

श्रीआदिनाथाय नमोऽस्तु तस्मै येनोपदिष्टा हठयोगविद्या ।
विराजते प्रोन्नतराजसौधमारोढुमिच्छोरधि रोहिणीव ॥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 ādināthāya N₅ ādināthāya J₄ 'stu cet.] unṁ.stu te V₈ **tasmai** cet.] tasmaiḥ N₂₂ te tasmai V₂₆ **yenopadiṣṭā** cet.] yonopadiṣṭā N₅ yenopadiśyā J₂ yonopadiśyā V₁₂ + .. p. .. [ā] M₁ **haṭhayogavidyā** cet.] haṭhajogavidyā N₂₂ **2 virājate** cet.] vibhrājate C₆N₁₃TüVulgN₂₄V₂₂ vi .. jate M₁ unṁ.te V₁₂ **rājasaudham** cet.] rājasaudhām J₂ rājasaudha J₃N₂₃ rājasaidhamm N₁₆ rājasaukham N₂₂ rājayogam B₁B₂B₃C₁C₂C₃J₁J₁₀J₁₃J₁₅J₁₇N₁N₆N₉N₁₀N₁₃N₁₇N₂₀N₂₄TüV₁V₃V₄V₆V₁₁V₁₂V₂₂ rājayogar V₈ **āroḍhum** cet.] āroḍham J₂N₅ āroham C₁N₆V₅ ārodum V₄ ārohim J₁₇ ārūḍham J₁₄ ārūḍham N₁₉ sarāḍhum N₂₃ dharmādhi N₂₂ armādhi N₂₄ **icchor** cet.] rūvam N₂₂ **adhirohiṇīva** cet.] adhirohaṇīva C₄N₅ adhirohiṇī ca J₂N₉N₁₆N₂₂ adhirohaṇi ca J₁₅ adhiroha eva C₁V₃V₅ adhirohanena N₁₂ adhirohatīva N₁₉ adhirohaṇāya V₆ **3 guruṃ** cet.] guru C₃J₂ gurū J₁₅V₆ **nātham** cet.] nātha J₂N₂₂V₆ **svātmārāmeṇa** cet.] ātmārāmeṇa J₂V₂₆ svātmārāṇa C₃ svātmārāmena V₅ **yoginā** cet.] dhīmatā C₁C₄C₇J₁J₃L₁N₅N₁₁N₁₆V₅V₁₉ yoginī N₂₂ yoginām V₁₂ **4 kevalam** cet.] kaivalam N₅ **rājayogāya** cet.] rājayogoya J₃ rājayogo yaṃ N₁₆ **vidyopadiśyate** cet.] vidyaḥ pradiśyate B₂ vidyā prakāśayet J₂ vidyā prakāśyate V₂₆ yogopadiśyate B₃J₁₃J₁₄J₁₅N₁N₂N₆N₁₇N₁₉V₄V₈V₁₂ yogo pradiśyate N₁₇ yogapradiśyate C₃ yogaḥ pradiśyate N₁₀V₁₁ yogoyadiśyate J₁₀ **5 bhrāntyā** cet.] bhrāntvā C₄C₇J₁₃J₁₅L₁N₅N₂₀V₃V₁₉ bhrātā J₂ bhrāmtā N₃ bhrāmtar N₂₄ bhrāmtair M₁ bhrānmā N₂₂ **bahu** cet.] vahū J₂J₁₀ vaṃhu V₃ bahā N₂₄ **mata** cet.] mataṃ V₁ mate V₂₂ matā J₂J₁₇ mati J₄ matva J₁₅ gata N₁₁ *** N₂₄ **dhvānte** cet.] dhvāntai C₆V₂V₈V₂₆N₂₃ dhvāntaiḥ V₆ dhvāntā J₂ bhrāntaṃ V₁ dhyāna V₂₂ bhrāmtai M₁ bhrāmtair V₈ **rājayogam** cet.] rājamārgam J₂M₁N₃N₁₂N₂₃V₂₆ **ajānatām** cet.] ajānatā B₂V₆ ajānatam C₃J₁J₄ ajānataḥ C₁C₄C₇L₁N₅N₁₆V₅V₁₉V₂₆ prajānatām C₂ ajānate J₂ ayānatām V₈ vijānatā N₁₉ jānanaṃ N₂₂ **6 pradīpikām** cet.] pradīpikaṃ C₃ pradīpakām J₁₅ pradīpikā J₂N₁₆N₁₉N₂₂ pradīpikām V₈ unṁ.pradīkām V₂ **dhatte** cet.] ddhatte V₈ dharme L₁ dhate J₂ cakre C₄ J₁₅N₅ datte C₆N₁₉ dhatve V₁₁ **svātmārāmaḥ** cet.] svātmārāma V₃J₁N₂₂V₆ svātmārāme N₂₃ svātmārāmo J₂ ātmārāmo V₂₆ **kṛpākaraḥ** cet.] kṛpāparaḥ C₄C₇N₅V₁₉ nhmākaraḥ C₃ kṣamākaraḥ J₁₀J₁₅J₁₇N₆N₁₀N₁₇V₄V₁₁V₁₂ niraṃjanaṃ J₂ nirañjanaḥ 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.] matseṃdra N₁₀ tachamdra N₂₃ matsyemdu J₁₃ macchemdrā J₂ machidra J₂ machendraḥ V₅ **gorakṣādyā** cet.] gorakṣādyā C₆ 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 ’thavā yogi V₁₂ **jānīte** cet.] jānati C₄^c vijñāna J₂ jānante V₃ jānate N₂₂ jānate J₁₅J₁₇V₈ jānita V₈ jānitai V₅ jānīmat V₁₁ **tatprasādataḥ** cet.] tatprasāditaḥ N₁ **3 śrīād-inātha** cet.] ādināthāya C₃ ādināthāśca C₃V₆ śrīādināthāya N₅ *unm.*śrīādināthādi J₁₅V₁ ādināthādi B₃C₂J₁₀J₁₇N₁N₆N₁₀N₁₇V₄V₈V₁₁ *unm.*ādinātha B₁ ++dināthāya V₁₂ **matsyendra** cet.] matseṃdra N₁₀ machedraḥ V₅ **śābarā** cet.] sāvarā C₄^c Tū śāambarā B₂N₁₉ sāgarā C₃J₄J₂V₃N₂₀ śāgarā J₁₅ śāradā C₁C₇J₃L₁N₁₁N₁₂N₁₆N₂₄V₂V₁₉ sārādā V₅ sāvadā V₂₆ śāradaḥ N₅ śāmvarā J₁₄N₂N₁₀ śācarā V₆ **nanda** cet.] nanta N₂₄ **bhairavāḥ** cet.] bhairavaḥ J₂J₁₇N₃N₅N₁₇N₂₄V₆ bhairavā J₁J₁₅V₃V₈N₂₂ bhaivarāḥ V₂₆ **4 cauraṅgī** cet.] cauraṅgī C₃C₄C₇N₅ coraṅgī N₁₀ cāraṅgī B₃ sauraṅgi M₁ kuraṅgī J₄ vaurago J₂ cauragi V₈ ca..raṅgī N₂₂ **mīna** cet.] khīna V₁₉ **gorakṣa** cet.] gaurakṣa J₁₅ gaurakṣau V₂₆ gorakṣaḥ N₂₂ gorakṣo J₂ **virūpākṣa** cet.] virūpākṣya J₁₅ virūpāṅkṣya C₃ virūpācchaś J₂ virūpākṣaś V₂₆ virupākṣa J₁₇ virūpaśca N₁₆ virūpākṣā N₂₂V₂ vipākṣa J₄ virūpākṣaḥ N₃V₁₉ virūyākṣa N₂₄ **bileśayāḥ** cet.] vileśayā C₂J₁N₂N₅ bileśayah V₆ ca cetana J₂ ca ceḍalaḥ V₂₆ cileśayāḥ N₂₄ vileśayā C₂J₁N₂N₅ savālmikaḥ N₃ savālikaḥ V₁₉ bileśayā J₁₅V₃ biśleśayāḥ V₄

मन्थानभैरवो योगी सिद्धबुद्धश्चकन्थडिः ।
 पौरण्टकः सुरानन्दः सिद्धपादश्च चर्पटिः ॥1.6॥

कानेरी पूज्यपादश्च नित्यनाथो निरञ्जनः ।
 कपाली बिन्दुनाथश्च काकचण्डीश्वराह्वयः ॥1.7॥

1 manthāna cet.] *unm.* śrīmanthāna B₂ manthāra C₄L₁N₅ 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 B₁B₃C₂C₃C₄^c C₆N₁J₁₀J₁₃J₁₇N₆N₁₀N₁₃N₁₇TüV₄V₁₁V₁₂V₂₂V₂₆
 śruddha J₁₅ siddho B₂N₁₉V₆ yogī C₁V₅ siddha V₁ siddhi J₁J₃J₁₄N₂N₁₆ sandhi J₂ viddha N₂₀
 sidha N₂₂ siddhar N₂₄ siddho V₈ **buddhaś ca** cet.] tudhiś ca J₂ pādaś ca C₇ buddhiś ca
 C₆J₁J₃N₁₆N₂₀V₂V₃V₂₆ nudhaś ca N₂₂ cuddhaś ca N₂₄ +ddhaś ca V₁₂ **kanthaḍiḥ** cet.] kan-
 thariḥ B₁ kanthaḍiḥ B₂N₂₃ kanthaḍi C₁C₆J₁₅N₁₀N₁₂N₂₀N₂₁V₆ kanthaḍi C₃ kukuḍiḥ C₄^c kanthali
 V₁J₁₅^c N₃ kanthali J₁₅^c kanthari N₅ kanthaḍi J₂ kandalī J₁₇N₆N₁₇N₂₂V₄V₁₁ kanthaḍiḥ V₃ kan-
 thaviḥ J₁ kandalī V₈ kampaṭiḥ N₁₃ kampaḍiḥ Tü paddhatiḥ M₁ *unm.* kanthadalī V₁₂ kānuṭiḥ V₂₆
2 paurāṇṭakaḥ cet.] paurāṇṭaka N₂₂ paurāṇṭakaḥ N₅ paurāṇṭakaḥ B₁N₁N₁₀V₆ paurāṇṭakaḥ
 V₁₁ paurāṇṭaka B₂ paurāṇṭaka C₃ kaurāṇṭakaḥ N₁₆N₂₄ kaurāṇṭaka N₁₂ kaurāṇṭakaḥ J₁₄V₂₆
 korāṇṭaka J₂ korāṇṭakaḥ J₄N₂₁N₂₃ korāṇṭakaḥ C₆N₁₃TüV₂₂Vulg korāṇṭikaḥ N₂ gorāṇṭaka
 N₃ ghorāṇṭakaḥ M₁ *unm.* kāhapaurāṇṭaka V₈ korāṇṭikaḥ Vulg kaurāṇṭikaḥ V₂ paura...kaḥ
 N₂₀ *** C₁J₃L₁N₁₁V₅V₁₉ **surānandaḥ** cet.] sarānanda B₂N₁₂ surānanda C₂J₂N₂N₃V₃N₂₂V₂
 śurānandaḥ N₂₄ sarānandaḥ J₄ unit=word, quantity=1 C₁J₃L₁N₁₁V₅V₁₉ **siddha** cet.] siddhi
 V₁J₁J₂N₁₆N₂₄ siddhā V₈ *** C₁J₃L₁N₁₁V₅V₁₉ **pādaś** cet.] pāda N₂₂ *** C₁J₃L₁N₁₁V₅V₁₉
ca cet.] *** N₂₂ **carpaṭiḥ** cet.] carpaṭiḥ B₁B₂N₂N₁₇N₂₃V₃V₄ carpaṭi C₃J₁₇V₆ carpaṭi C₄^c
 C₆C₇V₁V₂ carpaṭi C₄^c J₁J₁₅N₃V₈N₂₄ tarpaṭi J₂ parpaṭiḥ M₁ carpaṭi N₅ carpaṭaḥ N₁₁V₁₁ ca+a.iḥ
 V₁₂ *** C₁J₃L₁N₁₁V₅V₁₉ **3 kānerī** cet.] kanerī C₆J₁₄N₂N₃N₁₉V₂V₆ kaṇerī J₃V₁N₁₁ kāṇarī J₁
 kanerī V₈ kāṇerī B₁B₃ naiṇkerī N₁₆ kānerī N₁₇ kārnerī N₁₇ kirīla B₂ varaiṇya C₁ kaṇirī J₄V₁₂V₁₉
 karṇirī J₂ karaṇi C₄^c C₇L₁N₅ karenī V₅ karauṭi N₁₂ kaverī N₂₀ kāvarī V₂₆ karotiḥ M₁ kālerī V₁₁
pūjya cet.] pūrya V₁ pūrva B₁B₃C₂J₁₀J₁₅J₁₇N₁₀N₂₂V₆V₁₁V₁₂ pūrvva V₄ sarva J₄ **pādaśca** <??>]
 pānaś ca J₁ nāthaś ca N₂₀ **nityanātho** cet.] dhvaninātho B₁B₃C₂C₄^c J₁₀J₁₃J₁₇N₆N₁₀N₁₇V₄V₆ sid-
 dhanātho C₃C₄^c J₁₅ bilvanātho C₇L₁N₅V₁₉ dhaninātho N₁ *unm.* ninātho V₁₁ svāninātho V₁₂ **ni-**
rañjanaḥ cet.] nirantanāḥ 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.] bindunāthaś ca V₁B₁B₂B₃J₂M₁ *** N₂₀N₂₂ bindunāthasya V₈ **kākacaṇḍīś-**
varāhvayaḥ C₆N₁₃N₂₃TüV₁Vulg] kākacaṇḍīśvarādayaḥ cet. kākacaṇḍīśvaro mayāḥ B₂N₁₉ kāla-
 caṇḍīśvarādayaḥ J₃V₁₉ kākacaṇḍisu ādayaḥ N₅ kākacaṇḍīśvarādayaḥ N₁₆ kāmkaṇḍīśvarā-
 dayāḥ V₈ kālacaṇḍīśvarāhūyaḥ J₂ kākacaṇḍīśvarogayaḥ N₃ *** N₂₀N₂₂ kākacaṇḍīśvarāhayaḥ
 N₂₄ kākacaṇḍīśvaro mayāḥ M₁ kākagaṇḍīśvarāhvayaḥ V₂₆ kākacaṇḍīśvarādayākarāḥ V₁₁ kākacaṇḍīś-
 varomayaḥ N₁₂ kākacaṇḍīśvarādaya J₁₅ kākacaṇḍīśvarogayaḥ N₁₁ kākacaṇḍīśvarāhayaḥ J₄ kāk-
 caṇḍīśvarā ... ḥ 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] allāmaḥ TüV₁V₃V₈V₂₂VulgN₂₄ allamaḥ N₁₃J₁₀J₁₅J₁₇N₂₀V₁₂ allama
M₁ allāmā N₁₀ *** B₁N₂₂ mallama B₂ agastyah B₃C₂N₁ ahlama J₂J₄ ahyamaḥ V₄ suksamaḥ
C₁C₇J₁₃L₁N₅ alamaḥ C₃ alasaḥ C₆N₂V₂ alama N₃ akṣamaḥ N₆V₂₆ hallamaḥ C₄^{pc} N₁₁ akleśaḥ N₁₂
akleśa J₁₄ adhamaḥ J₁N₁₆ aśamaḥ N₁₇ allasaḥ N₁₉N₂₃V₆V₁₁ alasa N₂₁ arṇamaḥ J₃ suksimaḥ V₁₉
suksamaḥ C₄^{ac} V₅ **prabhudevaś ca cet.]** prabhūm devasya J₂ + + [deva]śca M₁ prabhudevasya
V₈N₁₉ *** N₂₂ **ghoḍācolī cet.]** goḍācūlī C₆ ghorācolī V₁B₃C₃J₁₀J₁₃J₁₇L₁N₆N₁₀N₂₁V₄V₁₂
ghorācola V₁₁ ghoḍācolī V₈ ghorāvola B₁ ghojacolī C₂ ghoḍāculī N₃V₂₆ ghoḍācūlī M₁N₂₃
ghoḍāvolī J₄ vaḍācolī N₅ *** N₂₂ ghogacolī V₅ ghoṭācolī V₁₉ gho .. co .ī V₂₂ **ca cet.]** gha
C₇L₁N₅ sa V₁₉ la V₁₁ *** N₂₂ **ṭiṇṭiṇī B₁C₁J₃J₁₀J₁₃J₁₇N₁₇N₁₉N₂₄V₁V₂] ṭiṇṭiṇī C₂C₃N₅ ṭiṇṭaṇī**
C₆ ṭiṇṭiṇī N₂₁ ṭiṇṭiṇī V₁₁ ṭiṇṭaṇī V₆ *** N₂₂ ṭiṇṭiṇī C₄J₁N₃N₆N₁₀N₁₃N₁₆TüV₅V₂₂Vulg ṭiṇṭiṇāḥ V₄
ṭiṇṭiṇī V₁₉ ṭimbhiṇī N₃ ṭiṇṭiṇī N₂V₁₂ ṭiṇṭiṇī N₂₃ ṭiṇṭhiṇī L₁ ṭiṇṭhiṇī N₁ ṭiṇṭhiṇī B₃ ṭiṇṭibhaḥ M₁
ciṃciṇī B₂ ciṃciṇī J₂N₁₂V₃ ciṃciṇī V₈ ciṃviṇī J₄ ciṃcaṇī J₁₅ ciṃcaṇī J₁₄ carpaṭaḥ N₁₁ ciṃcili
N₂₀V₂₆ **2 bhālukī cet.]** bālukī N₂₁ bhālukā C₃ bhāluki N₃ bhālukī J₁₃ bhālukī C₄^{pc} J₃N₁₁N₂₄V₅
bhālukā J₁B₁V₁₁ bhāluko N₁V₆ bhānukā B₃V₁₂ bālukī C₁L₁M₁ vālukī C₄^{ac} V₁₉ vālakī N₂ vālakī
C₇N₅ vāsukī B₂J₂N₂₀ vāsukī V₈V₂₆ vāsukī J₄V₃J₁₅N₁₆ *** N₂₂ bhānukī Vulg bhānuki N₂₃ **nā-**
gabodhaśca <??>] nāgavādhiś ca N₁₂ nāgavedhaś ca J₁₄ nami auḍḍīśa N₃ nāma bhojaś ca M₁ nāma
bodhaś ca N₁₀V₄ nāgadevaś ca C₆N₁₃V₂₂V₂₆ nāradevaś ca Vulg nāradevaś ca Tü *unm.* nāgaboś ca
V₈ nālabodhaś ca J₁ nāgarodhaś ca N₂₀V₁₉ vānabodhaś ca V₆ *** N₂₂ nā ś ca N₂₄ **khaṇḍa**
cet.] khaṇḍī B₁ khaṇḍam N₁₇V₁N₂₃ khaṇḍī B₃C₆N₁₀ caṇḍa C₁C₄^{ac} C₇J₁₃V₂V₅ caṇḍī N₅ caṇḍī
V₁₉ khaṇḍaḥ J₄M₁VulgN₂₁N₂₄ sidhaiḥ J₂ siddhaḥ N₃ ṣaṇḍaḥ N₁₁ paṇḍa N₁₉ *** N₂₂ **kāpā-**
likas tathā cet.] kaḥ pālikās tathā C₆ kāpālikās tathā N₁N₂N₁₆N₂₀ kīpālikas tathā V₁₁ kāpālikas
tathā V₁₉ kāpālikās tathā J₁₄ kapālakās tathā V₂ kapālikas tathā J₁₇ kāhelikas tathā M₁ *** N₂₂
kāpālikas tathā N₂₄ **3 ity ādayo cet.]** ity āghayo J₂ ity ādayā V₂₂ *** N₂₂ **mahāsiddhā cet.]**
mahāsiddhāḥ J₁N₂N₁₃Tü *** N₂₂ **haṭhayoga cet.]** haṭhayogaḥ N₅N₁₃V₁₁ *** N₂₂ **prabhā-**
vataḥ cet.] prabhāvata J₂ prasādataḥ C₆M₁N₁₂N₂₀N₂₁N₂₃V₃V₁₁ *unm.* adhāprasādataḥ V₈ *** N₂₂
4 khaṇḍayitvā cet.] khaṇḍitvā C₃ khaṇḍayatvā V₁₉ khaṇḍamitvā N₁₆ ṣaṇḍapitvā J₂ vaṃcayitvā
N₂₀ *unm.* khaṇḍayaṃyitvā V₈ *** N₂₂ **kāladanḍam cet.]** kāladanḍa ca C₃ kāradanḍam N₃ ***
N₂₂ **brahmāṇḍe cet.]** brahmāṇḍam B₃C₂J₄N₁N₂₁V₂ brahmāṇḍa N₁₉ *** N₂₂ **vicaranti cet.]**
viramanti J₁₄N₂ °ṣu caranti M₁N₃V₁₉ tu caranti V₃ *** N₂₂

संसारतापतप्तानां समाश्रयो हठो मतः ।
अशेषयोगजगतामाधारकमठोहठः ॥1.10॥

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

1 saṃsāra cet.] saṃsāra N₁ saṃsārā V₃ aśeṣa C₆N₁₃V₂₂TüVulg *** N₂₂ **tāpa** cet.] tāpa N₁ tāya Tü śrama C₃C⁴ J₁₀J₁₅J₁₇N₆N₁₀N₁₇N₂₀V₃V₄V₁₁V₁₂ tapi J₁ *** N₂₂ **taptānām** cet.] taptānām B₃C₂J₁₃J₁₅J₁₇N₆N₁₀N₁₇N₂₀V₃V₄V₆ taptanām V₈ tamānām J₂ cintānām V₁₁ *** N₂₂ **samāśrayo** V₁B₁C₁V₈] āśrayo yaṃ B₃C₂C₃J₁₃J₁₅J₁₇N₆N₁₀N₁₇N₂₀N₂₁V₃V₄V₆V₁₁V₁₂ māśrayo yaṃ J₁₀ samāśraya cet. samāśrayaṃ V₂ śamāśraya C₄C₆C₇L₁ samīśraya J₂ āścaryo yaṃ N₁ samaśra N₃ *** N₂₂ **haṭho mataḥ** cet.] haṭho mataḥ N₁ mato haṭhaḥ N₂N₂₁V₁₉V₂₆ haṭho maṭhaḥ V₁ maṭho haṭhaḥ C₁C₄C₆C₇J₃J₁₄L₁M₁N₅N₁₁N₁₂N₁₃N₁₉N₂₃TüV₂V₅Vulg 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 N₂₄ maṭhā haṭhaḥ V₂₂ **2 aśeṣayoga** cet.] aśeṣo yoga C₃N₆ aśeṣaḥ yoga V₄ aśeṣaṃ yoga V₂ aśeṣayoge J₁₄ eṣayogaś ca B₂ aśeṣajoga J₂ *** N₃N₂₂ aśeṣe yoga N₂₃ aśeṣayogo V₁₂ **jagatām** cet.] jagatīm N₁V₁ jatām N₁₀V₄ jālānām N₁₁ jātīnām C⁴ jātānām N₂₁N₂₄ yuktānām C₁C₃C⁴ C₆J₄J₁₅N₁₃N₂₀TüV₃V₆Vulg juktānām J₁₇ V₂₂ tantrānām V₈ vijñāna J₂V₂₆ vijñānaḥ N₁₂ *** N₃N₂₂ **ādhāra** cet.] ādhāra N₁ ādharah C₃ ādhāre V₁V₈ ādhārah B₁B₃C₂J₄J₁₇N₂N₆N₁₇N₂₀V₂V₃V₄V₁₁V₁₂V₁₉ ādhārā J₁₀ ādhārai L₁V₆ ptād-hārah 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 C₃C₄ *** N₂₂ **gopyā** cet.] gopyaṃ B₂N₅V₃ gopya J₁₅N₁₆ gopyāṃ J₄ *** N₂₂ **yoginām** cet.] yoginā B₁C₁C₄C₇J₃J₁₃L₁M₁N₁₀N₁₁N₁₃N₁₉N₂₀N₂₁N₂₄V₂V₅V₁₁V₁₉V₂₆VulgYC yogino J₂ yogi .. V₂₂ *** N₂₂ **siddhim** cet.] siddha C₃ middhi L₁ *** N₂₂ **icchatām** cet.] icchatā B₁B₃C₁C₃C₄C₆C₇J₃J₁₃L₁M₁N₁₀N₁₁N₁₂N₁₃N₁₆N₁₉N₂₀N₂₁N₂₄TüV₂V₅V₁₉V₂₂V₂₆VulgYC idhutā C₂ ichitā J₂ icchito V₁₁ *** N₂₂ **4 bhava** cet.] ude V₅ bhaverd J₁₅ **vīryavatī** cet.] vīryavati M₁ vīryavati V₈N₁₉N₂₄ viryavati J₁₅ *** N₂₂ **guptā** cet.] goptā J₁ *** N₂₂ **nirvīryā** cet.] nirvīryā J₁₅N₆V₈ nirvīryā B₂C₃ nirvījā N₁₁V₁₉ nirvvār.. N₁₇ nivīryā N₁₆ nivīryā M₁ nivīryā C₆J₁ niḥvīryā J₂ nirvāryā J₁₀N₁₀ nirbījā J₃ nirbījī V₁₁ *** N₂₂ **tu** cet.] ti M₁N₅N₁₉V₂₆ va J₄V₁₉ nu C₁J₁J₂J₁₄J₁₅J₁₇ su V₆ ca N₃ .. V₂₂ *** N₂₂ **prakāśitā** cet.] prakāśiyet J₂ *** N₂₂

- 5
- 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 स्थातव्यं हठयोगिना
 <युक्ताहारविहारेण हठयोगः प्रसिद्धये ।।>
 ||1.12||

1 **surājye** cet.] surāṣṭre M₁N₁₁N₁₂ surāje V₈ *** N₂₂ surājya N₂₄ **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 C₁C₆C₇J₄J₁₄L₁M₁N₅N₃N₁₁N₁₆N₂₃V₁₉ 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 C₆ *** 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 C₃ *** 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 +lpadvāram. V₁₂ **arandhra** cet.] agartta N₁₆ *** N₂₂ raṇdhra N₂₃ marandhra
 V₂₂ **garta** cet.] gataṃ B₁N₅ garta J₃J₄N₃B₂C₆N₁₇V₃N₂₃N₂₄V₂V₄V₅V₆V₁₉ 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 C₃ puṭitaṃ N₁₂V₂₆V₁₁ pīṭhikāṃ N₁₉ paṭikaṃ
 C₁C₆ piṭakāṃ J₄ viṭapaṃ J₁J₃J₁₀ J₁₄J₁₅N₂N₁₆N₂₀V₃V₄V₁₂ viṭapa N₁₀ viṭharaṃ J₁₀ vaṭhipaṃ
 maṭhikaṃ *unm.* V₈ piṭharaṃ C₄J₁₃L₁M₁N₆N₁₁N₁₇V₆V₁₉ piṭhiraṃ C₇N₅ pīṭhaṃ N₁ piṭhakaṃ
 J₁₇N₃N₂₁ puṭitaṃ J₂ vivaraṃ N₁₃TüV₂₂Vulg vivara V₅ *** N₂₂ viṭharaṃ N₂₄ ghaṭitaṃ V₂YC
nātyuccanīcā cet.] nātyuccanīcā J₁₇ nātyucanīcā V₈ nānyuddhanīcā C₁ nādayuccanīcā J₄ nā-
 tyuccanīcā N₃ nātyuccanoccā N₁₆V₃ .. yuccanīcā V₂₂ *** N₂₂ nātyuccanaṃcā N₂₃ **yutaṃ**
 B₃J₁₄N₂N₁₇V₁] yataṃ cet. patāṃ C₂ yata V₈ ryataṃ N₅ rpiṭaṃ N₁₀ .. .ṃ V₂₂ *** N₂₂ yi-
 taṃ C₄J₁J₃J₁₃L₁N₆N₁₁N₁₆N₂₀J₁₀V₁₂YC pitāṃ C₃J₁₇V₄V₅ pittāṃ V₆ tmakaṃ V₂₆ vṛtaṃ J₂ sā-
 naṃ V₂ **2 samyag** cet.] samyaṃ B₂ sāmyaṃ J₄ samyak J₁₃V₁N₂N₁₉V₁₁ saṃ N₃ liptaṃ V₈
 ramaṃ N₂₁ *** N₂₂ **gomaya** cet.] gomaya C₄C₆V₃V₈N₁₃N₁₉N₂₁N₂₃TüV₄V₁₁ jogamaya V₂₆
 *** N₂₂ **sāndra** cet.] sārddha B₂V₅ sārdra B₁J₁₀N₂N₆N₁₉V₄ sādra V₁₂ saddhi V₁₁ sām-
 dra J₁₇ sām .. V₂₂ syantra V₂₆ saṃpra J₂ sāpra N₃ mṛtti V₈ lipta N₂₀ *** N₂₂ **liptama-**
malaṃ C₃C₄C₆J₁₀J₁₅M₁N₆N₁₀N₁₃N₁₇N₂₃TüV₄V₆V₁₁V₁₂V₁₉V₂₂Vulg] liptam amalaṃ J₁₇ lip-
 tam abijaṃ V₁ liptavimalaṃ cet. liptavimaṭaṃ V₅ lepavimalaṃ N₁₂ kābhiramalaṃ V₈ sām-
 dravimalaṃ N₂₀ *** J₁N₂₂ **niḥśeṣa** cet.] niśeṣa J₁₃V₂ niḥśeṣaṃ B₁ niś. .. V₂₂ nirdoṣa
 C₁J₁₀J₁₅J₁₇N₆N₁₀V₄V₆V₁₂ nidoṣi° N₃ *** J₁N₂₂ **jantūjjhitam** cet.] jantohiṃtaṃ B₁ jan-
 tojjhitam B₃ vātoḍbhidaṃ C₁ jaṃtū ta[m] V₂₂ vātojjhitam C₆ jantūhritaṃ N₅ jantūt-
 thitaṃ M₁ bādhøjhitam C₄^c J₄J₁₀J₁₅J₁₇N₆N₁₀N₁₇V₂V₃V₄V₁₂ bādhaudḍitaṃ B₂ bādhøjhitam
 V₁ bādhojgataṃ N₁₉ bādhoghitaṃ N₂₀ bādhøjitaṃ N₂₁ bodhīkṣataṃ J₂ bodhekṣitaṃ V₂₆ bod-
 hodgataṃ J₁₄ vodhotsitaṃ N₁₂ vātaṃ jitaṃ V₆ vātovyutaṃ V₈ vātojjhitam V₁₁ vātār*n*itaṃ N₁ vāt
 dhā*dg*ataṃ N₂ jpaṃtpūpsitaṃ N₃ *** J₁N₂₂ jaṃbhūdgitāṃ N₂₃ jaṃtajjhitam N₂₄ jaṃtanvitaṃ
 V₅ **3 bāhye** cet.] bāhyaṃ B₂B₃C₁ vrāhmaṃ C₄^c vyāhye J₁₇ vāpi J₂ +ye V₁₂ *** J₁N₂₂ **maṇḍapa**
 cet.] maṇṭa + M₁ *unm.* maṇḍapaṃ maṇḍapa V₈ *** J₁N₂₂ **vedikūparucitaṃ** V₁N₂₄] vedikū-
 paracitaṃ B₁B₂C₂C₇L₁J₂J₃J₁₃J₁₇N₅N₆N₁₀N₁₁N₁₆N₁₇V₄V₅V₆V₁₂V₁₉ vedikūparuciraṃ C₁C₃C₄^c
 C₆J₁₄J₁₅N₂N₃N₁₂N₁₃N₂₀N₂₁N₂₃TüV₂V₂₂V₃Vulg vedikoparacitaṃ B₃C₄^c J₄J₁₀ vedikūparacite V₁₁
 vedikoparuciraṃ M₁ veviracitaṃ N₁ vedikopirācitaṃ V₈ vedikaparuciraṃ N₁₉ kūpavediracitaṃ
 V₂₆YC *** J₁N₂₂ **prākāra** cet.] *** J₁N₂₂ **saṃveṣṭitaṃ** cet.] saṃveṣṭite B₁ saṃvetaṃ N₂ saṃ
 .. ṣṭitaṃ V₂₂ saṃvoṣṭitaṃ N₂₀ *** J₁ **4 proktaṃ** cet.] yoktaṃ V₆ **maṭhasya** cet.] haṭhasya
 J₄N₁₆N₁₇ haṭasya N₆ mavasya J₂ maṭha N₂ mahasya N₃ *** J₁ **lakṣaṇamidam** cet.] lakṣatmaṇaṃ
 J₄^c *** J₁ **siddhair** cet.] siddhai J₂N₃V₅ .. dhyai V₂₂ sidhyaḥ V₈ *** J₁ **r-haṭhā** cet.] haṭā
 V₂₂ *** J₁ **haṭhābhyāsibhiḥ** cet.] bhyāsabhiḥ N₃N₅ sāsibhiḥ V₆ bhyāsibhiḥ V₂₂ bhyāsabhiḥ V₈
 bhyāsiddhi J₁₅ *** J₁

एवंविधेमठे 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 +vavidhe V₁₂ evaṃvidher N₁₈ evaṃvidham N₂₁ evaṃvidhai V₅ evaṃbhava V₆ *** V₂₂ **maṭhe** cet.] maṭho N₂₀ maṭha N₂₂ *** V₂₂ **sthitvā** cet.] smitvā N₂₂ sthītvā V₁₁ *** V₂₂ **sarva** cet.] sarvaṃ J₃ *** V₂₂ **cintā** cet.] *** V₂₂ **vivarjitaḥ** cet.] vivarjitāḥ C₃J₁₅N₁₆V₁₁ *** V₂₂ **2 gurūpa** cet.] gurupa J₁₇ guropa N₁₉ *** V₂₂ **diṣṭa** cet.] deṣa C₁N₅V₅ *unm.ste* V₈ *** V₂₂ **mārgena** cet.] mātreṇa N₅ mātrenā N₂₀ mārgtreṇā N₂₃ *** V₂₂ **yogam** cet.] mana J₄ *** V₂₂ **evaṃ samabhyaset** C₃J₁₀J₁₇N₆N₁₀N₂₂N₂₄V₁V₄V₆V₁₁V₁₂] evaṃ samambhyaset N₁₇ eva samabhyaset J₂J₃J₁₅N₁₁N₁₃N₂₃TüV₈Vulg evaṃ sadābhyaset B₁B₂C₇J₁J₁₃N₁₈V₂₆ ātmavaśaṃ nayeta J₄ eva sadābhyaset cet. ārgaṃ samabhyaset V₃N₂₀ evam ahābhyaset N₁₉ *** V₂₂

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

- 5 <तपः सन्तोष आस्तिक्यं> <दानम् ईश्वरपूजनं ।>
 <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 atyāhā++ J₁ **prayāsaś ca** cet.] viharāc ca N₁₁ prayā saha N₂₂ prayāsāc ca J₃ prayāsāś ca N₂₀ *unm.* prayāsasyaś ca V₈ pravāsaś ca N₂₃ prayāsaś cā V₁₉ +yāsaś cā V₁₂ **prajalpo** cet.] prajalpān J₃N₁₁ prajalpe N₁₂ prajapo V₂₂ jalpato N₅ malalpo V₆ **niyamagrahaḥ** cet.] niyamagraha J₂ viparyagrahaḥ B₁ 'niyamagrahaḥ B₂N₆ niyamāgrahaḥ B₃C₂C₄J₁J₁₃J₁₅V₂V₄V₁₁V₁₂V₂₆Vulg niyamo grahaḥ C₃L₁N₅ niyamo gr̥haḥ V₈ niyame grahaḥ M₁ niyamagrahāt J₃N₁₁ **2 janasaṅgaś ca** cet.] janasaṅgaṃ ku B₂ janasaṅga C₃ janasaṅkara J₄ janasaṅgaṃ ca J₂N₁₂N₁₈N₁₉V₁₁ janasaṅgāc ca J₃N₁₁ janāḥ saṅgasya V₈ janasaṅgaś ca N₂₁ janasaṅsahya V₂₆ **laulyaṃ** cet.] laulyāc J₃N₁₁ lolyaṃ C₃N₁₉V₂₂ laulyaś N₂₀ laubhyaṃ N₂₂ **śaḍbhir yogaḥ** cet.] śaḍbhir yogaś N₁₇V₆ śaḍbhir yogā N₂₁ śaḍbhir yoga J₂ śaḍbhir yogo C₂C₄C₇J₁J₃J₁₃J₁₄N₃N₁₃N₁₈N₁₉N₂₀N₂₁N₂₂N₂₄TüV₂V₃V₄V₅V₁₂V₁₉Vulg śaḍbhaḥ yogoś cate V₈ ḍbhir yogo N₁₀ **prahāsyate nos scribe]** *prahāsyati* V₁ praṇāsyati J₂J₄N₁N₂V₂₆YC ca naśyati C₃J₁₀J₁₅J₁₇N₆N₁₇V₆ vinaśyati cet. vinaśyatiḥ N₂₂ na sidhyati V₁₁ vina.. V₂₂ **3 utsāhān** cet.] utsāhāt C₁C₇J₁J₃L₁N₅N₁₁N₁₃N₂₃N₂₄TüV₅V₁₁V₁₉V₂₂Vulg ucchāhān J₄ vutsāha J₂ utsahā N₁₇ utsaho N₁₈ utsāha V₃V₈N₁₉V₂₆ utśmāha N₂₂ jayāc ca J₁₅ **niścayād dhairyāt** cet.] niścayād-vairyāt B₁B₂N₁₈ hasādvairyāt N₂₁ niścayār dvairyāt B₃ niścayādvayāt J₄ niścayādvairyāt J₁₀N₁₇ niścayāddhairyā C₃N₁₆ sāhasāddhairyāt C₁C₇L₁N₅N₁₁N₁₃N₂₄TüV₅V₁₉VulgYC sāhasādvairyāt J₁J₃N₂₃ niścyaudhairyā J₂ niścayau dhairyayā V₂₆ viścalaṃdhairyayā N₁₉ niścayoddhairyāt N₁ niścayadhairyāt V₁ niścayādhairyāt V₆ niścayātdhairyāt V₁₁ niścayoṃ dhairyāt V₈ nikhilādhairyā N₂₂ nāhasātdhairyā N₂₂ **tattva** cet.] tantra N₁₁ tvagrā V₈ kṛtvā N₂₂ *unm.*ta V₅ **jñānāc ca darśanāt** cet.] jñānāc ca niścālāt B₁ jñātās ca niścālāt B₃ jñānās ca darśanāt V₁₁ jñānaṃ ca niścālam V₂₆ jñānād viniścayāt C₁C₄C₇L₁N₅N₁₆V₅V₁₉YC jñānāc ca niścayāt C₂J₃J₁₃N₁₁N₁₃N₂₃N₂₄TüVulg jñānādinīścayāt J₁ jñānāc ca niścālāt N₁ jñānārthadarśanāt B₂J₁₄N₂ jñānāya darśanāt V₂ jñānasya darśanāt J₂N₂₀ jñānā ca darśanāt V₃ nārthadarsanāṃga V₈ jñānānudarśitaṃ N₁₉ jñānā ccaniścājā J₂₁ jñā.. .aniścayāt V₂₂ **4 janasaṅgaparityāgāt** cet.] janasaṅgaparityāgaḥ V₂₆ janasaṅgaparityāgāḥ N₁₉ janasaṅgāttathā samyak J₁ janasaṅgād alaulyāc ca J₁₄ **śaḍbhir** cet.] śaḍbhya N₁₀ śaḍbhi N₂₂ śaḍ V₈ **yogastu sidhyati** V₁J₁₀J₁₇N₁₀N₁₈V₄V₆] yogaś ca sidhyati B₁C₂J₁₃N₆V₁₁ yogaś ca siddhati B₃N₁ yoga prasidhyati C₃ yogo prasidhyati N₂₂V₁₉ yogamś ca sidhyati N₁₇ yogaḥ prasidhyati cet. yoga prasiddhati J₂ yogastu prasidhyati V₈ yogaḥ ..sidhyati V₂₂ yyogaḥ prasidhyati N₂₃ yogaḥ prasidhyatiḥ N₂₄

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 yamaniyamāḥ// C₃J₁₅N₉N₁₂] *** cet. **2 ahimsā** B₁B₃C₂C₃C₄J₁₃J₁₅N₅N₉N₁₂N₂₄V₆V₂₆] *** cet. **satyamasteyam** B₁B₃C₂C₃C₄J₁₃J₁₅N₅N₉N₁₂N₂₄V₆V₂₆] *** cet. **brahmacaryam** B₁B₃C₃C₄J₁₃J₁₅N₉N₁₂N₂₄V₆V₂₆] brahmacarya C₂N₅ *** cet. **kṣamā dhṛtiḥ**/ B₁B₃C₂C₃C₄J₁₃J₁₅N₅N₉N₁₂N₂₄V₆V₂₆] *** cet. **3 dayārjjavamitāhārah** B₁C₂J₁₅N₁₂V₂₆] dayārjama mitāhārah C₂ dayārjjavamitāhārah V₆ dayārjama mitāhārah C₃ dayārjjavamitāhārah B₃C₄ dayārjama mitāhārah J₁₃ dayārjjavam mitāhārah N₉ dayorjava mitāhārah N₅ dayārjjavamitāhārah N₂₄ *** cet. **śaucam** B₁B₃C₂C₃C₄J₁₃J₁₅N₅N₉N₁₂N₂₄V₆] śaucañ V₂₆ *** cet. **caiva** B₁B₃C₂C₃C₄J₁₃J₁₅N₅N₉N₁₂N₂₄V₆] ceti V₂₆ *** cet. **yamā daśāḥ**// B₁B₃C₃C₄J₁₃J₁₅N₅N₁₂N₂₄] yamā daśaḥ// V₂₆ yamādayaḥ// N₉ niyamā daśa// C₂ imā daśā// V₆ *** cet. **5 tapaḥ santoṣa āstikyam** B₁N₂₄C₄V₆V₂₆] tapaḥ samtoṣam āstikyam C₂C₃N₅N₉N₁₂J₁₅J₁₃ tapaḥ santoṣam āstikya B₃ *** cet. **dānam īśvarapūjanam**/ B₁B₃C₂C₃C₄J₁₃J₁₅N₅N₉N₁₂N₂₄V₆V₂₆] *** cet. **6 siddhāntaśravaṇam** B₁B₃C₂C₃C₄J₁₃J₁₅N₅N₉N₁₂V₆V₂₆] siddhāntavākyaśravaṇam N₂₄ *** cet. **caiva** B₁B₃C₂C₃C₄J₁₃J₁₅N₅N₉N₁₂N₂₄V₆V₂₆] caivam N₅ cāpi C₃ *** N₂₄ *** cet. **hrīmatīś ca japo hṛtam**// B₁N₂₄] hrīr mmatīś ca japo hutam// V₂₆ hrī matīś ca japo hutam// N₁₂ hrī matī ca japo hutam// C₃N₉N₂₄ hrīr matīś ca japo vratam// C₂ mantaś ca japodgatam// B₃ vedāntaśravaṇas tathā// N₅ vedāntaśravaṇam tathā// C₄J₁₅ matīś caryā japo hutam// J₁₃ *** cet. **7 iti daśa niyamāḥ prakīrtitāḥ**// B₃V₆] iti daśa niyamā prakīrtitāḥ// J₁₃ niyamādaśāptam proktādyogasāsravi śāradaih// N₂₄ *** cet.

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

1 haṭhasya prathamāṅgatvād cet.] haṭhasya pramathamṅgatvād 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
B₁B₃C₂C₄C₇J₁₀J₁₃J₁₅J₁₇N₁N₆N₁₀N₁₃N₁₇TüV₄V₆V₂₂Vulg kuryā tadāsanaṃ C₃ kuryād āsanaṃ
J₂ *unm.*stvakuryādāsanaṃ tat V₈ kuryāt tad āsanaṃ V₁₁ **sthairyaṃ** cet.] tasmād
B₁B₃C₂C₃C₇J₁₀J₁₃J₁₅J₁₇N₁N₆N₁₀N₁₇V₆ tasmāt V₁₁ tasyād V₄ asmāt V₈ skairyaṃ V₃ sthairye
N₂₀ dhairyaṃ N₁₉N₂₂ pūrvam J₂V₂₆ **ārogyaṃ** cet.] ārogyām J₁₅ ārogya N₂₄V₂₂ **pāṭavaṃ**
cet.] lāghavaṃ C₁C₄J₁₄L₁N₅N₆N₁₁N₁₃N₁₇N₂₃N₂₄TüV₆V₈V₂₂VulgYC paṭavaṃ C₂ loghavaṃ
V₁₉ lāghavām V₅ **3 vasiṣṭhādyaiś ca** cet.] vasiṣṭhodyaiś ca N₂₀ vasiṣṭhadyaiś ca N₂₁V₂
vasiṣṭhīghaiś tu J₂ *unm.*vasiṣṭhādaṃ V₂₆ **munibhir matsyendrā** cet.] munibhir mmatsyendrā
N₁₇V₃ munibhi motsyaṃdrā J₄ munibhir martyeṃdrā 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 aṅgīkṛtām N₂₀ aṅgīkṛta
V₈ **nyāsanāni** cet.] nyāsanāniḥ N₂₄ nyāsanāni V₅ **kathyante** cet.] likhyante V₁ vakṣyante
C₁C₄C₇J₃L₁N₅N₁₁N₁₆N₂₄V₅V₁₉YC vakṣante V₈ katthyente N₁₇ kathyate N₁₈N₂₂ **kānicinmayā**
cet.] kānicinmayam V₈ **5 jānūr vorantare** cet.] jānūr voramtare N₅N₁₇N₂₄V₈ jānvor abhyantare
N₁₁ jānubhyāmmaṃtare J₄ jānūdyoramtare N₁₈ jānūrvvorantare V₃ janvoghairitare J₂ jānūr vo-
rantaram N₂₃V₁₁ jānūvairitare V₅ jānūrvvairitare V₂₂ **samyak kṛtvā** cet.] kṛtvā samyak N₂₂
*unm.*samyag akṛtvā V₄ **pādatale ubhe** cet.] pāde tale ubhe Tü pādatalāv ubhau B₁B₂C₂J₁₃
pādāvubhau ṛju J₄ pādātalaṃ ubhau N₂₂ pādātale śubhe N₂₃ pādataler ubhe N₂₃ *unm.*pādatalpanam
ubhe V₅ *unm.*pādātaleś ca ubhe V₈ **6 ṛjukāyaḥ** cet.] ṛjukāya B₁N₂J₁J₂J₁₃J₁₅V₁V₁₁Vulg
daṇḍakāya N₅ samakāyaḥ J₄ ṛjuḥ kāya V₃ rajuh kāya V₈ rujukāya N₁₀ ṛtyukāya N₂₂ **samāsī-**
naḥ cet.] samāsīta M₁ samāsīnam V₃ samāsīna J₂N₂₂ sukhāsīnaḥ J₁₄ **svastikaṃ** cet.] svastekaṃ
N₂₀ *unm.*svayāstikaṃ V₈ **tat** cet.] ca J₄N₂₃ **pracakṣate** cet.] pracakṣyate N₁₀N₁₂N₁₉N₂₃V₁₁V₂₆
prayachate C₃ pravakṣyate J₁ tracakṣyate N₂₂ **7 ūrujaṅghāntarādhāya prapade jānumadhyate/**
Vulg] *** cet. **8 yogino yadavasthānaṃ svastikaṃ tadvidurbudhāḥ** Vulg] *** cet.

1 jaṅghorvoradhare pādayugalaṃ viniveśayet/ V₂] *** cet. **2 sukhāsanamidam proktam**
sādhakānaṃ sukhāvaham V₂] *** cet.