



SACRED HYMN · HINDI (DEVANAGARI) WITH MEANING

SANKAT MOCHAN HANUMAN ASHTAK

Attributed to Goswami Tulsidas

Eight savaiya stanzas, each with its full refrain as sung, and the closing doha.

VERSE 1

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 नहिँ जानत है जग में कपि संकटमोचन नाम तिहारो ॥

When as a child you swallowed the sun, darkness fell over the three worlds and the whole world was struck with fear; no one could remove this calamity. Then the gods came and pleaded with you, and you released the sun and ended their distress. Who in the world does not know your name, O Monkey, as Sankat Mochan, the remover of troubles?

VERSE 2

बालि की त्रास कपीस बसै गिरि जात महाप्रभु पंथ निहारो ।
चौंकि महा मुनि साप दियो तब चाहिय कौन बिचार बिचारो ॥
कै द्विज रूप लिवाय महाप्रभु सो तुम दास के सोक निवारो ।
को नहिँ जानत है जग में कपि संकटमोचन नाम तिहारो ॥

In fear of Vali, the monkey king Sugriva lived on the mountain, watching the road for the coming of the Lord. Because the great sage, startled, had laid a curse on Vali (barring him from that mountain), Sugriva wondered what course to take. Taking the form of a Brahmin, you brought the Lord to him and so ended the grief of your servant. Who in the world does not know your name, O Monkey, as Sankat Mochan?

VERSE 3

अंगद के सँग 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 नहिँ जानत है जग में कपि संकटमोचन नाम तिहारो ॥

You went with Angada to search for Sita, and the monkey king Sugriva declared: whoever sets foot here without news of her will not escape alive. When all had searched until they were exhausted on the shore of the ocean, you brought news of Sita and saved their lives. Who in the world does not know your name, O Monkey, as Sankat Mochan?

VERSE 4

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 नहि जानत है जग में कपि संकटमोचन नाम तिहारो ॥

Ravana tormented Sita and told all the demonesses to talk her out of her grief and win her over. At that time, great lord Hanuman, you went and slew mighty night-roaming demons. When Sita begged the Ashoka tree for fire to end her life, you gave her the Lord's ring and took away her sorrow. Who in the world does not know your name, O Monkey, as Sankat Mochan?

VERSE 5

बान लग्यो उर लछिमन के तब प्रान तजे सुत रावन मारो ।
लै गृह बैद्य सुषेन समेत तबै गिरि द्रोण सु बीर उपारो ॥
आनि सजीवन हाथ दई तब लछिमन के तुम प्रान उबारो ।
को नहि जानत है जग में कपि संकटमोचन नाम तिहारो ॥

When the arrow struck Lakshmana's chest and he lay near death, struck by Ravana's son, you, O hero, carried off the physician Sushena with his very house and uprooted the Drona mountain. You brought the Sanjivani herb and placed it in his hands, and so saved Lakshmana's life. Who in the world does not know your name, O Monkey, as Sankat Mochan?

VERSE 6

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 नहि जानत है जग में कपि संकटमोचन नाम तिहारो ॥

When Ravana fought a treacherous battle, he cast the noose of serpents over everyone. Sri Raghunatha and the whole army fell senseless, a heavy calamity. Then you, Hanuman, brought Garuda, lord of birds, who cut the bonds and ended the terror. Who in the world does not know your name, O Monkey, as Sankat Mochan?

VERSE 7

बंधु समेत जबै अहिरावन लै रघुनाथ पताल सिधारो ।
देबिहि पूजि भली बिधि सों बलि देउ सबै मिलि मंत्र बिचारो ॥
जाय सहाय भयो तब ही अहिरावन सैन्य समेत सँहारो ।
को नहि जानत है जग में कपि संकटमोचन नाम तिहारो ॥

When Ahiravana carried Raghunatha and his brother away to the netherworld, worshipped the goddess with due rites, and all of them plotted together to offer the two as sacrifice, you went there and came to their aid, destroying Ahiravana along with his army. Who in the world does not know your name, O Monkey, as Sankat Mochan?

VERSE 8

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 जग में कपि संकटमोचन नाम तिहारो ॥

You accomplished great tasks for the gods; O hero, great lord, look and consider: what trouble of this poor one of yours is there that you cannot remove? Swiftly take away, great lord Hanuman, whatever trouble is ours. Who in the world does not know your name, O Monkey, as Sankat Mochan?

DOHA 1

लाल देह लाली लसे अरु धरि लाल लँगूर ।
बज्र देह दानव दलन जय जय जय कपि सूर ॥

Your red body glows with red vermillion, and you bear a red tail. Your body is hard as a thunderbolt and crushes the demon hosts; victory, victory, victory to the heroic Monkey.

READ IT ON ITS PAGE

The Sankat Mochan Hanuman Ashtak with its meaning, how and when it is recited, and the same text in five more scripts: astrobhava.com/mantra/sankat-mochan-hanuman-ashtak/



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