

Hanuman Bahuk in Hindi Lyrics

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Hanuman Bahuk – The Divine Hymn of Healing by Goswami Tulsidas

What is Hanuman Bahuk?

Hanuman Bahuk is a powerful and sacred hymn composed by Goswami Tulsidas, the great poet-saint and devotee of Lord Rama. “Bahuk” means pain or affliction, and this stotra was written when Tulsidas himself was suffering from intense arm pain and physical ailments.

He invoked Lord Hanuman through this composition, and miraculously, his ailments vanished. Since then, Hanuman Bahuk has been revered as a divine remedy for physical and mental suffering, fear, and spiritual distress.

Importance of Hanuman Bahuk

Benefit Description

- Pain Relief Provides relief from chronic physical ailments and body pain
- Mental Peace Calms anxiety, depression, and fear
- Boosts Energy Revives strength and vitality
- Enhances Devotion Deepens connection with Lord Hanuman and Lord Rama
- Removes Negativity Acts as a shield against evil energies and spiritual blockages

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How to Recite Hanuman Bahuk?

Reciting Hanuman Bahuk is a powerful spiritual practice. It is often performed during the Navaratri festival. The practice involves reciting the Hanuman Bahuk mantra 11 times, either in the morning or evening. This practice is believed to bring about healing, protection, and the overcoming of fear or obstacles. It is a form of devotion to Lord Hanuman, who is considered the epitome of strength and courage.

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When & How to Recite Hanuman Bahuk

- Ideal Days: Tuesday and Saturday
- Time: Morning (after bath) or Evening (with diya and incense)
- Count: Recite once, thrice, or as per need (11 times during tough times)
- Intention: Healing, protection, overcoming fear or obstacles

Sample Verse from Hanuman Bahuk

“Bhajat Ram Charan Saroj Nayan,
Santat Bhav Prabal Anuraga.

Sumirat Siddhi Sahit Subuddhi,
Hoi Harahu Katinata Bhaga.”

Meaning:

“One who meditates on the lotus feet of Lord Rama with strong devotion—Hanuman removes their difficulties and grants success and wisdom.”

Why You Should Chant Hanuman Bahuk

- Written from first-hand spiritual experience by Tulsidas
- Powerful for physical healing, including unknown medical issues
- Creates a divine spiritual aura and removes dark influences
- Reciting it brings quick results when done with faith and discipline

Hanuman Bahuk Frequently Asked Questions (FAQs)

Q1. Who wrote Hanuman Bahuk?

Goswami Tulsidas, the author of Ramcharitmanas and Hanuman Chalisa.

Q2. Why was it written?

He wrote it while suffering from arm pain, and was healed by Lord Hanuman’s grace.

Q3. Can anyone recite it?

Yes. Men, women, children—anyone can recite it with devotion and purity.

Q4. How often should I chant Hanuman Bahuk?

You can chant daily or during illness/suffering for powerful relief.

Q5. Is it different from Hanuman Chalisa?

Yes. Hanuman Chalisa is devotional and praises Hanuman's qualities. Hanuman Bahuk is specifically for healing and protection.

Common Questions (FAQs)

What is Hanuman Chalisa?

Answer: Hanuman Chalisa is a 40-line devotional hymn in praise of Lord Hanuman, the monkey god. It is a part of the Hanuman Sahasranam and is recited daily by devotees.

What is Hanuman Bahuk?

Answer: Hanuman Bahuk is a specific form of Hanuman Chalisa, consisting of 108 lines. It is recited for healing, protection, and to overcome various ailments.

How many times should I recite Hanuman Chalisa?

Answer: It is recommended to recite Hanuman Chalisa 108 times daily. However, even a few recitations can bring significant benefits.

What are the benefits of reciting Hanuman Chalisa?

Answer: Reciting Hanuman Chalisa can help in removing negative energies, curing various diseases, and providing protection from evil forces. It also helps in achieving success in all endeavors.

How should I recite Hanuman Chalisa?

Answer: It should be recited with devotion and concentration. It is best to recite it in the morning and evening. One should maintain a clean and peaceful environment while reciting.

What are the different versions of Hanuman Chalisa?

1. 40-line version

This version consists of 40 lines and is the most common form of Hanuman Chalisa.

2. 108-line version

This version consists of 108 lines and is known as Hanuman Bahuk. It is recited for healing and protection.

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