



श्री हनुमान चालीसा

Shri Hanuman Chalisa

Composed by Goswami Tulsidas
Forty verses in praise of Lord Hanuman

॥ दोहा ॥ · Opening Doha

श्रीगुरु चरन सरोज रज, निज मनु मुकुरु सुधारि।
बरनउँ रघुबर बिमल जसु, जो दायकु फल चारि॥

Shri Guru charan saroj raj, nij manu mukuru sudhaari. Baranau Raghubar bimal jasu, jo daayaku phal chaari.

Cleansing the mirror of my mind with the dust of my Guru's lotus feet, I sing the pure glory of Shri Ram, the bestower of the four fruits of life.

बुद्धिहीन तनु जानिके, सुमिरौं पवन कुमार।
बल बुधि बिद्या देहु मोहिं, हरहु कलेस बिकार॥

Buddhiheen tanu jaanike, sumirau Pavan Kumaar. Bal buddhi vidya dehu mohi, harahu kalesh bikaar.

Knowing myself to be lacking in wisdom, I remember you, O Son of the Wind. Grant me strength, intelligence and knowledge, and remove my afflictions and impurities.

॥ चौपाई ॥ · Forty Chaupai

1

जय हनुमान ज्ञान गुन सागर। जय कपीस तिहुँ लोक उजागर॥

Jai Hanuman gyaan gun saagar, jai Kapis tihu lok ujaagar.

Victory to Hanuman, ocean of wisdom and virtue; victory to the Lord of monkeys who illumines all three worlds.

2

राम दूत अतुलित बल धामा। अंजनि पुत्र पवनसुत नामा॥

Ram doot atulit bal dhaama, Anjani putra Pavansut naama.

Messenger of Ram, abode of matchless strength, known as the son of Anjani and the son of the Wind.

3

महाबीर बिक्रम बजरंगी। कुमति निवार सुमति के संगी॥

Mahaabir bikram Bajrangi, kumati nivaar sumati ke sangi.

Great hero, mighty as a thunderbolt (Bajrangi); remover of ill thoughts and companion of the wise.

4

कंचन बरन बिराज सुबेसा। कानन कुंडल कुंचित केसा ॥

Kanchan baran biraaj subesa, kaanan kundal kunchit kesa.

Golden-hued and splendidly attired, with rings in your ears and curly locks of hair.

5

हाथ बज्र औ ध्वजा बिराजै। काँधे मूँज जनेऊ साजै ॥

Haath bajra au dhwaja biraajai, kaandhe moonj janeu saajai.

In your hands shine the mace and the flag, and a sacred thread of munja grass adorns your shoulder.

6

संकर सुवन केसरी नंदन। तेज प्रताप महा जग बंदन ॥

Shankar suvan Kesari nandan, tej prataap maha jag bandan.

Incarnation of Shiva and delight of Kesari, your radiance and glory are revered by the whole world.

7

विद्यावान गुनी अति चातुर। राम काज करिबे को आतुर ॥

Vidyaavaan guni ati chaatur, Ram kaaj karibe ko aatur.

Learned, virtuous and exceedingly clever, ever eager to do the work of Ram.

8

प्रभु चरित्र सुनिबे को रसिया। राम लखन सीता मन बसिया ॥

Prabhu charitra sunibe ko rasiya, Ram Lakhan Sita man basiya.

You delight in listening to the deeds of the Lord; Ram, Lakshman and Sita dwell in your heart.

9

सूक्ष्म रूप धरि सियहिं दिखावा। बिकट रूप धरि लंक जरावा ॥

Sukshma roop dhari Siyahi dikhaava, bikat roop dhari Lank jaraava.

Taking a tiny form you appeared to Sita; taking a fearsome form you burned Lanka.

10

भीम रूप धरि असुर सँहारे। रामचंद्र के काज सँवारे ॥

Bhim roop dhari asur sanhaare, Ramchandra ke kaaj sanwaare.

Assuming a giant form you slew the demons and accomplished the tasks of Ramchandra.

11

लाय सजीवन लखन जियाये। श्रीरघुबीर हरषि उर लाये ॥

Laay sajivan Lakhan jiyaaye, Shri Raghubir harashi ur laaye.

You brought the Sanjivani herb and revived Lakshman; Shri Ram joyfully embraced you.

12

रघुपति कीन्ही बहुत बड़ाई। तुम मम प्रिय भरतहि सम भाई ॥

Raghupati kinhi bahut badaai, tum mam priya Bharat-hi sam bhaai.

The Lord of the Raghus praised you greatly, saying, "You are as dear to me as my brother Bharat."

13

सहस बदन तुम्हरो जस गावैं। अस कहि श्रीपति कंठ लगावैं ॥

Sahas badan tumharo jas gaavai, as kahi Shripati kanth lagaavai.

"The thousand-mouthed Shesha sings your glory," so saying, the Lord embraced you warmly.

14

सनकादिक ब्रह्मादि मुनीसा। नारद सारद सहित अहीसा ॥

Sanakaadik Brahmaadi munisa, Naarad Saarad sahit Ahisa.

Sanaka and the sages, Brahma and the great munis, Narada, Saraswati and Shesha (the lord of serpents)—

15

जम कुबेर दिगपाल जहाँ ते। कबि कोबिद कहि सके कहाँ ते ॥

Jam Kuber digpaal jahaan te, kabi kobid kahi sake kahaan te.

—Yama, Kubera and the guardians of the quarters; even poets and scholars cannot fully describe your glory.

16

तुम उपकार सुग्रीवहिं कीन्हा। राम मिलाय राज पद दीन्हा ॥

Tum upkaar Sugrivahi kinha, Ram milaay raaj pad dinha.

You did a great favour to Sugriva, uniting him with Ram and restoring his kingdom.

17

तुम्हरो मंत्र बिभीषन माना। लंकेश्वर भए सब जग जाना ॥

Tumharo mantra Vibhishan maana, Lankeshwar bhaye sab jag jaana.

Vibhishan heeded your counsel and became lord of Lanka, as all the world knows.

18

जुग सहस्र जोजन पर भानू। लील्यो ताहि मधुर फल जानू ॥

Jug sahasra jojan par bhaanu, lilyo taahi madhur phal jaanu.

The sun, thousands of yojanas away, you swallowed thinking it a sweet fruit.

19

प्रभु मुद्रिका मेलि मुख माहीं। जलधि लाँघि गये अचरज नाही ॥

Prabhu mudrika meli mukh maahi, jaladhi laanghi gaye achraj naahi.

Holding the Lord's ring in your mouth, you leapt across the ocean—no wonder in that.

20

दुर्गम काज जगत के जेते। सुगम अनुग्रह तुम्हरे तेते ॥

Durgam kaaj jagat ke jete, sugam anugrah tumhare tete.

Every difficult task in the world becomes easy by your grace.

21

राम दुआरे तुम रखवारे। होत न आज्ञा बिनु पैसारे ॥

Ram duaare tum rakhwaare, hot na aagya binu paisaare.

You are the guardian at Ram's door; none may enter without your leave.

22

सब सुख लहै तुम्हारी सरना। तुम रच्छक काहू को डर ना॥

Sab sukh lahai tumhaari sarna, tum rakshak kaahu ko dar na.

All happiness is found in your refuge; with you as protector, there is nothing to fear.

23

आपन तेज सम्हारो आपै। तीनों लोक हाँक ते काँपै॥

Aapan tej samhaaro aapai, tino lok haank te kaanpai.

You alone can contain your own splendour; all three worlds tremble at your roar.

24

भूत पिसाच निकट नहीं आवै। महाबीर जब नाम सुनावै॥

Bhoot pishaach nikat nahi aavai, Mahaabir jab naam sunaavai.

Ghosts and evil spirits dare not come near when the name of the mighty Hanuman is uttered.

25

नासै रोग हरै सब पीरा। जपत निरंतर हनुमत बीरा॥

Naasai rog harai sab pira, japat nirantar Hanumat bira.

Disease is destroyed and all pain removed by constantly chanting the name of brave Hanuman.

26

संकट ते हनुमान छुड़ावै। मन क्रम बचन ध्यान जो लावै॥

Sankat te Hanuman chhudaavai, man kram bachan dhyaan jo laavai.

Hanuman frees from all troubles those who remember him in thought, deed and word.

27

सब पर राम तपस्वी राजा। तिन के काज सकल तुम साजा॥

Sab par Ram tapasvi raaja, tin ke kaaj sakal tum saaja.

Ram is the supreme ascetic king; you accomplished all of his tasks.

28

और मनोरथ जो कोई लावै। सोइ अमित जीवन फल पावै॥

Aur manorath jo koi laavai, soi amit jeevan phal paavai.

Whoever brings any wish to you obtains its abundant fruit in life.

29

चारों जुग परताप तुम्हारा। है परसिद्ध जगत उजियारा॥

Chaaro jug partaap tumhaara, hai parsiddh jagat ujiyaara.

Your glory shines through all four ages; it is famed and lights up the world.

30

साधु संत के तुम रखवारे। असुर निकंदन राम दुलारे॥

Saadhu sant ke tum rakhwaare, asur nikandan Ram dulaare.

You are the guardian of saints and sages, destroyer of demons, and beloved of Ram.

31

अष्ट सिद्धि नौ निधि के दाता। अस बर दीन्ह जानकी माता॥

Asht siddhi nau nidhi ke daata, as bar dinh Jaanaki maata.

You bestow the eight powers and nine treasures—such a boon Mother Janaki (Sita) granted you.

32

राम रसायन तुम्हरे पासा। सदा रहो रघुपति के दासा॥

Ram rasaayan tumhare paasa, sada raho Raghupati ke daasa.

You hold the elixir of Ram's devotion; may you ever remain the servant of Ram.

33

तुम्हरे भजन राम को पावै। जनम जनम के दुख बिसरावै॥

Tumhare bhajan Ram ko paavai, janam janam ke dukh bisraavai.

Through devotion to you one attains Ram and is freed from the sorrows of countless births.

34

अंत काल रघुबर पुर जाई। जहाँ जन्म हरिभक्त कहाई॥

Ant kaal Raghubar pur jaai, jahaan janm Haribhakt kahaai.

At life's end one goes to the abode of Ram, thereafter born as a devotee of Hari.

35

और देवता चित्त न धरई। हनुमत सेइ सर्व सुख करई॥

Aur devta chitt na dharai, Hanumat sei sarb sukh karai.

One need not hold any other deity in mind; serving Hanuman grants every happiness.

36

संकट कटै मिटै सब पीरा। जो सुमिरै हनुमत बलबीरा॥

Sankat katai mitai sab pira, jo sumirai Hanumat balbira.

All troubles end and every pain is erased for those who remember the mighty Hanuman.

37

जय जय जय हनुमान गोसाईं। कृपा करहु गुरुदेव की नाई॥

Jai jai jai Hanuman Gosaai, kripa karahu Gurudev ki naai.

Victory, victory, victory to Lord Hanuman; bestow your grace upon me as my Guru would.

38

जो सत बार पाठ कर कोई। छूटहि बंदि महा सुख होई॥

Jo sat baar paath kar koi, chhootahi bandi maha sukh hoi.

Whoever recites this a hundred times is freed from bondage and attains great bliss.

39

जो यह पढ़ै हनुमान चालीसा। होय सिद्धि साखी गौरीसा॥

Jo yah padhai Hanuman Chalisa, hoy siddhi saakhi Gaurisa.

Whoever reads this Hanuman Chalisa attains perfection—Lord Shiva himself is witness.

तुलसीदास सदा हरि चेरा। कीजै नाथ हृदय महँ डेरा॥

Tulsidas sada Hari chera, kijai naath hriday mah dera.

Tulsidas is ever the servant of Hari; O Lord, make your abode in my heart.

॥ दोहा ॥ • Closing Doha

पवनतनय संकट हरन, मंगल मूरति रूप।

राम लखन सीता सहित, हृदय बसहु सुर भूप॥

Pavantanay sankat haran, mangal moorati roop. Ram Lakhan Sita sahit, hriday basahu sur bhoop.

O Son of the Wind, remover of afflictions, embodiment of auspiciousness—dwell in my heart, O King of gods, together with Ram, Lakshman and Sita.

॥ जय श्री राम · जय हनुमान ॥