Hanuman Sathika

About these texts

Sources	Each text is printed with its source, tradition and version. Wording may differ slightly in other traditions and editions.
Transliteration	The Roman line is IAST transliteration derived from the Devanagari (ā = long a, ṃ = anusvara, ḥ = visarga, ś/ṣ = sh sounds, c = ch as in "church"). In Hindi, Awadhi and Braj texts the silent final "a" is dropped. Transliteration does not show Vedic accents.

Hanuman Sathika

Type	Stotra
Deity	Hanuman
Version	Verified text
Tradition	Vaishnava
Source	Traditional devotional text (common printed and recited form) — Shri Hanumad Aradhana, Shriji Vidya Mandir, Mathura, pages 46–49; archive.org oztb_sri-hanumad-aradhana-mathura-sriji-vidya-mandir leaves 47–50
Credits	Text transcribed from Shri Hanumad Aradhana, Shriji Vidya Mandir, Mathura, pages 46–49 (archive.org scan), and checked against two Thakur Prasad (Varanasi) prints. Summary and meaning: Udyog Jyotish editorial team.
Copyright	Traditional devotional text in wide circulation, popularly attributed to Goswami Tulsidas (the closing doha names Tulsi)

वीर बखानों पवन सुत, जानत सकल जहान ।

vīr bakhānoṃ pavan sut, jānat sakal jahān |

धन्य धन्य अंजनी तनय, संकट हर हनुमान ॥

dhanya dhanya aṃjanī tanay, saṃkaṭ har hanumān ||

जय जय जय हनुमान अड़ंगी ।

jay jay jay hanumān aṛaṃgī |

महावीर विक्रम बजरंगी ॥१॥

mahāvīr vikram bajaraṃgī ||1||

जय कपीश जय पवन कुमारा ।

jay kapīś jay pavan kumārā |

जय जग वंदन शील अगारा ॥२॥

jay jag vaṃdan śīl agārā ||2||

जय आदित्य अमर अविकारी ।

jay āditya amar avikārī |

अरि मर्दन जय जय गिरिधारी ॥३॥

ari mardan jay jay giridhārī ||3||

अंजनि उदर जन्म तुम लीन्हा ।

aṃjani udar janma tum līnhā |

जय जय कार देवतन कीन्हा ॥४॥

Traditional texts with source notes. No guaranteed results are claimed.

jay jay kār devatan kīnhā ||4||

बाजै दुंदुभि गगन गंभीरा ।

bājai duṃdubhi gagan gaṃbhīrā |

सुर मन हर्ष असुर मन पीरा ॥५॥

sur man harṣa asur man pīrā ||5||

कपि के डर गढ़ लंक सकानी ।

kapi ke ḍar gaṛh laṃk sakānī |

छूटी बन्दि देवतन जानी ॥६॥

chūṭī bandi devatan jānī ||6||

ऋषी समूह निकट चलि आये ।

ṛṣī samūh nikaṭ cali āye |

पवन तनय के पद सिर नाये ॥७॥

pavan tanay ke pad sir nāye ||7||

बार बार अस्तुति करि नाना ।

bār bār astuti kari nānā |

निर्मल नाम धरा हनुमाना ॥८॥

nirmal nām dharā hanumānā ||8||

सकल ऋषिन मिलि अस मत ठाना ।

sakal ṛṣin mili as mat ṭhānā |

दीन बताय लाल फल खाना ॥९॥

dīn batāy lāl phal khānā ||9||

सुनत बचन कपि मन हर्षाना ।

sunat bacan kapi man harṣānā |

रवि रथ उदय लाल फल जाना ॥१०॥

ravi rath uday lāl phal jānā ||10||

रथ समेत कपि कीन अहारा ।

rath samet kapi kīn ahārā |

सूर्य बिना भयो अति अँधियारा ॥११॥

sūrya binā bhayo ati am□dhiyārā ||11||

बिन तमार सुर मुनि अकुलाने ।

bin tamār sur muni akulāne |

तब कपीस की अस्तुति ठाने ॥१२॥

tab kapīs kī astuti ṭhāne ||12||

सकल लोक वृत्तान्त सुनावा ।

sakal lok vṛttānta sunāvā |

चतुरानन तब रवि उगिलावा ॥१३॥

caturānan tab ravi ugilāvā ||13||

कहा बहोरी सुनो बल शीला ।

kahā bahorī suno bal śīlā |

रामचन्द्र करिहै बहु लीला ॥१४॥

Traditional texts with source notes. No guaranteed results are claimed.

rāmacandra karihai bahu līlā ||14||

तब तुम उन कर करब सहाई ।

tab tum un kar karab sahāī |

अबहिं बसहु कानन मँह जाई ॥१५॥

abahiṃ basahu kānan mam□h jāī ||15||

अस कहि विधि निज लोक सिधारे ।

as kahi vidhi nij lok sidhāre |

मिले सखा संग पवन कुमारे ॥१६॥

mile sakhā saṃg pavan kumāre ||16||

खेलत खेल महा तरु तोरे ।

khelat khel mahā taru tore |

ढेर करै बहु पर्वत फोरे ॥१७॥

ḍher karai bahu parvat phore ||17||

जेहि गिरि चरण देहि कपि धाई ।

jehi giri caraṇ dehi kapi dhāī |

गिरि समेत पातालहिं जाई ॥१८॥

giri samet pātālahiṃ jāī ||18||

कपि सुग्रीव बालि की त्रासा ।

kapi sugrīv bāli kī trāsā |

निरखत रहे राम मगु आसा ॥१९॥

nirakhat rahe rām magu āsā ||19||

मिले राम तहँ पवन कुमारा ।

mile rām taham□ pavan kumārā |

अति आनन्द सप्रेम दुलारा ॥२०॥

ati ānanda saprem dulārā ||20||

मणि मुंदरी रघुपति सो पाई ।

maṇi muṃdarī raghupati so pāī |

सीता खोज चले शिर नाई ॥२१॥

sītā khoj cale śir nāī ||21||

शत योजन जल निधि विस्तारा ।

śat yojan jal nidhi vistārā |

अगम अपार देवतन हारा ॥२२॥

agam apār devatan hārā ||22||

जिमि सर गोखुर सरिस कपीशा ।

jimi sar gokhur saris kapīśā |

लाँघि गये कपि कहि जगदीशा ॥२३॥

lām□ghi gaye kapi kahi jagadīśā ||23||

सीता चरण सीस तिन नाये ।

sītā caraṇ sīs tin nāye |

अजर अमर के आशिष पाये ॥२४॥

Traditional texts with source notes. No guaranteed results are claimed.

ajar amar ke āśiṣ pāye ||24||

रहे दनुज उपवन रखवारी ।

rahe danuj upavan rakhavārī |

एक से एक महाभट भारी ॥२५॥

ek se ek mahābhaṭ bhārī ||25||

तिन्हैं मारि पुनि कहेउ कपीसा ।

tinhaiṃ māri puni kaheu kapīsā |

दहेउ लंक कोप्यो भुज बीसा ॥२६॥

daheu laṃk kopyo bhuj bīsā ||26||

सिया बोध दै पुनि फिर आये ।

siyā bodh dai puni phir āye |

रामचन्द्र के पद शिर नाये ॥२७॥

rāmacandra ke pad śir nāye ||27||

मेरु उपारि आप छिन माहीं ।

meru upāri āp chin māhīṃ |

बाँधे सेतु निमिष एक माहीं ॥२८॥

bām□dhe setu nimiṣ ek māhīṃ ||28||

लक्ष्मण शक्ति लागी जबहीं ।

lakṣmaṇ śakti lāgī jabahīṃ |

राम बुलाय कहो पुनि तबहीं ॥२९॥

rām bulāy kaho puni tabahīṃ ||29||

भवन समेत सुखेण ले आये ।

bhavan samet sukheṇ le āye |

तुरत सजीवन को पुनि धाये ॥३०॥

turat sajīvan ko puni dhāye ||30||

मग मँह कालनेमि कँह मारा ।

mag mam□h kālanemi kam□h mārā |

अमित सुभट निशिचर संहारा ॥३१॥

amit subhaṭ niśicar saṃhārā ||31||

आनि सजीवन गिरी समेता ।

āni sajīvan girī sametā |

धरि दीन्हों जँह कृपा निकेता ॥३२॥

dhari dīnhoṃ jam□h kṛpā niketā ||32||

फनपति केर शोक हरि लीना ।

phanapati ker śok hari līnā |

बर्षि सुमन सुर जय जय कीना ॥३३॥

barṣi suman sur jay jay kīnā ||33||

अहिरावन हरि अनुज समेता ।

ahirāvan hari anuj sametā |

लै गयो तहाँ पाताल निकेता ॥३४॥

Traditional texts with source notes. No guaranteed results are claimed.

lai gayo tahām pātāl niketā ||34||

जहाँ रहै देवी अस्थाना ।

jahām rahai devī asthānā |

दीन चहै बलि काढ़ि कृपाना ॥३५॥

dīn cahai bali kāṛhi kṛpānā ||35||

पवन तनय प्रभु कीन गुहारी ।

pavan tanay prabhu kīn guhārī |

कटक समेत निशाचर मारी ॥३६॥

kaṭak samet niśācar mārī ||36||

रीक्ष कीशपति सबै बहोरी ।

rīkṣa kīśapati sabai bahorī |

राम लखन कीने यक ठोरी ॥३७॥

rām lakhan kīne yak ṭhorī ||37||

सब देवतन के बंदि छुड़ाये ।

sab devatan ke baṃdi chuṛāye |

सो कीरति सुनि नारद गाये ॥३८॥

so kīrati suni nārad gāye ||38||

अक्षय कुमार दनुज बलवाना ।

akṣay kumār danuj balavānā |

सान केतु कहे सब जग जाना ॥३९॥

sān ketu kahe sab jag jānā ||39||

कुम्भकरन रावन कर भाई ।

kumbhakaran rāvan kar bhāī |

ताहि निपात कीन्ह कपिराई ॥४०॥

tāhi nipāt kīnha kapirāī ||40||

मेघनाथ पर शक्ति मारा ।

meghanāth par śakti mārā |

पवन तनय सब सों वरियारा ॥४१॥

pavan tanay sab soṃ variyārā ||41||

रहा तनय नारान्तक जाना ।

rahā tanay nārāntak jānā |

पल में हत्यो ताहि, हनुमाना ॥४२॥

pal meṃ hatyo tāhi, hanumānā ||42||

जहँ लगि मान दनुज कर पावा ।

jahaṃ lagi mān danuj kar pāvā |

पवन तनय सब मारि नसावा ॥४३॥

pavan tanay sab māri nasāvā ||43||

जय मारुत सुत जय अनुकूला ।

jay mārut sut jay anukūlā |

नाम कृशानु शोक सम तूला ॥४४॥

Traditional texts with source notes. No guaranteed results are claimed.

nām kṛśānu śok sam tūlā ||44||

जहँ जीवन कर संकट होई ।

jaham jīvan kar saṃkaṭ hoī |

रवि तम सम सो संकट सोई ॥४५॥

ravi tam sam so saṃkaṭ soī ||45||

वंदि परै सुमिरै हनुमाना ।

vaṃdi parai sumirai hanumānā |

संकट कटै धरै जो ध्याना ॥४६॥

saṃkaṭ kaṭai dharai jo dhyānā ||46||

जम को बाँधि बाम पद दीन्हा ।

jam ko bāmdhi bām pad dīnhā |

मारुत सुत व्याकुल बहु कीन्हा ॥४७॥

mārut sut vyākul bahu kīnhā ||47||

सो भुज बल का कीन कृपाला ।

so bhuj bal kā kīn kṛpālā |

आछत तुम्हें मोर यह हाला ॥४८॥

āchat tumheṃ mor yah hālā ||48||

आरत हरन नाम हनुमाना ।

ārat haran nām hanumānā |

सादर सुरपति कीन बखाना ॥४९॥

sādar surapati kīn bakhānā ||49||

संकट रहे न एक रती को ।

saṃkaṭ rahe na ek ratī ko |

ध्यान धरे हनुमान जती को ॥५०॥

dhyān dhare hanumān jatī ko ||50||

धावहु देखि दीनता मोरी ।

dhāvahu dekhi dīnatā morī |

कहौं पवनसुत युग कर जोरी ॥५१॥

kahauṃ pavanasut yug kar jorī ||51||

कपि पति वेगि अनुग्रह करहू ।

kapi pati vegi anugrah karahū |

आतुर आइ दुसह दुःख हरहू ॥५२॥

ātur āi dusah duḥkh harahū ||52||

राम शपथ में तुमहिं सुनायो ।

rām śapath meṃ tumahiṃ sunāyo |

जवन गुहार लाग सिय जायो ॥५३॥

javan guhār lāg siya jāyo ||53||

पेज तुम्हार सकल जग जाना ।

pej tumhār sakal jag jānā |

भव बंधन भंजन हनुमाना ॥५४॥

Traditional texts with source notes. No guaranteed results are claimed.

bhav baṃdhan bhaṃjan hanumānā ||54||

यह बंधन कर केतिक बाता ।

yah baṃdhan kar ketik bātā |

नाम तुम्हार जगत सुख दाता ॥५५॥

nām tumhār jagat sukh dātā ||55||

करौं कृपा जय जय जय स्वामी ।

karauṃ kṛpā jay jay jay svāmī |

वार अनेक नमामि नमामि ॥५६॥

vār anek namāmi namāmi ||56||

भौमवार कर होम विधाना ।

bhaumavār kar hom vidhānā |

धूप दीप नैवेद्य सुजाना ॥५७॥

dhūp dīp naivedya sujānā ||57||

मंगल दायक को लौ लावै ।

maṃgal dāyak ko lau lāvai |

सुर नर मुनि वाँछित फल पावै ॥५८॥

sur nar muni vām□chit phal pāvai ||58||

जयति जयति जय जय जग स्वामी ।

jayati jayati jay jay jag svāmī |

समरथ पुरुष सु अंतरयामी ॥५९॥

samarath puruṣ su aṃtarayāmī ||59||

अंजनि तनय नाम हनुमाना ।

aṃjani tanay nām hanumānā |

सो तुलसी के प्राण समाना ॥६०॥

so tulasī ke prāṇ samānā ||60||

जय कपीस सुग्रीव तुम, जय अंगद हनुमान ।

jay kapīs sugrīv tum, jay aṃgad hanumān |

रामलषन सीता सहित, सदा करो कल्यान ॥१॥

rāmalaṣan sītā sahit, sadā karo kalyān ||1||

बन्दौ हनुमान नाम यह, भौमवार परमान ।

bandau hanumān nām yah, bhaumavār paramān |

ध्यान धरै नर निश्चय पावै पद कल्यान ॥२॥

dhyān dharai nar niścay pāvai pad kalyān ||2||

जो नित्त पढ़ै यह साठिका तुलसी कहै विचारि ॥

jo nitta paṛhai yah sāṭhikā tulasī kahai vicāri ||

रहे न संकट ताहि को साक्षी हैं त्रिपुरारि ॥३॥

rahe na saṃkaṭ tāhi ko sākṣī haiṃ tripurāri ||3||

Traditional texts with source notes. No guaranteed results are claimed.

Meaning

The chaupais hail Hanuman as the unshakeable Bajrangi, tell of his birth from Anjani, the sages naming him, his leap at the rising sun and the darkness that followed until Brahma made him release it, his childhood play, his meeting with Rama, the leap to Lanka, the burning of the city, the bringing of the herb mountain, the slaying of Kalanemi and Ahiravana, and the demons he killed in the war. The devotee then asks him, by the oath of Rama, to cut the bonds of trouble, and the closing dohas say that one who recites the Sathika on Tuesdays with lamp and incense is freed of distress, with Shiva as witness. Short in-house paraphrase, not a translation.

Traditional texts with source notes. No guaranteed results are claimed.

About this document

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Meanings are short explanations in our own words, not scholarly translations. Benefits mentioned in a text's own verses are part of the text and are not guarantees.

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