

Sankat Mochan Hanuman Ashtak in Hindi Lyrics PDF | ॐॐॐॐ

ॐॐॐॐ ॐॐॐॐॐॐॐ ॐॐॐॐॐॐ

Sankat Mochan Hanuman Ashtak – Meaning, Benefits, Recitation Guide, PDF & MP3

Authored by Goswami Tulsidas

What is Sankat Mochan Hanuman Ashtak?

The Sankat Mochan Hanuman Ashtak is a powerful hymn composed by Goswami Tulsidas, the great 16th-century saint and poet known for writing the Hanuman Chalisa and Ramcharitmanas. This short yet potent stotra is a heartfelt plea to Lord Hanuman, the remover of obstacles (Sankat Mochan) to protect the devotee from troubles (sankat), dangers, enemies, diseases, and mental distress.

Unlike Hanuman Chalisa which praises Hanuman ji's qualities, the Ashtak is an urgent prayer for immediate relief and divine intervention in life's critical moments.

Sankat Mochan Hanuman Ashtak Hindi/Sanskrit Lyrics

ॐ नमो भगवते वासुदेवाय ॥
ॐ नमो भगवते वासुदेवाय ॥
ॐ नमो भगवते वासुदेवाय ॥

00 0000 0000 000 000 0 0000 I
0000 000 000 000000 00,
000000 0000 000 0000 000000 I
00 0000 0000 00 00 000 000,
0000000000 000 0000000 I

0000 00 000000 0000 0000 0000,
000 0000000000 000 0000000 I
000000 00000000 000 0000 00 ,
000000 000 000000 0000000 I
00000000 000 000000 0000000000,
00 000 000 00 000 0000000 I 00

0000 00 000 000 00 000,
000 0000 00 000 00000 I
0000 00 000000 00 00 00 ,
0000 0000 0000 0000 000 0000 I
0000 000 00 0000000 000 00 ,
000 0000-0000 000000 000000 I 00

0000 000000 00 000 00 00 ,
00000000 000 000 000 0000000 I
0000 000 0000000 0000000000 ,
000 000 0000000 000 I
0000 000 0000 000 000 00 ,
00 0000000000000000 000 0000000 I 00

000 0000000 00 000000 00 00 ,
000000 000 000 0000 0000 I
00 000 000000 000000 0000 ,
000 0000 000000 00 000 000000 I
000 000000 000 000 00 ,
000000 00 000 000000 000000 I 00

0000 000 0000 0000 00 ,
000 00 0000 000 000 0000 I
0000000000000 0000 000 00 ,
000 000 00 0000 0000 I

संकटमोचन हनुमान अष्टक
श्रीगणेशाय नमः

संकटमोचन हनुमान अष्टक श्लोकः “संकटं न भवेत् न मे नान्यथा...”

Sankat Mochan Hanuman Ashtak Verse Structure

Comprises 8 stanzas (Ashtak = 8 verses)

Written in Awadhi/Sanskrit mix by Goswami Tulsidas

Highlights Hanuman ji's heroic deeds and power to destroy evil

Each verse ends with a plea: “Naath na koi aan bas me...”

Benefits of Chanting Sankat Mochan Hanuman Ashtak

1. Immediate Relief in Crisis

The Ashtak is especially recited during difficult times—legal issues, accidents, diseases, and mental struggles. It's believed to create a spiritual shield.

2. Destroys Negative Energy & Evil Eye

Each verse invokes Hanuman ji's powers to destroy demons like Meghnath, Kumbhkaran, and Lankesh. Reciting it is said to remove evil influences.

3. Reduces Graha Dosh and Planetary Ill-Effects

It is particularly useful for those suffering from Shani Dosh, Mangal Dosh, or Rahu-Ketu afflictions.

4. Mental Peace & Emotional Strength

The powerful sound vibrations help calm anxiety and restore

courage in troubling situations.

5. Best Prayer During Hanuman Jayanti & Tuesdays

Chanting on Hanuman Jayanti, Tuesdays, and Saturdays multiplies its effect manifold.

How to Recite Sankat Mochan Hanuman Ashtak

Step Method

Time Early morning or evening, esp. Tuesdays/Saturdays

Place Clean puja room, near Hanuman photo/idol

Puja Items Sindoor, red flowers, diya, jaggery & gram

Steps

- Light a diya
- Offer red flowers or sindoor to Hanuman ji
- Chant “ॐ नमो भगवते वासुदेवाय” 11 times
- Recite the full Ashtak slowly and with devotion
- Perform Hanuman Aarti after Ashtak

Sankat Mochan Hanuman Ashtak in Hindi

Read Full Ashtak with Meaning & PDF

Meaning Behind Key Lines

“Bal samudra Sam Bhaye Hanumanta...” – Hanuman’s strength is like an ocean

“Durgaam kaj jagat ke jete...” – He helps even in the most impossible tasks

“Jo yah padhe Hanuman Chalisa...” – Faithful recitation guarantees protection

Frequently Asked Questions (FAQs)

What is the meaning of Sankat Mochan?

Sankat = Problem or distress

Mochan = Liberator

Lord Hanuman is called Sankat Mochan because he removes all kinds of trouble.

Who wrote Sankat Mochan Hanuman Ashtak?

The Ashtak was composed by Goswami Tulsidas, the same saint who wrote the Hanuman Chalisa and Ramcharitmanas.

Can I recite the Ashtak daily?

Yes, daily recitation is highly recommended. It provides ongoing protection and inner strength.

Is it more powerful than Hanuman Chalisa?

Both are equally divine. The Chalisa is a general praise; the Ashtak is a specific prayer for protection and crisis moments.

When should I chant the Sankat Mochan Ashtak?

- During legal or financial issues
- When facing health concerns
- During exams, interviews, or emotional lows
- Tuesdays, Saturdays, Hanuman Jayanti, or Navami

संकटमोचन हनुमान अष्टक (FAQs)

संकटमोचन का अर्थ क्या है?

संकटमोचन: संकट = समस्या या दुःख, मोचन = मुक्तिदाता

संकटमोचन हनुमान अष्टक का अर्थ है कि यह प्रार्थना है जो संकटमोचन को प्रार्थना करता है

