

Hanuman Kavach: A Powerful Shield of Protection and Strength

Hanuman Kavach is a sacred Hindu prayer dedicated to Lord Hanuman, the symbol of devotion, courage, wisdom, and strength. The word "Kavach" means armor or protective shield. Devotees recite Hanuman Kavach to seek protection from fear, negativity, obstacles, and difficult situations in life.

According to Hindu tradition, Hanuman Kavach invokes the divine blessings of Lord Hanuman and is believed to provide spiritual strength, confidence, and inner peace. Many devotees recite it daily, especially on Tuesdays and Saturdays, to strengthen their faith and overcome challenges.

Hanuman Kavach is often recommended for those facing stress, fear, uncertainty, or a lack of confidence. Its verses praise Lord Hanuman's power, loyalty to Lord Rama, and his ability to protect devotees from harm.

Regular recitation of Hanuman Kavach can help cultivate courage, mental clarity, devotion, and a positive mindset. It is commonly read alongside Hanuman Chalisa, Bajrang Baan, and Sankat Mochan Hanuman Ashtak.

Whether you are seeking spiritual protection or simply wish to deepen your connection with Lord Hanuman, Hanuman Kavach remains one of the most revered devotional prayers in Hinduism.

Hanuman Kavach in English Lyrics

Shree Ganeshay Namah |

Om asya shree panchamukha hanumat mantrasya Brahmaa rushihi

Gaayatree chandaha

Panchamukha viraata hanumaana devataa hreem beejam

shreem shaktihi kraum keelakam kroom kavacham

kraim astraaya phat iti digbandhah.

Shree Garuda uvaacha

Atha dhyaanam pravakshyaami |

Shrunu sarvaanga sundari | yat krutam devedevana dhyaanam
hanumatah priyam || 1 ||

panchavaktram mahaabheemam tripancha nayanairyutam |

Baahubhih dashabhih yuktam sarvakaamaartha siddhidam || 2 ||

Poorvam tu vaanaram vaktram kotisoorya samaprabham |

Damshtraa karaala vadanam bhrukuti kutilekshanam || 3 ||

Asyaiva dakshinam vaktram naarasimham mahaadbhutam |

Atyugra tejovapusham bheeshanam bhayanaashanam || 4 ||

Pashchimam gaarudam vaktram vakratundam mahaabalam |

Sarvanaaga prashamanam vishabhootaadi kruntanam || 5 ||

Uttaram soukaram vaktram krushnam deeptam nabhopamam |

Paataala simha vetaala jvara rogaadi kruntanam || 6 ||

Oordhvam hayaananam ghoram daanava antakaram param |

Yena vaktrena viprendra taarakaakhyam mahaasuram || 7 ||

Jaghaana sharanam tatsyaat sarvashatru haram param |

Dhyaatvaa panchamukham rudram hanumantam dayaanidhim || 8 ||

Khadgam trishoolam khatvaangam paasham ankusha parvatam |

Mushtim kaumodakeem vruksham dhaarayantam kamandalum || 9 ||

Bhindipaalam gyaanamudraam dashabhih muni pungavam |

Etaani aayudha jaalaani dhaarayantam bhajaamyaham || 10 ||

Pretaasana upavishtam tam sarvaabharana bhooshitam |

Divya maalya ambara dharam divya gandha anulepanam || 11 ||

Sarva aashcharya mayam devam hanumat vishvato mukham

Panchaasyam achyutam aneka vichitra varna vaktram shashaamka
shikharam kapiraajavaryam ||

Peetaambaraadi mukutai roopa shobhitaangam

Pingaaksham aadyam anisham manasaa smaraami || 12 ||

Markatesham mahotsaaham sarvashatruharam param |

Shatru samhara maam raksha shreeman aapadam uddhara || 13 ||

Om harimarkata markata mamtram idam parilikhyati likhyati
vaamatale |

Yadi nashyati nashyati shatrukulam yadi mumchati mumchati
vaamalataa || 14 ||

Oum harimarkataaya svaahaa ||

Om namo bhagavate panchavadanaaya poorva kapimukhaaya
sakalashatru samhaarakaaya svaahaa|

Om namo bhagavate panchavadanaaya dakshina mukhaaya karaala
vadanaaya narasimhaaya sakalabhoota pramathanaaya svaahaa |

Om namo bhagavate panchavadanaaya pashchima mukhaaya
garudaananaaya sakala vishaharaaya svaahaa |

Om namo bhagavate panchavadanaaya uttara mukhaaya aadi
varaahaaya sakala sampat karaaya svaahaa |

Om namo bhagavate panchavadanaaya oordhva mukhaaya
hayagreevaaya sakalajana vashankaraaya svaahaa |

Om shree panchavadanaaya aanjaneyaaya namaha |

[Panchmukhi Hanuman Kavach in Hindi](#)

[Panchmukhi Hanuman Kavach in English](#)

[Panchmukhi Hanuman Kavach in Gujarati](#)

Frequently Asked Questions About Hanuman Kavach

1. What is Hanuman Kavach?

Hanuman Kavach is a sacred Hindu prayer dedicated to Lord Hanuman. It is recited for protection, courage, strength, and spiritual well-being.

2. What are the benefits of reciting Hanuman Kavach?

Devotees believe that Hanuman Kavach helps remove fear, boosts confidence, protects against negative influences, and brings mental peace and strength.

3. Can Hanuman Kavach be recited daily?

Yes, Hanuman Kavach can be recited daily. Many devotees include it in their morning or evening prayers.

4. Which day is best to read Hanuman Kavach?

Tuesday and Saturday are considered especially auspicious for worshipping Lord Hanuman and reciting Hanuman Kavach.

5. How long does it take to recite Hanuman Kavach?

Depending on the version and reading speed, it usually takes about 5 to 15 minutes to complete.

6. Can beginners recite Hanuman Kavach?

Yes, anyone can recite Hanuman Kavach with devotion and sincerity, regardless of their level of spiritual experience.

7. Is there a specific time to recite Hanuman Kavach?

Early morning is generally preferred, but it can be recited at any time with a focused and peaceful mind.

8. Can Hanuman Kavach be read during difficult times?

Many devotees recite Hanuman Kavach during periods of stress, fear, uncertainty, or personal challenges to seek Lord Hanuman's blessings and protection.

9. What should be offered while reciting Hanuman Kavach?

Devotees commonly offer red flowers, sindoor, jasmine oil, fruits, and sweets to Lord Hanuman.

10. Can Hanuman Kavach be recited along with Hanuman Chalisa?

Yes, many devotees recite Hanuman Kavach along with Hanuman Chalisa, Bajrang Baan, and Sankat Mochan Hanuman Ashtak as part of their regular worship.

[Hanuman Chalisa In English Lyrics PDF](#)

[Sankat Mochan Hanuman Ashtak in English Lyrics PDF](#)

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