



|| Shri Ram Raksha Stotra ||



Viniyogah:

śrī rāma rakṣhā stōtram mantrasya budha kauśika ṛiṣiḥ,
śrī sītā rāmachandrō dēvatā,
anuṣṭup chandaḥ, sītā śaktiḥ, śrīmān hanumān kīlakam,
śrī sītā rāma chandra dēvatā prīt yarthē,
mama saparivārasya rakṣhaṇārthē cha "vajrapañjara" nāmaka "śrī rāma,
rakṣhā kavacha" stōtra pāṭhē viniyōgaḥ.

Dhyānam:

dhyāyeda jānu bāhuṃ,
dhṛita śara dhanuṣaṃ baddha padma sanastham,
pītaṃ vāso vāsānaṃ nava kamala dala,
spardhi netraṃ prasannam,
vāmāṅkā rūḍha sītā mukha kamala,
milal lochanam nīra dābhaṃ,
nānā laṅkāra dīptaṃ dadha tamuru,
jata maṅḍalaṃ rāma chandram.

Recitation of the Main Shield (Kavach)

śiro me rāghavaḥ pātu bhālaṃ daśarath ātmajaḥ,
kausalyeyo dṛiśau pātu viśvāmitra priyaḥ śruti,
ghrāṇaṃ pātu makha trātā mukhaṃ saumitri vatsalaḥ,
jivhāṃ vidyā nidhiḥ pātu kaṅṭhaṃ bharata vaṃditaḥ,
skandhau divyā yudhaḥ pātu bhujau bhagnēśa kār mukaḥ,
karau sītā patiḥ pātu hṛidayaṃ jāma dagnya jit,
madhyaṃ pātu kharadh vaṃsī nābhiṃ jāmbavadā śrayaḥ,
sugrīveśaḥ kaṭī pātu sakthinī hanumat prabhuḥ,
ūrū raghut tamaḥ pātu rakṣaḥ kula vināśa kṛit,
jānunī setu kṛitpātu jaṅghē daśa mukhān takaḥ,
pāḍau bibhīṣaṇa śrīdaḥ pātu rāmo akhilaṃ vapuḥ.

To empower(Siddh) the stotra, recite 1100 times at any auspicious moment (Siddh muhurataṃ). Once success (Siddhi) is attained, recite three times daily. In unique situations, either sprinkle water around or have the patient drink water after chanting 11 times.



Pujya Swami Rupeshwaranand
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|| Shri Ram Raksha Stotra Translation ||



Viniyogah (Invocation):

śrī rāma rakṣhā stōtram mantrasya budha kauśika ṛiṣiḥ,
The sage of the mantra of Shri Rama Raksha Stotra is Budha Koushika Rishi,
 śrī sītā rāmachandrō dēvatā,
the deity is Shri Sita Ramachandra,
 anuṣṭup chandaḥ, sītā śaktiḥ, śrīmān hanumān kīlakam,
the meter is Anushtup, Sita is the power, Shriman Hanuman is the key,
 śrī sītā rāma chandra dēvatā prīt yarthē,
for the affection of the deity Shri Sita Ramachandra,
 mama saparivārasya rakṣhaṇārthē cha "vajrapañjara" nāmaka "śrī rāma,
for the protection of me and my family, the recitation of the Stotra named "Shri Rama Raksha Kavacha" with
 rakṣhā kavacha" stōtra pāṭhē viniyōgaḥ.
the title "Vajrapanjara" is prescribed.

Dhyānam (Meditate):

dhyāyeda jānu bāhuṃ,
Contemplate on Him who has long arms,
 dhṛita śara dhanuṣaṃ baddha padma sanastham,
who holds a bow and arrow, who sits in a lotus posture,
 pītaṃ vāso vāsānaṃ nava kamala dala,
Who wears yellow garments, whose eyes compete with the fresh lotus petals,
 spardhi netraṃ prasannam,
who is ever cheerful
 vāmāṅkā rūḍha sītā mukha kamala,
On His left sits Mother Sita, His eyes resembling blooming lotus flowers,
 milal lochanam nīra dābhaṃ,
radiant like the rain-bearing clouds,
 nānā laṅkāra dīptaṃ dadha tamuru,
Who is adorned with various ornaments,
 jata maṅḍalaṃ rāma chandram.
who is adorned with a beautiful crown, Ramachandra.

Recitation of the Main Shield (Kavach)

śiro me rāghavaḥ pātu bhālaṃ daśarath ātmajaḥ,
may Raghava (Rama) protect my Head, the son of Dasharatha protect my forehead,
 kausalyeyo dṛiśau pātu
Kausalya's son protect my eyes,
 viśvāmitra priyaḥ śruti,
may the beloved of Vishvamisra protect my ears,
 ghrāṇaṃ pātu makha trātā,
may the Protector of Yajna protect my nose,
 mukhaṃ saumitri vatsalaḥ,
the one affectionate to Sumitra, protect my mouth (Mukha),
 jivhāṃ vidyā nidhiḥ pātu
may the repository of knowledge protect my tongue,
 kaṅṭhaṃ bharata vaṃditaḥ,
may the one worshipped by Bharata protect my throat,
 skandhau divyā yudhaḥ pātu ,
may the wielder of divine weapons protect my shoulders,



|| Translation ||



bhujau bhagnēśa kār mukaḥ,
the one brokes Lord Shiva's bow protect my arms,
 karau sītā patiḥ pātu,
may the husband of Sita protect my hands,
 hṛidayaṁ jāma dagnya jit,
the one conquers son of Sage Jamadagni (Parashuram) protect my heart,
 madhyaṁ pātu kharadh vaṁsī ,
may the destroyer of Khara(demon) protect my chest,
 nābhiṁ jāmbavadā śrayaḥ,
Patrons of Jamvavant protect the navel,
 sugrīveśaḥ kaṭī pātu ,
may the lord of Sugriva protect my waist,
 sakthinī hanumat prabhuḥ,
may the Lord of Hanuman protect my bones,
 ūrū raghut tamaḥ pātu rakṣaḥ kula vināśa kṛit,
may the best in Raghu clan, destroyer of the demon clan, protect my upper leg,
 jānunī setu kṛitpātu
may the builder of the bridge protect my shins,
 jaṅghē daśa mukhān takaḥ,
may the one who destroyed the ten-headed Ravana protect my thighs,
 pādau bibhīṣaṇa śrīdaḥ,
may the provider of prosperity to Vibhisana protect my feet,
 pātu rāmo akhilaṁ vapuḥ,
may Shri Ram protect my entire body



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