mahā mṛtyun-jaya mantraḥ (the great mantra for victory over death)

ॐ त्र्यम्बकं यजामहे सुगन्धि पुष्टिवर्धनम् | उर्वारुकमिव बन्धनान् मृत्योर्मुक्षीय मामृतात् |

त्र्यम्बकं tryambakam three-eyed (śiva)

यजामहे yajāmahe we make offerings to,

adore, honor, revere

सुगन्धि sugandhim (one who has) sweet fragrance

पुष्टि - puṣṭi growth, nourishment

वर्धनम् vardhanam expanding, increasing

उर्वारुकम् इव urvārukam iva cucumber like

बन्धनात् (बन्धनान्) bandhanāt (bandhanān) from (its) binding

मृत्योः (मृत्योर्) mṛtyoḥ (mṛtyor) from death

मुक्षीय mukṣīya may I be liberated

मा अमृतात mā amṛtāt never from immortality

We revere the 3-eyed one, possessor of sweet fragrance, expanding (spiritual) growth. Like a (fully ripened) cucumber (the growth at the third eye) from its binding (stem), may I be liberated from death (and) never from (or into) immortality.

Sweet fragrance could be considered a reference to the withdrawal from the senses into the sweet nectar - also palpable but without object, but located where air enters the nose, goes up (toward the third eye) before turning downward. This place grows in awareness. Eventually this inner spiritual awareness is recognized as the true Self. The body (which dies) is the rest of the plant that has a binding, from which we are released.