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To protect one from all troubles, anxieties, tensions, worries, dangers etc., and to avert them.

Note :

In fact, it is said that in Ramcharit Manas, there are some specific stanzas (detailed in the editions printed by GITA PRESS, GORAKHPUR) for solving different problems in life. Similar claims are made by certain devotees about certain specific stanzas in Valmiki Ramayana.

Many read the entire Sundara Kanda of Ramayana either in Hindi (of Tulsi Das) or in Sanskrit (of Valmiki Ramayana) in order to get relieved from various troubles.

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मन्त्रं

दीन दयाल बिरिदु संभारी ।
हरहु नाथ मम संकट भारी ॥

MANTRA

**Deena Dayala Biridu Sambhāri
Harahu Naath Mama Sankat Bhāri**

(Sundarkanda 4th Chowpai under
Doha No. 26 of Ramacharit Manas)

Note:

To be chanted 21 times a day (to be increased according to the serious nature of the problems), preferably both morning and evening. This can be chanted without the medium of a Guru.