



हनुमान अष्टक

Sankat Mochan Hanuman Ashtak · Lyrics in English with meaning

GOSWAMI TULSIDAS · 8 VERSES + DOHA

- ① बाल समय रवि भक्षि लियो तब, तीनहुं लोक भयो अंधियारो ।
ताहि सों त्रास भयो जग को, यह संकट काहु सों जात न टारो ।
देवन आनि करी बिनती तब, छाड़ि दियो रवि कष्ट निवारो ।
को नहिं जानत है जग में कपि, संकटमोचन नाम तिहारो ॥

*Bāl samay ravi bhakṣi liyo tab, tīnahu lok bhayo andhiyāro.
Tāhi soṁ trās bhayo jag ko, yah sankat kāhu soṁ jāt na tāro.
Devan āni karī bintī tab, chhāḍi diyo ravi kaṣṭ nivāro.
Ko nahim jānat hai jag meṁ kapi, Sankat-mochan nām tihāro.*

Meaning. As a child you mistook the blazing sun for a fruit and swallowed it, and all three worlds fell into darkness. Creation was gripped by terror and none could undo the calamity. Only when the gods came and prayed did you release the sun and end the crisis. **Who in this world does not know, O Hanuman, that your very name is Sankat-mochan, the remover of every trouble?**

- ② बालि की त्रास कपीस बसै गिरि, जात महाप्रभु पंथ निहारो ।
चौंकि महामुनि साप दियो तब, चाहिय कौन बिचार बिचारो ।
कै द्विज रूप लिवाय महाप्रभु, सो तुम दास के सोक निवारो ।
को नहिं जानत है जग में कपि, संकटमोचन नाम तिहारो ॥

*Bāli kī trās kapīs basai giri, jāt mahāprabhu panth nihāro.
Chaunki mahāmuni sāp diyo tab, chāhiy kaun bichār bichāro.
Kai dwij rūp livāy mahāprabhu, so tum dās ke sok nivāro.
Ko nahim jānat hai jag meṁ kapi, Sankat-mochan nām tihāro.*

Meaning. Sugriva lived hidden on the mountain in dread of his brother Bali. Seeing Sri Ram approach, he sent you to learn who the strangers were. Taking the form of a brahmin, you met Ram, brought Him to Sugriva, and lifted your devotee's fear and grief. **Who in this world does not know, O Hanuman, that your very name is Sankat-mochan, the remover of every trouble?**

- ③ अंगद के संग लेन गए सिय, खोज कपीस यह बैन उचारो ।
जीवत ना बचिहौ हम सो जु, बिना सुधि लाय इहां पगु धारो ।
हेरि थके तट सिंधु सबै तब, लाय सिया-सुधि प्राण उबारो ।
को नहिं जानत है जग में कपि, संकटमोचन नाम तिहारो ॥

*Angad ke sang len gaye siya, khoj kapīs yah bain uchāro.
Jīvat nā bachihau ham so ju, binā sudhi lāy ihām pagu dhāro.
Heri thake taṭ sindhu sabai tab, lāy siyā-sudhi prāṇ ubāro.
Ko nahim jānat hai jag meṁ kapi, Sankat-mochan nām tihāro.*

Meaning. When the search party set out with Angad, Sugriva had warned that any who returned without word of Sita would forfeit their lives. Exhausted, the vanaras despaired at the ocean's edge, until you brought news of Sita and saved every one of their lives. **Who in this world does not know, O Hanuman, that your very name is Sankat-mochan, the remover of every trouble?**

- ④ रावन त्रास दर्ई 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 नहीं जानत है जग में कपि, संकटमोचन नाम तिहारो ॥

*Rāvan trās dayī siya ko sab, rākṣasi soṁ kahī sok nivāro.
Tāhi samay hanumān mahāprabhu, jāy mahā rajnīchar māro.
Chāhat siy asok soṁ āgi su, dai prabhu mudrikā sok nivāro.
Ko nahim jānat hai jag meṁ kapi, Sankat-mochan nām tihāro.*

Meaning. Ravan tormented Sita and set his demonesses upon her. At that very moment you arrived and struck down the mighty night-rangers. As grieving Sita turned to the ashoka tree meaning to end her life, you dropped Ram's ring before her and dispelled her sorrow. **Who in this world does not know, O Hanuman, that your very name is Sankat-mochan, the remover of every trouble?**

- 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 दर्ई तब, लछिमन के तुम प्रान उबारो ।
को नहीं जानत है जग में कपि, संकटमोचन नाम तिहारो ॥

*Bān lagyo ur lachhiman ke tab, prān taje sut rāvan māro.
Lai grih baidya suṣen samet, tabai giri dron su-bīr upāro.
Āni sajīvan hāth dayī tab, lachhiman ke tum prān ubāro.
Ko nahim jānat hai jag meṁ kapi, Sankat-mochan nām tihāro.*

Meaning. When Meghnad's arrow pierced Lakshman's chest and his life ebbed away, you fetched the physician Sushen and uprooted the Dronagiri peak to bring the Sanjivani herb. Placing it in his hand, you restored Lakshman to life. **Who in this world does not know, O Hanuman, that your very name is Sankat-mochan, the remover of every trouble?**

- ⑥ रावन जुध 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 नहीं जानत है जग में कपि, संकटमोचन नाम तिहारो ॥

*Rāvan judh ajān kiyo tab, nāg ki phāms sabai sir ḍāro.
Shrī Raghunāth samet sabai dal, moh bhayo yah sankat bhāro.
Āni khages tabai hanumān ju, bandhan kāṭi sutrās nivāro.
Ko nahim jānat hai jag mem kapi, Sankat-mochan nām tihāro.*

Meaning. When Ravan waged unseen war and bound Ram and the whole army in nooses of serpents, and all lay helpless in that spell, you brought Garuda, lord of birds, who devoured the snakes, cutting every bond and ending the terror. **Who in this world does not know, O Hanuman, that your very name is Sankat-mochan, the remover of every trouble?**

⑦ बंधु समेत जबै अहिरावन, लै रघुनाथ पताल सिधारो ।
देबिहिं पूजि भलि विधि सों बलि, देउ सबै मिलि मंत्र बिचारो ।
जाय सहाय भयो तब ही, अहिरावन सैन्य समेत संहारो ।
को नहीं जानत है जग में कपि, संकटमोचन नाम तिहारो ॥

*Bandhu samet jabai ahirāvan, lai raghunāth patāl sidhāro.
Debihim pūji bhali vidhi soṁ bali, deu sabai mili mantra bichāro.
Jāy sahāy bhayo tab hī, ahirāvan sainya samet sanhāro.
Ko nahim jānat hai jag mem kapi, Sankat-mochan nām tihāro.*

Meaning. When Ahiravan carried Ram and Lakshman to Patal-lok to sacrifice them before his goddess, and the demons plotted in secret counsel, you went to their aid, destroyed Ahiravan with his whole army, and brought the brothers back. **Who in this world does not know, O Hanuman, that your very name is Sankat-mochan, the remover of every trouble?**

⑧ काज किए बड़ देवन के तुम, बीर महाप्रभु देखि बिचारो ।
कौन सो संकट मोर गरीब को, जो तुमसों नहीं जात है टारो ।
बेगि हरो हनुमान महाप्रभु, जो कछु संकट होय हमारो ।
को नहीं जानत है जग में कपि, संकटमोचन नाम तिहारो ॥

*Kāj kie baḍ devan ke tum, bīr mahāprabhu dekhi bichāro.
Kaun so sankat mor garīb ko, jo tumsoṁ nahim jāt hai tāro.
Begi haro hanumān mahāprabhu, jo kachhu sankat hoy hamāro.
Ko nahim jānat hai jag mem kapi, Sankat-mochan nām tihāro.*

Meaning. You have accomplished the greatest tasks for the very gods, O valiant one, consider this: what trouble of your poor devotee could there be that you cannot undo? Come swiftly, O Hanuman, and take away whatever distress is mine. **Who in this world does not know, O Hanuman, that your very name is Sankat-mochan, the remover of every trouble?**

DOHA

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

*Lāl deh lālī lase, aru dhari lāl langūr.
Bajra deh dānav dalan, jai jai jai kapi sūr.*

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