

Hanuman Chalisa: An English Translation & Meaning

Doha (Stanza)

Shri guru charan saroj raj neej manu mukur sudhari |

Baranau raghubar bimal jasu jo dayaku phal chari ||

Meaning: After cleansing the mirror of my mind with the pollen dust of holy Guru's Lotus feet. I profess the pure, untainted glory of Shri Raghuvar which bestows the four-fold fruits of life. (Dharma, Artha, Kama and Moksha).

Buddhi heen tanu janike sumero pavan kumar |

Bal buddhi Vidya dehu mohi harau kales Vikar ||

Meaning: Fully aware of the deficiency of my intelligence, I concentrate my attention on Pavan Kumar and humbly ask for strength, intelligence, and true knowledge to relieve me of all blemishes, causing pain.

Chaupai (Quatrain)

Jai Hanuman gyan gun sagar |

Jai kapis tihu lok ujagar ||01||

Meaning: Victory to thee, O'Hanuman! Ocean of Wisdom-All hail to you O'Kapisa! (fountain-head of power, wisdom, and Shiva-Shakti) You illuminate all the three worlds (Entire cosmos) with your glory.

Ram doot atulit bal dhama |

Anjaani-putra pavan sut nama ||02||

Meaning: You are the divine messenger of Shri Ram. The repository of immeasurable strength, though known only as Son of Pavan (Wind), born of Anjani.

Mahabir bikram Bajrangi I

Kumati nivar sumati ke sangi ||03||

Meaning: With Limbs as sturdy as Vajra (The mace of God Indra) you are valiant and brave. On you attends good Sense and Wisdom. You dispel the darkness of evil thoughts.

Kanchan baran biraj subesa I

Kanan kundal kunchit kesa ||04||

Meaning: Your physique is beautiful golden coloured and your dress is pretty. You wear earrings and have long curly hair.

Haath bajra aur dhvaja biraaje I

Kaandhe munj janeu saaje ||05||

Meaning: You carry in your hand a lightening bolt along with a victory (Kesari) flag and wear the sacred thread on your shoulder.

Sankar suvan Kesari nandan I

Tej pratap mahaa jag bandan ||06||

Meaning: As a descendant of Lord Sankar, you are a comfort and pride of Shri Kesari. With the luster of your Vast Sway, you are propitiated all over the universe.

Vidyavaan guni ati chaatur I

Raam kaaj karibe ko aatur ||07||

Meaning: You are the repository of learning, virtuous, and fully accomplished, always keen to carry out the behest's of Shri Ram.

Prabhu charitra sunibe-ko rasiyaa I

Raam Lakhan Sitaa man basiyaa ||08||

Meaning: You are an ardent listener, always so keen to listen to the narration of Shri Ram's Life Stories. Your heart is filled with what Shri Ram stood for. You therefore always dwell in the hearts of Shri Ram, Lakshman, and Sita.

Sukshma roop dhari Siyahi dikhavaa |

Bikat roop dhari Lank jaravaa ||09||

Meaning: You appeared before Sita in a Diminutive form and spoke to her in humility. You assumed an awesome form and struck terror by setting Lanka on fire.

Bhim roop dhari asur sahaare |

Raamachandra ke kaj savaare ||10||

Meaning: With over-whelming might, you destroyed the Asuras (demons) and performed all tasks assigned to you by Shri Ram with great skill.

Laaye sanjivan Lakhan jiyaye |

Shri Raghuvir harashi ur laaye ||11||

Meaning: You brought Sanjivan (A herb that revives life) and restored Lakshman back to life, Shri Raghuvir (Shri Ram) cheerfully embraced you with his heart full of joy.

Raghupati kinhi bahut badhayi |

Tum mam priye Bharat-hi-sam bhaayi ||12||

Meaning: Shri Raghupati (Shri Ram) lustily extolled your excellence and said: "You are as dear to me as my own brother Bharat."

Sahas badan tumharo jas gaave |

Asa-kahi Shripati kantha lagaave ||13||

Meaning: Thousands of living beings are chanting hymns of your glories; saying thus, Shri Ram warmly hugged him (Shri Hanuman).

Sankaa-dik brahmadi munisaa |

Narad-sarad sahit ahisaa ||14||

Meaning: When prophets like Sanka, even the Sage like Lord Brahma, the great hermit Narad himself, Goddess Saraswati and Ahisha

(Yam) Jam Kuber digpaal jahaa te |

Kabi Kovid kahi sake kahan te ||15||

Meaning: Even Yamraj (God of Death) Kuber (God of Wealth) and the Dignals (deputies guarding the four corners of the Universe) have been vying with one another in offering homage to your glories. How then, can a mere poet give adequate expression of your super excellence.

Tum upkar Sugreevahi keenhaa |

Raam milaye rajpad deenhaa ||16||

Meaning: You rendered a great service to Sugriv. You united him with Shri Ram and he installed him on the Royal Throne.

Tumharo mantra Vibhishan maanaa |

Lankeshvar bhaye sab jag janaa ||17||

Meaning: By heeding your advice, Vibhishan became Lord of Lanka. This is known all over the Universe.

Yug sahastra jojan par bhanu |

Leelyo tahi madhur phal janu ||18||

Meaning: On your own you dashed upon the Sun, which is at a fabulous distance of thousands of miles, thinking it to be a sweet luscious fruit.

Prabhu mudrikaa meli mukh maahi |
Jaladhi langhi gaye achraj naahi ||19||

Meaning: Carrying the Lord's Signet Ring in your mouth, there is hardly any wonder that you easily leapt across the ocean.

Durgaam kaj jagat ke jete |
Sugam anugraha tumhre tete ||20||

Meaning: The burden of all difficult tasks of the world become light with your kind grace.

Ram duwaare tum rakhvare |
Hota na aagyaa binu paisaare ||21||

Meaning: You are the sentry at the door of Shri Ram's Divine Abode. No one can enter it without your permission

Sab sukh lahe tumhari sarnaa |
Tum rakshak kahu ko darna ||22||

Meaning: All comforts of the world lie at your feet. The devotees enjoy all divine pleasures and feel fearless under your benign Protection.

Aapan tej samharo aape |
Teenho lok haank teh kanpe ||23||

Meaning: You alone are befitted to carry your own splendid valour. All the three worlds (entire universe) tremor at your thunderous call.

Bhoot pisaach nikat nahin aave |

Mahaabir jab naam sunave ||24 ||

Meaning: All the ghosts, demons, and evil forces keep away, with the sheer mention of your great name, O'Mahaveer!!

Naase rog hare sab peeraa |

Japat nirantar Hanumant beeraa ||25 ||

Meaning: All diseases, pain, and suffering disappear on reciting regularly Shri Hanuman's holy name.

Sankat se Hanuman chudave |

Man karam bachan dyan jo laave ||26 ||

Meaning: Those who remember Shri Hanuman in thought, words, and deeds with Sincerity and Faith, are rescued from all crises in life.

Sab par Raam tapasvee rajaa |

Teen ke kaj sakal tum sajaa ||27 ||

Meaning: All who hail, worship, and have faith in Shri Ram as the Supreme Lord and the king of penance. You make all their difficult tasks very easy.

Aur manorath jo koi laave |

Sohi amit jeevan phal paave ||28 ||

Meaning: Whosoever comes to you for the fulfillment of any desire with faith and sincerity, Will he alone secure the imperishable fruit of human life.

Charo yug partap tumharaa |

Hai parasiddha jagat ujjyaraa ||29 ||

Meaning: All through the four ages, your magnificent glory is acclaimed far and wide. Your fame is Radiantly acclaimed all over the Cosmos.

Sadhu sant ke tum rakhware I

Asur nikanandan Raam dulare ||30||

Meaning: You are Saviour and the guardian angel of Saints and Sages and destroy all Demons. You are the angelic darling of Shri Ram.

Ashta-sidhi nav nidhi ke daata I

Asabar deen Janaki mata ||31||

Meaning: You can grant to anyone, any yogic power of Eight Siddhis (power to become light and heavy at will) and Nine Nidhis (Riches, comfort, power, prestige, fame, sweet relationship, etc.) This boon has been conferred upon you by Mother Janki.

Ram rasayan tumhare pasaa I

Sadaa raho Raghupati ke dasaa ||32||

Meaning: You possess the power of devotion to Shri Ram. In all rebirths, you will always remain Shri Raghupati's most dedicated disciple.

Tumhare bhajan Raam ko paave I

Janam-janam ke dukh bisrave ||33||

Meaning: Through hymns sung in devotion to you, one can find Shri Ram and become free from the sufferings of several births.

Anth-kaal Raghubar pur jae I

Jaha janma Hari-bhakht kahayi ||34||

Meaning: If at the time of death one enters the Divine Abode of Shri Ram, thereafter in all future births he is born as the Lord's devotee.

Aur devtaa chitta na dharayi |

Hanumanth se he sarba sukh karayi ||35||

Meaning: One need not entertain any other deity for Propitiation, as the devotion of Shri Hanuman alone can give all happiness.

Sankat kate-mite sab peera |

Jo sumire Hanumat balbeera ||36||

Meaning: One is freed from all the sufferings and ill fated contingencies of rebirths in the world. One who adores and remembers Shri Hanuman.

Jai Jai Jai Hanuman gosae |

Krupa karahu gurudev ki naae ||37||

Meaning: Hail, Hail, Hail, Shri Hanuman, Lord of senses. Let your victory over the evil be firm and final. Bless me in the capacity as my supreme guru (teacher).

Jo sath baar paath kar koe |

Chut hi bandhi maha sukh hoe ||38||

Meaning: One who recites Chalisa one hundred times becomes free from the bondage of life and death and enjoys the highest bliss at last.

Jo yaha padhe Hanuman Chalisa |

Hoye Siddhi Sakhi Gaurisaa ||39||

Meaning: All those who recite Hanuman Chalisa (The forty Chaupais) regularly are sure to be benedict. Such is the evidence of no less a witness as Bhagwan Sankar.

Tulsidas sada Hari chera |

Keeje nath hridaye maha dera ll40 ll

Meaning: Tulsidas as a bonded slave of the Divine Master stays perpetually at his feet, he prays "Oh Lord! You enshrine within my heart & soul."

Doha (Stanza)

Pavan tanay sankat harana mangal murti roop l

Ram Lakhan Sita sahit hriday basau sur bhuup ll

Meaning: Oh! conqueror of the Wind, Destroyer of all miseries, you are a symbol of Auspiciousness. Along with Shri Ram, Lakshman and Sita, reside in my heart. Oh! King of Gods.

Jayakar (Hail the Lord)

Bol Bajarangabali ki jai l

Pavan putra Hanuman ki hai ll

Jai Shri Ram l