॥ श्री गणेशाय नमः ॥

श्री रामरक्षास्तोत्रम्

Ram Raksha Stotra

BUDHA KAUSHIKA RISHI • ANUSHTUP CHHANDA • DIVINE PROTECTIVE KAVACHA

श्लोक / VERSE 1

अस्य श्रीरामरक्षास्तोत्रमन्त्रस्य बुद्धकौशिक ऋषिः।
श्रीसीतारामचन्द्रो देवता। अनुष्टुप् छन्दः।
सीता शक्तिः। श्रीमद्हनुमान् कीलकम्।
श्रीरामचन्द्रप्रीत्यर्थे जपे विनियोगः॥

asya śrī-rāma-rakṣā-stotra-mantrasya budha-kauśika ṛṣiḥ |
śrī-sītā-rāmacandro devatā | anuṣṭup chandaḥ |
sītā śaktiḥ | śrīmad-dhanumān kīlakam |
śrī-rāmacandra-prīty-arthe jape viniyogaḥ ||

> Of this sacred Ram Raksha Stotra mantra, the seer is Budha Kaushika Rishi; the presiding deity is Shri Sita-Ramachandra; the poetic meter is Anushtup; the primal divine energy is Mother Sita; the protective pin (keelaka) is Lord Hanuman; and it is chanted for the supreme delight and grace of Lord Ramachandra.

श्लोक / VERSE 2

ध्यायेदाजानुबाहुं धृतशरधनुषं बद्धपद्मासनस्थं
पीतं वासो वसानं नवकमलदलस्पर्थिनेत्रं प्रसन्नम्।
वामाङ्कारूढसीतामुखकमलमिलल्लोचनं नीरदाभं
नानालङ्कारदीप्तं दधतमुरुजटामण्डलं रामचन्द्रम्॥

dhyāyed-ājānu-bāhuṁ dhṛta-śara-dhanuṣaṁ baddha-padmāsanasthaṁ
pītaṁ vāso vasānaṁ nava-kamala-dala-spardhi-netraṁ prasannam |
vāmāṅkārūḍha-sītā-mukha-kamala-milal-locanaṁ nīradābhaṁ
nānālaṅkāra-dīptaṁ dadhatam-uru-jaṭā-maṇḍalaṁ rāmacandram ||

> Let us meditate upon Lord Ramachandra, whose long arms reach down to His knees, holding bow and arrows, seated in the steady lotus posture (Padmasana), dressed in yellow silks, whose eyes rival the petals of a freshly blossomed lotus, ever serene and joyful, whose loving gaze meets the lotus face of Mother Sita seated upon His left lap, whose complexion is like a rain-bearing blue cloud, resplendent with ornaments, and wearing His matted hair bound atop His head.

श्लोक / VERSE 3

चरितं रघुनाथस्य शतकोटिप्रविस्तरम्।
एकैकमक्षरं पुंसां महापातकनाशनम्॥

caritaṁ raghunāthasya śata-koṭi-pravistaram |
ekaikam-akṣaraṁ puṁsāṁ mahā-pātaka-nāśanam ||

> The divine narrative of Lord Raghunatha is vast and extends over a hundred crore verses. Each single syllable of it has the power to destroy the gravest sins of human beings.

श्लोक / VERSE 4

ध्यात्वा नीलोत्पलश्यामं रामं राजीवलोचनम्।
जानकीलक्ष्मणोपेतं जटामुकुटमण्डितम्॥

dhyātvā nīlotpala-śyāmaṁ rāmaṁ rājīva-locanam |
jānakī-lakṣmaṇopetaṁ jaṭā-mukuṭa-maṇḍitam ||

> Meditating upon Rama, who is dark like the blue water-lily, with lotus eyes, accompanied by Mother Janaki and Lakshmana, and adorned with the crown of matted locks.

श्लोक / VERSE 5

सासितूणीरधनुर्बाणपाणिं नक्तंचरान्तकम्।
स्वलीलया जगत्त्रातुमाविर्भूतमजं विभुम्॥
रामरक्षां पठेत्प्राज्ञः पापघ्नीं सर्वकामदाम्॥

sāsi-tūṇīra-dhanur-bāṇa-pāṇiṁ naktañ-carāntakam |
sva-līlayā jagat-trātum-āvirbhūtam-ajaṁ vibhum |
rāma-rakṣāṁ paṭhet-prājñaḥ pāpa-ghnīṁ sarva-kāmadām ||

> Holding sword, quiver, bow, and arrows in His hands, the destroyer of demons of darkness, who manifested by His own divine play to protect the universe, unborn and all-pervading—the wise practitioner should recite this Ram Raksha, which destroys all sins and fulfills all righteous desires.

श्लोक / VERSE 6

शिरो मे राघवः पातु भालं दशरथात्मजः।
कौसल्येयो दृशौ पातु विश्वामित्रप्रियः श्रुती॥

śiro me rāghavaḥ pātu bhālaṁ daśarathātmajaḥ |
kausalyeyo dṛśau pātu viśvāmitra-priyaḥ śrutī ||

> May Raghava protect my head; may the son of Dasharatha protect my forehead; may the son of Kausalya protect my eyes; may the beloved disciple of Vishwamitra protect my ears.

श्लोक / VERSE 7

घ्राणं पातु मखत्राता मुखं सौमित्रिवत्सलः।
जिह्वां विद्यानिधिः पातु कण्ठं भरतवन्दितः॥

ghrāṇaṁ pātu makha-trātā mukhaṁ saumitri-vatsalaḥ |
jihvāṁ vidyā-nidhiḥ pātu kaṇṭhaṁ bharata-vanditaḥ ||

> May the protector of holy sacrifices protect my nose; may the affectionate elder brother of Lakshmana protect my face; may the reservoir of all wisdom protect my tongue; may He who is revered by Bharata protect my throat.

श्लोक / VERSE 8

स्कन्धौ दिव्यायुधः पातु भुजौ भग्नेशकार्मुकः।
करौ सीतापत्तिः पातु हृदयं जामदग्न्यजित्॥

skandhau divyāyudhaḥ pātu bhujau bhagneśa-kārmukaḥ |
karau sītā-patiḥ pātu hṛdayaṁ jāmadagnya-jit ||

> May the Bearer of celestial weapons protect my shoulders; may the Breaker of Shiva's bow protect my arms; may the Lord of Sita protect my hands; may the Vanquisher of Parashurama's pride protect my heart.

श्लोक / VERSE 9

मध्यं पातु खरध्वंसी नाभिं जाम्बवदाश्रयः।
सुग्रीवेशः कटी पातु सक्थिनी हनुमत्प्रभुः॥

madhyaṁ pātu khara-dhvaṁsī nābhiṁ jāmbavad-āśrayaḥ |
sugrīveśaḥ kaṭī pātu sakthinī hanumat-prabhuḥ ||

> May the slayer of Khara protect my torso; may the refuge of Jambavan protect my navel; may the Lord of Sugriva protect my hips; may the master of Hanuman protect my thighs.

श्लोक / VERSE 10

ऊरू रघुत्तमः पातु जानुनी सेतुकृत्पातु।
जङ्घे दशमुखा gear पातु पादौ विभीषणश्रीदः॥

ūrū raghuttamaḥ pātu jānunī setu-kṛt-pātu |
jaṅghe daśa-mukhāntakaḥ pātu pādau vibhīṣaṇa-śrīdaḥ ||

> May the highest of the Raghu race protect my legs; may the builder of the bridge to Lanka protect my knees; may the slayer of the ten-headed Ravana protect my calves; may He who granted royal sovereignty to Vibhishana protect my feet.

श्लोक / VERSE 11

आपदामपहर्तारं दातारं सर्वसम्पदाम्।
लोकाभिरामं श्रीरामं भूयो भूयो नमाम्यहम्॥

āpadām-apahartāraṁ dātāraṁ sarva-sampadām |
lokābhirāmaṁ śrī-rāmaṁ bhūyo bhūyo namāmy-aham ||

> The dispeller of all calamities, the giver of all wealth and auspiciousness, the delight of all the worlds—to that Shri Rama, I bow down again and again.

श्लोक / VERSE 12

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

mano-javaṁ māruta-tulya-vegaṁ jitendriyaṁ buddhimatāṁ variṣṭham |
vātātmajaṁ vānara-yūtha-mukhyaṁ śrī-rāma-dūtaṁ śaraṇaṁ prapadye ||

> Swift as the mind, with speed equaling the celestial wind, master of all senses, foremost among the wise, son of the wind-god Vayu, supreme commander of the vanara armies, messenger of Lord Shri Rama—in Him, Lord Hanuman, I take complete shelter.
