

Ahaṃ Vaiśvā Naro Bhūtvā

अहं वैश्वा नरो भूत्वा ,

Ahaṃ vaiśvā naro bhūtvā,

प्राणिनां देहमश्रितः ।

Prāṇināṃ dehamaśritaḥ ।

प्राणापान समा युक्तः ,

Prāṇāpāna samā yuktaḥ,

पचाम्यन्नं चतुर्विधम् ॥

Pacāmyannaṃ caturvidham.

I Become the fire of life
which is in all things that breathe
and in union with the breath that flows in and flows out.
I burn the four kinds of food*.

* Four kinds of food:

1. Bhaksya (that which needs to be chewed) i.e solid foods e.g. rice, bread etc.
2. Ghojya (that which is to be swallowed) e.g. pudding, curd etc.
3. Lehya (that which you lick with your tongue) e.g. honey, chutney etc.
4. Cosya (that which you suck) e.g. sugar can, mango etc.