

श्री रुद्रम्
Śrī Rudram
Mantra 5

बालेन्दुमकुटं देवं तरुणादित्यविग्रहम् ।
ध्यायेन्नन्दीश्वराकारं गणेश्वरसमावृतम् ॥

bālendumakuṭaṁ devaṁ taruṇādityavigrahaṁ ।
dhyāyennandīśvarākāraṁ gaṇeśvarasamāvṛtaṁ ॥

May one meditate upon the Lord (OEiva) in the form of Nandîgvara who has a crescent on his crown, whose form is effulgent like the rising sun and who is along with GaG_ec_a.

Result for chanting the fifth mantra: One gains the result of chanting one's mantra as many lakhs as it has syllables, by chanting this mantra for five thousand times with the discipline of fasting. This mantra primarily gives peace of mind.

मा नो महान्तमुत्अ मा नो अर्भकं मा न उक्षन्तमुत
मा न उक्षिअम् । मा नोऽवधीः पितरंमोत मातरं प्रिया मा नस्तनुवो रुद्र रीरिवः ॥ ५ ॥
mā no mahāntamuta mā no arbhakam mā na ukṣantamuta
mā na ukṣiam । mā no'vadhīḥ pitarammota mātaram priyā mā nastanuvo rudra
rīrivaḥ ॥ 5 ॥
mā no mahāntamuta mā no arbhakam mā na ukṣantamuta
mā na ukṣitam । mā no'vadhīḥ pitarammota mātaram priyā mā nastanuvo rudra
rīrivaḥ ॥ 5 ॥

O Lord Rudra! Do not kill our elders, our children, our young persons or the baby in the womb. Further, do not hurt our dear father, mother and our bodies.

here are two types of prayer: One is, 'do not do this to me' and the other is, 'do this to me.' Mā here is in the sense of negation and so the prayer is, 'do not do.' O Rudra, do not cause any harm to the elders of the family, those who are saintly or older in age. One also prays for the one who is younger than oneself but wise in terms of knowledge, like Sage OEuka who was wise even as a boy. "O Rudra, you are the karma-phala-dâtâ. Do not cause any hiC_sâ to them, be kind to them and let them live happily."

Furthermore, please do not harm any child, arbhaka, in our family. Do not also disturb the young people, ukc_anta, of our family, who are the cause for further progeny. Again, do not afflict the child in the womb, ukc_ita. Do not hurt our dear father and mother as well as our bodies." This is a separate prayer. By chanting this mantra, you are praying for your mother, father, the young ones in the family, the child in the womb and so on. Prayer is not just for oneself alone; one can pray for others too. Naciketas dedicated one boon for the family. Similarly, one [_k, hymn, is meant for the welfare of the family revealing the care for the family.