

Hanuman Jayanti Pooja Process

How to perform Hanuman Jayanti Pooja? Hanuman Jayanthi Ritual

Hanuman Jayanti Significance

Yatra yatra raghunatha kirtanam;
Tatra tatra kritha masthakanjalim;
Bhaspavaari paripurna lochanam;
Maarutim namata raakshasanthakam

“We bow to Maruti, Sri Hanuman, who stands with his palms folded above his forehead, with a torrent of tears flowing down his eyes wherever the Names of Lord Rama are sung”.

The birthday of Lord Hanuman falls on Chaitra Shukla Purnima (the March-April full moon day).

This day is marked with devotees keeping fast, reading Hanuman Chalisa and spending the day in Rama Nama Japa.

Importance of Hanuman Jayanti Pooja

The important days for worshipping Hanuman are Saturday, Tuesday and Thursday. Monday is especially auspicious Lord Shiva. According to a legend, when Shani (Saturn) approached Hanuman to bring him under his spell, Hanuman got him by the hair, dangled him in the air and blew air on him. He then let Shani go only after a promise from him that he would never harm him or his devotees. Hence, for those who have Shani (the seven and a half year period), it is good to worship Hanuman on Saturdays. Others can worship on any of the three mentioned days to their convenience.

Flowers Offered To Hanuman :

Garland Made of Betel Leaves

The story goes that when Hanuman conveyed the message from Sri Rama, Sita Devi garlanded Hanuman with a betel vine as a token of her joy and appreciation, as she could not find any flowers nearby (in Asoka van, Lanka).

Jasmine:

Anjaneya may be worshipped with jasmine flowers or Tulasi on Thursdays.

Parijatam:

It is believed that Hanuman prefers to frequent places where there are beautiful and fragrant flowers. Hence Parijatam, which is considered as one of the most fragrant flowers, is offered to him.

Tulasi:

Tulasi is the favorite of the Lord Rama, and hence also a favorite of Hanuman.

Lotus:

Lotus is also dear to Sri Rama. In the only temple dedicated to Bharatha, the younger brother of Sri Rama, in Irinjalakuda in Kerala too, garlands made of lotus are used. Sri Rama had equal affection for his brother Bharatha and Sri Hanuman. Lotus is also used for worship in Vishnu temples. Lord Krishna is also called the lotus eyed (Pankajaaksh). Hence lotus is also a favorite of Hanuman.

Panchamukha Hanuman:

Panchamukha Hanuman is the embodiment of all forces of Vishnu. The five faces are described below:

Hanuman Mukha, facing East, removes all blemishes of sin and confers Chitta Suddhi.

Karala Ugravira Narasimha Swami, facing the South, removes fear of enemies and confers victory.

Mahavira Garuda Mukha, facing West, drives away evil spells, black magic influences etc., and removes all poisonous effects in one's body.

Lakshmi Varahamurthy facing North wards off the troubles caused by bad influences of the planets and confers all prosperity-Ashta Aishwarya.

Hayagriva Mukha, on top, confers knowledge, victory, gnana, good wife and progeny.

After finishing Hanuman jayanthi mantra perform [Pasupu ganapathi Pooja](#), Now we can start Hanuman jayanthi Pooja (Shodashopacharam).

Hanuman Jayanti Puja Process

Hanuman Shodashopacharam**Dhyaanam:**

sarvakaamaartha sidhdhayey|
prasaadhaa ththava nirvighnam,
bhavathaa dhidha marchanam ||
dhyaanam samarphayaami.

Avaahanam :

parameysha dhayaasimdho |
bhavasamthaapa vaaraka ||
svaagatham they mahaa dheyva |
ihagachcha priyamkara||
aavaahanam samarpayaami.

Aasanam :

manisthagitha maasanam |
kalpitham they mahaadheyva
adhiroha sthiro bhava ||
aasanam smarpanyaami.

Paadhyam :

paadha prakshaalanaaya they |
bhakthyaarpitham mahaadheyva,
krupayaa prathi gruhyathaam ||
paadhayoh paadhyam samarpanyaami.

Aarghyam :

sarvatheerthaambu dheeyathey |
aarghya roopeyna dhjeyveysha|
svikurushva krupaakara||
aarghyam samarpanyaami.

Aachamanam :

gamhgaadhi sarvatheerthey bhyo
bhakthya sampaadhitham payah |
poorva maachamanam kruthvaa vishudhdho bhava paavana
aachamaneeyam samarpanyaami.

Madhuparkam:

dhadnaa madhu cha samyuja,
aneetham preethi dhaayakam |
madhuparkam gruhaaneydham,
dheyva sarva shubhamkara ||
madhuaparkam samarpanyaami

Panchaamrutha snanam:

madhvaajya dhadhi samyuktham,
sharkaraa ksheera samyutham |
panchaamrutham samaaneetham,
naarikeylaambu snaayathaam ||
panchaammrutha snaanam samarpanyami

shudhdhodhaka snanam:

gamgaadhi sarva theerthey bhya |
ssamaaneetham shubham jalam |
snaanaartham thava sadhbakthya;
snaathu marhasi paavana!||
shudhdhodhaka snaanam samarpanyami

Vasthram :

vasthradhvayam dhashaayuktham,
svarnathamthu vinirmitham ||
achchaadhanaaya they dhaththam,
dheyva dheyva pragruhyathaam ||
vasthrayugmam samarpayaami

Upaveetham:

thrivrutham veydhapaatasya
dheekshaagambha prasoochakam |
yajnyasoothram gruhaaneydham ,
vrudhdhikruththeyja aayushu ||
yajnyo paveetham samarpayaami

Sindhooram :

simdhooram dhaathu nishpannam,
raktham shobhaa vivardhakam |
gruhyathaam dheyvadheyveyRsha,
grahaarishta nivaarakam ||
simdhoora leypanam samarpayaami.

Gandham :

chandhanam seethalam dhivyam,
paatireyna sugamdhitam ||
vileypaanaaya they dhaththam,
dheyva thaapa nivaakaram ||
dhivyashree chandhanam samarpayaami.

Akshathalu :

gandhasyopari dheyveysha|
alankaaraartha marpitaa.
shaaleeyaa nakshathaan dhivyaan |
svikurushya suroththama,
gamdhasyopari alamkaranaartham,
haridhraakshathaa samarpayaami.

Pushpam :

kumdamandhaara padhmaani,
champakaa shoka maalathee|
suvarnaani cha pushpaani,
pradhaththaani pragruhyathaam ||
pushpam samarpayaami.

Dhoopam:

vanaspathyudhbhavam dhivyam
naanaa gamthai ssu samyutham|

dhaasyaami guggulam dhoopam
bhakthyya they prathi gruhyathaam ||
dhoopa maa ghraapayaami

Deepam :

varthi thrayaathmakam dheepam |
ghrutham pooranam svalamkrutham|
vahninaa yojitham dheyya |
dheeyathey jnyaana naashakam |
dheepam dharshayaami

Naivedhyam :

kadhalee naarikeylaadhi
phala yajmadhuram shuchi |
chathurvidhaanna samyuktham
naiveythyam dheyya bhujyathaam ||
naiveythyam samarpayaami

Sudhdhaachamaniam :

paanee paadhau chaprakshaalya
susthithaaya shubhaaya they |
uththaraachamanm dheyththam |
sveekurushvaagha naashana |

Taamboolam :

naagavallee dhalopeytha
mukthaa choorna samanvithaa
karpooora veetikaa dheyya
dheeyathey charvanam kuru ||
thaamboolam samarpayaami.

Neeraajanam :

neeraajanam gruhaaneydham|
karpooora jyothi samyutham |
aanamdha mahaadheyva |
ajnyaana thimi raavaham ||
neeraajanam samarpayaami.

After finishing Hanuman jayanthi Pooja (Shodashopacharam) we can continue with [Hanuman AshtottraShataNamavali](#).