<i>All Knowledge</i>	35
Dakṣha kanyā	<i>The Daughter of King Daksha</i>	
Dakṣha-yagñya- -vināśhinī	<i>The One who destroyed King Daksha's sacrifice, when he insulted Shrī Shiva</i>	
Aparṇā	<i>Undertaking Severe Penance to win Shrī Shiva not even eating leaves</i>	
Aneka varnā	<i>The One who Manifests in Many Styles</i>	
Pātalā	<i>Having a Rosy Glow</i>	40
Pātalā-vatī	<i>Surrounded by Roses and Pink Lotuses</i>	
Pītāmbara-pari-dhānā	<i>Clothed in Yellow Garments</i>	
Kamal'ānjīra-rañjinī	<i>Adorned with Lotus-Blossoms</i>	
Ameya-vikramā	<i>Of Immeasurable Valour</i>	
Krūrā	<i>Formidable</i>	45
Sundarī	<i>Beautiful</i>	
Sura-sundarī	<i>Heavenly Beauty</i>	
Vana-durgā	<i>The Goddess of the Forest</i>	
Mātaṅgī	<i>The Mother of the Tribe of Elephants (Great Souls)</i>	
Mātaṅga-muni pūjitā	<i>Worshipped by the Sage Matanga</i>	50
Brāhmī	<i>The Shakti of Shrī Brahma</i>	
Mah'eśhwari	<i>The Shakti of Shrī Shiva</i>	

Aindrī	<i>The Shakti of Shrī Indra</i>	
Kaumārī	<i>The Shakti of Shrī Kārtikeya</i>	
Vaiṣṇavī	<i>The Shakti of Shrī Vishnu</i>	55
Chāmuṇḍā	<i>The Goddess who Destroys Demons</i>	
Vārāhī	<i>The Shakti of Shrī Vishnu in the Boar Incarnation</i>	
Lakṣhmī	<i>The Goddess of Good Fortune and Spiritual Ascent</i>	
Puruṣ'ākṛiti	<i>Having the Form of the Primordial Being</i>	
Vimalā	<i>Unsullied and Spotless</i>	60
Ut-karṣhiṇī	<i>The Highest Ascending Glory</i>	
Gñyānā	<i>Knowledge</i>	
Kriyā	<i>Action</i>	
Nityā	<i>Eternal</i>	
Buddhidā	<i>The Bestower of Enlightened Intelligence</i>	65
Bahulā	<i>Abundant</i>	
Bahula premā	<i>Overflowing with Love</i>	
Sarva vāhana-vāhanā	<i>Whose Army is conveyed in All Vehicles</i>	
*Niśumbha-		
-śhumbha-hananī ...	<i>Annihilating the Demons Nishumbha and Shumbha</i>	
*Mahiṣ'āsura mardinī ...	<i>The Slayer of the Evil Mahisha</i>	70
*Madhu-Kaitabha hantrī .	<i>The Destroyer of the Demons Madhu and Kaitabha</i>	
*Chāṇḍa-Muṇḍa-		
-vināśhinī	<i>Crushing the Demons Chanda and Munda</i>	
Sarv'āsura vināśhinī	<i>The One who Grinds All Demons into Dust</i>	
Sarva-danava ghātinī	<i>The Slayer of All the Demons</i>	
Sarva-śhāstra mayī	<i>In the Form of All Science and Knowledge</i>	75
Satyā	<i>The Ultimate Reality</i>	
Sarv'āstra-dhārinī	<i>Wielding all Negativity Destroying Missiles</i>	
Aneka-śhastra hastā	<i>Bearing many Sacred Books in the Hands</i>	
Anek'āstrasya dhārinī ...	<i>Brandishing Many Weapons</i>	
Kumārī	<i>The Virgin Goddess</i>	80
Eka-kanyā	<i>The Supreme Virgin</i>	
Kaiśhorī	<i>The Youthful Goddess</i>	

The 108 names of Shri Durga

Yuvatī	<i>Appearing as a Young Girl</i>	
Yati	<i>Ascetic</i>	
Apraudhā	<i>Having the Form of a Youthful Maiden</i>	85
Praudhā	<i>Appearing as an Older Woman</i>	
Vṛiddha mātā	<i>Taking the form of a Mature Mother</i>	
Bala-pradā	<i>The Bestower of Strength</i>	
Mah'odarī	<i>The One who has a Large Belly</i>	
Mukta keśhī	<i>Whose Hair is Loose and Flowing</i>	90
Ghora rūpā	<i>Of Terrifying Form</i>	
Mahābalā	<i>Of Very Great Strength</i>	
Agni jvālā	<i>Blazing with Fire</i>	
Raudra mukhī	<i>Fierce-faced</i>	
Kāla-rātri	<i>The Dark Night of Dissolution</i>	95
Tapasvinī	<i>Undertaking Austerities</i>	
Nārāyaṇī	<i>The Shakti of Shrī Vishnu, Shrī Mahālakshmi</i>	
Bhadra-kālī	<i>The Auspicious Dark-skinned Mother</i>	
Viṣṇumāyā	<i>Shrī Vishnu's Creative Power who Announces Divine Incarnations</i>	
Jal'odarī	<i>Holding all the Waters of the Earth in Your Belly</i>	100
Śhiva dutī	<i>The Messenger of Shrī Shiva</i>	
Karālī	<i>Of Very Dreadful Aspect, with Wide-Gaping Mouth</i>	
Amba	<i>The Mother</i>	
Param'eśhwarī	<i>The Supreme Goddess</i>	
Kātyāyanī	<i>Born as the Daughter of Sage Katyayana, from the brilliance of all the Gods to destroy the evil Mahishasura and his followers</i>	105
Sāvitṛī	<i>The Life-giving Power of the Sun</i>	
Pratyakṣhā	<i>The Manifested World of the Senses</i>	
Brahma-vādinī	<i>The One who Teaches Knowledge of the Supreme Spirit</i>	

**Sākṣhāt Śhrī Ādi Śhakti Mātājī
Śhrī Nirmalā Devyai namo namaḥ**

Who is indeed incarnated as Our Holy Mother Shri Mataji

☪ The 108 names of Śhrī Durgā (poem) ☪

Durg'āṣṭottara-śhata-nāma Stotram

Īśhvara uvacha: *Śhrī Śhiva said:-*

Śhata-nāma pra-vakṣhyāmi Śhrīnuṣhva kamal'ānane

Yasya prasāda-mātreṇa Durgā prītā bhavet Satī

॥ 1 ॥

I will recite the hundred names, listen well, O Lotus-faced One

Only by this offering will Mother Durga be pleased, O Faithful Spouse

Satī Sādhvī Bhava-prītā Bhavānī Bhava-mochanī

Āryā Durgā Jayā ch'Ādyā Tri-netrā Śhūla-dhārinī

॥ 2 ॥

Pināka-dhārinī Chitrā Chaṇḍa-ghaṇṭā Mahā-tapāḥ

Māno Buddhir Ahaṁkāra Chitta-rūpā Chitā Chitiḥ

॥ 3 ॥

Sarva-mantra-mayī Sattā Saty'ānanda-swarūpinī

Anantā Bhāvinī Bhāvyā Bhavy'ābhavyā Sadā-gatiḥ

॥ 4 ॥

Śhāmbhavī Deva-mātā cha Chintā Ratna-priyā Sadā

Sarva-vidyā Dakṣha-kanyā Dakṣha-yagñya-vināśhinī

॥ 5 ॥

Aparṇ'āneka-varṇā cha Pātalā Pātalā-vatī

Pītāmbara-pari-dhānā Kamal'ānjīra-rañjinī

॥ 6 ॥

Ameya-vikramā Krūrā Sundarī Sura-sundarī

Vana-durgā Mātāṅgī Mātāṅga-muni pūjitā

॥ 7 ॥

Brāhmī Mah'eśhwarī ch'Aindrī Kaumārī Vaiṣhṇavī tathā

Chāmuṇḍā Vārāhī chaiva Lakṣhmīśh-cha Puruṣh'ākṛiti

॥ 8 ॥

The meanings of the names are given in 'The 108 names of Shri Durga – list' above.

**Vimal'ot-karṣhiṇī Gñyānā Kriyā Nityā cha Buddhidā
Bahulā Bahula-premā Sarva vāhana-vāhanā** || 9 ||

**Niśhumbha-Śhumbha-hananī Mahiṣh'āsura mardinī
Madhu-Kaiṭabha hantrī cha Chaṇḍa-Muṇḍa-vināśhinī** || 10 ||

**Sarv'āsura vināśhinī cha Sarva-dānava ghātinī
Sarva-śhāstra-mayī Satyā Sarv'āstra-dhārinī tathā** || 11 ||

**Aneka-śhastra-hastā cha Anek'āstrasya-dhārinī
Kumārī ca'Aika-kanyā cha Kaiśhorī Yuvatī Yatīḥ** || 12 ||

**Aprauḍhā chaiva Prauḍhā cha Vṛiddha-mātā Bala-pradā
Mah'odarī Mukta-keśhī Ghora-rūpā Mahābalā** || 13 ||

**Agni jvālā Raudra-mukhī Kāla-rātri Tapasvinī
Nārāyaṇī Bhadra-kālī Viṣhṇumāyā Jal'odarī** || 14 ||

**Śhiva-dūtī Karālī cha Anantā Param'eśhwarī
Kātyāyanī cha Sāvitrī Pratyakṣhā Brahma-vādinī** || 15 ||

**Ya idam prapaṭhen-nityam Durgā-nāma-śhat'āṣṭakam
Nāsādhyaṃ vidyate Devi triṣhu-lokeṣhu Pārvati** || 16 ||

*One reciting this 108 names of Shrī Durga daily,
Becomes the foremost in the Three Worlds, O Devi Parvati*

**Dhanam dhānyam sutam jāyām hayam hastinam-eva cha
Chatur-vargam tathā chānte labhen-muktaṃ cha śhāśhvātīm** || 17 ||

*Wealth, health, children, a faithful wife, horses and elephants he obtains
And the four aims of life, and at the end of earthly existence achieves Liberation*

Kumārī pūjayitvā tu dhyātvā Devī sureśhvarīm

Pūjayet parayā bhaktyā paṭhai-nāma-śhat'āṣṭakam

॥ 18 ॥

Worshipping first the Virgin Goddess, then meditating on the Her who Rules the Gods

After worshipping with devotion, read this hundred and eight names

Tasya siddhir-bhaved Devi sarveḥ sura-varair-api

Rājāno dāsatām yānti rājya-śhriyam-avāpruyāt

॥ 19 ॥

He gets the power of that Goddess who is everything, the Best of the Devas.

Kings become his servants, and he obtains majesty and prosperity

Gorochanā-laktaka-kumkumena sindhūra karpūra 7adhu-trayeṇa

Vilikhya yantram vidhinā vidhigñyo bhavet sadā dhārayate purāriḥ

With yellow paste, red lac, red powder, red lead, camphor and the three sweets ॥ 20 ॥

Anointing the Sacred Diagram knowing the methods he becomes always like Shrī Shiva

Bhaumāvāsyā niśhāmagre chandre śhata-bhiṣhām gate

Vilikhya prapaṭhet Stotraṁ sa bhavet sampadām padam

॥ 21 ॥

Reciting first on the day of the New Moon in the sign of '100 Healers' (Aquarius)

After anointing, reciting this praise aloud he completes the procedure

Sākṣhāt Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ

Who is indeed incarnated as Our Holy Mother Shri Mataji Nirmala Devi

Notes:

This praise of 'The 108 Names of Shri Durga' is traditionally recited during **Navaratri** as part of the **Sapta-shati Path'ānga** – 'Limbs of the Devi Mahatmyam', being recited before the reading of the **Devi Mahatmyam**.