



SHRI HANUMAN SATHIKA || श्री हनुमान साठिका ||

Shri Hanuman Sathika

|| Doha ||

**Veera bakhānaum Pavanasuta, janata sakala jahān |
Dhanya-dhanya Anjani-tanaya, Sankar, Hara, Hanumān ||**

Meaning: I describe the glory of the brave son of the wind, known to the entire world. O son of Anjani, O incarnation of Lord Shiva, Hanuman Ji! You are blessed.

**Jai Jai Jai Hanuman Adangi |
Mahavir Vikram Bajrangi ||**

Meaning: Hail mighty Hanuman, victory to you! Your speed is unstoppable, meaning no obstacle can hinder you, and no path can obstruct your way. Oh Hanuman, you are as fierce as thunderbolt with formidable limbs, Mahavir (great hero) Bajrangi, victory to you, victory to you!

**Jai Kapish Jai Pavan Kumar |
Jai Jagbandhan Seel Agara ||**

Meaning: Hey Kapish Shreshth, you are the king of all monkeys. Victory to you! Hey Pavanputra, victory to you! Hey Hanuman, you are venerable to the entire world, you are the repository of countless virtues. Victory to you, victory to you!

**Jai Aditya amar abikaari |
Ari mardan jai-jai Giridhaari ||**

Meaning: O master proficient in all arts and skills, you transcend all forms of imperfections. O Lord, you are the destroyer of enemies! Victory to you! O Hanuman (Sathika), you lifted Mount Dronagiri with your unmatched strength! Victory to you!

**Anjani udar janam tum leenha I
Jay-jaykaar devatan keenha II**

Meaning: When you were born from Mother Anjani's womb, all the gods hailed your victory. Victory to you, Hanuman!

**Baaje dundubhi gagan gambheera I
Sur man harsha asur man peera II**

Meaning: In the sky, there was an atmosphere of joy and celebration, with drums resounding. The hearts of the gods were filled with happiness, while the demons felt great distress.

**Kapi ke dar gadh lank sakaani I
Chhute bandh devatan jaani II**

Meaning: Hey Hanuman (Sathika), due to your fear, all the demons residing in the fortress of Lanka became terrified. You rescued all the gods from the demons' prison.

**Rishi samuha nikat chali aaye I
Pavan tanay ke pad sir naaye II**

Meaning: Hanuman ji, a group of sages came near you and all bowed their heads at your feet. Victory to you!

**Baar-baar astuti kari naana I
Nirmal naam dhara Hanumana II**

Meaning: Everyone praised you repeatedly in various ways, and your sacred name 'Hanuman' was bestowed upon you.

**Sakal rishin mili as mat thana I
Deen batay lal phal khana II**

Meaning: All the sages unanimously encouraged you, Hanuman ji, to eat the red-colored fruit.

**Sunat bachan kapi man harshana I
Ravi rath udaya lal phal jana II**

Meaning: Hey Hanuman (Sathika) ji, upon hearing the name of the red-colored fruit, you became very happy and understood the Sun itself to be the red fruit.

**Rath samet kapi keenh ahara I
Surya bina bhae ati andhiyara II**

Meaning: Then Hanuman ji, you caught hold of the Sun along with its chariot and placed it in your mouth. This caused great fear everywhere and uproar echoed throughout the creation.

**Vinay tumhaar karai akulaana I
Tab kapees ki astuti thaanaana II**

Meaning: When the entire creation faced crisis without the Sun, all the gods and sages became distressed. Then, O son of the wind, they began to praise you.

**Sakal lok vritant sunava I
Chaturanana tab ravi ugilava II**

Meaning: Upon hearing about the dire state of the entire world, Brahma persuaded you, O son of the wind, to release the Sun.

**Kaha bahori sunahu balseela I
Ramachandra karihai bahu leela II**

Meaning: At that time, they pleaded with you, O mighty one, O Hanuman, to listen, as Lord Sri Ramachandra would perform magnificent deeds in the times to come.

**Tab tum unakar karehu sahaai I
Abahin basahu kaanan mein jaai II**

Meaning: Then Hanuman ji was asked to assist Lord Sri Ram. "O mighty one, please go to the forest now and stay there for some time."

**Asakahi vidhi nijalok sidhara I
Mile sakha sang Pavan kumara II**

Meaning: Saying this, Brahma ji returned to his realm, and Hanuman ji reunited with his companions.

**Khelein khel maha taru torain I
Dher karein bahu parvat phorain II**

Meaning: O Hanuman ji, in your play, you uprooted and felled mighty trees and shattered numerous mountains into pieces.

**Jehi giri charan dehi kapi dhaai I
Giri samet paatalahi jaai II**

Meaning: O Hanuman ji (Sathika), your power is boundless; wherever you placed your feet on any mountain, it descended into the depths of the netherworld.

**Kapi Sugriva Bali ki traasa I
Nirakhati rahe Ram magu aasa II**

Meaning: Sugriva was very afraid of his elder brother Bali. However, he had hope in the arrival of Lord Sri Ramachandra, which kept him fearless.

**Mile Ram tahan Pavan kumara I
Ati aanand saprem dulaara II**

Meaning: O son of the wind, when you brought them together and reunited them with [Lord Sri Ramachandra](#), you experienced immense love and joy.

**Mani mundari raghupati son paai I
Sita khoj chale siru naai II**

Meaning: O mighty Hanuman! You received a gem-studded ring from Lord Sri Ram, with which you set out to search for Mother Sita.

**Satayojan jalnidhi vistaara I
Agam apaar devatan haara II**

Meaning: Hey Hanuman ji! Before you lay a vast ocean of a hundred yojanas, which even the gods and sages were unable to cross.

**Jimi sar gokhur sarisa kapeesa I
Laanghi gaye kapi kahi jagadeesha II**

Meaning: O mighty Hanuman, you effortlessly crossed that ocean, as vast as a cow's hoof, simply by uttering "Jai Shri Ram," without any fatigue.

**Sita charan seesh tinha naaye I
Ajar amar ke aasis paaye II**

Meaning: Upon reaching Mother Sita in Lanka, you offered reverence to her feet, upon which Sita ji blessed you with immortality and eternal youth.

**Rahe danuj upavan rakhvaari I
Ek se ek mahaabhat bhaari II**

Meaning: In the city of Lanka, there were exceedingly fearsome demons guarding the demoness's gardens.

**Tinhain maari puni kaheu kapisa I
Daheu Lanka kopyo bhuj beesa II**

Meaning: You had destroyed those immensely fearsome demons and devastated their gardens, setting Lanka city ablaze. This made even the king of Lanka, Ravana, tremble in fear.

**Siya bodh dai puni phir aaye I
Ramachandra ke pad sir naaye II**

Meaning: Then you comforted Mother Sita and returned, bowing your head again at the feet of Lord Sri Ramachandra.

**Meru upari aap chin maahi I
Baandhe setu nimish ik maahi II**

Meaning: To take the entire army across to the city of Lanka, you brought large mountains and swiftly constructed a bridge over the sea.

**Lakshman shakti laagi ur jabahi I
Ram bulaay kaha puni tabahi II**

Meaning: During the battle, whenever Sri Ram's brother, Sri Lakshman, was injured, Sri Ramachandra lamented deeply.

**Bhavan samet Susen lai aaye I
Turat Sajivan ko puni dhaaye II**

Meaning: In that difficult time, O mighty Hanuman, you carried the Lanka's physician Sushena along with his palace and swiftly went to fetch the Sanjeevani herb to save the life of Lakshman ji.

**Mag mahan kalnemi kahan maara I
Amit subhat nisichar samhara II**

Meaning: On your way to fetch the herb, you defeated Kalnemi and countless warriors and demons who tried to obstruct your path.

**Aani Sanjeevan giri sameta I
Dhari deenho jaham kripa niketa II**

Meaning: In the end, you brought the Sanjeevani herb along with the mountain and placed it before the compassionate Lord Sri Ram (Sathika).

**Fanpati ker sok hari leenha I
Varshi suman sur jai jai keenha II**

Meaning: Thus, you alleviated Lakshman ji's distress, and the gods showered you with a rain of flowers, chanting your praises in unison.

**Ahiravana, along with his brother I
Took them to the depths below II**

Meaning: Ahiravana, a demon king, has kidnapped Lord Rama and his brother Lakshmana. He has taken them to his underground kingdom, Patala. This is a moment of great distress for the gods and the people of Ayodhya.

**Jahan rahe devi asthaana I
Deen chahe bali kaadhi kirpana II**

Meaning: There, in the place of the goddess, she drew her sword to sacrifice Shri Ram and Lakshman Ji.

**Pavan Tanaya Prabhu Keen Guhaari I
Katak Samet Nishachar Maari II**

Meaning: At that very moment, O mighty Mahavir, you arrived there, challenged the demon, and killed him along with his entire army.

**Sabhi reech ke kispati wapas aaye I
Ram aur Lakshman ko ek-ek le gaye II**

Meaning: Thereafter, you, Hanuman Ji, brought Shri Rama and Lakshmana back to where Jamvant and Sugriva were.

**Sabhi devton ki bandi chhuraye I
So kirti muni Narad gaye II**

Meaning: You freed all the gods from the bondage of demons and Narada Muni sang your praises.

**Achheykumar Danuj Balwaan I
Kaal ketu kahe sab jag jaana II**

Meaning: Akshay Kumar demon was a very strong demon. Whom the whole world knows by the name of Ketu.

**Kumhkaran Ravan ka bhai I
Tahi nipaata kinha kapeeraai II**

Meaning: Ravana also had a brother Kumbhakaran. Hey monkey king! It was you who destroyed all these demons.

**Meghanād par śakti mārā I
Pavan tanay tab so bariyārā II**

Meaning: Hey Hanuman ji (Sathika), you defeated Ravana's brother Meghanath in battle as well. Oh Son of the Wind! Who else is as mighty as you?

**Rahā tanay nārāntak jānā I
Pal mein hate tāhi Hanumānā II**

Meaning: Hey Hanuman ji, you swiftly defeated Narantak, the demon born under the original stars and the son of Ravana.

**Jahañ lagi bhān Danuj kar pāvā I
Pavan tanay sab māri nasāvā II**

Meaning: Wherever you found the demons, O incarnation of Shiva! You annihilated them.

**Jay Marut sut Jay Anukoola I
Naam krisanu sok sam tula II**

Meaning: Hey son of Maruti! Victory be unto you (Sathika). You have been instrumental in accomplishing every task of your devotees. Your name is akin to fire in burning the threads of their sorrow.

**Jahañ jīvan ke sankat hoi I
Ravi tam sam so sankat khoyi II**

Meaning: In anyone's life, no matter what kind of adversity or crisis may arise, you swiftly dispel it in an instant, just as the sun dissolves even the densest darkness within moments.

**Bandi parai sumirai Hanumānā I
Sankat katai dharai jo dhyanā II**

Meaning: Hey Hanuman ji! When someone remembers you during captivity, you swiftly arrive with mace and discus to effectively liberate and protect them.

**Jāko bāndh bāmapad dīnhā I
Mārut sut vyākul bahu kīnhā II**

Meaning: Hey brave Hanuman (Sathika), you throw Yamaraj himself upwards and disrupt the dire situation of death as well.

**So bhujabal kā kīn kṛipālā I
Achhat tumherī mor yah hālā II**

Meaning: Hey ocean of compassion! Where have all your powers gone that despite your presence, I am experiencing this condition?

**Aarat haran naam Hanumānā I
Sādar surpati kīn bakhaana II**

Meaning: Hey Hanuman ji (Sathika), your name is Sankatmochan, as described by both Saraswati Mata and Devraj Indra themselves.

**Tension na rahe ek bhi ghadi ko I
Dhyan dhare Hanuman ji ko II**

Meaning: Whoever meditates on Lord Hanuman, no crisis can remain in their life, not even as much as a mustard seed.

**Dhaavahu dekhi deenata mori I
Kahau Pawan sut jugakar jori II**

Meaning: O dispenser of compassion, please shower your grace. Seeing my humility, come swiftly and free me from these bonds. I implore you with folded hands.

**Kapipati begi anugrah karahu I
Aatur aai dusai dukh harahu II**

Meaning: Hey Hanuman Ji! (Sathika), shower your grace upon me swiftly. Come eagerly to alleviate my sorrow.

**Raam sapatth mai tumahin sunaya I
Javan guhaar laag siya jaaya II**

Meaning: Hey Mahavir! If you do not come upon hearing my plea, then I swear upon Lord Rama.

**Yash tumhara sakal jag jaana I
Bhav bandhan bhanjan Hanumana II**

Meaning: Hey Pawanputra, the whole world knows your glory. Hey Hanuman ji, you also dispel the fear of repeated births in the world.

**Yeh bandhan kar ketik baata I
Naam tumhar jagat sukhdatta II**

Meaning: Lord, then my bondage is nothing before Him. You are also called the giver of all joys in the world.

**Karau kripa jai jai jag swami I
Baar anek namaami namaami II**

Meaning: O Lord of the universe! Victory be unto you (Sathika). Please have mercy on this humble servant. I bow to you many times.

**Bhaumvar kar hom vidhana I
Dhoop deep naivedya sujaana II**

Meaning: Those devotees who perform the Tuesday ritual with proper procedure, Offering incense, lamps, and food offerings.

**Mangal dayak ko lau lave I
Sun nar muni vanchit phal pave II**

Meaning: And along with this, whoever meditates on the auspicious Lord Hanuman, whether they be a deity, human, or sage, immediately attains their desired fruits.

**Jai Jai Jai Jai Jag Swami I
Samarth Purush Suantarjami II**

Meaning: Hey Lord of the universe! Victory be yours, victory be yours, victory be yours, victory be yours! Hey Hanuman ji! You are the omnipotent universal soul who knows the thoughts of everyone's mind.

**Anjani Tanaya naam Hanumana I
So Tulsi ke pran samaana II**

Meaning: Due to being the son of Anjani, your name is Anjaneya. You are equivalent to the life breath of Tulsi

|| Doha ||

**Jai Kapisa Tum, Jai Angad Hanuman I
Ram Lakhan Sita Sahit, Sada Karo Kalyan II**

Meaning: Victory to Sugriva Ji, victory to Angad Ji, victory to Hanuman Ji, along with Shri Ram, Lakshman Ji, and Sita Ji, always bless us with well-being.

**Bandaun Hanumat naam yeh, bhaumvaar paramaan I
Dhyaan dharai nar nishchay, paavai pad kalyaan II**

Meaning: Accepting Tuesday (Sathika) as the standard, whoever recites this passage dedicated to Lord Hanuman and meditates with determination will certainly attain the auspicious and supreme state

**Jo nit padhai yeh saathika, Tulsidas kahein bichaari I
Rahai na sankat tahi ko, Saakshi hain Tripuraari II**

Meaning: Tulsidas declares that whoever recites this [Hanuman Chalisa](#) regularly will never face adversities and challenges. Lord Shiva himself is a witness to this.

|| Savaiya ||

**Aarat ban pukaarat haun kapinaath, suno vinati mam bhaari I
Angad au nal-neel mahaabali dev, sada bal ki balihari II
Jambavant sugreev pavan-sut, Dibid Mayand maha bhat-bhaari I
Dukh dosh haro Tulsidas, jan-ko Shri dwadash beern ki balihari II**

Meaning: Shri Tulsidas ji says – O Hanumanji! I am calling you in great distress. You listen to my prayer. Angad, Nala, Neel, Mahadev, King Bali, Lord Ram (Dev) Balram, brave Jambavan, Sugriva, Pawan son Hanuman, Dvid and Mayanda – I am Balihari (sacrifice) to these twelve heroes. Please remove the sorrow and faults of the devotee.

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