



taittirīya saṃhitā V. 4. 12.

mṛtyañjaya mantra

saṃhitā pāṭhaḥ

tryambakaṃ yajāmahe sugandhiṃ puṣṭivardhanam |
urvārukamiva bandhanānmṛtyormukṣīya mā'mṛtāt ||

"We worship the three-eyed Lord who is fragrant
and who nourishes and nurtures all beings.

Like the pumpkin I am bound.

Liberate me from death for immortality."

Put simply:

"Śiva sever my pumpkin so I can be free after death."

Mantra with Chant notations:

tryāmbakam̐ yajāmahe sugandhiṃ puṣṭivardhanam |
urvārukam̐iva bandhanānmṛtyormukṣīya mā'mṛtāt ||