



# Hanuman Chalisa

## Stanza

Shri guru charan saroj raj neej manu mukur sudhari I  
Baranau raghubar bimal jasu jo dayaku phal chari II  
Buddhi heen tanu janike sumero pavan kumar I  
Bal buddhi Vidya dehu mohi harau kales Vikar II

## Quatrain

Jai Hanuman gyan gun sagar I  
Jai kapis tihu lok ujagar II01II  
Ram doot atulit bal dhama I  
Anjaani-putra pavan sut nama II02II  
Mahabir bikram Bajrangi I  
Kumati nivar sumati ke sangi II03II  
Kanchan baran biraj subesa I  
Kanan kundal kunchit kesa II04II  
Haath bajra aur dhvaja biraaje I  
Kaandhe munj janeu saaje II05II  
Sankar suvan Kesari nandan I  
Tej pratap mahaa jag bandan II06II  
Vidyavaan guni ati chaatur I  
Raam kaaj karibe ko aatur II07II  
Prabhu charitra sunibe-ko rasiyaa I  
Raam Lakhan Sitaa man basiyaa II08II  
Sukshma roop dhari Siyahi dikhavaa I  
Bikat roop dhari Lank jaravaa II09II  
Bhim roop dhari asur sahaare I  
Raamachandra ke kaj savaare II10II  
Laaye sanjivan Lakhan jiyaye I  
Shri Raghuvir harashi ur laaye II11II  
Raghupati kinhi bahut badhayi I  
Tum mam priye Bharat-hi-sam bhaayi II12II  
Sahas badan tumharo jas gaave I  
Asa-kahi Shripati kantha lagaave II13II  
Sankaa-dik brahmadi munisaa I  
Narad-sarad sahit ahisaa II14II  
Jam Kuber digpaal jahaa te I  
Kabi Kovid kahi sake kahan te II15II  
Tum upkar Sugreevahi keenhaa I  
Raam milaye rajpad deenhaa II16II  
Tumharo mantra Vibhishan maanaa I  
Lankeshvar bhaye sab jag janaa II17II  
Yug sahastra jojan par bhanu I  
Leelyo tahi madhur phal janu II18II  
Prabhu mudrikaa meli mukh maahi I  
Jaladhi langhi gaye achraj naahi II19II  
Durgaam kaj jagat ke jete I  
Sugam anugraha tumhre tete II20II



Ram duwaare tum rakhvare I  
Hota na aagyaa binu paisaare II21II  
Sab sukh lahe tumhari sarnaa I  
Tum rakshak kahu ko darnaa II22II  
Aapan tej samharo aape I  
Teenho lok haank teh kanpe II23II  
Bhoot pisaach nikat nahin aave I  
Mahaabir jab naam sunave II24II  
Naase rog hare sab peeraa I  
Japat nirantar Hanumant beeraa II25II  
Sankat se Hanuman chudave I  
Man karam bachan dyan jo laave II26II  
Sab par Raam tapasvee rajaa I  
Teen ke kaj sakal tum sajaai II27II  
Aur manorath jo koi laave I  
Sohi amit jeevan phal paave II28II  
Charo yug partap tumharaa I  
Hai parasiddha jagat ujjyaraa II29II  
Sadhu sant ke tum rakhware I  
Asur nikanandan Raam dulare II30II  
Ashta-sidhi nav nidhi ke daata I  
Asabar deen Janaki mata II31II  
Ram rasayan tumhare pasaa I  
Sadaa raho Raghupati ke dasaa II32II  
Tumhare bhajan Raam ko paave I  
Janam-janam ke dukh bisrave II33II  
Anth-kaal Raghubar pur jae I  
Jaha janma Hari-bhakht kahayi II34II  
Aur devtaa chitta na dharayi I  
Hanumanth se he sarba sukh karayi II35II  
Sankat kate-mite sab peera I  
Jo sumire Hanumat balbeera II36II  
Jai Jai Jai Hanuman gosae I  
Krupa karahu gurudev ki naae II37II  
Jo sath baar paath kar koe I  
Chut hi bandhi maha sukh hoe II38II  
Jo yaha padhe Hanuman Chalisa I  
Hoye Siddhi Sakhi Gaurisaa II39II  
Tulsidas sada Hari chera I  
Keeje nath hridaye maha dera II40II

## Stanza

Pavan tanay sankat harana mangal murti roop I  
Ram Lakhan Sita sahit hriday basau sur bhuup II