SUMANCASM • SPIRITUAL JOURNEY

हनुमान अष्टक

HANUMAN ASHTAK

SANKAT MOCHAN

Eight verses • Original Hindi • Easy pronunciation
Simple English meanings • Stories behind the verses

A simple reading guide

Traditionally attributed to Goswami Tulsidas
Prepared for personal reading and understanding

A little about this prayer

Sankat Mochan Hanuman Ashtak is a prayer of eight verses dedicated to Lord Hanuman. Each verse remembers a difficult moment in the Ramayana tradition and Hanuman's role in bringing help. The repeated line calls him Sankat Mochan — the one who helps free us from distress.

How to use this guide

Read the Hindi lines slowly. If you find them difficult to pronounce, use the English-letter guide below them. Then read the simple meaning and the short story note. There is no need to rush; take your time with each verse.

A simple way to read or chant

• Choose a quiet place and a comfortable time.
• Read each Hindi line slowly; use the pronunciation guide if it helps.
• Pause to understand the meaning instead of rushing.
• Finish with the closing Doha.

A note about the stories

The stories are short explanations, not word-for-word translations. The Ahiravana episode in Verse 7 belongs to popular and regional Ramayana traditions and is not told in the same way in every version.

The eight verses

The repeated line at the end of every verse

को नहिं जानत है जगमें कपि संकटमोचन नाम तिहारो॥

Ko nahin jaanat hai jag mein kapi, Sankatmochan naam tihaaro.

Meaning: Who in the world does not know you, O Hanuman, by the name Sankat Mochan — the one who removes distress?

Verse 1 · The child who reached for the Sun

ORIGINAL HINDI

बाल समय रबि भक्षि लियो तब तीनहुँ लोक भयो अँधियारो।

ताहि सों त्रास भयो जग को यह संकट काहु सों जात न टारो॥

देवन आनि करी बिनती तब छाँड़ि दियो रबि कष्ट निवारो।

को नहिं जानत है जगमें कपि संकटमोचन नाम तिहारो॥

HOW TO PRONOUNCE IT

Baal samay rabi bhakshi liyo tab, teenahun lok bhayo andhiyaaro.
Tahi son traas bhayo jag ko, yah sankat kaahu son jaat na taaro.
Devan aani kari binti tab, chhaandi diyo rabi kasht nivaaro.
Ko nahin jaanat hai jag mein kapi, Sankatmochan naam tihaaro.

MEANING IN SIMPLE ENGLISH

As a child, Hanuman reached for the Sun, believing it to be a fruit. The worlds were plunged into darkness. After the gods pleaded with him, he released the Sun.

THE STORY BEHIND THESE LINES

The story recalls Hanuman's childhood and his extraordinary strength. It also shows how even a playful act could affect the whole world.

Verse 2 · Bringing Rama and Sugriva together

ORIGINAL HINDI

बालि की त्रास कपीस बसै गिरि जात महाप्रभु पंथ निहारो।

चौंकि महामुनि साप दियो तब चाहिए कौन बिचार बिचारो॥

कै द्विज रूप लिवाय महाप्रभु सो तुम दास के सोक निवारो।

को नहिं जानत है जगमें कपि संकटमोचन नाम तिहारो॥

HOW TO PRONOUNCE IT

Baali ki traas kapees basai giri, jaat mahaaprabhu panth nihaaro.
Chaunki mahaamuni shaap diyo tab, chaahiye kaun bichaar bichaaaro.
Kai dwij roop livay mahaaprabhu, so tum daas ke sok nivaaro.
Ko nahin jaanat hai jag mein kapi, Sankatmochan naam tihaaro.

MEANING IN SIMPLE ENGLISH

Sugriva lived in fear of Bali and waited for help. Hanuman met Rama and Lakshmana in the form of a learned man and brought them to Sugriva, helping end his distress.

THE STORY BEHIND THESE LINES

After being driven away by Bali, Sugriva took refuge on Mount Rishyamukha. Hanuman recognised Rama and helped bring the two together.

Verse 3 · Finding Sita and bringing hope

ORIGINAL HINDI

अंगद के संग लेन गये सिय खोज कपीस यह बैन उचारो।

जीवत ना बचिहौ हम सो जु बिना सुधि लाए इहाँ पगु धारो॥

हेरि थके तट सिंधु सबै तब लाय सिया-सुधि प्रान उबारो।

को नहिं जानत है जगमें कपि संकटमोचन नाम तिहारो॥

HOW TO PRONOUNCE IT

Angad ke sang len gaye Siy khoj, kapees yah bain uchaaro.
Jeevat naa bachihau ham so ju, bina sudhi laaye ihaan pagu dhaaro.
Heri thake tat sindhu sabai tab, laay Siya-sudhi praan ubaaro.
Ko nahin jaanat hai jag mein kapi, Sankatmochan naam tihaaro.

MEANING IN SIMPLE ENGLISH

The search party had to find Sita and return with news. When the group was exhausted at the ocean's shore, Hanuman found Sita and brought back the news that gave everyone hope.

THE STORY BEHIND THESE LINES

Hanuman crossed the ocean, found Sita in Lanka, and returned with the information Rama needed.

Verse 4 · Comforting Sita in Ashoka Vatika

ORIGINAL HINDI

रावन त्रास दई सिय को सब राक्षसि सों कहि सोक निवारो।

ताहि समय हनुमान महाप्रभु जाय महा रजनीचर मारो॥

चाहत सीय असोक सों आगि सु दै प्रभु मुद्रिका सोक निवारो।

को नहिं जानत है जगमें कपि संकटमोचन नाम तिहारो॥

HOW TO PRONOUNCE IT

Raavan traas dai Siy ko sab, raakshasi son kahi sok nivaaro.
Taahi samay Hanuman mahaaprabhu, jaay mahaa rajaneechara maaro.
Chaahat Siy asok son aagi su, dai prabhu mudrika sok nivaaro.
Ko nahin jaanat hai jag mein kapi, Sankatmochan naam tihaaro.

MEANING IN SIMPLE ENGLISH

Ravana's threats left Sita distressed in Lanka. Hanuman reached her in Ashoka Vatika and gave her Rama's ring, assuring her that Rama was searching for her.

THE STORY BEHIND THESE LINES

The ring was proof that Hanuman was Rama's messenger. It gave Sita hope that help was on its way.

Verse 5 · Bringing the life-saving herb

ORIGINAL HINDI

बान लग्यो उर लछिमन के तब प्रान तजे सुत रावन मारो।

लै गृह बैद्य सुषेन समेत तबै गिरि द्रोन सु बीर उपारो॥

आनि सजीवन हाथ दई तब लछिमन के तुम प्रान उबारो।

को नहिं जानत है जगमें कपि संकटमोचन नाम तिहारो॥

HOW TO PRONOUNCE IT

Baan lagyo ur Lachhiman ke tab, praan taje sut Raavan maaro.
Lai grih baidya Sushen samet, tabai giri Dron su beer upaaro.
Aani sajeevan haath dai tab, Lachhiman ke tum praan ubaaro.
Ko nahin jaanat hai jag mein kapi, Sankatmochan naam tihaaro.

MEANING IN SIMPLE ENGLISH

When Lakshmana was gravely wounded, Hanuman brought the physician Sushena and then carried the mountain bearing the life-saving herb. Lakshmana's life was saved.

THE STORY BEHIND THESE LINES

When Hanuman could not identify the right herb, he carried the whole mountain rather than lose time.

Verse 6 · Freeing Rama's army from the serpent bonds

ORIGINAL HINDI

रावन जुद्ध अजान कियो तब नाग कि फाँस सबै सिर डारो।

श्रीरघुनाथ समेत सबै दल मोह भयो यह संकट भारो॥

आनि खगेस तबै हनुमान जु बंधन काटि सुत्रास निवारो।

को नहिं जानत है जगमें कपि संकटमोचन नाम तिहारो॥

HOW TO PRONOUNCE IT

Raavan juddh ajaan kiyo tab, naag ki faans sabai sir daaro.
Shri Raghunaath samet sabai dal, moh bhayo yah sankat bhaaro.
Aani Khages tabai Hanuman ju, bandhan kaati sutraas nivaaro.
Ko nahin jaanat hai jag mein kapi, Sankatmochan naam tihaaro.

MEANING IN SIMPLE ENGLISH

Rama and his forces were trapped by a serpent weapon during the battle. Hanuman brought Garuda, the king of birds, whose arrival freed them.

THE STORY BEHIND THESE LINES

The verse refers to the Nagapasha. In this telling, Garuda's presence breaks the serpent bonds.

Verse 7 · Rescuing Rama and Lakshmana from Ahiravana

ORIGINAL HINDI

बंधु समेत जबै अहिरावन लै रघुनाथ पताल सिधारो।

देबिहिं पूजि भली बिधि सों बलि देउ सबै मिलि मंत्र बिचारो॥

जाय सहाय भयो तब ही अहिरावन सैन्य समेत संहारो।

को नहिं जानत है जगमें कपि संकटमोचन नाम तिहारो॥

HOW TO PRONOUNCE IT

Bandhu samet jabai Ahiraavan, lai Raghunaath paataal sidhaaro.
Debihin puji bhali bidhi son, bali deu sabai mili mantra bichaaaro.
Jaay sahaay bhayo tab hi, Ahiraavan sainy samet sanhaaro.
Ko nahin jaanat hai jag mein kapi, Sankatmochan naam tihaaro.

MEANING IN SIMPLE ENGLISH

In a popular Ramayana tradition, Ahiravana carried Rama and Lakshmana to the netherworld for a sacrificial rite. Hanuman went to their aid and defeated Ahiravana and his forces.

THE STORY BEHIND THESE LINES

The Ahiravana episode appears in later and regional Ramayana traditions. It is not told in the same way in every version.

Verse 8 · A personal prayer for help

ORIGINAL HINDI

काज किये बड़ देवन के तुम बीर 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 जगमें कपि संकटमोचन नाम तिहारो॥

HOW TO PRONOUNCE IT

Kaaj kiye bad devan ke tum, beer mahaaprabhu dekhi bichaaaro.
Kaun so sankat mor gareeb ko, jo tumson nahin jaat hai taaro.
Begi haro Hanuman mahaaprabhu, jo kachhu sankat hoy hamaaro.
Ko nahin jaanat hai jag mein kapi, Sankatmochan naam tihaaro.

MEANING IN SIMPLE ENGLISH

The devotee remembers Hanuman’s great deeds and asks him to look upon their own difficulties. The verse becomes a direct prayer for help and compassion.

THE STORY BEHIND THESE LINES

The earlier verses recall stories from Hanuman’s life. This final verse turns towards the person reading or chanting the hymn.

The closing Doha

FINAL PRAYER

लाल देह लाली लसे, अरु धरि लाल लँगूर।

बज्र देह दानव दलन, जय जय जय कपि सूर॥

HOW TO PRONOUNCE IT

Laal deh laali lase, aru dhari laal langoor.
Bajra deh daanav dalan, jai jai jai kapi soor.

MEANING IN SIMPLE ENGLISH

Your body shines with a reddish glow, and your tail is red. O heroic Hanuman, whose body is strong like a thunderbolt and who defeats evil forces — victory to you!

A few words to remember

Sankat means difficulty or distress. Mochan means one who frees or releases. Together, Sankat Mochan is a name for Hanuman as the one who helps devotees through difficult times.

Ashtak means a group of eight verses. This prayer has eight verses, each ending with the same line.

A final thought

The Hanuman Ashtak moves from stories of courage and service to a personal prayer for help. Its message is simple: face difficulties with faith, courage, humility and determination.

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