

at first consists of 12 Mātrās, or 48 seconds ; therefore, time extending 12 Mātrās, constitute the first 'Udghāta'.

As the number of breaths determines every 'Udghāta', it is called observation according to number. This number being fixed beforehand, it is not necessary to keep it under observation during the practice of Prāṇāyāma. But observation of number may be necessary in order to determine how many times the Prāṇāyāma should be practised, or at what rate it should be increased. According to Haṭha-Yoga, Prāṇāyāma should be practised four times daily up to a maximum number of eighty. This number should be reached gradually and not all at once. It is said, "The number should be increased very slowly and carefully". The first 'Udghāta' is called Mṛdu (mild), the second Madhya (intermediate) and the third is called the best form of Prāṇāyāma.

Thus practised, Prāṇāyāma becomes both long and subtle. 'Long' means exhalation or the holding of breath for a long time. 'Subtle' means fineness of inhalation and exhalation and effortlessness during the holding of breath, When a fine cotton wool held at the tip of the nose does not move, it indicates the subtle form of exhalation.

वाङ्माभ्यन्तरविषयाक्षेपौ चतुर्थः ॥ ५१ ॥

भाष्यम्—देशकालसंख्याभिर्वाङ्माभ्यन्तरविषयः परिदृष्ट आक्षिप्तः, तथाभ्यन्तरविषयः परिदृष्ट आक्षिप्तः, उभयथा दीर्घसूक्ष्मः । तत्पूर्वको भूमिजयात् क्रमेणोभयोर्गत्य-भावश्चतुर्थः प्राणायामः । तृतीयस्तु विषयानालोचितो गत्यभावः सकृद्वारम् एव, देशकालसंख्याभिः परिदृष्टो दीर्घसूक्ष्मः । चतुर्थस्तु श्वासप्रश्वासयोर्विषयावधारणात् क्रमेण भूमिजयादुभयाक्षेपपूर्वको गत्यभावश्चतुर्थः प्राणायाम इत्ययं विशेषः ॥ ५१ ॥

**The Fourth Prāṇāyāma Transcends The External And Internal Range (1). 51.**

When external operation observed in respect of space, time and number, is mastered it can be transcended by skill acquired through practice. Internal operation also after being first observed similarly and then