श्री हनुमान चालीसा

HANUMAN CHALISA

A SIMPLE READING GUIDE

40 verses • Original Hindi • Easy pronunciation
Simple English meanings • A guide to the verses

Traditionally attributed to Goswami Tulsidas

Original language: Awadhi • 2 opening dohas • 40 chaupais • 1 closing doha

A little about this prayer

The Hanuman Chalisa is a prayer of forty chaupais dedicated to Lord Hanuman, traditionally attributed to Goswami Tulsidas and written in Awadhi. It begins with two dohas asking for clarity, strength and wisdom, and ends with a prayer for Hanuman to remain in the devotee's heart.

How to use this guide

Read the original Hindi at a comfortable pace. If you need help, follow the English-letter pronunciation below it. Then read the simple meaning. These explanations help everyday readers understand the message; they are not word-for-word translations.

A simple way to read or chant

• Choose a quiet place and a comfortable time.
• Read the Hindi lines slowly; use the pronunciation guide if helpful.
• Pause after each verse to reflect on its meaning.
• Finish with the closing Doha.

The two opening dohas

श्रीगुरु चरन सरोज रज, निज मनु मुकुरु सुधारि। बरनउँ रघुबर बिमल जसु, जो दायकु फल चारि॥

Shri Guru charan saroj raj, nij manu mukuru sudhaari. Baranau Raghubar bimal jasu, jo daayaku phal chaari.

Meaning: With the dust of my Guru's lotus feet, I cleanse the mirror of my mind and describe Rama's pure glory, which grants the four aims of life.

बुद्धिहीन तनु जानिके, सुमिरौं पवन-कुमार। बल बुधि बिद्या देहु मोहिं, हरहु कलेस बिकार॥

Buddhiheen tanu jaanike, sumiraun Pavan-Kumaar. Bal buddhi bidya dehu mohi, harahu kalesh bikaar.

Meaning: Knowing that I lack wisdom, I remember the Son of the Wind. Grant me strength, understanding and knowledge, and help remove my troubles and faults.

The forty chaupais

The verses are arranged in broad sections to make the prayer easier to follow. These headings are a reading aid, not part of the original Chalisa.

Hanuman’s qualities

Chaupai 1

जय हनुमान ज्ञान गुन सागर। जय कपीस तिहुँ लोक उजागर॥

Jai Hanuman gyan gun saagar, Jai Kapees tihun lok ujaagar.

MEANING IN SIMPLE ENGLISH

Hanuman is praised as the ocean of wisdom and virtue, whose glory shines across the three worlds.

Chaupai 2

राम दूत अतुलित बल धामा। अंजनि-पुत्र पवनसुत नामा॥

Ram doot atulit bal dhaama, Anjani-putra Pavansut naama.

MEANING IN SIMPLE ENGLISH

Rama’s messenger and the home of unmatched strength, known as Anjani’s son and the son of the Wind.

Chaupai 3

महाबीर बिक्रम बजरंगी। कुमति निवार सुमति के संगी॥

Mahabir bikram Bajrangi, kumati nivaar sumati ke sangi.

MEANING IN SIMPLE ENGLISH

A great hero who turns people away from harmful thoughts and supports good sense.

Chaupai 4

कंचन बरन बिराज सुबेसा। कानन कुंडल कुंचित केसा॥

Kanchan baran biraaj subesa, kaanan kundal kunchit kesa.

MEANING IN SIMPLE ENGLISH

Your golden form shines brightly, adorned with earrings and curly hair.

Chaupai 5

हाथ बज्र औ ध्वजा बिराजै। काँधे मूँज जनेऊ साजै॥

Haath bajra au dhwaja biraajai, kaandhe moonj janeu saajai.

MEANING IN SIMPLE ENGLISH

You hold the thunderbolt and flag, and wear the sacred thread across your shoulder.

Chaupai 6

शंकर सुवन केसरीनंदन। तेज प्रताप महा जग बंदन॥

Shankar suvan Kesari-nandan, tej prataap maha jag bandan.

MEANING IN SIMPLE ENGLISH

You are regarded as a son of Shankar and the joy of Kesari; the world honours your glory.

Chaupai 7

विद्यावान गुनी अति चातुर। राम काज करिबे को आतुर॥

Vidyavaan guni ati chaatur, Ram kaaj karibe ko aatur.

MEANING IN SIMPLE ENGLISH

Learned, wise and capable, you are always eager to serve Rama.

Chaupai 8

प्रभु चरित्र सुनिबे को रसिया। राम लखन सीता मन बसिया॥

Prabhu charitra sunibe ko rasiya, Ram Lakhan Sita man basiya.

MEANING IN SIMPLE ENGLISH

You delight in hearing the Lord’s stories; Rama, Lakshmana and Sita live in your heart.

Hanuman’s deeds in the Ramayana

Chaupai 9

सूक्ष्म रूप धरि सियहिं दिखावा। बिकट रूप धरि लंक जरावा॥

Sookshma roop dhari Siyahin dikhaava, bikat roop dhari Lank jaraava.

MEANING IN SIMPLE ENGLISH

You took a small form to appear before Sita and a mighty form to set Lanka ablaze.

Chaupai 10

भीम रूप धरि असुर सँहारे। रामचंद्र के काज सँवारे॥

Bheem roop dhari asur sanhaare, Ramchandra ke kaaj sanvaare.

MEANING IN SIMPLE ENGLISH

You took a formidable form, defeated the demons and completed Rama’s work.

Chaupai 11

लाय सजीवन लखन जियाये। श्रीरघुबीर हरषि उर लाये॥

Laay Sanjeevan Lakhan jiyaaye, Shri Raghubeer harashi ur laaye.

MEANING IN SIMPLE ENGLISH

You brought the life-saving herb and revived Lakshmana; Rama embraced you with joy.

Chaupai 12

रघुपति कीन्ही बहुत बड़ाई। तुम मम प्रिय भरतहि सम भाई॥

Raghupati keenhi bahut badaai, tum mam priya Bharatahi sam bhaai.

MEANING IN SIMPLE ENGLISH

Rama praised you and said you were as dear to him as his brother Bharata.

Chaupai 13

सहस बदन तुम्हरो जस गावैं। अस कहि श्रीपति कंठ लगावैं॥

Sahas badan tumharo jas gaavain, as kahi Shripati kanth lagaavain.

MEANING IN SIMPLE ENGLISH

Rama said that a thousand voices sing your glory and embraced you.

Chaupai 14

सनकादिक ब्रह्मादि मुनीसा। नारद सारद सहित अहीसा॥

Sanakaadik Brahmaadi muneesa, Narad Saarad sahit Aheesa.

MEANING IN SIMPLE ENGLISH

Sages, Brahma, Narada, Saraswati and Shesha all sing of your greatness.

Chaupai 15

जम कुबेर दिगपाल जहाँ ते। कबि कोबिद कहि सके कहाँ ते॥

Jam Kuber digpaal jahaan te, kabi kobid kahi sake kahaan te.

MEANING IN SIMPLE ENGLISH

Even gods, guardians, poets and scholars cannot fully describe your glory.

Chaupai 16

तुम उपकार सुग्रीवहिं कीन्हा। राम मिलाय राज पद दीन्हा॥

Tum upkaar Sugreevahin keenha, Ram milaay raaj pad deenha.

MEANING IN SIMPLE ENGLISH

You helped Sugriva meet Rama and regain his kingdom.

Chaupai 17

तुम्हरो मंत्र बिभीषन माना। लंकेस्वर भए सब जग जाना॥

Tumharo mantra Vibhishan maana, Lankeshwar bhaye sab jag jaana.

MEANING IN SIMPLE ENGLISH

Vibhishana followed your advice and became the king of Lanka.

Chaupai 18

जुग सहस्र जोजन पर भानू। लील्यो ताहि मधुर फल जानू॥

Jug sahasra jojan par bhaanu, leelyo taahi madhur phal jaanu.

MEANING IN SIMPLE ENGLISH

As a child, you reached for the distant Sun, mistaking it for a sweet fruit.

Chaupai 19

प्रभु मुद्रिका मेलि मुख माहीं। जलधि लाँघि गये अचरज नाहीं॥

Prabhu mudrika meli mukh maahin, jaladhi laanghi gaye acharaj naahin.

MEANING IN SIMPLE ENGLISH

With Rama's ring in your mouth, you crossed the ocean; such a feat was possible through your strength.

Chaupai 20

दुर्गम काज जगत के जेते। सुगम अनुग्रह तुम्हरे तेते॥

Durgam kaaj jagat ke jete, sugam anugrah tumhare tete.

MEANING IN SIMPLE ENGLISH

With your grace, even the most difficult tasks can become easier.

Faith, protection and grace

Chaupai 21

राम दुआरे तुम रखवारे। होत न आज्ञा बिनु पैसारे॥

Ram duaare tum rakhvaare, hot na aagya binu paisaare.

MEANING IN SIMPLE ENGLISH

You stand guard at Rama's door; none enters without your permission.

Chaupai 22

सब सुख लहै तुम्हारी सरना। तुम रच्छक काहू को डर ना॥

Sab sukh lahai tumhaari sarna, tum rachchhak kaahu ko dar naa.

MEANING IN SIMPLE ENGLISH

Those who seek your shelter find comfort; with you as protector, they need not be afraid.

Chaupai 23

आपन तेज सम्हारो आपै। तीनों लोक हाँक तें काँपै॥

Aapan tej samhaaro aapai, teenon lok haank ten kaanpai.

MEANING IN SIMPLE ENGLISH

Only you can contain your immense power; your roar makes the three worlds tremble.

Chaupai 24

भूत पिसाच निकट नहिं आवै। महाबीर जब नाम सुनावै॥

Bhoot pisaach nikat nahin aavai, Mahabir jab naam sunaavai.

MEANING IN SIMPLE ENGLISH

The verse expresses the belief that fear and harmful forces cannot approach where Hanuman's name is remembered.

Chaupai 25

नासै रोग हरै सब पीरा। जपत निरंतर हनुमत बीरा॥

Naasai rog harai sab peera, japat nirantar Hanumat beera.

MEANING IN SIMPLE ENGLISH

The verse praises the comfort and strength devotees seek by remembering Hanuman through pain and difficulty.

Chaupai 26

संकट तें हनुमान छुड़ावै। मन क्रम बचन ध्यान जो लावै॥

Sankat ten Hanuman chhudaavai, man kram bachan dhyaan jo laavai.

MEANING IN SIMPLE ENGLISH

Hanuman helps those who remember him with their thoughts, actions and words.

Chaupai 27

सब पर राम तपस्वी राजा। तिन के काज सकल तुम साजा॥

Sab par Ram tapasvi raaja, tin ke kaaj sakal tum saaja.

MEANING IN SIMPLE ENGLISH

Rama is the noble king; you carry out all his work with devotion.

Chaupai 28

और मनोरथ जो कोई लावै। सोइ अमित जीवन फल पावै॥

Aur manorath jo koi laavai, soi amit jeevan phal paavai.

MEANING IN SIMPLE ENGLISH

Those who bring their heartfelt wishes to you receive blessings beyond measure.

Chaupai 29

चारों जुग परताप तुम्हारा। है परसिद्ध जगत उजियारा॥

Chaaron jug prataap tumhaara, hai parasiddh jagat ujiyaara.

MEANING IN SIMPLE ENGLISH

Your glory is celebrated through all four ages and shines throughout the world.

Chaupai 30

साधु संत के तुम रखवारे। असुर निकंदन राम दुलारे॥

Saadhu sant ke tum rakhvaare, asur nikandan Ram dulaare.

MEANING IN SIMPLE ENGLISH

You protect saints and good people, defeat evil and are beloved by Rama.

Chaupai 31

अष्ट सिद्धि नौ निधि के दाता। अस बर दीन जानकी माता॥

Asht siddhi nau nidhi ke daata, as bar deen Jaanaki Maata.

MEANING IN SIMPLE ENGLISH

Mother Sita blessed you with the power to grant the eight spiritual abilities and nine treasures.

Chaupai 32

राम रसायन तुम्हरे पासा। सदा रहो रघुपति के दासा॥

Ram rasaayan tumhare paasa, sada raho Raghupati ke daasa.

MEANING IN SIMPLE ENGLISH

You hold the gift of devotion to Rama and remain forever his devoted servant.

Chaupai 33

तुम्हरे भजन राम को पावै। जनम जनम के दुख बिसरावै॥

Tumhare bhajan Ram ko paavai, janam janam ke dukh bisraavai.

MEANING IN SIMPLE ENGLISH

Through devotion to you, devotees find their way to Rama and leave behind the sorrows of many lifetimes.

Chaupai 34

अंतकाल रघुबर पुर जाई। जहाँ जन्म हरिभक्त कहाई॥

Antkaal Raghubar pur jaai, jahaan janam Haribhakt kahaai.

MEANING IN SIMPLE ENGLISH

The verse expresses the hope that a devotee reaches Rama's abode at life's end and remains devoted to Hari.

Chaupai 35

और देवता चित्त न धरई। हनुमत सेइ सर्ब सुख करई॥

Aur devta chitt na dharai, Hanumat sei sarb sukh karai.

MEANING IN SIMPLE ENGLISH

The verse praises wholehearted devotion to Hanuman as a path to spiritual comfort and well-being.

Chaupai 36

संकट कटै मिटै सब पीरा। जो सुमिरै हनुमत बलबीरा॥

Sankat katai mitai sab peera, jo sumirai Hanumat balbeera.

MEANING IN SIMPLE ENGLISH

Remembering mighty Hanuman is presented as a source of strength through distress and pain.

Chaupai 37

जय जय जय हनुमान गोसाईं। कृपा करहु गुरुदेव की नाईं॥

Jai jai jai Hanuman Gosaaeen, kripa karahu Gurudev ki naayeen.

MEANING IN SIMPLE ENGLISH

Victory to Hanuman! The devotee asks him to show the kindness and guidance of a loving teacher.

Chaupai 38

जो सत बार पाठ कर कोई। छूटहि बंदि महा सुख होई॥

Jo sat baar paath kar koi, chhootahi bandi maha sukh hoi.

MEANING IN SIMPLE ENGLISH

The verse says that devoted, repeated recitation brings freedom from bondage and great joy.

Chaupai 39

जो यह पढ़ै हनुमान चालीसा। होय सिद्धि साखी गौरीसा॥

Jo yah padhai Hanuman Chalisa, hoy siddhi saakhi Gaurisa.

MEANING IN SIMPLE ENGLISH

The verse says that those who read the Hanuman Chalisa attain fulfilment, with Lord Shiva as witness.

Chaupai 40

तुलसीदास सदा हरि चेरा। कीजै नाथ हृदय महँ डेरा॥

Tulsidas sada Hari chera, keejai Nath hriday mahan dera.

MEANING IN SIMPLE ENGLISH

Tulsidas calls himself the servant of Hari and asks Hanuman to make his home in the devotee’s heart.

The closing Doha

पवनतनय संकट हरन, मंगल मूरति रूप। राम लखन सीता सहित, हृदय बसहु सुर भूप॥

Pavan tanay sankat haran, mangal moorati roop. Ram Lakhan Sita sahit, hriday basahu sur bhoop.

MEANING IN SIMPLE ENGLISH

O Son of the Wind, remover of distress and embodiment of auspiciousness, please dwell in my heart with Rama, Lakshmana and Sita.

A final thought

The Hanuman Chalisa celebrates strength guided by humility, wisdom, courage and devotion. Its verses remember Hanuman's service to Rama and invite readers to bring those qualities into their own lives.

Continue Your Hanuman Journey

If you enjoyed this guide, explore the companion prayer:

Hanuman Ashtak – Lyrics, Meaning & Easy Pronunciation

Explore the eight-verse prayer and its stories in the companion reading guide.

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