

## हनुमानद्वादशनाम स्तोत्र in Hindi

हनुमानञ्जनीसूनुर्वायुपुत्रो महाबलः ।  
रामेष्टः फाल्गुनसखः पिङ्गाक्षोऽमितविक्रमः ॥

उदधिक्रमणश्चैव सीताशोकविनाशनः ।  
लक्ष्मणप्राणदाता च दशग्रीवस्य दर्पहा ॥

एवं द्वादश नामानि कपीन्द्रस्य महात्मनः ।  
स्वापकाले प्रबोधे च यात्राकाले च यः पठेत् ॥

तस्य सर्वभयं नास्ति रणे च विजयी भवेत् ।  
राजद्वारे गह्वरे च भयं नास्ति कदाचन ॥

## Hanuman Dwadash Naam Stotram in English

Hanumān añjanī sūnur vāyuputro mahābalaḥ | Rāmeṣṭaḥ  
phālgunasakhaḥ piṅgākṣo'mitavikramaḥ || Udadhikramaṇaścaiva  
sītāśokavināśanaḥ | Lakṣmaṇaprāṇadātā ca daśagrīvasya darpahā  
|| Evaṃ dvādaśa nāmāni kapīndrasya mahātmanaḥ | Svāpakāle  
prabodhe ca yātrākāle ca yaḥ paṭhet || Tasya sarvabhayaṃ nāsti  
raṇe ca vijayī bhavet | Rājadvāre gahvare ca bhayaṃ nāsti  
kadācana ||

### Meaning

1. Hanumān añjanī sūnuḥ - Hanuman, the son of Anjana
2. Vāyuputraḥ - Son of the wind god (Vayu)
3. Mahābalaḥ - Possessor of great strength
4. Rāmeṣṭaḥ - Beloved of Rama
5. Phālgunasakhaḥ - Friend of Arjuna
6. Piṅgākṣaḥ - Tawny-eyed
7. Amitavikramaḥ - Of immense valor
8. Udadhikramaṇaḥ - Who crossed the ocean

9. Sītāśokavināśanaḥ - Who dispelled Sita's sorrow
10. Lakṣmaṇaprāṇadātā - Giver of life to Lakshmana
11. Daśagrīvasya darpahā - Destroyer of the arrogance of the ten-headed (Ravana)

#### Verses

- Evaṃ dvādaśa nāmāni kapīndrasya mahātmanaḥ - Thus, these are the twelve names of the great lord of monkeys.
- Svāpakāle prabodhe ca yātrākāle ca yaḥ paṭhet - One who recites these names at the time of sleep, awakening, or during a journey,
- Tasya sarvabhayaṃ nāsti raṇe ca vijayī bhavet - For him, there is no fear, and he will be victorious in battle.
- Rājadvāre gahvare ca bhayaṃ nāsti kadācana - He will have no fear at the royal court or in secluded places.