

Hanuman Chalisa

Transliteration with Verse-by-Verse English Meaning

Opening Doha 1

Shri guru charan saroj raj, nij manu mukuru sudhaari.

Baranaun Raghubar bimal jasu, jo daayaku phal chaari.

Having polished the mirror of my heart with the dust of my Guru's lotus feet, I sing the pure glory of the best of the Raghu dynasty, which grants the four fruits of life — dharma, artha, kama and moksha.

Opening Doha 2

Buddhiheen tanu jaanike, sumiraun Pavan-kumaar.

Bal buddhi vidya dehu mohin, harahu kales bikaar.

Knowing my body and mind to be lacking in wisdom, I remember you, O son of the Wind. Grant me strength, intelligence and knowledge, and remove my sorrows and impurities.

Chaupai 1

Jay Hanuman gyaan gun saagar. Jay Kapees tihun lok ujaagar.

Victory to Hanuman, the ocean of wisdom and virtue! Victory to the Lord of the monkeys, who is renowned in all three worlds!

Chaupai 2

Ram doot atulit bal dhaamaa. Anjani putra Pavan-sut naamaa.

You are Rama's messenger, the abode of immeasurable strength — son of Anjani, and known by the name of the Wind-god's son.

Chaupai 3

Mahaabeer bikram Bajrangi. Kumati nivaar sumati ke sangi.

O greatly valiant hero of mighty deeds, whose body is strong as a thunderbolt! Remove my evil thoughts and be the companion of noble wisdom.

Chaupai 4

Kanchan baran biraaj subesaa. Kaanan kundal kunchit kesaa.

Your body shines with a golden complexion, beautifully adorned; your ears are graced with earrings and your hair is curly.

Chaupai 5

Haath bajra aru dhvaja biraajai. Kaandhe moonj janeu saajai.

In your hands shine the thunderbolt (vajra) and a flag; across your shoulder rests the sacred thread of munja grass.

Chaupai 6

Sankar suvan Kesari nandan. Tej prataap mahaa jag bandan.

O son (incarnation) of Shankar, child of Kesari — your radiance and glory are worshipped by the entire world.

Chaupai 7

Vidyaavaan guni ati chaatur. Ram kaaj karibe ko aatur.

You are learned, virtuous and exceedingly clever, and ever eager to accomplish Lord Rama's work.

Chaupai 8

Prabhu charitra sunibe ko rasiyaa. Ram Lakhan Sita man basiyaa.

You delight in hearing the Lord's deeds; Rama, Lakshmana and Sita dwell forever in your heart.

Chaupai 9

Sookshm roop dhari Siyahi dikhaavaa. Bikat roop dhari Lank jaraavaa.

Assuming a tiny form, you appeared before Sita; assuming a fearsome form, you set Lanka ablaze.

Chaupai 10

Bheem roop dhari asur sanhaare. Ramchandra ke kaaj sanvaare.

Taking a colossal form, you destroyed the demons and accomplished the tasks of Ramachandra.

Chaupai 11

Laay sajeewan Lakhan jiyaaye. Shri Raghuveer harashi ur laaye.

Bringing the Sanjeevani herb, you revived Lakshmana; then Shri Raghuveer, overjoyed, embraced you to his heart.

Chaupai 12

Raghupati keenhi bahut badaai. Tum mam priya Bharatahi sam bhaai.

Raghupati (Rama) praised you greatly, saying: “You are as dear to me as my brother Bharata.”

Chaupai 13

Sahas badan tumharo jas gaavain. As kahi Shreepati kanth lagaavain.

“Thousands of mouths sing your glory,” said Shripati (Rama), and drew you into an embrace.

Chaupai 14

Sankaadik Brahmaadi muneesaa. Narad Saarad sahit Aheesaa.

Sanaka and the other sages, Brahma and the great munis, Narada, Saraswati, and Shesha, the king of serpents —

Chaupai 15

Jam Kuber digpaal jahaan te. Kabi kobid kahi sake kahaan te.

Yama, Kubera and the guardians of the directions — where could even poets and scholars find words to describe your glory?

Chaupai 16

Tum upkaar Sugreevahn keenhaa. Ram milaay raaj pad deenhaa.

You did a great favor for Sugriva — uniting him with Rama and granting him the royal throne.

Chaupai 17

Tumharo mantra Bibheeshan maanaa. Lankeshvar bhaye sab jag jaanaa.

Vibhishana followed your counsel, and became the lord of Lanka — as all the world knows.

Chaupai 18

Jug sahasra jojan par bhaanu. Leelyo taahi madhur phal jaanu.

The sun, situated thousands of yojanas away, you swallowed — mistaking it for a sweet fruit.

Chaupai 19

Prabhu mudrikaa meli mukh maaheen. Jaladhi laanghi gaye acharaj naaheen.

Placing the Lord's ring in your mouth, you leapt across the ocean — and there is no wonder in that.

Chaupai 20

Durgam kaaj jagat ke jete. Sugam anugrah tumhare tete.

Whatever difficult tasks exist in the world, all become easy by your grace.

Chaupai 21

Rāma duāre tuma rakhvāre. Hota na āgyā binu paisāre.

You are the gatekeeper at Lord Rama's door — no one can enter without your permission. This verse teaches that Rama's grace reaches us through Hanuman's approval; devotion to Hanuman is the doorway to Rama.

Chaupai 22

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

Whoever takes refuge in you gains every happiness; with you as the protector, there is no fear of anyone or anything. This is the Chalisa's promise of complete spiritual security.

Chaupai 23

Āpana teja sambhāro āpai. Tīnō loka hāka tē kāpai.

You alone can restrain your own immense radiance — the three worlds tremble at your roar. It celebrates Hanuman's boundless power, which he wields only with perfect self-control.

Chaupai 24

Bhūta pisāca nikaṭa nahī āvai. Mahāvīra jaba nāma sunāvai.

Ghosts and evil spirits dare not come near when the name of Mahavir is chanted. This is why the Chalisa is traditionally recited for protection from negative energies, nightmares, and the evil eye.

Chaupai 25

Nāsai roga harai saba pīrā. Japata nirantara hanumata bīrā.

Diseases are destroyed and all suffering removed by constantly chanting the name of the brave Hanuman. Devotees recite this verse especially for healing and relief from pain.

Chaupai 26

Saṅkaṭa tē hanumāna chuḍāvai. Mana krama bacana dhyāna jo lāvai.

Hanuman frees from every crisis whoever meditates on him in thought, word, and deed. This is the verse that gives him the beloved title “Sankat Mochan” — the remover of troubles.

Chaupai 27

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

Rama, the ascetic king, is supreme over all — and you accomplished every one of his tasks. It honours Hanuman as the perfect sevak, whose service made even Rama’s impossible missions succeed.

Chaupai 28

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

Whoever brings any heartfelt desire to you receives limitless fruit in life. The Chalisa promises that sincere prayers placed before Hanuman are never left unanswered.

Chaupai 29

Cārō juga paratāpa tumhārā. Hai prasiddha jagata ujjārā.

Your glory shines through all four yugas — Satya, Treta, Dvapara, and Kali — famed throughout the world like light. Hanuman is Chiranjivi, the immortal one, present in every age.

Chaupai 30

Sādhu santa ke tuma rakhvāre. Asura nikandana rāma dulāre.

You are the protector of saints and sages, the destroyer of demons, and the beloved of Rama. This verse captures Hanuman’s twin nature — gentle guardian of the good, fierce foe of evil.

Chaupai 31

Aṣṭa siddhi nau nidhi ke dātā. Asa bara dīnha jānakī mātā.

You are the giver of the eight siddhis and the nine nidhis — such was the boon Mother Janaki (Sita) granted you. Hanuman’s devotees believe sincere worship can bestow both spiritual powers and material abundance.

Chaupai 32

Rāma rasāyana tumhare pāsā. Sadā raho raghupati ke dāsā.

You hold the elixir (rasayan) of Rama's name, which cures the disease of worldly existence. The poet prays that Hanuman ever remain the devoted servant of Raghupati — and bless us with the same devotion.

Chaupai 33

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

Through devotion to you, one attains Rama and forgets the sorrows of countless births. Hanuman is the surest path to Rama — worshipping the servant leads to the Master.

Chaupai 34

Anta kāla raghubara pura jāī. Jahā janma hari bhakta kahāī.

At life's end, the devotee goes to Rama's divine abode; and if born again, is known everywhere as a devotee of Hari. The Chalisa promises both liberation (mukti) and blessed rebirth.

Chaupai 35

Aura devatā citta na dharaī. Hanumata seī sarba sukha karaī.

One need not fix the mind on other deities — serving Hanuman alone brings every happiness. Tulsidas assures us that single-pointed devotion to Hanuman fulfils all that other worship would.

Chaupai 36

Saṅkaṭa kaṭai miṭai saba pīrā. Jo sumirai hanumata balabīrā.

Every crisis is cut away and all pain erased for whoever remembers the mighty hero Hanuman. This verse is among the most chanted for instant relief in times of fear and distress.

Chaupai 37

Jai jai jai hanumāna gosāī. Kṛpā karahu gurudeva kī nāī.

Victory, victory, victory to Lord Hanuman! Shower your grace upon me as a guru does upon his disciple. The triple "Jai" expresses complete surrender of body, mind, and soul.

Chaupai 38

Jo sata bāra pāṭha kara koī. Chūṭahi bandi mahā sukha hoī.

Whoever recites this Chalisa a hundred times is freed from bondage and attains great bliss. “Bondage” means both literal imprisonment and the inner chains of bad habits, debt, and despair.

Chaupai 39

Jo yaha paṛhai hanumāna cālīsā. Hoya siddhi sākhi gaurīsā.

Whoever reads this Hanuman Chalisa attains siddhi (spiritual accomplishment) — Lord Shiva himself, the lord of Gauri, is the witness to this promise. The guarantee comes with the highest divine authority.

Chaupai 40

Tulasīdāsa sadā hari cerā. Kījai nātha hṛdaya mahā ḍerā.

Tulsidas, ever the servant of Hari, prays: “O Lord, make your dwelling in my heart.” The Chalisa ends not with a demand but with humble devotion — inviting Hanuman to live within the devotee’s heart forever.

Closing Doha ()

Pavanatanaya saṅkaṭa harana maṅgala mūrati rūpa.

Rāma lakhana sītā sahita hṛdaya basahu sura bhūpa.

O Son of the Wind, remover of crises, embodiment of auspiciousness — dwell in my heart along with Rama, Lakshmana, and Sita, O king among the gods. The Chalisa closes by enthroning the entire divine family within the heart.