

# || Sri Hanuman Ashtak ||

With Meaning



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बाल समय रवि भक्षि लियो तब, तीनहुं लोक भयो अंधियारो ।  
ताहि सों त्रास भयो जग को, यह संकट काहु सों जात न टारो ॥  
देवन आन करि बिनती तब, छांड़ि दियो रवि कष्ट निवारो ।  
को नहिं जानत है जग में कपि, संकटमोचन नाम तिहारो ॥ 1 ॥

**Baal samai ravi bhakshi liyo tab, teenahu loka bhayo andhiyaro ।  
Taahi so traas bhayo jag ko, yah sankat kaahu so jaat na taaro ।  
Dewan aani kari bintee tab, chaadhi diyo ravi kasht niwaaro ॥  
Ko nahin jaanat hai jag mein kapi sankat mochan naam tihaaro ॥  
1 ॥**

**Hanuman Ashtak Meaning: During childhood when YOU attempted to engulf SUN (considering it to be a fruit), YOU fell and the world was filled with sorrow as you were the ray of hope to them. As expected YOU recovered from the disease afflicted by Sun (रवि कष्ट), hence lifted the will of the people on the Earth. Who does not know in this world that YOUR name is Sankat Mochan Hanuman (remover of obstacles)who removes ignorance (darkness) by his light (knowledge)**

बालि की त्रास कपीस बसै गिरि, जात महाप्रभु पंथ निहारो ।  
चौकि महा मुनि शाप दिया तब, चाहिय कौन बिचार बिचारो ॥  
के द्विज रूप लिवाय महाप्रभु, सो तुम दास के शोक निवारो ।  
को नहिं जानत है जग में कपि, संकटमोचन नाम तिहारो ॥2॥

**Baali ki traas kapees basai giri, jaat mahaaprabhu panth nihaaro ।  
Chownki mahaa muni saap diyo tab chahiy kaun bichaar bichaaro ।  
Kai dwij roop liwaay mahaa prabhu so tum daas ke sok niwaaro ॥  
Ko nahin jaanat hai jag mein kapi sankat mochan naam tiharo ॥ 2**

॥

YOU were protecting Sugriva from Bali by asking him to live in a mountain, where Bali was not allowed to enter due to the curse of 'Chauki saint'. (When Shri Ram was searching Sita along with Lakshman), Sugriva doubted that they were searching Sugriva as instructed by Bali, Then YOU disguised as a Brahmin met Shri Ram and even HE killed Bali eventually. So YOU relieved a devotee (Sugriva) of his sorrow. Who does not know in this world that YOUR name is Sankat Mochan Hanuman (remover of obstacles) who removes ignorance (darkness) by his light (knowledge)

अंगद के संग लेन गये सिय, खोज कपीस यह बैन उचारो ।  
जीवत ना बचिहौ हम सो जु, बिना सुधि लाय इहाँ पगु धारो ॥  
हेरि थके तट सिंधु सबै तब, लाय सिया-सुधि प्राण उबारो ।  
को नहिं जानत है जग में कपि, संकटमोचन नाम तिहारो ॥3॥

**Angad ke sang lain gaye siya, khoj kapees yah baain uchaaro ।  
jeevat na bachihau hum son ju, bina sudhi laay ehaan pagu dhaaro ।  
Hayri thake tatt sindhu sabaai tab laay siya-sudhi praan ubaaro ॥  
Ko nahin jaanat hai jag mein kapi sankat mochan naam tiharo ॥3॥**

YOU went with Angad and others to fetch the information of Sita, At the sea - coast, when rejoined Angad, said, "We will not remain alive if we returned without Sita's information." All became dead tired there and then YOU brought the required information of Sita. Hence saved the life of the entire army. Who does not know in this world that YOUR name is Sankat Mochan Hanuman (remover of obstacles) who removes ignorance (darkness) by his light

(knowledge)

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रावन त्रास दर्ई सिय को सब, राक्षसि सों कहि शोक निवारो ।  
ताहि समय हनुमान महाप्रभु, जाय महा रजनीचर मारो ॥  
चाहत सीय अशोक सों आगि सु, दै प्रभु मुद्रिका शोक निवारो ।  
को नहिं जानत है जग में कपि, संकटमोचन नाम तिहारो ॥4॥

Raavan traas dayee siya ko sab, raakshashi so kahi sok nivaaro ।  
Taahi samay hanuman mahaprabhu, Jaay mahaa rajneechar maaro ॥  
Chaahat seeya asoka so aagi su, dai prabhu mudrika soka nivaaro ॥  
Ko nahin jaanat hai jag mein kapi sankat mochan naam tihaaro ॥ 4 ॥

When Ravan was tormenting Sita by instructing his female maids who were caretakers at Ashok Vatika to trouble her, YOU reached that very moment and killed many enemies. When out of trouble Sita asked for fire from nature (Ashok tree), YOU gave Shri Ram's ring to Sita and delivered the message of Shri Ram. Hence YOU gave new life to SITA by giving her hope which in turn boosted her confidence. Who does not know in this world that YOUR name is Sankat Mochan Hanuman (remover of obstacles) who removes ignorance (darkness) by his light (knowledge)

बाण लग्यो उर लछिमन के तब, प्राण तजे सुत रावण मारो ।  
लै गृह बैद्य सुषेन समेत, तबै गिरि द्रोण सु बीर उपारो ॥  
आनि सजीवन हाथ दर्ई तब, लछिमन के तुम प्राण उबारो ।  
को नहिं जानत है जग में कपि, संकटमोचन नाम तिहारो ॥5॥

Baan lagyo ur lakshiman ke tab, praan taje sut raavan maaro ।  
Lai griha baidya sushen samet, tabai giri dron su beer upaaro ।  
Aani sajeewan hath dayee taba lakshiman ke tum praan upaaro ।  
Ko nahin jaanat hai jag mein kapi sankatmochan naam tihaaro ॥5 ॥

When an arrow of Meghnath struck deep in the heart of Lakshman, YOU brought 'Sushen Vaidya' along with his home who asked YOU to bring 'Sanjeevani herb' which YOU finally brought along with 'Dron mountain' and YOU revived Lakshman. Hence YOU saved the life of Lakshman by giving him a new life. Who does not know in this world that YOUR name is Sankat Mochan Hanuman (remover of obstacles) who removes ignorance (darkness) by his light (knowledge)

रावण युद्ध अजान कियो तब, नाग कि फांस सबै सिर डारो ।  
श्रीरघुनाथ समेत सबै दल, मोह भयोयह संकट भारो ॥  
आनि खगेस तबै हनुमान जु, बंधन काटि सुत्रास निवारो ।  
को नहिं जानत है जग में कपि, संकटमोचन नाम तिहारो ॥6॥

**Raavan yudh ajaan kiyo tab, naag ki phaas sabhi sir daaro ।  
Sri Raghunath samet sabai dal, moh bhayo yah sankat bhaaro ।  
Aani khagesh tabai hanumaan ju, bandhan kaati sutraas nivaaro ।  
Ko nahin jaanat hai jag mein kapi sankatmochan naam tiharo ॥6॥**

When Ravan attacked the Shri Ram army by tieing them with snakes at night when all were in deep sleep, the whole army including Shri Ram was in deep trouble. Then YOU brought Gaduda (the big eagle) to save the entire army. Hence YOU saved the entire army including the life of Shri Ram. Who does not know in this world that YOUR name is Sankat Mochan Hanuman (remover of obstacles) who removes ignorance (darkness) by his light (knowledge)

बंधु समेत जबै अहिरावन, लै रघुनाथ पाताल सिधारो ।  
देबिहिं पूजि भली बिधि सों बलि, देउ सबै मिति मंत्र बिचारो ॥  
जाय सहाय भयो तब ही, अहिरावण सैन्य समेत सँहारो ।  
को नहिं जानत है जग में कपि, संकटमोचन नाम तिहारो ॥7॥

**Bandhu samet jabai ahiraavan, lai raghunath pataal sidhaaro ।  
Devhi puji bhalee vidhi so bali, deu sabai mili mantra vichaaro ।  
Jaay sahaay bhayo tab hi ahiraavan sainya samet sanhaaro ।  
Ko nahin jaanat hai jag mein kapi sankat mochan naam tihaaro ॥**

7 ॥

When Ahiravan along with his brother kidnapped Shri Ram and Lakshman to Paatal (netherworld), when they were almost finished with the rituals to go for human sacrifice, YOU appeared before them and killed Ahiravan. Hence YOU saved the lives of Shri Ram and Lakshman again. Who does not know in this world that YOUR name is Sankat Mochan Hanuman (remover of obstacles) who removes ignorance (darkness) by his light (knowledge)

काज किये बड़ देवन के तुम,वीर महाप्रभु देखि बिचारो ।  
कौन सो संकट मोर गरीब को,जो तुमसों नहिं जात है टारो ॥  
बेगि हरो हनुमान महाप्रभु,जो कछु संकट होय हमारो ।  
को नहिं जानत है जग में कपि,संकटमोचन नाम तिहारो ॥४॥

**Kaaj kiye barh dewan kei tum, beer mahaaprabhu dekhi bichaaro ।  
Kaun so sankat mohin gareeb ko, jo tumso nahin jaat hai taaro ।  
Begi haro hanumaan mahaprabhu jo kuch sankat hoya hamaaro ।  
Ko nahin jaanat hai jag mein kapi sankat mochan naam tiharo ॥ 8**

॥

YOU have done great deeds for the Gods/Goddess and even for the Almighty  
Shri Ram, O My Lord! Give me a kind glance, and tell (notify) me which  
obstacles are not removed by your glance,(for your glance can provide me the  
real dedication and patience to do any impossible task even) O My Lord! I ask  
you to remove any obstacle as you are my guru. Who does not know in this  
world that YOUR name is Sankat Mochan Hanuman (remover of  
obstacles)who removes ignorance (darkness) by his light (knowledge)

**दोहा:**

लाल देह लाली लसे,अरू धरि लाल लंगूर ।  
बज्र देह दानव दलन,जय जय जय कपि सूर ॥

**Doha**

**Laal deh laalee lase, aru dhari laal langoor ।**

**Bajra deh daanavdalan, jai jai jai kapi soor ॥**

Meaning: YOU have the red body with brilliance which is lighting the  
whole world, YOU disguised yourself as a long-tailed monkey when spied  
Lanka, YOUR body is as strong as Vajra (thunder-bolt) which can kill any  
enemy, I meditate upon YOU again and again O My Lord who even  
enlightens Gods (devta)

॥ इति संकटमोचन हनुमानाष्टक सम्पूर्ण ॥

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