

॥ हनुमान चालीसा ॥
॥ hanumāna cālīsā ॥

दोहा
dohā

श्री गुरु चरन सरोज रज, निज मन मुकुरु सुधारि ।
बरनउँ रघुवर विमल जसु, जो दायकु फल चारि ॥
śrī guru carana saroja raja, nija mana mukuru sudhāri ।
baranauṁ raghuvara vimala jasu, jo dāyaku phala cāri ॥

Meaning:

With the Dust of the Lotus Feet of Sri Gurudeva, I Polish the Mirror of my Mind.
I Narrate the Sacred Glory of Sri Raghuvar (Sri Rama Candra), who Bestows the Four Fruits of Life
(Dharma, Artha, Kama and Moksa).

बद्धिहीन तनु जानिके, सुमिरौ पवन कुमार ।
बल बुद्धि विद्या देहु मोहि, हरहु कलेश विकार ॥
buddhihīna tanu jānike, sumirau pavana kumāra ।
bala buddhi vidyā dehu mohi, harahu kaleśa vikāra ॥

Meaning:

Considering Myself as Ignorant, I Meditate on You, O Pavan Kumar (son of the Wind). Bestow on me
Strength, Wisdom and Knowledge, and Remove my Afflictions and Blemishes.

चौपाई
caupāī

- 1 -

जय हनुमान ज्ञान गुण सागर ।
जय कपीस तिहुँ लोक उजागर ॥
jaya hanumāna jñāna guṇa sāgara ।
jaya kapīsa tihuṁ loka ujāgara ॥

Meaning:

Victory to You, O Hanuman, Who is the Ocean of Wisdom and Virtue, Victory to the Lord of the Monkeys,
Who is the Enlightener of the Three Worlds.

- 2 -

राम दूत अतुलित बलधामा ।
अंजनि-पुत्र पवनसुत नामा ॥
rāma dūta atulita baladhāmā ।
aṁjani-putra pavanasuta nāmā ॥

Meaning:

You are the Messenger of Sri Rama possessing Immeasurable Strength, You are Known as Anjani-Putra
(son of Anjani) and Pavana-Suta (son of Pavana, the wind-god).

- 3 -

महावीर विक्रम बजरंगी ।
कुमति निवार सुमति के संगी ॥
mahāvīra vikrama bajaraṁgī ।
kumati nivāra sumati ke saṁgī ॥

Meaning:

You are a Great Hero, extremely Valiant, and body as strong as Thunderbolt, You are the Dispeller of Evil Thoughts and Companion of Good Sense and Wisdom.

- 4 -

कंचन वरन विराज सुबेसा ।
कानन कुंडल कुंचित केसा ॥
kaṃcana varana virāja subesā ।
kānana kuṇḍala kuṃcita kesā ॥

Meaning:

You possess a Golden Glow, and you are Neatly Dressed, You wear Ear-Rings and have beautiful Curly Hair.

- 5 -

हाथ वज्र और ध्वजा विराजे ।
काँधे मूँज जनेऊ साजे ॥
hātha vajra aura dhvajā virāje ।
kāṁdhe mūṁja janeū sājai ॥

Meaning:

You hold the Thunderbolt and the Flag in your Hands. You wear the Sacred Thread across your Shoulder.

- 6 -

शंकर सुवन केसरी नन्दन ।
तेज प्रताप महा जगबंदन ॥
śaṃkara suvana kesarī nandana ।
teja pratāpa mahā jagabaṃdana ॥

Meaning:

You are the Incarnation of Lord Shiva and Son of Kesari, You are Adored by the whole World on account of your Great Strength and Courage.

- 7 -

विद्यावान गुणी अति चातुर ।
राम काज करिबे को आतुर ॥
vidyāvāna guṇī ati cātura ।
rāma kāja karibe ko ātura ॥

Meaning:

You are Learned, Virtuous and Extremely Intelligent, You are always Eager to do the Works of Sri Rama.

- 8 -

प्रभु चरित्र सुनिबे को रसिया ।
राम लखन सीता मन बसिया ॥
prabhu caritra sunibe ko rasiyā ।
rāma lakhana sītā mana basiyā ॥

Meaning:

You Delight in Listening to the Glories of Sri Rama. Sri Rama, Sri Lakshmana and Devi Sita Dwell in your Heart.

- 9 -

सूक्ष्म रूप धरि सियहिं दिखावा ।
विकट रूप धरि लंक जरावा ॥
sūkṣma rūpa dhari siyahim dikhāvā ।
vikaṭa rūpa dhari lamka jarāvā ॥

Meaning:

You Appeared before Devi Sita Assuming a Diminutive Form (in Lanka),
You Assumed an Awesome Form and Burnt Lanka.

- 10 -

भीम रूप धरि असुर संहारे ।
रामचंद्र के काज सँवारे ॥
bhīma rūpa dhari asura saṁhāre ।
rāmacandra ke kāja saṁvāre ॥

Meaning:

You Assumed a Gigantic Form and Destroyed the Demons, Thereby Accomplishing the Task of Sri Rama.

- 11 -

लाय सजीवन लखन जियाये ।
श्री रघुवीर हरषि उर लाये ॥
lāya sajivana lakhana jiyāye ।
śrī raghuvīra haraṣi ura lāye ॥

Meaning:

You Brought the Sanjivana herb and Revived Sri Lakshmana. Because of this Sri Rama Embraced You overflowing with Joy.

- 12 -

रघुपति कीन्हीं बहुत बडाई ।
तुम मम प्रिय भरतहि सम भाई ॥
raghupati kīnhīm bahuta baḍāi ।
tuma mama priya bhatahi sama bhāi ॥

Meaning:

Sri Rama Praised You Greatly, And said: "You are as dear to me as my brother Bharata".

- 13 -

सहस बदन तुम्हरो जस गावैं ।
अस कहि श्रीपति कंठ लगावैं ॥
sahasa badana tumharo jasa gāvaiṁ ।
asa kahi śrīpati kaṁṭha lagāvaiṁ ॥

Meaning:

"The Thousand Headed Seshnag Sings Your Glory", Said Sri Rama to You taking you in his Embrace.

- 14 -

सनकादिक ब्रह्मादि मुनीसा ।

नारद शारद सहित अहीसा ॥
sanakādika brahmādi munīsā ।
nārada śārada sahita ahīsā ॥

Meaning:

Sanaka and other Sages, Lord Brahma and other Gods, Narada, Devi Saraswati and Seshnag ...

- 15 -

यम कुबेर दिगपाल जहाँ ते ।
कवि कोबिद कहि सके कहाँ ते ॥
yama kubera digapāla jahāṁ te ।
kavi kobida kahi sake kahāṁ te ॥

Meaning:

Yama (god of death), Kubera (god of wealth), Digpalas (the guardian deities), Poets and Scholars have not been able to Describe Your Glories in full.

- 16 -

तुम उपकार सुग्रीवहिं कीन्हा ।
राम मिलाय राजपद दीन्हा ॥
tuma upakāra sugrīvahiṁ kīnhā ।
rāma milāya rājpada dīnhā ॥

Meaning:

You Rendered a great Help to Sugriva. You Introduced him to Sri Rama and thereby Gave back his Kingdom.

- 17 -

तुम्हरो मंत्र विभीषण माना ।
लंकेश्वर भए सब जग जाना ॥
tumharo maṁtra vibhīṣaṇa mānā ।
laṁkeśvara bhae saba jaga jānā ॥

Meaning:

Vibhisana Followed your Advice, And the Whole World Knows that he became the King of Lanka.

- 18 -

युग सहस्र योजन पर भानू ।
लील्यौ ताहि मधुर फल जानू ॥
yuga sahasra yojana para bhānū ।
līlyau tāhi madhura phala jānū ॥

Meaning:

The Sun which was at a distance of Sixteen Thousand Miles, You Swallowed It, thinking it to be a Sweet Fruit.

- 19 -

प्रभु मुद्रिका मेलि मुख माहीं ।
जलधि लाँघि गये अचरज नाहीं ॥
prabhu mudrikā meli mukha māhīṁ ।
jaladhi lāṅghi gaye acaraja nāhīṁ ॥

Meaning:

Carrying Lord Sri Rama's Ring in your Mouth, You Crossed the Ocean, no Wonder in that.

- 20 -

दुर्गम काज जगत के जेते ।
सुगम अनुग्रह तुम्हरे तेते ॥
durgama kāja jagata ke jete ।
sugama anugraha tumhare tete ॥

Meaning:

All the Difficult Tasks in this World, Are Rendered Easy by your Grace.

- 21 -

राम दुआरे तुम रखवारे ।
होत न आज्ञा बिनु पैसारे ॥
rāma duāre tuma rakhavāre ।
hota na ājñā binu paisāre ॥

Meaning:

You are the Gate-Keeper of Sri Rama's Kingdom. No one can Enter without Your Permission.

- 22 -

सब सुख लहै तुम्हारी शरना ।
तुम रक्षक काहू को डरना ॥
saba sukha lahai tumhārī śaranā ।
tuma rakṣaka kāhū ko ḍaranā ॥

Meaning:

Those who take Refuge in You enjoy all Happiness. If You are the Protector, what is there to Fear?

- 23 -

आपन तेज सम्हारो आपै ।
तीनों लोक हाँक ते काँपै ॥
āpana teja samhāro āpai ।
tīnoṃ loka hāṃka te kāṃpai ॥

Meaning:

You alone can Control Your Great Energy. When you Roar, the Three Worlds Tremble.

- 24 -

भूत पिसाच निकट नहिं आवै ।
महावीर जब नाम सुनावै ॥
bhūta pisāca nikaṭa nahim āvai ।
mahāvīra jaba nāma sunāvai ॥

Meaning:

Ghosts and Evil Spirits will Not Come Near, When one Utters the Name of Mahavir (Hanuman, the Great Warrior).

- 25 -

नासै रोग हरै सब पीरा ।
जपत निरंतर हनुमत बीरा ॥
nāsai roga harai saba pīrā ।
japata niraṃtara hanumata bīrā ॥

Meaning:

You Destroy Diseases and Remove all Pains, When one Continuously Utters your Name.

- 26 -

संकट तें हनुमान छुडावै ।
मन क्रम बचन ध्यान जो लावै ॥
saṃkaṭa teṃ hanumāna chuḍāvai ।
mana krama bacana dhyāna jo lāvai ॥

Meaning:

Hanuman Frees one from Difficulties, When one Meditates on Him with Mind, Deed and Words.

- 27 -

सब पर राम तपस्वी राजा ।
तिनके काज सकल तुम साजा ॥
saba para rāma tapasvī rājā ।
tinake kāja sakala tuma sājā ॥

Meaning:

Sri Rama is the King of the Tapasvins (devotees engaged in penances). And You (Hanuman) Fulfill all Works of Sri Rama (as a caretaker).

- 28 -

और मनोरथ जो कोइ लावै ।
सोइ अमित जीवन फल पावै ॥
aura manoratha jo koi lāvai ।
soi amita jīvana phala pāvai ॥

Meaning:

Devotees who have any Other Desires, Will ultimately get the Highest Fruit of Life.

- 29 -

चारों जुग परताप तुम्हारा ।
है परसिद्ध जगत उजियारा ॥
cāroṃ juga paratāpa tumhārā ।
hai parasiddha jagata ujyārā ॥

Meaning:

Your Glory prevails in all the Four Ages. And your Fame Radiates throughout the World.

- 30 -

साधु संत के तुम रखवारे ।
असुर निकंदन राम दुलारे ॥
sādhu saṃta ke tuma rakhavāre ।
asura nikaṃdana rāma dulāre ॥

Meaning:

You are the Saviour of the Saints and Sages. You Destroy the Demons, O Beloved of Sri Rama.

- 31 -

अष्ट सिद्धि नौ निधि के दाता ।
अस बर दीन जानकी माता ॥
aṣṭa siddhi nau nidhi ke dātā ।
asa bara dīna jānakī mātā ॥

Meaning:

You can Give the Eight Siddhis (supernatural powers) and Nine Nidhis (types of devotions). Mother Janaki (Devi Sita) gave this Boon to you.

- 32 -

राम रसायन तुम्हरे पासा ।
सदा रहो रघुपति के दासा ॥
rāma rasāyana tumhare pāsā ।
sadā raho raghupati ke dāsā ॥

Meaning:

You hold the hidden Essence of Devotion to Sri Rama. You Always Remain as the Servant of Raghupati (Sri Rama).

- 33 -

तुम्हरे भजन राम को भावै ।
जन्म जन्म के दुख बिसरावै ॥
tumhare bhajana rāma ko bhāvai ।
janma janma ke dukha bisarāvai ॥

Meaning:

Through Devotion to You, one gets Sri Rama, Thereby getting Free of the Sorrows of Life after Life.

- 34 -

अन्तकाल रघुवर पुर जाई ।
जहाँ जनम हरि भक्त कहाई ॥
antakāla raghubara pura jāī ।
jahāṁ janama hari bhakta kahāī ॥

Meaning:

At the End one Goes to the Abode of Raghupati (Sri Rama). Where one is Known as the Devotee of Hari.

- 35 -

और देवता चित्त न धरई ।
हनुमत सेइ सर्व सुख करई ॥
aura devatā citta na dharaī ।
hanumata sei sarva sukha karaī ॥

Meaning:

Even without Worshipping any Other Deities, One Gets All Happiness who Worships Sri Hanuman.

- 36 -

संकट कटै मिटै सब पीरा ।

जो सुमिरै हनुमत बलबीरा ॥
saṃkaṭa kaṭai miṭai saba pīrā ।
jo sumirai hanumata balabīrā ॥

Meaning:

Difficulties Disappear and Sorrows are Removed, For Those who Contemplate on the Powerful Sri Hanuman.

- 37 -

जय जय जय हनुमान गोसाईं ।
कृपा करहु गुरुदेव की नाई ॥
jaya jaya jaya hanumāna gosāiṃ ।
kṛpā karahu gurudeva kī nāiṃ ॥

Meaning:

Victory, Victory, Victory to You, O Hanuman, Please Bestow your Grace as our Supreme Guru.

- 38 -

जो शत बार पाठ कर कोई ।
छूटहिं बंदि महा सुख होई ॥
jo śata bāra pāṭha kara koī ।
chūṭahiṃ baṃḍi mahā sukha hoī ॥

Meaning:

Those who Recite this Hanuman Chalisa one hundred times (with devotion), Will get Freed from Worldly Bondage and get Great Happiness.

- 39 -

जो यह पढै हनुमान चालीसा ।
होइ सिद्धि साखी गौरीसा ॥
jo yaha paḍhai hanumāna cālīsā ।
hoi siddhi sākhī gaurīsā ॥

Meaning:

Those who Read the Hanuman Chalisa (with devotion), Will become Perfect, Lord Shiva is the Witness.

- 40 -

तुलसीदास सदा हरि चेरा ।
कीजै नाथ हृदय महँ डेरा ॥
tulasīdāsa sadā hari cerā ।
kījai nātha hṛdaya maharṅ ḍerā ॥

Meaning:

Tulsidas who is Always the Servant of Hari. Prays the Lord to Reside in his Heart.

दोहा -

पवन तनय संकट हरन, मंगल मूरति रूप ।
राम लखन सीता सहित, हृदय बसहु सुरभूप ॥
dohā -

pavana tanaya saṃkaṭa harana, maṅgala mūrati rūpa ।
rāma lakhana sītā sahita, hṛdaya basahu surabhūpa ॥

Meaning:

Sri Hanuman, who is the Son of Pavana, who Removes Difficulties, Who has an Auspicious Form,
With Sri Rama, Sri Lakshmana and Devi Sita, Please Dwell in my Heart.

॥ इति श्रीहनुमान चालीसा सम्पूर्ण ॥
॥ iti śrīhanumāna cālīsā sampūrṇa ॥

This completes the forty verses to Sri Hanuman Ji.