

# Hanuman Chalisa

Hanuman Chalisa in English — Complete 40 Verses with Translation

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Verse 1 — Doha

**Shri Guru Charan Saroj Raj, Nij mane mukure sudhar**

*After cleansing the mirror of my mind with the pollen of the lotus feet of the Guru*

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Verse 2 — Doha

**Varnao Raghuvar Vimal Jasu, Jo dayaku phal char**

*I describe the pure glory of Rama, the bestower of the four fruits of life*

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Verse 3 — Chaupai 1

**Budhi Hin Tanu Janike, Sumirau Pavan Kumar**

*Knowing myself to be ignorant, I urge you, O Son of the Wind*

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Verse 4 — Chaupai 2

**Bal budhi Vidya dehu mohe, Harahu Kalesh Vikar**

*Bestow upon me strength, wisdom and knowledge, removing all my afflictions and blemishes*

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Verse 5 — Chaupai 3

**Jai Hanuman gyan gun sagar, Jai Kapis tihun lok ujar**

*Victory to Hanuman, ocean of wisdom and virtue, Hail to you O Kapisa (the lord of monkeys), illuminator of the three worlds*

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Verse 6 — Chaupai 4

**Ram doot atulit bal dhama, Anjani-putra Pavan sut nama**

*The messenger of Rama, abode of matchless power, born of Anjani, known as the son of the wind*

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Verse 7 — Chaupai 5

**Mahavir Vikram Bajrangi, Kumati nivar sumati Ke sangi**

*Great hero, mighty as a thunderbolt, dispeller of evil thoughts, companion of the good*

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Verse 8 — Chaupai 6

**Kanchan varan viraj subesa, Kanan Kundal Kunchit Kesa**

*Golden hued and splendidly adorned, with earrings and curly locks*

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Verse 9 — Chaupai 7

**Hath Vajra Aur Dhuvaje Viraje, Kandhe moonj janeu sajai**

*With thunderbolt and flag adorning hands, wearing the sacred thread across the shoulder*

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Verse 10 — Chaupai 8

**Sankar suvan kesri Nandan, Tej pratap maha jag vandan**

*Son of Shankar, son of Kesari, of great splendor, revered throughout the universe*

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**Verse 11 — Chaupai 9**

**Vidyavan guni ati chatur, Ram kaj karibe ko aatur**

*Most learned, virtuous and wise, ever eager to carry out Lord Rama's work*

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**Verse 12 — Chaupai 10**

**Prabhu charitra sunibe ko rasiya, Ram Lakhan Sita man Basiya**

*Delighting in hearing the Lord's deeds, you dwell in the hearts of Rama, Lakshmana and Sita*

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**Verse 13 — Chaupai 11**

**Sukshma roop dhari Siyahi dikhava, Vikat roop dhari Lanka jarava**

*You appeared before Sita in a diminutive form and assumed a dreadful form to burn the city of Lanka*

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**Verse 14 — Chaupai 12**

**Bhima roop dhari asur sanhare, Ramachandra ke kaj sanvare**

*Assuming a mighty form you destroyed the demons and accomplished Lord Rama's mission*

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**Verse 15 — Chaupai 13**

**Laye Sanjivan Lakhan Jiyaye, Shri Raghuvir Harashi ur laye**

*You brought the Sanjivani herb and revived Lakshmana, delighting Lord Rama*

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**Verse 16 — Chaupai 14**

**Raghupati Kinhi bahut badai, Tum mama priya Bharat-hi sam bhai**

*Lord Rama greatly praised you, saying 'You are as dear to me as my brother Bharata'*

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**Verse 17 — Chaupai 15**

**Sahas badan tumharo yash gaave, Asa kahi Shripati kanth lagaave**

*Saying 'May the thousand-headed serpent sing your glory', Lord Vishnu embraced you*

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**Verse 18 — Chaupai 16**

**Sanakadik Brahmadi Muneesa, Narad Sarad sahit Aheesa**

*Sages like Sanaka, gods like Brahma, seer Narada, goddess Saraswati, and the serpent king Shesha*

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**Verse 19 — Chaupai 17**

**Yam Kuber Diggpal Jahan te, Kavi kovid kahi sake kahan te**

*Even Yama, Kubera and the guardians of the directions, poets and scholars - none can express your glory*

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**Verse 20 — Chaupai 18**

**Tum upkar Sugreevahin keenha, Ram milaye rajpad deenha**

*You rendered a great service to Sugriva, introducing him to Rama and securing him the kingship*

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**Verse 21 — Chaupai 19**

**Tumharo mantra Vibheeshan maana, Lankeshwar Bhaye Sub jag jana**

*Vibhishana heeded your counsel and became the king of Lanka, as all the world knows*

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Verse 22 — Chaupai 20

**Yug sahasra yojan par Bhanu, Leelyo tahi madhur phal janu**

*You swallowed the sun though it was thousands of miles away, thinking it to be a sweet fruit*

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Verse 23 — Chaupai 21

**Prabhu mudrika meli mukh mahee, Jaladhi langhi gaye achraj nahee**

*With the Lord's ring in your mouth, it is no wonder that you leaped across the ocean*

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Verse 24 — Chaupai 22

**Durgam kaj jagat ke jete, Sugam anugraha tumhre tete**

*All the difficult tasks in this world become easy by your grace*

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Verse 25 — Chaupai 23

**Ram duare tum rakhvare, Hoat na agya binu paisare**

*You are the guardian at Rama's door, and no one can enter without your permission*

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Verse 26 — Chaupai 24

**Sub sukh lahai tumhari sarna, Tum rakshak kahu ko darna**

*All happiness is found in your refuge, under your protection, whom should one fear?*

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Verse 27 — Chaupai 25

**Aapan tej samharo aapai, Teeno lok hank te kanpai**

*You alone can control your splendor, all three worlds tremble at your roar*

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Verse 28 — Chaupai 26

**Bhoot pisach Nikat nahin aavai, Mahavir jab naam sunavai**

*Ghosts and evil spirits cannot come near those who remember the mighty Hanuman*

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Verse 29 — Chaupai 27

**Nase rog hare sab peera, Japat nirantar Hanumant beera**

*All disease and pain are eradicated by constant repetition of Hanuman's name*

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Verse 30 — Chaupai 28

**Sankat se Hanuman chhudavai, Man Kram Vachan dhyan jo lavai**

*Hanuman delivers from distress those who meditate on him in thought, word and deed*

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Verse 31 — Chaupai 29

**Sub par Ram tapasvee raja, Tin ke kaj sakal Tum saja**

*Rama, the ascetic king, reigns over all, but all his work is entrusted to you*

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Verse 32 — Chaupai 30

**Aur manorath jo koi lavai, Sohi amit jeevan phal pavai**

*Whoever comes to you with any yearning, obtains the imperishable fruit of life*

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Verse 33 — Chaupai 31

**Charo Yug partap tumhara, Hai persidh jagat ujjara**

*Your glory is renowned throughout the four ages, your fame shines bright in the world*

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Verse 34 — Chaupai 32

**Sadhu Sant ke tum Rakhware, Asur nikandan Ram dulare**

*You are the protector of saints and sages, the destroyer of demons, and beloved of Rama*

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Verse 35 — Chaupai 33

**Ashta sidhi nav nidhi ke data, As var deen Janki mata**

*You grant the eight powers and the nine treasures by the blessing of Mother Janki*

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Verse 36 — Chaupai 34

**Ram rasayan tumhare pasa, Sada raho Raghupati ke dasa**

*You possess the elixir of Rama's name and remain eternally his servant*

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Verse 37 — Chaupai 35

**Tumhare bhajan Ram ko pavai, Janam janam ke dukh bisravai**

*Through devotion to you, one finds Rama and forgets the sufferings of many lives*

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Verse 38 — Chaupai 36

**Antkaal Raghuvir pur jayee, Jahan janam Hari Bhakt Kahayee**

*At the time of death, one goes to the abode of Rama, and is born again as a devotee*

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Verse 39 — Chaupai 37

**Aur Devta Chitta na dharehi, Hanumat sei sarva sukh karehi**

*One need not think of any other deity; Hanuman alone can give all happiness*

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Verse 40 — Chaupai 38

**Sankat kate mitai sab peera, Jo sumirai Hanumat Balbeera**

*All troubles cease and all pain is removed for those who remember the mighty Hanuman*

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Verse 41 — Chaupai 39

**Jai Jai Jai Hanuman Gosahin, Kripa Karahu Gurudev ki nyahin**

*Victory, victory, victory to Lord Hanuman! Bestow your grace as does my Guru*

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Verse 42 — Chaupai 40

**Jo sat bar path kare kahi, Chhutahi bandi maha sukh hohi**

*Whoever recites this a hundred times will be freed from bondage and attain great bliss*

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Verse 43 — Doha

**Jo yah padhe Hanuman Chalisa, Hoye siddhi sakhi Gauresa**

*Whoever reads this Hanuman Chalisa will achieve success, as Lord Shiva bears witness*

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Verse 44 — Doha

**Tulsidas sada hari chera, Keejai Nath Hridaye mein dera**

*Tulsidas, ever the servant of Hari, prays: 'O Lord, dwell always in my heart'*

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**Verse 45 — Doha**

**Pavan Tanay Sankat Haran, Mangal Murti Roop**

*O Son of the Wind, destroyer of sorrows, embodiment of auspiciousness*

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**Verse 46 — Doha**

**Ram Lakhan Sita Sahit, Hriday Basahu Sur Bhoop**

*Dwell in my heart together with Rama, Lakshmana and Sita, O King of Gods*

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