



श्री हनुमान चालीसा

Śrī Hanumān Chālīsā

*Forty Verses
in Praise of Hanuman*

*In Hindi and Transliteration
with English translation by Philip Lutgendorf*

VEDANTA SOCIETY OF SOUTHERN CALIFORNIA

Son of the wind, embodiment of all blessings, you destroy
the root of all that is harmful and inauspicious in our lives.

Dohas:

Having polished the mirror of my heart
with the dust of my Guru's lotus feet,

I sing the pure fame of the best of the Raghus,
which bestows the four fruits of life.

Knowing this body to be devoid of intelligence,
I recall the Son of the Wind.

Grant me strength, wit, and wisdom,
and remove my sorrows and shortcomings.

I take refuge at the feet of Ramachandra, Sita's bridegroom.

Chaupai: The 40 Verses

1. Victory to Hanuman, ocean of wisdom and virtue,
Hail Monkey Lord, illuminator of the three worlds.
2. Ram's emissary, abode of matchless power,
Anjani's son, named "Son of the Wind."
3. Great hero, mighty as a thunderbolt,
remover of evil thoughts and companion to the good.
4. Golden-hued and splendidly adorned,
with heavy earrings and curly locks.
5. In your hands shine mace and banner,
a sacred thread of munja grass adorns your shoulder.
6. You are Shiva's son and Kesari's joy,
your glory is revered throughout the world.

मङ्गल मूरति मारुति नन्दन
सकल अमङ्गल मूल निकन्दन ॥

॥दोहा ॥

श्रीगुरु चरन सरोज रज
निज मनु मुकुरु सुधारि ।

बरनउँ रघुबर बिमल जसु
जो दायकु फल चारि ॥

बुद्धिहीन तनु जानिके
सुमिरौँ पवन-कुमार ।

बल बुधि बिद्या देहु मोहिं
हरहु कलेस बिकार ॥

सिया वर रामचन्द्र पद जय शरणम् ॥

॥चौपाई ॥

जय हनुमान ज्ञान गुन सागर ।
जय कपीस तिहुँ लोक उजागर ॥१॥

राम दूत अतुलित बल धामा ।
अञ्जनि-पुत्र पवनसुत नामा ॥२॥

महाबीर बिक्रम बजरङ्गी ।
कुमति निवार सुमति के सङ्गी ॥३॥

कञ्चन बरन बिराज सुबेसा ।
कानन कुण्डल कुञ्चित केसा ॥४॥

हाथ बज्र औ ध्वजा बिराजै ।
काँधे मूँज जनेऊ साजै ॥५॥

सङ्कर सुवन केसरीनन्दन ।
तेज प्रताप महा जग बन्दन ॥६॥

7. Supremely wise, virtuous, and clever,
you are ever intent on Ram's work.
8. You delight in hearing of the Lord's deeds,
Ram, Lakshman, and Sita dwell in your heart.
9. Assuming tiny form you appeared to Sita,
and in awesome guise you burned Lanka.
10. Taking dreadful form you slaughtered demons
and completed Lord Ram's mission.
11. Bringing the magic herb, you revived Lakshman,
and Ram embraced you with delight.
12. Greatly did the Raghu Lord praise you—
“Brother, you're as dear to me as Bharat!”
13. “May the thousand-mouthed serpent sing your fame!”
So saying, Shri's Lord drew you to Himself.
14. Sanak and the sages, Brahma, gods, and great saints,
Narada, Sarasvati, and the king of serpents,
15. Yama, Kubera, and the guardians of the quadrants,
poets and scholars—none can express your glory.
16. You rendered great service to Sugriva,
presenting him to Ram, you gave him kingship.
17. Vibhishana heeded your counsel
and became Lord of Lanka, as all the world knows.
18. Though the sun is thousands of miles away,
you swallowed it, thinking it a sweet fruit.
19. Holding the Lord's ring in your mouth
it's no surprise you leapt the ocean.

tumhare bhajana rāma ko pāvai |
janama janama ke dukha bisarāvai ||33||

anta kāla raghubara pura jā-ī |
jahāñ janma hari-bhakta kahā-ī ||34||

aura devatā citta na dhara-ī |
hanumata se-i sarba sukha kara-ī ||35||

sañkaṭa kaṭai miṭai saba pīrā |
jo sumirai hanumata balabīrā ||36||

jai jai jai hanumāna gosā-iñ |
kṛpā karahu gurudeva kī nā-iñ ||37||

jo sata bāra pāṭha kara ko-ī |
chūṭahi bandi mahā sukha ho-ī ||38||

jo yaha paṛhai hanumāna cālīsā |
hoya siddhi sākhī gaurīsā ||39||

tulasīdāsa sadā hari cerā |
kījai nātha hṛdaya mahañ ḍerā ||40||

||dohā||

pavanatanaya sañkaṭa harana
maṅgala mūrati rūpa |
rāma lakhana sītā sahita
hṛdaya basahu sura bhūpa ||
siyā vara rāmacandra pada jaya śaraṇam||

33. Singing your praise, one finds Ram
and escapes the sorrows of countless lives.
34. At death, one goes to Ram's own city
or is born on earth as God's devotee.
35. Give no thought to any other deity -
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36. All affliction ceases, all pain is removed,
by remembering the mighty hero, Hanuman.
37. Victory, victory, victory to Lord Hanuman!
Be merciful even as is the Divine Master.
38. Whoever recites this a hundred times
is released from bondage and gains bliss.
39. One who reads this Hanuman Chalisa
gains success—Gauri's Lord bears witness.
40. Says Tulsidas, Hari's constant servant,
“Lord, make your encampment in my heart.”
- Closing Doha:
Son of the Wind,
Banisher of sorrow and embodiment of blessing,
Dwell in my heart King of Gods,
together with Ram, Lakshman, and Sita.
I take refuge at the feet of Ramachandra, Sita's bridegroom.

- बिद्यावान गुनी अति चातुर ।
राम काज करिबे को आतुर ॥७॥
- प्रभु चरित्र सुनिबे को रसिया ।
राम लखन सीता मन बसिया ॥८॥
- सूक्ष्म रूप धरि सियहिं दिखावा ।
बिकट रूप धरि लङ्क जरावा ॥९॥
- भीम रूप धरि असुर संहारे ।
रामचन्द्र के काज सँवारे ॥१०॥
- लाय सजीवन लखन जियाये ।
श्रीरघुबीर हरषि उर लाये ॥११॥
- रघुपति कीन्ही बहुत बड़ाई ।
तुम मम प्रिय भरतहि सम भाई ॥१२॥
- सहस बदन तुम्हरो जस गावैं ।
अस कहि श्रीपति कण्ठ लगावैं ॥१३॥
- सनकादिक ब्रह्मादि मुनीसा ।
नारद सारद सहित अहीसा ॥१४॥
- जम कुबेर दिगपाल जहाँ ते ।
कबि कोबिद कहि सके कहाँ ते ॥१५॥
- तुम उपकार सुग्रीवहिं कीन्हा ।
राम मिलाय राज पद दीन्हा ॥१६॥
- तुम्हरो मन्त्र बिभीषन माना ।
लङ्केस्वर भए सब जग जाना ॥१७॥
- जुग सहस्र जोजन पर भानू ।
लील्यो ताहि मधुर फल जानू ॥१८॥
- प्रभु मुद्रिका मेलि मुख माहीं ।
जलधि लाँघि गये अचरज नाहीं ॥१९॥

20. Every arduous task in this world
becomes easy by your grace.
21. You are the guardian of Ram's door,
none enters without your leave.
22. Taking refuge in you one finds all delight,
those you protect know no fear.
23. You alone can withstand your own splendor,
the three worlds tremble at your roar.
24. Ghosts and goblins cannot come near,
Great Hero, when your name is uttered.
25. All disease and pain is eradicated,
brave Hanuman, by constant repetition of your name.
26. Hanuman releases from affliction
those who remember him in thought, word, and deed.
27. Ram the renunciant reigns over all—
you carry out his every task.
28. One who brings any yearning to you
obtains the fruit of abundant life.
29. Your splendor fills the four ages,
Your glory is famed throughout the world.
30. You are the guardian of saints and sages,
the destroyer of demons, the darling of Ram
31. You grant the eight powers and nine treasures
by the boon you received from Mother Janaki.
32. You hold the elixir of Ram's name
and remain eternally His servant.

- durgama kāja jagata ke jete |
sugama anugraha tumhare tete ||20||
- rāma duāre tuma rakhavāre |
hota na ājñā binu paisāre ||21||
- saba sukha lahai tumhārī saranā |
tuma racchaka kāhū ko ḍara nā ||22||
- āpana teja samhāro āpai |
tīnoṃ loka hāñka teṃ kām̐pai ||23||
- bhūta pisāca nikaṭa nahiṃ āvai |
mahābīra jaba nāma sunāvai ||24||
- nāsai roga harai saba pīrā |
japata nirantara hanumata bīrā ||25||
- sañkaṭa teṃ hanumāna chuḍāvai |
mana krama bacana dhyāna jo lāvai ||26||
- saba para rāma tapasvī rājā |
tina ke kāja sakala tuma sājā ||27||
- aura manoratha jo ko-ī lāvai |
so-ī amita jīvana phala pāvai ||28||
- cāroṅ juga paratāpa tumhārā |
hai parasiddha jagata ujiyārā ||29||
- sādhu santa ke tuma rakhavāre |
asura nikandana rāma dulāre ||30||
- aṣṭa-siddhi nau nidhi ke dātā |
asa bara dīna jānakī mātā ||31||
- rāma rasāyana tumhare pāsā |
sadā raho raghupati ke dāsā ||32||

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- दुर्गम काज जगत के जेते ।
सुगम अनुग्रह तुम्हरे तेते ॥२०॥
- राम दुआरे तुम रखवारे ।
होत न आज्ञा बिनु पैसारे ॥२१॥
- सब सुख लहै तुम्हारी सरना ।
तुम रच्छक काहू को डर ना ॥२२॥
- आपन तेज सम्हारो आपै ।
तीनों लोक हाँकें तें कापै ॥२३॥
- भूत पिसाच निकट नहिं आवै ।
महाबीर जब नाम सुनावै ॥२४॥
- नासै रोग हरै सब पीरा ।
जपत निरन्तर हनुमत बीरा ॥२५॥
- सङ्कट तें हनुमान छुड़ावै ।
मन क्रम बचन ध्यान जो लावै ॥२६॥
- सब पर राम तपस्वी राजा ।
तिन के काज सकल तुम साजा ॥२७॥
- और मनोरथ जो कोई लावै ।
सोई अमित जीवन फल पावै ॥२८॥
- चारों जुग परताप तुम्हारा ।
है परसिद्ध जगत उजियारा ॥२९॥
- साधु सन्त के तुम रखवारे ।
असुर निकन्दन राम दुलारे ॥३०॥
- अष्टसिद्धि नौ निधि के दाता ।
अस बर दीन जानकी माता ॥३१॥
- राम रसायन तुम्हरे पासा ।
सदा रहो रघुपति के दासा ॥३२॥

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- bidyāvāna gunī ati cātura |
rāma kāja karibe ko ātura ||7||
- prabhu caritra sunibe ko rasiyā |
rāma lakhana sītā mana basiyā ||8||
- sūkṣma rūpa dhari siyahiñ dikhāvā |
bikaṭa rūpa dhari laṅka jarāvā ||9||
- bhīma rūpa dhari asura saṁhāre |
rāmacandra ke kāja saṁvāre ||10||
- lāya sajīvana lakhana jiyāye |
śrī raghubīra haraṣi ura lāye ||11||
- raghupati kīnhī bahuta baṛā-ī |
tuma mama priya bharatahi sama bhā-ī ||12||
- sahasa badana tumharo jasa gāvaiñ |
asa kahi śrīpati kaṅṭha lagāvaiñ ||13||
- sanakādika brahmādi munīsā |
nārada sārada sahita ahīsā ||14||
- jama kubera digapāla jahāñ te |
kabi kobida kahi sake kahāñ te ||15||
- tuma upakāra sugrīvahiñ kīnhā |
rāma milāya rāja pada dīnhā ||16||
- tumharo mantra bibhīṣana mānā |
laṅkesvara bha-e saba jaga jānā ||17||
- juga sahasra jojana para bhānū |
līlyo tāhi madhura phala jānū ||18||
- prabhu mudrikā meli mukha māhīm̃ |
jaladhi lāñghi gaye acaraja nāhīm̃ ||19||

7. Supremely wise, virtuous, and clever,
you are ever intent on Ram's work.
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तुम्हरे भजन राम को पावै ।
जनम जनम के दुख बिसरावै ॥३३॥

अन्त काल रघुबर पुर जाई ।
जहाँ जन्म हरि-भक्त कहाई ॥३४॥

और देवता चित्त न धरई ।
हनुमत सेइ सर्व सुख करई ॥३५॥

सङ्कट कटै मिटै सब पीरा ।
जो सुमिरै हनुमत बलबीरा ॥३६॥

जै जै जै हनुमान गोसाईं ।
कृपा करहु गुरुदेव की नाई ॥३७॥

जो सत बार पाठ कर कोई ।
छूटहि बन्दि महा सुख होई ॥३८॥

जो यह पढ़ै हनुमान चालीसा ।
होय सिद्धि साखी गौरीसा ॥३९॥

तुलसीदास सदा हरि चेरा ।
कीजै नाथ हृदय महँ डेरा ॥४०॥

॥दोहा॥

पवनतनय सङ्कट हरन
मङ्गल मूरति रूप ।
राम लखन सीता सहित
हृदय बसहु सुर भूप ॥

सिया वर रामचन्द्र पद जय शरणम् ॥

Son of the wind, embodiment of all blessings, you destroy
the root of all that is harmful and inauspicious in our lives.

Dohas:

Having polished the mirror of my heart
with the dust of my Guru's lotus feet,

I sing the pure fame of the best of the Raghus,
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6. You are Shiva's son and Kesari's joy,
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maṅgala mūrati māruti nandana
sakala amaṅgala mūla nikandana||

||dohā||

śrī guru carana saroja raja
nija manu mukuru sudhāri |

barana-ū raghubara bimala jasu
jo dāyaku phala cāri ||

buddhi-hīna tanu jānike
sumirauñ pavana-kumāra |

bala budhi bidyā dehu mohiñ
harahu kalesa bikāra ||

siyā vara rāmacandra pada jaya śaraṇam||

||caupāi||

jaya hanumāna jñāna guna sāgara |
jaya kapīsa tihuñ loka ujāgara ||1||

rāma dūta atulita bala dhāmā |
añjani-putra pavana-suta nāmā ||2||

mahābīra bikrama bajarāṅgī |
kumati nivāra sumati ke saṅgī ||3||

kañcana barana birāja subesā |
kānana kuṇḍala kuñcita kesā ||4||

hātha bajra au dhvajā birājai |
kāñdhe mūñja janeū sājai ||5||

saṅkara suvana kesarī nandana |
teja pratāpa mahā jaga bandana ||6||