

श्रीआदिनाथाय नमोऽस्तु तस्मै येनोपदिष्टा हठयोगविद्या ।
विराजते प्रोन्नतराजसौधमारोढुमिच्छोरधिरोहिणीव ॥1.1॥

प्रणम्य श्रीगुरुं नाथं स्वात्मारामेण योगिना ।
केवलं राजयोगाय हठविद्योपदिश्यते ॥1.2॥

5 भ्रान्त्या बहुमतध्वान्ते रजयोगमजानताम् ।
हठप्रदीपिकां धत्ते स्वात्मारामः कृपाकरः ॥1.3॥

1 śrīādināthāya cet.] ādiśanāthāya V₁ śrīādityanāthāya J₂J₁₀ śrīādināthā N₁₀ śrī om ād-
ināthāya N₅ ādināthāya J₄ 'stu cet.] un.m.stu te V₈ **tasmai** cet.] tasmaiḥ N₂₂ te tasmai
V₂₆ **yenopadiṣṭā** cet.] yonopadiṣṭā N₅ yenopadiṣyā J₂ + .. p. .. .[ā] M₁ **haṭhayogavidyā**
cet.] haṭhajogavidyā N₂₂ **2 virājate** cet.] vibhrājate C₂N₁₃TüVulgN₂₃V₂₂ vi .. jate M₁ **rā-**
jasaudham cet.] rājasaudhām J₂ rājasaudha J₃N₂₃ rājasaidhamm N₁₆ rājasaukham N₂₂ rājayo-
gam B₁B₂B₃C₁C₂C₇J₁J₁₀J₁₃J₁₅J₁₇N₁N₆N₉N₁₀N₁₃N₁₇N₂₀N₂₃TüV₁V₃V₄V₆V₁₁V₂₂ rājayogar V₈
āroḍhum cet.] āroḍham J₂N₅ āroham C₁N₆V₅ ārodum V₄ ārohim J₁₇ ārūḍham J₁₄ ārūḍham
N₁₉ sarāḍhum N₂₃ dharmādhi N₂₂ armādhi N₂₃ **icchor** cet.] rūvam N₂₂ **adhirohiṇīva** cet.]
adhirohaṇīva C₂N₅ adhirohiṇī ca J₂N₉N₁₆N₂₂ adhirohaṇi ca J₁₅ adhiroha eva C₁V₃V₅ adhiroha-
nena N₁₂ adhirohatīva N₁₉ adhirohaṇāya V₆ **3 gurum** cet.] guru C₂J₂ gurū J₁₅V₆ **nātham**
cet.] nātha J₂N₂₂V₆ **svātmārāmeṇa** cet.] ātmārāmeṇa J₂V₂₆ svātmārāṇa C₂ svātmārāmena
V₅ **yoginā** cet.] dhīmatā C₁C₂C₇J₁J₃L₁N₅N₁₁N₁₆V₅V₁₉ yoginī N₂₂ **4 kevalam** cet.] kaivalam
N₅ **rājayogāya** cet.] rājayogoya J₃ rājayogo yaṁ N₁₆ **vidyopadiśyate** cet.] vidyāḥ pradiśy-
ate B₂ vidyā prakāśayet J₂ vidyā prakāśyate V₂₆ yogopadiśyate B₃J₁₃J₁₄J₁₅N₁N₂N₆N₁₇N₁₉V₄V₈
yogo pradiśyate N₁₇ yogapradiśyate C₂ yogaḥ pradīśyate N₁₀V₁₁ yogoyadiśyate J₁₀ **5 bhrān-**
tyā cet.] bhrāntvā C₂C₇J₁₃J₁₅L₁N₅N₂₀V₃V₁₉ bhrātā J₂ bhrāntā N₃ bhrāntar N₂₄^{ac} bhrāntair M₁
bhrānmā N₂₂ **bahu** cet.] vahū J₂J₁₀ vaṁhu V₃ bahā N₂₄^{ac} **mata** cet.] matam V₁ mate
V₂₂ matā J₂J₁₇ mati J₄ matva J₁₅ gata N₁₁ *** N₂₄^{ac} **dhvānte** cet.] dhvāntai C₂V₂V₈V₂₆N₂₃
dhvāntaiḥ V₆ dhvāntā J₂ bhrāntam V₁ dhyāna V₂₂ bhrāntai M₁ bhrāntair V₈ **rājayogam**
cet.] rājamārgam J₂M₁N₃N₁₂N₂₃V₂₆ **ajānatām** cet.] ajānatā B₂V₆ ajānatam C₂J₁J₄ ajā-
nataḥ C₁C₂C₇L₁N₅N₁₆V₅V₁₉V₂₆ prajānatām C₂ ajānate J₂ ayānatām V₈ vijānatā N₁₉ jānanam
N₂₂ **6 pradīpikām** cet.] pradīpikam C₂ pradīpakām J₁₅ pradīpikā J₂N₁₆N₁₉N₂₂ pradīpikām V₈
unm.pradīkām V₂ **dhatte** cet.] dhatte V₈ dharme L₁ dhate J₂ cakre C₄^{ac} J₁₅N₅ datte C₂N₁₉ dhatve
V₁₁ **svātmārāmaḥ** cet.] svātmārāma V₃J₁N₂₂V₆ svātmārāme N₂₃ svātmārāmo J₂ ātmārāmo V₂₆
kṛpākaraḥ cet.] kṛpāparaḥ C₂C₇N₅V₁₉ nhamākaraḥ C₂ kṣamākaraḥ J₁₀J₁₅J₁₇N₆N₁₀N₁₇V₄V₁₁ ni-
raṁjanam J₂ nirañjanam V₂₆ prakāśyate V₃

हठविद्यां हि मत्स्येन्द्रगोरक्षाद्या विजानते ।
स्वात्मारामोऽथवा योगी जानीते तत्प्रसादतः ॥1.4॥

श्रीआदिनाथमत्स्येन्द्रशाबरानन्दभैरवाः ।
चौरङ्गीमीनगोरक्षविरूपाक्षबिलेशयाः ॥1.5॥

1 vidyām hi cet.] vidyā hi B₁J₁J₂J₁₃N₆N₁₃N₁₆N₁₇N₁₉N₂₁N₂₃V₁ vidyām tu J₄ vidyo hi N₃ vidyām N₅ **matsyendra** cet.] matseṁdra N₁₀ tachamdra N₂₃ matsyemdu J₁₃ macchemdrā J₂ machidra J₂ machendraḥ V₅ **gorakṣādyā** cet.] gorakṣādyā C₂ gorakṣāyā N₅N₁₇ gorakṣādyo J₁ *unm.*gorakṣā V₅ gorakṣyādyā V₁₁ **vijānate** cet.] vijānatā B₂M₁ hi jānate J₂ virājate N₃ vijānateḥ V₁₁ **2 svātmārāmo** cet.] ātmārāmo C₄^c J₁J₃L₁N₅N₁₁V₁₉V₂₆ ātmārāme N₁₆ svātmārāmaḥ V₂₂ **’thavā yogī** cet.] *unm.*athavā yogī V₄ ’thava yogī V₂₆ mahāyogī J₄ yathā yogī C₇V₈ ’thavā yena J₂ **jānīte** cet.] jānati C₄^c vijñāna J₂ jānante V₃ jānate N₂₂ jānite J₁₅J₁₇V₈ jānita V₈ jānitai V₅ jānimat V₁₁ **tatprasādataḥ** cet.] tatprasāditaḥ N₁ **3 śrīādinātha** cet.] ādināthāya C₂ ādināthāśca C₂V₆ śrīādināthāya N₅ *unm.*śrīādināthādi J₁₅V₁ ādināthādi B₃C₂J₁₀J₁₇N₁N₆N₁₀N₁₇V₄V₈V₁₁ *unm.*ādinātha B₁ **matsyendra** cet.] matseṁdra N₁₀ machedraḥ V₅ **śābarā** cet.] sāvarā C₄^c Tū śāmarā B₂N₁₉ sāgarā C₂J₄J₂V₃N₂₀ śāgarā J₁₅ śāradā C₁C₇J₃L₁N₁₁N₁₂N₁₆N₂₃V₂V₁₉ sārādā V₅ sāvadā V₂₆ śāradāḥ N₅ śāṁvarā J₁₄N₂N₁₀ śācarā V₆ **nanda** cet.] nanta N₂₃ **bhairavāḥ** cet.] bhairavaḥ J₂J₁₇N₃N₅N₁₇N₂₃V₆ bhairavā J₁J₁₅V₃V₈N₂₂ bhaivarāḥ V₂₆ **4 cauraṅgī** cet.] cauraṅgī C₂C₂C₇N₅ coraṁgī N₁₀ cāraṅgī B₃ sauraṁgī M₁ kuraṅgī J₄ vaurago J₂ cauragi V₈ ca..raṁgī N₂₂ **mīna** cet.] khīna V₁₉ **gorakṣa** cet.] gaurakṣa J₁₅ gaurakṣau V₂₆ gorakṣaḥ N₂₂ gorakṣo J₂ **virūpākṣa** cet.] virūpākṣya J₁₅ virūpāṅkṣya C₂ virūpācchaś J₂ virūpākṣaś V₂₆ virupākṣa J₁₇ virūpaśca N₁₆ virūpākṣā N₂₂V₂ vipākṣa J₄ virūpākṣaḥ N₃V₁₉ virūyākṣa N₂₃ **bileśayāḥ** cet.] vileśayā C₂J₁N₂N₅ bileśayaḥ V₆ ca cetana J₂ ca ceḍalaḥ V₂₆ cileśayāḥ N₂₃ vileśayā C₂J₁N₂N₅ savālmikaḥ N₃ savālikaḥ V₁₉ bileśayā J₁₅V₃ biśleśayāḥ V₄

मन्थानभैरवो योगी सिद्धबुद्धश्च कन्थडिः ।
 पौरण्टकः सुरानन्दः सिद्धपादश्च चर्पटिः ॥1.6॥

कानेरी पूज्यपादश्च नित्यनाथो निरञ्जनः ।
 कपाली बिन्दुनाथश्च काकचण्डीश्वराह्वयः ॥1.7॥

1 manthāna cet.] *unm.* śrīmanthāna B₂ manthāra C₂L₁N₅ manthāno N₁₃TüV₁V₂₂Vulg mandāra J₂ **bhairavo** cet.] mairavo N₂₀ bhairavā N₂₃ bhaivarau V₂₆ **yogī** cet.] jogī J₂ siddha C₁ siddhe V₅ yogi J₁₅V₈ **siddha** cet.] śuddha B₁B₃C₂C₂C₂C₂ C₂N₁J₁₀J₁₃J₁₇N₆N₁₀N₁₃N₁₇TüV₄V₁₁V₂₂V₂₆ śruddha J₁₅ siddho B₂N₁₉V₆ yogī C₁V₅ siddha V₁ siddhi J₁J₃J₁₄N₂N₁₆ sandhi J₂ viddha N₂₀ sidha N₂₂ siddhar N₂₃ suddho V₈ **buddhaś ca** cet.] tudhiś ca J₂ pādaś ca C₇ buddhiś ca C₂J₁J₃N₃N₁₆N₂₀V₂V₃V₂₆ nudhaś ca N₂₂ cuddhaś ca N₂₃ **kanthaḍiḥ** cet.] kanthariḥ B₁ kanthaḍiḥ B₂N₂₃ kanthaḍi C₁C₂J₁₅N₁₀N₁₂N₂₀N₂₁V₆ kanthaḍi C₂ kukuḍiḥ C₂ kanthalī V₁J₁₈ N₃ kanthalī J₁₈ kamtharī N₅ kanthaḍi J₂ kandalī J₁₇N₆N₁₇N₂₂V₄V₁₁ kanthaḍim V₃ kanthaviḥ J₁ kandalī V₈ kampaṭiḥ N₁₃ kampaḍiḥ Tü paddhatiḥ M₁ kānuṭiḥ V₂₆ **2 paurāṇṭakaḥ** cet.] pauramṭaka N₂₂ pauramṭhakaḥ N₅ paurāṇṭakaḥ B₁N₁N₁₀V₆ paurāṇṭakaḥ V₁₁ paurāṇṭakaḥ B₂ pauramṭamka C₂ kauramṭakaḥ N₁₆N₂₃ kauramṭaka N₁₂ kaurāṇṭakaḥ J₁₄V₂₆ koramṭaka J₂ koramṭakaḥ J₄N₂₁N₂₃ koramṭakaḥ C₂N₁₃TüV₂₂Vulg koramṭikaḥ N₂ goramṭaka N₃ ghoramṭakaḥ M₁ *unm.* kāhapauramṭaka V₈ koramḍika Vulg kauramḍikaḥ V₂ paura...kaḥ N₂₀ *** C₁J₃L₁N₁₁V₅V₁₉ **surānandaḥ** cet.] sarānanda B₂N₁₂ surānanda C₂J₂N₂N₃V₃N₂₂V₂ śurānamdaḥ N₂₃ sarānandaḥ J₄ *** C₁J₃L₁N₁₁V₅V₁₉ **siddha** cet.] siddhi V₁J₁J₂N₁₆N₂₃ siddhā V₈ *** C₁J₃L₁N₁₁V₅V₁₉ **pādaś** cet.] pāda N₂₂ *** C₁J₃L₁N₁₁V₅V₁₉ **ca** cet.] *** N₂₂ **carpaṭiḥ** cet.] carpaṭiḥ B₁B₂N₂N₁₇N₂₃V₃V₄ carpaṭi C₂J₁₇V₆ carpaṭi C₂ C₂C₇V₁V₂ carpaṭi C₂ J₁J₁₅N₃V₈N₂₃ tarpaṭi J₂ parpaṭiḥ M₁ carpaṭiḥ N₅ carpaṭaḥ N₁₁V₁₁ *** C₁J₃L₁N₁₁V₅V₁₉ **3 kānerī** cet.] kanerī C₂J₁₄N₂N₃N₁₉V₂V₆ kaṇerī J₃V₁N₁₁ kāṇarī J₁ kanerī V₈ kāṇerī B₁B₃ naimkerī N₁₆ kānerī N₁₇ kārnerī N₁₇ kirīla B₂ varainya C₁ kaṇirī J₄V₁₉ kaṇirī J₂ karaṇī C₂ C₇L₁N₅ karenī V₅ karauṭi N₁₂ kaverī N₂₀ kāvarī V₂₆ karotiḥ M₁ kālerī V₁₁ **pūjya** cet.] pūrya V₁ pūrva B₁B₃C₂J₁₀J₁₅J₁₇N₁₀N₂₂V₆V₁₁ pūrvva V₄ sarva J₄ **pādaśca** <??>] pāṇaś ca J₁ nāthaś ca N₂₀ **nityanātho** cet.] dhvaninātho B₁B₃C₂C₂ J₁₀J₁₃J₁₇N₆N₁₀N₁₇V₄V₆ siddhanātho C₂C₂ J₁₅ bilvanātho C₇L₁N₅V₁₉ dhaninātho N₁ *unm.* ninātho V₁₁ **nirañjanaḥ** cet.] nirantanah N₅ nirañjanaḥ J₁₅V₃ nirañjana J₁V₈ virañjanaḥ V₂₆ *** N₂₂ **4 kapālī** cet.] kapālī J₂J₁₅ kāpālī C₁C₂J₁₄N₂V₂ kāpālī N₁₉ *** N₂₀N₂₂ kāpālī J₁₃ kapālir V₂₂ kalāpī V₂₆ **bindunāthaś ca** cet.] bindunādaś ca V₁B₁B₂B₃J₂M₁ *** N₂₀N₂₂ bindunāthasya V₈ **kākacaṇḍīśvarāhvayaḥ** C₂N₁₃N₂₃TüV₁Vulg] kākacaṇḍīśvarādayaḥ cet. kākacaṇḍīśvaro mayah B₂N₁₉ kālacaṇḍīśvarādayaḥ J₃V₁₉ kākacaṇḍīśu ādayaḥ N₅ kākacamndrīśvarādayaḥ N₁₆ kāmkaṇḍīśvarādayaḥ V₈ kālacaṇḍīśvarāhūyaḥ J₂ kākacamdeśvarogayaḥ N₃ *** N₂₀N₂₂ kākacamḍīśvarāhayaḥ N₂₃ kākacamteśvaro mayah M₁ kākaguṇḍīśvarāhvayaḥ V₂₆ kākacaṇḍīdayākarah V₁₁ kākacaṇḍīśvaromayaḥ N₁₂ kākacaṇḍīśvarādaya J₁₅ kākacaṇḍīśvarogajah N₁₁ kākacaṇḍīśvarāhayaḥ J₄ kākacaṇḍīśvarāḥ V₂₂ kākacaṇḍīśvarāvayaḥ N₂₁

अल्लामप्रभुदेवश्च घोडाचोली च टिण्टिणी ।
भालुकी नागबोधश्च खण्डकापालिकस्तथा ॥1.8॥

इत्यादयो महासिद्धा हठयोगप्रभावतः ।
खण्डयित्वा कालदण्डं ब्रह्माण्डे विचरन्ति ते ॥1.9॥

1 allāma *nos scribere*] conī. allāmaḥ TüV₁V₃V₈V₂₂VulgN₂₃ allamaḥ N₁₃J₁₀J₁₅J₁₇N₂₀ allama M₁ allāmā N₁₀ *** B₁N₂₂ mallama B₂ agastyah B₃C₂N₁ ahlama J₂J₄ ahyamaḥ V₄ suṣamaḥ C₁C₇J₁₃L₁N₅ alamaḥ C₂ alasaḥ C₂N₂V₂ alama N₃ akṣamaḥ N₆V₂₆ hallamaḥ C₄^{pc} N₁₁ akleśaḥ N₁₂ akleśa J₁₄ adhvaṃmaḥ J₁N₁₆ aśamaḥ N₁₇ allasaḥ N₁₉N₂₃V₆V₁₁ alasa N₂₁ arṇamaḥ J₃ suṣamaḥ V₁₉ suṣamaḥ C₄^{ac} V₅ **prabhudevaś ca** cet.] prabhuṃ devasya J₂ + + [deva]śca M₁ prabhudevasya V₈N₁₉ *** N₂₂ **ghoḍācolī** cet.] ghoḍācūlī C₂ ghorācolī V₁B₃C₂J₁₀J₁₃J₁₇L₁N₆N₁₀N₂₁V₄ ghorācola V₁₁ ghoḍācolī V₈ ghorāvolā B₁ ghojacolī C₂ ghoḍācūlī N₃V₂₆ ghoḍācūlī M₁N₂₃ ghoḍāvōlī J₄ vaḍācolī N₅ *** N₂₂ ghogacolī V₅ ghoṭācolī V₁₉ gho .. co .i V₂₂ **ca** cet.] gha C₇L₁N₅ sa V₁₉ la V₁₁ *** N₂₂ **ṭiṭṭiṇī** B₁C₁J₃J₁₀J₁₃J₁₇N₁₇N₁₉N₂₃V₁V₂] ṭiṭṭiṇiḥ C₂C₂N₅ ṭiṭṭaṇiḥ C₂ ṭiṭṭiṇī N₂₁ ṭiṭṭiṇī V₁₁ ṭiṭṭaṇi V₆ *** N₂₂ ṭiṭṭiṇiḥ C₂J₁N₃N₆N₁₀N₁₃N₁₆TüV₅V₂₂Vulg ṭiṭṭiṇaḥ V₄ ṭiṭṭiṇiḥ V₁₉ ṭiṃbhiṇiḥ N₃ ṭiṭṭiṇī N₂ ṭiṭṭiṇī N₂₃ ṭiṭṭiṇiḥ L₁ ṭiṭṭiṇiḥ N₁ ṭiṭṭiṇiḥ B₃ ṭiṭṭibhaḥ M₁ ciṃciṇiḥ B₂ ciṃciṇī J₂N₁₂V₃ ciṃciṇī V₈ ciṃviṇī J₄ ciṃcaṇi J₁₅ ciṃcaṇi J₁₄ carpaṭaḥ N₁₁ ciṃcili N₂₀V₂₆ **2 bhāluki** cet.] bāluki N₂₁ bhālukāṃ C₂ bhāluki N₃ bhālukir J₁₃ bhālukir C₄^{pc} J₃N₁₁N₂₃V₅ bhālukā J₁B₁V₁₁ bhāluko N₁V₆ bhānukā B₃ bālukir C₁L₁M₁ vālukir C₄^{ac} V₁₉ vālakī N₂ vālakir C₇N₅ vāsukī B₂J₂N₂₀ vāsukī V₈V₂₆ vāsukir J₄V₃J₁₅N₁₆ *** N₂₂ bhānukī Vulg bhānuki N₂₃ **nāgabodhaśca** <??>] nāgavādhiś ca N₁₂ nāgavedhaś ca J₁₄ nami auḍḍīśa N₃ nāma bhojaś ca M₁ nāma bodhaś ca N₁₀V₄ nāgadevaś ca C₂N₁₃V₂₂V₂₆ nāradevaś ca Vulg nārādevaś ca Tü *unm.* nāgaboś ca V₈ nālabodhaś ca J₁ nāgarodhaś ca N₂₀V₁₉ vānabodhaś ca V₆ *** N₂₂ nā ś ca N₂₃ **khaṇḍa** cet.] khaṇḍī B₁ khaṇḍaṃ N₁₇V₁N₂₃ khaṇḍi B₃C₂N₁₀ caṇḍa C₁C₄^{ac} C₇J₁₃V₂V₅ caṇḍi N₅ caṇḍī V₁₉ khaṇḍaḥ J₄M₁VulgN₂₁N₂₃ sidhaiḥ J₂ siddhaḥ N₃ ṣaṇḍaḥ N₁₁ paṃḍa N₁₉ *** N₂₂ **kāpālikas tathā** cet.] kaḥ pālikās tathā C₂ kāpālikās tathā N₁N₂N₁₆N₂₀ kīpālikas tathā V₁₁ kāpālikaḥ tathā V₁₉ kāpālakās tathā J₁₄ kapālakās tathā V₂ kapālikas tathā J₁₇ kāhelikas tathā M₁ *** N₂₂ kāpālikas tathāḥ N₂₃ **3 ity ādayo** cet.] ity āghayo J₂ ity ādayā V₂₂ *** N₂₂ **mahāsiddhā** cet.] mahāsiddhāḥ J₁N₂N₁₃Tü *** N₂₂ **haṭhayoga** cet.] haṭhayogaḥ N₅N₁₃V₁₁ *** N₂₂ **prabhāvataḥ** cet.] prabhāvata J₂ prasādataḥ C₂M₁N₁₂N₂₀N₂₁N₂₃V₃V₁₁ *unm.* adhāprasādataḥ V₈ *** N₂₂ **4 khaṇḍayitvā** cet.] khaṇḍitvā C₂ khaṇḍayatvā V₁₉ khaṇḍamitvā N₁₆ ṣaṇḍapitvā J₂ vaṃcayitvā N₂₀ *unm.* khaṇḍayaṃyitvā V₈ *** N₂₂ **kāladanḍaṃ** cet.] kāladanḍa ca C₂ kāradanḍaṃ N₃ *** N₂₂ **brahmāṇḍe** cet.] brahmāṇḍaṃ B₃C₂J₄N₁N₂₁V₂ brahmāṇḍeṣu M₁N₃ brahmāṇḍa N₁₉ *** N₂₂ **vicaranti** cet.] viramanti J₁₄N₂ °ṣu caraṃti M₁N₃V₁₉ tu caranti V₃ *** N₂₂

संसारतापतप्तानां समाश्रयो हठो मतः ।
अशेषयोगजगतामाधारकमठो हठः ॥1.10॥

हठविद्या परं गोप्या योगिनां सिद्धिमिच्छताम् ।
भवेद्वीर्यवती गुप्ता निर्वीर्या तु प्रकाशिता ॥1.11॥

1 saṃsāra cet.] saṃsāra N₁ saṃsārā V₃ aśeṣa C₂N₁₃V₂₂TüVulg *** N₂₂ **tāpa** cet.] tāpa N₁ tāya Tü śrama C₂C^{pc} J₁₀J₁₅J₁₇N₆N₁₀N₁₇N₂₀V₃V₄V₁₁ tapi J₁ *** N₂₂ **taptānām** cet.] taptānām B₃C₂J₁₃J₁₅J₁₇N₆N₁₀N₁₇N₂₀V₃V₄V₆ taptanām V₈ tamānām J₂ cintānām V₁₁ *** N₂₂ **samāśrayo** V₁B₁C₁V₈] āśrayo yaṃ B₃C₂C₂J₁₃J₁₅J₁₇N₆N₁₀N₁₇N₂₀N₂₁V₃V₄V₆V₁₁ māśrayo yaṃ J₁₀ samāśraya cet. samāśrayaṃ V₂ samāśraya C₂C₂C₇L₁ samīśraya J₂ āścaryo yaṃ N₁ samaśra N₃ *** N₂₂ **haṭho mataḥ** cet.] haṭho mataḥ N₁ mato haṭhaḥ N₂N₂₁V₁₉V₂₆ haṭho maṭhaḥ V₁ maṭho haṭhaḥ C₁C₂C₂C₇J₁₄L₁M₁N₅N₁₁N₁₂N₁₃N₁₉N₂₃TüV₂V₅Vulg māṭhe haṭhaḥ B₂ māṭho haṭhaḥ J₄ maho haṭha N₁₆ maho haṭhaḥ J₁ maho haṭhaḥ J₂ *unm.* maho haṭho mata V₈ prathamō haṭhaḥ N₃ *** N₂₂ nago haṭhaḥ N₂₃ maṭhā haṭhaḥ V₂₂ **2 aśeṣayoga** cet.] aśeṣo yoga C₂N₆ aśeṣaḥ yoga V₄ aśeṣaṃ yoga V₂ aśeṣayoge J₁₄ eṣayogaś ca B₂ aśeṣajoga J₂ *** N₃N₂₂ aśeṣe yoga N₂₃ **jagatām** cet.] jagatīm N₁V₁ jatām N₁₀V₄ jālānām N₁₁ jātīnām C^{pc} jātīnām N₂₁N₂₃ yuktānām C₁C₂C^{ac} C₂J₄J₁₅N₁₃N₂₀TüV₃V₆Vulg juktānām J₁₇ V₂₂ tantrānām V₈ vijñāna J₂V₂₆ vijñānaḥ N₁₂ *** N₃N₂₂ **ādhāra** cet.] ādhāra N₁ ādharah C₂ ādhāre V₁V₈ ādhāraḥ B₁B₃C₂J₄J₁₇N₂N₆N₁₇N₂₀V₂V₃V₄V₁₁V₁₉ ādhārā J₁₀ ādhārai L₁V₆ °ptādhāraḥ N₁₉ sarva J₂V₂₆N₁₂ *** N₃N₂₂ **kamaṭho** cet.] kamaṭho N₁ ka haṭho V₁V₆ kaṃ maṭho V₅ kamaṭhe B₂ kaṃato N₂₁ kamalo J₃ kama N₁₇ siddhi J₂V₂₆N₁₂ *** N₃N₂₂ **haṭhaḥ** cet.] haṭhaḥ N₁ maṭhaḥ V₁V₆ haṭha J₁₅J₁₇V₅ haraḥ C₂ yathā J₁₄N₂₀V₂ *** N₃N₂₂ haṭhaḥ V₂₂ pradāyakā J₂ pradāyakaḥ V₂₆N₁₂ **3 haṭhavidyā** cet.] haṭhavidyāṃ J₁₅J₁₇ haṭavidyā V₂₂ *** N₂₂ **paraṃ** cet.] parā C₂C₂ *** N₂₂ **gopyā** cet.] gopyaṃ B₂N₅V₃ gopya J₁₅N₁₆ gopyāṃ J₄ *** N₂₂ **yoginām** cet.] yoginā B₁C₁C₂C₇J₃J₁₃L₁M₁N₁₀N₁₁N₁₃N₁₉N₂₀N₂₁N₂₃V₂V₅V₁₁V₁₉V₂₆VulgYC yogino J₂ yogi .. V₂₂ *** N₂₂ **siddhim** cet.] siddha C₂ middhi L₁ *** N₂₂ **icchatām** cet.] icchatā B₁B₃C₁C₂C₂C₇J₃J₁₃L₁M₁N₁₀N₁₁N₁₂N₁₃N₁₆N₁₉N₂₀N₂₁N₂₃TüV₂V₅V₁₉V₂₂V₂₆VulgYC idhutā C₂ ichitā J₂ icchito V₁₁ *** N₂₂ **4 bhava** cet.] ude V₅ bhaverd J₁₅ **vīryavatī** cet.] vīryavati M₁ vīryavati V₈N₁₉N₂₃ vīryavati J₁₅ *** N₂₂ **guptā** cet.] goptā J₁ *** N₂₂ **nirvīryā** cet.] nirvīryā J₁₅N₆V₈ nirvīryā B₂C₂ nirvīryā N₁₁V₁₉ nirvīryā.. N₁₇ nivīryā N₁₆ nivīryā M₁ nivīryā C₂J₁ niḥvīryā J₂ nirvīryā J₁₀N₁₀ nirbīryā J₃ nirbīryā V₁₁ *** N₂₂ **tu** cet.] ti M₁N₅N₁₉V₂₆ va J₄V₁₉ nu C₁J₁J₂J₁₄J₁₅J₁₇ su V₆ ca N₃ .. V₂₂ *** N₂₂ **prakāśitā** cet.] prakāśiyet J₂ *** N₂₂

सुराज्ये धार्मिके देशे सुभिक्षे निरुपद्रवे ।
 <अहिंसा सत्यमस्तेयं ब्रह्मचर्यं क्षमाधृतिः ।>
 <देवार्चनं मिताहारशौचं चैव यमादश>
 <तपः सन्तोष आस्तिक्यं दानमीश्वरपूजनम् ।>
 <सिद्धांतश्रवणं चैव हीर्मतिश्च जपो हुतम्>
 <धनुःप्रमाणपर्यंतं> <शिलाग्निजलवर्जितं ।।>
 एकान्ते मठिका मध्ये स्थातव्यंहठ योगिना
 <युक्ताहारविहारेण हठयोगः प्रसिद्धये ।।>
 ||1.12||

1 **surājye** cet.] surāṣṭre M₁N₁₁N₁₂ surāje V₈ *** N₂₂ surājya N₂₃ **dhārmike deśe** cet.] dhārmike deśe B₂N₁₇N₁₉V₁₁ dharmadeśe ca M₁ dhārmike deśa V₈ *** N₂₂ **subhikṣe** cet.] surbhikṣe V₅ *** N₂₂ **nirupadrave** cet.] nirupadravai J₁₇ *unm.* virye nirupadrave V₈ nirudrave J₂ *** N₂₂ 2 **ahiṃsā satyamasteyaṃ brahmacaryaṃ kṣamādhṛtiḥ/** J₃] *** cet. 3 **devārcanaṃ mitāhāraśauca caiva yamādaśa** J₃] *** cet. 4 **tapah santoṣa āstikyaṃ dānamīśvarapūjanam/** J₃] *** cet. 5 **siddhāntaśravaṇaṃ caiva hrīrmatiśca japo hutam** J₃] *** cet. 6 **dhanuḥpramāṇaparyantaṃ** B₁C₂J₃J₁₄VulgV₂V₈] dhanupramāṇaparyantaṃ J₁₃N₁N₂ dhanuḥpramāṇaparyanta V₄ dhanuḥpramāṇaparyantaṃ B₃N₁₃ *** cet. **śīlāgnijalavarjjitaṃ//** B₁N₁₃] śīlāgnijalavarjjite B₃N₁N₁₃C₂V₂V₄V₈J₃Vulg śīlājalāgnivarjitā N₂ *** cet. 7 **ekānte** cet.] ekānta C₁C₂C₇J₄J₁₄L₁M₁N₅N₃N₁₁N₁₆N₂₃V₁₉ ekānti N₂ ekā.. V₂₂ *** N₂₂ **maṭhikā** cet.] maṭikā N₃N₁₇ maṭhika V₁₁ vedikā J₂ matikā N₁₆ [ma]tikā M₁ bhuvikā J₁ *unm.* maṭhi V₅ kā V₂₂ *** N₂₂ **madhye** cet.] sidhyai C₂ *** N₂₂ **sthātavyaṃ** cet.] schātavyaṃ J₁₅ *** N₂₂ **haṭha** cet.] *** N₂₂ **yoginā** cet.] yogataḥ C₁ yogināṃ J₁₇N₃V₆ yo.. .. V₂₂ *** N₂₂ yoginā bāhye maṇḍapa V₈ 8 **yuktāhāravihāreṇa haṭhayogaḥ prasiddhaye//** B₃] yuktāhāravihāreṇa haṭhayogaḥ prasiddhaye C₂ *** cet.

अल्पद्वारमरन्ध्रगर्तसहितं नात्युच्चनीचायुतं ।
 सम्यगोमयसान्द्रलिप्तममलं निःशेषजन्तूज्झितम् ।
 बाह्ये मण्डपवेदिकूपरुचितं प्राकारसंवेष्टितं ।
 प्रोक्तं योगमठस्य लक्षणमिदं सिद्धैर्हठाभ्यासिभिः ॥1.13॥

1 alpadvāram cet.] anyadvāram J₁₄ alpāhāram B₃ alpā.. .. V₂₂ *** N₂₂ ākalpadvār N₂₃ sval-
 padvāra V₁₁ **arandhra** cet.] agartta N₁₆ *** N₂₂ raṇdhra N₂₃ marandhra V₂₂ **garta** cet.]
 gataṃ B₁N₅ gartta J₃J₄N₃B₂C₂N₁₇V₃N₂₃N₂₃V₂V₄V₅V₆V₁₉ garte J₂ garbha B₃C₂M₁^{alt} N₁N₂ yatra
 N₁₆ garnta N₁₉ garta V₂₂ *** N₂₂ **sahitaṃ** V₁] pīṭhakāṃ B₁ pīṭhikāṃ B₂ pīṭhikāṃ N₂₃ puṭakāṃ
 B₃ puṭavūṃ C₂ piṭapaṃ C₂ puṭitaṃ N₁₂V₂₆V₁₁ piṭikāṃ N₁₉ paṭikāṃ C₁C₂ piṭakāṃ J₄ viṭapaṃ
 J₁J₃J₁₀ J₁₄J₁₅N₂N₁₆N₂₀V₃V₄ viṭapa N₁₀ viṭharaṃ J₁₀ vaṭhipaṃ maṭhikāṃ *umm.* V₈ piṭharaṃ
 C₂J₁₃L₁M₁N₆N₁₁N₁₇V₆V₁₉ piṭhiraṃ C₇N₅ pīṭhaṃ N₁ piṭhakāṃ J₁₇N₃N₂₁ puṭitaṃ J₂ vivaraṃ
 N₁₃TüV₂₂Vulg vivara V₅ *** N₂₂ viṭharaṃ N₂₃ ghaṭitaṃ V₂YC **nātyuccanīcā** cet.] nātyuc-
 cānīcā J₁₇ nātyuccanīcā V₈ nānyuddhanīcā C₁ nāḍayuccanīcā J₄ nātyuccanīcā N₃ nātyuccanoccā
 N₁₆V₃ .. yuccanīcā V₂₂ *** N₂₂ nātyuccanāmcā N₂₃ **yutaṃ** B₃J₁₄N₂N₁₇V₁] yataṃ cet. pataṃ
 C₂ yata V₈ ryataṃ N₅ rpitaṃ N₁₀ .. .m V₂₂ *** N₂₂ yitaṃ C₂J₁J₃J₁₃L₁N₆N₁₁N₁₆N₂₀J₁₀YC pitaṃ
 C₂J₁₇V₄V₅ pitaṃ V₆ tmakaṃ V₂₆ vṛtaṃ J₂ sānaṃ V₂ **2 samyag** cet.] samyaṃ B₂ sāmyaṃ
 J₄ samyak J₁₃V₁N₂N₁₉V₁₁ saṃ N₃ liptaṃ V₈ ramaṃ N₂₁ *** N₂₂ **gomaya** cet.] gomaya
 C₂C₂V₃V₈N₁₃N₁₉N₂₁N₂₃TüV₄V₁₁ jogamaya V₂₆ *** N₂₂ **sāndra** cet.] sārddha B₂V₅ sārdra
 B₁J₁₀N₂N₆N₁₉V₄ saddhi V₁₁ sāmrdrā J₁₇ sām .. V₂₂ syantra V₂₆ saṃpra J₂ sāpra N₃ mṛtti V₈
 lipta N₂₀ *** N₂₂ **liptamamalaṃ** C₂C₂J₁₀J₁₅M₁N₆N₁₀N₁₃N₁₇N₂₃TüV₄V₆V₁₁V₁₉V₂₂Vulg
 liptaṃ amalaṃ J₁₇ liptaṃ abijaṃ V₁ liptavimalaṃ cet. liptavimaṭaṃ V₅ lepavimalaṃ N₁₂ kāb-
 hiraṃ V₈ sāṃdravimalaṃ N₂₀ *** J₁N₂₂ **niḥśeṣa** cet.] niḥśeṣa J₁₃V₂ niḥśeṣaṃ B₁ niś.
 .. V₂₂ nirdoṣa C₁J₁₀J₁₅J₁₇N₆N₁₀V₄V₆ nidoṣi° N₃ *** J₁N₂₂ **jantūjjhitam** cet.] jantohiṃ-
 taṃ B₁ jantōjjhitam B₃ vātodbhidaṃ C₁ jaṃtū ta[m] V₂₂ vātōjjhitam C₂ jantūhritaṃ N₅
 jantūtthitaṃ M₁ bādhojjhitam C₄^c J₄J₁₀J₁₅J₁₇N₆N₁₀N₁₇V₂V₄ bādhaudḍitaṃ B₂ bādhōjjhitam
 V₁ bādhojgataṃ N₁₉ bādhoghitaṃ N₂₀ bādhojjhitam V₃ bādhojjhitam N₂₁ bodhīkṣataṃ J₂ bod-
 hekṣitaṃ V₂₆ bodhodgataṃ J₁₄ vodhotsitaṃ N₁₂ vātaṃ jitaṃ V₆ vātovyutaṃ V₈ vātōjjhitam V₁₁
 vātār*ⁿitaṃ N₁ vāt dhā*^{dg}ataṃ N₂ jpaṃtpūpsitaṃ N₃ *** J₁N₂₂ jaṃbhūdgitāṃ N₂₃ jaṃtajjihi-
 taṃ N₂₃ jaṃtanvitaṃ V₅ **3 bāhye** cet.] bāhyaṃ B₂B₃C₁ vrāhmaṃ C₄^c vyāhye J₁₇ vāpī J₂ ***
 J₁N₂₂ **maṇḍapa** cet.] maṇḍa + M₁ *umm.* maṇḍapaṃ maṇḍapa V₈ *** J₁N₂₂ **vedikūparucitaṃ**
 V₁N₂₃] vedikūparacitaṃ B₁B₂C₂C₇L₁J₂J₃J₁₃J₁₇N₅N₆N₁₀N₁₁N₁₆N₁₇V₄V₅V₆V₁₉ vedikūparuciraṃ
 C₁C₂C₄^c C₂J₁₄J₁₅N₂N₃N₁₂N₁₃N₂₀N₂₁N₂₃TüV₂V₂₂V₃Vulg vedikoparacitaṃ B₃C₄^c J₄J₁₀ vedikū-
 paracite V₁₁ vedikoparuciraṃ M₁ veviracitaṃ N₁ vedikopirācitaṃ V₈ vedikaparuciraṃ N₁₉ kū-
 pavediracitaṃ V₂₆YC *** J₁N₂₂ **prākāra** cet.] *** J₁N₂₂ **saṃveṣṭitaṃ** cet.] saṃveṣṭite B₁
 saṃvetam N₂ saṃ .. ṣṭitaṃ V₂₂ saṃvoṣṭitaṃ N₂₀ *** J₁ **4 proktaṃ** cet.] yoktaṃ V₆ **maṭhasya**
 cet.] haṭhasya J₄N₁₆N₁₇ haṭhasya N₆ mavasya J₂ maṭha N₂ mahasya N₃ *** J₁ **lakṣaṇamidaṃ**
 cet.] lakṣatmaṇaṃ J₄^c *** J₁ **siddhair** cet.] siddhai J₂N₃V₅ .. dhyai V₂₂ sidhyaḥ V₈ *** J₁
r-haṭhā cet.] haṭā V₂₂ *** J₁ **haṭhābhyāsibhiḥ** cet.] bhyāsabhiḥ N₃N₅ sāśibhiḥ V₆ bhyāsibhiḥ
 V₂₂ bhyāsabhi V₈ bhyāsiddhi J₁₅ *** J₁

एवंविधे मठे स्थित्वा सर्वचिन्ता विवर्जितः ।
गुरूपदिष्टमार्गेण योगमेवं समभ्यसेत् ॥1.14॥

अत्याहारः प्रयासश्च प्रजल्पो नियमग्रहः ।
जनसङ्गश्च लौल्यं च षड्विर्योगः प्रहास्यते ॥1.15॥

5 उत्साहान्निश्चयाद्वैर्यात्तत्त्वज्ञानाच्च दर्शनात् ।
जनसङ्गपरित्यागात् षड्विर्योगस्तु सिध्यति ॥1.16॥

1 evaṃvidhe cet.] evaṃvidha N₁₇ evavidhe J₄ evaṃvidher N₁₈ evaṃvidham N₂₁ evaṃvidhai V₅ evaṃ bhava V₆ *** V₂₂ **maṭhe** cet.] maṭho N₂₀ maṭha N₂₂ *** V₂₂ **sthītṡā** cet.] smitvā N₂₂ sthītṡā V₁₁ *** V₂₂ **sarva** cet.] sarvaṃ J₃ *** V₂₂ **cintā** cet.] *** V₂₂ **vivarjitāḥ** cet.] vivarjitāḥ C₂J₁₅N₁₆V₁₁ *** V₂₂ **2 gurūpa** cet.] gu-
rupa J₁₇ guropa N₁₉ *** V₂₂ **diṣṭa** cet.] deṣa C₁N₅V₅ *unm.ste* V₈ *** V₂₂ **mārgena**
cet.] mātrena N₅ mātrena N₂₀ mārgrena N₂₃ *** V₂₂ **yogam** cet.] mana J₄ *** V₂₂
evaṃ samabhyaset C₂J₁₀J₁₇N₆N₁₀N₂₂N₂₃V₁V₄V₆V₁₁] evaṃ samabhyaset N₁₇ eva samab-
hyaset J₂J₃J₁₅N₁₁N₁₃N₂₃TüV₈Vulḡ evaṃ sadābhyaset B₁B₂C₇J₁J₁₃N₁₈V₂₆ ātmavaśaṃ nayeta J₄
eva sadābhyaset cet. ārgaṃ samabhyaset V₃N₂₀ evaṃ ahābhyaset N₁₉ *** V₂₂

<अथ यमनियमाः ।।>
 <अहिंसा> <सत्यमस्तेयं> <ब्रह्मचर्यं> <क्षमा धृतिः ।>
 <दयार्जवमिताहारः> <शौचं> <चैव> <यमा दशाः ।।>
 ||1.16a||

- 5 <तपः सन्तोष आस्तिक्यं> <दानम् इश्वरपूजनं ।>
 <सिद्धान्तश्रवणं> <चैव> <हीमतिश् च जपो हतम् ।।>
 <इति दश नियमाः प्रकीर्तिताः ।।> ||1.16b||

1 atyāhārah cet.] atyāhāra B₁J₂J₄J₁₃N₂N₅N₁₁N₁₈N₁₉N₂₀N₂₁N₂₂V₆V₈V₁₉ atyāhārāt J₃ alpāhārah B₃ pratyāhārah N₁₆ alpāhāro N₃ ātmāhārah V₃ abhyāhārah J₁ **prayāsāś ca** cet.] viharāc ca N₁₁ prayā saha N₂₂ prayāsāc ca J₃ prayāsāś ca N₂₀ *unm.* prayāsasyaś ca V₈ pravāsāś ca N₂₃ prayāsāś cā V₁₉ **prajalpo** cet.] prajalpān J₃N₁₁ prajalpe N₁₂ prajapo V₂₂ jalpato N₅ malalpo V₆ **niyamagrahaḥ** cet.] niyamagraha J₂ viparyagrahaḥ B₁ 'niyamagrahaḥ B₂N₆ niyamāgra- haḥ B₃C₂C₇J₁J₃J₁₃J₁₅V₂V₄V₁₁V₂₆Vulg niyamo grahaḥ C₂L₁N₅ niyamo gr̥haḥ V₈ niyame grahaḥ M₁ niyamagrahāt J₃N₁₁ **2 janasaṅgaś ca** cet.] janasaṅgaṃ ku B₂ janasaṅga C₂ janasaṅkara J₄ janasaṅgaṃ ca J₂N₁₂N₁₈N₁₉V₁₁ janasaṅgāc ca J₃N₁₁ janāḥ saṅgasya V₈ janasaṅghaś ca N₂₁ janasaṅsahya V₂₆ **laulyaṃ** cet.] laulyāc J₃N₁₁ lolyaṃ C₂N₁₉V₂₂ laulyāś N₂₀ laubhyaṃ N₂₂ **śaḍbhir yogaḥ** cet.] śaḍbhir yogaś N₁₇V₆ śaḍbhir yogā N₂₁ śaḍbhir yoga J₂ śaḍbhir yogo C₂C₂C₇J₁J₃J₁₃J₁₄N₃N₁₃N₁₈N₁₉N₂₀N₂₁N₂₂N₂₃TüV₂V₃V₄V₅V₁₉Vulg śaḍbhaḥ yogoś cate V₈ ḍbhir yogo N₁₀ **prahāsyate nos scribere**] prahāsyati V₁ praṇāsyati J₂J₄N₁N₂V₂₆YC ca naśyati C₂J₁₀ J₁₅J₁₇N₆N₁₇V₆ vinaśyati cet. vinaśyatiḥ N₂₂ na sidhyati V₁₁ vina. .. V₂₂ **3 utsāhān** cet.] utsāhāt C₁C₇J₁J₃L₁N₅N₁₁N₁₃N₂₃N₂₃TüV₅V₁₁V₁₉V₂₂Vulg ucchāhān J₄ vutsāha J₂ utsahā N₁₇ utsaho N₁₈ utsāha V₃V₈N₁₉V₂₆ utśmāha N₂₂ jayāc ca J₁₅ **niścayād dhairyāt** cet.] niścayādvairyyāt B₁B₂N₁₈ hasādvairyyāt N₂₁ niścayār dvairyyāt B₃ niścayādvayāt J₄ niścayādvairyyāt J₁₀N₁₇ niścayāddhairyyā C₂N₁₆ sāhasāddhairyyāt C₁C₇L₁N₅N₁₁N₁₃N₂₃TüV₅V₁₉VulgYC sāhasādvairyyāt J₁J₃N₂₃ niścyaud- hairya J₂ niścayau dhairyayam V₂₆ viścalaṃdhairyayam N₁₉ niścayoddhairyyāt N₁ niścayadhairyāt V₁ niścayādhairyāt V₆ niścayātdhairyyāt V₁₁ niścayom dhairyāt V₈ nikhilādhairyā N₂₂ nāhasātd- hyairnāt V₂₂ **tattva** cet.] tantra N₁₁ tvagrā V₈ kṛtvā N₂₂ *unm.* ta V₅ **jñānāc ca darśanāt** cet.] jñānāc ca niścalāt B₁ jñātāś ca niścalāt B₃ jñānāś ca darśanāt V₁₁ jñānaṃ ca niścalam V₂₆ jñānād viniścayāt C₁C₂C₇L₁N₅N₁₆V₅V₁₉YC jñānāc ca niścayāt C₂J₃J₁₃N₁₁N₁₃N₂₃N₂₃TüVulg jñānādiniś- cayāt J₁ jñānāc ca niścalāt N₁ jñānārthadarśanāt B₂J₁₄N₂ jñānāya darśanāt V₂ jñānasya darśanāt J₂N₂₀ jñānā ca darśanāt V₃ nārthadarsanāṅga V₈ jñānānudarśitaṃ N₁₉ jñānā ccāniścājāḥ N₂₁ jñā.. .aniścayāt V₂₂ **4 janasaṅgaparitāgāt** cet.] janasaṅgaparitāgāḥ V₂₆ janasaṅgaparitāgāḥ N₁₉ janasaṅgāttathā samyak J₁ janasaṅgād alaulyāc ca J₁₄ **śaḍbhir** cet.] śaḍbhyo N₁₀ śaḍbhi N₂₂ śaḍ V₈ **yogastu sidhyati** V₁J₁₀J₁₇N₁₀N₁₈V₄V₆] yogaś ca sidhyati B₁C₂J₁₃N₆V₁₁ yogaś ca sid- dhati B₃N₁ yoga prasidhyati C₂ yogo prasidhyati N₂₂V₁₉ yogamś ca sidhyati N₁₇ yogaḥ prasidhyati cet. yoga prasiddhati J₂ yogastu prasidhyati V₈ yogaḥ ..sidhyati V₂₂ yyogaḥ prasidhyati N₂₃ yogaḥ prasidhyatiḥ N₂₃

हठस्य प्रथमाङ्गत्वादासनं पूर्वमुच्यते ।
तत्कुर्यादासनं स्थैर्यमारोग्यं चाङ्गपाटवं ॥1.17॥

वसिष्ठाद्यैश्च मुनिभिर्मत्स्येन्द्राद्यैश्च योगिभिः ।
अङ्गीकृतान्यासनानि कथ्यन्ते कानिचिन्मया ॥1.18॥

5 जानूर्वोरन्तरे सम्यक्कृत्वा पादतले उभे ।
ऋजुकायः समासीनः स्वस्तिकं तत्प्रचक्षते ॥1.19॥

<ऊरुजङ्घान्तराधाय प्रपदे जानुमध्यते ।>
<योगिनो यदवस्थानं स्वस्तिकं तद्विदुर्बुधाः> ॥Vu 1.19all

10 <जङ्घोर्वोरधरे पादयुगलं विनिवेशयेत् ।>
<सुखासनमिदं प्रोक्तं साधकानां सुखावहं> ॥V2 1.19b॥

1 atha yamaniyamāh// C₂J₁₅N₁₂] *** cet. **2 ahimsā** B₁B₃C₂C₂C₂J₁₃J₁₅N₅N₁₂N₂₃V₆V₂₆] *** cet. **satyamasteyam** B₁B₃C₂C₂C₂J₁₃J₁₅N₅N₁₂N₂₃V₆V₂₆] *** cet. **brahmacaryam** B₁B₃C₂C₂J₁₃J₁₅N₁₂N₂₃V₆V₂₆] brahmacarya C₂N₅ *** cet. **kṣamā dhṛtiḥ/** B₁B₃C₂C₂C₂J₁₃J₁₅N₅N₁₂N₂₃V₆V₂₆] *** cet. **3 dayārjjavāmitāhārah** B₁C₂J₁₅N₁₂V₂₆] dayārjāṃva mitāhārah C₂ dayārjjavāmitāhāra V₆ dayārjāṃva mitāhāra C₂ dayārjjavāmitāhārah B₃C₂ dayārjāṃva mitāhārah J₁₃ dayorjava mitāhārā N₅ dayārjjavāmitāhārah N₂₃ *** cet. **śaucaṃ** B₁B₃C₂C₂C₂J₁₃J₁₅N₅N₁₂N₂₃V₆] śaucañ V₂₆ *** cet. **caiva** B₁B₃C₂C₂C₂J₁₃J₁₅N₅N₁₂N₂₃V₆] ceti V₂₆ *** cet. **yamā daśāḥ//** B₁B₃C₂C₂J₁₃J₁₅N₅N₁₂N₂₃] yamā daśāḥ// V₂₆ niyamā daśa// C₂ imā daśā// V₆ *** cet. **5 tapaḥ santoṣa āstikyam** B₁N₂₃C₂V₆V₂₆] tapaḥ saṃtoṣam āstikyam C₂C₂N₅N₁₂J₁₅J₁₃ tapaḥ santoṣam āstikya B₃ *** cet. **dānam iśvarapūjanam/** B₁B₃C₂C₂C₂J₁₃J₁₅N₅N₁₂N₂₃V₆V₂₆] *** cet. **6 siddhāntaśravaṇam** B₁B₃C₂C₂C₂J₁₃J₁₅N₅N₁₂V₆V₂₆] siddhāntavākyaśravaṇam N₂₃ *** cet. **caiva** B₁B₃C₂C₂C₂J₁₃J₁₅N₅N₁₂N₂₃V₆V₂₆] caivaṃ N₅ cāpi C₂ *** N₂₃ *** cet. **hrīmatīś ca japo hr̥tam//** B₁N₂₃] hr̥r mmatīś ca japo hutam// V₂₆ hr̥r matīś ca japo hutam// N₁₂ hr̥r matīś ca japo hutam// C₂N₂₃ hr̥r matīś ca japo vratam// C₂ mantaś ca japodgatam// B₃ vedāntaśravaṇas tathā// N₅ vedāntaśravaṇam tathā// C₂J₁₅ matīś caryā japo hutam// J₁₃ *** cet. **7 iti daśa niyamāḥ prakīrtitāḥ//** B₃V₆] iti daśa niyamā prakīrtitāḥ// J₁₃ niyamādaśāptam proktādyogasāsravi śāradaīḥ// N₂₃ *** cet.

सव्ये दक्षिणगुल्फं तु पृष्ठपार्श्वे नियोजयेत् ।
दक्षिणेऽपि तथा सव्यं गोमुखं गोमुखं यथा ॥1.20॥

1 haṭhasya prathamāṅgatvād cet.] haṭhasya pramathamgatvād J₁₅ maṭhe ca prathamam sthitvā V₈ **āsanaṃ** cet.] āsana B₂J₄N₂ ānaṣaṃ J₂ **pūrvamucyate** cet.] pūrvam uc-
cyate J₁₇ ca purva sete V₈ pūrvā ucyate J₂ **2 tatkuryādāsanaṃ** cet.] tatkuryādāsana°
B₂N₃N₁₁N₁₆V₂V₃V₁₉YC tatkuryām āsana N₁₈ tatkuryād āsane M₁ kuryāt tad āsanaṃ
B₁B₃C₂C₂C₇J₁₀J₁₃J₁₅J₁₇N₁N₆N₁₀N₁₃N₁₇TüV₄V₆V₂₂Vulg kuryā tadāsanaṃ C₂ kuryād āsanaṃ
J₂ *unm.*stvakuryādāsanaṃ tat V₈ kuryāt tad āsanaṃ V₁₁ **sthairyam** cet.] tasmād
B₁B₃C₂C₂C₇J₁₀J₁₃J₁₅J₁₇N₁N₆N₁₀N₁₇V₆ tasmāt V₁₁ tasyād V₄ asmāt V₈ skairyam V₃ sthairy-
N₂₀ dhairyam N₁₉N₂₂ pūrvam J₂V₂₆ **ārogyam** cet.] ārogyām J₁₅ ārogya N₂₃V₂₂ **pāṭavaṃ**
cet.] lāghavaṃ C₁C₂J₁₄L₁N₅N₆N₁₁N₁₃N₁₇N₂₃N₂₃TüV₆V₈V₂₂VulgYC paṭavaṃ C₂ loghavaṃ
V₁₉ lāghavaṃ V₅ **3 vasiṣṭhādyaiś ca** cet.] vasiṣṭhodyaiś ca N₂₀ vasiṣṭhādyaiś ca N₂₁V₂
vasiṣṭhādhau tu J₂ *unm.*vasiṣṭhādhau V₂₆ **munibhir matsyendrā** cet.] munibhir mmatsyendrā
N₁₇V₃ munibhi motsyendrā J₄ munibhir martyendrā M₁^{alt} munibhir matsendrā J₂N₁₀ munib-
hiḥ matsendrā N₂₂ munibhimachendrā V₅ munibhimatsyendrā V₆V₁₁ **dyaiś ca** cet.] yaiś ca
N₁₉N₂₃ **4 aṅgīkṛtā** cet.] aṅgīkṛtvā N₁N₂ aṅgīkṛtyā J₁₇ aṅgīkṛtā N₁₇ agīkṛtām N₂₀ aṅgīkṛta
V₈ **nyāsanāni** cet.] nyāsanāniḥ N₂₃ nyāsanāni V₅ **kathyante** cet.] likhyante V₁ vakṣyante
C₁C₂C₇J₃L₁N₅N₁₁N₁₆N₂₃V₅V₁₉YC vakṣante V₈ katthyante N₁₇ kathyate N₁₈N₂₂ **kānicinmayā**
cet.] kānicinmayam V₈ **5 jānūr vorantare** cet.] jānūr voramtare N₅N₁₇N₂₃V₈ jānvor abhyantare
N₁₁ jānubhyāmmamtare J₄ jānūdyoramtare N₁₈ jānūrvvorantare V₃ janvoghairitare J₂ jānūr vo-
rantaram N₂₃V₁₁ jānūvairitare V₅ jānūrūvairitare V₂₂ **samyak kṛtvā** cet.] kṛtvā samyak N₂₂
*unm.*samyag akṛtvā V₄ **pādatale ubhe** cet.] pāde tale ubhe Tü pādatalāv ubhau B₁B₂C₂J₁₃
pādāvubhau ṛju J₄ pādātalau ubhau N₂₂ pādātale śubhe N₂₃ pādataler ubhe N₂₃ *unm.*pādatalpanam
ubhe V₅ *unm.*pādātales ca ubhe V₈ **6 ṛjukāyaḥ** cet.] ṛjukāya B₁N₂J₁J₂J₁₃J₁₅V₁V₁₁Vulg
daṇḍakāya N₅ samakāyaḥ J₄ ṛjuḥ kāya V₃ rajuh kāya V₈ rujukāya N₁₀ ṛtyukāya N₂₂ **samāsīnaḥ**
cet.] samāsīta M₁ samāsīnam V₃ samāsīna J₂N₂₂ sukhāsīnaḥ J₁₄ **svastikaṃ** cet.] svastekaṃ N₂₀
*unm.*svayastikaṃ V₈ **tat** cet.] ca J₄N₂₃ **pracakṣate** cet.] pracakṣyate N₁₀N₁₂N₁₉N₂₃V₁₁V₂₆
prayachate C₂ pravakṣyate J₁ tracakṣyate N₂₂ **7 ūrujaṅghāntarādhāya prapade jānumadhy-**
ate/ Vulg] *** cet. **8 yogino yadavasthānaṃ svastikaṃ tadvidurbudhāḥ** Vulg] *** cet.
9 jaṅghorvoradhare pādayugalaṃ viniveśayet/ V₂] *** cet. **10 sukhāsanamidam proktam**
sādhakānām sukhāvaham V₂] *** cet.