

विष्णुषोडशमणिस्तोत्रम्

औषधे चिन्तयेद्विष्णुं भोजने च जनार्दनम् ।
शयने पद्मनाभं च विवाहे च प्रजापतिम् ॥१॥
युद्धे चक्रधरं देवं प्रवासे च त्रिविक्रमम् ।
नारायणं तनुत्यागे श्रीधरं प्रियसङ्गमे ॥२॥
दुःस्वप्ने स्मर गोविन्दं सङ्कटे मधुसूदनम् ।
कानने नारसिंहं च पावके जलशायिनम् ॥३॥
जलमध्ये वराहं च पर्वते रघुनन्दनम् ।
गमने वामनं चैव सर्वकार्येषु माधवम् ॥४॥
षोडशैतानि नामानि प्रातरुत्थाय यः पठेत् ।
सर्वपापविनिर्मुक्तो विष्णुलोके महीयते ॥५॥

Viṣṇuṣoḍaśamanistotram

One should think of the name **Viṣṇu** while taking medicine, **Janārdana** while taking food, **Padmanābha** (One Who has a lotus at navel) in bed, **Prajāpati** in marriage, **Cakradhara** (One Who holds a discus) in battles, **Trivikrama** (One Who crossed the universe in three-steps) in home, **Nārāyaṇa** at the time of leaving body, and **Śrīdhara** in union with beloved.[1—2]

Remember the name **Govinda** in bad dreams, **Madhusūdana** (One Who killed **Madhu**) in troubles, **Nārasimha** (One Who is man-lion) in forests, **Jalaśāyin** (One Who is reclining in water) in fire, **Varāha** (boar) in the middle of water, **Raghunandana** (One Who is dear to **Raghu**) in mountains, **Vāmana** in travel, and **Mādhava** in all other deeds.[3—4]

Having woken up, each morning, one who reads these sixteen names, he becomes free of all the sins and proceeds to the world of **Viṣṇu**. [5]

Poet:

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