

# Transliteration–Telugu

Transliteration as per Harvard-Kyoto (HK) Convention  
(including Telugu letters – Short e, Short o) -

a A i I u U  
R RR IR IRR  
e E ai o O au M (H or :)

(e – short | E – Long | o – short | O – Long)

k kh g gh G  
c ch j jh J (jn – as in jnAna)  
T Th D Dh N  
t th d dh n  
p ph b bh m  
y r l L v  
z S s h

## mA kulamuna-suraTi

In the kRti ‘mA kulamunakiha’ – rAga suraTi, zrI tyAgarAja depicts how  
gOpis sing benedictory song for zrI kRSNa.

- P mA kulamunak(i)ha param(o)sagina nIku  
maGgaLaM zubha maGgaLaM
- A mAkula brOcina madana janaka nIku  
maGgaLaM zubha maGgaLaM (mA)
- C1 mada gaja gamana mAnita sad-guNa nIku  
maGgaLaM zubha maGgaLaM  
mada mOha rahita maJjuLa rUpa dhara nIku  
maGgaLaM zubha maGgaLaM (mA)
- C2 manasija vairi mAnasa sadana nIku  
maGgaLaM zubha maGgaLaM  
manavini vini mamm(E)lukonna nIku  
maGgaLaM zubha maGgaLaM (mA)
- C3 mA manasuna nelakonna kRSNa nIku  
maGgaLaM zubha maGgaLaM  
mA manOhara pAlita tyAgarAja nIku  
maGgaLaM zubha maGgaLaM (mA)

Gist

- May there be prosperity, auspicious prosperity to You -  
(1) who bestowed comforts of this World and emancipation to our clan;  
(2) the Father of cupid who protected (arjuna) trees;  
(3) who has the gait of an elephant in rut;  
(4) who is endowed with virtuous qualities which have been respected;  
(5) who is bereft of arrogance and delusion;  
(6) who has assumed a charming form;  
(7) who abides in the heart of Lord ziva;  
(8) who governed us by heeding to our request;

- (9) Lord kRSNa who is established in our minds;  
 (10) the Lord who has stolen the heart of lakSmI (Or our hearts); and  
 (11) the protector of this tyAgarAja.

Word-by-word meaning

P May there be prosperity (maGgaLaM), auspicious (zubha) prosperity (maGgaLaM) to You (nIku) who bestowed (osagina) comforts of this World (iha) and emancipation (paramu) (paramosagina) to our (mA) clan (kulamunaku) (kulamunakiha)!

A May there be prosperity, auspicious prosperity to You (nIku) – the Father (janaka) of cupid (madana) who protected (brOcina) (arjuna) trees (mAkula)!

may there be prosperity, auspicious prosperity to You who bestowed comforts of this World and emancipation to our clan!

C1 May there be prosperity, auspicious prosperity to You (nIku) – who has the gait (gamana) of an elephant (gaja) in rut (mada) and who is endowed with virtuous (sad) qualities (guNa) which have been respected (mAnita);

may there be prosperity, auspicious prosperity to You (nIku) – who is bereft (rahita) of arrogance (mada) and delusion (mOha) and who has assumed (dhara) a charming (maJjuLa) form (rUpa);

may there be prosperity, auspicious prosperity to You who bestowed comforts of this World and emancipation to our clan!

C2 May there be prosperity, auspicious prosperity to You (nIku) – who abides (sadana) in the heart (mAnasa) of Lord ziva – the enemy (vairi) of cupid (manasija);

may there be prosperity, auspicious prosperity to You (nIku) – who governed (Elukonna) us (mammu) (mammElukonna) by heeding (vini) to our request (manavi) (manavini);

may there be prosperity, auspicious prosperity to You who bestowed comforts of this World and emancipation to our clan!

C3 May there be prosperity, auspicious prosperity to You (nIku)– Lord kRSNa who is established (nelakonna) in our (mA) minds (manasuna);

may there be prosperity, auspicious prosperity to You (nIku) – the Lord who has stolen the heart (manOhara) (literally mind) of lakSmI (mA) (OR our hearts) and the protector (pAlita) of this tyAgarAja;

may there be prosperity, auspicious prosperity to You who bestowed comforts of this World and emancipation to our clan!

Notes –

P – ‘nIku maGgaLam jaya maGgaLam’ is additionally found in the book of TSV/AKG. This needs to be checked. Any suggestions ???

A – mAkula brOcina – this refers to the episode of nalakUbara and maNigrIva – sons of kubEra – who were cursed by sage nArada to become (arjuna) trees. zrI kRSNa relieves them of their curse by destroying the trees by dragging the mortar tied to his waist. Please refer to zrImad bhAgavataM, Book 10, Chapter 10.

C1 – rUpa dhara – In the books of ATK and TSV/AKG, this is given as ‘rUpa mari’. This needs to be checked. Any suggestions ???

C3 – mA manohara – In the books of ATK, this is given as ‘mA manOratha’. This needs to be checked. Any suggestions ???

C3 – mA manOhara – mA – may be translated as 'lakSmI' or 'our'.  
Therefore, this could either be 'one who has stolen the heart of lakSmI' or 'one  
who has stolen our hearts'.

### Devanagari

- प. मा कुलमुन(कि)ह पर(मो)सगिन नीकु  
मंगळं शुभ मंगळं
- अ. माकुल ब्रोचिन मदन जनक नीकु  
मंगळं शुभ मंगळं (मा)
- च1. मद गज गमन मानित सद्-गुण नीकु  
मंगळं शुभ मंगळं  
मद मोह रहित मञ्जुळ रूप धर नीकु  
मंगळं शुभ मंगळं (मा)
- च2. मनसिज वैरि मानस सदन नीकु  
मंगळं शुभ मंगळं  
मनविनि विनि म(म्मे)लुकोन्न नीकु  
मंगळं शुभ मंगळं (मा)
- च3. मा मनसुन नेलकोन्न कृष्ण नीकु  
मंगळं शुभ मंगळं  
मा मनोहर पालित त्यागराज नीकु  
मंगळं शुभ मंगळं (मा)

### English with Special Characters

- pa. mā kulamuna(ki)ha para(mo)sagina nīku  
maṅgaḷaṃ śubha maṅgaḷaṃ
- a. mākula brōcina madana janaka nīku  
maṅgaḷaṃ śubha maṅgaḷaṃ (mā)
- ca1. mada gaja gamana mānita sad-guṇa nīku  
maṅgaḷaṃ śubha maṅgaḷaṃ  
mada mōha rahita mañjuḷa rūpa dhara nīku  
maṅgaḷaṃ śubha maṅgaḷaṃ (mā)
- ca2. manasija vairi mānasa sadana nīku

maṅgaḷaṃ śubha maṅgaḷaṃ  
manavini vini ma(mmē)lukonna nīku  
maṅgaḷaṃ śubha maṅgaḷaṃ (mā)  
ca3. mā manasuna nelakonna kṛṣṇa nīku  
maṅgaḷaṃ śubha maṅgaḷaṃ  
mā manōhara pālita tyāgarāja nīku  
maṅgaḷaṃ śubha maṅgaḷaṃ (mā)

### Telugu

ప. మా కులమున(కి)హ పర(మొ)సగిన నీకు  
మంగళం శుభ మంగళం  
అ. మాకుల బ్రోచిన మదన జనక నీకు  
మంగళం శుభ మంగళం (మా)  
చ1. మద గజ గమన మానిత సద్-గుణ నీకు  
మంగళం శుభ మంగళం  
మద మోహ రహిత మజ్జుల రూప ధర నీకు  
మంగళం శుభ మంగళం (మా)  
చ2. మనసిజ వైరి మానస సదన నీకు  
మంగళం శుభ మంగళం  
మనవిని విని మ(మ్మే)లుకొన్న నీకు  
మంగళం శుభ మంగళం (మా)  
చ3. మా మనసున నెలకొన్న కృష్ణ నీకు  
మంగళం శుభ మంగళం  
మా మనోహర పాలిత త్యాగరాజ నీకు  
మంగళం శుభ మంగళం (మా)

### Tamil

ప. మా కులమున(కి)హ పర(మొ)సగిన నీకు  
మంగళం శుభ మంగళం  
అ. మాకుల బ్రోచిన మదన జనక నీకు  
మంగళం శుభ మంగళం (మా)  
చ1. మద గజ గమన మానిత సద్-గుణ నీకు  
మంగళం శుభ మంగళం  
మద మోహ రహిత మజ్జుల రూప ధర నీకు  
మంగళం శుభ మంగళం (మా)  
చ2. మనసిజ వైరి మానస సదన నీకు  
మంగళం శుభ మంగళం  
మనవిని విని మ(మ్మే)లుకొన్న నీకు  
మంగళం శుభ మంగళం (మా)  
చ3. మా మనసున నెలకొన్న కృష్ణ నీకు  
మంగళం శుభ మంగళం  
మా మనోహర పాలిత త్యాగరాజ నీకు  
మంగళం శుభ మంగళం (మా)

- ಮಂಚ್‌ಲಮ್ ಉಪ ಮಂಚ್‌ಲಮ್ (ಮಾ)  
 ಸ2. ಮನವಿಜಿ ವೇರಿ ಮನವಿ ಸತನ್ ನಿಕು  
 ಮಂಚ್‌ಲಮ್ ಉಪ ಮಂಚ್‌ಲಮ್  
 ಮನವಿವಿ ವಿವಿ ಮಮ್(ಮೇ)ಲುವಿಕೊನ್ನ ನಿಕು  
 ಮಂಚ್‌ಲಮ್ ಉಪ ಮಂಚ್‌ಲಮ್ (ಮಾ)  
 ಸ3. ಮಾ ಮನವಿಉನ ನೆಲಕೊನ್ನ ಕ್ಕುಷಣ್ಣ ನಿಕು  
 ಮಂಚ್‌ಲಮ್ ಉಪ ಮಂಚ್‌ಲಮ್  
 ಮಾ ಮನೋಹರ ಪಾಲಿತ ತ್ಯಾಕ್‌ರಾಜಿ ನಿಕು  
 ಮಂಚ್‌ಲಮ್ ಉಪ ಮಂಚ್‌ಲಮ್ (ಮಾ)

ಁಮತು ಕುಲತ್ತಿಕ್ಕು ಇಮಮೆಯುಮ್ ಮಱುಮೆಯು ಮಲಿತ್ತವುನಕ್ಕು  
 ಮಂಚಲಮ್, ಸುಪ ಮಂಚಲಮ್!

ಮರಂಚಲಲೆಕ್ ಕಾತ್ತ, ಮತನೆಯೆನ್ನೆರ ಁನಕ್ಕು  
 ಮಂಚಲಮ್, ಸುಪ ಮಂಚಲಮ್!  
 ಁಮತು ಕುಲತ್ತಿಕ್ಕು ಇಮಮೆಯುಮ್ ಮಱುಮೆಯು ಮಲಿತ್ತವುನಕ್ಕು  
 ಮಂಚಲಮ್, ಸುಪ ಮಂಚಲಮ್!

1. ಮತ ಕರಿ ನಡೆಯುಮ್, ಮತಿಕ್ಕುಪೆಪೆರ್ ನಕ್ಕುಣ್ಣಮು ಮುದತ್ತ ಁನಕ್ಕು  
 ಮಂಚಲಮ್, ಸುಪ ಮಂಚಲಮ್!  
 ಸೆಕ್ಕುಕ್ಕು ಮಂಱುಮ್ ಮಯಕ್ಕಮಂಱ, ಅಷುಕಿಯ ಁಱುವಮುದಯ ಁನಕ್ಕು  
 ಮಂಚಲಮ್, ಸುಪ ಮಂಚಲಮ್!  
 ಁಮತು ಕುಲತ್ತಿಕ್ಕು ಇಮಮೆಯುಮ್ ಮಱುಮೆಯು ಮಲಿತ್ತವುನಕ್ಕು  
 ಮಂಚಲಮ್, ಸುಪ ಮಂಚಲಮ್!

2. ಕಾಮನ್ ಪಕವನಿನ ಮನತ್ತಿ ಲುಱೆಯುಮುನಕ್ಕು  
 ಮಂಚಲಮ್, ಸುಪ ಮಂಚಲಮ್!  
 ವೆಂಱುತಲೆಯೆಱುಱು ಁಮಮೆಯಾಣ್ಱುಕೊಣ್ಡ ಁನಕ್ಕು  
 ಮಂಚಲಮ್, ಸುಪ ಮಂಚಲಮ್!  
 ಁಮತು ಕುಲತ್ತಿಕ್ಕು ಇಮಮೆಯುಮ್ ಮಱುಮೆಯು ಮಲಿತ್ತವುನಕ್ಕು  
 ಮಂಚಲಮ್, ಸುಪ ಮಂಚಲಮ್!

3. ಁಮಮುಲತ್ತಿನಿಲಿ ನಿನಲೆಪೆರ್ ಕಣ್ಣಾ ಁನಕ್ಕು  
 ಮಂಚಲಮ್, ಸುಪ ಮಂಚಲಮ್!  
 ಇಲಕ್ಕುಮಿ (ಅಲ್ಲತು ಁಮತು) ಮನಮ್ ಕವಂಱ, ತಿಯಾಕರಾಸನಲೆಕ್ ಕಾತ್ತ ಁನಕ್ಕು  
 ಮಂಚಲಮ್, ಸುಪ ಮಂಚಲಮ್!  
 ಁಮತು ಕುಲತ್ತಿಕ್ಕು ಇಮಮೆಯುಮ್ ಮಱುಮೆಯು ಮಲಿತ್ತವುನಕ್ಕು  
 ಮಂಚಲಮ್, ಸುಪ ಮಂಚಲಮ್!

ಮರಂಚಲಲೆಕ್ ಕಾತ್ತ - ಮರಂಚಲಾಯ್ ನಿನಱ ಕುಪೆರನಿನ ಮನಂಱರಕ್ಕಲ  
 ಕಾಮನ್ ಪಕವನ್ - ಸಿವನ್

## Kannada

ಪ. ಮಾ ಕುಲಮುನ(ಕಿ)ಹ ಪೆರ(ಮಿ)ಸಗಿನ ನೀಕು

ಮಂಗಳಂ ಶುಭೆ ಮಂಗಳಂ

ಅ. ಮಾಕುಲ ಬ್ರೋಚಿನ ಮದನ ಜನಕ ನೀಕು

ಮಂಗಳಂ ಶುಭ ಮಂಗಳಂ (ಮಾ)

ಚಗ. ಮದ ಗಜ ಗಮನ ಮಾನಿತ ಸದ್-ಗುಣ ನೀಕು

ಮಂಗಳಂ ಶುಭ ಮಂಗಳಂ

ಮದ ಮೋಹ ರಹಿತ ಮಜ್ಜುಳ ರೂಪ ಧರ ನೀಕು

ಮಂಗಳಂ ಶುಭ ಮಂಗಳಂ (ಮಾ)

ಚ೨. ಮನಸಿಜ ವೈರಿ ಮಾನಸ ಸದನ ನೀಕು

ಮಂಗಳಂ ಶುಭ ಮಂಗಳಂ

ಮನವಿನಿ ವಿನಿ ಮ(ಮೈ)ಲುಕೊನ್ನ ನೀಕು

ಮಂಗಳಂ ಶುಭ ಮಂಗಳಂ (ಮಾ)

ಚ೩. ಮಾ ಮನಸುನ ನೆಲಕೊನ್ನ ಕೃಷ್ಣ ನೀಕು

ಮಂಗಳಂ ಶುಭ ಮಂಗಳಂ

ಮಾ ಮನೋಹರ ಪಾಲಿತ ತ್ಯಾಗರಾಜ ನೀಕು

ಮಂಗಳಂ ಶುಭ ಮಂಗಳಂ (ಮಾ)

## Malayalam

೧. ಡಾ ಕುಲಮುನ(ಕಿ)ಒ ಪಠ(ಛಾ)ಸುಗಿಣ ನೆಕ್ಕು  
ಮಂಗಳಂ ಗುಡ ಮಂಗಳಂ

೨. ಡಾಕುಲ ಳ್ಲೂಒಗಿಣ ಮಠಣ ಜನಕ ನೆಕ್ಕು  
ಮಂಗಳಂ ಗುಡ ಮಂಗಳಂ (ಡಾ)

೩. ಮಠ ಗಜ ಗಮನ ಡಾಣಿತ ಸಠ್-ಗುಣ ನೆಕ್ಕು  
ಮಂಗಳಂ ಗುಡ ಮಂಗಳಂ  
ಮಠ ಡೂಒಠ ಠಒಗಿತ ಮಠ್ಜುಳ ರೂಪ ಒಠ ನೆಕ್ಕು  
ಮಂಗಳಂ ಗುಡ ಮಂಗಳಂ (ಡಾ)

೪. ಮನಸಿಜ ವೈರಿ ಮಾನಸ ಸಠನ ನೆಕ್ಕು  
ಮಂಗಳಂ ಗುಡ ಮಂಗಳಂ  
ಮನವಿನಿ ವಿನಿ ಮ(ಮೈ)ಲುಕೊಣ್ಣ ನೆಕ್ಕು  
ಮಂಗಳಂ ಗುಡ ಮಂಗಳಂ (ಡಾ)

೫. ಡಾ ಮನಸುನ ನೆಲಕೊಣ್ಣ ಕೃಷ್ಣ ನೆಕ್ಕು  
ಮಂಗಳಂ ಗುಡ ಮಂಗಳಂ  
ಡಾ ಮನೋಠರ ಪಾಲಿತ ತ್ಯಾಗರಾಜ ನೆಕ್ಕು  
ಮಂಗಳಂ ಗುಡ ಮಂಗಳಂ (ಡಾ)

## Assamese

প. মা কুলমুন(কি)হ পৰ(মো)সগিন নীকু

মংগলং শুভ মংগলং

অ. মাকুল ৰোচিন মদন জনক নীকু

মংগলং শুভ মংগলং (মা)

চ১. মদ গজ গমন মানিত সদ-গুণ নীকু

মংগলং শুভ মংগলং

মদ মোহ ৰহিত মঞ্জুল ৰূপ ধৰ নীকু

মংগলং শুভ মংগলং (মা)

চ২. মনসিজ বৈৰি মানস সদন নীকু

মংগলং শুভ মংগলং

মনরিनि रिनि म(स्मै)लुकोन्न नীকু

মংগলং শুভ মংগলং (মা)

চ৩. মা মনসুন নেলকোন্ন কৃষ্ণ নীকু

মংগলং শুভ মংগলং

মা মনোহৰ পালিত অ্যাগৰাজ নীকু

মংগলং শুভ মংগলং (মা)

## Bengali

প. মা কুলমুন(কি)হ পৰ(মো)সগিন নীকু

মংগলং শুভ মংগলং

অ. মাকুল ৰোচিন মদন জনক নীকু

মংগলং শুভ মংগলং (মা)

চ১. মদ গজ গমন মানিত সদ-গুণ নীকু

মংগলং শুভ মংগলং

মদ মোহ ৰহিত মঞ্জুল ৰূপ ধৰ নীকু

মংগলং শুভ মংগলং (মা)

ଚ଼. ମନସିଞ୍ଜ ବୈରି ମାନସ ସଦନ ନୀକୁ

ମଂଗଳଂ ଶୁଭ ମଂଗଳଂ

ମନବିନି ବିନି ମ(ସ୍ମେ)ଲୁକୋନ୍ନ ନୀକୁ

ମଂଗଳଂ ଶୁଭ ମଂଗଳଂ (ମା)

ଚ଼଼. ମା ମନସୁନ ନେଲକୋନ୍ନ କୃଷ୍ଣ ନୀକୁ

ମଂଗଳଂ ଶୁଭ ମଂଗଳଂ

ମା ମନୋହର ପାଲିତ ଝାଗରାଞ୍ଜ ନୀକୁ

ମଂଗଳଂ ଶୁଭ ମଂଗଳଂ (ମା)

### **Gujarati**

୧. ମା ହୁଲେମୁନ(ଢି)ହ ପର(ମା)ସଗିନ ନୀକୁ  
ମଂଗଳଂ ଶୁଭ ମଂଗଳଂ

ଅ. ମାହୁଲେ ଓଠିନିନି ମଢନ ଲନଢ ନୀକୁ  
ମଂଗଳଂ ଶୁଭ ମଂଗଳଂ (ମା)

ଅ୧. ମଢ ଗଞ୍ଜ ଗମନ ମାନିତ ସଢ୍-ଗୁଢ଼ା ନୀକୁ  
ମଂଗଳଂ ଶୁଭ ମଂଗଳଂ  
ମଢ ମୋହ ରଢିତ ମଞ୍ଜୁତ ଝପ ଘର ନୀକୁ  
ମଂଗଳଂ ଶୁଭ ମଂଗଳଂ (ମା)

ଅ୨. ମନସିଞ୍ଜ ବୈରି ମାନସ ସଢନ ନୀକୁ  
ମଂଗଳଂ ଶୁଭ ମଂଗଳଂ  
ମନବିନି ବିନି ମ(ମ୍ମେ)ଲୁକୋନ୍ନ ନୀକୁ  
ମଂଗଳଂ ଶୁଭ ମଂଗଳଂ (ମା)

ଅ୩. ମା ମନସୁନ ନେଲକୋନ୍ନ କୃଷ୍ଣା ନୀକୁ  
ମଂଗଳଂ ଶୁଭ ମଂଗଳଂ  
ମା ମନୋହର ପାଲିତ ତ୍ୟାଗରାଞ୍ଜ ନୀକୁ  
ମଂଗଳଂ ଶୁଭ ମଂଗଳଂ (ମା)

### **Oriya**

ଫ. ମା କୁଲମୁନ(ଜି)ହ ପର(ମୋ)ସଗିନ ନୀକୁ

ମଂଗଳଂ ଶୁଭ ମଂଗଳଂ



- ଅ. ମାକୁଲ ଦ୍ରୋଚିନ ମଦନ ଜନକ ନୀକୁ  
ମଂଗଳଂ ଶୁଭ ମଂଗଳଂ (ମା)
- ଚ୧. ମଦ ଗଜ ଗମନ ମାନିତ ସଦ୍-ଶୁଣ ନୀକୁ  
ମଂଗଳଂ ଶୁଭ ମଂଗଳଂ  
ମଦ ମୋହ ରହିତ ମଞ୍ଜୁଳ ରୂପ ଧର ନୀକୁ  
ମଂଗଳଂ ଶୁଭ ମଂଗଳଂ (ମା)
- ଚ୨. ମନସିଜ ଝୈରି ମାନସ ସଦନ ନୀକୁ  
ମଂଗଳଂ ଶୁଭ ମଂଗଳଂ  
ମନଞ୍ଜିନି ଞ୍ଜିନି ମ(ମ୍ଳେ)ଲୁକୋନ୍ନ ନୀକୁ  
ମଂଗଳଂ ଶୁଭ ମଂଗଳଂ (ମା)
- ଚ୩. ମା ମନସୁନ ନେଲକୋନ୍ନ କୃଷ୍ଣ ନୀକୁ  
ମଂଗଳଂ ଶୁଭ ମଂଗଳଂ  
ମା ମନୋହର ପାଲିତ ତ୍ୟାଗରାଜ ନୀକୁ  
ମଂଗଳଂ ଶୁଭ ମଂଗଳଂ (ମା)

## **Punjabi**

୧. ମା ବ୍ରହ୍ମନ(ବି)ହ ପର(ମେ)ସଗିନ ନୀକୁ  
ମିଗାଲି ମୁତ ମିଗାଲି
୩. ମାବୁଲ ସୁଚିନ ମଦନ ଜନକ ନୀକୁ  
ମିଗାଲି ମୁତ ମିଗାଲି (ମା)
- ଚ୧. ମଦ ଗଜ ଗମନ ମାନିତ ସଦ-ଗୁଣ ନୀକୁ  
ମିଗାଲି ମୁତ ମିଗାଲି  
ମଦ ମୋହ ରହିତ ମଞ୍ଜୁଳ ରୂପ ଧର ନୀକୁ  
ମିଗାଲି ମୁତ ମିଗାଲି (ମା)
- ଚ୨. ମନସିଜ ଝୈରି ମାନସ ସଦନ ନୀକୁ  
ମିଗାଲି ମୁତ ମିଗାଲି

ਮਨਵਿਨਿ ਵਿਨਿ ਮ(ਮਮੇ)ਲੁਕੋਨ ਨੀਕੁ

ਮੰਗਲੰ ਸੁਭ ਮੰਗਲੰ (ਮਾ)

ਚੜ. ਮਾ ਮਨਸੁਨ ਨੇਲਕੋਨ ਕ੍ਰਿਸ਼ਣ ਨੀਕੁ

ਮੰਗਲੰ ਸੁਭ ਮੰਗਲੰ

ਮਾ ਮਨੋਹਰ ਪਾਲਿਤ ਤਜਾਗਰਾਜ ਨੀਕੁ

ਮੰਗਲੰ ਸੁਭ ਮੰਗਲੰ (ਮਾ)