

श्रीआदिनाथाय नमोऽस्तु तस्मै
येनोपदिष्टा हठयोगविद्या ।
विराजते प्रोन्नतराजसौध-
मारोढुमिच्छोरधिरोहिणीव ॥ [1.1–33 lost δ_2] 1.1

प्रणम्य श्रीगुरुं नाथं स्वात्मारामेण योगिना ।
केवलं राजयोगाय हठविद्योपदिश्यते ॥ 1.2

भ्रान्त्या बहुमतध्वान्ते राजमार्गमजानताम् ।
हठप्रदीपिकां धत्ते स्वात्मारामः कृपाकरः ॥ 1.3

हठविद्यां हि मत्स्येन्द्रगोरक्षाद्या विजानते ।
स्वात्मारामोऽथवा योगी जानीते तत्प्रसादतः ॥ 1.4

श्रीआदिनाथमत्स्येन्द्रशाबरानन्दभैरवाः ।
चौरङ्गीमीनगोरक्षविरूपाक्षबिलेशयाः ॥ 1.5

मन्थानभैरवो योगी सिद्धबुद्धश्च कन्थडिः ।
गोरण्टकः सुरानन्दः सिद्धपादश्च चर्पटिः ॥ (cd om. δ_1)¹ 1.6

1a śrīādināthāya cett.] anādināthāya ε_1 ādiśanāthāya η_1 **1c** virājate cett.] vibhrajate $\beta_2\chi$
rājasaudham cett.] rājayogam $\beta_\omega\eta_2\chi$ **1d** ārodhum cett.] ārūḍham ε_1 rohinīva cett.]
rohinī ca γ_1 roha eva β_ω **2b** yoginā cett.] dhīmatā $\Delta\varepsilon_3$ **2d** haṭhavidyo cett.] haṭhayogo
 η_2 **3a** bhrāntyā $\alpha_2\beta_2\gamma_1\varepsilon_3\eta_1\eta_2\chi$] bhrāntvā $\beta_\omega\Delta$ bhrāntā $\alpha_1\varepsilon_1$ matadhvānte cett.] matad-
hvāntai $\beta_2\gamma_1$ matam bhrāntam η_1 **3b** mārgam $\alpha_1\gamma_1$] yogam cett. ajānatām cett.] ajānataḥ
 $\Delta\varepsilon_3$ **3c** dhatte cett.] datte β_2 **3d** svātmārāmaḥ cett.] svātmārāma β_ω svātmārāme γ_1
kṛpākarah $\alpha_1\beta_2\gamma_1\varepsilon_1\varepsilon_3\eta_1\chi$] kṛpāparah Δ prakāśyate $\beta_\omega\eta_2$ **4a** vidyām hi cett.] vidyā hi $\gamma_1\eta_1$
vidyo hi α_1 matsyendra cett.] tachamdra γ_1 **4b** vijānate cett.] virājate α_1 **4c** svāt-
mārāmo cett.] ātmārāmo $\delta_1\varepsilon_1$ **4d** 'thavā cett.] yathā δ_3 mahā ε_1 jānīte cett.] jānamte β_ω
5a śrīādinātha cett.] ādināthādi $\eta_1\eta_2$ **5b** śābarā $\alpha_1\beta_2\gamma_1\eta_2\chi$] śābarā η_1 śaradā Δ śāgarā β_ω
sāgarā $\varepsilon_1\varepsilon_3$ **5c** cauraṅgī cett.] coraṅgī ε_1 mīna cett.] mena ε_1 śīna δ_1 **5d** virūpākṣa
cett.] virūpākṣaḥ $\alpha_1\delta_1$ virūpākṣhya δ_3 bileśayāḥ cett.] savālikah (savālmikah α_1^c) $\alpha_1\alpha_2\delta_1$
6a manthāna cett.] manthāno χ bhairavo cett.] bhairavā γ_1 **6b** siddha cett.] siddhir χ
śuddha $\beta_2\eta_2$ suddha η_1 buddhaś ca cett.] buddhiś ca $\alpha_1\beta_2\beta_\omega$ pādaś ca δ_3 kanthaḍiḥ $\Delta\chi$] kanthaḍi
 $\alpha_2\beta_2\beta_\omega\varepsilon_3$ kanthaḍiḥ γ_1 kanthaliḥ ε_1 kanthalī $\alpha_1\eta_1$ kandalī η_2 **6c** goraṇṭakah *em.*] goraṇṭaka
 $\alpha_1\alpha_2$ koraṇṭakah $\beta_2\gamma_1\varepsilon_1\chi$ koraṇḍakah ε_3 pauraṇṭakah $\beta_\omega\delta_3\eta_1\eta_2$ *om.* δ_1 **6d** surānan-
daḥ cett.] surānanda β_ω kṣurānamda α_1 *om.* δ_1 **6d** siddhapaś ca cett.] śrīpādaś caiva ε_3
om. δ_1 carpaṭiḥ $\gamma_1\varepsilon_3\eta_2\chi$] carpaṭi $\alpha_1\beta_\omega$ carpaṭi $\beta_2\delta_3\eta_1$ karpaṭiḥ ε_1 *om.* δ_1

¹ Usually omitted in Δ . δ_3 seems to have supplied this hemistich from a ms of another branch.

- काणेरी पूज्यपादश्च नित्यनाथो निरञ्जनः ।
कपाली बिन्दुनाथश्च काकचण्डीश्वराह्वयः ॥ 1.7
- अल्लमप्रभुदेवश्च घोडाचोली च टिण्टिणी ।
भालुकी नागबोधश्च खण्डकापालिकस्तथा ॥ 1.8
- इत्यादयो महासिद्धा हठयोगप्रभावतः ।
खण्डयित्वा कालदण्डं ब्रह्माण्डेषु चरन्ति ते ॥ 1.9
- संसारतापतप्तानां समाश्रयमटो हठः ।
अशेषयोगजगतामाधारकमटो हठः ॥ (cd om. A) 1.10
- हठविद्या परं गोप्या योगिनां सिद्धिमिच्छताम् ।
भवेद्वीर्यवती गुप्ता निर्वीर्या तु प्रकाशिता ॥ 1.11
- सुराज्ये धार्मिके देशे सुभिक्षे निरुपद्रवे ।²
एकान्तमठिकामध्ये स्थातव्यं हठयोगिना ॥ 1.12

7a kāṇeri *em.*] kaṇeri α₂β₂γ₁η₁ kaṇeri α₁ kaṇerih ε₁ kāṇerih ε₃ kāneri β_ωη₂χ karinī δ₁ karaṇi δ₃ **pūjya** cett.] pūrya η₁ pūrva ε₁η₂ **7b** nityanātho cett.] dhvaninātho η₂ bilvanātho Δ **7c** kapāli cett.] kapāsi δ₃ **7d** caṇḍīśvarāhvayaḥ β₂γ₁ε₁ε₃η₁χ] caṇḍīśvarādayaḥ β_ωΔη₂ caṇḍīśvaro gayah caṇḍe° α₁, gajah α₂ α₁α₂α₃ **8a** allama α₃] alama α₁ allamaḥ β_ωε₁η₁η₂χ allumaḥ α₂ allasaḥ γ₁ alasaḥ β₂ amelleh ε₃ suksamaḥ Δ **8b** ghoḍācoli α₂β_ωε₃χ] ghoḍācūli α₃γ₁ ghoḍācūli α₁ goḍācūli β₂ ghoṭācoli Δ ghorācoli η₁η₂ _ gacoli ε₁ **ca** cett.] sa δ₁ gha δ₃ **tiṇṭiṇi** η₁η₂] tiṇṭiṇih α₁χ tiṇṭiṇih δ₁ tiṇṭiṇih γ₁ tiṇṭaṇi β₂ tiṇbhiniḥ δ₃ tiṇcaṇi α₂ ciṇciṇi β_ω ciṇciṇih ε₃ caṇcaṇih ε₁ **8c** bhāluki β₂η₁η₂] bhāluki α₁ bhānukin γ₁ bhānuki χ tāluki α₂ vālukur Δ vāsukur β_ωε₁ vāsukir ε₃ vāsuki α₃ **nāgabodhaś ca** α₃β_ωγ₁δ₃η₁η₂] nāgabodhiś ca β₁ε₁ε₃ nāgarodhaś ca δ₁ nāgadevaś ca β₂ namioḍḍiśa α₁ nāma tuṇḍiśa α₂ nāradevaś ca χ **8d** khaṇḍa α₃β₂β_ωη₂] khaṇḍah ε₃χ khaṇḍam γ₁η₁ kaṇṭhaḥ ε₁ caṇḍa δ₃ caṇḍi δ₁ siddhaḥ α₁α₂ **9b** prabhāvataḥ cett.] prasādataḥ β₂β_ωγ₁ **9c** khaṇḍayitvā cett.] khaṇḍāitvā δ₁ **9d** brahmāṇḍeṣu α₁α₂β₁δ₁ε₃] brahmāṇḍe tu β_ω brahmāṇḍe vi° α₃β₂γ₁δ₃η₁η₂χ brahmāṇḍam vi° ε₁ **10a** saṃsāratāpa cett.] saṃsāraśrama β_ω saṃsāraśrama η₂ aśeṣatāpa β₂χ **10b** samāśraya α₂β₂γ₁Δε₁ε₃χ] samāśrayo η₁ āśrayo°yam β_ωη₂ samagrapra° α₁ **maṭho haṭhaḥ** β₂γ₁δ₃ε₁χ] mato haṭhaḥ δ₁ maho haṭhaḥ α₂ mahāmaṭhaḥ ε₃ haṭho maṭhaḥ η₁ haṭho mataḥ β_ωη₂ °thamo haṭhaḥ α₁ **10c** aśeṣa cett.] samasta ε₁ *om.* A **jagatām** γ₁Δε₁ε₃η₂] jagatim η₁ yuktānām β₂β_ωχ *om.* A **10d** ādhāra β₂γ₁ε₁ε₃η₁χ] ādhārah β_ωΔη₂ *om.* A **kamaṭho haṭhaḥ** cett.] kahaṭho maṭhaḥ η₁ *om.* A **11a** gopyā cett.] gopyam β_ω **yoginām** α₁β₂γ₁ε₃η₁η₂] yoginām β_ω yoginā Δε₁χ **11b** icchatām α₁β_ωγ₁ε₃η₁η₂] icchatā β₂δ₃ε₁χ icchitā δ₁ **11d** nirviryā cett.] nirvijā δ₁ nirvāryā η₂ **tu** cett.] ca α₁δ₁ε₃ sā ε₁ **12b** nirupadrave cett.] kṣemabhadrade ε₁ **12c** ekānta α₁β₂γ₁Δε₁ε₃] ekānte β_ωη₁η₂χ

² χ has धनुःप्रमाणपर्यन्तं शिलाग्निलवर्जिते between the hemistiches.

अल्पद्वारमरन्ध्रगर्तपिठरं नात्युच्चनीचायतं
सम्यग्गोमयसान्द्रलिप्तममलं निःशेषबाधोज्झितम् ।
बाह्ये मण्डपवेदिकूपरुचिरं प्राकारसंवेष्टितं
प्रोक्तं योगमठस्य लक्षणमिदं सिद्धैर्हठाभ्यासिभिः ॥ 1.13

एवंविधे मठे स्थित्वा सर्वचिन्ताविवर्जितः ।
गुरूपदिष्टमार्गेण योगमेव समभ्यसेत् ॥ 1.14

अत्याहारः प्रयासश्च प्रजल्पोऽनियमग्रहः ।
जनसङ्गश्च लौल्यं च षड्विद्योगो विनश्यति ॥ 1.15

उत्साहात्साहसाद्वैर्यात्तत्त्वज्ञानाच्च निश्चयात् ।
जनसङ्गपरित्यागात्षड्विद्योगः प्रसिध्यति ॥ 1.16

अहिंसा सत्यमस्तेयं ब्रह्मचर्यं क्षमा धृतिः ।
दयार्जवं मिताहारः शौचं चैव यमा दश ॥ (β_ωδ₃) 1.16*1

तपः संतोषमास्तिक्यं दानमीश्वरपूजनम् ।
सिद्धान्तश्रवणं चैव ही मतिश्च जपो हुतम् ॥ (β_ω) 1.16*2

13a alpadvāram arandhra cett.] ākalpadvā«ra»raṁdhra γ₁ alpadvāram aruṁ«dha» ε₁
piṭharam δ₁] piṭhiram δ₃ piṭhikaṁ γ₁ piṭ(h)akam α₁ε₁ε₃ paṭikam β₂ viṭakam α₂ viṭapam
β_ωη₂ vivaram χ sahitam η₁ **nīcā** cett.] nītā α₁^c nocā β_ω namcā γ₁ **yataṁ** cett.] yitam η₂
yutam η₁ vṛtam ε₃ **13b** sāndra β₂γ₁Δε₃η₁χ] sāndra β_ωη₂ sāpra α₁ lipta ε₁ **liptam amalāṁ**
α₃β₂γ₁δ₁η₂χ] liptavimalam α₁α₂β₁β_ωδ₃ε₃ liptam abilaṁ η₁ sāndravimalam ε₁ **niḥśeṣa** cett.]
nirdoṣa α₁η₂ **bādhojjhitam** β_ωε₁η₁η₂] vātojjhitam β₂ jantūjjhitam Δε₃χ jambhūdgitaṁ γ₁
jyamtyūpsitaṁ α₁ **13c** vedikūpa cett.] kūpavedi ε₃ **ruciraṁ** α₁β₂β_ωγ₁ε₃χ] racitaṁ Δε₁η₁η₂
14b vivarjitaḥ cett.] vivarjite ε₁ **14d** yogam eva α₁β₂γ₁Δε₃χ] yogam evam ε₁η₁η₂ yo-
gamārgam β_ω **samabhyaset** α₁^cα₂β_ωγ₁ε₁η₁η₂χ] sadābhyaset α₁^cα₃β₁β₂Δε₃ **15a** atyāhārah
β₂γ₁δ₃η₁η₂χ] atyāhāra ε₃ alpāhāra δ₁ alpāhāro α₁ ātmāhārah β_ω natyāhāsaḥ ε₁ **prayāsaś ca**
cett.] prayāsaś cā δ₁ pravāsaś ca α₁γ₁ **15b** 'niyama cett.] niyamā ε₃ nama ε₁ **15c** janasañ-
gaś ca cett.] janasaṁgaṁ ca β₂ janasaṁkara ε₁ **15d** yogo vinaśyati cett.] yogā vinaśyati
γ₁ yogaś ca naśyati η₂ yogaḥ praṇaśyati η₁ **16a** utsāhāt/n cett.] utsāha β_ω **sāhasād**
γ₁Δχ] niścayād α₁β_ωε₁ε₃η₁η₂ niyamād β₂ **dhairyāt** β₂γ₁Δε₁ε₃χ] dhairyā α₁β_ω vairyāt
η₁η₂ **16b** jñānāc ca niścayāt γ₁χ] jñānaviniścayāt β₂Δ jñānāc ca darśanāt α₁β₁β_ωε₁ε₃η₁η₂
16c jana cett.] nija γ₁ **16d** yogaḥ prasidhyati cett.] yogas tu sidhyati η₁η₂ yogo prasidhyati
δ₁ **16*1c** dayārjavam δ₃] dayārjava β_ω **16*2c** siddhānta em.] siddhāntam β_ω

अथासनानि । (ε₁ε₃)

- हठस्य प्रथमाङ्गत्वादासनं पूर्वमुच्यते ।
तत्कुर्यादासनं स्थैर्यमारोग्यं चाङ्गपाटवम् ॥³ 1.17
- वसिष्ठाद्यैश्च मुनिभिर्मत्स्येन्द्राद्यैश्च योगिभिः ।
अङ्गीकृतान्यासनानि कथ्यन्ते कानिचिन्मया ॥ [1.18–28 lost α₁] 1.18
- जानूवोरन्तरे सम्यक्कृत्वा पादतले उभे ।
ऋजुकायः समासीनः स्वस्तिकं तत्प्रचक्षते ॥ [found before 1.17 in ε₁] 1.19
- सव्ये दक्षिणगुलफं तु पृष्ठपार्श्वे नियोजयेत् ।
दक्षिणेऽपि तथा सव्यं गोमुखं गोमुखं यथा ॥ (om. ε₁) 1.20
- एकं पादमथैकस्मिन्विन्यस्योरुणि संस्थितम् ।
इतरस्मिंस्तथा चोरुं वीरासनम् इतीरितम् ॥ 1.21
- गुदं निरुध्य गुल्फाभ्यां व्युत्क्रमेण समाहितः ।
कूर्मासनं भवेदेतदिति योगविदो विदुः ॥ 1.22

17 athāsanāni ε₁] «atha» āsanāni ε₃ **17c tat kuryād** cett.] na kuryād α₁ kuryāt tad η₂χ
āsanam sthairyam α₂β₁γ₁δ₃η₁χ] āsane sthairyam ε₃ āsanasthairyam α₁β₂β_ωδ₁ε₁ āsanam tas-
mād η₂ **17d pātavam** α₁β₁β_ωε₁η₁η₂] lāghavam β₂γ₁Δε₃χ **18d kathyante** β₂β_ωγ₁ε₁ε₃η₂χ]
likhyante η₁ vakṣyante Δ **19a jānūrvor** cett.] jāmtūrvo δ₁ **antare** cett.] antaram γ₁ε₁
19b ubhe cett.] śubhe γ₁ **19c ṛjukāyaḥ** cett.] ṛjukāya γ₁^qη₁ ṛjuḥ kāya β_ω **samāsinaḥ**
cett.] samāsinam β_ω **19d tat** cett.] ca γ₁ **20a dakṣiṇa** cett.] dakṣaṇa β_ω **gulphaṃ**
cett.] gūlphe δ₃ε₂ **20b prṣṭha** cett.] savya ε₂ **20c 'pi** cett.] ca γ₁ tu Δ **savyam** cett.]
savye η₁ **20d gomukhaṃ** cett.] gomukhe δ₃ **gomukhaṃ yathā** α₃Δε₂ε₃η₁η₂] gomukhaṃ
tathā β_ω gomukhaṃ bhavet α₂ gomukhākṛti χ gomukhākṛtiḥ β₁β₂γ₁ **21a ekaṃ** cett.] eka
Δε₃ **athaikasmin** α₃η₁] tathaikasmin α₂β₂β_ωγ₁ε₁ε₃η₂χ yathaikasmi Δ **21b vinyasyorūṇi**
β_ωη₁] vinyasyorūṇi η₂ + veśyorūṇi α₃ vinyased ūru β₁β₂γ₁Δε₃χ vinyaserupa° α₂ vinyasorasi
ε₁ **saṃsthitam** α₃β_ωΔε₃η₂η₁] saṃsthiṭaḥ ε₁ °ṇi sthitam β₁γ₁χ °ṇi sthiṭaḥ β₂ °ri sthitam α₂
21c itarāsmiṃ cett.] itarāsmiṃ δ₁ **coruṃ** cett.] corau β₂ ce.. δ₁ **21d itīritam** cett.]
iti smṛtam α₂ udāhṛtam α₃ **22a nirudhya** β₂γ₁χ] nibadhya ε₃η₁ nabadhya ε₁ nibaddhi β_ω
niyamya α₂β₁Δ niṣpīdya α₃η₂ **22b samāhitaḥ** cett.] samāhitam β_ω **22c kūrmasanaṃ**
cett.] yogāsanam β₂γ₁ **22d iti** cett.] sarve β₂

³ 1.17–18 are transposed in δ₁ε₃. δ₃ has it twice – in the regular place and after 1.18. Readings of the first occurrence are closer to η₂ (कुर्यादासनं तस्माद् and अङ्गपाटवम्) and the second to δ₁ which belongs to the same ms group as δ₃. In the apparatus, readings of the second occurrence only are included.

पद्मासनं सुसंस्थाप्य जानूर्वोरन्तरे करौ ।

निवेश्य भूमौ संस्थाप्य व्योमस्थः कुक्कुटासनम् ॥ [1.23c–29d lost ḍ3] 1.23

कुक्कुटासनबन्धस्थो[#] दोर्भ्यां संबध्य कन्धराम् ।

शेते कूर्मवदुत्तान एतदुत्तानकूर्मकम् ॥ 1.24

पादाङ्गुष्ठौ तु पाणिभ्यां गृहीत्वा श्रवणावधि ।

धनुराकर्षणं कृत्वा धनुरासनमुच्यते ॥ 1.25

वामोरुमूलार्पितदक्षपादं

जानोर्बहिर्वेष्टितदक्षदोष्णा ।

प्रगृह्य तिष्ठेत्परिवर्तिताङ्गः

श्रीमत्स्यनाथोदितमासनं स्यात् ॥ 1.26

मत्स्येन्द्रपीठं जठरप्रवृद्ध[#]-

प्रचण्डरुङ्गण्डलखण्डनास्त्रम् ।

अभ्यासतः कुण्डलिनीप्रबोधं

दण्ड[#]स्थिरत्वं च ददाति पुंसाम् ॥ 1.27

23a su $\alpha_3\beta_1\beta_2\beta_\omega\gamma_1\delta_1$] tu $\delta_3\varepsilon_1\varepsilon_3\eta_1\eta_2\chi$ stu α_2 samsthāpya cett.] samyojya Δ **23d** vy-
omasthaḥ cett.] vyomastham $\beta_2\gamma_1\chi$ kukkuṭā $\gamma_1\delta_1\varepsilon_1\varepsilon_3\chi$] kurk(k)uṭā $\beta_\omega\eta_1\eta_2$ kukuṭā β_2
24a kukkuṭā $\gamma_1\delta_1\varepsilon_1\varepsilon_3\chi$] kurk(k)uṭā $\beta_\omega\eta_1\eta_2$ kukuṭā β_2 bandhastho $\beta_2\beta_\omega\gamma_1\varepsilon_1\varepsilon_3\chi$] bandhasthe
 δ_1 madhyastho η_2 vat kṛtvā η_1 **24b** sambadhya cett.] samveṣṭa γ_1 samhṛtya β_2 kandharām
cett.] kandharam β_ω kandaram ε_1 **24c** sete $\alpha_2\varepsilon_1\varepsilon_3\eta_1\eta_2$] sene β_ω sthithaḥ $\beta_1\gamma_1$ sthite α_3 sthitvā
 β_2 bhavet $\delta_1\chi$ kūrma vad cett.] kūrmarad β_ω uttāna $\alpha_2\beta_1\beta_\omega\gamma_1\eta_2\chi$] uttānam $\alpha_3\beta_2\delta_1\varepsilon_1\varepsilon_3\eta_1$
24d kūrma kam cett.] pūrvakam ε_1 **25a** tu cett.] ca δ_1 pāṇibhyām cett.] bāhubhyām $\eta_1\eta_2$
25b śraṇānāvadhi cett.] śraṇānāvadhiḥ β_2 śraṇānāvadhiṃ η_1 śraṇānavidhi β_ω **25c** karṣaṇam
kṛtvā em. (= ε_2)] karkhaṇa kṛtvā δ_1 karṣaṇam kṛṣṭam α_3 karṣaṇaḥ kṛṣṭam η_1 karṣaṇākṛṣṭam
 $\alpha_2\beta_2\varepsilon_1\varepsilon_3$ karṣaṇāt kṛṣṭam $\beta_1\beta_\omega\gamma_1$ karṣaṇam kuryād $\eta_2\chi$ **25d** ucyate $\beta_2\beta_\omega\gamma_1\eta_1\eta_2\chi$] īritam
 $\delta_1\varepsilon_1\varepsilon_3$ **26a** dakṣapādām cett.] dakṣapādo (*pāda α_2) $\alpha_2\alpha_3$ **26b** jānor $\gamma_1\eta_1\eta_2\chi$] jānau β_ω
jānor $\beta_2\delta_1\varepsilon_1\varepsilon_3$ bahirveṣṭita cett.] bahiṣṭhita γ_1^c bahisaṃsthita γ_1^c dakṣadoṣṇā $\alpha_2\beta_2\delta_1$] dakṣadorbhyām γ_1
vāmapādām $\beta_\omega\eta_1\eta_2\chi$ vāmodoṣṇā $\alpha_3\varepsilon_3$ vāmodoṣṇi ε_1 **26c** vartitaṅgaḥ cett.] marditaṅgaḥ δ_1
26d matsyanātho cett.] matsyadinātho β_ω **27a** pīṭham cett.] vīraṃ η_1 vīra ε_1 jathara cett.] jvalana β_ω
vīra ε_1 pravṛddha η_2] pravuddham γ_1 pravuddhau δ_1 prabodham β_2 pracaṇḍam $\varepsilon_1\varepsilon_3\eta_1$ pracaṇḍa $\alpha_2\alpha_3\beta_1$ pradiptaṃ β_ω pradiptim χ **27b** pracaṇḍa
 $\beta_2\beta_\omega\gamma_1\delta_1\eta_2\chi$] picaṇḍa $\alpha_2\varepsilon_1$ vicaṇḍa β_1 vicaṇḍa η_1 om. ε_3 (inserts khaṃḍāla between rūmaṃḍāla
and khaṇḍanāstram instead) ruṃ-/rugmaṃḍāla $\beta_2\beta_\omega\delta_1\varepsilon_3\eta_2\chi$] rūmaṃḍāla η_1 rugmaṃḍāna γ_1 ruk(!)maṃḍāna ε_1
khaṇḍanāstram cett.] khaṇḍanāmaṃ γ_1 khaṇḍalāsyam δ_1 **27d** daṇḍa cett.] candra $\eta_2^c\chi$ kāya ε_3 sthira tvam cett.] sthita tvam δ_1 ca dadāti cett.] dadāti γ_1^c
pradadāti $\gamma_1^c\delta_1$

प्रसार्य पादौ भुवि दण्डरूपौ
 दोभ्यां पदाग्रद्वितयं* गृहीत्वा ।
 जानूपरिन्यस्तललाटदेशो
 वसेदिदं पश्चिमतानमाहुः ॥

1.28

इति पश्चिमतानमासनाग्र्यं
 पवनं पश्चिमवाहिनं करोति ।
 उदयं जठरानलस्य कुर्या-
 दुदरे कार्श्यमरोगतां च पुंसाम् ॥

1.29

धरामवष्टभ्य करद्वयेन
 तत्कूर्परस्थापितनाभिपार्श्वः ।
 उच्चासनो दण्डवदुत्थितः स्वे
 मायूरमेतत्प्रवदन्ति पीठम् ॥

1.30

हरति सकलरोगानाशु गुल्मोदरादी-
 नभिभवति च दोषानासनं श्रीमयूरम् ।
 बहुकदशनभुक्तं भस्म कुर्यादशेषं
 जनयति जठराग्निं जारयेत्कालकूटम् ॥

1.31

28b dorbhyām cett.] dvārbhyām β_ωη₂ **padāgra** β₂γ₁^cε₁ε₃η₁χ] dāgra γ₁^c karābhyām β_ωη₂
 ca pādām δ₁ **28c deśo** cett.] deśe β₂β_ω **28d vased** β₂β_ωγ₁ε₁η₁χ] 'bhyased δ₁ bhaved ε₃
 d (two syllables omitted) η₂ **tāna** cett.] tāna ε₁η₁ **āhuḥ** cett.] bāmdhah ε₃η₁ bāmdham
 ε₁ **29a tānam** cett.] tānam ε₁η₁ tāyām α₁ **āsanāgryam** α₁β₂β_ωε₃η₁χ] āsanāśāgryam η₂
 āsanākhyam δ₁ε₁ āyanam γ₁ **29b paścima** cett.] paścimā δ₁ **vāhinam** cett.] vāhanam
 α₁β_ωε₁ **29c jaṭharānālasya** cett.] jaṭharānilasya δ₁ **29d kārśyam** cett.] kāryam γ₁ kṛśyam
 β_ω **arogatām** α₁β₂ε₁ε₃η₁^cχ] alogatām γ₁ arogitām δ₁η₁^cη₂ arogyatām β_ω **30a karadvayena**
 β₂β_ωγ₁η₁η₂χ] karadvayābhyām α₁α₂ε₃ karasthalābhyām α₃ε₁ punaḥ karābhyām δ₁ puraḥ karāb-
 hyām δ₃ **30b kūpara** β₂ε₁ε₃η₁η₂χ] kurpara α₁β_ωγ₁ kurpare Δ **pārśvaḥ** cett.] pārśve β_ωΔ
30c uccāsano cett.] uccāsana α₁ uccāsane δ₃ taccāsanaḥ δ₁ **utthitaḥ khe** cett.] utthitaś cet
 α₁ ucchritaś ca β₂ utthitaḥ kham ε₁ utthitasya β_ω **30d māyūram** β₂γ₁Δε₁ε₃η₂] mayūram
 α₁β_ωη₁χ **piṭham** cett.] santaḥ Δ **31a rogān āśu** cett.] rogān śvāsa ε₁ doṣān āśu η₂ doṣān
 asu β_ω **gulmo** cett.] gulpho γ₁ gulphau α₁ **ādin** cett.] ādin β_ω **31b abhibhavati ca**
 Δε₁η₁η₂χ] abhibhavati α₁ε₃ abhavati ca γ₁ abhavati β_ω na hi bhavati ca β₂ **31c bhasma** cett.]
 tac ca δ₁ **aśeṣam** cett.] aśeṣo η₁ īśutrām ε₁ om. β₂ **31d jaṭharāgniḥ** cett.] jaṭharāgryam ε₁
 vaḍavāgniḥ β_ω **jārayet** cett.] jvālayet η₂

उत्तानं शववद्धूमौ शयनं तु शवासनम् ।
सर्वासनश्रान्तिहरं चित्तविश्रान्तिसाधनम् ॥ 1.32

चतुराशीत्यासनानि शिवेन कथितानि तु ।
तेभ्यश्चतुष्कमादाय सारभूतं ब्रवीम्यहम् ॥ 1.33

सिद्धं पद्मं तथा सिंहं भद्रं चेति चतुष्टयम् ।
श्रेष्ठं तत्रापि च सखे तिष्ठ सिद्धासने सदा ॥ 1.34

अथ सिद्धासनम् । (α₁γ₁η₂)

योनिस्थानकमङ्घ्रिमूलघटितं कृत्वा दृढं विन्यसे-
न्मेद्रे पादमथैकमेकहृदयो[#] धृत्वा समं विग्रहम् ।
स्थाणुः संयमितेन्द्रियोऽचलदृशा पश्यन् भुवोरन्तरं
एतन्मोक्षकपाटभेदजनकं सिद्धासनं प्रोच्यते ॥ 1.35

मतान्तरे तु ।

मेढ्रादुपरि विन्यस्य सव्यगुल्फं तथोपरि ।
गुल्फान्तरं च निक्षिप्य सिद्धासनमिदं भवेत् ॥ 1.36

32a *uttānaṃ* cett.] *uttāna* α₁β₂γ₁η₂ **32b** *śayanaṃ tu śavāsanaṃ* α₁β₂β_ωγ₁ε₁η₁] *śayanaṃ* ca *śavāsanaṃ* ε₃η₂ *śayanaṃ* tat *śavāsanaṃ* χ *śavāsanaṃ* idaṃ *smṛtam* Δ **32c** *sarvāsana* α₂β₁β₂γ₁ε₁η₁η₂] *savāsana* β_ω *śavāsanaṃ* α₁Δε₃χ *śrānti* cett.] *śrama* ε₃ **32d** *sādhanaṃ* α₁β₁β₂β_ωγ₁δ₁ε₁] *kāraṃ* δ₃ε₃η₁η₂χ **33b** *śivena* cett.] *sarvāpi* ε₁ *kathitāni* β₂ *kathitāni* cett.] *kathitāna* β_ω *śivena* β₂ *tu* α₁α₃β₂β_ωε₁ε₃η₁η₂] *vai* γ₁δ₁δ₃ ca α₂χ **34a** *padmaṃ* cett.] *bhadraṃ* δ₁ *tathā* cett.] *yathā* β_ω *simhaṃ* β₂β_ωγ₁η₁η₂χ] *saiṃhaṃ* ε₁ε₃ *padmaṃ* δ₁ *bhadraṃ* δ₃ **34b** *bhadraṃ* cett.] *simhaṃ* δ₁δ₃ *ceti* β₂γ₁δ₁δ₃η₂χ] *caiva* α₁η₁ *caitac* β_ωε₁ *cātha* ε₃ *catuṣṭayam* cett.] *catuṣṭakam* ε₃ **34c** *tatrāpi ca sakhe* α₁β₂β_ωγ₁] *tatrāpi* ca *sukhe* η₁η₂χ *tatrāpi* ca *sukhaṃ* ε₃ *tathāpi* ca *sakhe* δ₂ *tathāpi* *bhadraṃ* [ca] δ₁δ₃ *tatra* *viśeṣeṇa* ε₁ **34d** *tiṣṭha* α₁β₂β_ωγ₁] *tiṣṭhat* ε₃ *tiṣṭhet* Δη₁η₂χ *śreṣṭhaṃ* ε₁ *siddhāsane* cett.] *simhāsane* δ₁ *padmāsanaṃ* ε₁ **35** *atha* γ₁] *tatra* α₁β₂η₂ *siddhāsanaṃ* α₁β₂γ₁η₂] **35a** *sthānaka* cett.] *dvāraka* α₁β₂γ₁Δ *ṃ anghrimūla* cett.] *ṃ anghrimūla* δ₁ *mūlānghri* η₂ *ghaṭitaṃ* cett.] *puṭakaṃ* ε₁ *dr̥ḍhaṃ* cett.] *dhr̥uvaṃ* ε₁ε₃ **35b** *medhre* cett.] *medhre* γ₁ *madhye* δ₁ *ekahrdaya* em.] *ekahrdaye* α₁γ₁ε₁ *eka*+++ α₃ *eva* *hr̥daye* α₂β₁Δε₃η₂χ *eva* *niyatam* β₂β_ω *āsyahr̥daye* η₁ *dhṛtvā* cett.] *kṛtvā* β₂β_ωχ *samaṃ* cett.] *hanuṃ* χ *vigrahaṃ* cett.] *susthiraṃ* χ **35c** *sthāṇuḥ* cett.] *sthāṇu* δ₁ *paśyan* α₁β₂β_ωδ₃η₁η₂] *paśyad* γ₁ *paśyed* α₃δ₁δ₂ε₁ε₃χ **35d** *etan* Δε₁ε₃η₁] *caitan* α₁β₂β_ωγ₁η₂ *hy* *etan* χ *janakaṃ* cett.] *jananam* δ₂ε₁ **36** *matāntare* *tu* α₁β₂γ₁η₂χ] *matāntare* β_ωε₁ε₃η₁ *matsam̐tare* ε₂ *matsyendraḥ*] *matāntaram̐* *tu* δ₁ *etan* *matsyendramataṃ* *matāntare* *tu* δ₂δ₃ **36a** *vinyasya* cett.] *niḥkṣipya* α₁β₁β_ω *niḥkṣipya* η₂ **36b** *savya* α₁β₂β_ωγ₁ε₁η₂] *savyam̐* ε₃χ *savyam̐* *tu* *unm.* η₁ *vāma* Δ **36c** *ca* cett.] *tu* η₁ *niḥkṣipya* cett.] *niḥkṣipya* η₂ *vinyasya* δ₁

पूर्वोक्तमेव मत्संमतम् । ($\alpha_1\beta_1\beta_2\gamma_1\varepsilon_1\varepsilon_2\varepsilon_3$)

एतत्सिद्धासनं प्राहुरन्ये वज्रासनं विदुः ।

मुक्तासनंवदन्त्येके प्राहुर्गुप्तासनं परे ॥

1.37

यमेष्विव मिताहारमहिंसां नियमेष्विव ।[#]

मुख्यं सर्वासनेष्वेकं सिद्धाः सिद्धासनं विदुः ॥ [1.38–46 lost α_1]

1.38

चतुराशीतिपीठेषु सिद्धमेव सदाभ्यसेत् ।

द्वासप्ततिसहस्रेषु सुषुम्णामिव नाडिषु[#] ॥

1.39

आत्मध्यायी मिताहारी यावद्वादशवत्सरम् ।

सदा सिद्धासनाभ्यासाद्योगी निष्पत्तिमाप्नुयात् ।

श्रमदैर्बहुभिः पीठैः किं स्यात्सिद्धासने सति[#] ॥

1.40

प्राणानिले सावधानं बद्धे केवलकुम्भके ।

उत्पद्यते निरायासात्स्वयमेवोन्मनी यथा ॥ [1.41c–47d lost δ_3]

1.41

37 matsammatam ε_2] matsamaṃtaṃ α_1 matsyamataṃ $\varepsilon_1\varepsilon_3$ matsyendramatam $\beta_2\gamma_1$ sammatam β_1 37a etat cett.] iti $\delta_2\delta_3$ kecit δ_1 37b r anye cett.] anyathā α_1 37c muktāsanam cett.] muktāsanam δ_1 guptāsanam α_1 vadanty eke cett.] vadanty anye $\delta_1\delta_2$ vidur anye δ_3 37d guptāsanam cett.] muktāsanam α_1 38a yameṣv iva cett.] yameṣv eva $\eta_1\eta_2$ yameṣu ca β_2 mitāhāram cett.] mitāhāra $\beta_\omega\eta_1$ mitāhārah η_2 38b ahimsām $\beta_2\delta_1\delta_2\varepsilon_3\chi$] nahimsām γ_1 ahimsā $\alpha_2\alpha_3\beta_1\beta_\omega\delta_3\varepsilon_1\eta_1\eta_2$ niyameṣv iva cett.] niyameṣu ca $\beta_2\eta_1$ 38c ekam cett.] evaṃ δ_1 eke ε_3 38d siddhāḥ siddhāsanam cett.] etat siddhāsanam β_2 siddhāsanam idam Δ 39b siddham eva sadābhyaset cett.] siddhāsanam sadābhyaset $\delta_1\delta_3$ abhyaset siddhāsanam sadā δ_2 39c dvāsaptati cett.] dvisaptati ε_3 sahasreṣu cett.] sahasrāsu ε_3 sahasrāṇām χ 39d suṣuṃṇām $\alpha_3\beta_2\Delta\varepsilon_3\eta_2$] sukhumṇām γ_1 suṣuṃṇā $\alpha_2\varepsilon_1\eta_1$ nāḍinām $\beta_\omega\chi$ iva nāḍiṣu $\alpha_3\beta_1\beta_2\gamma_1\Delta\varepsilon_1\varepsilon_3$] iva nāḍikā η_1 eva nāḍiṣu η_2 ca nāḍiṣu α_2 malaśodhanam $\beta_\omega\chi$ 40a ātmadhyāyī cett.] ātmādhyāyī ε_3 mitāhārī cett.] mitāhāro $\Delta\varepsilon_1$ 40c bhyāsād cett.] bhyāsā ε_1 bhyānād δ_1 40d yogī cett.] yoga ε_3 niṣpattim āpnuyāt cett.] niṣpattim avāpnuyāt unm. η_2 siddhim avāpnuyāt $\alpha_2\beta_\omega$ 40e śramadair bahubhiḥ $\alpha_2\beta_2\gamma_1$] śramādaḥ bahubhiḥ η_1 samastair bahubhiḥ ε_1 samastabahubhiḥ ε_3 śramadairghyādibhiḥ Δ kim ādyair bahubhiḥ $\beta_\omega\eta_2$ kim anyair bahubhiḥ χ 40f kim syāt $\alpha_2\beta_2\gamma_1\Delta\varepsilon_3$] sadā $\beta_\omega\eta_1\eta_2$ yadā ε_1 siddhe χ sati cett.] satya β_ω sthite $\beta_2\gamma_1$ 41a prānānile cett.] prānānale β_ω sāvadhānam $\alpha_2\gamma_1\delta_2\varepsilon_1\eta_1\eta_2$] na δ_3 ne $\beta_2\beta_\omega\delta_1\chi$ no ε_3 41b baddhe cett.] baṃdhe β_ω baṃdhaḥ ε_1 baddhvai γ_1 kevalakumbhake $\Delta\varepsilon_3\eta_1\eta_2\chi$] kevalakumbhakaḥ $\alpha_2\alpha_3\beta_1\beta_\omega\varepsilon_1$ kevalakumbhataḥ $\beta_2\gamma_1$ 41c utpadyate cett.] utpadyante $\beta_2\beta_\omega\eta_1$ 41d svayam evonmani cett.] om. (eye-skip) β_2 yathā cett.] tathā η_1 kalā χ om. β_2

तथैकस्मिन्नेव दृढं बद्धे सिद्धासने सदा । (ab om. $\beta_2\epsilon_1\epsilon_2$)

बन्धत्रयमनायासात्स्वयमेवोपजायते ॥ (c om. β_2)

1.42

नासनं सिद्धसदृशं न कुम्भः केवलोपमः ।

न खेचरीसमा मुद्रा न नादसदृशो लयः ॥ (om. β_ω)⁴

1.43

अथ पद्मासनम् ।

वामोरूपरि दक्षिणं च चरणं संस्थाप्य वामं तथा

याम्योरूपरि पश्चिमेन विधिना धृत्वा कराभ्यां दृढम् ।

अङ्गुष्ठौ हृदये निधाय चिबुकं नासाग्रमालोकये-

देतद्व्याधिविनाशकारि यमिनां पद्मासनं प्रोच्यते ॥

1.44

मतान्तरे ।

उत्तानौ चरणौ कृत्वा ऊरुसंस्थौ प्रयत्नतः ।

ऊरुमध्ये तथोत्तानौ पाणी कृत्वा ततो दृशौ ॥

1.45

नासाग्रे विन्यसेद्राजदन्तमूलं च जिह्वया ।

उत्तम्य चिबुकं वक्षस्यास्थाप्य* पवनं शनैः ॥⁵

1.46

42a *tathaika* $\alpha_2\alpha_3\beta_1\beta_\omega\eta_1\eta_2\chi$] *athaika* $\gamma_1\Delta\epsilon_3$ **dṛḍham** $\alpha_2\alpha_3\beta_1\beta_\omega\Delta$] *dṛḍhe* $\epsilon_3\eta_1\eta_2\chi$ *dṛḍhe* γ_1
42b *baddhe* cett.] *baddha* γ_1 **siddhāsane** cett.] *siṃhāsane* δ_1 **sadā** cett.] *tadā* γ_1 *sati* χ
43a *nāsanam siddhasadṛśam* $\beta_2\gamma_1\Delta\epsilon_3\chi$] *nāsanam siddhasadanam* ϵ_1 *na cāsanam siddhasanam*
 $\eta_1\eta_2$ **43b** *kumbhaḥ kevalopamaḥ* $\alpha_2\beta_2\gamma_1\Delta\epsilon_1\epsilon_3\chi$] *kumbhasadṛśo* *nilaḥ* $\eta_1\eta_2$ **43d** *nāda* cett.]
nādaḥ η_1 **44** *atha* cett.] *tathā* η_1 *om.* $\delta_1\epsilon_1$ **padmāsanam** cett.] *om.* $\delta_1\epsilon_1$ **44a** *dakṣiṇam*
cett.] *dakṣaṇam* β_ω *vidakṣiṇam* δ_1 **ca** cett.] *hi* $\beta_2\gamma_1\Delta$ **tathā** cett.] *tato* β_ω **44b** *yāmyo*
 $\alpha_2\alpha_3\beta_1\beta_\omega\epsilon_1\eta_1$] *dakṣo* $\beta_2\gamma_1\Delta\epsilon_3\chi$ *jānvo* η_2 **paścimena vidhinā** cett.] *tasya bandhanavidhau* β_ω
dhr̥tvā cett.] *pr̥ṣṭe* β_ω **44d** *vināśakāri* $\epsilon_1\epsilon_3\eta_1\eta_2\chi$] *vināśakāya* β_2 *vināsanam unṁ.* β_ω *vināśam*
āsu γ_1 *vikāranāśa* Δ **yaminām** cett.] *janakam* γ_1 *nakaram* Δ **45** *matāntare* $\alpha_2\alpha_3\beta_\omega\epsilon_2\eta_1\chi$] *matāntaram* γ_1 *matāntara* ϵ_3 *matāntare* *tu* $\beta_2\delta_2\epsilon_1\eta_2$ *matabhede* δ_1 **45b** *ūru* cett.] *kuru* β_ω
prayatnataḥ cett.] *vidhānataḥ* δ_1 **45c** *tathottānau* cett.] *tathauttānau* $\delta_1\eta_2^c$ **45d** *tato dṛśau*
cett.] *tato dṛśai* β_ω *tu tādṛśau* Δ **46a** *nāsāgre* cett.] *nāsagre* δ_1 **vinyased** cett.] *vinyasya*
 β_ω **rāja** $\beta_1\gamma_1\Delta\eta_2\chi$] *rājā* ϵ_1 *dṛṣṭim* $\epsilon_3\eta_1$ *dṛṣṭi* β_ω *om.* β_2 **46b** *mūlam* $\beta_1\beta_\omega\gamma_1\epsilon_1\epsilon_3\eta_1\eta_2$] *mūle*
 $\beta_2\Delta\chi$ **ca** $\alpha_2\alpha_3\beta_\omega\Delta\epsilon_3\eta_1\eta_2$] *tu* $\beta_1\beta_2\gamma_1\epsilon_1\chi$ **46c** *uttabhya* $\gamma_1\epsilon_1\eta_2$] *uttambhya* $\beta_1\beta_2\beta_\omega\Delta\epsilon_3\eta_1\chi$
vakṣasy $\beta_1\beta_2\gamma_1\Delta\epsilon_1\chi$] *caḥ* ϵ_3 *vakṣam* η_1 *vakṣa* $\beta_\omega\eta_2$ **46d** *āsthāpya* Δ (cf. DYŚ)] *utthāpya*
 $\gamma_1\chi$ *utthāya* β_2 *utthāyot* ϵ_1 *otthāpya* ϵ_3 *osthāpyot* $\alpha_2\beta_1$ *sthāpayet* $\beta_\omega\eta_1\eta_2$

⁴ In β_ω this verse is omitted here and found at the beginning of the Khecari section in Chapter 3:
नासनं सिद्धसदृशं न कुम्भ केवलोपमं । न खेचरीसमा मुद्रा न नादसदृशो लयः ॥

⁵ Incomplete description. See the philological commentary.

इदं पद्मासनं प्रोक्तं सर्वव्याधिविनाशनम् ।
दुर्लभं येन केनापि धीमता लभ्यते भुवि ॥

1.47

पश्चादुक्तमेव मत्संमतम् । (om. $\beta_1\chi$)

कृत्वा संपुटितौ करौ दृढतरं बद्धा तु पद्मासनं
गाढं वक्षसि संनिधाय चिबुकं ध्यानं च तच्चेतसि[#] ।
वारं वारमपानमूर्ध्वमनिलं प्रोच्चालयन् पूरितं[#]
मुञ्चन्प्राणमुपैति बोधमतुलं शक्तिप्रभावाच्चरः[#] ॥ (om. β_1)

1.48

पद्मासनस्थितो योगी नाडीद्वारेषु पूरयन् ।
मारुतं धारयेद्यस्तु[#] स मुक्तो नात्र संशयः ॥

1.49

अथ सिंहासनम् ।

गुल्फौ च वृषणस्याधः सीवन्याः पार्श्वयोः क्षिपेत् ।
दक्षिणे सव्यगुल्फं तु दक्षगुल्फं तु सव्यके ॥ (cd om. δ_3) [eye-skip?]

1.50

47a proktam cett.] praktaṃ δ_1 **47d** dhimatā labhyate cett.] dhimatām labhyate β_2 dhimatām labhate γ_2 labhyate dhimatā $\epsilon_1\epsilon_3$ **48** paścād uktam eva $\alpha_1\beta_2\gamma_1$] paścād uktam $\beta_\omega\delta_1\delta_3\eta_1\eta_2$ etat paścād uktam δ_2 idam api $\epsilon_1\epsilon_2\epsilon_3$ **matsaṃmatam** $\alpha_1\epsilon_2$] matsyamamatam $\beta_\omega\epsilon_1\epsilon_3\eta_1\eta_2$ matsyen-dramatam $\beta_2\gamma_1\Delta$ **48a** kṛtvā cett.] dhrtvā Δ **karau** cett.] om. γ_1 **tu** cett.] ca Δ **48b** saṃnidhāya cett.] saṃvidhāya $\eta_1\eta_2$ nidhāya α_1 **dhyānam** cett.] dhyāyaṃś χ **ca** **tac** cett.] tataś η_1 **cetasi** cett.] cepsitaṃ η_2 **48c** proccālayan em.] proccārayaṃ α_1 proccārayet $\gamma_1\epsilon_3$ procārayet β_ω protsālayan η_1 protsārayan $\beta_2\epsilon_1\chi$ protsārayet $\delta_1\delta_3$ protsāray. n/t δ_2 prollāsayan η_2 **pūritam** cett.] pūrayan $\delta_1\eta_1$ pūrayet $\delta_2\delta_3$ **48d** muñcan prāṇam upaiti cett.] muñcat prāṇam upaiti $\beta_\omega\eta_2$ prāṇam muñcati yāti Δ **prabhāvān naraḥ** cett.] prabhāvād ataḥ η_2 prabhāvodayāt Δ **49a** padmāsana cett.] padmāsane $\eta_2\chi$ **49b** dvāreṣu cett.] dvāreṇa $\beta_\omega\chi$ **pūrayan** $\alpha_3\epsilon_3\eta_2$] pūrayet $\alpha_1\alpha_2\beta_2\beta_\omega\gamma_1\Delta\epsilon_1\eta_1$ pūritam χ **49c** mārutaṃ cett.] māruto ϵ_1 **dhārayed yas tu** $\Delta\epsilon_3\chi$] niyataṃ yas tu γ_1 nayate yas tu $\beta_1\beta_2$ pīyate yas tu η_1 pīvyate yas tu β_ω yas tu pibati η_2 mriyate yas tu $\alpha_1\alpha_3\epsilon_1$ mārāyed yas tu α_2 **50** **atha** **siṃhāsanaṃ** cett.] atha siṃhāna α_1 siṃhāsana yathā δ_1 **50a** **ca** cett.] tu ϵ_3 **50b** **sivanyāḥ** cett.] sīvinyāḥ ϵ_1 simanyāḥ Δ **50c** dakṣiṇe cett.] dakṣaṇe β_ω **tu** cett.] ca $\delta_1\delta_2$ **50d** dakṣagulphaṃ cett.] vāme caivā^o δ_2 **tu** cett.] ca $\delta_1\eta_1$ ^opi δ_2 **savyake** cett.] savyakam δ_2 guhyake δ_1

हस्तौ च जान्वोः संस्थाप्य स्वाङ्गुलीः संप्रसार्य च ।
व्यात्तवक्रो निरीक्षेत नासाग्रं सुसमाहितः# ॥ (om. δ_3) 1.51

सिंहासनं भवेदेतत्पूजितं योगिभिः सदा ।
बन्धत्रितयसन्धानं कुरुते चासनोत्तमम्# ॥ (om. δ_3) 1.52

अथ भद्रासनम् । (om. $\alpha_1\delta_3\varepsilon_1\varepsilon_3$)

गुल्फौ च वृषणस्याधः सीवन्याः पार्श्वयोः क्षिपेत् । [= 1.50ab] (ab om. $\delta_3\varepsilon_1\beta_\omega$)
सव्यगुल्फं तथा सव्ये दक्षगुल्फं तु दक्षिणे । ($\beta_2\gamma_1\chi$) [cd not in β_1]
पार्श्वपादौ च पाणिभ्यां दृढं बद्धा सुनिश्चलम् ॥ 1.53

भद्रासनं भवेदेतत्सर्वव्याधिविषापहम्# ।
गोरक्षासनमित्याहुरिदं वै सिद्धयोगिनः ॥ 1.54

इत्यासनानि । (δ_2)

एवमासनबन्धेषु योगीन्द्रो विजितश्रमः ।
अथाम्यसेन्नाडिशुद्धिं मुद्रादिपवनक्रियाम् ॥ 1.55

51a ca jānvoḥ $\alpha_1\beta_2\beta_\omega\gamma_1$] tu jānvoḥ $\varepsilon_1\varepsilon_3\eta_1\chi$ tu jānunoḥ η_2 jānvoś ca $\delta_1\delta_2$ **saṁsthāpya** cett.] sthāpya η_2 **51b** svāṅguliḥ $\alpha_1\beta_\omega\varepsilon_3\eta_1\eta_2\chi$] svāṅguli $\beta_2\gamma_1\varepsilon_1$ aṅguliḥ δ_1 hy aṅguliḥ δ_2 **samprasārya** cett.] yaṁ prasārya γ_1 **51c** vyātta cett.] vyāta β_ω vyālā δ_1 **vaktro** cett.] vaktrau ε_1 vakro β_ω **nirikṣeta** cett.] nirikṣet β_ω nirikṣyeta η_2 nirikṣeya γ_1 **51d** nāsā-gram $\alpha_1\beta_2\delta_1\delta_2\varepsilon_1\varepsilon_3\chi$] nāsāgra $\beta_\omega\gamma_1\eta_2$ nāsāgre η_1 **susamāhitaḥ** $\delta_1\delta_2\varepsilon_1\varepsilon_3\chi$] stusamāhitaḥ γ_1 tu samāhitaḥ $\alpha_1\alpha_2$ susamāhitaṁ β_2 nyastalocanaḥ $\eta_1\eta_2$ nyastalocanaṁ β_ω **52a** etat cett.] evaṁ γ_1 **52b** pūjitaṁ cett.] pūjitaṁ ε_3 pūjita η_2 **yogibhiḥ sadā** cett.] munipuṅgavaiḥ $\delta_1\delta_2$ yogipuṅgavaiḥ χ **52c** tritaya $\alpha_1\beta_2\beta_\omega\varepsilon_1\eta_2\chi$] tritiya η_1 trayasya $\gamma_1\delta_1\delta_2\varepsilon_3$ **sandhānam** cett.] samdhāyā ε_1 **52d** kurute cett.] sevate ε_1 **cāsanottamam** $\beta_2\beta_\omega\gamma_1\delta_2\varepsilon_1\varepsilon_3\chi$] vāsanotta-
mam $\alpha_1\delta_1\eta_1$ sādhanottamam η_2 **53** atha bhadraśanam $\beta_2\beta_\omega\gamma_1\delta_2\eta_1\eta_2\chi$] atha bhadraṁ δ_1 *om.* $\alpha_1\delta_3\varepsilon_1\varepsilon_3$ **53b** sīvanyāḥ $\alpha_1\beta_2\gamma_1\varepsilon_3\eta_1\chi$] sīvanyā η_2 sīmanyāḥ $\delta_1\delta_2$ *om.* $\beta_\omega\varepsilon_1$ **53d** dakṣa $\beta_2\gamma_1$] dakṣe χ tu $\gamma_1\chi$] ca β_2 **53e** pārśva $\alpha_1\beta_2\beta_\omega\gamma_1\eta_1\eta_2\chi$] pārśve $\Delta\varepsilon_3$ pārśvau ε_1 **53f** baddhā cett.] baddhaṁ δ_1 **sunīścalam** $\beta_2\beta_\omega\varepsilon_3\eta_1\eta_2\chi$] sunīścalaḥ α_1 sunīścayam $\delta_2\delta_3$ stu nīścalaṁ γ_1 tu nīścalaṁ ε_1 sunīścitaṁ δ_1 **54b** viśāpaham $\alpha_1\beta_1\beta_\omega\eta_1^{\text{pc}}\eta_2$ (η_1^{pc} by the first hand)] vināśanam $\beta_2\gamma_1\Delta\varepsilon_1\varepsilon_3\eta_1^{\text{pc}}\chi$ **54d** idaṁ cett.] evaṁ γ_1 **vai siddhayoginaḥ** cett.] siddhāś ca yoginaḥ β_2 **55a** evaṁ āsana cett.] pavanāśana ε_1 **55b** yogīndro cett.] yogemdro ε_1 **vijitaśra-
maḥ** $\alpha_1\beta_1\delta_2\delta_3\varepsilon_1\varepsilon_3$] vijitaḥ śramaḥ δ_1 vijitaśramāṁ β_ω vigaṭaśramaḥ $\beta_2\eta_1\eta_2\chi$ **55c** athābhyāsen $\alpha_2\beta_2\gamma_1\Delta\eta_2$] athābhyāse ε_1 athābhyāse ε_3 athābhyāsaṁ β_ω athabhyā[g]e η_1 abhyāsen χ abhyāse α_1 **nāḍi** $\alpha_1\beta_2\beta_\omega\gamma_1\Delta\varepsilon_3\eta_1$] nāḍi *unm.* η_2 nāḍi/ḍi (with both vowel signs) ε_1 nāḍikā χ **śuddhiṁ** $\beta_1\beta_\omega\Delta\varepsilon_3\eta_2\chi$] śuddhi $\beta_2\gamma_1$ śvaddhiṁ η_1 śuddhiḥ syān $\alpha_1\alpha_2$ °su (one syllable too short) ε_1 **55d** mudrādi cett.] mudrayā $\delta_2\delta_3$ subaddhā δ_1 **kriyām** cett.] kriyāḥ $\alpha_1\varepsilon_1\varepsilon_3$ kriyā $\alpha_2\gamma_1$

क्रियायुक्तस्य सिद्धिः स्यादक्रियस्य कथं भवेत् । न शास्त्रपाठमात्रेण योगसिद्धिः प्रजायते ॥ ($\beta_2\beta_\omega\eta_2\chi$) ⁶ [not in β_1]	1.55*1
न वेषधारणं सिद्धेः कारणं न च तत्कथा । क्रियैव कारणं सिद्धेः सत्यमेतन्न संशयः । शिश्नोदररतायेह न देया वेषधारिणः ॥ ($\beta_2\beta_\omega\eta_2\chi$) [not in β_1]	1.55*2
मयि बोधाम्बुधौ स्वच्छे तुच्छोऽयं विश्वबुद्धुदः । प्रलीन उदितो वेति विकल्पपटलः कुतः ॥ (Δ)	1.55*3
श्रुतिप्रतीतिः स्वगुरुप्रतीतिः स्वात्मप्रतीतिर्मनसोऽपि रोधः । एतानि सर्वाणि समुच्चितानि मतानि धीरैरिह साधनानि ॥ (Δ)	1.55*4
आसनं कुम्भकं चित्रं [#] मुद्राख्यं करणं तथा [#] । अथ नादानुसन्धानमभ्यासानुक्रमो हठे ॥ (om. η_1)	1.56
ब्रह्मचारी मिताहारी योगी योगपरायणः । अब्दादूर्ध्वं भवेत्सिद्धो नात्र कार्या विचारणा ॥	1.57

55*2a *veṣadhāraṇaṃ* $\beta_2\eta_2\chi$] *veṣadhāriṇyo* β_ω **siddheḥ** $\beta_2\eta_2\chi$] *siddhi* β_ω **55*2b** *na ca* $\beta_2\eta_2\chi$] *ca* β_ω **tatkathā** $\beta_2\beta_\omega\chi$] *tatkathāḥ* η_2 **55*2c** *siddheḥ* $\eta_2\chi$] *siddhi* β_ω *siddhaṃ* β_2 **55*2d** *etan* $\eta_2\chi$] *eva* β_2 *eva tat* β_ω **55*2e** *śiśnodara* $\beta_2\beta_\omega\eta_2$] *om.* χ **ratāyeha** η_2] *ratāyena* β_ω *ratāyasya* β_2 *om.* χ **55*2f** *na* $\beta_2\beta_\omega\eta_2$] *om.* χ **deyā** *em.*] *deyo* $\beta_2\beta_\omega$ *dayo* η_2 *om.* χ **veṣa** $\beta_2\eta_2$] *viṣa* β_ω *om.* χ **dhāriṇaḥ** $\beta_\omega\eta_2$] *dhāriṇe* β_2 *om.* χ **55*3a** *mayi* $\delta_2\delta_3$] *miyi* δ_1 **bod-** **hāmbudhau** $\delta_2\delta_3$] *bodhoṃbudhau* δ_1 **55*3b** *tuccho'yaṃ* $\delta_1\delta_2$] *tuccho yo* δ_3 **55*4a** *pratitih* $\delta_2\delta_3$] *pritah* δ_1 **55*4b** *'pi rodhaḥ* *em.*] *'pi bodhaḥ* Δ **55*4c** *samuccitāni* δ_1] *samuddhrtāni* $\delta_2\delta_3$ **56a** *kumbhakaṃ* *cett.*] *kumbhakaś* $\beta_\omega\eta_2$ **citraṃ** *cett.*] *citra* $\gamma_1\epsilon_1$ **56b** *mu-* **drākhyam** $\beta_2\Delta\epsilon_1\epsilon_3\chi$] *mudrākhyā* α_1 *mudrāśyaṃ* γ_1 *mudrādi* $\beta_\omega\eta_2$ **karaṇaṃ tathā** *cett.*] *karaṇāni* *ca* η_2 *pavanakriyā* β_ω **56c** *sandhānam* *cett.*] *sandhāna* β_ω **56d** *abhyāsā* *cett.*] *abhyāsya* $\beta_2\delta_1$ *syābhyāsā* β_ω **nukramo haṭhe** $\alpha_2\beta_2\beta_\omega\gamma_1\epsilon_3\eta_2\chi$] *nukramo haṭhaḥ* α_1 *nukramo haṭho* ϵ_1 *nukrameṇa tu* Δ **57a** *mitāhāri* *cett.*] *mitāhāro* δ_1 **57b** *yogī* $\alpha_1\alpha_2\alpha_3\beta_1\Delta\epsilon_1\eta_1$] *tyāgī* $\beta_2\beta_\omega\gamma_1\epsilon_3\eta_2\chi$ **parāyaṇaḥ** *cett.*] *parākramaḥ* δ_2 **57c** *siddho* *cett.*] *siddhir* $\alpha_1\delta_3$ *siddhīn* η_2 **57d** *kāryā* *cett.*] *kārya* $\beta_\omega\gamma_1^c$ *kāryo* β_2 **vicāraṇā** *cett.*] *vicāraṇāt* η_2 *vicāraṇe* β_2

⁶ χ has this verse and the next one (without the 3rd line) after 1.64.

सुस्निग्धमधुराहारश्चतुर्थांशविवर्जितः ।
भुज्यते शिवसंप्रीत्यै मिताहारः स उच्यते ॥

1.58

कद्वम्लतीक्ष्णलवणोष्णहरीतशाक-
सौवीरतैलतिलसर्षपमत्स्यमद्यम् ।
आजादिमांसदधितक्रकुलत्थकोल-
पिण्याकहिङ्गुलशुनाद्यमपथ्यमाहुः ॥

1.59

भोजनमहितं विद्यात्पुनरप्युष्णीकृतं रूक्षम् ।
अतिलवणमम्लप्लुतं[#] कदशनशाकोत्कटं दुष्टम्[#] ॥ [Upagīti]

1.60

तथा हि गोरक्षवचनम् । ($\alpha_1\beta_2\beta_\omega\gamma_1\eta_1\eta_2$)

वर्जयेद्बुर्जनप्रान्तं वह्निस्त्रीपथसेवनम् ।
प्रातःस्नानोपवासादिकायक्लेशविधिं तथा ॥

1.61

58a āharaś cett.] āhara $\alpha_1\beta_2$ āharam β_ω **58b** caturthāṃśa cett.] caturthāśa γ_1 **vivarjitah** cett.] vivarjitam β_ω **58c** samprityai cett.] sampritya η_1 **58d** mitāharaḥ cett.] mitāhārī γ_1 **sa ucyate** cett.] samucyate $\beta_\omega\eta_1$ **59a** kaṭvamlā cett.] kaṭvāmlā $\beta_\omega\eta_1$ **tiṣṇalavaṇoṣṇa** cett.] tiktalavaṇoṣṇa δ_1 **harita** $\alpha_1\Delta\epsilon_1\eta_1\eta_2\chi$] hārīta ϵ_3 harita $\beta_2\beta_\omega\gamma_1$ **śāka** $\alpha_1\beta_2\gamma_1\Delta\epsilon_1\epsilon_3\chi$] śākaṃ $\beta_\omega\eta_1$ śāka η_2 **59b** tila cett.] *illeg.* η_1 *om.* $\beta_2\gamma_1$ **matsyamadyam** cett.] matsyamadyāḥ ϵ_1 machyamadyā α_1 tsyamaghaṃ η_1 madyamatsyān $\alpha_2\beta_2\gamma_1\chi$ **59c** ājādi $\epsilon_1\chi$] ajādi $\beta_1\gamma_1\epsilon_3$ ājāvi η_2 ajāvi $\beta_\omega\eta_1\Delta$ ājivi α_1 ajādhi α_2 ajavya β_2 **māmsadadhi** cett.] māmsam dadhi ϵ_3 **kulattha** cett.] kulatha $\beta_\omega\delta_1$ kulatthya η_1 kuluttha δ_3 **kola** $\alpha_1\beta_2\beta_\omega\delta_1\delta_3\epsilon_3\chi$] kaula δ_2 kela ϵ_1 kodra η_2 koṣṇā η_1 kāla γ_1 **59d** piṇyāka cett.] pinnāka β_ω *om.* γ_1 **laśunā-** **/laśunādyam** cett.] laśanādyam ϵ_1 laśunādim δ_3 **apathyam** cett.] asūram δ_3 **60a** vidyāt $\gamma_1\delta_1\delta_2\epsilon_1\chi$] vidyā $\delta_3\eta_1$ viṇḍyāt $\alpha_1\beta_2\beta_\omega\epsilon_3\eta_2$ **punar apy** cett.] punar $\Delta\epsilon_1$ **uṣṇīkṛtaṃ** cett.] uṣṇakratam β_ω uṣṇibhūtam Δ uṣṇī α_1 asvikṛtaṃ β_2 **rūkṣam** $\alpha_1\beta_2\beta_\omega\gamma_1\epsilon_1\epsilon_3\eta_2\chi$] rūkṣa η_1 apramitaṃ $\delta_1\delta_2$ apratihataṃ δ_3 **60b** atilavaṇam amlaprkṛtaṃ *em.*] atilavaṇāmlaprkṛtaṃ γ_1 atilavaṇāmlayuktaṃ β_2 atilavaṇam amlayuktaṃ χ atilavaṇādyaprantam α_1 atilavaṇādyuṣṇatam η_1 atilavaṇādiprayuktaṃ ϵ_1 atilavaṇādiyuktaṃ ϵ_3 atilavaṇam tilapiṇḍa η_2 atilavaṇam tilam piṇḍa β_ω atilavaṇasavapalala δ_1 atilavaṇasavapalalaṃ δ_2 atilavaṇāsavapalalaṃ δ_3 **kadaśana** cett.] kadaśanam $\beta_\omega\eta_2$ **śākotkaṭam** cett.] śākātkaṭa β_ω śokātkaṭa η_1 śākokṣadam γ_1 **duṣṭam** $\beta_2\gamma_1\epsilon_1\epsilon_3$] duṣṭam α_1 varjyam $\Delta\chi$ varjyam η_2 varjitam β_ω *illeg.* η_1 **61** tathā hi $\beta_2\beta_\omega\gamma_1\chi$] tathā $\alpha_1\eta_1\eta_2$ *om.* $\delta_1\delta_3\epsilon_1\epsilon_3\chi$ **gorakṣavacanam** $\alpha_1\beta_2\beta_\omega\gamma_1\eta_1\eta_2$] *om.* $\delta_1\delta_3\epsilon_1\epsilon_3\chi$ **61a** ante varjayed *add.* tailāmlāloṇitīnikālikābhāi(?) η_1 **varjayed** $\beta_2\Delta\epsilon_1\epsilon_3\eta_2\chi$] varjaye $\alpha_1\beta_\omega\gamma_1\eta_1$ **durjana** cett.] durjanam β_2 tarjana η_1 **prāntam** $\alpha_1\beta_1\epsilon_1\chi$] prāntam η_1 prāpte β_2 prītiṃ $\gamma_1\Delta\epsilon_3\eta_2$ priti β_ω **61b** vahnistrī cett.] vāstrī δ_1 **patha** cett.] pathya β_ω pathi χ madhu δ_1 **61c** prāta(h)snāno cett.] prātaśnāno β_ω **61d** kleśavidhiṃ $\alpha_1\beta_2\beta_\omega\gamma_1\epsilon_1\epsilon_3\chi$] kleśādikaṃ $\Delta\eta_1\eta_2$ **tathā** cett.] yathā δ_1

⁷ χ adds here: वह्निस्त्रीपथिसेवानामादौ वर्जनमाचरेत् (cf. HP 3.32cd; Amaraugha (short recension) 35)

गोधूमशालियवषष्टिकशोभनाचं
क्षीराज्यमण्डनवनीतसितामधूनि ।
शुण्ठीपटोलकफलादि च पञ्चशाकं
मुद्गादि दिव्यमुदकं[#] च यमीन्द्रपथ्यम्[#] ॥

1.62

सर्वशाकमचाक्षुष्यं चाक्षुष्यं शाकपञ्चकं ।
जीवन्ती वास्तु मत्स्याक्षी मेघनादः पुनर्नवा ॥ (Y₁)

1.62*1

क्षीरपर्णी च जीवन्ती मत्स्याक्षी च पुनर्नवा ।
मेघनादश्च पञ्चैते शाकनाम प्रकीर्तिता (sic) ॥ (β_ωε₃)

1.62*2

मृष्टं[#] सुमधुरं स्निग्धं गव्यं धातुप्रपोषणम् ।
मनोऽभिलषितं योग्यं योगी भोजनमाचरेत् ॥

1.63

युवा वृद्धोऽतिवृद्धो वा व्याधितो दुर्बलोऽपि वा ।
अभ्यासात्सिद्धिमाप्नोति सर्वयोगेष्वतन्द्रितः ॥

1.64

पीठानि कुम्भकाश्चित्रा दिव्यानि करणानि च ।
सर्वोऽपि च हठाभ्यासो राजयोगफलावधि ॥

1.65

62a godhūma cett.] godhūmā δ₁ yava cett.] java β₂η₁ ṣaṣṭika cett.] ṣaṣṭika α₁β₂χ māṣikam Y₁ piṣṭaka ε₁ śobhanānnaṃ cett.] śobhanānna β_ωY₁ śobhanānnānī η₁ **62b** maṇḍa α₁β₂Y₁Δ] khaṇḍa ε₁ε₃η₂χ ṣaṃḍa β_ωη₁ nīta cett.] nīti η₁ sitā cett.] sitā η₁ sudhā ε₁ **62c** paṭolaka cett.] paṭolika ε₁η₁ paṭola η₂ phalādi ca β₁β₂β_ω] phalādiṣu ε₃ phalādika α₃Y₁δ₁δ₂ε₁χ phalādi«ka» α₁ phalādi α₂ phalādi.. δ₃ phalakādi ca η₂ phipalādika η₁ pañ- caśākam cett.] pacyaśākam α₁ śākabhuktaṃ η₂ **62d** mudgādi cett.] mudgā α₁β_ωε₃ mu _ di β₂ divyam cett.] cālpam δ₁δ₃ ca cett.] hri(?) ε₁ om. β_ω yamindra α₁β₂β_ωε₁η₂χ] yatindra Y₁ munindra Δε₃η₁ **62*1b** cākṣuṣyaṃ em.] cakṣapyam Y₁ **62*2a** kṣīraparṇī ε₃] kṣīraparṇī β_ω jivanti ε₃] jaivanti β_ω **62*2b** matsyākṣī ε₃] matsāṣī β_ω **62*2c** meghanā- daś ca ε₃] meghanāditi β_ω **62*2d** śākanāma prakīrtitā β_ω] pañcaśakāḥ prakīrtitāḥ (*kāḥ *tāḥ ε₃^c) ε₃ **63a** mṛṣṭam α₁ε₃η₁] miṣṭam α₂β₁β₂β_ωY₁ε₁ iṣṭam δ₁η₂ puṣṭam χ uṣṇam δ₂δ₃ sumadhuraṃ cett.] samadhuraṃ β_ωδ₁ε₃ prapoṣaṇam cett.] prapoṣakam δ₃ε₃ **63b** yo- gyam α₁β₁Y₁Δε₃η₂χ] yonyam β_ω bhojyam ε₁η₁ divyam β₂ bhojanam cett.] bhojanasam η₂ **64a** tivrddho cett.] pi vṛddho δ₂δ₃ **64b** durbalo'pi vā cett.] durbalas tathā β₂η₂ **64d** sar- vayogeśv atandritaḥ cett.] sarvo yogeśv atandritaḥ δ₂ sarvayogeṣu tamdritaḥ β_ω sarvam yogī yatamdriyaḥ η₁ **65a** pīṭhāni cett.] pīṭhādi Δ kumbhakaś cett.] kumbhakaś β_ωε₃^cη₂ citrā cett.] citram η₂ **65b** divyāni cett.] mudrādi η₁η₂ **65c** sarvo'pi ca α₁β₂ε₁ε₃η₁] sarve py ayam Y₁ sarvo pi hi Δ sarvāny api β_ωη₂χ bhyāso α₁β₂β_ωY₁ε₃] bhyāse η₁η₂χ bhyāsād Δ bhyā ε₁ **65d** phalāvadhi α₁ε₁ε₃η₁^cη₂χ] phalāvadhiḥ β₂β_ωY₁ yugāvadhi η₁^c prasiddhaye Δ

इति स्वात्मारामयोगीन्द्रविरचितायां हठप्रदीपिकायां प्रथमोपदेशः ॥

List of Sigla

α_1	N3	Gr1	2 folios missing in Ch. 1 (1.18–28, 38–46)
α_2	J5	Gr1	consulted sporadically
α_3	G4	Gr1	consulted sporadically
β_1	P11	Gr4b	consulted sporadically
β_2	C6	Gr4b	
β_ω	V3	Gr6	
γ_1	N23	Gr2	
δ_1	V19	Gr3	
δ_2	K3	Gr3	the first folios missing (1.1–33)
δ_3	C7	Gr3	2 folios missing in Ch. 1 (1.23c–29d, 41c–47b)
ϵ_1	P15	Gr4c	
ϵ_2	N19	Gr4c	consulted sporadically
ϵ_3	V15	Gr4c	influenced by Gr3
η_1	V1	Gr4c/4d	
η_2	J10	Gr4d	
χ	Jyo	Gr4a	Brahmānanda's version, based on the edition 1972

col svātmārāma $\alpha_1\gamma_1\epsilon_1\epsilon_3\eta_1$] ātmārāma η_2 śrīsvātmārāma $\beta_2\beta_\omega$ śrīśahajānadasaṃtānacīmptā-
maṇisvātmārāma χ *om.* Δ **yogindra** $\beta_2\gamma_1\epsilon_1\epsilon_3\eta_1\eta_2\chi$] yogendra β_ω mahāyogendra α_1 *om.*
 Δ **viracitāyām** cett.] *om.* Δ **haṭha** cett.] śrīhaṭha δ_3 *ante* **prathamō**° *add.* āsanayogo
nāma ϵ_3 āsanavidhikathanam nāma χ **prathamopadeśaḥ** cett.] prathama upadeśaḥ $\beta_2\epsilon_3\eta_2$
prathamō'dhyāyaḥ η_1 prathamō .. + δ_3