

# **Sankat Mochan Hanuman Ashtak in English Lyrics PDF**

## **Sankat Mochan Hanuman Ashtak**

Sankat Mochan Hanuman Ashtak is one of the most beloved devotional hymns dedicated to Lord Hanuman. The prayer was composed by the saint-poet Goswami Tulsidas and praises Lord Hanuman as the remover of troubles, obstacles, and difficulties.

The term "Sankat Mochan" means "the one who removes troubles," while "Ashtak" refers to a composition consisting of eight verses. In this sacred hymn, Lord Hanuman is glorified for helping devotees overcome fear, sorrow, challenges, and negative influences.

Devotees recite Sankat Mochan Hanuman Ashtak to seek strength, protection, courage, and peace of mind. It is especially popular on Tuesdays and Saturdays, which are considered auspicious days for Hanuman worship.

Many people also recite this hymn during difficult periods in life, believing that Lord Hanuman's blessings can provide guidance, confidence, and spiritual support. Along with Hanuman Chalisa and Bajrang Baan, Sankat Mochan Hanuman Ashtak remains one of the most widely recited Hanuman prayers in Hinduism.

## **Sankat Mochan Hanuman Ashtak in English Lyrics**

Baal samai ravi bhakshi liyo tab, teenahu loka bhayo andhiyaro

□

Taahi so traas bhayo jag ko, yah sankat kaahu so jaat na taaro

□

Dewan aani kari bintee tab, chaadhi diyo ravi kasht niwaaro □

Ko nahin jaanat hai jag mein kapi, sankat mochan naam tihaaro

□1□

Baali ki traas kapees basai giri, jaat mahaaprabhu panth

nihaaro □

Chownki mahaa muni saap diyo tab, chahiy kaun bichaar bichaaro

□

Kai dwij roop liwaay mahaa prabhu, so tum daas ke sok niwaaro

□

Ko nahin jaanat hai jag mein kapi, sankat mochan naam tiharo

□2□

Angad ke sang lain gaye siya, khoj kapees yah baain uchaaro □

jeevat na bachihau hum son ju, bina sudhi laay ehaan pagu

dhaaro □

Hayri thake tatt sindhu sabaai tab, laay siya-sudhi praan

ubaaro □

Ko nahin jaanat hai jag mein kapi, sankat mochan naam tiharo

□3□

Raavan traas dayee siya ko sab, raakshashi so kahi sok nivaaro

□

Taahi samay hanuman mahaprabhu, Jaay mahaa rajneechar maaro □

Chaahat seeya asoka so aagi su, dai prabhu mudrika soka

nivaaro □

Ko nahin jaanat hai jag mein kapi, sankat mochan naam tiharo

□4□

Baan lagyo ur lakshiman ke tab, praan taje sut raavan maaro □

Lai griha baidya sushen samet, tabai giri dron su beer upaaro

□

Aani sajeewan hath dayee taba, lakshiman ke tum praan upaaro □

Ko nahin jaanat hai jag mein kapi, sankat mochan naam tiharo

□5□

Raavan yudh ajaan kiyo tab, naag ki phaas sabhi sir daaro □  
Sri Raghunath samet sabai dal, moh bhayo yah sankat bhaaro □  
Aani khagesh tabai hanumaan ju, bandhan kaati sutraas nivaaro

□

Ko nahin jaanat hai jag mein kapi, sankat mochan naam tiharo

□6□

Bandhu samet jabai ahiraavan, lai raghunath pataal sidhaaro □  
Devhi puji bhalee vidhi so bali, deu sabai mili mantra  
vichaaro □

Jaay sahaay bhayo tab hi, ahiraavan sainya samet sanhaaro □  
Ko nahin jaanat hai jag mein kapi, sankat mochan naam tiharo

□7□

Kaaj kiye barh dewan kei tum, beer mahaaprabhu dekhi bichaaro  
□

Kaun so sankat mohin gareeb ko, jo tumso nahin jaat hai taaro

□

Begi haro hanumaan mahaprabhu, jo kuch sankat hoya hamaaro □  
Ko nahin jaanat hai jag mein kapi, sankat mochan naam tiharo

□8□

□ Doha □

Laal deh laalee lase,

aru dhari laal langoor □

Bajra deh daanavdalan,

jai jai jai kapi soor □

## Frequently Asked Questions About Sankat Mochan Hanuman Ashtak

### 1. What is Sankat Mochan Hanuman Ashtak?

Sankat Mochan Hanuman Ashtak is a devotional hymn dedicated to Lord Hanuman that praises his power to remove troubles, fears, and obstacles from devotees' lives.

## **2. Who wrote Sankat Mochan Hanuman Ashtak?**

The hymn was composed by the famous saint and poet Goswami Tulsidas, who also wrote the Hanuman Chalisa and Ramcharitmanas.

## **3. What are the benefits of reciting Sankat Mochan Hanuman Ashtak?**

Devotees believe it helps bring courage, mental peace, spiritual strength, protection, and relief from life's challenges.

## **4. Can Sankat Mochan Hanuman Ashtak be recited daily?**

Yes, it can be recited daily as part of regular prayer and devotion to Lord Hanuman.

## **5. Which day is best for reciting Sankat Mochan Hanuman Ashtak?**

Tuesday and Saturday are considered especially auspicious for reciting this prayer.

## **6. How long does it take to read Sankat Mochan Hanuman Ashtak?**

Most devotees can complete the recitation in about 5 to 10 minutes.

## **7. Can beginners recite Sankat Mochan Hanuman Ashtak?**

Yes, anyone can recite it with devotion, regardless of age or level of spiritual experience.

## **8. Is Sankat Mochan Hanuman Ashtak different from Hanuman Chalisa?**

Yes. They are two separate devotional compositions, although both are dedicated to Lord Hanuman and written by Goswami Tulsidas.

## **9. Can I recite Sankat Mochan Hanuman Ashtak during difficult times?**

Yes, many devotees recite it when facing personal, emotional, financial, or spiritual challenges to seek Lord Hanuman's blessings.

## 10. Is it necessary to understand the meaning while reciting?

While devotion is most important, understanding the meaning of the verses can help deepen faith and spiritual connection with Lord Hanuman.

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