

Sankat Mochan Hanuman Ashtak

संकटमोचन हनुमानाष्टक

The Sankat Mochan Hanuman Ashtak is a hymn of eight stanzas and a closing doha praising Hanuman as Sankat Mochan, the remover of troubles, and it is traditionally attributed to Goswami Tulsidas. Each stanza, in Braj-flavoured Hindi, recalls a time Hanuman rescued someone, such as the swallowed sun or Lakshman's revival, and ends with the refrain 'Ko nahin janat hai jag mein kapi, Sankat Mochan naam tiharo'. Devotees recite it especially on Tuesdays and Saturdays.

Stanza 1

Baal Samay Ravi Bhakshi Liyo Tab, Teenahun Lok Bhayo Andhiyar
Tahi Son Tras Bhayo Jag Ko, Yah Sankat Kahu Son Jat Na Taro
Devan Aani Kari Binati Tab, Chhandi Diyo Ravi Kasht Nivaro
Ko Nahin Janat Hai Jag Mein Kapi, Sankat Mochan Naam Tiharo ||1||

As a child you swallowed the sun, and darkness fell over the three worlds. The whole world was seized with dread, and no one could avert the calamity. Then the gods came and pleaded with you, and you released the sun and ended their distress. Who in this world does not know, O Kapi, that your name is Sankat Mochan, the remover of troubles?

Stanza 2

Bali Ki Tras Kapis Basai Giri, Jat Mahaprabhu Panth Niharo
Chaunki Maha Muni Sap Diyo Tab, Chahiya Kaun Bichar Bicharo
Kai Dvij Roop Livay Mahaprabhu, So Tum Das Ke Sok Nivaro
Ko Nahin Janat Hai Jag Mein Kapi, Sankat Mochan Naam Tiharo ||2||

Fearing Bali, Sugriva, lord of the vanaras, lived on the mountain that a great sage's curse kept Bali from; seeing the great Lord Ram coming along the path, he was startled and wondered what to do. Then you took a brahmin's form, brought the Lord to him, and so ended the grief of that devotee. Who in this world does not know, O Kapi, that your name is Sankat Mochan, the remover of troubles?

Stanza 3

Angad Ke Sang Len Gaye Siya, Khoj Kapis Yah Bain Ucharo
Jeevat Na Bachihau Ham So Ju, Bina Sudhi Laye Ihan Pagu Dharo
Heri Thake Tat Sindhu Sabai Tab, Laye Siya Sudhi Pran Ubaro
Ko Nahin Janat Hai Jag Mein Kapi, Sankat Mochan Naam Tiharo ||3||

You went with Angad in search of Sita, when Sugriva had declared: 'Whoever sets foot here without news of her will not escape alive from me.' When all had searched and sat exhausted on the seashore, you brought news of Sita and saved their lives. Who in this world does not know, O Kapi, that your name is Sankat Mochan, the remover of troubles?

Stanza 4

Ravan Tras Dai Siya Ko Sab, Rakshasi Son Kahi Sok Nivaro
Tahi Samay Hanuman Mahaprabhu, Jaye Maha Rajanichar Maro
Chahat Siya Asok Son Aagi Su, Dai Prabhu Mudrika Sok Nivaro
Ko Nahin Janat Hai Jag Mein Kapi, Sankat Mochan Naam Tiharo ||4||

Ravan tormented Sita and set all the demonesses upon her to wear down her grief and resolve. At that very time, great lord Hanuman, you went there and slew mighty night-prowling demons. When Sita begged the Ashoka tree for fire to end her life, you gave her the Lord's ring and dispelled her sorrow. Who in this world does not know, O Kapi, that your name is Sankat Mochan, the remover of troubles?

Stanza 5

Baan Lagyo Ur Lachhiman Ke Tab, Pran Taje Sut Ravan Maro
Lai Grih Baidya Sushen Samet, Tabai Giri Dron Su Beer Uparo
Aani Sajeevan Hath Dai Tab, Lachhiman Ke Tum Pran Ubaro
Ko Nahin Janat Hai Jag Mein Kapi, Sankat Mochan Naam Tiharo ||5||

When the weapon loosed by Ravan's son struck Lakshman's chest and his life seemed to slip away, you brought the physician Sushen together with his very house, and then, O hero, uprooted the Drona mountain. You placed the Sanjivani herb in the physician's hands and so saved Lakshman's life. Who in this world does not know, O Kapi, that your name is Sankat Mochan, the remover of troubles?

Stanza 6

Ravan Juddh Ajan Kiyo Tab, Naag Ki Phans Sabai Sir Daro
Shri Raghunath Samet Sabai Dal, Moh Bhayo Yah Sankat Bharo
Aani Khages Tabai Hanuman Ju, Bandhan Kati Sutras Nivaro
Ko Nahin Janat Hai Jag Mein Kapi, Sankat Mochan Naam Tiharo ||6||

When Ravan's side fought an unforeseen, deceitful battle and cast the serpent noose over everyone, Shri Ram and the whole army fell senseless. It was a grave crisis. Then, Hanuman, you brought Garuda, lord of the birds, who cut the bonds and ended that terror. Who in this world does not know, O Kapi, that your name is Sankat Mochan, the remover of troubles?

Stanza 7

Bandhu Samet Jabai Ahiravan, Lai Raghunath Patal Sidharo
Debihi Pooji Bhali Bidhi Son Bali, Deu Sabai Mili Mantra Bicharo
Jaye Sahay Bhayo Tab Hi, Ahiravan Sainya Samet Sanharo
Ko Nahin Janat Hai Jag Mein Kapi, Sankat Mochan Naam Tiharo ||7||

When Ahiravan carried Shri Ram and his brother away to the netherworld, and the demons, having duly worshipped their goddess, plotted together to offer them as a sacrifice, you went there to help and destroyed Ahiravan with his whole army. Who in this world does not know, O Kapi, that your name is Sankat Mochan, the remover of troubles?

Stanza 8

Kaj Kiye Bad Devan Ke Tum, Beer Mahaprabhu Dekhi Bicharo
Kaun So Sankat Mor Gareeb Ko, Jo Tumson Nahin Jat Hai Taro
Begi Haro Hanuman Mahaprabhu, Jo Kachhu Sankat Hoy Hamaro
Ko Nahin Janat Hai Jag Mein Kapi, Sankat Mochan Naam Tiharo ||8||

You have accomplished great tasks even for the gods, O mighty hero. Look and consider: what trouble of mine, a humble soul, could there be that you cannot remove? O great lord Hanuman, swiftly take away whatever troubles are mine. Who in this world does not know, O Kapi, that your name is Sankat Mochan, the remover of troubles?

Closing Doha

Lal Deh Lali Lase, Aru Dhari Lal Langoor
Bajra Deh Danav Dalan, Jai Jai Jai Kapi Soor

Your red body glows with vermillion, and red too is your tail. O heroic Kapi, with a body hard as the thunderbolt, destroyer of demons, victory, victory, victory to you!

Source: Sankatmochan Hanumanashtak, Gita Press Gorakhpur reading (appendix to Gita Press's Shri Ramcharitmanas; scanned copy on archive.org), cross-checked with sanskritdocuments.org
(doc_z_otherlang_hindi/sankatamochana)

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

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