

SANKAT MOCHAN (Sri Hanuman Ashtakam)

बाल समय रवि भक्षि लियो तब, तीनहुं लोक भयो अंधियारो।
ताहि सो त्रास भयो जग को, यह संकट काहु सौ जात न टारो।
देवन आनि करी विनती तब, छाड़ि दियो रवे कष्ट निवारो।
को नहीं जानत है जग में कपि, संकटमोचन नाम तिहारो॥

Bāl samay Ravi bhakṣi liyo tab, tīnḥuṁ lok bhayo andhiyāro.
Tāhi so trās bhayo jag ko, yah saṅkaṭ kāhu so jāt na ṭāro.
Dewan āni karī binitī tab, chhāṛi diyo Ravi kaṣṭ nivāro.
Ko nahīn jānat hai jag meṁ kapi, saṅkaṭmochan nām tihāro॥ (1)

Meaning: As a child, Hanuman swallowed the Sun, plunging the three worlds into darkness. This caused great fear, and no one could remove the crisis. The gods pleaded, and Hanuman released the Sun, ending the suffering. Who in the world does not know you, O Hanuman, the one named Sankatmochan (remover of troubles)?

Analysis: This verse establishes Hanuman's divine power from childhood. His actions affect the cosmos itself. It shows his playful yet powerful nature and positions him as a cosmic being who can alter fate.

बालि की त्रास कपीस बसै गिरि, जात महाप्रभु पंथ निहारो।
चौंकि महामुनि शाप दियो तब, चाहिए कौन बिचार बिचारो।
कैद्विज रूप लिवाय महाप्रभु, सो तुम दास के शोक निवारो।
को नहीं जानत है जग में कपि, संकटमोचन नाम तिहारो॥

Bāli kī trās kapīs basai giri, jāt mahāprabhu panth nihāro
Cauṅki mahāmuni śāp diyo tab, cāhiye kaun bicār bicāro
Kai dwij rūp liwāy mahāprabhu, so tum dās ke śok nivāro॥
Ko nahīn jānat hai jag meṁ kapi, saṅkaṭmochan nām tihāro॥ (2)

Meaning: Due to the fear of Bali, the monkey king lived hidden in the mountains, waiting for Lord Rama. A sage had cursed him; who could argue that fate? You disguised as a Brahmin bought Rama and removed your devotee's sorrow.

Analysis: This verse celebrates Hanuman's role in removing Sugriva's fear and restoring his honor. It shows Hanuman as a strategist and counselor.

अंगद के संग लेन गए सिय, खोज कपीस यह बैन उचारो।
जीवत ना बचिहौ हम सो जु, बिना सुधि लाये इहाँ पगु धारो।
हेरी थके तट सिन्धु सबै तब, लाए सिया-सुधि प्राण उबारो॥
को नहीं जानत है जग में कपि, संकटमोचन नाम तिहारो॥

**Aṅgad ke saṅg len gaye Siya, khoj kapīs yah bain ucchāro
Jīvat nā bacihau ham so ju, binā sudhi lāye ihām pagu dhāro
Herī thake taṭ sindhu sabai tab, lāye Siyā-sudhi prāṇ ubāro ॥
Ko nahīm jānat hai jag meṁ kapi, saṅkaṭmochan nām tihāro ॥ (3)**

Meaning: You set out with Angad to search for Sita, vowing that you would not return alive without her news. Everyone was tired at the ocean shore. You brought Sita's message and saved their spirits.

Analysis: Hanuman's devotion is shown as unconditional and daring. His success is not just a feat, but an emotional rescue for all.

रावण त्रास दई सिय को तब, राक्षसि सो कही सोक निवारो।
ताहि समय हनुमान महाप्रभु, जाए महा रजनीचर मारो।
चाहत सीय असोक सों आगिसु, दै प्रभु मुद्रिका सोक निवारो॥
को नहीं जानत है जग में कपि, संकटमोचन नाम तिहारो॥

**Rāvaṇ trās daī Siya ko tab, rākṣasī so kahī sok nivāro.
Tāhi samay Hanumān mahāprabhu, jāe mahā rajnīchar māro.
Cāhat Sīyā Asok soṁ āgisu, dai prabhu mudrikā sok nivāro ॥
Ko nahīm jānat hai jag meṁ kapi, saṅkaṭmochan nām tihāro ॥ (4)**

Meaning: Ravana tormented Sita, and the demonesses increased her sorrow. At that time, you arrived and killed many demons. When Sita wished to end her life, you gave her Rama's ring and comforted her.

Analysis: This verse praises Hanuman as the divine intervention in a moment of despair. He brings light in darkness, literally saving a life with a token of hope.

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

**Bān lagyo ur Lachiman ke tab, prāṇ taje sut Rāvaṇ māro.
Lai gr̥h baidya Suśen samet, tabai giri Droṇ subīr upāro.
Āni Sañjīvan hāth daī tab, Lachiman ke tum prāṇ ubāro ॥
Ko nahīm jānat hai jag meṁ kapi, saṅkaṭmochan nām tihāro ॥ (5)**

Meaning: Lakshmana was struck by a deadly arrow and lay unconscious. You brought the physician Sushen and the entire Dronagiri mountain, delivering the Sanjeevani herb and saving Lakshmana's life.

Analysis: This is Hanuman as the ultimate healer — one who moves mountains (literally) to save his loved ones. The miracle of his mission is a metaphor for divine grace.

रावन युद्ध अजान कियो तब, नाग कि फांस सबै सिर डारो।
श्री रघुनाथ 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॥

Rāvaṇ yuddh ajān kiyo tab, nāg ki phāns sabai sir ḍāro.

Shrī Raghunāth samet sabai dal, moh bhayo yah saṅkaṭ bhāro.

Āni khages tabai Hanumān ju, bandhan kāṭi sutrās nivāro॥

Ko nahīm jānat hai jag meṁ kapi, saṅkaṭmochan nām tihāro॥ (6)

Meaning: Ravana's son used serpent weapons to bind everyone including Rama. Everyone was unconscious in this grave crisis. You brought Garuda (eagle deity), cut the bonds, and relieved the fear.

Analysis: Hanuman's resourcefulness and ability to summon even divine help show how he's always focused on solving problems and protecting dharma.

बंधु समेत जबै अहिरावन, लै रघुनाथ पताल सिधारो।
देवहिं पूजि भली विधि सों बलि, देउ सबै मिलि मन्त्र विचारो।
जाये सहाए भयो तब ही, अहिरावन सैन्य समेत संहारो॥
को नहीं जानत है जग में कपि, संकटमोचन नाम तिहारो॥

Bandhu samet jabai Ahirāvaṇ, lai Raghunāth patāl sidhāro.

Devahim pūji bhalī vidhi soṁ bali, deu sabai mili mantra vicāro.

Jāe sahāy bhayo tab hī, Ahirāvaṇ sainya samet saṁhāro॥

Ko nahīm jānat hai jag meṁ kapi, saṅkaṭmochan nām tihāro॥ (7)

Meaning: Ahiravan abducted Rama and Lakshmana to the netherworld. He performed rituals to sacrifice them. You went and destroyed Ahiravan and his entire army.

Analysis: Hanuman as the savior of the helpless is glorified here. Even in other worlds (patala), he conquers darkness.

काज किये बड़ देवन के तुम, बीर महाप्रभु देखि बिचारो।
कौन सो संकट मोर गरीब को, जो तुमसो नहिं जात है टारो।
बेगि हरो हनुमान महाप्रभु, जो कुछ संकट होए हमारो॥
को नहीं जानत है जग में कपि, संकटमोचन नाम तिहारो॥

Kāj kiye baṛ dewan ke tum, bīr mahāprabhu dekhi bicāro.
Kaun so saṅkaṭ mor garīb ko, jo tumso nahīm jāt hai tāro.
Beg hāro Hanumān mahāprabhu, jo kachu saṅkaṭ hoy hamāro॥
Ko nahīm jānat hai jag meṁ kapi, saṅkaṭmochan nām tihāro॥ (8)

Meaning: You have helped even the gods, O mighty Hanuman. What trouble of a humble devotee like me can you not remove? Please quickly remove whatever difficulty I face.

Analysis: This verse turns the stotra into a personal prayer. It's no longer about ancient feats but immediate help — invoking Hanuman's grace in daily life.

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 laṅgūr.
Bajra deh dānav dalan, jaya jaya jaya kapi sūr॥

Meaning: Your red-colored divine form glows, and you wear the red langur tail. Your body is like a thunderbolt, destroyer of demons. Victory, victory, victory to you, O brave monkey hero!

Analysis: This doha sums up Hanuman's form and function: red like fire, strong as thunder, fierce against evil, and victorious for devotees.

Conclusion:

The Sankatmochan Hanuman Ashtak is more than a hymn—it's a spiritual emergency kit. Whether recited daily or during distress, it provides instant connection to divine protection and courage. In each verse, Tulsidas reminds us that no fear is too big when Hanuman is with us. He is not only a mythological hero, but a living presence in the lives of devotees, ready to leap into action for those who call upon him with faith.

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