

ROGA NIVARANA SHLOKAS

As instructed by Paramapujya Sri Sankaracharya Swamiji of Kanchi Kamakoti Peetham.

अच्युतानन्त गोविन्द नामोच्चारणभेषजात्।
नश्यन्ति सकला रोगाः सत्यं सत्यं वदाम्यहम्॥

By partaking of the medicine of chanting the names of Achyuta, Anantha and Govinda, all diseases are destroyed; I tell you, this is truth, truth.

Achyuta is Bhagavan, who never slips from his supreme state. Anantha is Bhagavan, who has no end. Govinda is Bhagavan, who protects the earth and its inhabitants.

बालाम्बिकेश वैद्येश भवरोगहरेति च।
जपेन्नाम स्मरेन्नित्यं महारोगनिवारणम्॥

One should chant every day the names of Balambiksha (Iswara of Balambika), Vaidyasha (Vaidyanatha) and Bhavarogahara (remover of the disease of Samsara) and meditate on them; this will relieve one of severe diseases. (Vaidyanatha Ashtakam).

सुधामप्यास्वाद्य प्रतिभयजरामृत्युहरिणीम्
विपद्यन्ते विश्वे विधिशतमखाद्या दिविषदः।
करालं यत् क्ष्वेलं कबलितवतः कालकलना
न शम्भोस्तन्मूलं तव जननि ताटङ्कमहिमा॥

O Mother, though Brahma, Indra and other Devas have consumed Amrita, capable of removing the fearful states of old age and death, they perish at the time of Final Dissolution of the Universe. But though Shambhu partook of the dreadful Kalakoota poison, he is not affected even the least by the all devouring Time. This is because of the glory of your earstuds (Taatankas)! (Soundaryalahari 28)

किरन्तीमङ्गेभ्यः किरणनिकुरुम्बममृतरसं
हृदि त्वामाधत्ते हिमकरशिलामूर्तिमिव यः।
स सर्पाणां दर्पं शमयति शकुन्ताधिप इव
ज्वरप्लुष्टान् दृष्ट्या सुखयति सुधाधारसिरया॥

He, who fixes you in the heart like an image made of moonstone scattering the multitude of rays of the essence of Amrita from your limbs, destroys the pride of serpents like the Garuda (lord of birds) would. With the blood vessel in his body streaming Amrita, he comforts those scorched by fever by a mere look. (Soundaryalahari 20)

The four shlokas can be chanted for a minimum of 16 times per day at Puja place at home.

Translated: P R Kannan