

# Hanuman Chalisa (English Transliteration and Meaning)

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## Doha (Couplet)

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**Shri Guru Charan Saroj Raj, Nij Man Mukur Sudhari.** *Meaning: With the dust of the Guru's lotus feet, I clean the mirror of my mind.*

**Baranau Raghuvar Bimal Jasu, Jo Dayaku Phal Chari.** *Meaning: I describe the pure glory of Lord Rama, which bestows the four fruits of life (Dharma, Artha, Kama, Moksha).*

**Buddhiheen Tanu Jaanike, Sumirau Pavan Kumar.** *Meaning: Knowing myself to be without wisdom, I remember you, O Son of the Wind (Hanuman).*

**Bal Buddhi Vidya Dehu Mohi, Harahu Kalesh Vikaar.** *Meaning: Grant me strength, wisdom, and knowledge, and remove all my sorrows and imperfections.*

## Chaupai (Quatrain)

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**1. Jai Hanuman Gyan Gun Sagar. Jai Kapis Tihun Lok Ujagar.** *Meaning: Victory to Hanuman, the ocean of wisdom and virtue. Victory to the Lord of the Monkeys, who illuminates the three worlds.*

**2. Ram Doot Atulit Bal Dhama. Anjani Putra Pavan Sut Nama.** *Meaning: You are the messenger of Rama, the abode of incomparable power. You are known as Anjani's son and the Son of the Wind.*

**3. Mahabir Bikram Bajrangi. Kumati Nivar Sumati Ke Sangi.** *Meaning: Great hero, mighty and strong as a thunderbolt. You remove evil thoughts and are the companion of good sense.*

**4. Kanchan Baran Biraj Subesa. Kaanan Kundal Kunchit Kesa.** *Meaning: Your body is golden-colored, you wear beautiful clothes. You have earrings in your ears and your*

*hair is curly.*

**5. Haath Bajra Au Dhwaja Birajai. Kaandhe Moonj Janeu Saajai.** *Meaning: The thunderbolt (Vajra) and a flag shine in your hands. A sacred thread (Janeu) made of Munja grass adorns your shoulder.*

**6. Sankar Suvan Kesari Nandan. Tej Pratap Maha Jag Bandan.** *Meaning: You are the incarnation of Shiva and the son of Kesari. Your great splendor and glory are worshipped by the whole world.*

**7. Vidyavaan Guni Ati Chatur. Ram Kaaj Karibe Ko Aatur.** *Meaning: You are learned, virtuous, and extremely clever. You are always eager to do the work of Lord Rama.*

**8. Prabhu Charitra Sunibe Ko Rasiya. Ram Lakhan Sita Man Basiya.** *Meaning: You delight in listening to the glorious deeds of the Lord. Rama, Lakshmana, and Sita reside in your heart.*

**9. Sukshma Roop Dhari Siyahi Dikhava. Vikat Roop Dhari Lank Jarava.** *Meaning: You assumed a tiny form to appear before Sita. You took a terrifying form to burn the city of Lanka.*

**10. Bhim Roop Dhari Asur Sanhare. Ramchandra Ke Kaaj Sanvare.** *Meaning: You took a gigantic form to destroy the demons. You successfully completed the tasks of Lord Ramachandra.*

**11. Laaye Sanjivan Lakhan Jiyaye. Shri Raghubeer Harashi Ur Laye.** *Meaning: You brought the Sanjivan herb and revived Lakshmana. Lord Rama embraced you with joy.*

**12. Raghupati Kinhi Bahut Badai. Tum Mam Priye Bharat Hi Sam Bhai.** *Meaning: Lord Rama praised you greatly, saying, “You are as dear to me as my brother Bharat.”*

**13. Sahas Badan Tumharo Jas Gaavai. Asa Kahi Shripati Kanth Lagavai.** *Meaning: The Lord of Sita (Rama) embraced you, saying, “Even the thousand-mouthed Sheshnag sings your glory.”*

**14. Sanakadik Brahmaadi Munisa. Narad Sharad Sahit Ahisa.** *Meaning: Sages like Sanaka, Brahma, and other great hermits, Narada, Saraswati, and the King of Serpents (Sheshnag).*

**15. Jam Kuber Digpal Jahan Te. Kabi Kobid Kahi Sakai Kahan Te.** *Meaning: Yama (God of Death), Kubera (God of Wealth), and the Guardians of the Directions—even they cannot fully describe your glory. How can any poet or scholar do so?*

**16. Tum Upkar Sugreevahi Keenha. Ram Milaye Raaj Pad Deenha.** *Meaning: You helped Sugriva greatly. You introduced him to Rama and helped him regain his kingdom.*

**17. Tumharo Mantra Vibhishan Maana. Lankeshwar Bhaye Sab Jag Jaana.** *Meaning: Vibhishana followed your advice. The whole world knows he became the King of Lanka.*

**18. Jug Sahastra Jojan Par Bhanu. Leelyo Taahi Madhur Phal Jaanu.** *Meaning: You swallowed the sun, which is thousands of miles away, thinking it to be a sweet fruit.*

**19. Prabhu Mudrika Meli Mukh Maahi. Jaladhi Laandhi Gaye Achraj Naahi.** *Meaning: Carrying Lord Rama's ring in your mouth, you crossed the ocean. There is no wonder in this feat for you.*

**20. Durgam Kaaj Jagat Ke Jete. Sugam Anugrah Tumhre Tete.** *Meaning: All the difficult tasks in the world become easy by your grace.*

**21. Ram Duare Tum Rakhvare. Hot Na Aagya Binu Paisare.** *Meaning: You are the gatekeeper of Rama's court. No one can enter without your permission.*

**22. Sab Sukh Lahai Tumhari Sarna. Tum Rakshak Kahu Ko Dar Na.** *Meaning: All happiness is found by taking refuge in you. When you are the protector, there is no fear.*

**23. Aapan Tej Samharo Aapai. Teenon Lok Haank Te Kaanpai.** *Meaning: Only you can control your own splendor. The three worlds tremble at your roar.*

**24. Bhoot Pisaach Nikat Nahin Aavai. Mahabir Jab Naam Sunavai.** *Meaning: Ghosts and evil spirits do not come near. When the name of the great hero (Hanuman) is heard.*

**25. Naasai Rog Harai Sab Peera. Japat Nirantar Hanumat Beera.** *Meaning: All diseases and pains are destroyed. By continuously chanting the name of the brave Hanuman.*

**26. Sankat Te Hanuman Chhudavai. Man Kram Vachan Dhyani Jo Laavai.** *Meaning: Hanuman releases one from all troubles. Who meditates on him with mind, deed, and word.*

**27. Sab Par Ram Tapasvi Raja. Tin Ke Kaaj Sakal Tum Saaja.** *Meaning: Rama is the supreme ascetic King. You successfully completed all his tasks.*

**28. Aur Manorath Jo Koi Laavai. Soi Amit Jeevan Phal Paavai.** *Meaning: Whoever comes to you with any desire. They receive the boundless fruit of life.*

**29. Charon Jug Partap Tumhara. Hai Parsiddh Jagat Ujyaya.** *Meaning: Your glory is famous in all four ages. Your light illuminates the whole world.*

**30. Sadhu Sant Ke Tum Rakhvare. Asur Nikandan Ram Dulare.** *Meaning: You are the protector of saints and sages. You are the destroyer of demons and the beloved of Rama.*

**31. Asht Siddhi Nau Nidhi Ke Daata. As Var Deen Janaki Mata.** *\*Meaning: You are the bestower of the eight siddhis (powers) and nine nidhis (treasures). This boon was granted to you by Mother Janaki (Sita).\**

**32. Ram Rasayan Tumhre Paasa. Sada Raho Raghupati Ke Daasa.** *Meaning: The essence of Rama's name (Ram Rasayan) is with you. You are eternally the servant of Lord Rama.*

**33. Tumhre Bhajan Ram Ko Paavai. Janam Janam Ke Dukh Bisravai.** *Meaning: Through devotion to you, one attains Rama. And forgets the sorrows of many lifetimes.*

**34. Ant Kaal Raghuvar Pur Jaai. Jahan Janam Hari Bhakt Kahai.** *Meaning: At the end of life, one goes to the abode of Rama. And is called a devotee of God in every subsequent birth.*

**35. Aur Devta Chitt Na Dharai. Hanumat Sei Sarva Sukh Karai.** *Meaning: One need not remember any other deity. By serving Hanuman, all happiness is attained.*

**36. Sankat Katai Mitai Sab Peera. Jo Sumirai Hanumat Balbeera.** *Meaning: All troubles are cut, and all pain is erased. For one who remembers the mighty hero Hanuman.*

**37. Jai Jai Jai Hanuman Gosai. Kripa Karahu Guru Dev Ki Naai.** *Meaning: Victory, Victory, Victory to Lord Hanuman. Please bestow your grace upon me like a Supreme Guru.*

**38. Jo Sat Baar Paath Kar Koi. Chhootahi Bandi Maha Sukh Hoi.** *Meaning: Whoever recites this a hundred times. They are freed from bondage and attain great bliss.*

**39. Jo Yah Padhai Hanuman Chalisa. Hoy Siddhi Sakhi Gaurisa.** *Meaning: Whoever reads this Hanuman Chalisa. Attains success, with Lord Shiva as the witness.*

**40. Tulsidas Sada Hari Chera. Keejai Nath Hriday Mahn Dera.** *Meaning: Tulsidas is always the servant of the Lord. O Lord, please reside in my heart.*

## **Doha (Couplet)**

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**Pavan Tanay Sankat Haran, Mangal Murati Roop.** *Meaning: O Son of the Wind, remover of distress, the embodiment of auspiciousness.*

**Ram Lakhan Sita Sahit, Hriday Basahu Sur Bhoop.** *Meaning: Reside in my heart, O King of Gods, along with Rama, Lakshmana, and Sita.*