

# **Hanuman Sahasranama Stotram – 1000 Divine Names of Lord Hanuman in Hindi PDF**

## **Hanuman Sahasranama Stotram – 1000 Divine Names of Lord Hanuman**

**Attributed to Maharshi Valmiki**

### **What Is Hanuman Sahasranama Stotram?**

Hanuman Sahasranama Stotram is a sacred hymn that glorifies Lord Hanuman through 1000 divine names (Sahasranama = “thousand names”). Each name reveals a unique quality, power, or divine aspect of Hanuman Ji – the eternal servant of Lord Rama, the destroyer of evil, and the protector of devotees.

Traditionally attributed to Maharshi Valmiki, the legendary composer of the original Ramayana, this stotram encapsulates Hanuman’s essence in its most comprehensive and devotional form.

### **Significance of Hanuman’s 1000 Names**

Lord Hanuman is considered the embodiment of:

- Bhakti (devotion)
- Bala (strength)
- Jnana (wisdom)











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## Key Benefits of Reciting Hanuman Sahasranama

### Benefit Description

Protection from harm Neutralizes negative forces, evil eyes, and fear

Overcomes obstacles Helpful during exams, litigation, debt, and life hurdles

Mental peace & focus Reduces anxiety and brings inner stability

Boosts devotion Deepens spiritual connection with Hanuman & Rama

Fulfillment of wishes Especially during Hanuman Jayanti, Tuesdays, and Sankat Mochan rituals

Structure of the Hanuman Sahasranama

## The thousand names include:

Descriptive names like Mahaveera, Kapishreshtha, Rama-Doota, Sankat Mochan

Symbolic titles like Vayuputra, Anjaneya, Bajrangbali, Pavanatmaja

Spiritual names like Bhaktavatsala, Mantraraja, Karma-Siddha

## Each name reflects:

A power

A story from Ramayana

A protection mantra in itself

## How to Recite Hanuman Sahasranamam

Step Description

When Tuesday, Saturday, Hanuman Jayanti, Amavasya, or daily

Where At your home altar, temple, or quiet meditation space

Ritual

Bathe and wear clean clothes

Light a ghee lamp and offer red flowers

Chant “ॐ नमो भगवते वासुदेवाय” 11 times

Begin reading the Sahasranama slowly and mindfully

Conclude with Hanuman Aarti or “Bajrang Baan”

- [Read the Full Stotram PDF](#)
- [Listen on YouTube](#)

## Hanuman Sahasranamam (FAQs)

**Who composed Hanuman Sahasranama?**

As per tradition, Maharshi Valmiki, the author of Ramayana, is credited with composing or inspiring the form of this stotra in honor of Hanuman’s unwavering devotion.

### **What is the spiritual benefit of chanting 1000 names?**

Chanting the Sahasranama cleanses the mind, uplifts the spirit, and protects the chanter from evil influences. Each name carries a vibration of strength and surrender.

### **Can anyone recite this stotram?**

Yes, anyone with devotion—regardless of age, gender, or background—can recite this sacred hymn.

### **Is it necessary to chant all 1000 names at once?**

Not required. Devotees may read it in sections or focus on select names depending on time and capacity. But full chanting is best on Hanuman Jayanti and special occasions.

### **Is this same as Hanuman Chalisa?**

No. Hanuman Chalisa has 40 verses composed by Tulsidas, while Sahasranama is 1000 names that serve as mantras of praise and power.

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