



- बद्धपद्मासनो योगी प्राणं चन्द्रेण पूरयेत् ।  
धारयित्वा यथाशक्त्या पुनः सूर्येण रेचयेत् ॥ 2.7
- प्राणं सूर्येण चाकृष्य पूरयेदुदरं शनैः ।  
विधिवत्कुम्भकं कृत्वा पुनश्चन्द्रेण रेचयेत् ॥ 2.8
- येन त्यजेत्तेन पीत्वा धारयेदविरोधतः ।  
रेचयेच्च ततोऽन्येन शनैरेव न वेगतः ॥ 2.9
- प्राणं चेदिडया पिबेन्नियमितं भूयोऽन्यया रेचयेत्  
पीत्वा पिङ्गलया समीरणमथो बद्धा त्यजेद्गामया ।  
सूर्याचन्द्रमसोरनेन विधिना बिम्बद्वयं ध्यायतां  
शुद्धा नाडिगणा भवन्ति यमिनां मासत्रयादूर्ध्वतः ॥ 2.10
- प्रातर्मध्यन्दिने सायमर्धरात्रे च कुम्भकान् ।  
शनैरशीतिपर्यन्तं चतुर्वारं समभ्यसेत् ॥<sup>1</sup> 2.11

**7a padmāsano** cett.] padmāsane ε<sub>3</sub> padmāsana γ<sub>1</sub> **7b pūrayet** cett.] dhārayet δ<sub>1</sub> recayet β<sub>2</sub> **7c śaktyā** α<sub>1</sub>ε<sub>1</sub>ε<sub>3</sub>] śakti γ<sub>2</sub>δ<sub>1</sub>δ<sub>2</sub>η<sub>1</sub>χ śaktim δ<sub>3</sub> śaktih α<sub>2</sub>β<sub>2</sub>β<sub>ω</sub>γ<sub>1</sub> yuktyā η<sub>2</sub> **7d punaḥ** α<sub>1</sub>α<sub>2</sub>β<sub>2</sub>β<sub>ω</sub>ΓΔ] bhūyaḥ α<sub>3</sub>ε<sub>1</sub>ε<sub>3</sub>η<sub>1</sub>η<sub>2</sub>χ **8a cākṛṣya** cett.] vāṣṭhavya γ<sub>1</sub> **8b udaram** cett.] udare η<sub>1</sub>η<sub>2</sub> **8c vidhivat** cett.] vidhidṛk β<sub>2</sub> **kṛtvā** cett.] kuryāt Δ **9a tyajet** cett.] tyaje α<sub>1</sub>γ<sub>2</sub> yetayet γ<sub>1</sub> **tena pītvā** β<sub>2</sub>Γχ] tenāpūrya α<sub>2</sub>Δη<sub>2</sub> tena pūrya α<sub>1</sub>β<sub>ω</sub>ε<sub>1</sub>η<sub>1</sub> tena pūrvaṃ β<sub>1</sub>ε<sub>3</sub> **9b avirodhataḥ** ε<sub>3</sub>] anirodhataḥ α<sub>1</sub>β<sub>2</sub>β<sub>ω</sub>γ<sub>2</sub>Δη<sub>1</sub>η<sub>2</sub> anirodhitaḥ ε<sub>1</sub> anirodhanataḥ γ<sub>1</sub> atirodhataḥ χ **9c recayec ca** cett.] recayeta ε<sub>1</sub> recayatvā γ<sub>2</sub> pūrayec ca δ<sub>3</sub> **9d śanair eva na vegataḥ** cett.] śanairacavanegataṃ γ<sub>1</sub> śanaiḥ pavanam ekataḥ Δε<sub>3</sub> **10a ced idāyā** cett.] ced idiyā β<sub>2</sub> cediyā α<sub>1</sub> caṇḍiyā γ<sub>1</sub> ceḍikayā ε<sub>3</sub> **niyamitaṃ** cett.] parimitaṃ β<sub>ω</sub> nimitaṃ γ<sub>1</sub> **bhūyo** cett.] bhūya β<sub>ω</sub> 'nyayā cett.] nyathā β<sub>ω</sub>γ<sub>1</sub>δ<sub>1</sub>δ<sub>3</sub>η<sub>1</sub> **recayet** cett.] \_yet γ<sub>1</sub> **10b atho** cett.] alaṃ α<sub>1</sub> **baddhvā tyajed vāmāyā** cett.] baddhvāñjaleḍ vāmāyā δ<sub>3</sub> badhvāsanaḥ sarvadā β<sub>2</sub> **10c sūryā-candramasor a** cett.] gap β<sub>2</sub> **anena vidhinā** cett.] aṇena vidhinā β<sub>ω</sub> ane vidhinā γ<sub>1</sub> aṇe δ<sub>1</sub> gap β<sub>2</sub> **bimbadvayaṃ dhāyātām** α<sub>1</sub>δ<sub>2</sub>δ<sub>3</sub>η<sub>2</sub>] \*tā δ<sub>1</sub> \*taḥ β<sub>ω</sub> bhyāsaṃ samātanvatām α<sub>2</sub>α<sub>3</sub>ε<sub>1</sub>ε<sub>3</sub> bhyāsamātanvatām (सं ॐ) η<sub>1</sub> bhyāsaṃ sadātanvatām β<sub>2</sub>Γχ **10d nāḍigaṇā** cett.] nāḍigaṇā β<sub>2</sub> nāḍiguṇā ε<sub>1</sub> **māsatrayād** cett.] māsadvayād δ<sub>1</sub> illeg. δ<sub>2</sub> **11a prātar madhyandine** cett.] prātaḥ sāyaṃ ca β<sub>2</sub> **sāyam ardha** cett.] sāyaṃ madhya β<sub>1</sub>γ<sub>2</sub>ε<sub>1</sub> soyamadhya γ<sub>1</sub> madhyāhne β<sub>2</sub> **11b rātre ca** cett.] rātra ca γ<sub>1</sub> rātrau ca ε<sub>1</sub>ε<sub>3</sub> niśithe caiva β<sub>2</sub> **kumbhakān** cett.] kumbhakāt β<sub>ω</sub>γ<sub>1</sub> kumbhakam δ<sub>2</sub> **11c aśīti** cett.] amibhi δ<sub>1</sub> **paryantaṃ** cett.] paryante α<sub>1</sub>

<sup>1</sup> Δ adds here: इडया पिव षोडशभिः पवनं । कुरु षष्टिचतुष्टयमंतगतं (δ<sub>1</sub>; -मन्तरगम् δ<sub>2</sub>δ<sub>3</sub>) । त्यज पिङ्गलया शनैः शनैः । दशभिर्दशभिर्दशभिर्द्व्यधिकैः ॥ (metre: toṭaka)

कनीयसि भवेत्स्वेदः कम्पो भवति मध्यमे । उत्तिष्ठत्युत्तमे प्राणरोधे पद्मासने मुहुः# ॥	2.12
जलेन श्रमजातेन गात्रमर्दनमाचरेत् । दृढता लघुता चापि तेन गात्रस्य जायते ॥	2.13
अभ्यासकाले प्रथमे शस्तं क्षीराज्यभोजनम् । ततोऽभ्यासे दृढीभूते न तादृङ्गियमग्रहः ॥	2.14
यथा सिंहो गजो व्याघ्रो भवेद्दृश्यः शनैः शनैः । तथैव सेवितो वायुरन्यथा हन्ति साधकम् ॥	2.15
प्राणायामेन युक्तेन सर्वरोगक्षयो भवेत् । अयुक्ताभ्यासयोगेन सर्वरोगसमुद्भवः ॥	2.16
हिक्का श्वासश्च कासश्च शिरःकर्णाक्षिवेदनाः । भवन्ति विविधा दोषाः पवनस्य व्यतिक्रमात् ॥	2.17

**12a** kanīyasi bhavet  $\beta_2\Gamma\Delta\epsilon_3\chi$ ] kanīyasi bhavet  $\alpha_1$  kanīyase bhavet  $\epsilon_1\eta_1$  adhame jāyate  $\eta_2$  adhyame jāyate  $\beta_\omega$  **svedaḥ** cett.] svadaḥ  $\alpha_1$  svedaḥ  $\eta_1$  **12c** uttiṣṭhaty cett.] uttiṣṭhamty  $\eta_2$  uttānam  $\beta_2$  uttame  $\chi$  **uttame** cett.] cottame  $\beta_2$  sthānam ā°  $\chi$  **prāṇa**  $\alpha_1\beta_2\beta_\omega\Gamma\delta_2\delta_3\epsilon_1\epsilon_3$ ] prāṇam  $\eta_1$  prāṇam  $\delta_1$  prāṇa  $\eta_2$  °pnoti  $\chi$  **12d** rodhe  $\alpha_1\beta_2\gamma_2\Delta\epsilon_1\epsilon_3$ ] rodheḥ  $\eta_1$  rāvai  $\gamma_1$  baddhe  $\beta_\omega\eta_2$  tato  $\chi$  **padmāsane**  $\beta_2\delta_1\delta_3\eta_2$ ] padmāsana  $\Gamma$  padmāsana  $\delta_2$  padmāsanaḥ  $\alpha_1\alpha_2\alpha_3\beta_1\beta_\omega\epsilon_1\epsilon_3\eta_1$  vāyum nibam°  $\chi$  **muhuh**  $\alpha_1\beta_2\beta_\omega\Gamma\epsilon_1\epsilon_3\eta_2$ ] .uhuh  $\eta_1$  sthite  $\Delta$  °dhayet  $\chi$  **13a** śrama cett.] śrava  $\beta_\omega$  **13c** cāpi  $\beta_\omega\gamma_2\delta_2\delta_3\epsilon_1\epsilon_3\eta_2$ ] vāpi  $\gamma_1\delta_1\eta_1$  caiva  $\beta_2\chi$  yāti  $\alpha_1$  **14a** abhyāsakāle prathame cett.] abhyāsakāle prathamam  $\beta_2\Delta\epsilon_3$  **14b** kṣīrājya cett.] kṣīranna  $\alpha_1$  **14c** °bhyāse cett.] bhyāsaiḥ  $\epsilon_1$  bhyāsa  $\eta_1$  **dr̥ḍhibhūte**  $\alpha_1\beta_2\beta_\omega\Gamma\Delta\chi$ ] sthiribhūte  $\epsilon_1\epsilon_3\eta_1\eta_2$  **14d** tādṛṇ cett.] tathā  $\beta_2\Gamma$  **niyama** cett.] °niyama  $\gamma_1$  niyamo  $\eta_2$  **grahaḥ** cett.] śramaḥ  $\eta_1$  **15** found between 2.9 and 2.10  $\beta_2$  **15b** bhaved vaśyaḥ cett.] bhaved vaśyam  $\beta_2\Gamma\epsilon_1$  **15c** sevito cett.] samcito  $\delta_2\delta_3$  **15d** hanti cett.] hr̥di  $\gamma_1$  **16b** kṣayo bhavet cett.] parikṣayaḥ  $\delta_2\delta_3$  **16d** roga cett.] vyādhi  $\Delta$  *illeg.*  $\eta_1$  **samudbhavaḥ** cett.] parikṣayaḥ  $\delta_1$  **17a** śvāsas ca kāsas ca cett.] «svāsasa» kāsas ca  $\beta_2$  śvāsas tathā kāsas  $\delta_1\delta_2$  kāsas tathā śvāsas  $\delta_3$  **17b** śīraḥkarnākṣi cett.] śīraḥkarnākṣa  $\beta_1\delta_3$  jvaraḥ karnākṣi  $\epsilon_1\epsilon_3$  karnanāsākṣi  $\delta_1$  **vedanāḥ** cett.] vedanaḥ  $\alpha_1$  vedana  $\beta_2\beta_\omega\delta_3$  **17c** doṣāḥ  $\alpha_1\Gamma\epsilon_1\epsilon_3\eta_1$ ] doṣaḥ  $\beta_2\beta_\omega\delta_1$  dāṣa  $\eta_2$  rogāḥ  $\delta_2\delta_3\chi$  **17d** vyatikramāt cett.] prakopanāt  $\delta_1$  prakopataḥ  $\chi$

- युक्तं युक्तं त्यजेद्वायुं युक्तं युक्तं च पूरयेत् ।  
युक्तं युक्तं च बन्धीयादेवं सिद्धिमवाप्नुयात् ॥ 2.18
- यदा तु नाडीशुद्धिः स्यात् तदा चिह्नानि बाह्यतः ।  
कायस्य कृशता<sup>#</sup> कान्तिस्तथा जायेत निश्चितम् ॥ 2.19
- यथेष्टं धारणं वायोरनलस्य प्रदीपनम् ।  
नादाभिव्यक्तिरारोग्यं जायते नाडिशोधनात् ॥ (om.  $\epsilon_1 \epsilon_2$ ) 2.20
- मेदःश्लेष्माधिकः पूर्व<sup>#</sup> षट्कर्माणि समाचरेत् ।  
अन्यस्तु नाचरेत्तानि दोषाणां समभावतः<sup>#</sup> ॥ (om.  $\epsilon_1 \epsilon_2$ ) 2.21
- धौतिर्बस्तिस्तथा नेतिस्त्राटकं नौलिकं तथा ।  
कपालभाती चैतानि षट्कर्माणि प्रचक्षते ॥ 2.22
- कर्मषट्कमिदं गोप्यं घटशोधनकारकम् ।  
विचित्रगुणसन्धायि<sup>#</sup> पूज्यते योगिपुङ्गवैः ॥ 2.23

**18** transposed with the next verse  $\beta_2$  **18b** *pūrayet* cett.] *sevayet*  $\eta_2$  **18c** *ca* cett.] *om.*  $\beta_\omega$  **18d** *evam* cett.] *itthaṃ*  $\Delta$  **siddhim avāpnuyāt** cett.] *śuddhim avāpnuyāt*  $\alpha_1 \epsilon_1 \eta_1$  *sidhyati* *yogavit*  $\Delta$  **19a** *tu nāḍīśuddhiḥ* cett.] *tu nāḍī śuddhā*  $\beta_2$  *nāḍīśuddhiḥ*  $\Delta$  **19b** *tadā* cett.] *tathā*  $\chi$  **cihnāni bāhyataḥ** cett.] *cittaṃ nirākulam*  $\Delta$  **19c** *kṛṣatā* cett.] *kṛṣatāṃ*  $\beta_\omega$  *kṛtā*  $\alpha_1$  *kriyate*  $\eta_2$  *illeg.*  $\eta_1$  **kāntis** cett.] *illeg.*  $\eta_1$  **19d** *tathā* cett.] *tadā*  $\chi$  **niścitam** cett.] *niścitā*  $\alpha_1$  *niścalaṃ*  $\eta_1$  **20a** *yatheṣṭaṃ* cett.] *yatheṣṭa*  $\alpha_1 \beta_\omega \Gamma$  **dhāraṇaṃ** cett.] *dhāraṇo*  $\gamma_1$  **vāyor** cett.] *vāyur*  $\beta_\omega$  **20b** *anāśasya* cett.] *anāśasya*  $\beta_\omega \eta_2$  *anāśya*  $\delta_1$  **20d** *nāḍi* cett.] *nāḍi* *unm.*  $\beta_\omega \eta_2$  **śodhanāt** cett.] *śośanāt*  $\gamma_1$  *śodhane*  $\eta_1 \eta_2$  **21a** *medaḥ* cett.] *meda*  $\alpha_1 \beta_\omega \chi$  *medā*  $\gamma_1$  **śleṣmādhikāḥ pūrvaṃ**  $\alpha_1 \beta_2 \beta_\omega \Gamma \delta_2 \chi$ ] *śoṣādikaṃ pūrvaṃ*  $\eta_1$  *śleṣmādināśārthaṃ*  $\eta_2$  *śleṣmanivṛt(t)yartham*  $\delta_1 \delta_3 \epsilon_3$  **21c** *anyas tu*  $\alpha_1 \beta_2 \beta_\omega \gamma_2 \eta_1 \chi$ ] *anyathā*  $\Delta \epsilon_3 \eta_2$  *abhyastā*  $\gamma_1$  **21d** *samabhāvataḥ*  $\alpha_1 \beta_1 \beta_\omega \epsilon_3 \eta_2 \chi$ ] *samabhāgataḥ*  $\beta_2 \gamma_1$  *samabhyāgataḥ*  $\gamma_2$  *śamatāyataḥ*  $\Delta$  *apy* *abhāvataḥ*  $\eta_1$  **22a** *dhautir*  $\beta_2 \beta_\omega \Gamma \epsilon_1 \chi$ ] *dhauti*  $\alpha_1 \alpha_2 \Delta \epsilon_3 \eta_2$  *dhauti*  $\eta_1$  **bastis/vastis**  $\beta_2 \beta_\omega \Gamma \chi$ ] *vasti*  $\eta_1$  *vastir*  $\alpha_1$  *vastis*  $\eta_2$  *vastī*  $\Delta \epsilon_3$  *bastyā*  $\epsilon_1$  **tathā netis**  $\beta_2 \Gamma \chi$ ] *tathā neti*  $\eta_1$  *tathā neti*  $\beta_\omega \delta_1 \delta_2$  *tathā niti*  $\delta_3$  *niti caiva*  $\alpha_1$  *neti ceti*  $\epsilon_3$  *nyatī ceti*  $\epsilon_1$  *ca netis ca*  $\eta_2$  **22b** *trāṭakam*  $\alpha_1 \beta_2 \beta_\omega \gamma_2 \delta_2 \delta_3 \eta_1 \eta_2 \chi$ ] *trāṭanaṃ*  $\epsilon_1$  *trāṭikaṃ*  $\epsilon_3$  *troṭakaṃ*  $\gamma_1$  *toṭakī*  $\delta_1$  **naulikaṃ**  $\delta_2 \delta_3 \eta_1 \eta_2 \chi$ ] *lauликаṃ*  $\alpha_1$  *naulikā*  $\beta_1 \beta_2 \beta_\omega \Gamma$  *nauliki*  $\delta_1$  *nakuli*  $\epsilon_1$  *nākuli*  $\epsilon_3$  **22c** *bhāti*  $\beta_2 \beta_\omega \gamma_2 \delta_2 \delta_3$ ] *bhāti*  $\alpha_1 \epsilon_1 \epsilon_3 \eta_1$  *bhātis*  $\gamma_1 \chi$  *bhāthi*  $\eta_2$  *bhāvī*  $\delta_1$  **caitāni** cett.] *dhijñeyā*  $\delta_1$  **22d** *pracakṣate* cett.] *samācaret*  $\beta_2 \delta_3$  **23a** *karmaṣaṭkaṃ idaṃ* cett.] *ṣaṭkākarmam idaṃ*  $\beta_2$  *ṣaṭkarmmam idaṃ*  $\eta_2$  **gopyaṃ** cett.] *proktaṃ*  $\delta_2$  **23b** *kāraṇam* cett.] *kāraṇaṃ*  $\alpha_1 \delta_1$  **23c** *sandhāyī*  $\gamma_2 \epsilon_1 \epsilon_3 \chi$ ] *sandhāyī*  $\alpha_1 \beta_\omega \gamma_1 \eta_1 \eta_2$  *saṃdhāyā*  $\beta_2$  *saṃdhoyī*  $\delta_1$  *saṃjñopī*  $\delta_3$  *karmopī*  $\delta_2$  **23d** *yogī* cett.] *yoga*  $\epsilon_1$  *muni*  $\delta_2 \delta_3$

तत्र धौतिः । (om.  $\delta_1 \varepsilon_1$ )

चतुरङ्गुलविस्तारं<sup>2</sup> सिक्तं वस्त्रं शनैर्गसेत् ।  
ततः प्रत्याहरेच्चैतदुद्गारं<sup>#</sup> धौतिकर्म तत् ॥ 2.24

कासश्वासप्लीहकुष्ठं कफरोगाश्च विंशतिः ।  
धौतिकर्मप्रभावेन धावन्त्येव<sup>#</sup> न संशयः ॥ 2.25

अथ बस्तिकर्म । (om.  $\delta_1$ )

नाभिद्वे जले पायुन्यस्तनालोत्कटासनः ।  
आधाराकुञ्चनं कुर्यात् क्षालनं बस्तिकर्म तत् ॥ 2.26

गुल्मप्लीहोदरं चापि वातपित्तकफोद्भवाः ।  
बस्तिकर्मप्रभावेन वार्यन्ते सकलामयाः ॥ 2.27

**24 tatra**  $\alpha_1 \alpha_2 \beta_2 \Gamma \eta_1 \chi$ ] atha  $\beta_\omega \delta_3 \eta_2$  atha tatra  $\varepsilon_3$  ādau  $\delta_2$  **dhautiḥ**  $\eta_1 \eta_2 \chi$ ] dhauti  $\alpha_1 \alpha_2 \beta_\omega \Gamma \delta_2 \delta_3 \varepsilon_3$  dhautikā  $\beta_2$  **24a caturāṅgula** cett.] caturāṅguli  $\delta_2$  caturāṅgula  $\eta_2$  caturāṅgula  $\delta_1$  + + + gula  $\alpha_1$  **vistāraṁ** cett.] vistīrṇaṁ  $\varepsilon_3$  **24b siktaṁ** cett.] sitaṁ  $\delta_2 \delta_3$  sita  $\varepsilon_3$  śaktaṁ  $\varepsilon_1$  **24c tataḥ** cett.] punaḥ  $\Delta \chi$  **pratyāharec**/\*hared cett.] \*hārec  $\beta_\omega$  \*haraṁ  $\eta_1$  **caitad** cett.] etad  $\alpha_1 \Delta$  **24d udgāraṁ**  $\alpha_3 \eta_1$ ] uditāṁ  $\varepsilon_3 \eta_2 \chi$  utthānaṁ  $\Gamma$  ukhālātā *unm.*  $\beta_\omega$  uṣālaṁ  $\alpha_2 \varepsilon_1$  husvāla  $\alpha_1$  prakṣālyāṁ  $\beta_2$  abhyāsād  $\delta_2 \delta_3$  abhyāsa  $\delta_1$  **tat**  $\beta_2 \Gamma \varepsilon_3 \eta_1 \chi$ ] \*taḥ  $\beta_\omega$  \*kṛt  $\alpha_1 \varepsilon_1 \eta_2$  \*vit  $\Delta$  **25a kāsaśvāsa** cett.] śvāsaḥ kāsaḥ  $\eta_2$  **pliha** cett.] plihā  $\eta_1$  **kuṣṭhaṁ**  $\alpha_1 \beta_\omega \Delta \varepsilon_3 \eta_2 \chi$ ] kuṣṭha  $\beta_2 \Gamma \varepsilon_1 \eta_1$  **25b kapha** cett.] śleṣmā  $\varepsilon_1$  **rogāś ca** cett.] rogaś ca  $\delta_3$  rogāś ca  $\gamma_1$  **vimśatiḥ** cett.] vimśati  $\beta_\omega \gamma_2$  vidradhiḥ  $\delta_2 \delta_3$  **25c dhauti** cett.] dhauti  $\alpha_1 \beta_\omega \Delta$  dhautā  $\varepsilon_3$  **prabhāvena** cett.] prasādena  $\beta_2$  **25d dhāvāntya eva**  $\alpha_3 \beta_\omega \varepsilon_1$ ] dhāvānte ca  $\alpha_2$  dhāvaty eva  $\eta_1$  bhavāntya eva  $\alpha_1$  prayāntya eva  $\beta_1 \beta_2 \Gamma \Delta \chi$  śudhyāntya eva  $\eta_2$  naśyante nā\*  $\varepsilon_3$  **na** cett.] \*tra  $\varepsilon_3$  **26 atha** cett.] *om.*  $\delta_1 \delta_2$  **bastikarma** (vasti\*)  $\alpha_1 \Gamma \eta_1$ ] vastikarma  $\beta_2 \varepsilon_3$  bastinikarma  $\varepsilon_1$  vasti  $\delta_2 \delta_3$  basti or vasti  $\beta_\omega \eta_2$  vastiḥ  $\chi$  *om.*  $\delta_1$  **26a daghne**  $\Delta \varepsilon_3 \eta_2$ ] daghna  $\beta_2 \beta_\omega \Gamma \varepsilon_1 \chi$  dagdha  $\alpha_1 \eta_1$  **pāyū**  $\alpha_1 \beta_\omega \Gamma \delta_1 \eta_1 \eta_2$ ] pāyūṁ  $\beta_2$  pāyur  $\varepsilon_1 \delta_3$  pāyau  $\chi$  vāyū  $\delta_2 \varepsilon_3$  **26b nyastanālo** cett.] nyastālo  $\varepsilon_3$  **26c ādhārā** cett.] ādhāra  $\beta_2 \varepsilon_1$  apānā  $\varepsilon_3$  **26d kṣālanāṁ**  $\varepsilon_3 \eta_1 \eta_2 \chi$ ] prakṣālaṁ  $\beta_1 \gamma_1$  pakhālaṁ  $\beta_\omega$  pākhalāṁ  $\alpha_1$  pāśalaṁ  $\varepsilon_1$  prakhyātāṁ  $\gamma_2$  prakṣāled  $\beta_2$  apānād  $\Delta$  **bastikarma tat** cett.] bastikarma «ta»t  $\gamma_2$  vastikarmavit  $\delta_1 \delta_2$  — vastivit  $\delta_3$  **27b bhavaḥ** cett.] bhavaḥ  $\alpha_1 \delta_3$  bhavaṁ  $\beta_\omega \eta_2$  **27c basti** cett.] vasti  $\beta_\omega$  **27d vāryante**  $\alpha_1 \beta_2 \Gamma \Delta$ ] dhāryante  $\varepsilon_1$  śīryante  $\varepsilon_3$  kṣīryante  $\beta_\omega \eta_2 \chi$  jāyate  $\eta_1$  **sakalāmayāḥ** cett.] sakalā malāḥ  $\beta_\omega \Gamma \eta_2$

<sup>2</sup>  $\beta_2 \beta_\omega \eta_2 \chi$  adds here: हस्तपद्मदशेन तु (‘‘दशायतं  $\chi$ ) गुरुपदिष्टमार्गेण (गुरुपदेशं  $\beta_2$ ).

धात्विन्द्रियान्तःकरणप्रसादं  
दद्याच्च कान्तिं दहनप्रदीप्तिम् ।  
अशेषदोषोपचयं निहन्त्या-  
दभ्यस्यमानं जलबस्तिकर्म ॥<sup>#</sup>

2.28

उदरगतपदार्थमुद्धमन्ती  
पवनमपानमुदीर्य कण्ठनाले ।  
क्रमपरिचयवश्यवायुमार्गा-  
द्भ्रजकरणीति निगद्यते हठज्ञैः ॥<sup>#</sup> (om. Δ)

2.29

अथ नेतिः<sup>#</sup> । (om. δ<sub>1</sub>ε<sub>1</sub>)

सूत्रं वितस्तिस्सुस्त्रिगं नासानाले प्रवेशयेत् ।  
मुखाच्चिर्गमयेच्चैषा<sup>#</sup> नेतिः सिद्धैर्निगद्यते ॥

2.30

कपालशोधनी चैव दिव्यदृष्टिप्रदायिनी ।  
हनुर्ध्वजातरोगौघं जयत्याशु तु सूत्रिका ॥

2.31

**28a karaṇa** cett.] karaṇaṃ γ<sub>1</sub>δ<sub>3</sub>ε<sub>3</sub><sup>c</sup> **prasādaṃ** cett.] prasādanaṃ δ<sub>1</sub> **28b kāntiṃ** cett.] kānti β<sub>ω</sub> kābhiṃ γ<sub>1</sub> **pradiptim** cett.] pradiptaṃ ε<sub>1</sub> pradiptaṃ β<sub>ω</sub> pradipanaṃ δ<sub>1</sub> **28c doṣapacayaṃ** cett.] doṣāpacayaṃ β<sub>ω</sub> doṣaprabhavaṃ δ<sub>1</sub> **28d abhyasya** cett.] abhyāsa η<sub>1</sub> abhyasa δ<sub>2</sub> **jala** cett.] ja η<sub>2</sub> **karma** cett.] om. δ<sub>1</sub> **29** found after 2.25 β<sub>ω</sub>ε<sub>1</sub>ε<sub>3</sub>η<sub>1</sub>η<sub>2</sub> found after 2.38 χ om. δ<sub>1</sub>δ<sub>2</sub> **29a udvamanti** α<sub>1</sub>β<sub>1</sub>β<sub>ω</sub>] udvamanti χ udvamante ε<sub>1</sub>ε<sub>3</sub> udvavanti η<sub>2</sub> udvahanti Γη<sub>1</sub> udvahanti β<sub>2</sub> **29b nāle** cett.] nālet β<sub>ω</sub> **29c kramaparcicayaśya** (°vaśyā β<sub>2</sub>) α<sub>1</sub>β<sub>2</sub>Γη<sub>1</sub>χ] kramaparcitavaśya ε<sub>3</sub> kramaparijitavaśya ε<sub>1</sub> karibhir iva jalasya β<sub>ω</sub>η<sub>2</sub> **vāyumārgād** em.] vāyumārgā α<sub>1</sub> vāyumārgo ε<sub>3</sub> vāyuh|go ε<sub>1</sub> vāyuryo η<sub>1</sub> nāḍimārgā β<sub>2</sub>γ<sub>2</sub> nāḍicakra χ mārga γ<sub>1</sub> vāyuvagāt β<sub>ω</sub>η<sub>2</sub> **29d gajakaraṇīti** γ<sub>2</sub>ε<sub>3</sub>η<sub>1</sub>χ] gajakaraṇī\_ γ<sub>1</sub> gajakarṇiti α<sub>1</sub> gajakarṇiti ε<sub>1</sub> gajakarṇīti β<sub>2</sub> jalakarṇīti η<sub>2</sub> jalagajakaraṇi β<sub>ω</sub> **30 aṭha** cett.] om. δ<sub>2</sub> **netiḥ** γ<sub>2</sub>χ] neti η<sub>1</sub> neti β<sub>ω</sub>γ<sub>1</sub>δ<sub>2</sub> nitiḥ α<sub>1</sub> niti α<sub>2</sub>δ<sub>3</sub> netikarma β<sub>2</sub> netikarma ε<sub>3</sub>η<sub>2</sub> om. δ<sub>1</sub>ε<sub>1</sub> **30a susnigdham** cett.] sustabdham α<sub>1</sub> **30b nāsānāle** cett. (nāsā° γ<sub>1</sub>η<sub>2</sub>)] nāsānābhe η<sub>1</sub> **30c mukhān nirgamayec** α<sub>1</sub>β<sub>ω</sub>Δχ] mukhā nirgamayec γ<sub>2</sub>ε<sub>1</sub> mukhe nirgamayec β<sub>2</sub> mukhaś ca nirgamec γ<sub>1</sub> mukhān nirga- manād ε<sub>3</sub> mukhanirgamanād η<sub>1</sub>η<sub>2</sub> **caiśā** cett.] sā hi δ<sub>2</sub>δ<sub>3</sub> sāpi δ<sub>1</sub> eva η<sub>1</sub>η<sub>2</sub> **30d netiḥ** γ<sub>2</sub>η<sub>2</sub>χ] neti β<sub>2</sub>γ<sub>1</sub>η<sub>1</sub> niti α<sub>1</sub> niti ε<sub>1</sub> neti β<sub>ω</sub>δ<sub>1</sub>δ<sub>2</sub>ε<sub>3</sub> niti δ<sub>3</sub> **siddhair** cett.] siddher ε<sub>1</sub> siddhir γ<sub>1</sub> siddhau ε<sub>3</sub> **31a śodhanī** cett.] śodhinī β<sub>2</sub>χ śodhanā η<sub>2</sub> śodhanam δ<sub>3</sub> **caiva** β<sub>2</sub>ΓΔχ] kamṭhyā ε<sub>1</sub> kamṭhād ε<sub>3</sub> kamṭhā α<sub>2</sub>α<sub>3</sub> vaṭyā α<sub>1</sub> kavyā β<sub>ω</sub> kāryā η<sub>1</sub>η<sub>2</sub> **31b pradāyini** cett.] pradāyanī γ<sub>1</sub> **31c hanūrdhva** α<sub>1</sub>α<sub>2</sub>] jatrūrdhva β<sub>2</sub>ε<sub>1</sub>χ jatrūrdhvaṃ β<sub>ω</sub> jantūrdhva ε<sub>3</sub> jatūrdhvaṃ γ<sub>2</sub> ja\_ ddha γ<sub>1</sub> jānūrdhva Δη<sub>1</sub> yattūrdhva η<sub>2</sub> **rogaugham** α<sub>1</sub>β<sub>2</sub>β<sub>ω</sub>Γε<sub>3</sub>χ] rogaugha η<sub>1</sub> rogaughā η<sub>2</sub> rogaughān Δ rogaugham ε<sub>1</sub> **31d jayaty āśu tu sūtrikā** em.] jayati sā tu sūtrikā η<sub>1</sub> jayety āśu satī niti α<sub>1</sub> jayaty āśu satī neti γ<sub>2</sub> jayabhyāśca satī natī γ<sub>1</sub> jayaty āśum niti satī ε<sub>1</sub> jayaty āśu sunetikā β<sub>2</sub> jayaty āśu sa netivit (niti δ<sub>2</sub>δ<sub>3</sub>) Δ neti jayati satvaram ε<sub>3</sub> netir āśu nihanti ca β<sub>ω</sub>η<sub>2</sub>χ

अथ त्राटकम् । (om.  $\delta_1$ )

निरीक्षेत्रिश्चलदृशा सूक्ष्मलक्ष्यं समाहितः ।

अश्रुसंपातपर्यन्तमाचार्यैस्त्राटकं मतं ॥

2.32

मोटकं<sup>#</sup> नेत्ररोगाणां तन्द्रादीनां कपाटकम्<sup>#</sup> ।

यत्तत्तस्त्राटकं गोप्यं यथा हाटकपेटकम् ॥

2.33

अथ नौली । (om.  $\delta_1$ )

अमन्दावर्तवेगेन तुन्दं<sup>#</sup> सव्यापसव्यतः ।

नतांसो भ्रामयेदेषा नौली गौडैः प्रशस्यते ॥

2.34

तुन्दाग्निसंदीपनपाचनादि<sup>#</sup>-

सन्धायिकानन्दकरी सदैव ।

अशेषदोषामयशोषणी<sup>#</sup> च

हठक्रियामौलिरियं च<sup>#</sup> नौली ॥

2.35

**32** *atha* cett.] a  $\epsilon_1$  om.  $\delta_1$  **trātākam**  $\alpha_1\beta_2\gamma_1\delta_2\delta_3\epsilon_1\epsilon_3\eta_2\chi$ ] trātaka  $\beta_\omega$  trātam  $\eta_1$  ttrayakam  $\gamma_2$  om.  $\delta_1$  **32a** *nirikṣen* cett.] *nirikṣye*  $\epsilon_1$  *nirikṣya*  $\eta_2$  **niścāla** cett.] niścālā  $\gamma_1$  nirmala  $\delta_1$  **dr̥ṣā** cett.] *dr̥ṣtyā*  $\eta_2$  **32b** *sūkṣma* cett.] *sūkṣmam*  $\delta_1\epsilon_3\eta_2$  **lakṣyaṃ**  $\Delta\eta_2\chi$ ] *lakṣam*  $\beta_2\beta_\omega\Gamma\epsilon_3$  *lakṣa*  $\alpha_1\eta_1$  *lakṣmam*  $\epsilon_1$  **32d** *ācāryais* cett.] *āryais* *unm.*  $\gamma_2$  *āryais* *tu*  $\delta_2\delta_3$  *ācāret*  $\eta_1$  *toṭākam*  $\delta_1$  **trātākam** *matam*  $\alpha_1\alpha_2\beta_1\delta_2\delta_3$ ] *trātākam* *smṛtam*  $\beta_2\beta_\omega\Gamma\eta_1\eta_2\chi$  *trātīkam* *smṛtam*  $\epsilon_3$  *troṭākam* *smṛtam*  $\epsilon_1$  *yoginām* *matam*  $\delta_1$  **33a** *moṭākam*  $\delta_2\eta_1$ ] *metākam*  $\beta_1$  *moṭanam*  $\delta_3$  *modākam*  $\alpha_1$  *mocanam*  $\Gamma\chi$  *mocakam*  $\alpha_2\epsilon_1\epsilon_3$  *mohanam*  $\alpha_3$  *toṭākam*  $\delta_1$  *trātākam*  $\beta_2$  *sphoṭanam*  $\beta_\omega\eta_2$  **33b** *tandrādinām* cett.] *tandrādinām*  $\beta_\omega\gamma_1$  *tandrānām* *ca*  $\eta_2$  *nidrādinām*  $\delta_3$  *netrādinām*  $\delta_2$  **kapātākam** cett.] *kavāṭaka*  $\alpha_1$  *ca* *pātākam*  $\epsilon_3$  *ca* *pāṭavam*  $\epsilon_1$  *ca* *pāṭanam*  $\delta_1$  *gapāṭa*[ka]m  $\eta_1$  **33c** *yatnatas*  $\alpha_1\beta_2\Gamma\epsilon_1\epsilon_3\chi$ ] *prayatnāt*  $\beta_\omega\eta_2$  *prayatnatas* *unm.*  $\eta_1$  *etac* *ca*  $\Delta$  **33d** *trātākam* cett.] *toṭākam*  $\delta_1$  *tuṭākam*  $\epsilon_1$  **34** *nauli*  $\beta_2\beta_\omega\gamma_2\eta_1$ ] *nauri*  $\gamma_1$  *nauliḥ*  $\chi$  *naukuli*  $\epsilon_1$  *nākuli*  $\delta_2$  *lauli*  $\alpha_1$  *nīli*  $\delta_3$  *naulikarmma*  $\epsilon_3$  *neulikarmma*  $\eta_2$  om.  $\delta_1$  **34a** *amandā* cett.] *amandya*  $\gamma_2$  *āmandā*  $\beta_\omega\epsilon_3$  *āmanda*  $\eta_1$  **varta** cett.] *vatta*  $\epsilon_1$  *cakra*  $\eta_1$  **vegena** cett.] *yogena*  $\delta_3$  **34b** *tundaṃ*  $\beta_\omega\gamma_2\epsilon_3\chi$ ] *tundum*  $\gamma_1$  *tundat*  $\eta_2$  *tuṃḍam*  $\epsilon_1$  *tudam*  $\alpha_1\beta_2$  *tunde*  $\delta_2\delta_3$  *tulyam*  $\delta_1$  *gudam*  $\eta_1$  **savyataḥ** cett.] *savyayoh*  $\Delta$  **34c** *natāṃso* or *natāṃśo*  $\gamma_2\Delta\epsilon_1\eta_1\chi$ ] *natāso*  $\alpha_1$  *natāṃsur*  $\beta_2$  *naśnātso*  $\gamma_1$  *satāṃśo*  $\beta_\omega$  *śataśo*  $\epsilon_3\eta_2$  **bhramayed**  $\beta_2\gamma_2\delta_2\epsilon_3\eta_1\eta_2\chi$ ] *bhramayed*  $\alpha_1\beta_\omega\delta_3\epsilon_1$  *bhyasayed*  $\delta_1$  *bhāmāyad*  $\gamma_1$  **eṣā** cett.] *oṣā*  $\epsilon_3$  **34d** *nauli* cett.] *nauliḥ*  $\chi$  *lauli*  $\alpha_1$  *loke*  $\eta_1$  **gauḍaiḥ**  $\gamma_2$ ] *gauḍiḥ*  $\gamma_1$  *gaulaiḥ*  $\alpha_1\beta_2\eta_2$  *gauli*  $\eta_1$  *gauliḥ*  $\epsilon_1$  *maulaiḥ*  $\beta_\omega$  *siddhaiḥ*  $\chi$  *yoge*  $\delta_1\delta_2\epsilon_3$  *yogaḥ*  $\delta_3$  **praśasyate**  $\alpha_1\beta_2\beta_\omega\Gamma\epsilon_1\eta_1\eta_2\chi$ ] *pracakṣate*  $\Delta$  *pradr̥ṣyate*  $\epsilon_3$  **35a** *tundāgni* *em.*] *tuṃḍāgni*  $\beta_2\epsilon_1$  *tuṃḍāṣṭi*  $\alpha_1$  *tuṃḍāṣṭi*  $\alpha_2$  *mandāgni*  $\beta_\omega\Gamma\Delta\epsilon_3\eta_1\eta_2\chi$  **pācanādi**  $\alpha_1\beta_2\beta_\omega\gamma_2\delta_1\epsilon_3\chi$ ] *pāvanādi*  $\gamma_1\eta_1$  *pācanāni*  $\epsilon_1$  *pācanāgniḥ*  $\delta_2$  *pāvanāgniḥ*  $\delta_3$  *pāvakādi*  $\eta_2$  **35b** *sandhāyikā*  $\beta_2\Gamma\delta_1\chi$ ] *sandhāyākā*  $\alpha_1\beta_\omega\epsilon_3\eta_1\eta_2$  *sandhādhikā*  $\delta_2$  *sandādhikā*  $\delta_3$  *saṃdāyikā*  $\epsilon_1$  **sadaiva** cett.] *tathaiva*  $\Delta$  **35c** *doṣāmaya* cett.] *doṣāmala*  $\beta_\omega\eta_1\eta_2$  **śoṣaṇi**  $\alpha_1\beta_2\beta_\omega\delta_2\delta_3\epsilon_1\epsilon_3\eta_2\chi$ ] *śoṣiṇi*  $\delta_1\eta_1$  *śodhaṇi*  $\gamma_1$  *śodhini*  $\gamma_2$  **ca** cett.] *va*  $\delta_3\eta_1\eta_2$  *yā*  $\gamma_1$  **35d** *maulir iyaṃ* *ca*  $\alpha_1\beta_2\Gamma\chi$ ] *maulir iyaṃ* *hi*  $\Delta\epsilon_3$  *mūlam iyaṃ* *hi*  $\epsilon_1\eta_1$  *sau* *jayatiha*  $\eta_2$  *jayatīha*  $\beta_\omega$  **nauli**  $\beta_2\beta_\omega\gamma_1\Delta\eta_1\eta_2$ ] *nauliḥ*  $\gamma_2\epsilon_1\chi$  *lauli*  $\alpha_1$  *lauliḥ* [*lauḷiḥ*]  $\epsilon_3$

अथ कपालभाती । (om.  $\delta_1$ )

भस्त्रावल्लोहकारस्य रेचपूरौ ससंभ्रमौ ।

कपालभाती विख्याता कफदोषविशोषिणी ॥ (om.  $\epsilon_1$ )

2.36

षट्कर्मभिर्गतस्थौल्यकफमेदोमलादिकः ।

प्राणायामं ततः कुर्यादनायासेन सिध्यति ॥

2.37

प्राणायामैरेव<sup>#</sup> सर्वे प्रशुष्यन्ति मला इति<sup>#</sup> ।

आचार्याणां तु केषांचिदन्यत्कर्म न संमतम् ॥

2.38

ब्रह्मादयोऽपि त्रिदशाः<sup>#</sup> पवनाभ्यासतत्पराः । (ab om.  $\eta_2$ )<sup>3</sup>

अभूवन्नन्तकभयात्<sup>#</sup> तस्मात्पवनमभ्यसेत् ॥ (cd om.  $\Delta\epsilon_3$ )<sup>4</sup>

2.39

यावद्बद्धो मरुदेहे यावच्चित्तं निराश्रयम्<sup>#</sup> ।

यावद्वीक्षा<sup>#</sup> भ्रुवोर्मध्ये तावत्कालभयं कुतः ॥<sup>5</sup>

2.40

**36 atha**  $\alpha_1\beta_2\beta_\omega\Gamma\delta_3\epsilon_1\eta_1\chi$ ] om.  $\delta_1\delta_2\epsilon_3\eta_2$  **kapālabhāti**  $\beta_2\Gamma\delta_3\eta_1$ ] kapālabhāti  $\alpha_1\epsilon_1$  kapālabhauṭi  $\delta_2$  kapālabhātiḥ  $\chi$  kapālabhāthikarma  $\epsilon_3$  kapālabhāthikarma  $\eta_2$  bhāthī  $\beta_\omega$  om.  $\delta_1$  **36a bhastrā-val**  $\alpha_1\gamma_2\epsilon_2\epsilon_3\chi$ ] bhastrāhaval  $\gamma_1$  bhastrāva  $\beta_\omega$  bhastreva  $\beta_2\Delta$  [bha]strariva  $\eta_1$  lohakārasya  $\eta_2$  lohakārasya cett.] lohakārāṇaṃ  $\Delta$  bhastrivat  $\eta_2$  **36b recapūrau** cett.] recapūro  $\alpha_1$  recapūra  $\eta_1$  recapūraiḥ  $\delta_2$  kuryāt savyā  $\eta_2$  **sasambhramau**  $\beta_2\beta_1\Gamma\delta_1\delta_3\chi$ ] susambhramau  $\alpha_1\alpha_2\beta_\omega\epsilon_2\epsilon_3\eta_1$  susambhramaiḥ  $\delta_2$  pasavyataḥ  $\eta_2$  **36c bhāti**  $\beta_2\beta_\omega\gamma_2\Delta\eta_1$ ] bhāti  $\alpha_1\gamma_1$  bhātir  $\epsilon_2\epsilon_3\chi$  bhāthī  $\eta_2$  vikhyatā cett.] vijñeyā  $\delta_1$  ity eṣā  $\epsilon_2\epsilon_3$  **36d kaphadoṣa**  $\alpha_1\beta_2\Gamma\epsilon_2\epsilon_3\eta_1\chi$ ] kaphaṣoṣa  $\Delta$  kaphā-maya  $\beta_\omega\eta_2$  **viśoṣiṇī**  $\alpha_1\epsilon_2\eta_1$ ] viśoṣaṇī  $\beta_\omega\Gamma\epsilon_3\eta_2\chi$  viśodhini  $\beta_2$  visarpiṇī  $\Delta$  **37a bhir gata**  $\alpha_1\beta_2\beta_\omega\Gamma\epsilon_1\eta_2$ ] bhir gataṃ  $\gamma_2$  nirgata  $\Delta\epsilon_3\eta_1\chi$  **sthaulya** cett.] sthaulyaṃ  $\eta_1\eta_2$  sthaulyaḥ  $\gamma_2$  **37b medo** cett.] bhedo  $\delta_3\eta_1$  doṣa  $\chi$  **malādikāḥ**  $\alpha_1\beta_2\beta_\omega\epsilon_1\epsilon_3\chi$ ] malādikāḥ  $\delta_2$  malādhikāḥ  $\delta_1$  calādhikāḥ  $\delta_3$  balādhikāḥ  $\eta_2$  malādhike  $\eta_1$  malodgitaḥ  $\gamma_1$  malojitaḥ  $\gamma_2$  **37d sidhyati** cett.] śudhyati  $\alpha_1\beta_\omega\delta_1$  **38a prāṇāyāmair eva**  $\alpha_1\beta_2\beta_\omega\Gamma\Delta\chi$ ] prāṇāyāmaiḥ sukhāt  $\eta_2$  prāṇāyāmena vai  $\epsilon_1\epsilon_3\eta_1$  sarve cett.] sarvaiḥ  $\delta_2\delta_3$  **38b praśuṣyanti** cett.] praśukhyanti  $\delta_1$  praśuddhyati  $\eta_2$  **malā iti**  $\alpha_1\beta_2\Gamma\delta_2\delta_3\chi$ ] malā api  $\delta_1\epsilon_1\epsilon_3$  malāṇnapi  $\eta_1$  malāśayā  $\beta_\omega$  malāśayaḥ  $\eta_2$  **38c tu** cett.] ca  $\epsilon_3$  **38d anyat karma** cett.] anyakarma  $\alpha_1\gamma_1\delta_2\delta_3$  **39c abhūvann antaka**  $\alpha_1\beta_2\beta_\omega\gamma_2\epsilon_1\chi$ ] abhavan taṃtaka  $\gamma_1$  samanaskāntako  $\eta_2$  samanaskāntaka  $\eta_1$  **bhayāt**  $\alpha_1\beta_2\beta_\omega\Gamma\epsilon_1\chi$ ] bhayānt  $\eta_1$  bhavyas  $\eta_2$  **39d pavanam**  $\alpha_1\beta_2\beta_\omega\Gamma\epsilon_1\eta_2\chi$ ] prāṇavam  $\eta_1$  **40b yāvac cittam** cett.] tāvac cittam  $\delta_2\delta_3\epsilon_3\eta_1$  **nirāśrayam** cett.] nirāmayam  $\Delta$  nirākulaṃ  $\chi$  **40c yāvad/yāvat** cett.] jāvat  $\eta_2$  yāt  $\epsilon_1$  yā  $\delta_1$  **vikṣā** (cf. VM v.l.) em.] vikṣed  $\alpha_1\alpha_2$  dikṣe  $\gamma_2$  ikṣet  $\beta_2$  icched  $\gamma_1$  drṣtir  $\Delta\chi$  paśyed  $\beta_\omega\epsilon_1\epsilon_3\eta_1\eta_2$  **madhye** cett.] madhyaṃ  $\alpha_1\gamma_2\eta_2$  **40d kāla** cett.] kālām  $\eta_1$  mṛtyu  $\delta_3$

<sup>3</sup>  $\eta_2$  has instead: षट्कर्मयोगमामोति पवनाभ्यासतत्परः.

<sup>4</sup>  $\Delta\epsilon_3$  have instead: तेन सिद्धिं गतास्ते च (तु  $\delta_3$ ) तस्मात्पवनमभ्यसेत्.

<sup>5</sup>  $\epsilon_3$  adds here: बह्वामयोऽपि नामोति पवनाभ्यासतत्परः । समनस्कोन्तकभयं तस्मात्पवनमभ्यसेत् ॥ Cf. 2.39.



- विधिवत्प्राणसंयामैर्नाडीचक्रे विशोधिते ।  
 सुषुम्णावदनं भित्त्वा सुखाद्विशति मारुतः ॥ 2.41
- मारुते मध्यसंचारे मनःस्थैर्यं प्रजायते ।  
 यो मनःसुस्थिरीभावः सैवावस्था मनोन्मनी ॥ 2.42
- तत्सिद्धये विधानज्ञश्चित्रान्कुर्वीत कुम्भकान् ।  
 विचित्रकुम्भकाभ्यासाद्विचित्रां सिद्धिमाप्नुयात् ॥ 2.43

अथ कुम्भकभेदाः । (X)

- सूर्यभेदनमुज्जायी तथा शीत्का च शीतली ।  
 भस्त्रिका भ्रामरी मूर्छा #प्लावनीत्यष्ट कुम्भकाः ॥ 2.44
- पूरकान्ते तु कर्तव्यो बन्धो जालन्धराभिधः ।  
 कुम्भकान्ते रेचकादौ कर्तव्यस्तूडियानकः ॥ 2.45
- अधस्तात्कुञ्चनेनाशु कण्ठसंकोचने कृते ।  
 मध्ये पश्चिमतानेन स्यात्प्राणो ब्रह्मनाडिगः ॥# [= 3.72] (om. Δ) 2.46

**41a** samyāmair cett.] samyamyē ṛ₂ samyame β\_ω **41b** nāḍī cett.] nāḍī α₁β\_ω nārī β₂ cakre cett.] cakro ṛ₂ cakram ε₁ krīva ṛ₁ **41d** sukhād cett.] mukhād Δṛ₁ **42a** mārute cett.] māruto β₂δ₁ maruto δ₂ **42c** susthiribhāvaḥ cett.] susthitā bhāvaḥ ṛ₁ sthiribhāva β₂ **42d** saivā cett.] saisā β₂Δ Ṛ₂dittogr. **43a** tatsiddhaye cett.] tatsiddhayo ε₁ tatsādhana β₂ **vidhānājñās** α₁] vidhānājñās Γε₁ε₃χ vidhānājñā β\_ωṛ₁ vidhānājñō δ₂δ₃ṛ₂ vidhijñās tu β₂ om. (up to śītkāra in the next verse) δ₁ **43b** citrān cett.] viśan δ₂ viśat δ₃ om. δ₁ **kurvīta** δ₂δ₃] kurvati ṛ₁ṛ₂ḥ kurvanti cett. avita α₁ om. δ₁ **43c** vicitrakumbhakābhyāsād cett.] kumbhakābhyāsāvvicitrām ṛ₁ om. Δ **43d** vicitrām siddhim āpnuyāt cett.] vicitrāṇim āpnuyāt ṛ₁ yogisiddhim avāpnuyāt ṛ₁ om. Δ **44b** tathā śītkā ca śītalī α₁α₃] tathā śītkāraśītalī cett. śītkārī śītalī tathā χ **44c** bhastrikā cett.] bhastrī ca δ₁ **bhrāmari** β\_ωṛ₁δ₂δ₃ε₃ṛ₁χ] bhrāmari α₁β₂ṛ₂δ₁ε₁ṛ₂ **44d** plāvanī ṛ₂ε₁ε₃] plāvinī χ prāvati ṛ₁ pratvani β₂ kevalas α₁β\_ωṛ₂ kevalī ṛ₁ sahitās Δ **\*ty aṣṭa** β₂Γε₁ε₃χ] caṣṭa α₁β\_ωΔṛ₁ṛ₂ **kumbhakāḥ** cett.] kumbhakāḥ ṛ₁ kumbhakā β\_ω kumbhakān ṛ₁ **45b** bhidhaḥ cett.] vidhaḥ δ₁δ₂ **45c** recakāḍau cett.] cakāḍau ṛ₁ **45d** kartavyas cett.] kartavyaṃ ṛ₂ **tū°** cett.] tu α₁β₂β\_ω ta ṛ₁ **\*ḍḍiyanakāḥ** ṛ₂δ₁δ₃ṛ₂χ] ḍḍiyanakāḥ β\_ωε₁ṛ₁ ḍiyanakāḥ β₂δ₂ε₃ ḍiyanakāḥ α₁ hiyanakāḥ ṛ₁ **46a** adhastāt β₂ṛ₁ṛ₂χ] adhastā α₁β\_ω adhasta ṛ₁ adhasthāt ṛ₂ε₁ adhastvāt ε₃ **kuñcanenāśu** cett.] kuñcanenāśuṃ β₂ kuñjakenāśu ε₁ **46c** madhye α₁β₂ṛ₂ε₁ε₃ṛ₁χ] madhya β\_ωṛ₁ṛ₂ **tānena** cett.] tānena α₁β\_ωṛ₁ tāna ε₁ **46d** syāt cett.] sthāt ε₁ **brahma** cett.] madhya β\_ω **nāḍigaḥ** cett.] nāḍigataḥ ε₁ nāḍikām β₂ nābhirāt ṛ₁

अपानमूर्ध्वमुत्थाप्य\* प्राणं कण्ठादधो नयेत् ।  
योगी जराविमुक्तः सन् षोडशो वयसा<sup>6</sup> भवेत् ॥

2.47

अथ सूर्यभेदनम् । (om.  $\delta_1\delta_3\chi$ )

आसने सुखदे योगी बद्धा वज्रासनं ततः ।  
दक्षनाड्या समाकृष्य बहिःस्थं पवनं शनैः ॥

2.48

आ केशाग्रान्नखाग्रान्च निरोधावधि कुम्भयेत्\* ।  
ततः शनैः सव्यनाड्या रेचयेत्पवनं सुधीः ॥

2.49

कपालशोधनं वातदोषघ्नं कृमिदोषहम् ।  
पुनः पुनरिदं कार्यं सूर्यभेदमुदाहृतं ॥

2.50

अथोज्जायी ।

मुखं संयम्य नाडीभ्यामाकृष्य पवनं शनैः ।  
यथा लगति कण्ठात्तु हृदयावधि सस्वनम् ॥

2.51

**47a** *utthāpya* cett.] āsthāpya  $\delta_1\eta_1$  **47b** *nayet* cett.] nayat  $\gamma_1$  nayan  $\alpha_1\epsilon_1$  jayet  $\epsilon_3$   
**47c** *vimuktaḥ san*  $\alpha_1\beta_2\beta_\omega\gamma_2\delta_1\delta_2\chi$ ] viyuktaḥ san  $\gamma_1$  vimuktaḥ sa  $\epsilon_1$  vimuktaḥ saḥ  $\epsilon_3$  vimuk-  
taḥ syāt  $\delta_3$  vimuktaḥ ca  $\eta_2$  bhimuktaḥ ca  $\eta_1$  **47d** *ṣoḍaśo vayasā* cett.] ṣoḍaśābdavayā  $\delta_2\delta_3$   
ṣoḍaśābdavayo  $\eta_2$  ṣoḍaśābdavayā  $\chi$  **48** *atha*  $\beta_\omega\eta_1\eta_2$ ] tatra  $\alpha_1\beta_2\Gamma$  atha tatra  $\epsilon_3$  om.  $\delta_1\delta_3\epsilon_1\chi$   
**sūryabhedanam** cett.] sūryabhedanī  $\gamma_1$  om.  $\delta_1\delta_3\chi$  **48a** *āsane sukhade yogī* cett.] āsane  
sukhado yogī  $\beta_\omega$  athāsane sukhād eva  $\eta_2$  **48b** *baddhvā* cett.] baddhā  $\beta_\omega\eta_2$  **vajrāsanam**  
cett.] viśanam  $\epsilon_1$  mudrāsamaṁ  $\beta_\omega\eta_2$  caivāsanaṁ  $\chi$  **tataḥ** cett.] sudhī  $\epsilon_1$  **48c** *nāḍyā*  
cett.] nāḍyāḥ  $\gamma_1$  nāḍyām  $\epsilon_1\epsilon_3$  **49a** *ā keśāgrān*  $\beta_\omega\eta_2$ ] ā keśāgrā  $\alpha_1$  ā keśāgraṁ  $\delta_1\delta_3\eta_1$  ā  
keśāgra  $\epsilon_1$  ā keśāc ca  $\epsilon_3$  ā keśād ā  $\beta_2\Gamma\chi$  **nakhāgrāc**  $\beta_2\Gamma\epsilon_3\eta_2\chi$ ] nakhāgraṁ ca  $\beta_\omega\delta_1\delta_3\epsilon_1$   
nakhāgrāś ca  $\alpha_1$  nakhā...  $\eta_1$  **49b** *nirodhāvadhi*  $\alpha_1\beta_2\beta_\omega\gamma_1\epsilon_3\eta_2\chi$ ] nirodhāvidhi  $\gamma_2$  nirovadhi  
 $\epsilon_1$  niruddh[o]vadhi  $\eta_1$  śirodhyavadhi  $\delta_1\delta_3$  **kumbhayet** cett.] kuṁbhayan  $\alpha_1$  kumbhakān  
 $\delta_1$  kumbhakam  $\delta_3$  **49c** *tataḥ* cett.] om.  $\gamma_1$  **nāḍyā** cett.] nāḍyā ca  $\eta_2$  **49d** *sudhīḥ*  
 $\beta_2\Gamma\epsilon_1\epsilon_3\eta_1$ ] sudhī  $\alpha_1$  śuddhī  $\beta_\omega$  śanaiḥ  $\eta_2\chi$  punaḥ  $\delta_1\delta_3$  **50a** *śodhanam* cett.] śodha  $\delta_1$   
**50b** *doṣaghaṇam* cett.] doghnaṁ  $\beta_\omega$  śoṣaghaṇam  $\epsilon_1$  **doṣaham**  $\beta_1\beta_\omega\epsilon_1\epsilon_3$ ] doṣajam  $\alpha_1\alpha_2$  doṣahr̥t  
 $\beta_2\Gamma\delta_1\delta_3\chi$  toharam  $\eta_1$  nāśanam  $\eta_2$  **50c** *kāryam*  $\alpha_1\beta_2\epsilon_1\epsilon_3\eta_1\chi$ ] kārya  $\beta_\omega$  kuryāt  $\Gamma\delta_1\delta_3$  sūrya  $\eta_2$   
**50d** *sūryabhedam udāhṛtam*  $\alpha_1\beta_2\beta_\omega\epsilon_3\eta_1$ ] sūryabhedanam udāhṛtam *unm.*  $\epsilon_1$  sūryabhedanam ut-  
tamaṁ  $\Gamma\delta_1\delta_3\chi$  bhedanam samudāhṛtam  $\eta_2$  **51** *athojjāyī*  $\alpha_1\beta_2\epsilon_3\eta_1\chi$ ] atha ujāyī  $\beta_\omega\epsilon_1\eta_2$  ujāyī  
 $\Gamma\delta_3$  ujāḍī  $\delta_1$  **51a** *saṁyamya* cett.] saṁnamya  $\eta_1$  **nāḍibhyām**  $\alpha_1\beta_2\Gamma\delta_3\epsilon_3\chi$ ] nāsābhyām  
 $\beta_\omega\delta_1\epsilon_1\eta_1\eta_2$  **51b** *śanaiḥ* cett.] tataḥ  $\delta_1$  punaḥ  $\delta_3$  **51c** *yathā* cett.] yadā  $\eta_1\eta_2$  **lagati**  
cett.] lagatu  $\beta_2$  galati  $\epsilon_3$  ragati  $\gamma_1$  **kaṇṭhāt tu**  $\alpha_1\beta_2\delta_3\epsilon_1\epsilon_3\eta_2\chi$ ] kaṇṭhe tu  $\Gamma$  kaṇṭhāntar  $\delta_1$   
kaṇṭhāntam  $\beta_\omega$  hr̥tkaṇṭhe  $\eta_1$  **51d** *hṛdayāvadhi* cett.] hr̥tpadmāvadhi  $\beta_2\eta_2$  **sasvanam** cett.]  
sausanam  $\eta_1$  śodhanam  $\eta_2$  niḥsvanam  $\beta_2$

<sup>6</sup> Three folios are missing in  $\delta_2$  after व (up to 3.1c).

पूर्ववत्कुम्भयेत्प्राणं रेचयेदिडया ततः ।  
 श्लेष्मदोषहरं कण्ठे देहानलविवर्धनम् ॥ 2.52

नाडीजालोदरे# धातुगतदोषविनाशनम् ।  
 गच्छतस्तिष्ठतः कार्यं उज्जाय्याख्यं तु कुम्भकम् ॥ 2.53

अथ सीत्का# । (om.  $\delta_1$ )

शीत्कां दद्यात्सदा वक्त्रे घ्राणे चैव विजृम्भिकाम् ।#  
 एवमभ्यासयोगेन कामदेवो द्वितीयकः ॥ 2.54

योगिनीचक्रसामान्यः# सृष्टिसंहारकारकः ।  
 न क्षुधा न तृषा निद्रा नैवालस्यं प्रजायते ॥ 2.55

भवेत्स्वच्छन्ददेहश्च सर्वोपद्रववर्जितः ।  
 अनेन विधिना सत्यं योगीन्द्रो भूमिमण्डले ॥ 2.56

**52a** pūrvavat cett.] pūrve ca  $\gamma_1$  pūrvatu  $\beta_2$  kumbhayet cett.] kumbhayan  $\delta_1\delta_3$  prāṇam  $\alpha_1\beta_2\beta_\omega\Gamma\delta_1\chi$ ] prāṇāt  $\eta_1$  prāṇān  $\delta_3\epsilon_1\epsilon_3\eta_2$  **52b** recayed idāyā cett.] recayediyā  $\delta_1$  tataḥ cett.] trātāt  $\gamma_2$  tathā  $\chi$  **52c** śleṣma cett.] śleṣmā  $\eta_2$  śreṣmā  $\gamma_1$  śleṣā  $\beta_2$  kaṇṭhe cett.] kaṇṭha  $\delta_1$  dehād  $\eta_1$  dehām  $\epsilon_1$  dehā  $\eta_2$  **52d** dehānalavivardhanam cett.] dehānale vivardhanam  $\alpha_1$  dāvānalavivardhanam  $\beta_\omega$  analadīptivardhanam  $\eta_1$  analam dipavardhanam  $\epsilon_1$  \*naladīptivivardhanam  $\eta_2$  **53a** jālodare em.] jalodare  $\beta_\omega\eta_2$  jalodaro  $\alpha_1$  jalodarā  $\beta_1\epsilon_1\eta_1\chi$  jalodarī  $\gamma_2$  jalodara  $\beta_2$  jalodaram  $\gamma_1\delta_1\delta_3\epsilon_3$  dhātu cett.] gātra  $\delta_3$  **53b** gatadoṣa  $\alpha_1\beta_2\beta_\omega\gamma_2\chi$ ] gatadoṣā  $\gamma_1$  gata-doṣam  $\eta_2$  gataroga  $\epsilon_1\eta_1$  śataroga  $\epsilon_3$  śatadoṣa  $\delta_1\delta_3$  **53c** gacchataḥ tiṣṭhataḥ  $\alpha_1\beta_2\beta_\omega\delta_1\delta_3\epsilon_1\eta_1$ ] gacchatā tiṣṭhatā  $\Gamma\epsilon_3\eta_2\chi$  kāryam cett.] kāryām  $\alpha_1$  kāya  $\epsilon_1$  **53d** ujjāy(y)ākhyam tu cett.] ujjāyāhṛavya  $\gamma_1$  kuru vikhyāta  $\beta_\omega\eta_2$  kumbhakam cett.] kumbhakaḥ  $\beta_\omega$  **54** atha cett.] om.  $\Gamma\delta_1$  **sitkā**  $\alpha_1\epsilon_1$ ] sitakā  $\eta_1$  śitkārah  $\gamma_1$  sitkārah  $\alpha_3$  śitkāra  $\beta_\omega\gamma_2$  śitkāram  $\beta_2$  sitkāra  $\delta_3$  sitkāri  $\alpha_2\epsilon_3\chi$  śitakarākarma  $\eta_2$  om.  $\delta_1$  **54a** śit-/sitkāṁ  $\alpha_1\beta_2\gamma_2\delta_3\epsilon_3\chi$ ] satkāṁ  $\epsilon_1$  sitkīm  $\delta_1$  dhitkāṁ(?)  $\gamma_1$  kumbham  $\beta_\omega\eta_2$  om.  $\eta_1$  **dadyāt**  $\alpha_1\beta_1\epsilon_1\epsilon_3\eta_1$ ] kuryāt  $\beta_2\beta_\omega\Gamma\delta_1\delta_3\eta_2\chi$  **sadā**  $\alpha_1\beta_\omega\epsilon_1\epsilon_3\eta_1\eta_2$ ] tathā  $\beta_2\Gamma\delta_1\delta_3\chi$  **vaktre** cett.] vaktrāt  $\eta_2$  dakre  $\gamma_1$  **54b** ghrāṇe caiva  $\alpha_1\beta_2\beta_\omega\eta_1$ ] ghrāṇe cātha  $\epsilon_1\epsilon_3$  ghrāṇenaiva  $\gamma_2\delta_1\delta_3\eta_2\chi$  prāṇenaiva  $\gamma_1$  **vijrmbhikām**  $\alpha_1\beta_2\epsilon_3\eta_1\chi$ ] vijrmbhikā  $\delta_1$  vijrmbhikām  $\gamma_1$  vijambhikām  $\gamma_2$  vijambhikām  $\epsilon_1$  vijrmbhitaṁ  $\beta_\omega\eta_2$  visarjayet  $\delta_3$  **54c** evam abhyāsa cett.] evam abhyāsaṁ  $\eta_1$  **yogena** cett.] **55a** cakrasāmānyaḥ  $\alpha_1\beta_1$ ] cakrasāmānya  $\beta_\omega\epsilon_1$  cakrasaṁmānyaḥ  $\chi$  cakram āsādyā  $\eta_1\eta_2$  cakrasevyas tu  $\beta_2\Gamma\delta_1\delta_3\epsilon_3$  **55d** prajāyate  $\alpha_1\beta_2\beta_\omega\Gamma\delta_1\delta_3\eta_1\chi$ ] tu jāyate  $\epsilon_1\epsilon_3$  tu jāyete  $\eta_2$  **56a** svacchanda cett.] sattvam ca  $\chi$  **dehaś** ca  $\alpha_1\alpha_2\beta_2\beta_\omega\epsilon_1\epsilon_3\eta_2$ ] dehas tu  $\Gamma\delta_1\delta_3$  dehasya  $\alpha_3\chi$  deham ca  $\eta_1$  **56b** varjitah cett.] vivarjitah  $\beta_\omega$  **56c** satyam  $\alpha_1\beta_2\beta_\omega\eta_1\eta_2\chi$ ] nityam  $\beta_1\epsilon_1\epsilon_3$  yas tu  $\Gamma\delta_1\delta_3$  **56d** yogindro cett.] yogiṁdro  $\beta_\omega$  yogemdro  $\epsilon_1$  **bhūmi**  $\alpha_1\alpha_2\gamma_2\delta_1\delta_3\epsilon_1\epsilon_3\chi$ ] bhuvī  $\alpha_3\beta_1\beta_2\beta_\omega\eta_1\eta_2$  muni  $\gamma_1$

एवमेव उक्तं च । ( $\alpha_1\beta_\omega\epsilon_1\epsilon_3\eta_1\eta_2$ )

रसनातालुमूलेन<sup>#</sup> यः प्राणं सततं पिबेत् ।

अब्दार्धेन भवेत्तस्य सर्वरोगपरिक्षयः ॥ (om.  $\chi$ )

2.57

अथ शीतली । (om.  $\delta_1$ )

जिह्वया वायुमाकृष्य पूर्ववत्कुम्भकादनु<sup>#</sup> ।

शनैस्तु घ्राणरन्ध्राभ्यां रेचयेदनिलं सुधीः ॥

2.58

गुल्मक्रीहादिकान्दोषान् ज्वरं पित्तं क्षुधां तृषां ।

विषाणि शीतली नाम कुम्भकोऽयं निहन्ति च ॥

2.59

अथ भस्त्रिका । (om.  $\delta_1$ )

ऊर्वोरुपरि चेद्धत्ते उभे पादतले तथा ।

पद्मासनं भवेत्सम्यक् सर्वपापप्रणाशनम् ॥

2.60

**57** *evam eva uktaṃ ca*  $\alpha_1\alpha_3\eta_1$ ] *evam eva uktaṃ*  $\epsilon_1$  *uktaṃ ca*  $\eta_2$  *uktaṃ*  $\beta_\omega$  *gorakṣeṇaivam* *evoktaṃ*  $\epsilon_3$  **57a** *mūlena* cett.] *yogena*  $\beta_2\Gamma$  **57b** *prāṇaṃ* cett.] *prāṇa*  $\beta_\omega\eta_2$  *prāṇāḥ*  $\gamma_1$  **57d** *sarvarogaparikṣayaḥ* cett.] *parikṣayaḥ*  $\eta_1$  *sarvāṃgasusthirakriyaṃ*  $\eta_2$  **58** *atha* cett.] *tathā*  $\eta_2$  *om.*  $\Gamma\delta_1$  **śītalī** cett.] *om.*  $\delta_1$  **58a** *jihvayā* cett.] *jihvāyā*  $\delta_3$  *jihvā*  $\eta_1$  **ākṛṣya** cett.] *āpūrya*  $\delta_3$  **58b** *pūrvavat* cett.] *pūrvam*  $\text{ca}$   $\eta_2$  **kumbhakād anu**  $\beta_2\gamma_2\delta_1\delta_3\epsilon_1\epsilon_3$ ] *kumbhanād anu*  $\alpha_1\alpha_2\beta_1$  *kumbhakādane*  $\gamma_1$  *kumbhasāadhanam*  $\beta_\omega\eta_1\eta_2$  **58c** *śanaḥ tu* cett.] *śanaḥ*  $\text{su}$   $\epsilon_3$  *śanakair*  $\chi$  **ghrāṇa** cett.] *prāṇa*  $\delta_3\eta_2$  **58d** *anilaṃ* cett.] *pavanaṃ*  $\chi$  **sudhiḥ**  $\alpha_1\beta_2\beta_\omega\Gamma\delta_1\delta_3\chi$ ] *śanaḥ*  $\epsilon_1\eta_1\eta_2$  *tataḥ*  $\epsilon_3$  **59a** *plihādikān*  $\alpha_1\beta_2\beta_\omega\chi$ ] *plihodaraṃ*  $\Gamma\delta_1\delta_3$  *plihodarān*  $\epsilon_1\epsilon_3$  *śleṣmādayo*  $\eta_2$  *śleṣmādikā*  $\eta_1$  **doṣān**  $\alpha_1\beta_2\beta_\omega\epsilon_3$ ] *doṣā*  $\eta_1\eta_2$  *rogān*  $\epsilon_1\chi$  *cāpi*  $\Gamma\delta_3$  *vāpi*  $\delta_1$  **59b** *jvaraṃ*  $\beta_2\gamma_2\delta_1\delta_3\epsilon_1\chi$ ] *jvalaṃ*  $\alpha_1\gamma_1$  *jvara*  $\beta_\omega\epsilon_3\eta_2$  *jvarā*  $\eta_1$  **pittaṃ**  $\alpha_1\beta_2\Gamma\epsilon_1\epsilon_3\chi$ ] *pitta*  $\beta_\omega\eta_1\eta_2$  *cāpi*  $\delta_1\delta_3$  **kṣudhāṃ**  $\beta_2\delta_1\delta_3\chi$ ] *kṣudhā*  $\alpha_1\beta_\omega\Gamma\eta_1\eta_2$  *kṣayaṃ*  $\epsilon_1$  *kṣaya*  $\epsilon_3$  **trṣāṃ** cett.] *trṣā*  $\beta_\omega\eta_1\eta_2$  **59c** *viśānī*  $\alpha_1\beta_1\Gamma\epsilon_1\epsilon_3\chi$ ] *etāni*  $\beta_\omega\delta_1\eta_1\eta_2$  *nāśīni*  $\beta_2$  *vidhivac*  $\delta_1\delta_3$  **59d** *kumbhako'yaṃ* cett.] *kumbhakoyā*  $\delta_3$  *kumbhakeyā*  $\delta_1$  *kumbhikeyaṃ*  $\chi$  *kumbhako*  $\alpha_1$  **nihanti** cett.] *niranti*  $\delta_3$  *niranta'*  $\delta_1$  **ca**  $\alpha_1\beta_2\beta_\omega\Gamma\delta_3\eta_2$ ] *hi*  $\epsilon_1\epsilon_3\eta_1\chi$  *ram*  $\delta_1$  **60** *atha* cett.] *om.*  $\Gamma\delta_1$  **bhastrikā** cett.] *bhastrikā*  $\gamma_1\delta_3$  *bhasrikā*  $\gamma_2$  *om.*  $\delta_1$  **60a** *ced dhatte*  $\alpha_1\epsilon_1$ ] *vai dhatte*  $\beta_\omega\eta_2$  *saṃdhatte*  $\eta_1$  *saṃsthāpya*  $\beta_2\Gamma\delta_1\delta_3\epsilon_3\chi$  **60b** *ubhe* cett.] *śubhe*  $\chi$  **tathā** cett.] *yadā*  $\alpha_1$  *sadā*  $\beta_\omega$  *ubhe*  $\chi$  **60c** *samyak* cett.] *tasya*  $\delta_3$  *etat*  $\beta_2\chi$

<sup>7</sup>  $\epsilon_3\eta_2$  add here: रसनातालुयोगेन ( $\epsilon_3$ ; सत्यामूलेन रन्ध्रेण  $\eta_2$ ) यः प्राणं सततं पिबेत् । स भवेत्सर्वसिद्धिनां भाजनं नात्र संशयः ॥

- सम्यक्पद्मासनं बद्धा समग्रीवोदरः सुधीः ।  
मुखं संयम्य यत्नेन प्राणं घ्राणेन रेचयेत् ॥<sup>8</sup> 2.61
- यथा लगति हृत्कण्ठे कपाले सस्वनं ततः<sup>#</sup> ।  
वेगेन पूरयेत्किञ्चित् हृत्पद्मावधि मारुतम् ॥ 2.62
- पुनर्विरेचयेत्तद्वत्पूरयेच्च पुनः पुनः ।  
यथैव लोहकाराणां भस्त्रा वेगेन चाल्यते ॥ 2.63
- तथैव स्वशरीरस्थं चालयेत्पवनं सुधीः ।  
यदा श्रमो भवेद्देहे तदा सूर्येण पूरयेत् ॥ 2.64
- यथोदरं भवेत्पूर्णं पवनेन तथा लघु ।  
धारयेच्चासिकां मध्यातर्जनीभ्यां<sup>#</sup> विना दृढम् ॥ 2.65
- कुम्भकं पूर्ववत्कृत्वा रेचयेदिडयानिलम् ।  
वातपित्तश्लेष्महरं शरीराग्निविवर्धनम् ॥ 2.66

**61b sama** cett.] same  $\eta_1$  °odarah **sudhiḥ** cett.] °odaraṃ sudhī  $\alpha_1$  °odara śudhī  $\beta_\omega$   
**61c mukhaṃ** cett.] sukhāṃ  $\gamma_1$  saṃyamya cett.] saṃjamiya  $\delta_1$  **61d prāṇaṃ** cett.]  
ghrāṇaṃ  $\delta_1$  **62a yathā** cett.] yadā  $\beta_\omega \delta_1 \eta_1 \eta_2$  **lagati** cett.] galati  $\epsilon_3$  **hṛtkaṇṭhe** cett.]  
hṛkaṇṭhaṃ  $\gamma_1$  hṛtkaṇṭha  $\alpha_1 \alpha_2 \beta_1 \beta_2 \epsilon_1$  **62b kapāle**  $\alpha_1 \epsilon_1 \eta_1$ ] kapāla  $\gamma_1 \eta_2$  kapālā°  $\beta_2 \gamma_2 \delta_1 \delta_3 \epsilon_3 \chi$   
kapole  $\beta_\omega$  **sasvanaṃ tataḥ** (cf. GŚ)  $\beta_1 \epsilon_1$ ] saśvanaṃ tataḥ  $\alpha_2$  śvasanaṃ tataḥ  $\alpha_1$  svāsanaṃ  
tataḥ  $\beta_\omega$  ca samantataḥ  $\eta_1$  syarśanaṃ tataḥ  $\eta_2$  °vadhi sasvanaṃ  $\Gamma \chi$  °vadhi niḥsvanaṃ  $\beta_2$  °vadhi  
pūrayet  $\delta_1 \delta_3 \epsilon_3$  **62c kiṃcit** cett.] samyak  $\Gamma \delta_1 \delta_3$  cāpi  $\chi$  **62d hṛt** cett.] syāt  $\delta_1$  **māru-**  
**tam** cett.] mārutaḥ  $\beta_\omega$  kevalaṃ  $\epsilon_3$  **63a virecayet** cett.] virecanaṃ  $\beta_\omega$  **63b pūrayec ca**  
 $\alpha_1 \beta_2 \beta_\omega \eta_2 \chi$ ] pūrayed vā  $\epsilon_1 \epsilon_3 \eta_1$  pūrayitvā  $\Gamma \delta_3$  pūraitvā  $\delta_1$  **punaḥ punaḥ** cett.] punas tataḥ  $\delta_3$   
**63c kāraṇāṃ** cett.] kāreṇa  $\eta_1 \chi$  **64a sthaṃ** cett.] sthaś  $\delta_1$  **64b cālayet**  $\alpha_1 \beta_2 \beta_\omega \epsilon_1 \epsilon_3 \eta_1 \chi$ ] cāyēt  
 $\eta_2$  cālyate  $\Gamma \delta_1 \delta_3$  **sudhiḥ** em. (cf. GŚ)] dhiyā cett. śanaīḥ  $\eta_2$  sthali  $\beta_\omega$  **64c yadā**  
cett.] yathā  $\delta_1 \delta_3$  tathā  $\epsilon_1$  **śramo** cett.] kramo  $\epsilon_1$  **64d tadā** cett.] tathā  $\delta_1 \delta_3 \eta_1$  **pūrayet**  
cett.] recayet  $\epsilon_3$  **65a yathodaraṃ**  $\alpha_1 \beta_2 \Gamma \delta_1 \delta_3 \chi$ ] athodaraṃ  $\beta_\omega \epsilon_1 \epsilon_3 \eta_1 \eta_2$  **bhavet** cett.] lab-  
het  $\alpha_1$  yadā  $\epsilon_1 \epsilon_3$  **65b pavanena** cett.] anilena  $\chi$  **tathā** cett.] tadā  $\epsilon_1$  yathā  $\eta_1$  **laghu**  
cett.] laghuḥ  $\beta_\omega \eta_2$  **65c dhārayen** cett.] dhāvayen  $\epsilon_1$  dhārayan  $\gamma_1 \eta_1$  **nāsikāṃ**  $\beta_\omega \chi$ ] nāmikāṃ  
 $\gamma_2$  nāsikā cett. **madhyā**  $\gamma_2 \epsilon_3 \chi$ ] mādhyāt  $\delta_1 \delta_3$  madhyāṃ  $\epsilon_1$  madhyaṃ  $\alpha_1$  madhye  
 $\beta_2 \beta_\omega \gamma_1 \eta_1 \eta_2$  **65d tarjanibhyāṃ** cett.] tarjanabhyāṃ  $\gamma_1$  aṅgulibhyāṃ  $\eta_1 \eta_2$  **vinā** cett.] tathā  
 $\eta_2$  **66a kumbhakaṃ pūrvavat** cett.] kumbhakaṃ pūrakam  $\alpha_1 \eta_1 \eta_2$  vidhivat kumbhakaṃ  $\chi$   
**66b idayānilam**  $\alpha_1 \beta_2 \gamma_2 \epsilon_3 \eta_2 \chi$ ] idayānikam  $\gamma_1$  ekayānilam  $\epsilon_1 \eta_1$  idayānalam  $\beta_\omega$  idayā tataḥ  $\delta_1 \delta_3$   
**66d vivardhanam** cett.] pravardhanam  $\eta_1$  vivajitam  $\delta_1$

<sup>8</sup>  $\eta_2$  adds here: अथैव स्वशरीरस्थं चालयेत्पवनं स्थली (cf. 2.64ab with the reading of  $\beta_\omega$  स्थली for धिया).

कुण्डलीबोधकं वज्रं<sup>#</sup> पापघ्नं सुखदं शुभम् ।  
ब्रह्मनाडीमुखे संस्थकफाद्यर्गलनाशनम् ॥

2.67

सम्यग्गात्रसमुद्भूतं<sup>#</sup> ग्रन्थित्रयविभेदकम् ॥  
विशेषेणैव कर्तव्यं भस्त्राख्यं कुम्भकं त्विदम् ॥ (cd om.  $\eta_1\eta_2$ )

2.68

अथ भ्रामरी । (om.  $\delta_1$ )

वेगोद्धोषं<sup>#</sup> पूरकं भृङ्गनादं  
भृङ्गीनादं रेचकं मन्दमन्दम् ।  
योगीन्द्राणामेवमभ्यासयोगा-  
चित्ते जाता काचिदानन्दलीला ॥

2.69

अथ मूर्छा । (om.  $\delta_1$ )

पूरकान्ते गाढतरं बद्धा जालन्धरं शनैः ।  
रेचयेन्मूर्छनाख्येयं मनोमूर्छासुखप्रदा ॥ (om.  $\varepsilon_1\varepsilon_2$ )

2.70

**67a bodhakam**  $\alpha_1\varepsilon_1\varepsilon_3\eta_1\chi$ ] bodhakah  $\beta_\omega\eta_2$  bodhanam  $\beta_2\Gamma\delta_1\delta_3$  **vajram** (cf. GŚ) *em.*] cakram  $\alpha_1\alpha_2$  vipra  $\varepsilon_1\eta_1$  sarva  $\varepsilon_3$  kṣipram  $\chi$  kuryāt  $\Gamma\delta_1\delta_3$  karttur  $\beta_2$  kumbho  $\beta_\omega\eta_2$  **67b pāpaghnam**  $\gamma_2\delta_1\delta_3$ ] pāpapuṃ  $\gamma_1$  pavanam  $\chi$  bhāvaghnam  $\alpha_1\varepsilon_1$  bhavaghnam  $\beta_2\eta_1$  doṣaghnam  $\varepsilon_3$  rogaghnam  $\beta_\omega\eta_2$  **sukhadam** cett.] sukhadaḥ  $\beta_\omega\eta_2$  **śubham** cett.] śubhaḥ  $\beta_\omega\eta_2$  hitam  $\chi$  tathā  $\delta_1$  **67c mukhe samstha**  $\beta_\omega\varepsilon_3\eta_1\chi$ ] mukhe samsthaḥ  $\eta_2$  mukhe samstham  $\alpha_1\beta_2\delta_3\varepsilon_1$  sukke samstham  $\delta_1$  mukhamtastha  $\gamma_1$  mukhāmtatstha (< mukhāntahstha)  $\gamma_2$  **67d kaphādyargala** cett.] kaphaugh-  
agala  $\beta_2$  kapātergala  $\eta_1$  **nāśanam** cett.] nāśanaḥ  $\eta_2$  **68a gātra** cett.] gātre  $\delta_1\delta_3$  bhastrā  $\eta_2$  antaḥ  $\beta_2$  **samudbhūta**  $\beta_2\beta_\omega\gamma_1\varepsilon_1\chi$ ] samudbhūtam  $\alpha_1\gamma_2\delta_1\delta_3\varepsilon_3\eta_1$  samudbhūto  $\eta_2$  **68b vib-**  
**hedakam** cett.] vibhedanam  $\beta_2$  vibhedakaḥ  $\eta_2$  **68d tv idam**  $\alpha_1\beta_2\beta_\omega\gamma_2\delta_3\chi$ ] svidam  $\gamma_1$  svayam  $\varepsilon_1\varepsilon_3$  param  $\delta_1$  *om.*  $\eta_1\eta_2$  **69 atha** cett.] *om.*  $\Gamma\delta_1$  **bhrāmari** cett.] bhramarī  $\alpha_1\beta_2\gamma_2\eta_2$  *om.*  $\delta_1$  **69a vegodghoṣam**  $\beta_2\gamma_2$ ] vegodghokham  $\delta_1$  vegoghoṣam  $\alpha_1$  vegodveṣam  $\delta_3\varepsilon_1$  vegādghoṣam  $\eta_2\chi$  vegāghoṣam  $\beta_\omega$  vegair ghoṣam  $\eta_1$  vegāgho  $\gamma_1$  vegākṛṣṭam  $\varepsilon_3$  **pūrakam** cett.] pūrayet  $\eta_2$  **bhṛṅganādam** cett.] mandamandam  $\delta_1$  *om.*  $\gamma_1$  **69b recakam** cett.] recayet  $\eta_2$  **69c yogin-**  
**drāṇam** cett.] yogendṛāṇam  $\alpha_1\varepsilon_1$  **evam abhyāsa** cett.] nityam abhyāsa  $\gamma_2\delta_3$  nityabhyāsa  $\gamma_1$  **yogāc** cett.] yogāś  $\eta_2$  yogā  $\beta_\omega$  **69d jāta** cett.] yātā  $\delta_1$  jāte  $\eta_1$  jāto  $\beta_\omega$  **kācid** cett.] kvacid  $\varepsilon_1$  cid  $\beta_\omega$  **līlā**  $\beta_2\Gamma\delta_1\delta_3\chi$ ] mūrchā  $\alpha_1\alpha_2\beta_1\beta_\omega\varepsilon_1\varepsilon_3\eta_1\eta_2$  **70 mūrchā**  $\alpha_1\beta_2\beta_\omega\Gamma\delta_3\chi$ ] mūrchākumb-  
hakaḥ  $\varepsilon_3$  mūrchanākumbhakam  $\varepsilon_1\eta_1\eta_2$  *om.*  $\delta_1$  **70a gādhatarām**  $\Gamma\delta_1\varepsilon_3\eta_1\chi$ ] ghaṭatarām  $\beta_2$  dr̥ḍhatarām  $\delta_3$  vām̐dhatarām  $\alpha_1$  bahutarām  $\beta_\omega\eta_2$  **70b baddhvā** cett.] baṃdho  $\delta_1\delta_3$  **jāland-**  
**haram** cett.] jālandhare  $\gamma_1$  jālandharaḥ  $\delta_1\delta_3$  **70c khyeyam**  $\alpha_1\beta_2\beta_\omega\Gamma\delta_3\varepsilon_3\chi$ ] khyo'yam  $\delta_1\eta_1$  stho'yam  $\eta_2$  **70d pradā**  $\alpha_1\beta_2\gamma_2\delta_1\delta_3\varepsilon_3\chi$ ] pradāḥ  $\beta_\omega\eta_2$  pradam  $\eta_1$  prajā  $\gamma_1$

अथ प्लावनीकुम्भकः । ( $\beta_2\epsilon_3\chi$ )

अन्तःप्रवर्तितोद्गारमारुतापूरितोदरः ।

पयस्यगाधेऽपि सुखात् प्लवते पद्मपत्रवत् ॥ (om.  $\delta_1\delta_3$ ) 2.71

इति प्लावनीकुम्भकं । ( $\alpha_1\epsilon_1$ )

अथ केवलकुम्भकम् । (om.  $\delta_1\chi$ )

प्राणायामस्त्रिधा प्रोक्तो रेचपूरककुम्भकैः ।

सहितः केवलश्चेति कुम्भको द्विविधो मतः । (om.  $\epsilon_1$ ) 2.72

आरेच्यापूर्य यत्कुर्यात् स वै सहितकुम्भकः ।<sup>#</sup> (ab om.  $\epsilon_1\chi$ )

यावत्केवलसिद्धिः स्यात् तावत्सहितमभ्यसेत् ॥ 2.73

रेचकं पूरकं मुत्त्वा सुखं यद्वायुधारणम् ।

प्राणायामोऽयमित्युक्तः स वै केवलकुम्भकः ॥ 2.74

**71** plāvanikumbhakah  $\epsilon_3$ ] plāvanī  $\beta_2$  plāvinī  $\chi$  **71a antaḥ** cett.] atah  $\gamma_2$  anna  $\epsilon_1$  atha  $\eta_1$  pravartitodgāra  $\alpha_1\beta_2\gamma_2\epsilon_1$ ] pravartitādgāra  $\gamma_1$  pravartitodāra  $\chi$  pravartitodhāra  $\beta_\omega$  pravartitād-hāra  $\epsilon_3\eta_2$  prakṛtitodāra  $\eta_1$  **71b mārutā** cett.] māruti  $\gamma_1$  mārute  $\eta_1$  māruta  $\beta_\omega$  **71c payasy agādhe'pi sukhāt**  $\alpha_1\beta_2\epsilon_1\chi$ ] payasy agādhe ti sukhāt  $\epsilon_3$  payasy agādhe pi sukhām  $\gamma_2$  yadyasyagādhe pi sukhām  $\gamma_1$  payasvī gādha pi kṣāt  $\eta_1$  sāksāt payasy agādhe pi  $\beta_\omega\eta_2$  **71d plavate**  $\alpha_1\beta_2\epsilon_1\epsilon_3\eta_1\chi$ ] plavato  $\beta_\omega\eta_2$  labhate  $\Gamma$  **padma** cett.] yapa  $\gamma_1$  **patravat** cett.] vat sadā  $\epsilon_3$  **72 iti**  $\epsilon_1$ ] om.  $\alpha_1$  **kevalakumbhakam**  $\alpha_1\beta_2\epsilon_1\eta_1$ ] kevalakumbhaka  $\beta_\omega$  kevalakumbhakah  $\eta_2$  kevalaḥ  $\epsilon_3$  sahitaḥ  $\Gamma$  sahitaṁ  $\delta_3$  om.  $\delta_1\chi$  **72a prāṇāyāmas** cett.] prāṇāyāmas  $\gamma_1\eta_1$  prāṇāyāma  $\alpha_1$  **prokto** cett.] proktā  $\alpha_1\gamma_1\eta_1$  **72b reca** cett.] recaka  $\beta_\omega\gamma_2\eta_2$  **pūraka** cett.] kumbhaka  $\delta_1$  **kumbhakaiḥ** cett.] kumbhakāḥ  $\eta_1$  kumbhakau  $\Gamma$  pūrakaiḥ  $\delta_1$  **72c kevalaś ceti** cett.] kevalam ceti  $\eta_1$  kevalastreti  $\gamma_2$  kevalaś caiva  $\beta_2$  **72d dvividho** cett.] dvividhā  $\epsilon_2\eta_1$  dvinidho  $\delta_1$  **73a ārecyāpūrya yat kuryāt**  $\delta_1$ ] ārecyāpūrya yaḥ kuryāt  $\delta_3$  recayet pūrakaṁ kuryāt  $\Gamma\epsilon_2$  recakaṁ pūrakaṁ kuryāt  $\epsilon_3$  recakaḥ pūrakaḥ kāryam  $\beta_\omega$  recakaḥ pūrakaṁ kāryam  $\eta_1$  recakaḥ pūrakaḥ kārya  $\eta_2$  recakaḥ pūrvavat kāryaḥ  $\alpha_1$  reco vā pūrakaḥ kāryaḥ  $\beta_1$  virecya pūrakaḥ kāryaḥ  $\beta_2$  om.  $\epsilon_1\chi$  **73b sa vai**  $\alpha_1\delta_1\delta_3\eta_1$ ] sayyai  $\epsilon_2$  sa«r»vvai  $\eta_2$  śanaiḥ  $\beta_2\beta_\omega\Gamma\epsilon_3$  om.  $\epsilon_1\chi$  **sahitakumbhakah** cett.] samyatakumbhakah  $\epsilon_3$  om.  $\epsilon_1\chi$  **73c siddhiḥ** cett.] śuddhiḥ  $\delta_1\eta_2$  **73d tāvat sahitaṁ**  $\beta_2\beta_\omega\Gamma\delta_1\delta_3\eta_1$ ] tāvat sahitasam  $\eta_2$  sahitaṁ tāvad  $\alpha_1\epsilon_1\epsilon_2\epsilon_3\chi$  **74a pūrakaṁ** cett.] kumbhakaṁ  $\beta_2$  **muktvā**  $\alpha_2\beta_2\epsilon_1\epsilon_3\eta_1\eta_2\chi$ ] muktaṁ  $\beta_\omega$  tyaktvā  $\alpha_1\Gamma\delta_1\delta_3$  **74b sukhaṁ** cett.] mukhaṁ  $\gamma_1\delta_3$  sukhād  $\eta_1\eta_2$  **yad vāyudhāraṇam** cett.] yad vāyudhāraṇāt  $\delta_3$  vāyunirodhanam  $\eta_1\eta_2$  samdhāya dhāraṇam  $\epsilon_1$  **74d sa vai** cett.] sarvaiḥ  $\epsilon_1$  sarve  $\alpha_1$  **kumbhakah** cett.] kumbhataḥ  $\gamma_1$

केवले कुम्भके सिद्धे रेचपूरकवर्जिते । न तस्य दुर्लभं किञ्चित्तिषु लोकेषु विद्यते ॥	2.75
शक्तः केवलकुम्भेन यथेष्टं वायुधारणम् । राजयोगपदं चैव लभते नात्र संशयः ॥	2.76
हठं विना राजयोगो राजयोगं विना हठः । न सिध्यति ततो युग्ममा निष्पत्तेः समभ्यसेत् ॥	2.77
कुम्भितप्राणरेचान्ते* कुर्याच्चित्तं निराश्रयम् । एवमभ्यासयोगेन राजयोगपदं व्रजेत् ॥ (cd om. $\delta_1$ )	2.78
कुम्भकाद्धर्धते वायुस्ततोऽग्निश्च प्रवर्धते । बुद्धा कुण्डलिनी तस्मात्सैव द्वारं प्रयच्छति ॥ ( $\Gamma$ )	2.78*1
कुम्भकात्कुण्डलीबोधः कुण्डलीबोधतो भवेत् । अनर्गला सुषुम्णा च हठसिद्धिश्च जायते ॥	2.79

**75a** kevale kumbhake cett.] kumbhake kevale  $\varepsilon_3$  kumbhakaḥ kevale  $\chi$  **siddhe** cett.] siddho  $\beta_\omega$  siddhi  $\eta_1$  **75b** reca cett.] recaḥ  $\gamma_2$  recaka  $\alpha_1\beta_\omega\eta_2$  **pūraka**  $\beta_2\Gamma\delta_1\delta_3\eta_2\chi$ ] pūra  $\alpha_1\beta_\omega\varepsilon_3\eta_1$  pūre  $\varepsilon_1$  **varjite**  $\alpha_1\beta_2\Gamma\delta_1\delta_3\eta_2\chi$ ] vivarjite  $\varepsilon_3\eta_1$  vivarjitaṃ  $\beta_\omega$  vivarjayet  $\varepsilon_1$  **75c** durlabhaṃ cett.] durlabha  $\eta_1$  **75d** lokeṣu cett.] kāleṣu  $\eta_2$  **76a** śaktaḥ  $\alpha_1\beta_2\Gamma\varepsilon_3\eta_1\chi$ ] saktaṃ  $\varepsilon_1$  śuddha  $\beta_\omega\delta_1\eta_2$  śuddhaḥ  $\delta_3$  **kevalakumbhena** cett.] kevale kumbhake  $\gamma_1$  **76b** yatheṣṭaṃ cett.] yatheṣṭa  $\varepsilon_1$  yathoktaṃ  $\delta_1\delta_3$  **dhāraṇam** cett.] dhāraṇe  $\alpha_1\varepsilon_3$  dhāraṇāt  $\varepsilon_1\chi$  **76c** yoga cett.] yogam  $\beta_\omega$  **padam** cett.] phalam  $\varepsilon_1$  **caiva**  $\alpha_1\beta_2\beta_\omega\delta_1\delta_3\varepsilon_1\varepsilon_3\eta_2$ ] caivaṃ  $\eta_1$  cāpi  $\chi$  samyak  $\Gamma$  **76d** labhate cett.] labhyate  $\beta_2\varepsilon_1\eta_1\eta_2$  **77c** yugmam cett.] yogam  $\varepsilon_3$  **77d** ā niṣpatteḥ cett.] niṣpatteḥ  $\alpha_1$  anīṣpatti  $\gamma_2$  ubhayaor api  $\varepsilon_3$  **samabhyaset** cett.] cābhyaset  $\varepsilon_3$  **78a** kumbhita  $\beta_1\varepsilon_1$ ] kumbhitaḥ  $\alpha_1\gamma_1\varepsilon_3$  kumbhataḥ  $\gamma_2$  kumbhata  $\beta_\omega$  kumbhaka  $\eta_2\chi$  kumbhakaṃ  $\delta_1\delta_3$  kumbhakaḥ  $\eta_1$  tad etat  $\beta_2$  **recānte** cett.] .. cānte  $\eta_2$  rodhānte  $\chi$  **78b** nirāśrayam cett.] nirāmayam  $\beta_\omega\eta_2$  **78d** yoga cett.] yogam  $\beta_\omega\varepsilon_3$  om.  $\delta_1$  **padam** cett.] labhat  $\varepsilon_3$  om.  $\delta_1$  **vrajat**  $\alpha_1\beta_2\beta_\omega\eta_1\eta_2\chi$ ] labhet  $\Gamma\delta_3\varepsilon_1$  punaḥ  $\varepsilon_3$  om.  $\delta_1$  **78\*1b** pravardhate  $\gamma_1$ ] pavardhate  $\gamma_2$  **78\*1c** buddhā  $\gamma_2$ ] buddhvā  $\gamma_1$  **79** found before 2.77  $\chi$  **79a** kumbhakāt cett.] kumbhakān  $\alpha_1\eta_2$  **bodhaḥ** cett.] bodhaṃ  $\eta_1$  bodhau  $\gamma_1$  bodho  $\beta_\omega\varepsilon_3$  **79b** bodhato cett.] bodhito  $\eta_1$  **79c** anargalā cett.] anargala  $\varepsilon_1$  anirgalā  $\chi$  **suṣumṇā ca** cett.] sukhāmṇā ca  $\varepsilon_1$  suṣumṇāto  $\delta_3$  sukhumnāto  $\delta_1$  suṣumṇāyāṃ  $\eta_1$  **79d** ante haṭhasiddhi add. viśed vāyus tato balāt  $\gamma_1$  **ca jāyate** cett.] prajāyate  $\beta_\omega\delta_3\varepsilon_1\varepsilon_3$



वपुःकृशत्वं वदने प्रसन्नता  
नादस्फुटत्वं नयने सुनिर्मले ।  
आरोग्यता बिन्दुजयोऽग्निदीपनं  
नाडीविशुद्धिर्हृत्सिद्धिलक्षणम् ॥

2.80

इति श्रीस्वात्मारामयोगीन्द्रविरचितायां हठप्रदीपिकायां द्वितीयोपदेशः ॥

\* \* \*

### List of Sigla

$\alpha_1$	N3	
$\alpha_2$	J5	not fully collated
$\alpha_3$	G4	not fully collated
$\beta_1$	P11	not fully collated
$\beta_2$	C6	
$\beta_\omega$	V3	
$\gamma_1$	N23	
$\gamma_2$	J7	
$\delta_1$	V19	
$\delta_2$	K3	2.48–3.1 lost
$\delta_3$	C7	
$\varepsilon_1$	P15	
$\varepsilon_2$	N19	collated in 2.36, 72–73 where $\varepsilon_1$ is missing
$\varepsilon_3$	V15	
$\eta_1$	V1	
$\eta_2$	J10	
$\chi$	Jyo	Brahmānanda's version, based on the edition 1972

**80a vadane** cett.] vane  $\eta_1$  vadana  $\delta_1$  **80b nāda** cett.] nādaḥ  $\beta_\omega$  nāde  $\delta_3$  **nayane** cett.]  
ca nayane  $\gamma_1$  **sunirmale** [ $\beta_2\beta_\omega\Gamma\delta_1\delta_3\chi$ ] ca nirmale  $\alpha_1\varepsilon_1\varepsilon_3\eta_1\eta_2$  **80c ārogyatā** [ $\alpha_1\beta_\omega\eta_1\eta_2\chi$ ]  
arogyatā  $\beta_2$  arogitā  $\gamma_1\delta_1\delta_3$  ārogitā  $\gamma_2$  arogatā  $\varepsilon_1\chi$  ārogatā  $\varepsilon_3$  **dīpanam** cett.] dīpaṇam  $\eta_1$   
**80d nādivisuddhir** [ $\beta_2\Gamma\delta_1\delta_3\varepsilon_3\chi$ ] nāḍiṣu śuddhi  $\beta_1\beta_\omega\varepsilon_1\eta_2$  nāḍiṣu siddhir  $\alpha_1\eta_1$  **siddhi** cett.]  
siddha  $\alpha_1$  yoga  $\eta_1$  **col śrīsvātmārāmayogīndra** [ $\beta_\omega\gamma_1\varepsilon_3$ ] śrīsadgurusvātmārāmayogīndra  $\alpha_1$   
svātmārāmayogīndra  $\varepsilon_1$  ātmārāmayogīndra  $\eta_2$  svātmārāma  $\eta_1$  śrīśahajānandasantānacintāmaṇi-  
svātmārāmayogīndra  $\gamma_2$  *om.* [ $\beta_2\delta_1\delta_3\chi$ ] **viracitāyām** cett.] *om.* [ $\beta_2\delta_1\delta_3\chi$ ] **haṭha** cett.] śrīhaṭha  
 $\delta_3$  *ante dvitīyo* *add.* haṭhakarmasādhano nāma  $\varepsilon_3$  **dvitīyopadeśaḥ** [ $\alpha_1\beta_\omega\Gamma\delta_3\varepsilon_3\chi$ ] dvitīya  
upadeśaḥ  $\varepsilon_1$  dvitīyo yam upadeśaḥ  $\delta_1$  upadeśaḥ  $\beta_2$  dvitīyodhyāyaḥ  $\eta_1\eta_2$