ASTROBHAVA

SACRED HYMN · SANSKRIT (DEVANAGARI) WITH MEANING

Hanuman Sahasranamam

Traditional; seer Sri Ramachandra

THE COMPLETE HYMN · SANSKRIT (DEVANAGARI)

Three dhyana verses, 128 verses of names and six verses of phala shruti, in the form that opens hanuman shriprado vayuputro. The printed closing line is given at the end.

DHYANAM 1

प्रतप्तस्वर्णवर्णाभं संरक्तारुणलोचनम् ।
सुग्रीवादियुतं ध्यायेत् पीताम्बरसमावृतम् ॥

One should meditate on Hanuman, glowing like molten gold, with deep red eyes, attended by Sugriva and the other Vanaras, and clad in yellow garments.

DHYANAM 2

गोष्पदीकृतवाराशिं पुच्छमस्तकमीश्वरम् ।
ज्ञानमुद्रां च बिभ्राणं सर्वालङ्कारभूषितम् ॥

He made the ocean as small as a cow's hoofprint, his tail raised above his head; he is the Lord, holding the gesture of knowledge and adorned with every ornament.

DHYANAM 3

वामहस्तसमाकृष्टदशास्याननमण्डलम् ।
उद्यद्दक्षिणदोर्दण्डं हनूमन्तं विचिन्तयेत् ॥

One should contemplate Hanuman, who with his left hand drags down the circle of Ravana's ten faces and raises his mighty right arm.

VERSE 1

हनूमान् श्रीप्रदो वायुपुत्रो रुद्रो नयोऽजरः ।
अमृत्युर्वीरवीरश्च ग्रामवासो जनाश्रयः ॥

Hanuman, giver of fortune, son of Vayu, Rudra, the guide, the ageless one; the deathless, hero among heroes, who dwells in the village and is the refuge of the people.

VERSE 2

धनदो निर्गुणाकारो वीरो निधिपतिर्मुनिः ।
पिङ्गाक्षो वरदो वाग्मी सीताशोकविनाशनः ॥

Giver of wealth, whose form is beyond qualities, the hero, lord of treasures, the sage; tawny-eyed, giver of boons, master of speech, destroyer of Sita's grief.

VERSE 3

शिवः शर्वः परोऽव्यक्तो व्यक्ताव्यक्तो धराधरः ।

पिङ्गकेशः पिङ्गरोमा श्रुतिगम्यः सनातनः ॥

Auspicious Shiva, Sharva, the supreme, the unmanifest, both manifest and unmanifest, upholder of the earth; tawny-haired, with tawny body hair, known through the Vedas, the eternal.

VERSE 4

अनादिर्भगवान् दिव्यो विश्वहेतुर्नराश्रयः ।

आरोग्यकर्ता विश्वेशो विश्वनाथो हरीश्वरः ॥

Without beginning, the blessed Lord, the divine, cause of the universe, refuge of humankind; giver of health, lord and master of the universe, lord of the monkeys.

VERSE 5

भर्गो रामो रामभक्तः कल्याणप्रकृतीश्वरः ।

विश्वम्भरो विश्वमूर्तिर्विश्वाकारोऽथ विश्वपः ॥

The radiant one, Rama himself and Rama's devotee, lord of auspicious nature; sustainer of the world, whose form and shape is the universe, protector of the universe.

VERSE 6

विश्वात्मा विश्वसेव्योऽथ विश्वो विश्वधरो रविः ।

विश्वचेष्टो विश्वगम्यो विश्वध्येयः कलाधरः ॥

Soul of the universe, served by the universe, the universe itself, its upholder, the sun; whose activity, reach and object of meditation is the universe, holder of all the arts.

VERSE 7

प्लवङ्गमः कपिश्रेष्ठो ज्येष्ठो वेद्यो वनेचरः ।

बालो वृद्धो युवा तत्त्वं तत्त्वगम्यः सखा ह्यजः ॥

The leaping one, best of monkeys, the eldest, the one to be known, the forest dweller; the child, the elder and the youth, the truth itself, reached through truth, the friend, the unborn.

VERSE 8

अञ्जनासूनुरव्यग्रो ग्रामस्यान्तो धराधरः ।

भूर्भुवःस्वर्महर्लोको जनोलोकस्तपोऽव्ययः ॥

Son of Anjana, the unperturbed, the boundary of the village, upholder of the earth; he is the worlds Bhu, Bhuvah, Svah, Mahah, Janah and Tapah, and the imperishable.

VERSE 9

सत्यमोङ्कारगम्यश्च प्रणवो व्यापकोऽमलः ।
शिवधर्मप्रतिष्ठाता रामेष्टः फल्गुनप्रियः ॥

He is Satya, reached through Om, the sacred syllable itself, all-pervading and spotless; establisher of the dharma of Shiva, dear to Rama and dear to Arjuna.

VERSE 10

गोष्पदीकृतवारीशः पूर्णकामो धरापतिः ।
रक्षोघ्नः पुण्डरीकाक्षः शरणागतवत्सलः ॥

He made the ocean a hoofprint, his wishes are fulfilled, he is lord of the earth; slayer of demons, lotus-eyed, tender to all who seek his shelter.

VERSE 11

जानकीप्राणदाता च रक्षःप्राणापहारकः ।
पूर्णः सत्यः पीतवासा दिवाकरसमप्रभः ॥

He gave life back to Janaki and took the life of the demons; the complete, the true, clad in yellow, bright as the sun.

VERSE 12

द्रोणहर्ता शक्तिनेता शक्तिराक्षसमारकः ।
अक्षघ्नो रामदूतश्च शाकिनीजीविताहरः ॥

Bearer of the Drona mountain, leader of strength, slayer of the demon's power; slayer of Aksha, Rama's messenger, who ended the life of the Shakini spirits.

VERSE 13

बुभूकारहतारातिर्गर्वपर्वतमर्दनः ।
हेतुस्त्वहेतुः प्रांशुश्च विश्वकर्ता जगद्गुरुः ॥

His foes are struck down by his roar, he crushes the mountain of pride; he is the cause and beyond cause, the tall one, maker of the universe, teacher of the world.

VERSE 14

जगन्नाथो जगन्नेता जगदीशो जनेश्वरः ।
जगत्श्रितो हरिः श्रीशो गरुडस्मयभञ्जकः ॥

Lord, leader and ruler of the world, lord of the people; the world's refuge, Hari, lord of Lakshmi, who broke the pride of Garuda.

VERSE 15

पार्थध्वजो वायुपुत्रः सितपुच्छोऽमितप्रभः ।
ब्रह्मपुच्छः परब्रह्मपुच्छो रामेष्टकारकः ॥

Emblem on Arjuna's banner, son of Vayu, of white tail and boundless splendour; whose tail is Brahman and the supreme Brahman, who accomplishes what Rama desires.

VERSE 16

सुग्रीवादियुतो ज्ञानी वानरो वानरेश्वरः ।
कल्पस्थायी चिरञ्जीवी प्रसन्नश्च सदाशिवः ॥

Accompanied by Sugriva and the others, the wise one, the Vanara and lord of Vanaras; who lasts through the ages, the long-lived, the gracious, the ever-auspicious Shiva.

VERSE 17

सन्मतिः सद्गतिर्भुक्तिमुक्तिदः कीर्तिदायकः ।
कीर्तिः कीर्तिप्रदश्चैव समुद्रः श्रीप्रदः शिवः ॥

Of good mind and the good goal, giver of enjoyment and liberation, bestower of fame; fame itself and giver of fame, the ocean, giver of fortune, the auspicious one.

VERSE 18

उदधिक्रमणो देवः संसारभयनाशनः ।
वालिबन्धनकृद्विश्वजेता विश्वप्रतिष्ठितः ॥

The god who crossed the ocean, destroyer of the fear of worldly existence; who bound Vali, conqueror of the world, established in the world.

VERSE 19

लङ्कारिः कालपुरुषो लङ्केशगृहभञ्जनः ।
भूतावासो वासुदेवो वसुस्त्रिभुवनेश्वरः ॥

Enemy of Lanka, the person of Time, who broke the house of Lanka's lord; abode of all beings, Vasudeva, the Vasu, lord of the three worlds.

VERSE 20

श्रीरामरूपः कृष्णस्तु लङ्काप्रासादभञ्जनः ।
कृष्णः कृष्णस्तुतः शान्तः शान्तिदो विश्वभावनः ॥

Of the form of Sri Rama, the dark one, who wrecked the palaces of Lanka; Krishna, praised by Krishna, the peaceful, giver of peace, sustainer of the world.

VERSE 21

विश्वभोक्ताऽथ मारघ्नो ब्रह्मचारी जितेन्द्रियः ।
ऊर्ध्वगो लाङ्गुली माली लाङ्गूलाहतराक्षसः ॥

Enjoyer of the universe, slayer of desire, the celibate, master of his senses; who rises upward, the tailed one, wearer of garlands, who strikes the demons with his tail.

VERSE 22

समीरतनुजो वीरो वीरमारो जयप्रदः ।
जगन्मङ्गलदः पुण्यः पुण्यश्रवणकीर्तनः ॥

Son of the wind, the hero, slayer of warriors, giver of victory; giver of the world's welfare, the holy one, whose hearing and praise are meritorious.

VERSE 23

पुण्यकीर्तिः पुण्यगीतिर्जगत्पावनपावनः ।
देवेशोऽमितरोमाऽथ रामभक्तविधायकः ॥

Of holy fame and holy song, purifier of the world's purifiers; lord of the gods, of countless hairs, who makes devotees of Rama.

VERSE 24

ध्याता ध्येयो जगत्साक्षी चेता चैतन्यविग्रहः ।
ज्ञानदः प्राणदः प्राणो जगत्प्राणः समीरणः ॥

The meditator and the one meditated upon, witness of the world, the conscious one, whose form is awareness; giver of knowledge and of life, life itself, the life of the world, the wind.

VERSE 25

विभीषणप्रियः शूरः पिप्पलाश्रयसिद्धिदः ।
सिद्धः सिद्धाश्रयः कालः कालभक्षकपूजितः ॥

Beloved of Vibhishana, the brave one, who grants success to those who rest under the peepal tree; the perfected one, refuge of the perfected, Time, worshipped by the devourer of Time.

VERSE 26

लङ्केशनिधनस्थायी लङ्कादाहक ईश्वरः ।
चन्द्रसूर्याग्निनेत्रश्च कालाग्निः प्रलयान्तकः ॥

Who stood until the end of Lanka's lord, the Lord who burned Lanka; whose eyes are moon, sun and fire, the fire of Time, the ender at the dissolution.

VERSE 27

कपिलः कपिशः पुण्यरातिर्द्वादशराशिगः ।
सर्वाश्रयोऽप्रमेयात्मा रेवत्यादिनिवारकः ॥

Tawny and brown, enemy of the unholy, who moves through the twelve signs; refuge of all, of immeasurable self, who wards off Revati and other afflicting spirits.

VERSE 28

लक्ष्मणप्राणदाता च सीताजीवनहेतुकः ।
रामध्यायी हृषीकेशो विष्णुभक्तो जटी बली ॥

Giver of Lakshmana's life and cause of Sita's survival; who meditates on Rama, lord of the senses, devotee of Vishnu, wearing matted locks, the strong one.

VERSE 29

देवारिदर्पहा होता धाता कर्ता जगत्प्रभुः ।
नगरग्रामपालश्च शुद्धो बुद्धो निरन्तरः ॥

Breaker of the pride of the gods' enemies, the priest, the sustainer, the doer, lord of the world; guardian of towns and villages, the pure, the awakened, the unbroken.

VERSE 30

निरञ्जनो निर्विकल्पो गुणातीतो भयङ्करः ।
हनुमांश्च दुराराध्यस्तपःसाध्यो महेश्वरः ॥

Stainless, free of doubt, beyond the qualities, the fearsome one; Hanuman, hard to win over, reached through austerity, the great lord.

VERSE 31

जानकीघनशोकोत्थतापहर्ता पराशरः ।
वाङ्मयः सदसद्रूपः कारणं प्रकृतेः परः ॥

Remover of the burning of Janaki's deep sorrow, the destroyer of foes; made of speech, of the form of being and non-being, the cause, beyond nature.

VERSE 32

भाग्यदो निर्मलो नेता पुच्छलङ्काविदाहकः ।
पुच्छबद्धो यातुधानो यातुधानरिपुप्रियः ॥

Giver of good fortune, the spotless, the leader, who burned Lanka with his tail; who let himself be bound by the tail, a terror to the Yatudhana demons, dear to Rama, the enemy of the demons.

VERSE 33

छायापहारी भूतेशो लोकेशः सद्गतिप्रदः ।

प्लवङ्गमेश्वरः क्रोधः क्रोधसंरक्तलोचनः ॥

Who seized the shadow-demon, lord of beings, lord of the worlds, giver of the good goal; lord of the leapers, wrath itself, with eyes reddened in anger.

VERSE 34

क्रोधहर्ता तापहर्ता भक्ताभयवरप्रदः ।

भक्तानुकम्पी विश्वेशः पुरुहूतः पुरन्दरः ॥

Remover of anger and of affliction, giver of fearlessness and boons to devotees; compassionate to devotees, lord of the universe, Indra the much-invoked, breaker of strongholds.

VERSE 35

अग्निर्विभावसुर्भास्वान् यमो निर्ऋतिरेव च ।

वरुणो वायुगतिमान् वायुः कुबेर ईश्वरः ॥

He is Agni, the radiant fire and the shining one, Yama and Nirriti too; Varuna, swift as the wind, the wind itself, Kubera and the Lord.

VERSE 36

रविश्चन्द्रः कुजः सौम्यो गुरुः काव्यः शनैश्चरः ।

राहुः केतुर्मरुद्दाता धाता हर्ता समीरजः ॥

He is the Sun, Moon, Mars, Mercury, Jupiter, Venus and Saturn; Rahu and Ketu, giver of the winds, the sustainer, the remover, born of the wind.

VERSE 37

मशकीकृतदेवारिर्दैत्यारिर्मधुसूदनः ।

कामः कपिः कामपालः कपिलो विश्वजीवनः ॥

Who made the enemies of the gods like mosquitoes, foe of the demons, slayer of Madhu; desire itself, the monkey, guardian of desires, the tawny one, the life of the world.

VERSE 38

भागीरथीपदाम्भोजः सेतुबन्धविशारदः ।

स्वाहा स्वधा हविः कव्यं हव्यवाहः प्रकाशकः ॥

Whose lotus feet are the Ganga, skilled in building the bridge; he is Svaha and Svadha, the oblation, the offering to the ancestors, the bearer of offerings and the revealer.

VERSE 39

स्वप्रकाशो महावीरो मधुरोऽमितविक्रमः ।
उड्डीनोड्डीनगतिमान् सद्गतिः पुरुषोत्तमः ॥

Self-luminous, the great hero, the sweet one, of boundless valour; who soars in flight after flight, the good goal, the supreme person.

VERSE 40

जगदात्मा जगद्योनिर्जगदन्तो ह्यनन्तरः ।
विपाप्मा निष्कलङ्कोऽथ महान् महदहङ्कृतिः ॥

Soul of the world, its source and its end, the endless and without interval; free of sin, without blemish, the great one, the great principle and the ego.

VERSE 41

खं वायुः पृथिवी चापो वह्निर्दिक् काल एकलः ।
क्षेत्रज्ञः क्षेत्रपालश्च पल्वलीकृतसागरः ॥

He is space, wind, earth, water, fire, the directions and Time, the one alone; knower of the field and guardian of the field, who made the ocean a mere pond.

VERSE 42

हिरण्मयः पुराणश्च खेचरो भूचरो मनुः ।
हिरण्यगर्भः सूत्रात्मा राजराजो विशां पतिः ॥

The golden one, the ancient, who moves in the sky and on the earth, Manu; the golden womb, the thread-soul, king of kings, lord of the people.

VERSE 43

वेदान्तवेद्य उद्गीथो वेदाङ्गो वेदपारगः ।
प्रतिग्रामस्थितः सद्यः स्फूर्तिदाता गुणाकरः ॥

Known through Vedanta, the Udgitha chant, the limb of the Veda, master of the Veda; present in every village, the swift one, giver of inspiration, mine of virtues.

VERSE 44

नक्षत्रमाली भूतात्मा सुरभिः कल्पपादपः ।
चिन्तामणिर्गुणनिधिः प्रजाद्वारमनुत्तमः ॥

Garlanded with the stars, soul of all beings, the wish-granting cow and the wish-granting tree; the wish-fulfilling gem, treasury of virtues, the unsurpassed gateway of the people.

VERSE 45

पुण्यश्लोकः पुरारातिः मतिमान् शर्वरीपतिः ।
किल्किलारावसन्त्रस्तभूतप्रेतपिशाचकः ॥

Of holy fame, the enemy of the demon cities, the wise, lord of the night; whose cry of kil-kil terrifies ghosts, spirits and goblins.

VERSE 46

ऋणत्रयहरः सूक्ष्मः स्थूलः सर्वगतिः पुमान् ।
अपस्मारहरः स्मर्ता श्रुतिर्गाथा स्मृतिर्मनुः ॥

Remover of the three debts, the subtle and the gross, the goal of all, the person; remover of epilepsy, the one who remembers, the Veda, the sacred song, the tradition and Manu.

VERSE 47

स्वर्गद्वारं प्रजाद्वारं मोक्षद्वारं यतीश्वरः ।
नादरूपं परं ब्रह्म ब्रह्म ब्रह्मपुरातनः ॥

The gateway to heaven, to offspring and to liberation, lord of ascetics; whose form is sound, the supreme Brahman, Brahman, the ancient of Brahman.

VERSE 48

एकोऽनेको जनः शुक्लः स्वयञ्ज्योतिरनाकुलः ।
ज्योतिर्ज्योतिरनादिश्च सात्विको राजसस्तमः ॥

The one and the many, the people, the pure white one, self-luminous, untroubled; light of lights, without beginning, the sattvic, the rajasic and the tamasic.

VERSE 49

तमोहर्ता निरालम्बो निराकारो गुणाकरः ।
गुणाश्रयो गुणमयो बृहत्कायो बृहद्यशाः ॥

Dispeller of darkness, without support, without form, mine of virtues; refuge of the virtues, made of virtues, of vast body and vast fame.

VERSE 50

बृहद्धनुर्बृहत्पादो बृहन्मूर्धा बृहत्स्वनः ।
बृहत्कर्णो बृहन्नासो बृहद्बाहुर्बृहत्तनुः ॥

Of vast bow and vast feet, vast head and vast voice; vast ears and vast nose, vast arms and vast body.

VERSE 51

बृहद्ग्रलो बृहत्कायो बृहत्पुच्छो बृहत्करः ।
बृहद्गतिर्बृहत्सेवो बृहल्लोकफलप्रदः ॥

Of vast neck, vast form, vast tail and vast hands; of vast reach and vast service, giver of the fruit of the great worlds.

VERSE 52

बृहद्भक्तिर्बृहद्वाञ्छाफलदो बृहदीश्वरः ।
बृहल्लोकनुतो द्रष्टा विद्यादाता जगद्गुरुः ॥

Of vast devotion, giver of the fruit of vast wishes, the great Lord; praised in the great worlds, the seer, giver of learning, teacher of the world.

VERSE 53

देवाचार्यः सत्यवादी ब्रह्मवादी कलाधरः ।
सप्तपातालगामी च मलयाचलसंश्रयः ॥

Teacher of the gods, speaker of truth, speaker of Brahman, holder of the arts; who goes to the seven netherworlds and dwells on the Malaya mountain.

VERSE 54

उत्तराशास्थितः श्रीशो दिव्यौषधिवशः खगः ।
शाखामृगः कपीन्द्रोऽथ पुराणः प्राणचञ्चुरः ॥

Who stands in the northern quarter, lord of fortune, master of the divine herbs, the sky-goer; the branch-animal, chief of monkeys, the ancient, the quick of breath.

VERSE 55

चतुरो ब्राह्मणो योगी योगिगम्यः परोऽवरः ।
अनादिनिधनो व्यासो वैकुण्ठः पृथिवीपतिः ॥

The clever one, the knower of Brahman, the yogi, reached by yogis, the highest and the lowest; without beginning or end, Vyasa, Vaikuntha, lord of the earth.

VERSE 56

अपराजितो जितारातिः सदानन्दद ईशिता ।
गोपालो गोपतिर्योद्धा कलिः स्फालः परात्परः ॥

The unconquered, conqueror of enemies, giver of constant bliss, the ruler; the cowherd, lord of cows, the warrior, Kali, the leaper, higher than the highest.

VERSE 57

मनोवेगी सदायोगी संसारभयनाशनः ।

तत्त्वदाताऽथ तत्त्वज्ञस्तत्त्वं तत्त्वप्रकाशकः ॥

Swift as the mind, ever in yoga, destroyer of the fear of worldly existence; giver and knower of truth, truth itself and the revealer of truth.

VERSE 58

शुद्धो बुद्धो नित्ययुक्तो भक्ताकारो जगद्रथः ।

प्रलयोऽमितमायश्च मायातीतो विमत्सरः ॥

The pure, the awakened, ever united, who takes the form of his devotees, the chariot of the world; the dissolution, of boundless power of illusion, beyond illusion, free of envy.

VERSE 59

मायानिर्जितरक्षाश्च मायानिर्मितविष्टपः ।

मायाश्रयश्च निर्लेपो मायानिर्वर्तकः सुखी ॥

Who conquered the demons through illusion, by whom the world was shaped through illusion; refuge of illusion, untainted, who ends illusion, the happy one.

VERSE 60

सुखं सुखप्रदो नागो महेशकृतसंस्तवः ।

महेश्वरः सत्यसन्धः शरभः कलिपावनः ॥

Happiness itself and its giver, the serpent, praised by Maheshvara; the great lord, true to his word, the Sharabha, purifier of the Kali age.

VERSE 61

रसो रसज्ञः सन्मानो रूपं चक्षुः श्रुती रवः ।

घ्राणं गन्धः स्पर्शनं च स्पर्शो हिङ्कारमानगः ॥

He is taste and the knower of taste, the honoured, form, the eye, hearing and sound; smell and fragrance, touch and the sense of touch, the one reached through the sound hinkara.

VERSE 62

नेति नेतीति गम्यश्च वैकुण्ठभजनप्रियः ।

गिरिशो गिरिजाकान्तो दुर्वासाः कविरङ्गिराः ॥

Reached by the teaching neti neti, not this, not this, fond of the worship of Vaikuntha; Girisha, beloved of Girija, Durvasa, the poet, Angiras.

VERSE 63

भृगुर्वसिष्ठश्च्यवनो नारदस्तुम्बुरुर्हरः ।
विश्वक्षेत्रं विश्वबीजं विश्वनेत्रं च विश्वपः ॥

He is Bhrigu, Vasishtha, Chyavana, Narada, Tumburu and Hara; the field, seed and eye of the universe, and its protector.

VERSE 64

याजको यजमानश्च पावकः पितरस्तथा ।
श्रद्धा बुद्धिः क्षमा तन्द्रा मन्त्रो मन्त्रयिता सुरः ॥

He is the priest and the patron of the sacrifice, the fire and the ancestors; faith, intellect, forbearance, rest, the mantra, the one who counsels, the god.

VERSE 65

राजेन्द्रो भूपती रूढो माली संसारसारथिः ।
नित्यः सम्पूर्णकामश्च भक्तकामधुगुत्तमः ॥

King of kings, lord of the earth, the renowned, the garlanded, charioteer of worldly existence; the eternal, whose desires are complete, the best wish-giving cow for devotees.

VERSE 66

गणपः केशवो भ्राता पिता माताऽथ मारुतिः ।
सहस्रमूर्धा सहस्रास्यः सहस्राक्षः सहस्रपात् ॥

Ganapati, Keshava, the brother, father and mother, Maruti; with a thousand heads, a thousand faces, a thousand eyes and a thousand feet.

VERSE 67

कामजित् कामदहनः कामः काम्यफलप्रदः ।
मुद्रोपहारी रक्षोघ्नः क्षितिभारहरो बलः ॥

Conqueror of desire, burner of desire, desire itself, giver of desired fruits; who carried the ring, slayer of demons, remover of the earth's burden, the strong one.

VERSE 68

नखदंष्ट्रायुधो विष्णुभक्तो भक्ताभयप्रदः ।
दर्पहा दर्पदो दंष्ट्राशतमूर्तिरमूर्तिमान् ॥

Armed with nails and teeth, devotee of Vishnu, giver of fearlessness to devotees; breaker and giver of pride, of a hundred tusked forms, formless yet possessed of form.

VERSE 69

महानिधिर्महाभागो महाभर्गो महर्द्धिदः ।
महाकारो महायोगी महातेजा महाद्युतिः ॥

The great treasure, the greatly blessed, the great radiance, giver of great prosperity; of great form, the great yogi, of great power and great brilliance.

VERSE 70

महाकर्मा महानादो महामन्त्रो महामतिः ।
महाशमो महोदारो महादेवात्मको विभुः ॥

Of great deeds, great roar, great mantra and great mind; of great calm, great generosity, whose self is Mahadeva, the all-pervading.

VERSE 71

रुद्रकर्मा क्रूरकर्मा रत्ननाभः कृतागमः ।
अम्भोधिलङ्घनः सिद्धः सत्यधर्मा प्रमोदनः ॥

Doer of Rudra's deeds and of fierce deeds, with a jewel at his navel, who made the scriptures; who leapt across the ocean, the perfected, whose dharma is truth, the giver of joy.

VERSE 72

जितामित्रो जयः सोमो विजयो वायुवाहनः ।
जीवो धाता सहस्रांशुर्मुकुन्दो भूरिदक्षिणः ॥

Conqueror of enemies, victory, Soma, triumph, who rides the wind; life, the sustainer, the thousand-rayed sun, Mukunda, generous in gifts.

VERSE 73

सिद्धार्थः सिद्धिदः सिद्धः सङ्कल्पः सिद्धिहेतुकः ।
सप्तपातालचरणः सप्तर्षिगणवन्दितः ॥

Whose aims are fulfilled, giver of success, the perfected, resolve itself, cause of success; whose feet reach the seven netherworlds, worshipped by the seven sages.

VERSE 74

सप्ताब्धिलङ्घनो वीरः सप्तद्वीपोरुमण्डलः ।
सप्ताङ्गराज्यसुखदः सप्तमातृनिषेवितः ॥

The hero who crossed the seven seas, whose wide circle spans the seven continents; giver of the joys of a kingdom of seven limbs, served by the seven Mothers.

VERSE 75

सप्तलोकैकमकुटः सप्तहोत्रः स्वराश्रयः ।
सप्तसामोपगीतश्च सप्तपातालसंश्रयः ॥

The one crown of the seven worlds, of the seven fire-offerings, refuge of the musical notes; sung in the seven Saman chants, dwelling in the seven netherworlds.

VERSE 76

सप्तच्छन्दोनिधिः सप्तच्छन्दः सप्तजनाश्रयः ।
मेधादः कीर्तिदः शोकहारी दौर्भाग्यनाशनः ॥

Treasury of the seven metres, the seven metres themselves, refuge of the seven peoples; giver of intelligence and fame, remover of sorrow, destroyer of misfortune.

VERSE 77

सर्ववश्यकरो गर्भदोषहा पुत्रपौत्रदः ।
प्रतिवादिमुखस्तम्भो रुष्टचित्तप्रसादनः ॥

Who brings all under his sway, removes defects of the womb, gives sons and grandsons; who silences the opponent in debate and calms the angry mind.

VERSE 78

पराभिचारशमनो दुःखहा बन्धमोक्षदः ।
नवद्वारपुराधारो नवद्वारनिकेतनः ॥

Who stills the black magic of others, ends sorrow, frees from bondage; support and dweller of the city of nine gates, the body.

VERSE 79

नरनारायणस्तुत्यो नवनाथमहेश्वरः ।
मेखली कवची खड्गी भ्राजिष्णुर्जिष्णुसारथिः ॥

Praised by Nara and Narayana, great lord of the nine Naths; wearing a girdle, armour and sword, the shining one, charioteer of the victorious.

VERSE 80

बहुयोजनविस्तीर्णपुच्छः पुच्छहतासुरः ।
दुष्टहन्ता नियमिता पिशाचग्रहशातनः ॥

Whose tail stretches many yojanas, who strikes demons with his tail; slayer of the wicked, the controller, destroyer of goblins and seizing spirits.

VERSE 81

बालग्रहविनाशी च धर्मनेता कृपाकरः ।

उग्रकृत्यश्चोग्रवेग उग्रनेत्रः शतक्रतुः ॥

Destroyer of the spirits that afflict children, leader of dharma, mine of compassion; of fierce deeds, fierce speed and fierce eyes, the one of a hundred sacrifices.

VERSE 82

शतमन्युस्तुतः स्तुत्यः स्तुतिः स्तोता महाबलः ।

समग्रगुणशाली च व्यग्रो रक्षोविनाशनः ॥

Praised by Indra, worthy of praise, praise itself and the praiser, the mighty one; endowed with every virtue, the eager, destroyer of demons.

VERSE 83

रक्षोऽग्निदावो ब्रह्मेशः श्रीधरो भक्तवत्सलः ।

मेघनादो मेघरूपो मेघवृष्टिनिवारणः ॥

A forest fire to the demons, lord of Brahma, bearer of Lakshmi, tender to devotees; the thundering cloud, of cloud form, who holds back the cloud's rain.

VERSE 84

मेघजीवनहेतुश्च मेघश्यामः परात्मकः ।

समीरतनयो धाता तत्त्वविद्याविशारदः ॥

Cause of the clouds' life-giving water, dark as a cloud, the supreme self; son of the wind, the sustainer, skilled in the knowledge of truth.

VERSE 85

अमोघोऽमोघवृष्टिश्चाभीष्टदोऽनिष्टनाशनः ।

अर्थोऽनर्थापहारी च समर्थो रामसेवकः ॥

The unfailing, whose rain never fails, giver of what is wished, destroyer of what is unwished; wealth itself, remover of misfortune, the capable servant of Rama.

VERSE 86

अर्थी धन्योऽसुरारातिः पुण्डरीकाक्ष आत्मभूः ।

सङ्कर्षणो विशुद्धात्मा विद्याराशिः सुरेश्वरः ॥

The seeker, the blessed, foe of the demons, lotus-eyed, self-born; Sankarshana, of pure self, a heap of learning, lord of the gods.

VERSE 87

अचलोद्धारको नित्यः सेतुकृद्रामसारथिः ।
आनन्दः परमानन्दो मत्स्यः कूर्मो निधिः शयः ॥

Lifter of mountains, the eternal, builder of the bridge, Rama's charioteer; bliss, supreme bliss, the Fish and the Tortoise, the treasure, the one who rests.

VERSE 88

वराहो नारसिंहश्च वामनो जमदग्निजः ।
रामः कृष्णः शिवो बुद्धः कल्की रामाश्रयो हरिः ॥

The Boar and Narasimha, Vamana and the son of Jamadagni; Rama, Krishna, Shiva, Buddha, Kalki, the refuge of Rama, Hari.

VERSE 89

नन्दी भृङ्गी च चण्डी च गणेशो गणसेवितः ।
कर्माध्यक्षः सुरारामो विश्रामो जगतीपतिः ॥

Nandi, Bhringi and Chandi, Ganesha served by the ganas; overseer of actions, delight of the gods, the resting place, lord of the earth.

VERSE 90

जगन्नाथः कपीशश्च सर्वावासः सदाश्रयः ।
सुग्रीवादिस्तुतो दान्तः सर्वकर्मा प्लवङ्गमः ॥

Lord of the world and lord of the monkeys, dwelling in all, the constant refuge; praised by Sugriva and the others, the self-controlled, doer of all deeds, the leaper.

VERSE 91

नखदारितरक्षश्च नखयुद्धविशारदः ।
कुशलः सुधनः शेषो वासुकिस्तक्षकस्तथा ॥

Who tore the demons with his nails, skilled in fighting with nails; the able one, rich in wealth, Shesha, Vasuki and Takshaka too.

VERSE 92

स्वर्णवर्णो बलाढ्यश्च पुरुजेताऽघनाशनः ।
कैवल्यदीपः कैवल्यो गरुडः पन्नगो गुरुः ॥

Golden in colour, rich in strength, conqueror of many, destroyer of sin; the lamp of liberation, liberation itself, Garuda, the serpent, the teacher.

VERSE 93

क्लीक्लीरावहतारातिगर्वः पर्वतभेदनः ।

वज्राङ्गो वज्रवक्त्रश्च भक्तवज्रनिवारकः ॥

Who struck down the pride of his foes with the cry klim klim, splitter of mountains; with a body and face like the thunderbolt, who wards off the thunderbolt from his devotees.

VERSE 94

नखायुधो मणिग्रीवो ज्वालामाली च भास्करः ।

प्रौढप्रतापस्तपनो भक्ततापनिवारकः ॥

Armed with nails, with a jewel at his throat, garlanded with flames, the sun; of mature might, the burning one, who removes the burning of his devotees.

VERSE 95

शरणं जीवनं भोक्ता नानाचेष्टोऽथ चञ्चलः ।

स्वस्थस्त्वस्वास्थ्यहा दुःखशातनः पवनात्मजः ॥

The refuge, life itself, the enjoyer, of many movements, the restless one; the well one who removes ill health, destroyer of sorrow, son of the wind.

VERSE 96

पवनः पावनः कान्तो भक्ताङ्गः सहनो बलः ।

मेघनादरिपुर्मेघनादसंहृतराक्षसः ॥

The wind, the purifier, the beloved, the limb of devotees, the patient, the strong; enemy of Meghanada, by whom Meghanada's demons were destroyed.

VERSE 97

क्षरोऽक्षरो विनीतात्मा वानरेशः सताङ्गतिः ।

श्रीकण्ठः शितिकण्ठश्च सहायः सहनायकः ॥

The perishable and the imperishable, of humble self, lord of the Vanaras, goal of the good; with a beautiful throat and a blue throat, the helper, leader of helpers.

VERSE 98

अस्थूलस्त्वनणुर्भर्गो देवसंसृतिनाशनः ।

अध्यात्मविद्यासारश्चाप्यध्यात्मकुशलः सुधीः ॥

Neither gross nor atomic, the radiant one, who ends the wandering of the gods in births; essence of the knowledge of the Self, skilled in the Self, the wise.

VERSE 99

अकल्मषः सत्यहेतुः सत्यदः सत्यगोचरः ।

सत्यगर्भः सत्यरूपः सत्यः सत्यपराक्रमः ॥

Without stain, cause of truth, giver of truth, known through truth; whose womb, form and valour are truth, truth itself.

VERSE 100

अञ्जनाप्राणलिङ्गं च वायुवंशोद्भवः श्रुतिः ।

भद्ररूपो रुद्ररूपः सुरूपश्चित्ररूपधृक् ॥

The life-sign of Anjana, born of the line of Vayu, the Veda; of auspicious form, of Rudra's form, of beautiful form, bearing wondrous forms.

VERSE 101

मैनाकवन्दितः सूक्ष्मदर्शनो विजयो जयः ।

क्रान्तदिङ्मण्डलो रुद्रः प्रकटीकृतविक्रमः ॥

Honoured by Mainaka, of subtle vision, triumph and victory; who strode over the circle of directions, Rudra, who made his valour manifest.

VERSE 102

कम्बुकण्ठः प्रसन्नात्मा ह्रस्वनासो वृकोदरः ।

लम्बोष्ठः कुण्डली चित्रमाली योगविदां वरः ॥

Conch-throated, of serene self, short-nosed, wolf-bellied; long-lipped, wearing earrings and a bright garland, best among the knowers of yoga.

VERSE 103

विपश्चित् कविरानन्दविग्रहोऽनल्पनाशनः ।

फाल्गुनीसूनुरव्यग्रो योगात्मा योगतत्परः ॥

The wise seer, the poet, embodiment of bliss, destroyer of great evil; son of Phalguni, the unperturbed, whose self is yoga, devoted to yoga.

VERSE 104

योगविद्योगकर्ता च योगयोनिर्दिगम्बरः ।

अकारादिक्षकारान्तवर्णनिर्मितविग्रहः ॥

Knower and maker of yoga, source of yoga, clothed by the sky; whose body is formed of the letters from a to ksha.

VERSE 105

उलूखलमुखः सिद्धसंस्तुतः परमेश्वरः ।
श्लिष्टजङ्घः श्लिष्टजानुः श्लिष्टपाणिः शिखाधरः ॥

With a face like a mortar, praised by the perfected, the supreme lord; with firm-knit thighs, knees and hands, wearing a topknot.

VERSE 106

सुशर्माऽमितधर्मा च नारायणपरायणः ।
जिष्णुर्भविष्णू रोचिष्णुर्ग्रसिष्णुः स्थाणुरेव च ॥

Of good refuge and boundless dharma, devoted to Narayana; the victorious, the one who becomes, the shining, the devourer, and the firm Sthanu.

VERSE 107

हरी रुद्रानुकृद्वृक्षकम्पनो भूमिकम्पनः ।
गुणप्रवाहः सूत्रात्मा वीतरागः स्तुतिप्रियः ॥

The monkey who imitates Rudra, shaker of trees and of the earth; the stream of the qualities, the thread-soul, free of attachment, fond of praise.

VERSE 108

नागकन्याभयध्वंसी कृतपूर्णः कपालभृत् ।
अनुकूलोऽक्षयोऽपायोऽनपायो वेदपारगः ॥

Who dispelled the fear of the Naga maidens, whose work is complete, bearing a skull; the favourable, the imperishable, the means and the unfailing, master of the Veda.

VERSE 109

अक्षरः पुरुषो लोकनाथस्त्र्यक्षः प्रभुर्दृढः ।
अष्टाङ्गयोगफलभूः सत्यसन्धः पुरुष्टुतः ॥

The imperishable, the person, lord of the world, three-eyed, the firm master; the fruit of eight-limbed yoga, true to his word, praised by many.

VERSE 110

श्मशानस्थाननिलयः प्रेतविद्रावणक्षमः ।
पञ्चाक्षरपरः पञ्चमातृको रञ्जनो ध्वजः ॥

Who dwells in the cremation ground and can put ghosts to flight; devoted to the five-syllable mantra, of the five Mothers, the delighter, the banner.

VERSE 111

योगिनीवृन्दवन्द्यश्रीः शत्रुघ्नोऽनन्तविक्रमः ।
ब्रह्मचारीन्द्रियवपुर्धृतदण्डो दशात्मकः ॥

Whose glory is honoured by the hosts of yoginis, slayer of foes, of endless valour; whose body is the celibate's senses, holding the staff, of tenfold self.

VERSE 112

अप्रपञ्चः सदाचारः शूरसेनो विदारकः ।
बुद्धः प्रमोद आनन्दः सप्तजिह्वपतिर्धरः ॥

Beyond the world of appearance, of good conduct, Shurasena, the render; the awakened, joy and bliss, lord of the seven-tongued fire, the upholder.

VERSE 113

नवद्वारपुराधारः प्रत्यग्रः सामगायनः ।
षट्चक्रधामा स्वर्लोकभयहृन्मानदो मदः ॥

Support of the city of nine gates, ever new, singer of the Saman; whose abode is the six chakras, who removes fear in the heavenly world, giver of honour, joy itself.

VERSE 114

सर्ववश्यकरः शक्तिरनन्तोऽनन्तमङ्गलः ।
अष्टमूर्तिधरो नेता विरूपः स्वरसुन्दरः ॥

Who brings all under his sway, power itself, the endless, of endless good; bearer of the eight forms, the leader, the strange of form, beautiful of voice.

VERSE 115

धूमकेतुर्महाकेतुः सत्यकेतुर्महारथः ।
नन्दीप्रियः स्वतन्त्रश्च मेखली डमरुप्रियः ॥

The comet, the great banner, the banner of truth, the great warrior; dear to Nandi, the independent, wearing a girdle, fond of the damaru drum.

VERSE 116

लोहिताङ्गः समिद्वह्निः षड्ऋतुः शर्व ईश्वरः ।
फलभुक् फलहस्तश्च सर्वकर्मफलप्रदः ॥

Red-limbed, the kindled fire, the six seasons, Sharva the Lord; who eats fruit, holds fruit in his hand, and gives the fruit of all actions.

VERSE 117

धर्माध्यक्षो धर्मफलो धर्मो धर्मप्रदोऽर्थदः ।
पञ्चविंशतितत्त्वज्ञस्तारको ब्रह्मतत्परः ॥

Overseer of dharma, fruit of dharma, dharma itself, giver of dharma and of wealth; knower of the twenty-five principles, the saviour, devoted to Brahman.

VERSE 118

त्रिमार्गवसतिर्भीमः सर्वदुष्टनिबर्हणः ।
ऊर्जःस्वामी जलस्वामी शूली माली निशाकरः ॥

Dwelling on the three paths, the terrible, destroyer of all the wicked; lord of vigour and lord of the waters, bearer of the trident, wearer of garlands, the moon.

VERSE 119

रक्ताम्बरधरो रक्तो रक्तमाल्यविभूषणः ।
वनमाली शुभाङ्गश्च श्वेतः श्वेताम्बरो युवा ॥

Clad in red, the red one, adorned with red garlands; wearing the forest garland, of auspicious limbs, the white one in white garments, the youth.

VERSE 120

जयोऽजेयपरीवारः सहस्रवदनः कविः ।
शाकिनीडाकिनीयक्षरक्षोभूतप्रभञ्जनः ॥

Victory, whose retinue is unconquerable, thousand-faced, the poet; destroyer of Shakinis, Dakinis, Yakshas, demons and spirits.

VERSE 121

सद्योजातः कामगतिर्ज्ञानमूर्तिर्यशस्करः ।
शम्भुतेजाः सार्वभौमो विष्णुभक्तः प्लवङ्गमः ॥

Sadyojata, moving at will, embodiment of knowledge, bringer of fame; with the radiance of Shambhu, the universal ruler, devotee of Vishnu, the leaper.

VERSE 122

चतुर्णवतिमन्त्रज्ञः पौलस्त्यबलदर्पहा ।
सर्वलक्ष्मीप्रदः श्रीमानङ्गदप्रियवर्धनः ॥

Knower of the ninety-four mantras, breaker of the pride of Ravana's strength; giver of all wealth, the glorious one, who furthered the joy of Angada.

VERSE 123

स्मृतिबीजं सुरेशानः संसारभयनाशनः ।

उत्तमः श्रीपरीवारः श्रीभूरुग्रश्च कामधुक् ॥

Seed of memory, lord of the gods, destroyer of the fear of worldly existence; the highest, attended by fortune, source of fortune, the fierce one, the wish-giving cow.

VERSE 124

सदागतिर्मातरिश्वा रामपादाब्जषट्पदः ।

नीलप्रियो नीलवर्णो नीलवर्णप्रियः सुहृत् ॥

Ever moving, the wind Matarishva, a bee at Rama's lotus feet; fond of Nila, blue in colour, fond of the blue-coloured one, the friend.

VERSE 125

रामदूतो लोकबन्धुरन्तरात्मा मनोरमः ।

श्रीरामध्यानकृद्वीरः सदा किम्पुरुषस्तुतः ॥

Rama's messenger, friend of the world, the inner self, the delightful; the hero who meditates on Sri Rama, ever praised by the Kimpurushas.

VERSE 126

रामकार्यान्तरङ्गश्च शुद्धिर्गतिरनामयः ।

पुण्यश्लोकः परानन्दः परेशप्रियसारथिः ॥

Close to the heart of Rama's work, purity, the goal, free of illness; of holy fame, supreme bliss, beloved charioteer of the supreme lord.

VERSE 127

लोकस्वामी मुक्तिदाता सर्वकारणकारणः ।

महाबलो महावीरः पारावारगतिर्गुरुः ॥

Lord of the worlds, giver of liberation, cause of all causes; of great strength and great valour, who crossed to the farther shore, the teacher.

VERSE 128

तारको भगवांस्त्राता स्वस्तिदाता सुमङ्गलः ।
समस्तलोकसाक्षी च समस्तसुरवन्दितः ।
सीतासमेतश्रीरामपादसेवाधुरन्धरः ॥

The saviour, the blessed Lord, the protector, giver of wellbeing, the most auspicious; witness of all the worlds, honoured by all the gods, foremost in serving the feet of Sri Rama together with Sita.

PHALA SHRUTI 1

इदं नामसहस्रं तु योऽधीते प्रत्यहं नरः ।
दुःखौघो नश्यते क्षिप्रं सम्पत्तिर्वर्धते चिरम् ।
वश्यं चतुर्विधं तस्य भवत्येव न संशयः ॥

The verse says that whoever recites these thousand names every day sees his flood of sorrows quickly destroyed and his prosperity grow for long. It adds that the fourfold power to win others over comes to him without doubt.

PHALA SHRUTI 2

राजानो राजपुत्राश्च राजकीयाश्च मन्त्रिणः ।
त्रिकालं पठनादस्य दृश्यन्ते च त्रिपक्षतः ॥

The verse says that through reciting this at the three times of day, kings, princes, royal officers and ministers are seen to take his side.

PHALA SHRUTI 3

अश्वत्थमूले जपतां नास्ति वैरिकृतं भयम् ।
त्रिकालपठनादस्य सिद्धिः स्यात् करसंस्थिता ॥

The verse says that those who chant it at the root of the peepal tree have no fear caused by enemies. It adds that by reciting it at the three times of day, success rests in one's hand.

PHALA SHRUTI 4

ब्राह्मे मुहूर्ते चोत्थाय प्रत्यहं यः पठेन्नरः ।
ऐहिकामुष्मिकान् सोऽपि लभते नात्र संशयः ॥

The verse says that whoever rises at the Brahma muhurta before dawn and recites it daily gains the good of this world and the next, without doubt.

PHALA SHRUTI 5

सङ्ग्रामे सन्निविष्टानां वैरिविद्रावणं भवेत् ।
ज्वरापस्मारशमनं गुल्मादिव्याधिवारणम् ॥

The verse says that for those engaged in battle it puts enemies to flight. It says it calms fever and epilepsy and wards off tumours and other illnesses.

PHALA SHRUTI 6

साम्राज्यसुखसम्पत्तिदायकं जपतां नृणाम् ।
य इदं पठते नित्यं पाठयेद्वा समाहितः ।
सर्वान् कामानवाप्नोति वायुपुत्रप्रसादतः ॥

The verse says it grants the joys and wealth of sovereignty to those who chant it. It says whoever reads it daily with a collected mind, or has it read, gains all wishes by the grace of the son of Vayu.

CLOSING

॥ श्री आञ्जनेयसहस्रनामस्तोत्रं हनुमत्सहस्रनामस्तोत्रं च सम्पूर्णम् ॥

Thus ends the Sri Anjaneya Sahasranama Stotram, also called the Hanumat Sahasranama Stotram.

Read it on its page

The Hanuman Sahasranamam with its meaning, how and when it is recited, and the same text in five more scripts: astrobhava.com/mantra/hanuman-sahasranamam/



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