

# Benefits (Phala Shruti) of Vishnu Sahasranamam

## Vishnu sahasranamam Collection

 Date: 2025-12-27

 **Description:** Exploring the profound benefits and blessings promised to those who recite the thousand divine names with devotion

 **Tags:** phala-shruti, benefits, vishnu-sahasranamam, blessings, devotion, liberation, purification

## The Divine Blessings: Phala Shruti of Vishnu Sahasranamam

Based on the sources provided, here are the benefits (Phala Shruti) of reciting the Sri Vishnu Sahasranamam, presented with the corresponding Sanskrit verses and their meanings.

### The Universal Protection

#### Freedom from Calamities

**Sanskrit Verse:** *Na shubham prapnuyat kinchit somutreha cha manavah*

**Meaning & Benefits:** The one who listens to or recites these names daily will not encounter any calamity or inauspiciousness in this world or the next.

### Benefits According to Varna (Social Order)

**Sanskrit Verse:** *Vedantako brahmanasyat... Kshatriyah vijayi bhavet...*

**Benefits by Class:** - **Brahmins:** Will attain knowledge of Vedanta  - **Kshatriyas:** Will become victorious  - **Vaishyas:** Will attain immense wealth  - **Shudras:** Will attain happiness and comfort 

## Fulfillment of the Four Life Goals

**Sanskrit Verse:** *Dharmarthi prapnuyat dharmam... Prajarthi chapnuyat prajaha*

**Fulfillment of Desires (Purusharthas):** - Those seeking **Dharma** (righteousness) will attain it  - Those seeking **Artha** (wealth) will obtain it  - Those seeking **Kama** (desires/pleasure) will get their wishes fulfilled  - Those seeking **Praja** (children/progeny) will be blessed with good offspring 

## Fame and Prosperity

### Great Renown

**Sanskrit Verse:** *Yashaha prapnoti vipulam gnati pradhanyamevacha*

**Benefits:** The reciter attains great fame (Yashaha) and pre-eminence among their kinsmen (Gnati).

### Immovable Wealth

**Sanskrit Verse:** *Achalam shriyamapnoti shreyah prapnotyanuttamam*

**Benefits:** One attains immovable prosperity (Achalam Shriyam)—wealth that is stable and does not leave the family—and supreme well-being.

## Courage and Strength

**Sanskrit Verse:** *Nabhayam kwachit aapnoti viryam tejascha vindati*

**Benefits:** The reciter will never face fear anywhere. They will acquire valor (Viryam), splendor (Tejas), and freedom from disease, along with strength and beauty.

## The Universal Panacea

**Sanskrit Verse:** *Rogarto muchyate roga... baddho mucheta bandhanat*

**The Miraculous Healing:** - The **sick** are cured of diseases  - The **bound** are freed from bondage  - The **terrified** are released from fear  - Those in **calamity** are relieved from danger 

**Note:** The source cites the Paramacharya of Kanchi using this recitation to cure a high fever.

## Overcoming Obstacles

**Sanskrit Verse:** *Durgaanyatitaratyaa shu purushah purushottamam*

**Benefits:** By praising Purushottama, one quickly crosses over difficult obstacles and fortresses (Durgani) that stand in their way.

## The Ultimate Liberation

**Sanskrit Verse:** *Sarva papa vishuddhatma yati brahma sanatanam*

**Benefits:** The reciter is purified of all sins (Sarva Papa) and ultimately attains the eternal Brahman (Moksha/Liberation).

## Divine Protection for Devotees

**Sanskrit Verse:** *Na Vasudeva bhaktanam ashubham vidyate kwachit*

**Benefits:** For the devotees of Vasudeva, nothing inauspicious ever happens. They are free from the fear of birth (Janma), death (Mrityu), old age (Jara), and disease (Vyadhi).

## Mental Purification

**Sanskrit Verse:** *Na krodho na cha matsaryam na lobho na shubhamatihi*

**Mental Purification:** The recitation removes internal enemies such as: - **Anger** (Krodha) → - **Jealousy/Vengefulness** (Matsarya) → - **Greed** (Lobha) → - **Bad Intentions** (Ashubha mati) →

## The Divine Compassion

### Note on Recitation

The commentary emphasizes that the Lord accepts the recitation even if it contains pronunciation mistakes, much like a mother accepts the rambling of a child, provided there is **sincerity** and **devotion** (Shraddha and Bhakti).

## The Perfect Medicine

The Vishnu Sahasranamam stands as the perfect spiritual medicine that: - **Heals** the body from diseases - **Purifies** the mind from negative emotions - **Protects** from all calamities - **Fulfills** all righteous desires - **Guides** towards ultimate liberation

Whether recited with perfect pronunciation by scholars or with stumbling words by sincere devotees, the Lord's grace flows equally to all who approach with genuine devotion and faith.

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## Reference

[Vishnu Sahasranamam Commentary Discussion](#)



## Acknowledgment & Disclaimer

These articles are based on discourses by **Sri Dushyanth Sridhar**, who renders discourses in English & Tamil on Rāmāyana, Mahābhārata, Bhāgavata, Vishnu Purāna, Bhagavad Gitā, Vishnu Sahasranāma, and Divya Prabanda in the upanyāsam, pravachanam, or kālakshepam style. Visit <https://desikadaya.org> for more information. These notes are presented solely for educational purposes to help viewers download and benefit from these teachings. Any

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Sacred Wisdom Preserved • January 31, 2026