

# Sri Panduranga Vishnu Sahasranama Mandali

## Complete Hanuman Chalisa in English with translation

### Doha

Shri Guru Charan Sarooja-raj Nija manu Mukura Sudhaari  
Baranau Rahubhara Bimala Yasha Jo Dayaka Phala Chari

Budhee-Heen Thanu Jannikay Sumirow Pavana Kumara  
Bala-Budhee Vidya Dehoo Mohee Harahu Kalesha Vikaara

### Chopai

1. Jai Hanuman gyan gun sagar||  
Jai Kapis tihun lok ujar||
2. Ram doot atulit bal dhamal  
Anjaani-putra Pavan sut namal||
3. Mahabir Bikram Bajrangil  
Kumati nivar sumati Ke sangil||
4. Kanchan varan viraj subesal  
Kanan Kundal Kunchit Keshal||
5. Hath Vajra Aur Dhuvaje Virajel  
Kaandhe moonj janehu sajail||
6. Sankar suvan kesri Nandanl  
Tej prataap maha jag vandanl||
7. Vidyavaan guni ati chaturl  
Ram kaj karibe ko aaturl||
8. Prabu charitra sunibe-ko rasiyal  
Ram Lakhan Sita man Basiyal||
9. Sukshma roop dhari Siyahi dikhaval  
Vikat roop dhari lank jaraval||
10. Bhima roop dhari asur sangharel  
Ramachandra ke kaj sanvarel||
11. Laye Sanjivan Lakhan Jiyayel  
Shri Raghuvir Harashi ur layel||



12.Raghupati Kinhi bahut badai|  
Tum mam priye Bharat-hi-sam bhail|

13.Sahas badan tumharo jash gaavel|  
Asa-kahi Shripati kanth lagaavel|

14.Sankadhik Brahmaadi Muneesa|  
Narad-Sarad sahit Aheesa|

15.Jam Kuber Digpaal Jahan tel|  
Kavi kovid kahi sake kahan tel|

16.Tum upkar Sugreevahin keenhal|  
Ram milaye rajpad deenhal|

17.Tumharo mantra Vibheeshan maana|  
Lankeshwar Bhaye Sub jag jana|

18.Jug sahastra jojan par Bhanu|  
Leelyo tahi madhur phal janu|

19.Prabhu mudrika meli mukh maheel|  
Jaladhi langhi gaye achraj naheel|

20.Durgaam kaj jagath ke jetel|  
Sugam anugraha tumhre tetel|

21.Ram dwaare tum rakhvarel|  
Hoat na agya binu paisarel|

22.Sub sukh lahae tumhari sar na|  
Tum rakshak kahu ko dar naa|

23.Aapan tej samharo aapai|  
Teenhon lok hank te kanpai|

24.Bhoot pisaach Nikat nahin aavai|  
Mahavir jab naam sunavael|

25.Nase rog harae sab peeral|  
Japat nirantar Hanumant beeral|

26.Sankat se Hanuman chudavael|  
Man Karam Vachan dyan jo lavai|



- 27.Sab par Ram tapasvee raja|  
Tin ke kaj sakal Tum saja||
- 28.Aur manorath jo koi lavai|  
Sohi amit jeevan phal pavai||
- 29.Charon Yug partap tumhara|  
Hai persidh jagat ujiyara||
- 30.Sadhu Sant ke tum Rakhware|  
Asur nikandan Ram dulhare||
- 31.Ashta-sidhi nav nidhi ke dhata|  
As-var deen Janki mata||
- 32.Ram rasayan tumhare pasal|  
Sada raho Raghupati ke dasa||
- 33.Tumhare bhajan Ram ko pavai|  
Janam-janam ke dukh bisraavai||
- 34.Anth-kaal Raghuvir pur jayeel|  
Jahan janam Hari-Bakht Kahayeel||
- 35.Aur Devta Chit na dharehi|  
Hanumanth se hi sarve sukh karehi||
- 36.Sankat kate-mite sab peera|  
Jo sumirai Hanumat Balbeera||
- 37.Jai Jai Jai Hanuman Gosahin|  
Kripa Karahu Gurudev ki nyahin||
- 38.Jo sat bar path kare kohi|  
Chutehi bandhi maha sukh hohi||
- 39.Jo yah padhe Hanuman Chalisa|  
Hoye siddhi sakhi Gaureesa||
- 40.Tulsidas sada hari chera|  
Keejai Nath Hridaye mein dera||

### **Doha**

Pavan Tanay Sankat Harana| Mangala Murati Roop||  
Ram Lakhan Sita Sahita| Hriday Basahu Soor Bhoop||

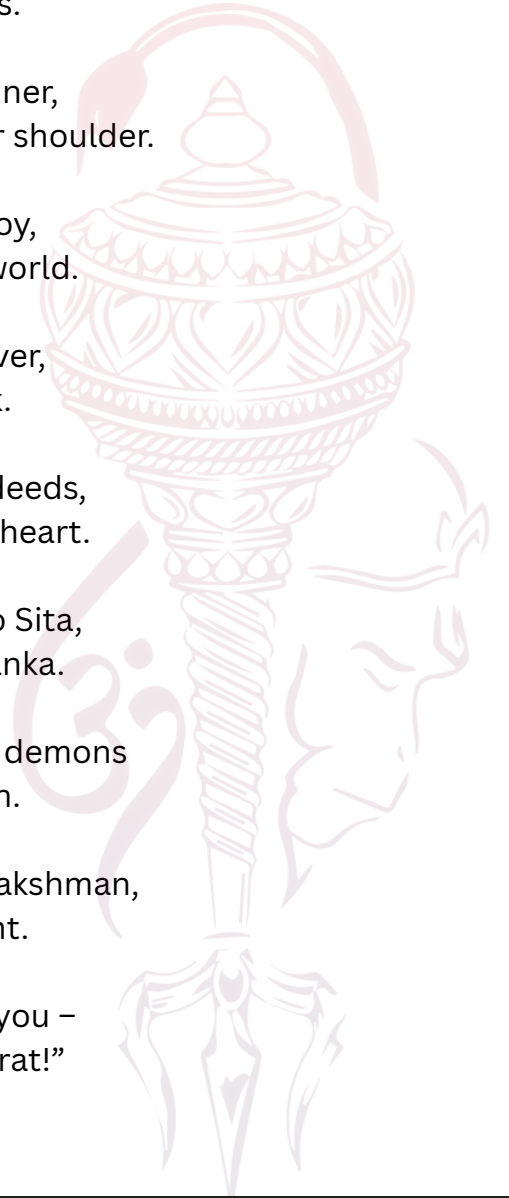


### ||Doha||

Having polished the mirror of my heart with the dust of my Guru's lotus feet, I sing the pure fame of the best of the Raghus, which bestows the four fruits of life. Knowing this body to be devoid of intelligence, I recall the Son of the Wind. Grant me strength, wit, and wisdom, and remove my sorrows and shortcomings. ||

### ||Chopai||

1. Victory to Hanuman, the ocean of wisdom and virtue,  
Hail Monkey Lord, the illuminator of the three worlds.
2. Ram's emissary, the abode of matchless power,  
Anjani's son, named "Son of the Wind."
3. Great hero, mighty as a thunderbolt,  
remover of evil thoughts and companion to the good.
4. Golden-hued and splendidly adorned,  
with heavy earrings and curly locks.
5. In your hand's shine mace and banner,  
a sacred thread of munja grass adorns your shoulder.
6. You are Shiva's son and Kesari's joy,  
your glory is revered throughout the world.
7. Supremely wise, virtuous, and clever,  
you are ever intent on Ram's work.
8. You delight in hearing of the Lord's deeds,  
Ram, Lakshman, and Sita dwell in your heart.
9. Assuming tiny form you appeared to Sita,  
and in awesome guise, you burned Lanka.
10. Taking dreadful form you slaughtered demons  
and completed Lord Ram's mission.
11. Bringing the magic herb, you revived Lakshman,  
and Ram embraced you with delight.
12. Greatly did the Raghu Lord praise you –  
"Brother, you're as dear to me as Bharat!"



13. “May the thousand-mouthed serpent sing your fame!”  
So saying, Shri’s Lord drew you to Himself.
14. Sanak and the sages, Brahma, gods, and great saints,  
Narada, Sarasvati, and the king of serpents,
15. Yama, Kubera, and the guardians of the quadrants,  
poets, and scholars – none can express your glory.
16. You rendered great service to Sugriva,  
presenting him to Ram, you gave him kingship.
17. Vibhishana heeded your counsel  
and became Lord of Lanka, as all the world knows.
18. Though the sun is thousands of miles away,  
you swallowed it, thinking it a sweet fruit.
19. Holding the Lord’s ring in your mouth  
it’s no surprise you leaped the ocean.
20. Every arduous task in this world  
becomes easy by your grace.
21. You are the guardian of Ram’s door,  
none enters without your leave.
22. Taking refuge in you one finds all delight,  
those you protect know no fear.
23. You alone can withstand your own splendour,  
the three worlds tremble at your roar.
24. Ghosts and goblins cannot come near,  
Great Hero, when your name is uttered.
25. All disease and pain are eradicated,  
brave Hanuman, by constant repetition of your name.
26. Hanuman releases from affliction  
those who remember him in thought, word, and deed.
27. Ram the renunciant reigns over all –  
you carry out his every task.

28. One who brings any yearning to you  
obtains the fruit of abundant life.
29. Your splendour fills the four ages,  
Your glory is famed throughout the world.
30. You are the guardian of saints and sages,  
the destroyer of demons, the darling of Ram
31. You grant the eight powers and nine treasures  
by the boon you received from Mother Janaki.
32. You hold the elixir of Ram's name  
and remain eternally His servant.
33. Singing your praise, one finds Ram  
and escapes the sorrows of countless lives.
34. At death, one goes to Ram's own city  
or is born on earth as God's devotee.
35. Give no thought to any other deity –  
worshipping Hanuman, one gains all delight.
36. All affliction ceases, all pain is removed,  
by remembering the mighty hero, Hanuman.
37. Victory, victory, victory to Lord Hanuman!  
Be merciful even as is the Divine Master.
38. Whoever recites this a hundred times  
is released from bondage and gains bliss.
39. One who reads this Hanuman Chalisa  
gains success – Gauri's Lord bears witness.
40. Says Tulsidas, Hari's constant servant,  
"Lord, make your encampment in my heart."

**||DOHA||**

Son of the Wind, Banisher of sorrow and embodiment of blessing, Dwell in my  
heart, King of Gods, together with Ram, Lakshman, and Sita.

