

Recitation Style

Element Detail

- Language Sanskrit
- Meter Dandakam (long, rapid-flowing poetic meter)
- Focus Descriptive praise of Hanuman's appearance and powers
- Duration 5–7 minutes of chanting time

Benefits of Chanting Anjaneya Dandakam

Benefit Description

- Spiritual Protection Shields from negative energy, evil eye, and black magic
- Fear Removal Calms the mind and boosts courage in difficult situations
- Mental Clarity Enhances focus, memory, and emotional stability
- Grace of Hanuman Brings divine blessings and Rama bhakti
- Success & Strength Ideal before exams, interviews, travels, or new ventures

Where to Access Anjaneya Dandakam

- Download Anjaneya Dandakam PDF
- Listen to Anjaneya Dandakam Chanting

Best Time to Recite Anjaneya Dandakam

- Early morning (before sunrise)
- Tuesdays and Saturdays
- During Hanuman Jayanti

- Before important life events or challenges

Anjaneya Dandakam (FAQs)

What is Anjaneya Dandakam?

Anjaneya Dandakam is a Sanskrit devotional hymn composed in the dandaka meter, dedicated to praising and invoking Lord Hanuman's divine energy.

Who composed Anjaneya Dandakam?

The exact composer is unknown, but it is believed to be written by a saint or devotee well-versed in Sanskrit poetry and bhakti traditions.

Is it different from Hanuman Chalisa?

Yes. While Hanuman Chalisa is a 40-verse poem in Awadhi by Tulsidas, Anjaneya Dandakam is in Sanskrit with long, lyrical verses.

Can I recite it daily?

Yes! It can be chanted daily, especially by devotees facing fear, health issues, or seeking strength and clarity.

Should it be memorized or read?

It is fine to read from a book or device. With regular recitation, memorization becomes easier due to its rhythmic structure.

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