

IV. 29.

तथा Yet अपरे others अपाने into the Apana प्राणं the Prana प्राणे into the Prana अपाणं the Apana जुहति sacrifices प्राणापानगती courses of the out-going and in-going breaths रुद्धा stopping प्राणायामपरायणाः constantly practising the regulation of the vital energy, अपरे others नियताहाराः persons of regulated food प्राणान् functions of the Pranas प्राणेषु in the Pranas जुहति sacrifices.

Yet some offer as sacrifice, the out-going into the in-coming breath, and the in-coming into the out-going, stopping the courses of the in-coming and out-going breaths, constantly practising the regulation of the vital energy ; while others yet of regulated food, offer in the Pranas the functions thereof.

[Offer in the Pranas the functions thereof: Whatever Prana has been controlled, into it they sacrifice all other Pranas ; these latter become, as it were, merged in the former. Or, in another way : They control the different Pranas and unify them by the foregoing method ; the senses are thus attenuated and are merged into the unified Prana, as an act of sacrifice.

All the various acts described in verses 25 to 29, as offerings of sacrifice, are only conceived as such, the study of the scriptures, is regarded as an act of sacrifice, and so on.]

सर्वेऽप्येते यज्ञविदो यज्ञक्षयितकल्मषाः ॥३०॥

यज्ञशिष्टानृतभुजो यान्ति ब्रह्म सनातनम् ॥

नायं लोकोऽस्त्ययज्ञस्य कुतोऽन्यः कुरुसत्तम ॥३१॥

IV. 30, 31.

सर्वे All अपि even एते these यज्ञविदः knowers of Yajna यज्ञक्षयितकल्मषाः persons having their sins