

|| Jai Sri Ram ||

HANUMAN CHALISA

हनुमान चालीसा

Complete English Transliteration with Meaning

All 40 Chaupais | 3 Dohas | Verse-by-Verse Explanation

Composed by: Goswami Tulsidas

Language: Awadhi (Hindi) | Era: 16th Century CE

Total Verses: 40 Chaupais + 3 Dohas

Introduction

The Hanuman Chalisa is one of the most revered devotional hymns in Hinduism, dedicated to Lord Hanuman — the divine devotee and messenger of Lord Rama. The word "Chalisa" derives from the Hindi word "chalis" (forty), referring to its forty verses.

It was composed by the saint-poet Goswami Tulsidas in the Awadhi dialect of Hindi during the 16th century. The hymn describes the glory, virtues, and heroic deeds of Lord Hanuman and is believed to bestow strength, courage, wisdom, and divine protection upon its devotees.

Reciting the Hanuman Chalisa daily — especially on Tuesdays and Saturdays — is a widespread Hindu practice. It is said that sincere recitation removes obstacles, cures illness, wards off negative energies, and ultimately leads the devotee toward liberation.

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|| Opening Dohas – Mangalacharana ||

Invocation Verses

DOHA – 1

***Shri Guru Charan Saroj Raj, Nij Manu Mukur Sudhari,
Baranau Raghubar Bimal Jasu, Jo Dayaku Phal Chari.***

Meaning: *Having cleansed the mirror of my mind with the dust of the holy lotus feet of my Guru, I sing the pure glory of Shri Ram – the jewel of the Raghu dynasty – who is the bestower of the four fruits of life: Dharma (righteousness), Artha (wealth), Kama (desire), and Moksha (liberation).*

DOHA – 2

***Buddhiheen Tanu Jaanikay, Sumirou Pavan Kumar,
Bal Buddhi Vidya Dehu Mohi, Harahu Kalesh Vikaar.***

Meaning: *Knowing myself to be ignorant and weak, I remember you, O son of the Wind God (Pavan Kumar). Please bless me with strength, wisdom, and knowledge, and remove all my suffering and sins.*

|| Chaupai 1 to 10 ||

Chaupai 1 ||

**Jai Hanuman Gyan Gun Sagar,
Jai Kapees Tihun Lok Ujaagar.**

Meaning: Victory to Hanuman, the ocean of wisdom and virtue. Victory to the Lord of Monkeys whose glory illumines all three worlds.

Chaupai 2 ||

**Ram Doot Atulit Bal Dhama,
Anjani Putra Pavan Sut Naama.**

Meaning: You are the messenger of Shri Ram and the abode of immeasurable strength. You are known as the son of Anjana and the son of the Wind God (Pavan).

Chaupai 3 ||

**Mahabeer Bikram Bajrangi,
Kumati Nivar Sumati Ke Sangi.**

Meaning: You are the great hero, valiant and mighty, with a body as strong as thunderbolt. You dispel evil thoughts and are the companion of righteous intellect.

Chaupai 4 ||

**Kanchan Baran Biraaj Subesa,
Kanan Kundal Kunchit Kesa.**

Meaning: Your complexion is golden and you are adorned in beautiful attire. Earrings grace your ears and your hair is curly and enchanting.

Chaupai 5 ||

**Haath Bajra Aur Dhwaja Biraaje,
Kaandhe Moonj Janeu Saaje.**

Meaning: In your hands shine a thunderbolt (vajra) and a divine flag. A sacred thread (janeu) made of munja grass adorns your shoulder.

Chaupai 6 ||

**Shankar Suvan Kesari Nandan,
Tej Pratap Maha Jag Bandan.**

Meaning: You are an aspect of Lord Shiva and the beloved son of Kesari. Your radiance and glory are immense, and the whole world bows in reverence to you.

Chaupai 7 ||

**Vidyavaan Guni Ati Chatur,
Ram Kaaj Karibe Ko Aatur.**

Meaning: You are learned, virtuous, and supremely clever. You are ever eager and enthusiastic to carry out the work of Shri Ram.

Chaupai 8 ||

**Prabhu Charitra Sunibe Ko Rasiya,
Ram Lakhan Sita Man Basiya.**

Meaning: You are ever delighted to hear the stories and glories of the Lord. Shri Ram, Lakshman, and Sita reside eternally in your heart.

Chaupai 9 ||

***Sukshma Roop Dhari Siyahi Dikhava,
Bikat Roop Dhari Lank Jaraava.***

Meaning: You assumed a tiny form to appear before Sita and reassure her in Lanka, and then took a fearsome, gigantic form to set Lanka ablaze.

Chaupai 10 ||

***Bheem Roop Dhari Asur Sanhaare,
Ramchandra Ke Kaaj Sanwaare.***

Meaning: Assuming a colossal form, you slew the demons and successfully accomplished all the missions and tasks entrusted to you by Lord Ramchandra.

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|| Chaupai 11 to 20 ||

Chaupai 11 ||

**Laay Sanjeevan Lakhan Jiyaaye,
Shri Raghubir Harashi Ur Laaye.**

Meaning: You brought the Sanjeevani herb and restored Lakshman to life. Filled with joy, Shri Ram embraced you warmly to his heart.

Chaupai 12 ||

**Raghupati Keenhi Bahut Badaai,
Tum Mam Priya Bharata Sam Bhaai.**

Meaning: Shri Ram, the Lord of the Raghus, praised you lavishly and declared: 'You are as dear to me as my own brother Bharat.'

Chaupai 13 ||

**Sahas Badan Tumharo Jas Gaavain,
As Kahi Shripati Kanth Lagaavain.**

Meaning: Even the thousand-tongued serpent Sheshnag sings your praises. Having said so, Shri Ram – the Lord of Lakshmi – embraced you with great affection.

Chaupai 14 ||

**Sanakadik Brahmadi Muneesa,
Narad Sarad Sahit Aheesa.**

Meaning: Sages like Sanak, deities like Brahma, the great sages, Narad, Goddess Saraswati, and the lord of serpents (Sheshnag) – all sing of your glory.

Chaupai 15 ||

**Yam Kuber Diggal Jahan Te,
Kabi Kobid Kahi Sake Kahan Te.**

Meaning: Even Yama (lord of death), Kubera (lord of wealth), the guardians of the eight directions – let alone poets and scholars – are incapable of fully describing your greatness.

Chaupai 16 ||

**Tum Upkaar Sugreevahin Keenha,
Ram Milaay Rajpad Deenha.**

Meaning: You did a great service to Sugriva – you reunited him with Shri Ram and helped restore his kingdom and royal throne.

Chaupai 17 ||

**Tumharo Mantra Vibheeshan Maana,
Lankeshwar Bhaye Sab Jag Jaana.**

Meaning: Vibhishana heeded your counsel and advice. As a result, he became the king of Lanka – a fact known throughout the world.

Chaupai 18 ||

**Yug Sahastra Yojan Par Bhaanu,
Leelyo Taahi Madhur Phal Jaanu.**

Meaning: The sun, situated thousands of yojanas away, was swallowed by you in your childhood, mistaking it for a sweet, ripe fruit – such was your extraordinary power even as an infant.

Chaupai 19 ||

***Prabhu Mudrika Meli Mukh Maahin,
Jaladhi Laanghi Gaye Achraj Naahin.***

Meaning: *Carrying the Lord's ring in your mouth, you leapt across the mighty ocean. For one as powerful as you, this is no wonder at all.*

Chaupai 20 ||

***Durgam Kaaj Jagat Ke Jete,
Sugam Anugraha Tumhare Tete.***

Meaning: *All the difficult and seemingly impossible tasks in this world become easy and effortless through your grace and blessings.*

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|| Chaupai 21 to 30 ||

Chaupai 21 ||

**Ram Duware Tum Rakhwaare,
Hot Na Agya Binu Paisaare.**

Meaning: You stand as the guardian and protector at the gateway of Shri Ram's divine abode. No one can enter without your permission and blessing.

Chaupai 22 ||

**Sab Sukh Lahai Tumhaari Sarna,
Tum Rakshak Kaahu Ko Darna.**

Meaning: All happiness and comfort are obtained by taking refuge in you. When you are the protector, there is nothing left to fear.

Chaupai 23 ||

**Aapan Tej Samharo Aapai,
Teenon Lok Haank Te Kaanpai.**

Meaning: Only you yourself can contain and control your own immense power. At your single roar, all three worlds tremble with awe and reverence.

Chaupai 24 ||

**Bhoot Pisach Nikat Nahin Aavai,
Mahaveer Jab Naam Sunaavai.**

Meaning: Ghosts, demons, and all evil spirits dare not come near when the name of Mahaveer (great hero) Hanuman is uttered.

Chaupai 25 ||

**Naasai Rog Harai Sab Peera,
Japat Nirantar Hanumant Beera.**

Meaning: All diseases are destroyed and all pain and suffering are relieved when one continuously and devotedly chants the name of the valiant Hanuman.

Chaupai 26 ||

**Sankat Te Hanuman Chhudaavai,
Man Kram Bachan Dhyaan Jo Laavai.**

Meaning: Hanuman rescues from all troubles and calamities the one who meditates upon him with thought, deed, and word – body, mind, and speech.

Chaupai 27 ||

**Sab Par Ram Tapasvi Raja,
Tin Ke Kaaj Sakal Tum Saaja.**

Meaning: Shri Ram, the ascetic king, reigns supreme above all. You have faithfully accomplished all his tasks and missions to perfection.

Chaupai 28 ||

**Aur Manorath Jo Koi Laavai,
Sohi Amit Jeevan Phal Paavai.**

Meaning: Whoever comes to you with any wish or prayer, that devotee receives abundant and limitless fruit and fulfillment in life.

Chaupai 29 ||

***Charon Jug Partap Tumhara,
Hai Parsiddha Jagat Ujyara.***

Meaning: *Your glory and fame shine through all four ages – Sat, Treta, Dwapar, and Kali. Your radiance is renowned and spread throughout the entire world.*

Chaupai 30 ||

***Saadhu Sant Ke Tum Rakhwaare,
Asur Nikandan Ram Dulaare.***

Meaning: *You are the protector of saints and holy sages, the destroyer of demons and evil forces, and the most beloved devotee of Lord Shri Ram.*

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|| Chaupai 31 to 40 ||

Chaupai 31 ||

***Ashta Siddhi Nav Nidhi Ke Daata,
As Var Deen Janaki Maata.***

Meaning: You are the bestower of the eight supernatural powers (Ashta Siddhis) and the nine divine treasures (Nav Nidhis). This blessing was granted to you by Mother Janaki (Sita).

Chaupai 32 ||

***Ram Rasayan Tumhare Paasa,
Sada Raho Raghupati Ke Daasa.***

Meaning: You hold within you the elixir of Ram's name — the supreme remedy for all suffering. You remain forever the devoted servant of Shri Ram, the Lord of the Raghus.

Chaupai 33 ||

***Tumhare Bhajan Ram Ko Paavai,
Janam Janam Ke Dukh Bisraavai.***

Meaning: By singing your praises and performing your bhajan (devotional worship), one attains Shri Ram himself, and the sorrows and sufferings of countless lifetimes are forgotten.

Chaupai 34 ||

***Ant Kaal Raghubar Pur Jaai,
Jahan Janam Hari Bhakt Kahai.***

Meaning: At the time of death, the devotee goes to the divine abode of Shri Ram. And in whatever life they are born thereafter, they are known and celebrated as a devotee of Hari (God).

Chaupai 35 ||

***Aur Devata Chitt Na Dharai,
Hanumat Sei Sarba Sukh Karai.***

Meaning: One need not worry about propitiating any other deity. Serving Hanuman alone grants all happiness, blessings, and fulfilment.

Chaupai 36 ||

***Sankat Katai Mitai Sab Peera,
Jo Sumirai Hanumat Balbeera.***

Meaning: All troubles are cut away and all pain is erased for the one who remembers and calls upon Hanuman — the mighty hero of immense strength.

Chaupai 37 ||

***Jai Jai Jai Hanuman Gosain,
Kripa Karahu Gurudev Ki Naain.***

Meaning: Glory, glory, glory to Lord Hanuman, O master! Please shower your grace upon me as a Guru bestows compassion and wisdom upon a devoted disciple.

Chaupai 38 ||

***Jo Sat Baar Paath Kar Koi,
Chhootahi Bandi Maha Sukh Hoi.***

Meaning: Whoever recites this Chalisa one hundred times is freed from all bondage and captivity, and attains the greatest joy and liberation.

Chaupai 39 ||

***Jo Yeh Padhai Hanuman Chalisa,
Hoy Siddhi Saakhi Gauresa.***

Meaning: *Whoever reads this Hanuman Chalisa with faith and devotion shall attain spiritual fulfilment and perfection. Lord Shiva himself stands as the witness to this truth.*

Chaupai 40 ||

***Tulsidas Sada Hari Chera,
Keejai Naath Hriday Mah Dera.***

Meaning: *Tulsidas is forever the humble servant of Lord Hari (God). O Lord Hanuman, please make your eternal dwelling place within my heart.*

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|| Closing Doha ||

CLOSING DOHA – SAMAPAN

***Pavan Tanay Sankat Haran, Mangal Murati Roop,
Ram Lakhan Sita Sahit, Hriday Basahu Sur Bhoop.***

Meaning: *O son of the Wind God, remover of all afflictions, embodiment of auspiciousness and divine grace – please dwell in my heart together with Shri Ram, Lakshman, and Mother Sita, O king of the gods.*

|| **Iti Shri Hanuman Chalisa** ||
|| **Jai Shri Ram – Jai Hanuman** ||

How & When to Recite

Best Time: Early morning after bathing, and in the evening. Tuesdays and Saturdays are considered especially auspicious.

Preparation: Sit facing east or north, light a diya (lamp), offer flowers and sindoor to the image of Hanuman.

For Obstacles: Recite 11 or 21 times continuously. For severe difficulties, 108 times over 40 consecutive days.

The Eight Supernatural Powers (Ashta Siddhis): *Anima (to become infinitely small), Mahima (to become infinitely large), Garima (infinite heaviness), Laghima (infinite lightness), Prapti (to obtain anything), Prakamya (irresistible will), Ishitva (lordship over nature), Vashitva (mastery over all beings).*

The Nine Divine Treasures (Nav Nidhis): *Mahāpadma, Padma, Shankha, Makara, Kacchapa, Mukunda, Kunda, Nila, and Kharva – representing the fullness of divine abundance in all realms.*