

Hanuman Chalisa

श्री हनुमान चालीसा

The Hanuman Chalisa is a devotional hymn to Lord Hanuman written in Awadhi by the 16th-century poet-saint Goswami Tulsidas. Its 43 verses (two opening dohas, 40 chaupais and a closing doha) praise Hanuman and retell his service to Shri Ram. Many devotees recite it daily, especially on Tuesdays and Saturdays.

Doha 1

Shri Guru Charan Saroj Raj, Nij Manu Mukuru Sudhari
Baranau Raghubar Bimal Jasu, Jo Dayaku Phal Chari ॥1॥

Cleansing the mirror of my mind with the dust of my Guru's lotus feet, I sing the spotless glory of Shri Ram, best of the Raghu line, the glory that grants all four fruits of life.

Doha 2

Buddhiheen Tanu Janike, Sumirau Pavan Kumar
Bal Buddhi Bidya Dehu Mohi, Harahu Kalesh Bikar ॥2॥

Knowing myself to be lacking in wisdom, I remember you, O son of the Wind. Grant me strength, wisdom and knowledge, and take away my sorrows and impurities.

Chaupai 1

Jai Hanuman Gyan Gun Sagar
Jai Kapis Tihun Lok Ujagar ॥1॥

Victory to you, Hanuman, ocean of wisdom and virtue! Victory to you, lord of the vanaras, whose light shines across all three worlds.

Chaupai 2

Ram Doot Atulit Bal Dhama
Anjani Putra Pavan Sut Nama ॥2॥

You are Shri Ram's messenger and the abode of matchless strength, known as Anjani's son and the son of the Wind.

Chaupai 3

Mahabir Bikram Bajrangi
Kumati Nivar Sumati Ke Sangi ||3||

Great hero, mighty in valour, with limbs as strong as the thunderbolt, you drive away evil thinking and keep company with good sense.

Chaupai 4

Kanchan Baran Biraj Subesa
Kanan Kundal Kunchit Kesa ||4||

Your complexion shines like gold and you are beautifully adorned; earrings sparkle in your ears and your hair falls in curls.

Chaupai 5

Hath Bajra Au Dhvaja Birajai
Kandhe Moonj Janeu Sajai ||5||

In your hands shine the thunderbolt and the banner; across your shoulder rests the sacred thread of munja grass.

Chaupai 6

Sankar Suvan Kesari Nandan
Tej Pratap Maha Jag Bandan ||6||

Born of Shiva and the beloved son of Kesari, your radiance and glory are immense, and the whole world bows to you.

Chaupai 7

Vidyavan Guni Ati Chatur
Ram Kaj Karibe Ko Atur ||7||

You are learned, virtuous and supremely wise, ever eager to do Shri Ram's work.

Chaupai 8

Prabhu Charitra Sunibe Ko Rasiya
Ram Lakhan Sita Man Basiya ||8||

You delight in hearing the Lord's story, and Ram, Lakshman and Sita dwell in your heart.

Chaupai 9

Sukshma Roop Dhari Siyahi Dikhava
Bikat Roop Dhari Lank Jarava ||9||

Taking a tiny form you appeared before Sita; taking a fearsome form you set Lanka ablaze.

Chaupai 10

Bhim Roop Dhari Asur Sanhare
Ramchandra Ke Kaj Sanvare ||10||

*Assuming a mighty, terrifying form, you destroyed the demons and brought Shri
Ramchandra's mission to success.*

Chaupai 11

Laye Sajivan Lakhan Jiyaye
Shri Raghubir Harashi Ur Laye ||11||

*Bringing the Sanjivani herb, you revived Lakshman, and Shri Ram, overjoyed, held you to
his heart.*

Chaupai 12

Raghupati Kinhi Bahut Badai
Tum Mam Priya Bharatahi Sam Bhai ||12||

*Shri Ram, lord of the Raghus, praised you greatly: 'You are as dear to me as my
brother Bharat.'*

Chaupai 13

Sahas Badan Tumharo Jas Gavain
As Kahi Shripati Kanth Lagavain ||13||

*'Even the thousand-mouthed Shesha sings your glory,' said Shri Ram, lord of Lakshmi, and
embraced you.*

Chaupai 14

Sanakadik Brahmadi Munisa
Narad Sarad Sahit Ahisa ||14||

*Sanaka and the sages, Brahma and the gods, the great munis, Narad and Saraswati, together
with Shesha, king of serpents...*

Chaupai 15

Jam Kuber Digpal Jahan Te
Kabi Kobid Kahi Sake Kahan Te ||15||

*Yama, Kubera and the guardians of the directions: if even they cannot fully tell your glory,
how could any poet or scholar?*

Chaupai 16

Tum Upkar Sugrivahi Kinha
Ram Milaye Raj Pad Dinha ||16||

*You did Sugriva a great kindness: you brought him to Shri Ram and so restored him to
the throne.*

Chaupai 17

Tumharo Mantra Bibhishan Mana
Lankeshwar Bhaye Sab Jag Jana ||17||

Vibhishan heeded your counsel and became king of Lanka, as the whole world knows.

Chaupai 18

Jug Sahasra Jojan Par Bhanu
Leelyo Tahi Madhur Phal Janu ||18||

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

Chaupai 19

Prabhu Mudrika Meli Mukh Mahi
Jaladhi Langhi Gaye Acharaj Nahi ||19||

*Holding the Lord's ring in your mouth, you leapt across the ocean, and for you that is no
wonder at all.*

Chaupai 20

Durgam Kaj Jagat Ke Jete
Sugam Anugrah Tumhare Tete ||20||

However hard the tasks of this world may be, every one of them becomes easy by your grace.

Chaupai 21

Ram Duare Tum Rakhvare
Hot Na Agya Binu Paisare **॥21॥**

You are the guardian at Shri Ram's door; no one may enter without your leave.

Chaupai 22

Sab Sukh Lahai Tumhari Sarna
Tum Rakshak Kahu Ko Dar Na **॥22॥**

Whoever takes refuge in you finds every happiness; with you as protector, there is nothing to fear.

Chaupai 23

Aapan Tej Samharo Aapai
Teenon Lok Hank Te Kanpai **॥23॥**

Only you can contain your own blazing power; at your roar all three worlds tremble.

Chaupai 24

Bhoot Pisach Nikat Nahi Aavai
Mahabir Jab Naam Sunavai **॥24॥**

Ghosts and evil spirits do not come near when the name of Mahavir, the great hero, is spoken.

Chaupai 25

Nasai Rog Harai Sab Peera
Japat Nirantar Hanumat Beera **॥25॥**

Disease is destroyed and all pain taken away when one chants the name of brave Hanuman without ceasing.

Chaupai 26

Sankat Ten Hanuman Chhudavai
Man Kram Bachan Dhyan Jo Lavai **॥26॥**

Hanuman frees from every trouble the one who fixes on him in thought, deed and word.

Chaupai 27

Sab Par Ram Tapasvi Raja
Tin Ke Kaj Sakal Tum Saja **॥27॥**

Shri Ram, the ascetic king, reigns above all, and it was you who accomplished all his tasks.

Chaupai 28

Aur Manorath Jo Koi Lavai
Soi Amit Jivan Phal Pavai **॥28॥**

Whoever comes to you with any heartfelt wish receives the boundless fruit of life.

Chaupai 29

Charon Jug Partap Tumhara
Hai Parsiddh Jagat Ujjyara **॥29॥**

Your glory endures through all four ages, and its fame lights up the whole world.

Chaupai 30

Sadhu Sant Ke Tum Rakhvare
Asur Nikandan Ram Dulare **॥30॥**

You are the protector of saints and good people, the destroyer of demons, and Shri Ram's beloved.

Chaupai 31

Ashta Siddhi Nau Nidhi Ke Data
As Bar Din Janaki Mata **॥31॥**

Mother Janaki (Sita) blessed you with the boon of granting the eight siddhis and the nine nidhis.

Chaupai 32

Ram Rasayan Tumhare Pasa
Sada Raho Raghupati Ke Dasa **॥32॥**

You hold the elixir of devotion to Ram, and you remain for ever the servant of the lord of the Raghus.

Chaupai 33

**Tumhare Bhajan Ram Ko Pavai
Janam Janam Ke Dukh Bistravai ||33||**

Through devotion to you one reaches Shri Ram and forgets the sorrows of lifetime after lifetime.

Chaupai 34

**Ant Kal Raghubar Pur Jai
Jahan Janma Haribhakt Kahai ||34||**

At life's end such a devotee goes to Shri Ram's abode, and wherever born again is known as a devotee of Hari.

Chaupai 35

**Aur Devta Chitt Na Dharai
Hanumat Sei Sarb Sukh Karai ||35||**

Even without holding any other deity in mind, one who serves Hanuman gains every happiness.

Chaupai 36

**Sankat Katai Mitai Sab Peera
Jo Sumirai Hanumat Balbeera ||36||**

Troubles are cut away and all pain vanishes for whoever remembers the mighty hero Hanuman.

Chaupai 37

**Jai Jai Jai Hanuman Gosain
Kripa Karahu Guru Dev Ki Nain ||37||**

Victory, victory, victory to you, Lord Hanuman! Bless me with your grace, as a Guru blesses his disciple.

Chaupai 38

**Jo Sat Bar Path Kar Koi
Chhutahi Bandi Maha Sukh Hoi ||38||**

Whoever recites this a hundred times is freed from bondage and knows great joy.

Chaupai 39

Jo Yah Padhai Hanuman Chalisa
Hoy Siddhi Sakhi Gaurisa ॥39॥

Whoever reads this Hanuman Chalisa attains fulfilment. Lord Shiva, husband of Gauri, is witness to this.

Chaupai 40

Tulsidas Sada Hari Chera
Kijai Nath Hriday Mah Dera ॥40॥

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

Closing Doha

Pavan Tanay Sankat Haran, Mangal Murati Roop
Ram Lakhan Sita Sahit, Hriday Basahu Sur Bhoop ॥3॥

O son of the Wind, remover of troubles, embodiment of all that is auspicious! O king among the gods, dwell in my heart together with Ram, Lakshman and Sita.

Source: Shri Hanuman Chalisa, Gita Press Gorakhpur reading (as printed in the appendix to Gita Press's Shri Ramcharitmanas; scanned copy on archive.org), cross-checked line by line with sanskritdocuments.org (doc_z_otherlang_hindi/chaalisa) and vignanam.org

The meanings are our own first draft. A scholar has not reviewed them yet. If you spot a mistake, please tell us.
getnitya.com/en/hanuman/chalisa/