



SACRED HYMN · SANSKRIT (DEVANAGARI) WITH MEANING

# HANUMAN DWADASHA NAMA STOTRAM

Traditional

THE COMPLETE HYMN · SANSKRIT (DEVANAGARI)

Two verses of names followed by two verses on the fruit of recitation, in the four-verse form widely printed across North India.

VERSE 1

हनुमानञ्जनीसूनुर्वायुपुत्रो महाबलः ।

रामेष्टः फाल्गुनसखः पिङ्गाक्षोऽमितविक्रमः ॥

Hanuman, son of Anjani, son of Vayu the wind god, the mighty one; beloved of Rama, friend of Arjuna (Phalgun), the tawny-eyed one of boundless valour.

VERSE 2

उदधिक्रमणश्चैव सीताशोकविनाशनः ।

लक्ष्मणप्राणदाता च दशग्रीवस्य दर्पहा ॥

He who leapt across the ocean, the destroyer of Sita's grief, the giver of life to Lakshmana, and the one who crushed the pride of ten-headed Ravana.

PHALA SHRUTI 1

एवं द्वादश नामानि कपीन्द्रस्य महात्मनः ।

स्वापकाले प्रबोधे च यात्राकाले च यः पठेत् ॥

These are the twelve names of the great-souled lord of the monkeys. Whoever recites them at bedtime, on waking, and when setting out on a journey -

PHALA SHRUTI 2

तस्य सर्वभयं नास्ति रणे च विजयी भवेत् ।

राजद्वारे गह्वरे च भयं नास्ति कदाचन ॥

The verse says that such a person has no fear of any kind and will be victorious in battle, and that at the king's court or in a deep, lonely place fear never touches them.

READ IT ON ITS PAGE

The Hanuman Dwadasha Nama Stotram with its meaning, how and when it is recited, and the same text in five more scripts: [astrobhava.com/mantra/hanuman-dwadasha-nama-stotram/](http://astrobhava.com/mantra/hanuman-dwadasha-nama-stotram/)