



The Chalisa has 40 Chaupais on Shree Hanuman is a reverential hymn (stotra) devoted to Bajrang Bali by the Great Indian author Shri Goswami Tulsidas. Conceived in the 16th century, Tulsidas wrote the complete Chalisa in Awadhi language at a very young age. It is one of the most popular and widely read short religious texts in northern India and is recited by millions of Hindus especially on **Tuesdays and Saturdays**. It is believed to have been uttered by Tulsidas in a state of Samadhi at the Kumbh Mela in Haridwar.

It is popularly believed that Shri Tulsidas, was called by Emperor Akbar in his court, after hearing that Tulsidas had Darshan (had seen) of Lord Rama. Akbar doubted on the truth of Shri Ram's existence and he asked Tulsidas to show him, **Shri Ram**. Tulsidas replied that Shri Ram gives Darshan to his Bhaktas (devotees) only. Akbar imprisoned him. In the prison, Tulsidas wrote Hanuman Chalisa, in the praise of Lord Hanuman, which has 40 verses in Simple Awadhi language. 40 means Chalis in Hindi so this hymn is named as Hanuman Chalisa. Once the Hanuman Chalisa was completed a force of monkeys attacked the town of Akbar, the whole force of Akbar could not stop the monkeys from doing mischief in the town, at last on the advice of wise ministers Akbar released Tulsidas and suddenly, the monkeys stop troubling and left the town. Tulsidas had written this to inspire spiritual aspirants to become devotees of Lord Rama so that they are blessed and protected by Hanuman, and are spiritually progressing.

#### Benefits of Chanting Hanuman Chalisa Daily

**Fulfillment of All Wishes:** There are numerous benefits of chanting, reading or listening to **Shree Hanuman Chalisa** which are unbelievable and beyond comparison. The regular and continuous recitation of this Chalisa, gives you the blessings and grace of glorious powers and the life of the person get filled with happiness and contentment.

**Removes Hardships in Life:** Chanting the Hanuman Chalisa regularly will remove the doshas (curses) arising out of having insulted knowingly/ unknowingly one's preceptor (Guru) or a devotee of the Lord.

**Helps to Remove Obstacles** and accomplish difficult tasks in life. One of the most popular names of Shri Hanuman is "**Sankat Mochan Hanuman**" which means remover of obstacles.

With the grace of Shri Ram & Shri Hanuman, you are bestowed with **Good Health**.

**Relief from difficulties** and pains.

<p style="text-align: center;"><b>॥दोहा॥</b> श्री गुरु चरण सरोज रज, निज मन मुकुर सुधार । बरनौ रघुवर बिमल जसु , जो दायक फल चारि ।</p> <p style="text-align: center;"><b>Shree Guru Charan Saroj Raj, Nijamanu Mukuru Sudhaari; Barnau Raghubar Bimal Jasu, Jo Daayeku Fala Chaari;</b></p>	<p>Tulsidas writes that, With the dust of Guru's Lotus feet, I clean the mirror of my mind and then narrate the sacred glory of Sri Ram Chandra; The Supreme among the Raghu dynasty. who grants your wishes.</p>
<p style="text-align: center;">बुद्धिहीन तनु जानि के , सुमिरौ पवन कुमार । बल बुद्धि विद्या देहु मोहि हरहु कलेश विकार ॥</p> <p style="text-align: center;"><b>Buddhiheen Tanu Jaanike, Sumirau Pavan Kumaar; Bala Buddhi Vidya Dehu Mohe, Harahu Kales Bikaar;</b></p>	<p>I the ignorant, who don't have any Knowledge (Budhiheen) of what you are ( Referring Shree Hanuman), I plead you, The son of Pavan (lord of wind) to Bestow on my strength, wisdom, and knowledge, removing all my miseries (kalesh) and blemishes (bikaar).</p>
<p style="text-align: center;"><b>॥चौपाई॥</b> जय हनुमान ज्ञान गुन सागर, जय कपीस तिहु लोक उजागर । रामदूत अतुलित बल धामा अंजनि पुत्र पवन सुत नामा ॥2॥</p> <p style="text-align: center;"><b>Jai Hanuman Gyan Gun Sagar, Jai Kapis Teehun Lok Ujagar; Raamdoot Atulit Bal Dhaama, Anjani Putra Pavansut Naama;</b></p>	<p>Victory of Thee, O Hanuman, Ocean of wisdom and virtue, Victory to the Lord of monkeys (kapis) who is well known in all the three (Teehu) worlds (lok) The Divine message (doot) of Ram, the repository of immeasurable (Atulit) strength (bal) You are the son (putra) of Anjani and you are also called by the name Pavansut( the son of wind god Pavan)</p>
<p style="text-align: center;">महाबीर बिक्रम बजरंगी कुमति निवार सुमति के संगी । कंचन बरन बिराज सुबेसा, कान्हन कुण्डल कुंचित केसा ॥4॥</p> <p style="text-align: center;"><b>Mahabir Bikram Bajrangi, Kumati Nivaar Sumati Ke Sangi; Kanchan Baran Biraaj Subesa, Kanan Kundal Kunchit Kesa;</b></p>	<p>You are valiant and brave, with a body like lightning. You remove the evil (ku) thoughts from the mind and You always favor good (Su) thoughts (Mati). You have golden (Kanchan) body (baran) and you wear beautiful-dress (subhesha) and ear-rings (kundals) and your hairs are long and curly.</p>

<p>हाथ ब्रज औ ध्वजा विराजे कान्धे मूंज जनेऊ साजे । शंकर सुवन केसरी नन्दन तेज प्रताप महा जग बन्दन ॥6॥</p> <p><b>Haath Bajra O Dhwaja Biraaje, Kaandhe Moonj Janeu Saaje; Sankar Suvan Kesari Nandan, Tej Pratap Maha Jag Bandan;</b></p>	<p>You hold Gadha (bolt or bajra) in one hand and flag (dhwaja) in other, with sacred thread (janeu) across his shoulder.</p> <p>You are the incarnation of Lord Shiv (Shankar) and you are very dear to Shri Keshri ( father of Hanumanji). You have a unique glow and hold vast sway over the universe. you are very adorable to the world (jag)</p>
<p>विद्यावान गुनी अति चातुर राम काज करिबे को आतुर । प्रभु चरित्र सुनिबे को रसिया रामलखन सीता मन बसिया ॥8॥</p> <p><b>Bidyabaan Guni Ati Chaatur, Raam Kaaj Karibe Ko Aatur; Prabhu Charit Sunibe Ko Rasiya, Raam Lakhan Sita Mann Basiya;</b></p>	<p>You are the repository learning (bidyabaan), master of skills (guni), very wise and highly keen (aatur) to do the work (kaaj) of Shri Ram,</p> <p>You are delighted on hearing the glories of Shri Ram. You are very dear to Ram, Lakshman, and Sita</p>
<p>सूक्ष्म रूप धरि सियंहि दिखावा बिकट रूप धरि लंक जरावा । भीम रूप धरि असुर संहारे रामचन्द्र के काज सवारे ॥10॥</p> <p><b>Sukshma Roop Dhari Siyanhi Dikhawa, Bikat Roop Dhari Lanka Jarawa; Bheem Roop Dhari Asur Sanhaare, Ramachandra Ke Kaaj Sanwaare;</b></p>	<p>You took Small roop (form) when you came to Sita but you also took huge form and showered power to warn Ravana and you set Lanka on fire when Ravana put fire on your tail.</p> <p>you killed (sanhaar) the Asuras (demons) who were huge and Robust. You accomplished the mission of Shree Ram.</p>
<p>लाये सजीवन लखन जियाये श्री रघुबीर हरषि उर लाये । रघुपति कीन्हि बहुत बड़ाई तुम मम प्रिय भरत सम भाई ॥12॥</p> <p><b>Laye Sanjivan Lakhan Jiyaaye, Sree Raghuveer Harashi Ur Laaye; Raghupati Keenhi Bahut Badai, Tum Mum Priya Bharat Hi Sam Bhai;</b></p>	<p>You brought the Sanjeevani Booti to revive the life of Lakshman and restored the confidence of Shri Ram</p> <p>Shri Ram praised you and said that you are also my dear brother , just like Bharat.</p>
<p>सहस बदन तुम्हरो जस गावें अस कहि श्रीपति कण्ठ लगावें । सनकादिक ब्रह्मादि मुनीसा नारद सारद सहित अहीसा ॥14॥</p> <p><b>Sahas Badan Tumhro Jas Gaawen, Us Kahi Sreepati Kanth Lagawe; Sankadik Bramhadi Munisa, Narad Sarad Sahit Ahisa;</b></p>	<p>my whole body ( Sri Ram saying this to Hanuman) is singing your Praise saying this Sri Ram hugged Hanuman Ji The Greatest sages, Brahma, Rishies, Narad, and Shiva who retained with the serpents.</p>
<p>जम कुबेर दिगपाल कहाँ ते कबि कोबिद कहि सके कहाँ ते । तुम उपकार सुग्रीवहिं कीन्हा राम मिलाय राज पद दीन्हा ॥16॥</p> <p><b>Jam Kuber Digpaal Jahan Te, Kabi Kobid Kahi Saki Kahante; Tum Upkaar Sugreevhin Kinha, Raam Milaaye Raajpad Dinha;</b></p>	<p>Yamha (god of death) , kubera (god of treasure) all regents of ten directions praise you. Even poets are not able to describe your glories. You did a favor on Sugreeva by bringing Sri Ram to him, who helped him to restore his lost kingdom.</p>
<p>तुम्हरो मन्त्र विभीषन माना लंकेश्वर भये सब जग जाना । जुग सहस्र जोजन पर भानु लील्यो ताहि मधुर फल जानु ॥18॥</p> <p><b>Tumhro Mantra Vibhishan Maana, Lankeswar Bhaye Sab Jag Jana; Joog Sahastra Jojan Par Bhaanu, Lilyo Taahi Madhur Fal Jaanu;</b></p>	<p>Vibhishna, the brother of Ravana sought your Mantras and he also came on the side of Rama, and he became the king of Lanka. You swallowed the sun thinking it to be a fruit, which was thousands of mile away from earth.</p>
<p>प्रभु मुद्रिका मेलि मुख मांहि जलधि लाँघ गये अचरज नाहिं । दुर्गम काज जगत के जेते सुगम अनुग्रह तुम्हरे तेते ॥20॥</p> <p><b>Prabhu Mudrika Meli Mukha Maahi, Jaldhi Laanghi Gaye Achraj Naahi; Durgam Kaaj Jagat Ke Jete, Sugam Anugraha Tumhre Tete;</b></p>	<p>Taking the message and the ring of Rama for Sita, in your mouth. he crossed the ocean in one jump no wonder because you were capable of it.</p> <p>The uttermost difficult tasks can be accomplished because of your grace.</p>

<p>राम दुवारे तुम रखवारे होत न आज्ञा बिनु पैसारे । सब सुख लहे तुम्हारी सरना तुम रक्षक काहें को डरना ॥22॥</p> <p><b>Raam Dooare Tum Rakhwaare, Hoat Na Aagya Binu Paisare; Sab Sukh Lahaye Tumhri Sarna, Tum Rakhshak Kaahu Ko Darna;</b></p>	<p>You are the Guard at the doors of Sree Rama where no one can enter without your permission.</p> <p>Ever happiness is bound to come at your call if you are the protector then why should we fear.</p>
<p>आपन तेज सम्हारो आपे तीनों लोक हाँक ते काँपे । भूत पिशाच निकट नहीं आवें महाबीर जब नाम सुनावें ॥24॥</p> <p><b>Aapan Tej Smharo Aapaye, Teeno Lok Haank Te Kaapen; Bhoot Pishaach Nikat Nahi Aawe, Mahabir Jab Naam Sunawe;</b></p>	<p>You have unique glow and status, only you can control your powers. All the three worlds shiver (kaapen) at your roar (haank)</p> <p>No ghost no demon could come near to the one who takes your name</p>
<p>नासे रोग हरे सब पीरा जपत निरंतर हनुमत बीरा । संकट ते हनुमान छुड़ावें मन क्रम बचन ध्यान जो लावें ॥26॥</p> <p><b>Naasaye Rog Hare Sab Peera, Japat Nirantar Hanumat Beera; Sankat Te Hanuman Chhoodawe, Mann Krama Bachan Dhyaan Jo Laawe;</b></p>	<p>You cure the sufferings, diseases (rog) and pain (peera), when one chants (japat) your name in continuity (nirantar).</p> <p>Hanuman will pull you out of trouble when you pray to him wholeheartedly.</p>
<p>सब पर राम तपस्वी राजा तिनके काज सकल तुम साजा । और मनोरथ जो कोई लावे सोई अमित जीवन फल पावे ॥28॥</p> <p><b>Sab Par Raam Tapaswi Raja, Tin Ke Kaaj Sakal Tum Saaja; Aur Manorath Jo Koi Laawe, Soi Amit Jivan Fal Paawe;</b></p>	<p>Sri Ram is above all, and you accomplish all his tasks without any delay.</p> <p>You grant the wishes of your devotees who seek your grace and blessings in their lives.</p>
<p>चारों जुग परताप तुम्हारा है परसिद्ध जगत उजियारा । साधु संत के तुम रखवारे। असुर निकंदन राम दुलारे ॥30॥</p> <p><b>Chaaroo Jug Partap Tumhara, Hai Parsiddh Jagat Ujiyara; Saadhu Santa Ke Tum Rakhwaare, Asur Nikandan Raam Dulaare;</b></p>	<p>your glory radiates (Pratap) in all four eras (jug or yug) and your eminence is famous in the entire world.</p> <p>You protect the Sages and good human beings. you are the slayer of Demons and very dear to Sri Ram</p>
<p>अष्ट सिद्धि नौ निधि के दाता। अस बर दीन्ह जानकी माता राम रसायन तुम्हरे पासा सदा रहो रघुपति के दासा ॥32॥</p> <p><b>Asta Siddhi Nau Nidhi Ke Daata, Us Bar Deen Jaanki Maata; Raam Rasayan Tumhre Paasa, Sada Raho Raghupati Ke Daasa;</b></p>	<p>When Shree Hanuman delivered Sri Ram's message and ring to Sita (Janaki), she gave him many boons of Asta means eight (siddhi) supernatural powers and Nau means nine Nidhi (the forms of wealth).</p> <p>You have the devotion and mantras to please Sri Ram. you always stay near to him as his nearest attendant so that you may have the opportunity to do jobs of Rama.</p>
<p>तुम्हरे भजन राम को पावें जनम जनम के दुख बिसरावें । अन्त काल रघुबर पुर जाई जहाँ जन्म हरि भक्त कहाई ॥34॥</p> <p><b>Tumhre Bhajan Raam Ko Paawe, Janam-Janam Ke Dukh Bisraawe; Anta Kaal Raghavar Pur Jaayee, Jahan Janam Hari Bhakta Kahayee;</b></p>	<p>Sri Ram likes the songs of your praise so he ends the miseries of births (past lives). Therefore at the end of their lives, the devotees go to Raghavar pur ( the place of Sri Ram) where they take births they are called Hari (Sree Ram ) Bhagat. (devotee)</p>
<p>और देवता चित्त न धरई हनुमत सेई सर्व सुख करई । संकट कटे मिटे सब पीरा जपत निरन्तर हनुमत बलबीरा ॥36॥</p> <p><b>Aur Devta Chitt Na Dharayi, Hanumat Sei Sarba Sukh Karai; Sankat Kate Mite Sab Peera, Jo Sumiraye Hanumat Balbira;</b></p>	<p>If the devotee devotes only to Hanuman, they will attain all the pleasures.</p> <p>the pains and hindrances will vanish for the one who takes Hanuman's name.</p>

<p>जय जय जय हनुमान गोसाईं कृपा करो गुरुदेव की नाई । जो सत बार पाठ कर कोई छूटई बन्दि महासुख होई ॥38॥</p> <p><b>Jai Jai Jai Hanuman Gosai,Kripa Karahun Gurudeb Ki Naai; Jo Sat Baar Paath Kare Koi,Chhootahin Bandi Mahasukh Hoyi;</b></p>	<p>The Victories to you oh Hanuman Ji, bless us and make me knowledgeable to devote myself to you. The one who chants the Hanuman Chalisa hundred times if freed from the bondage of rebirths and enjoys the great bliss of life.</p>
<p>जो यह पाठ पढे हनुमान चालीसा होय सिद्धि साखी गौरीसा । तुलसीदास सदा हरि चेरा कीजै नाथ हृदय मँह डेरा ॥40॥</p> <p><b>Jo Yeh Padhe Hanuman Chalisa, Hoyal Siddhi Saakhi Gaurisa; Tulsidas Sada Harichera, Kije Naath Hridaya Mahn Dera;</b></p>	<p>the one who chants Hanuman Chalisa will fulfill his wishes unto the witness of Lord Shiva and Goddess Gauri. I Tulsidas , will always be the servant of Lord Ram. O! lord Hanuman adobe in my heart forever.the witness of Lord Shiva and Goddess Gauri.</p>
<p><b>॥दोहा॥</b> पवन तनय संकट हरन मंगल मूरति रूप । राम लखन सीता सहित हृदय बसहु सुर भूप ॥</p> <p><b>Pavantanaye Sankat Haran, Mangal Moorti Roop; Raam Lakhn Sita Sahit, Hridaya Basahu Soor Bhoop.</b></p>	<p>Oh son of Wind God, remover of worries, in your auspicious form, reside in my heart along with Shree Ram, Lakshman, and Sita!</p>