# Ram Raksha Stotra – Meaning Lyrics In Hindi And English

अस्य श्रीरामरक्षास्तोत्रमंत्रस्य । बुधकौशिक ऋषिः । श्रीसीतारामचंद्रो देवता । अनुष्टुप् छंदः । सीता शक्तिः । श्रीमद् हनुमान कीलकम् । श्रीरामचंद्रप्रीत्यर्थे रामरक्षास्तोत्रजपे विनियोगः ॥

Asya Sri Rama Raksha Stotra Manthrasya Budha Kousika Rishi,
Sri Sita Ramachandra Devatha, Anushtup Chhanda,
Sita Shakthi, Sri Hanman Keelakam,
Sri Ramachandra Preethyarthe Rama Raksha Stotra Mantra Jape Viniyoga.

For The "Rama Protection Prayer",
The Sage Is Budha Kousika, God Is Ramachandra With Sita,
Meter Is Anushtup, Power Is Sita, And Limit Is Hanuman,
And I Am Starting The Chant Of This Prayer To Please Ramachandra

॥ अथ ध्यानम् ॥

ध्यायेदाजानुबाहुं धृतशरधनुषं बद्धपद्मासनस्थम् । पीतं वासो वसानं नवकमलदलस्पर्धिनेत्रं प्रसन्नम् । वामांकारूढ सीतामुखकमलिमलल्लोचनं नीरदाभम् । नानालंकारदीप्तं दधतमुरुजटामंडनं रामचंद्रम् ॥

Dhyanam

Dhyayed Ajanu Bahum Drutha Sara Danusham Badha Padmasanastham,
Peetham Vaso Avasanam Nava Kamala Dala Spardhi Nethram, Prasannam,
Vamangaruda Sita Mukha Kamala Milalochanam Neeradhabham,
Danalangara Deeptham Datha Muru Jada Mandalam Ramachandram.

## Dhyanam

I Meditate On That Ramachandra, Whose Arms Reach Up To His Thighs,

Who Carries Bow And Arrows, Who Sits In A Lotus Pose,

Who Is Dressed In Yellow Cloths, Who Has Eyes Like The Petals Of A Newly Opened Lotus Flower,

Who Is Always Pleasant-Looking, Who Is The Color Of The Black Cloud,

Whose Sight Is Fixed On The Lotus Eyes Of Sita, Sitting On His Left Thigh,

And Who Shines In Various Decorations And Who Has A Matted Hair Around His Face.

चरितं रघुनाथस्य शतकोटि प्रविस्तरम् । एकैकमक्षरं पुंसां महापातकनाशनम् ॥१॥

Charitham Raghu Nadasya Satha Koti Pravistharam, Yekaikamaksharam Pumsam Maha Pathaka Nasanam.

The Story Of Rama Is Written In Four Billion Words,
But Reading Even One Letter Of That Destroys All Great Sins.

ध्यात्वा नीलोत्पलश्यामं रामं राजीवलोचनम् । जानकीलक्ष्मणोपेतं जटामुकुटमंडितम् ॥२॥

सासितूणधनुर्बाणपाणिं नक्तंचरान्तकम् । स्वलीलया जगत्रातुं आविर्भूतं अजं विभुम् ॥३॥ रामरक्षां पठेत्प्राज्ञः पापघ्नीं सर्वकामदाम् । शिरोमे राघवः पातु भालं दशरथात्मजः ॥४॥

Dhyathwa Neelolpala Shyamam Ramam Rajeevalochanam,
Janaki Lakshmano Petham Jada Makuta Manditham,
Sasi Thoona Dhanur Bahu Panim Nakthancharaanthakam,
Swa Leelaya Jagathrathum Avirbhoottham Ajam Vibhum,
Rama Raksham Padeth Pragna Papagneem Sarva Kamadham., 2-4

Meditating On Rama Who Is Black Like The Blue Lotus Flower,
Who Has Lotus Like Eyes, Who Is Our Lord
Who Is Accompanied By Sita And Lakshmana,
Whose Head Is Surrounded By The Tufted Hair,
Who Carries A Sword, Bows, Arrows, And Quiver,
Who Is Born In The World To Playfully Kill Rakshasas,
And Save And Protect This World, Who Does Not Have Birth,
The Intelligent One Should Chant, "Rama Protection Prayer",
So That He Realizes All His Desires.

कौसल्येयो दृशौ पातु विश्वामित्रप्रियश्रुती । घ्राणं पातु मखत्राता मुखं सौमित्रिवत्सलः ॥५॥ Siro May Raghava Pathu, Phalam Dasarathathmaja, Kousalyeyo Drusou Pathu, Viswamithra Priya Sruthi., 5

Let Raghava Protect My Head,
Let My Forehead Be Protected By Son Of Dasaratha,

Let My Eyes Be Protected By Son Of Kousalya,

And Let My Ears Be Protected By, He Who Is Dear To Viswamithra.

जिव्हां विद्यानिधिः पातु कंठं भरतवंदितः ।
स्कंधौ दिव्यायुधः पातु भुजौ भग्नेशकार्मुकः ॥६॥
करौ सीतापितः पातु हृदयं जामदग्र्यजित् ।
मध्यं पातु खरध्वंसी नाभिं जाम्बवदाश्रयः ॥७॥
सुग्रीवेशः कटी पातु सिक्थिनी हनुमत्प्रभुः ।
ऊरू रघूत्तमः पातु रक्षःकुलिवनाशकृत् ॥८॥
जानुनी सेतुकृत्पातु जंघे दशमुखान्तकः ।
पादौ बिभीषणश्रीदः पातु रामोखिलं वपुः ॥९॥

Granam Pathu Makhathrath, Mukham Soumithri Vathsala,
Jihwam Vidhyanidhi Pathu, Kandam Bharathavanditha,
Skandou Divyayudha Pathu, Bhujowbhagnea Karmukha.
Karou Sithapathi Pathu, Hrudayam Jamadagnyajith.
Madhyam Padu Khara Dwamsi, Nabhim Jambhavadasrya,
Sugreevesa Kateem Pathu, Sakthithini Hanumath Prabhu.
Ooru Raghoothama Pathuraksha Kulavinasa Kruth,
Januni Sethu Kruth Padu, Janghe Dasamukhandaka,
Padou Vibheeshanasreedha, Pathu Ramokhilam Vapu., 6-9

Let My Nose Be Protected By The Protector Of Sacrifices,
My Face By Him, He Who Is Dear To Lakshmana,
My Tongue Be Protected By The Treasure Of Wisdom,
My Neck Is Protected By Him Who Is Saluted By Bharatha.
Let My Shoulders Be Protected By Him Who Has Celestial Weapons,
Let My Arms By Him Who Broke The Bow,

Let My Hands Be Protected By The Husband Of Sita,

Let My Heart Be Protected By Him Who Won Over Parasurama.

Let My Middle Be Protected By Him Who Killed Khara,

Let My Stomach Be Protected By The Lord Of Jhambhavan,

Let My Hips Be Protected By Lord Of Sugreeva,

Let My Behinds Be Protected By Lord Of Hanuman.

Let My Thighs Be Protected By The Best Of The Raghu Clan,

Who Is The Destroyer Of The Clan Of Rakshasas,

Let My Knees Be Protected By The Maker Of The Bridge,

Let My Calves Be Protected By The Killer Of Ravana,

Let My Feet Be Protected By Him Who Gives Protection To Vibheeshana,

And Let All My Body Be Protected By Sri Rama.

Recommended – Lord Rama – Seventh Avatar Of Vishnu

एतां रामबलोपेतां रक्षां यः सुकृती पठेत् ।

स चिरायुः सुखी पुत्री विजयी विनयी भवेत् ॥१०॥

Yetham Rama Balopethaam Rakshaam Ya Sukruthee Padeth.

Sa Chirayu Sukhee Puthree Vijayee Bhaveth., 10

The Better Who Reads The Protective Chant Based On Strength Of Rama,

Would Live Long, Be Blessed With Sons, Be Victorious And Will Have Humility.

पातालभूतलव्योमचारिणश्छद्मचारिणः ।

न द्रष्टुमपि शक्तास्ते रक्षितं रामनामभिः ॥११॥

Patala Bhoothala Vyoma Charina Chathmacharina,

Na Drushtumapi Shakthasthe Rakshitham Ramanamabhi., 11

They Who Travel In The Hades, Earth, And Heaven And Who Travel Secretly, Would Not Be Able To See The One Who Reads The Protective Chant Of Rama.

रामेति रामभद्रेति रामचंद्रेति वा स्मरन् । नरो न लिप्यते पापैः भुक्तिं मुक्तिं च विन्दति ॥१२॥

Ramethi, Ramabhadrethi Ramachandrethi Yaa Smaran, Naro Na Lipyathe Papair Bukthim Mukthincha Vindathi., 12

On The Man Who Remembers Rama, Rambhadra, And Ramachandra, Sins Will Never Get Attached And He Would Get Good Life And Salvation.

जगजैत्रैकमंत्रेण रामनाम्नाभिरक्षितम् ।

यः कंठे धारयेत्तस्य करस्थाः सर्वसिद्धयः ॥१३॥

Jagajaithrakamanthrena Ramanamnabhirakshitham, Ya Kande Dharayethasya Karastha Sava Sidhaya., 13

वज्रपंजरनामेदं यो रामकवचं स्मरेत्।

अव्याहताज्ञः सर्वत्र लभते जयमंगलम् ॥१४॥

He Who Wears The Chant Of The Name Of Rama As

A Protection Round His Neck, Would Get All The Occult Powers In His Hand.

Vajra Panjara Namedham Yo Rama Kavacham Smareth,

Aavyahathagna Sarvathra Labhathe Jaya Mangalam., 14

The Orders Of Him Who Reads This Armor Of Rama Called The Cage Of A Diamond,

Would Be Obeyed By Everywhere And He Will Get Victory In All Things.

आदिष्टवान् यथा स्वप्ने रामरक्षांमिमां हरः।

तथा लिखितवान् प्रातः प्रबुद्धो बुधकौशिकः ॥१५॥

Aadishtavan Yada Swapne Ramaraksham Imama Hara, Thadha Likhithavan Pratha Prabudho Budhakousika., 15

This Protective Chant Of Rama Was Told By Lord Shiva In The Dream,

And Was Written Down By Budha Koushika Without Leaving A Letter Next Day Morn.

आरामः कल्पवृक्षाणां विरामः सकलापदाम् ।

अभिरामस्त्रिलोकानां रामः श्रीमान् स नः प्रभुः ॥१६॥

Aarama Kalpa Vrukshanam, Virama Sakalapadam, Abhiramassthrilokanam, Rama Sriman Na Prabhu., 16

There Is No Lord Like Rama Who Is Like A Wish Giving A Tree, Who Lives In All Places And Who Is The Prettiest In All Worlds.

तरुणौ रूपसंपन्नौ सुकुमारौ महाबलौ । पुंडरीकविशालाक्षौ चीरकृष्णाजिनाम्बरौ ॥१७॥ फलमूलाशिनौ दान्तौ तापसौ ब्रह्मचारिणौ । पुत्रौ दशरथस्पैतौ भ्रातरौ रामलक्ष्मणौ ॥१८॥ शरण्यौ सर्वसत्त्वानां श्रेष्ठौ सर्वधनुष्मताम् । रक्षः कुलनिहंतारौ त्रायेतां नो रघूत्तमौ ॥१९॥

Tharunou Roopa Sampannou, Sukumarou Maha Balou,
Pundareeka Visalakshou Cheerakrushna Jinambarou,
Phala Moolasinou Danthou Thapasou Brahmachrinou,
Puthrou Dasarathasyathou Bratharou Ramalakshmanou,
Saranya Sarva Sathwanam Sreshtou Sarva Danushmatham,

Raksha Kula Nihanthou Traayetham No Raghothamou., 17-19

Let Us Be Protected By The Brothers Rama And Lakshmana,
Who Are Young, Full Of Beauty, Who Are Very Strong,
Who Have Broad Eyes Like Lotus, Who Wear The Hides Of Trees,
Who Eat Fruits And Roots, Who Are Self-Controlled, Who Are Ascetic,
Who Are Celibate, Who Are Sons Of Dasaratha,
Who Gives Protection To All Beings, Who Are Great,
Who Is The Best Among Those Who Wield The Bow,

आत्तसज्जधनुषाविषुस्पृशावक्षयाशुगनिषंगसंगिनौ । रक्षणाय मम रामलक्ष्मणावग्रतः पथि सदैव गच्छताम् ॥२०॥ Recommended – Maharishi Valmiki – The First Poet & The Author Of Ramayana

Aatha Sajja Danusha Vishu Sprusa, Vakshaya Suga Nishanga Sanginou, Rakshanaya Mama Ramalakshmanaavagratha, Padhi Sadaiva Gachathaam., 20

And Who Destroy Whole Clans Of Rakshasas.

Let Those Rama And Lakshmana,
Who Hold Arrows Ready To Shoot,
Who Has The Inexhaustible Quiver On Their Shoulders,

Walk-In Front Of Me Protecting Me.

सन्नद्धः कवची खड्गी चापबाणधरो युवा ।

गच्छन्मनोरथोस्माकं रामः पातु सलक्ष्मणः ॥२१॥

Sanadha Kavachee Gadgi Chapa Bana Dharo Yuva, Gachan Manoradhosmakam Rama Pathu Sa Lakshmana., 21

Let Rama And Lakshmana, Who Are Ready For War,
Wearing Armor Holding Sword And Having Bows And Arrows,
Travel In The Chariot Of My Mind And Protect Me.

रामो दाशरथिः शूरो लक्ष्मणानुचरो बली ।

काकुत्स्थः पुरुषः पूर्णः कौसल्येयो रघुत्तमः ॥२२॥

वेदान्तवेद्यो यज्ञेशः पुराणपुरुषोत्तमः ।

जानकीवल्लभः श्रीमान् अप्रमेय पराक्रमः ॥२३॥

इत्येतानि जपन्नित्यं मद्भक्तः श्रद्धयान्वितः ।

अश्वमेधाधिकं पुण्यं सम्प्राप्नोति न संशयः ॥२४॥

Ramo Dasaradhi Soorolakshmanucharo Balee,
Kakustha Purusha Poorna Kousalyayo Raghothama,
Vedantha Vedhyo Yagnesa Purana Purushothama,
Janaki Vallabha Sreeman Aprameya Parakrama,
Ithyethani Japan Nithyam Thad Bhaktha Sradhayanvitha,
Aswamedhadhikam Punyam Samprapnothi Na Samsaya., 22-24

That Devotee Who Daily Chants With Devotion The Names,
Rama, Son Of Dasaratha, Heroic One, He Who Is Accompanied By Lakshmana,

He Who Is From Kakustha Clan, Complete Man, Son Of Kausalya, Best Among Raghu Clan,

He Who Can Be Known By Vedantha, Lord Of Yagnas, He Who Is Ancient,

The Best Among Men, Consort Of Sita, Gentleman Without Properties And Valorous One

Without Doubt, Would Get More Blessings Than Performing Of The Aswamedha Sacrifice

रामं दुर्वादलश्यामं पद्माक्षं पीतवाससम् । स्तुवंति नामभिर्दिव्यैः न ते संसारिणो नरः ॥२५॥

Ramam Doorvadala Shyamam Padmaksham Peetha Vasasam, Sthuvanthi Namabhir Divyai Na They Samsarino Nara., 25

He Who Chants The Divine Names Of Rama
Who Is As Black As The Bud Of Dhoorva Grass,
Who Has Lotus Like Eyes, Who Wears Yellow Silk,
Would Never Again Lead Another Domestic Life.

रामं लक्ष्मणपूर्वजं रघुवरं सीतापतिं सुंदरम् । काकुत्स्थं करुणार्णवं गुणनिधिं विप्रप्रियं धार्मिकम् । राजेंद्रं सत्यसंधं दशरथतनयं श्यामलं शांतमूर्तिम् । वंदे लोकाभिरामं रघुकुलतिलकं राघवं रावणारिम् ॥२६॥

Ramam Lakshmana Poorvajam Raghuvaram Seethapathim Sundaram,
Kakustham Karunarnavam Guna Nidhim Vipra Priyam Dharmikam,
Rajendram Sathya Sandham Dasaratha Thanayamshyamalamsanthamoorthim,
Vande Lokabhiramam. Raghukula Thilakamraghavam Ravanarim., 26

Salutations To Him Who Is Attractive To All The World,
Who Is The Best Among The Raghu Clan, Who Killed Ravana,
Who Is Rama, Who Is The Elder Brother Of Lakshmana,
Who Is A Blessing To Raghu Clan, Who Is A Consort Of Sita,
Who Is Pretty, Who Belongs To The Clan Of Kakusthas,
Who Is The Treasure Of Mercy, Who Is Wealthy Of Good Characters,
Who Likes Vedic Scholars, Who Are Just, Who Is The Best Among Kings,
Who Is Truthful, Who Is The Son Of Dasaratha, Who Is Black And
Who Is The Personification Of Peace And Patience

रामाय रामभद्राय रामचंद्राय वेधसे।

रघुनाथाय नाथाय सीतायाः पतये नमः ॥२७॥

Ramaya Ramabhadraya Ramachandraya Vedhase, Raghu Nadhaya Nadhaya Seethaya Pathae Nama., 27

My Salutations To The Consort Of Lady Sita,
Who Is The Basis Of All Vedas As Rama,
Ramabhadra And Ramachandra And,
Who Is Lord Of The World As The Lord Of Raghu Clan

श्रीराम राम रघुनंदन राम राम । श्रीराम राम भरताग्रज राम राम । श्रीराम राम रणकर्कश राम राम । श्रीराम राम शरणं भव राम राम ॥२८॥

Sri Rama Rama Raghu Nandana Rama Rama,

Sri Rama Rama Bharathagraja Rama Rama, Sri Rama Rama Rana Karkasa Rama Rama Rama, Sri Ramachandra Saranam Bhava Rama Rama., 28

Oh Rama, Become My Protection, Oh Rama, Rama, Rama, Son Of Raghu, Rama, Rama, Rama Rama Elder Brother Of Bharatha, Rama Rama, Rama, Rama Expert In War, Rama, Rama.

श्रीरामचंद्रचरणौ मनसा स्मरामि । श्रीरामचंद्रचरणौ वचसा गृणामि । श्रीरामचंद्रचरणौ शिरसा नमामि । श्रीरामचंद्रचरणौ शरणं प्रपद्ये ॥२९॥

Sri Ramachandra Charanou Manasa Smarami, Sri Ramachandra Charanou Vachasa Grunami, Sri Ramachandra Charanou Sirasa Namami, Sri Ramachandra Charanou Saranam Prapadhye., 29

I Meditate On The Feet Of Sri Ramachandra,
I Tell With Words About Feet Of Ramachandra,
I Salute With My Head The Feet Of Ramachandra,
And I Seek For Protection To The Feet Of Ramachandra.
Recommended – Vivah Panchami – The Marriage Of Lord Rama And Goddess Sita

माता रामो मत्पिता रामचंद्रः । स्वामी रामो मत्सखा रामचंद्रः । सर्वस्वं मे रामचंद्रो दयालुः ।

नान्यं जाने नैव जाने न जाने ॥३०॥

Matha Ramo, Math Pitha Ramachandra, Swami Ramo, Math Sakha Ramachandra, Sarvaswam May Ramachandro Dayalu, Na Anyam Naiva Jane Na Jane., 30

My Mother Is Rama, My Father Ramachandra,
My Lord Is Rama And My Friend Is Ramachandra,
Everything For Me Is The Merciful Ramachandra,
And I Do Not See Any One Else Except Him And Him.

दक्षिणे लक्ष्मणो यस्य वामे तु जनकात्मजा । पुरतो मारुतिर्यस्य तं वंदे रघुनंदनम् ॥३१॥

Dakshine Lakshmano, Yasye Vame Cha Janakathmaja, Puratho Maruthir Yasya Tham Vande Raghunandanam., 31

I Salute That Son Of Raghu, On Whose Right Is Lakshmana, On Whose Left Is Sita And N Whose Front Is Hanuman.

लोकाभिरामं रणरंगधीरम् । राजीवनेत्रं रघुवंशनाथम् । कारुण्यरूपं करुणाकरं तम् । श्रीरामचंद्रम् शरणं प्रपद्ये ॥३२॥

Lokabhiramam Rana Ranga Dheeram Rajheeva Nethram Raghuvamsa Nadham, Karunya Roopamkarunakaram Tham Sri Ramachandram Saranam Prapadhye., 32 I Surrender To Lord Sri Rama, Who Is Prettiest In This World,
Who Is Very Brave In Battle Field, Who Has Lotus Like Eyes,
Who Is The Chief Of The Raghu Clan, Who Is Mercy Personified,
And Who Is Extremely Merciful

मनोजवं मारुततुल्यवेगम् । जितेन्द्रियं बुद्धिमतां वरिष्ठम् । वातात्मजं वानरयूथमुख्यम् । श्रीरामदृतं शरणं प्रपद्ये ॥३३॥

Mano Javam, Maruda Thulya Vegam, Jithendriyam Buddhi Matham Varishtam, Vatha Atmajam Vanara Yudha Mukhyam, Sree Rama Dootham Sirasa Namami., 33

I Bow My Head And Salute The Emissary Of Rama,
Who Has Won Over His Mind,
Who Has Similar Speed As Wind,
Who Has Mastery Over His Organs,
Who Is The Greatest Among Knowledgeable,
Who Is The Son Of God Of Wind,
And Who Is The Chief In The Army Of Monkeys.

कूजंतं राम रामेति मधुरं मधुराक्षरम् । आरुह्य कविताशाखां वंदे वाल्मीकिकोकिलम् ॥३४॥

Koojantham Rama Ramethi Maduram Madsuraksharam,

Aaroohya Kavitha Shakhaam Vande Valmiki Kokilam., 34

Salutations To The Nightingale Valmiki,
Who Sits On The Poem Like Branch,
And Who Goes On Singing Sweetly,
"Rama", "Rama" And "Rama".

आपदां अपहर्तारं दातारं सर्वसम्पदाम् । लोकाभिरामं श्रीरामं भूयो भूयो नमाम्यहम् ॥३५॥

Apadam Apa Hantharam Datharam Dana Sarva Sampadam, Lokabhiramam Sriramam Bhooyo Bhooyo Namamyaham., 35

I, Again And Again, Salute That Rama Who Is Ever-Beautiful, Who Destroys All Dangers And Gives All Sorts Of Wealth.

भर्जनं भवबीजानां अर्जनं सुखसम्पदाम् । तर्जनं यमदूतानां राम रामेति गर्जनम् ॥३६॥

Bharjanam Bhava Bheejanamarjanam Sukhasampadam, Tharjanam Yama Dhoothanam Rama Ramethi Garjanam., 36

The Roar Of The Name "Rama", "Rama",

Burns Away All Miseries Of The World,

Increases Al Sorts Of Pleasure And Wealth,

And Drives Away The Messengers Of God Of Death.

रामो राजमणिः सदा विजयते रामं रमेशं भजे।

रामेणाभिहता निशाचरचम् रामाय तस्मै नमः । रामान्नास्ति परायणं परतरं रामस्य दासोस्म्यहम् । रामे चित्तलयः सदा भवतु मे भो राम मामुद्धर ॥३७॥

Ramo Rajamani Sada Vijayathe Ramam Ramesam Bhaje, Ramenabhihatha Nisachara Chamooramaya Thasmai Nama, Ramannasthi Parayanam Paratharam Ramasya Dasosmyaham, Rame Chitha Laya Sada Bhavthu May Bho Rama Mamudhara., 37

Always Victory To Rama Who Is The King Of Gems,
I Salute Rama Who Is The Consort Of Lakshmi,
The Rakshasas Who Move At Night Were Killed By Rama,
And My Salutations To That Rama,
There Is No Place Of Surrender Greater Than Rama,
And I Am The Slave Of Rama,
My Mind Is Always Fully Engrossed In Rama,
And Oh God Rama Please Save Me.

राम रामेति रामेति रमे रामे मनोरमे । सहस्रनाम तत्तुल्यं रामनाम वरानने ॥३८॥

Sri Rama Rama Ramethi Reme Rame Manorame, Sahasra Nama Thathulyam Rama Nama Varanan., 38

Hey Beautiful One,
I Play With Rama Always,
By Chanting Rama Rama And Rama,
Hey, The Lady With A Beautiful Face,

Chanting Of The Name Rama, Is Same As The Thousand Names.

इति श्रीबुधकौशिकविरचितं श्रीरामरक्षास्तोत्रं सम्पूर्णम् ॥

Ithi Budha Koushika Virachitham Rama Raksha Stotram Sampoornam

Thus Ends The Prayer Of Protection To Rama Composed By Budha Koushika.