॥ श्री गणेशाय नमः ॥

Shri Hanuman Chalisa

Hanuman Chalisa with English Translation & Meaning

GOSWAMI TULSIDAS • IAST TRANSLITERATION • VERSE-BY-VERSE ENGLISH

Opening Dohas

DOHA 1

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

Śrī-guru carana saroja raja, nija manu mukuru sudhāri |
Barana'u raghubara bimala jasu, jo dāyaku phala cāri ||

> Cleansing the mirror of my mind with the sacred dust of my Guru's lotus feet, I narrate the pure, unblemished glory of Shri Rama (the greatest of the Raghu dynasty), which bestows the four supreme fruits of life: Dharma (righteousness), Artha (noble wealth), Kama (wholesome aspiration), and Moksha (spiritual liberation).

DOHA 2

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

Buddhi-hīna tanu jānike, sumiraum̐ pavana-kumāra |
Bala budhi bidyā dehu mohim̐, harahu kalesa bikāra ||

> Acknowledging my mind and body to be devoid of true wisdom, I remember and meditate upon the Son of the Wind-god (Pavana-Kumara). Bestow upon me physical vitality, intellectual brilliance, and spiritual discernment, and dispel all my afflictions, griefs, and impurities.

The 40 Chaupais

CHAUPAI 1

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

Jaya hanumāna jñāna guna sāgara |
Jaya kapīsa tihum̐ loka ujāgara ||

> Victory to Lord Hanuman, the boundless ocean of wisdom and divine virtues. Victory to the foremost among the Vanaras, whose celestial brilliance illuminates all three realms (earthly, celestial, and subterranean).

CHAUPAI 2

राम दूत अतुलित बल धामा।
अंजनि-पुत्र पवनसुत नामा॥

Rāma dūta atulita bala dhāmā |
Añjani-putra pavanasuta nāmā ||

> You are the supreme envoy of Lord Rama and the repository of incomparable, limitless strength. You are revered as the illustrious son of Mother Anjani and the son of the Wind-god (Pavanasuta).

CHAUPAI 3

महाबीर बिक्रम बजरंगी।
कुमति निवार सुमति के संगी॥

Mahābīra bikrama bajarangī |
Kumati nivāra sumati ke saṅgī ||

> Great warrior of invincible valour, possessing a body as steadfast and formidable as Indra's thunderbolt (Bajrangi). You eradicate perverse intellect (kumati) and are the eternal ally and companion of noble wisdom (sumati).

CHAUPAI 4

कंचन बरन बिराज सुबेसा।
कानन कुंडल कुंचित केसा॥

Kañcana barana birāja subesā |
Kānana kuṇḍala kuñcita kesā ||

> Your luminous complexion gleams like molten gold, adorned in radiant, handsome attire. Your ears are graced with sparkling earrings and your dark locks of hair are elegantly curled.

CHAUPAI 5

हाथ बज्र औ ध्वजा बिराजै।
काँधे मूँज जनेऊ साजै॥

Hātha bajra au dhvajā birājai |
Kāṁdhe mūñja jane'ū sājai ||

> In your hands rest the mighty thunderbolt and the triumphal victory banner of Dharma. Across your sacred shoulder rests the holy thread (Yajnopavita) crafted of auspicious Munja grass.

CHAUPAI 6

संकर सुवन केसरीनंदन।
तेज प्रताप महा जग बन्दन॥

Saṅkara suvana kesarīnandana |
Teja pratāpa mahā jaga bandana ||

> You are the divine emanation of Lord Shiva (Rudra-avatara) and the delight of King Kesari. Your radiant splendor and blazing majesty are revered across the entire universe.

CHAUPAI 7

विद्यावान गुनी अति चातुर।
राम काज करिबे को आतुर॥

Vidyāvāna gunī ati cātura |
Rāma kāja karibe ko ātura ||

> You are the master of all sciences, replete with noble virtues, and exceptionally discerning. You are ever eager and devoted to executing the mission of Lord Rama.

CHAUPAI 8

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

Prabhu caritra sunibe ko rasiyā |
Rāma lakhana sītā mana basiyā ||

> You relish with supreme ecstasy the sacred recounting of the Lord's deeds. Lord Rama, Lakshmana, and Mother Sita eternally abide in the temple of your heart.

CHAUPAI 9

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

Sūkṣma rūpa dhari siyahiṁ dikhāvā |
Bikaṭa rūpa dhari laṅka jarāvā ||

> Assuming a humble, microscopic form, you appeared before Mother Sita in the Ashoka grove. Then, assuming a colossal, terrifying manifestation, you set ablaze the golden fortress of Lanka.

CHAUPAI 10

भीम रूप धरि असुर संहारे।
रामचंद्र के काज संवारे॥

Bhīma rūpa dhari asura saṁhāre |
Rāmacandra ke kāja saṁvāre ||

> Assuming a stupendous, awe-inspiring form, you vanquished the demonic legions and successfully accomplished every divine objective of Lord Ramachandra.

CHAUPAI 11

लाय सजीवन लखन जियाये।
श्रीरघुबीर हरषि उर लाये॥

Lāya sajīvana lakhana jiyāye |
Śrīraghubīra haraṣi ura lāye ||

> Bringing the life-restoring Sanjivani herb across skies from Mount Dronagiri, you revived Lakshmana. Overjoyed with boundless gratitude, Lord Rama embraced you to His heart.

CHAUPAI 12

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

Raghupati kīnhī bahuta baṛā'ī |
Tuma mama priya bharatahi sama bhā'ī ||

> Lord Raghupati praised you with immense affection, declaring: 'You are as dear to Me as My beloved brother Bharata.'

CHAUPAI 13

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

Sahasa badana tumharo jasa gāvaiṁ |
Asa kahi śrīpati kaṇṭha lagāvaiṁ ||

> 'May the thousand-headed cosmic serpent Sheshanaga sing your glorious praises!' Saying this, the Lord of Sri (Rama) embraced you once again.

CHAUPAI 14

सनकादिक ब्रह्मादि मुनीसा।
नारद सारद सहित अहीसा॥

Sanakādika brahmādi munīsā |
Nārada sārada sahita ahīsā ||

> Sanaka and the great four Kumaras, Lord Brahma, celestial sages, Narada, Goddess Saraswati, and the king of serpents all sing of your boundless glory.

CHAUPAI 15

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

Jama kubera digapāla jahāṁ te |
Kabi kobida kahi sake kahāṁ te ||

> Yama (the lord of justice), Kubera (the lord of wealth), and the guardians of all cardinal directions cannot fully describe your greatness—how then can mortal poets and scholars find words equal to your glory?

CHAUPAI 16

तुम उपकार सुग्रीवहिं कीन्हा।
राम मिलाय राजपद दीन्हा॥

Tuma upakāra sugrīvahiṁ kīnhā |
Rāma milāya rājapada dīnhā ||

> You rendered immense assistance to Sugriva by uniting him with Lord Rama, thereby restoring his lost kingdom and honour.

CHAUPAI 17

तुम्हरो मंत्र विभीषन माना।
लंकेस्वर भए सब जग जाना॥

Tumharo mantra bibhīṣana mānā |
Laṅkesvara bha'e saba jaga jānā ||

> Vibhishana heeded your righteous counsel, taking refuge in Rama, and subsequently became the King of Lanka—a fact well-known across all worlds.

CHAUPAI 18

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

Juga sahasra jojana para bhānu |
Līlyo tāhi madhura phala jānū ||

> The Sun, situated millions of yojanas away across the heavens, you leaped to swallow in your childhood, perceiving it to be a sweet, ripe red fruit.

CHAUPAI 19

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

Prabhu mudrikā meli mukha māhīṁ |
Jaladhi lāṁghi gaye acaraja nāhīṁ ||

> Holding the sacred ring of Lord Rama in your mouth, you vaulted across the vast ocean—truly, for one of your divine grace, this is no wonder.

CHAUPAI 20

दुर्गम काज जगत के जेते।
सुगम अनुग्रह तुम्हरे तेते॥

Durgama kāja jagata ke jete |
Sugama anugraha tumhare tete ||

> Whatever difficult, seemingly insurmountable tasks exist in this world, they all become effortless and smoothly accomplished by your divine grace.

CHAUPAI 21

राम दुआरे तुम रखवारे।
होत न आज्ञा बिनु पैसारे॥

Rāma du'āre tuma rakhavāre |
Hota na ājñā binu paisāre ||

> You are the vigilant guardian at the threshold of Lord Rama's sanctuary. No one can enter His presence without your sanction and blessing.

CHAUPAI 22

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

Saba sukha lahai tumhārī saranā |
Tuma rakṣaka kāhū ko ḍara nā ||

> Those who surrender to your shelter obtain all auspicious joys. When you are our protector, whom or what should we ever fear?

CHAUPAI 23

आपन तेज सम्हारो आपै।
तीनों लोक हाँक तें काँपै॥

Āpana teja samhāra'o āpai |
Tīnauṁ loka hāṁka teṁ kāṁpai ||

> You alone possess the capacity to control your blazing radiance and overwhelming power. All three realms tremble at the sound of your mighty roar.

CHAUPAI 24

भूत पिसाच निकट नहिं आवै।
महाबीर जब नाम सुनावै॥

Bhūta pisāca nikaṭa nahiṁ āvai |
Mahābīra jaba nāma sunāvai ||

> Evil spirits, phantoms, and negative energies dare not approach when the sacred name of the valiant Mahavira is chanted.

CHAUPAI 25

नासै रोग हरै सब पीरा।
जपत निरंतर हनुमत बीरा॥

Nāsai roga harai saba pīrā |
Japata nirantara hanumata bīrā ||

> All ailments are eradicated and all pains vanquished for those who continuously and devotionally chant the sacred name of brave Hanuman.

CHAUPAI 26

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

Saṅkaṭa teṁ hanumāna chuṛāvai |
Mana krama bacana dhyāna jo lāvai ||

> Hanuman delivers from all adversity anyone who meditates upon him with sincere devotion in thought, action, and speech.

CHAUPAI 27

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

Saba para rāma tapasvī rājā |
Tina ke kāja sakala tuma sājā ||

> Shri Rama is the sovereign ascetic King presiding over all creation; and yet you readily accomplished every noble task on His behalf.

CHAUPAI 28

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

Aura manoratha jo koī lāvai |
Soī amita jīvana phala pāvai ||

> Whatever righteous aspiration a devotee brings before you in earnest prayer, they attain that limitless fruit in this very life.

CHAUPAI 29

चारों जुग परताप तुम्हारा।
है परसिद्ध जगत उजियारा॥

Cārauṁ juga paratāpa tumhārā |
Hai parasiddha jagata ujiyārā ||

> Your splendour shines undiminished across all four cosmic epochs (Satya, Treta, Dvapara, and Kali Yuga); your glory is celebrated, illuminating the whole universe.

CHAUPAI 30

साधु संत के तुम रखवारे।
असुर निकंदन राम दुलारे॥

Sādhu santa ke tuma rakhavāre |
Asura nikandana rāma dulāre ||

> You are the steadfast protector of saints and seekers, the destroyer of negative and demonic forces, and the beloved darling of Lord Rama.

CHAUPAI 31

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

Aṣṭa siddhi nau nidhi ke dātā |
Asa bara dīna jānakī mātā ||

> You are the bestower of the eight mystical powers (Ashta Siddhi) and the nine celestial treasures (Nava Nidhi)—such was the divine boon conferred upon you by Mother Janaki (Sita).

CHAUPAI 32

राम रसायन तुम्हरे पासा।
सदा रहो रघुपति के दासा॥

Rāma rasāyana tumhare pāsā |
Sadā raho raghupati ke dāsā ||

> You possess the supreme nectar of Rama's divine name (Rama Rasayana); may you ever remain the humble servant of Lord Raghupati.

CHAUPAI 33

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

Tumhare bhajana rāma ko pāvai |
Janama janama ke dukha bisarāvai ||

> Through devotion unto you, one attains Lord Rama and is liberated from the accumulated sorrows of countless lifetimes.

CHAUPAI 34

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

Anta kāla raghubara pura jā'ī |
Jahāṁ janma hari-bhakta kahā'ī ||

> At the time of departure from this mortal world, such a devotee enters the divine realm of Lord Rama (Saket), and wherever they may take birth, they are hailed as an exalted devotee of the Lord.

CHAUPAI 35

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

Aura devatā citta na dhara'ī |
Hanumata se'i sarba sukha kara'ī ||

> Even without focusing upon other celestial deities, by simply serving and meditating upon Hanuman with one-pointed focus, one experiences all supreme bliss.

CHAUPAI 36

संकट कटै मिटै सब पीरा।
जो सुमिरै हनुमत बलबीरा॥

Saṅkaṭa kaṭai miṭai saba pīrā |
Jo sumirai hanumata balabīrā ||

> All adversities are severed and every torment vanishes for the devotee who remembers and calls upon the mighty, valiant Hanuman.

CHAUPAI 37

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

Jaya jaya jaya hanumāna gosā'ĩṁ |
Kṛpā karahu gurudeva kī nā'ĩṁ ||

> Hail, victory, all victory to you, O Lord Hanuman! Please shower your grace upon me with the tenderness of a supreme spiritual preceptor (Gurudeva).

CHAUPAI 38

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

Jo sata bāra pāṭha kara ko'ĩ |
Chūṭahi bandi mahā sukha ho'ĩ ||

> Whoever recites this sacred Chalisa one hundred times with devotion is liberated from the bondage of worldly afflictions and attains profound spiritual bliss.

CHAUPAI 39

जो यह पढ़ै हनुमान चालीसा।
होय सिद्धि साखी गौरीसा॥

Jo yaha paṛhai hanumāna cālīsā |
Hoya siddhi sākhī gaurīsā ||

> Whoever reads and recites this Hanuman Chalisa attains spiritual realization and success—as testified by Lord Shiva (Gaurisha) Himself.

CHAUPAI 40

तुलसीदास सदा हरि चेरा।
कीजै नाथ हृदय महँ डेरा॥

Tulasīdāsa sadā hari cerā |
Kījai nātha hṛdaya mahaṁ ḍerā ||

> Tulsidas remains ever the humble servant of Lord Hari; O noble Master, make your eternal dwelling within the sanctum of my heart.

Concluding Doha

CLOSING DOHA

पवनतनय संकट हरन, मंगल मूरति रूप।
राम लखन सीता सहित, हृदय बसहु सुर भूप॥

Pavanatanaya saṅkaṭa harana, maṅgala mūrati rūpa |
Rāma lakhana sītā sahita, hṛdaya basahu sura bhūpa ||

> O Son of the Wind-god, dispeller of all tribulations, embodiment of all that is auspicious—along with Lord Rama, Lakshmana, and Mother Sita, please reside forever in my heart, O king among gods!

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