



SACRED HYMN · SANSKRIT (DEVANAGARI) WITH MEANING

RAM RAKSHA STOTRA

Budha Kaushika

VINIYOGA

अस्य श्रीरामरक्षास्तोत्रमन्त्रस्य बुधकौशिक ऋषिः श्रीसीतारामचन्द्रो देवता अनुष्टुप् छन्दः सीता शक्तिः ।

श्रीमान् हनुमान् कीलकं श्रीरामचन्द्रप्रीत्यर्थे रामरक्षास्तोत्रजपे विनियोगः ॥

Of this Rama Raksha Stotra mantra, the seer is Budha Kaushika, the deity is Sita and Ramachandra, the metre is Anushtup, Sita is the power and the glorious Hanuman is the pin (kilaka). It is applied in chanting the Rama Raksha Stotra to please Sri Ramachandra.

DHYANAM

ध्यायेदाजानुबाहुं धृतशरधनुषं बद्धपद्मासनस्थं पीतं वासो वसानं नवकमलदलस्पर्धिनेत्रं प्रसन्नम् ।

वामाङ्गारूढसीतामुखकमलमिलल्लोचनं नीरदाभं नानालंकारदीप्तं दधतमुरुजटामण्डलं रामचन्द्रम् ॥

One should meditate on Ramachandra: his arms reach to his knees, he holds bow and arrows and is seated in the bound lotus posture. He wears yellow garments, his calm eyes rival fresh lotus petals, and his gaze meets the lotus face of Sita seated on his left lap. He is dark as a rain cloud, shining with many ornaments, and wears a great circle of matted locks.

VERSE 1

चरितं रघुनाथस्य शतकोटिप्रविस्तरम् ।

एकैकमक्षरं पुंसां महापातकनाशनम् ॥

The story of Raghunatha (Rama) extends to a hundred crore verses. The verse says each single syllable of it destroys even the gravest sins of people.

VERSE 2

ध्यात्वा नीलोत्पलश्यामं रामं राजीवलोचनम् ।

जानकीलक्ष्मणोपेतं जटामुकुटमण्डितम् ॥

Meditating on Rama, dark like the blue lotus, lotus-eyed, accompanied by Janaki (Sita) and Lakshmana, and adorned with a crown of matted hair...

VERSE 3

सासितूणधनुर्बाणपाणिं नक्तंचरान्तकम् ।

स्वलीलया जगत्त्रातुमाविर्भूतमजं विभुम् ॥

...who holds sword, quiver, bow and arrows in his hands, who destroys the night-roaming demons, the unborn, all-pervading Lord who appeared by his own play to protect the world...

VERSE 4

रामरक्षां पठेत्प्राज्ञः पापघ्नीं सर्वकामदाम् ।
शिरो मे राघवः पातु भालं दशरथात्मजः ॥

...the wise person should recite this Rama Raksha, which removes sin and grants every wish. May Raghava protect my head, and the son of Dasharatha my forehead.

VERSE 5

कौसल्येयो दृशौ पातु विश्वामित्रप्रियः श्रुती ।
घ्राणं पातु मखत्राता मुखं सौमित्रिवत्सलः ॥

May the son of Kausalya protect my eyes, and the beloved of Vishvamitra my ears. May the protector of the sacrifice guard my nose, and he who is fond of Saumitri (Lakshmana) my mouth.

VERSE 6

जिह्वां विद्यानिधिः पातु कण्ठं भरतवन्दितः ।
स्कन्धौ दिव्यायुधः पातु भुजौ भग्नेशकार्मुकः ॥

May the treasury of learning protect my tongue, and he who is revered by Bharata my throat. May the bearer of divine weapons protect my shoulders, and the breaker of Shiva's bow my arms.

VERSE 7

करौ सीतापतिः पातु हृदयं जामदग्न्यजित् ।
मध्यं पातु खरध्वंसी नाभिं जाम्बवदाश्रयः ॥

May the lord of Sita protect my hands, and the victor over Parashurama (son of Jamadagni) my heart. May the slayer of Khara protect my middle, and the refuge of Jambavan my navel.

VERSE 8

सुग्रीवेशः कटी पातु सक्थिनी हनुमत्प्रभुः ।
ऊरू रघूत्तमः पातु रक्षःकुलविनाशकृत् ॥

May the lord of Sugriva protect my hips, and the master of Hanuman my haunches. May the best of the Raghus, destroyer of the demon race, protect my thighs.

VERSE 9

जानुनी सेतुकृत्पातु जङ्घे दशमुखान्तकः ।
पादौ विभीषणश्रीदः पातु रामोऽखिलं वपुः ॥

May the builder of the bridge protect my knees, and the slayer of ten-headed Ravana my shins. May the giver of fortune to Vibhishana protect my feet, and may Rama protect my whole body.

VERSE 10

एतां रामबलोपेतां रक्षां यः सुकृती पठेत् ।
स चिरायुः सुखी पुत्री विजयी विनयी भवेत् ॥

The verse says that the virtuous person who recites this protection, filled with the strength of Rama, becomes long-lived, happy, blessed with children, victorious and humble.

VERSE 11

पातालभूतलव्योमचारिणश्छद्मचारिणः ।
न द्रष्टुमपि शक्तास्ते रक्षितं रामनामभिः ॥

Beings that move in the netherworld, on earth or in the sky, and those that go about in disguise, cannot even look upon one who is protected by the names of Rama.

VERSE 12

रामेति रामभद्रेति रामचन्द्रेति वा स्मरन् ।
नरो न लिप्यते पापैर्भुक्तिं मुक्तिं च विन्दति ॥

The verse says that a person who remembers the names Rama, Ramabhadra or Ramachandra is not stained by sins, and gains both worldly enjoyment and liberation.

VERSE 13

जगज्जैत्रैकमन्त्रेण रामनाम्नाभिरक्षितम् ।
यः कण्ठे धारयेत्तस्य करस्थाः सर्वसिद्धयः ॥

The verse says that whoever holds in the throat (learns by heart) this hymn, guarded by the name of Rama, the one mantra that conquers the world, has all accomplishments within reach of the hand.

VERSE 14

वज्रपञ्जरनामेदं यो रामकवचं स्मरेत् ।
अव्याहताज्ञः सर्वत्र लभते जयमङ्गलम् ॥

The verse says that one who remembers this Rama Kavacha, called the Vajrapanjara (diamond cage), finds his word unopposed everywhere and gains victory and auspiciousness.

VERSE 15

आदिष्टवान्यथा स्वप्ने रामरक्षामिमां हरः ।
तथा लिखितवान्प्रातः प्रबुद्धो बुधकौशिकः ॥

Just as Hara (Shiva) imparted this Rama Raksha in a dream, so Budha Kaushika wrote it down on waking in the morning.

VERSE 16

आरामः कल्पवृक्षाणां विरामः सकलापदाम् ।
अभिरामस्त्रिलोकानां रामः श्रीमान्स नः प्रभुः ॥

He who is a garden of wish-fulfilling trees, the end of all calamities, and the delight of the three worlds, that glorious Rama is our Lord.

VERSE 17

तरुणौ रूपसम्पन्नौ सुकुमारौ महाबलौ ।
पुण्डरीकविशालाक्षौ चीरकृष्णाजिनाम्बरौ ॥

Young, handsome, tender yet mighty, with large eyes like white lotuses, clothed in bark garments and black deerskin...

VERSE 18

फलमूलाशिनौ दान्तौ तापसौ ब्रह्मचारिणौ ।
पुत्रौ दशरथस्येतौ भ्रातरौ रामलक्ष्मणौ ॥

...living on fruits and roots, self-controlled, ascetics and celibates, these two sons of Dasharatha, the brothers Rama and Lakshmana...

VERSE 19

शरण्यौ सर्वसत्त्वानां श्रेष्ठौ सर्वधनुष्मताम् ।
रक्षःकुलनिहन्तारौ त्रायेतां नो रघूत्तमौ ॥

...refuge of all beings, foremost among all archers, destroyers of the demon race, may these two best of the Raghus protect us.

VERSE 20

आतसज्जधनुषाविषुस्पृशावक्षयाशुगनिषङ्गसङ्गिनौ ।
रक्षणाय मम रामलक्ष्मणावग्रतः पथि सदैव गच्छताम् ॥

Holding strung bows, hands touching their arrows, carrying quivers of inexhaustible arrows, may Rama and Lakshmana always walk ahead of me on the path to protect me.

VERSE 21

संनद्धः कवची खड्गी चापबाणधरो युवा ।
गच्छन्मनोरथान्नश्च रामः पातु सलक्ष्मणः ॥

Ever ready, armoured, bearing sword, bow and arrows, youthful, going before us, may Rama together with Lakshmana protect our wishes.

VERSE 22

रामो दाशरथिः शूरो लक्ष्मणानुचरो बली ।
काकुत्स्थः पुरुषः पूर्णः कौसल्येयो रघूत्तमः ॥

Rama, son of Dasharatha, the hero, followed by Lakshmana, the mighty, descendant of Kakutstha, the Person, the complete one, son of Kausalya, best of the Raghus...

VERSE 23

वेदान्तवेद्यो यज्ञेशः पुराणपुरुषोत्तमः ।
जानकीवल्लभः श्रीमानप्रमेयपराक्रमः ॥

...known through the Vedanta, lord of sacrifice, the ancient Supreme Person, beloved of Janaki, the glorious one of immeasurable valour.

VERSE 24

इत्येतानि जपन्नित्यं मद्भक्तः श्रद्धयान्वितः ।
अश्वमेधाधिकं पुण्यं सम्प्राप्नोति न संशयः ॥

The verse says that my devotee who chants these names daily with faith gains merit greater than that of the horse sacrifice, without doubt.

VERSE 25

रामं दूर्वादिलश्यामं पद्माक्षं पीतवाससम् ।
स्तुवन्ति नामभिर्दिव्यैर्न ते संसारिणो नराः ॥

The verse says that those who praise with these divine names Rama, dark as a blade of durva grass, lotus-eyed and clad in yellow, are no longer bound to the cycle of worldly life.

VERSE 26

रामं लक्ष्मणपूर्वजं रघुवरं सीतापतिं सुन्दरं काकुत्स्थं करुणार्णवं गुणनिधिं विप्रप्रियं धार्मिकम् ।
राजेन्द्रं सत्यसंधं दशरथतनयं श्यामलं शान्तमूर्तिं वन्दे लोकाभिरामं रघुकुलतिलकं राघवं रावणारिम् ॥

I bow to Rama, elder brother of Lakshmana, best of the Raghus, husband of Sita, the beautiful one, descendant of Kakutstha, ocean of compassion, treasury of virtues, dear to the learned and righteous; king of kings, true to his word, son of Dasharatha, dark and peaceful in form, delight of the world, ornament of the Raghu line, Raghava, the foe of Ravana.

VERSE 27

रामाय रामभद्राय रामचन्द्राय वेधसे ।
रघुनाथाय नाथाय सीतायाः पतये नमः ॥

Salutations to Rama, to Ramabhadra, to Ramachandra, to the Creator, to Raghunatha, the Lord, the husband of Sita.

VERSE 28

श्रीराम राम रघुनन्दन राम राम श्रीराम राम भरताग्रज राम राम ।
श्रीराम राम रणकर्कश राम राम श्रीराम राम शरणं भव राम राम ॥

O Sri Rama, joy of the Raghus; O Sri Rama, elder brother of Bharata; O Sri Rama, fierce in battle; O Sri Rama, be my refuge.

VERSE 29

श्रीरामचन्द्रचरणौ मनसा स्मरामि श्रीरामचन्द्रचरणौ वचसा गृणामि ।
श्रीरामचन्द्रचरणौ शिरसा नमामि श्रीरामचन्द्रचरणौ शरणं प्रपद्ये ॥

I remember the feet of Sri Ramachandra with my mind, I praise the feet of Sri Ramachandra with my speech, I bow my head to the feet of Sri Ramachandra, and I take refuge in the feet of Sri Ramachandra.

VERSE 30

माता रामो मत्पिता रामचन्द्रः स्वामी रामो मत्सखा रामचन्द्रः ।
सर्वस्वं मे रामचन्द्रो दयालुर्नान्यं जाने नैव जाने न जाने ॥

Rama is my mother, Ramachandra my father; Rama is my master, Ramachandra my friend. Compassionate Ramachandra is my everything; I know no other, none at all.

VERSE 31

दक्षिणे लक्ष्मणो यस्य वामे च जनकात्मजा ।
पुरतो मारुतिर्यस्य तं वन्दे रघुनन्दनम् ॥

I bow to the joy of the Raghus, who has Lakshmana on his right, the daughter of Janaka on his left, and Maruti (Hanuman) before him.

VERSE 32

लोकाभिरामं रणरङ्गधीरं राजीवनेत्रं रघुवंशनाथम् ।
कारुण्यरूपं करुणाकरं तं श्रीरामचन्द्रं शरणं प्रपद्ये ॥

I take refuge in Sri Ramachandra, the delight of the world, steadfast on the field of battle, lotus-eyed, lord of the Raghu line, compassion in form and a mine of mercy.

VERSE 33

मनोजवं मारुततुल्यवेगं जितेन्द्रियं बुद्धिमतां वरिष्ठम् ।
वातात्मजं वानरयूथमुख्यं श्रीरामदूतं शरणं प्रपद्ये ॥

I take refuge in the messenger of Sri Rama (Hanuman), swift as the mind, fast as the wind, master of the senses, foremost of the wise, son of the Wind god and chief of the monkey hosts.

VERSE 34

कूजन्तं रामरामेति मधुरं मधुराक्षरम् ।
आरुह्य कविताशाखां वन्दे वाल्मीकिकोकिलम् ॥

I bow to Valmiki, the cuckoo who, perched on the branch of poetry, sings sweetly the sweet syllables 'Rama, Rama'.

VERSE 35

आपदामपहर्तारं दातारं सर्वसम्पदाम् ।
लोकाभिरामं श्रीरामं भूयो भूयो नमाम्यहम् ॥

Again and again I bow to Sri Rama, the remover of calamities, the giver of all prosperity, the delight of the world.

VERSE 36

भर्जनं भवबीजानामर्जनं सुखसम्पदाम् ।
तर्जनं यमदूतानां रामरामेति गर्जनम् ॥

The verse says that loudly calling 'Rama, Rama' roasts the seeds of worldly existence, earns happiness and prosperity, and frightens away the messengers of Yama.

VERSE 37

रामो राजमणिः सदा विजयते रामं रमेशं भजे रामेणाभिहता निशाचरचमू रामाय तस्मै नमः ।
रामान्नास्ति परायणं परतरं रामस्य दासोऽस्म्यहं रामे चित्तलयः सदा भवतु मे भो राम मामुद्धर ॥

Rama, jewel among kings, is ever victorious; I worship Rama, lord of Lakshmi. By Rama the army of night-roamers was struck down; salutations to that Rama. There is no refuge higher than Rama; I am the servant of Rama. May my mind always rest in Rama; O Rama, uplift me.

VERSE 38

राम रामेति रामेति रमे रामे मनोरमे ।
सहस्रनाम तत्तुल्यं रामनाम वरानने ॥

(Shiva says to Parvati:) O fair-faced one, I delight in Rama, the delightful, saying 'Rama, Rama, Rama'. The name of Rama is equal to the thousand names (of Vishnu).

READ IT ON ITS PAGE

The Ram Raksha Stotra with its meaning, how and when it is recited, and the same text in five more scripts:
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