

Śhrī Rāma-rakṣhā Stotram

‘The Protection of Shri Rama’

Introduction

Om Śhrī Gaṇeśhāya namaḥ

Salutations to Shri Ganesha

Asya Śhrī Rāma-rakṣhā-stotra mantrasya *Of this Ram-raksha Hymn,*

Budha-kaushika riṣhiḥ

Sage Budha-kaushika is the Author

Śhrī Sītā Rāma-chandro devatā

Shri Sita and Rama are the Deities

Anuṣṭup chhandah

Anushtubh is the Meter

Sītā śhaktiḥ

Shri Sita is the Power

Śhrīmad Hanumāna kīlakam

The glorious Shri Hanuman is the Key

Śhrī Rāma-chandra prīty’arthe

To please Shri Rama

Rāma-rakṣhā-stotra jape viniyogaḥ.

This Ramraksha is recited

Atha dhyānam – *The Meditation*

In the beginning one should meditate on Lord Rāma, putting one’s attention on the Right Heart. The physical description of Lord Rāma is as follows:

Dhyāyed ājānu-bāhum dhṛita-śhara-dhanuṣham

baddha-padm’āsana-stham

His arms are very long, reaching His knees, He is holding a bow and arrows and seated in a lotus-posture

Pītam vāso vasānam nava-kamala-dala-

-spardhi-netram prasannam

Wearing a yellow dhoti, His eyes are like fresh lotus petals and He is happy

Vām’āṅk’ārūḍha Sītā-mukha-kamala-milal-lochanam nīrad’ābham

Looking at His wife, Shri Sītā, sitting on His left, with twinkling eyes in Her lotus face, looking like a cloud

Nān’ālaṅkāra-dīptam dadhatam-urujaṭā-maṇḍanam

Rāma-chandram.

Shri Rama, the ‘Joy-giving Moon’, is resplendent with many ornaments, His skin is the colour of dark rain-clouds (dusky blue) and He is adorned with long hair.

Iti dhyānam – *Here ends the meditation*

The Rāma-rakshā Stotram

Charitaṁ raghu-nāthasya śhata-koṭi pravistaram

Ek'aikam-akṣharam puṁsāṁ mahā-pātaḥ nāśhanam.

1..

Lord Rāma's character is so vast that we could write a thousand million verses describing it, every word of it capable of destroying the greatest of sins.

Dhyātvā nīl'otpala śhyāmaṁ Rāmaṁ rājīva-lochanam

Jānakī Lakṣhmaṇ'opetaṁ jaṭā-mukūṭa maṇḍitam.

2..

Meditating on Shri Rama as the colour of a dark blue lotus-blossom, with eyes like a deer, accompanied by Shri Sita and Lakshman, adorned with a crown of braided hair.

Sāsi-tūṇa dhanur-bāṇa-pāṇiṁ naktañ-char'āntakam

Svalīlayā jagat-trātum āvir-bhūtam aḥam vibhum.

3..

Holding a sword, quiver, bow and arrows in His hands to kill the night-prowling demons; for His sport the Unborn All-pervading Lord incarnated as Lord Rāma to save the world.

Rāma-rakṣhāṁ paṭhet prāgñyaḥ pāpa-ghnīm sarva-kāmadām

Śhiro me rāghavaḥ pātu bhālaṁ daśharath'ātmajaḥ.

4..

Reciting this Ram-raksha gives wisdom, destroys sins and fulfills all desires. May Lord Rāma, scion of the Raghu dynasty, protect my head. And the Son of King Dasharatha, protect my forehead.

Kausalyeyo dṛiśhau pātu Viśhvāmitra priyaḥ śhrutī

Ghrāṇaṁ pātu makha-trātā mukhaṁ Saumitri vatsalaḥ.

5..

May Lord Rāma, the Son of Queen Kausalya, protect my eyes, and the favourite disciple of Sage Vishwamitra protect my ears. May Lord Rāma, the protector of Vishwamitra's havan, protect my nose and He who loves His brother Shri Lakshmana, protect my mouth.

Jihvām vidyā-nidhiḥ pātu kaṇṭhaṁ Bharata-vanditaḥ

Skandhau divy'āyudhaḥ pātu bhujau bhagneśha-kārmukaḥ.

6..

May Lord Rāma, the treasure-house of knowledge, protect my tongue. May Lord Rāma, who is worshipped by Shri Bharata, protect my throat. May Lord Rāma, who possesses all the powerful weapons, protect my shoulders. May He who broke the mighty bow at Shri Sita's Swayamvara, protect my arms.

- Karau Sītā-patiḥ pātu hṛidayam Jāmadagny'ajit**
Madhyam pātu Khara-dhvaṁsī nābhiṁ Jāmbavad'āśhrayaḥ. 7..
May Shri Sītā's Husband protect my hands, and the Vanquisher of
Shri Paraśhu-rāma protect my heart. May the Destroyer of the demon Khara
protect my middle, and the Giver of refuge to Jambavan protect my navel.
- Sugrīv'eśhaḥ kaṭi pātu sakthinī Hanumat prabhuḥ**
Ūrū ragh'ūttamaḥ pātu rakṣhaḥ kula vināśha-kṛit. 8..
May Shri Rāma, the Lord of Sugrīva, protect my waist and Shri Hanuman's
Mighty Master protect my groin. May the Greatest of the Raghus,
who destroyed the family of Rakshasas, protect my thighs.
- Jānuni setu-kṛit pātu jaṅghe daśha-mukh'āntakaḥ**
Pāda Bibhīṣhaṇa-śhrīdaḥ pātu Rāmo-'khilaṁ vapuḥ. 9..
May Lord Rāma, who built a bridge over the seas, protect my knees,
And the Destroyer of the ten-faced Rāvana, protect my calves.
May Lord Rāma, who gave Rāja-lakshmī to Bibhīshana, protect my feet,
And may He who gives joy to everyone, protect my whole body.
- Etām Rāma-bal'opetām rakṣhām yaḥ sukṛitī paṭhet**
Sa chirāyuh sukhī putrī vijayī vinayī bhavet. 10..
Anyone who recites this Rāma Kavacha, endowed with the Power
of Lord Rāma, will live a long life, be contented and happy, have sons
and daughters, and will succeed wherever he goes, gifted with humility.
- Pātāla-bhūta lavyoma-chāriṇaś chhadma-chāriṇaḥ**
Na draṣṭum-apī śhaktāste rakṣhitaṁ Rāma-nāmabhiḥ. 11..
Whoever has the protection of Shri Rāma's names will be saved
from evil spirits living on the Earth, in the sky or in Hell.
- Rāmeti Rāma-bhadreti Rāma-chandreti vā smaran**
Naro na lipyate pāpaiḥ bhuktiṁ muktiṁ cha vindati. 12..
Whoever remembers the name of Lord Rāma as Rām,
Rāmchandra or Rāmbhadra, never falls prey to sin,
and achieves enjoyment in life and liberation (Self-Realisation).

**Jagaj-jaitr'aika mantreṇa Rāma-nāmn'ābhi-rakṣhitam
Yaḥ kaṇṭhe dhārayet tasya kara-sthāḥ sarva siddhayaḥ.**

13..

*With the mantra of this protection of Shri Rama's names
one overcomes this world; whoever keeps this praise in his throat
gets all success in his hands.*

**Vajra-pañjara nāmedaṁ yo Rāma-kavachaṁ smaret
Avyāhat'āgñyaḥ sarvatra labhate jaya-maṅgalam.**

14..

*This Armour of Shri Rāma is like a diamond-hard protective cage
to the wise person who remembers it; unobstructed wherever he goes,
he is obeyed by all and attains happiness and auspiciousness.*

**Ādiṣṭavān yathā svapne Rāma-rakṣhām imām Haraḥ
Tathā likhitavān prātaḥ prabuddho Budha-kauśhikaḥ.**

15..

*This Rāmraaksha was recited by Lord Shiva in the dream
of Sage Budha-kaushika –'the wise owl', who wrote it down
the following morning, exactly as told.*

**Ārāmaḥ kalpa-vṛikṣhāṇām virāmaḥ sakal'āpadām
Abhi Rāmas tri-lokānām Rāmaḥ śhrīmān sanaḥ prabhuḥ.**

16..

*The Eternal and Glorious Lord Rāma is like a lovely forest of wish-fulfilling trees;
destroying all our calamities and giving joy to the Three Worlds.*

**Taruṇau rūpa-sampannau sukumārau mahābalau
Puṇḍarīka-viśhāl'ākṣhau chīra-kṛiṣhṇ'ājīn'āmbarau.**

17..

*Youthful and handsome, these noble Princes of great prowess,
Have large lotus-like eyes and skin like black rain-clouds.*

**Phala-mūl'āśhinau dāntau tāpasau brahma-chāriṇau
Putrau daśharathasy'aitau Bhrātarau Rāma-Lakṣhmaṇau.**

18..

*Living on roots and herbs, restrained and ascetic, They follow the Divine Path,
These Sons of King Dasharatha, Shri Rāma and His Brother Lakshmana.*

**Śharaṇyau sarva sattvānām śhreṣhṭhau sarva dhanuṣh-matām
Rakṣhaḥ kula-nihantārau trāyetām no ragh'ūttamau.**

19..

*Affording protection to all creatures, these two pinnacles
of the Raghu lineage are the best of all archers, defending us
and destroying the family of demons.*

***Ātta-sajja dhanuṣh'āviṣhu spriśhā vakṣhay'āśhuga-
-niṣhaṅga-saṅginau**

**Rakṣhaṇāya mama Rāma-Lakṣhmaṇ'āvagrataḥ
pathi sad'aiva gacchatām.** 20..

May Shri Rāma and Lakshmana, with an arrow ever ready on the bow and many arrows in Their quivers, walk always in front of me on my path to protect me.

**Samnaddhaḥ kavachī khadgī chāpa-bāṇa-dharo yuvā
Gacchan-mano-ratho-'smākaṁ Rāmaḥ pātu sa-lakṣhmaṇaḥ.** 21..

May the youthful Lords Rāma and Lakshmana, equipped with breastplate, sword, bow and arrow guide and protect our hearts and desires.

**Rāmo dāśharathiḥ śhūro lakṣhmaṇ'ānucharo balī
Kākutsthaḥ puruṣhaḥ pūrṇaḥ Kausalyeyo ragh'ūttamaḥ.** 22..

*The Sixteen Names of **Shri Rāma** are:*

***Rāma** -Giving joy, **Dāśharathi** -The Son of King Dasharatha, **Śhūra** -The Hero, **Lakṣhmaṇ'ānuchara** -Accompanied by Lakshmana, **Balī** -Strong, **Kākutstha** -Descendant of Kakutstha, **Puruṣha** -The Supreme Spirit as man, **Pūrṇa** -Contented and Complete, **Kausalyeya** -The Son of Queen Kausalya, **Ragh'ūttama** -The Highest of the Raghu dynasty.*

**Vedānta-vedyo yagñyeśhaḥ purāṇa-puruṣh'ottamaḥ
Jānakī-vallabhaḥ śhrīmān aprameya-parākramaḥ.** 23..

***Vedānta-vedya** -Knower of Spiritual Knowledge, **Yagñyeśha** -The Lord of havans, **Purāṇa-puruṣh'ottama** -The greatest of men from ancient times, **Jānakī-vallabha** -Beloved of Shri Sītā, **Śhrī-mān** -Possessing beauty, glory and auspiciousness, **Aprameya-parākrama** -Of unequalled strength and valour.*

**Ity'etāni japan-nityaṁ mad-bhaktaḥ śhraddhay'ānvitaḥ
Aśhva-medh'ādhikaṁ puṇyaṁ sam-prāpnoti na saṁśhayaḥ.** 24..

One who daily recites with devotion this praise, equal to a great horse-sacrifice, is blessed with faith and becomes holy and without doubts.

**Rāmaṁ dūrvā-dala-śhyāmaṁ padm'ākṣhaṁ pīta-vāsasam
Stuvanti nāmabhir divyaiḥ na te saṁsāri ṇo narāḥ.** 25..

The man who worships Lord Rāma, dark like a blade of Panic Grass, lotus-eyed, wearing a yellow dhoti, with these Divine names, transcends this illusory world.

***Rāmaṁ Lakṣhmaṇa-pūrva-jam raghu-varam Sītā-patiṁ sundaram
Kākutstham karuṇ'ārṇavam guṇa-nidhiṁ vipra-priyam dhārmikam
Rājendraṁ satya-sandham daśharatha-tanayaṁ**

śhyāmalam śhānta-mūrtim

Vande lok'ābhi-rāmaṁ raghu-kula-tilakam rāghavam rāvaṇ'ārim. 26..

*Salutations to Lord Rāma, who delights the Three Worlds, the elder brother
of Shri Lakshmana and the most excellent of the Raghu dynasty,
the Husband of Shri Sītā, very handsome, full of compassion and
replete with good qualities, who loves realised souls, is very dharmic;
who is the King of kings, always true to His word, the Son of
King Dasharatha, dark-skinned and tranquility personified;
the kum-kum on the forehead the Raghu dynasty and the enemy of Rāvana.*

Rāmāya Rāma-bhadrāya Rāma-chandrāya vedhase

Raghu-nāthāya nāthāya Sītāyāḥ-pataye namaḥ.

27..

*I bow to the Husband of Shri Sītā who is known as Shri Rām,
Rāmbhadra, Rāmchandra, Vedhas, Raghunāth and Nātha.*

***Śhrī Rāma Rāma Raghu-nandana Rāma Rāma**

Śhrī Rāma Rāma Bharat'āgraja Rāma Rāma

Śhrī Rāma Rāma raṇa-karkaśha Rāma Rāma

Śhrī Rāma Rāma śharaṇam bhava Rāma Rāma.

28..

*O! Lord Rāma, scion of the Raghu dynasty, the elder brother
of Shri Bharata, who is firm in battle, be ever our refuge!*

***Śhrī Rāma-chandra-charaṇau manasā smarāmi**

Śhrī Rāma-chandra-charaṇau vachasā gṛiṇāmi

Śhrī Rāma-chandra-charaṇau śhirasā namāmi

Śhrī Rāma-chandra-charaṇau śharaṇam prapadye.

29..

*I worship the Feet of Lord Rāma in my mind. I praise the Feet of Lord Rāma
with my speech. I bow my head at the Feet of Lord Rāma.
I surrender everything at the Feet of Lord Rāma.*

***Mātā Rāmo mat-pitā Rāma-chandraḥ**

Svāmī Rāmo mat-sakhā Rāma-chandraḥ

Sarvasvam me Rāma-chandro dayālu

Ṛinānyam jāne naiva jāne na jāne.

30..

*Lord Rāma is my Mother and my Father. He is my Lord and my Friend.
The ever-compassionate Lord Rāma is everything to me
and I do not know anyone else at all.*

**Dakṣhiṇe Lakṣhmaṇo yasya vāme tu Janak'ātmajā
Purato Mārutir yasya taṁ vande raghu-nandanam.**

31..

*I bow to Lord Rāma on whose right side is Shri Lakshmana,
on whose left is King Jānaka's daughter Shri Sītā
and in front is Shri Hanuman, Son of the Wind God.*

***Lok'ābhi-rāmaṁ raṇa-raṅga-dhīraṁ
Rājīva-netraṁ raghu-vamśha nātham
Kāruṇya rūpaṁ karuṇā-karaṁ taṁ
Śhrī Rāma-chandram śharaṇaṁ prapadye.**

32..

*I surrender everything to Lord Rāma, who delights all the worlds,
who fights courageously in battle, with eyes like a deer, the Master
of the Raghu dynasty who is kindness and compassion incarnate.*

***Mano-javaṁ māruta-tulya-vegaṁ
Jitendriyaṁ buddhi-matām variṣṭham
Vāt'ātmajaṁ vānara-yūtha mukhyaṁ
Śhrī Rāma-dūtaṁ śharaṇaṁ prapadye.**

33..

*O, Shri Hanumāna, of lightning intellect, as swift as the wind,
with senses mastered, the most intelligent and wise,
the greatest of monkeys, the Son of the Wind God
and the Messenger of Lord Rāma; I surrender to You.*

**Kūjantaṁ Rāma Rāmeti madhuraṁ madhur'ākṣharam
Āruhya kavita-śhākhāṁ vande Vālmiki-kokilam.**

34..

*Salutations to Sage Vālmiki, who sits on a tree branch
in the form of a cuckoo, sweetly chanting 'Rām Rām'.*

**Āpadām-apahartāraṁ dātāraṁ sarva-sampadām
Lok'ābhi-rāmaṁ Śhrī Rāmaṁ bhūyo bhūyo namāmy'aham.**

35..

*O Lord Rāma, who is the Destroyer of all our troubles,
Who gives wealth and joy to the people; I bow to You again and again.*

**Bharjanam bhava-bījānām arjanam sukha-sampadām
Tarjanam Yama-dūtānām Rāma Rāmeti garjanam.**

36..

*Saying 'Rām Rām' removes the seeds of worldliness,
and grants happiness and wealth; roared loudly it frightens away
the messengers of the God of Death.*

***Rāmo rājamaṇiḥ sadā vijayate Rāmaṁ rameśhaṁ bhaje
Rāmeṇ'ābhihatā niśhāchara-chamū Rāmāya tasmai namaḥ
Rāmān-nāsti parāyaṇam parataram Rāmasya dāso-'smy'aham
Rāme chitta-layaḥ sadā bhavatu me bho Rāma mām-uddhara.** 37..

*I worship Lord Rāma, the precious gem who is always victorious.
I bow to Lord Rāma who annihilated an army of Rakshasas.
I consider no-one greater than Lord Rāma and I am His servant.
Lord Rāma, may my attention be always on You and may You help me to evolve.*

Rāma Rāmeti Rāmeti rame Rāme manorame

Sahasra-nāma tat tulyam Rāma-nāma varānane.

38..

*Shri Shiva tells Shri Pārvati 'O lovely-faced Goddess, whoever takes
the name 'Rāma, Rāma', which is equal to a praise of a thousand names,
with such a person I am pleased.'*

**Iti Śhrī Budha-kauśhika virachitam
Śhrī Rāma-rakṣhā-stotram sampūrṇam.**

Here ends the Rāma-raksha Hymn composed by Sage Budha-kaushika

Śhrī Sītā Rāma-chandr'ārpaṇam-astu.

May it be offered at the Feet of Lord Rāma.

Sākṣhāt Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ

Who is incarnated in person as Our Holy Mother Shri Mataji Nirmala Devi

** Verses that have an asterisk at the start are not in Anushtubh meter (four blocks of eight syllables). After the Introduction, all the other verses scan in this meter.*