



Hanuman Chalisa

By: Tulsidas

Introductory Lines

Introductory Line- Often repeated

2X

Mangala moorati maaruta
nandana Sakala amangala moola
nikandana **Doha One-** Shree Guru
charana saroja raja nija manu
mukuru sudhari
Baranau Raghubara bimala jasu jo
daayaku phala chaari

Doha Two- Budhi heena tanu

jaanike sumirau
pawana kumaara
Bala budhi vidyaa dehu mohin
harahu
kalesha bikaara

Main Verses

1. Jaya Hanuman gyaana guna
saagara - Jaya Kapeesha tihun loka
ujaagara
2. Raama doota atulita bala
dhaama - Anjani putra Pawanasuta
naamaa
3. Mahaabeera bikrama bajarangee
- Kumati niwaara sumati ke sangee
4. Kanchana barana biraaja
subesaa - Kaanana kundala
kunchita kesaa
5. Haata bajra aura dwajaa biraajai
- Kaandhe moonja janeu saajai



6. Shankara suwana Kesaree
nandana - Teja prataapa mahaa jaga
bandana

7. Bidyaawaana gunee ati chaatura
- Raama kaaja karibe ko aatura

8. Prabhu charitra sunibe ko rasiyaa
- Raama Lakhana Seetaa mana
basiyaa

9. Sookshma roopa dhari Siyahin
dikhaawaa - Bikata roopa dhari
Lankaa jarawaa

10. Bheema roopa dhari asura
sanghaare - Raamachandra ke kaaja
sanvaare

11. Laaya sajeevana Lakhana jiyaaye
- Shree Raghubeera harashi ura
laaye

12. Raghupati keenhee bahuta
baraaee - Tuma mama priya
Bharatahi sama
bhaaee

13. Sahasa badana tumharo jasa
gaawai - Asa kahi Shreepati kanta
lagaawai

14. Sanakaadika Brahmaadi
muneesaa - Naarada Shaarada
sahita Aheesaa

15. Yama Kubera digapaala
jahaante - Kabi kobida kahi sake
kahaante

16. Tuma upakaara Sugreevahin
keenhaa - Raama milaaya raja pada
deenhaa

17. Tumharo mantra Bibheeshana
maanaa - Lankeshwara bhaye
saba jaga jaanaa

18. Yuga sahasra yojana para
bhaanu - Leelyo taahi madhura
phala jaanu

19. Prabhu mudrikaa meli mukha
maaheen - Jaladhi laanghi gaye
acharaja naaheen



20. Durgama kaaja jagata ke jete
- Sugama anugraha tumhare tete

21. Raama duaare tuma
rakhawaare - Hota na aagya binu
paisaaare

22. Saba sukha lahai tumhaaree
sharanaa - Tuma rakshaka kaahu ko
daranaa

23. Aapana teja samhaaro aapai
- Teenon loka haanka ten
kaanpai

24. Bhoota pisaacha nikata
nahin aawai - Mahaabeera jaba
naama sunaawai

25. Naasai roga hare saba peeraa -
Japata nirantara Hanumata
beeraa

26. Sankata se Hanumaana
churaawai - Mana krama bachana
dhyaana jo
laawai

27. Saba para Raama tapaswee
raajaa - Tina ke kaaja sakala tuma
saajaa

28. Aura manorata jo koe laawai
- Soee amita jeewana phala
paawai

29. Chaaron yuga parataapa
tumhaaraa - Hai parasidha jagata
ujiyaaraa

30. Saadhu santa ke tuma
rakhawaare - Asura nikandana
Raama dulaare

31. Ashta siddhi nau nidhi ke
daataa - Asa bara deena Jaanakee
Maataa

32. Raama rasaayana toomhare
paasaa - Sadaa raho Raghupati ke
daasaa

33. Tumhare bhajana Raama ko
paawai - Janama janama ke dukha
bisaraawai



34. Anta kaala Raghubara pura jaee
- Jahaan janama Hari bhakta
kahaee

35. Aura devataa chitta na dharaee
Hanumata se-ee sarva sukha
karaee

36. Sankata katai mite saba peeraa
- Jo sumire Hanumata bala beeraa

37. Jai jai jai Hanumaana Gosaaee
- Kripaa karahu gurudeva kee
naaee

38. Jo sata baara paata kara koe -
Chootahi bandi mahaa sukha
hoe

39. Jo yaha parai Hanumaana
chaleesa - Hoya siddhi saakhee
Gauresaa

40. Tulasee Daasa sadaa Hari
cheraa - Keejai naata hridaya
mahan deraa

Ending Lines-

Final Doha Part One-

Pawanatanaya
sankata harana mangala
moorati roopa

Final Doha Part Two- Raama
Lakhana Seetaa sahita
hridaya basahu sura boopa

*Additional line sometimes heard at the
beginning or end of various renditions of the
Hanuman
Chalisa:*

Siyaa vara raamachandra pada
jaya sharanam

Please Access the Online Course to
discover the stories of Sita & Ram and
practice the Hanuman Chalisa line by
line at: www.dailydoseofpeace.org

