

- श्रीआदिनाथाय नमोऽस्तु तस्मै
येनोपदिष्टा हठयोगविद्या ।
विराजते प्रोन्नतराजसौध-
मारोढुमिच्छोरधिरोहिणीव ॥ [1.1–33 lost γ_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 ।
कोरणटकः सुरानन्दः सिद्धपादश्च चर्पटिः ॥ (cd om. γ_1)¹ 1.6

1a śrīādināthāya cett.] anādināthāya δ_1 ādiśanāthāya ϵ_1 **1c** virājate cett.] vibhrājate $\alpha_{p1}\chi$
rājasaudham cett.] rājayogam $\alpha_{\omega}\epsilon_2\chi$ **1d** āroḍdhum cett.] ārūḍham δ_1 rohiṇīva cett.]
rohiṇī ca β_1 roha eva α_{ω} **2b** yoginā cett.] dhīmatā $\Gamma\delta_3$ **2d** haṭhavidyo cett.] haṭhayogo ϵ_2
3a bhrāntyā $\alpha_{p1}\beta_1\delta_3\epsilon_1\epsilon_2\chi$] bhrāntvā $\alpha_{\omega}\Gamma$ bhrāntā $\alpha_1\delta_1$ matadhvānte cett.] matadhvāntai
 $\alpha_{p1}\beta_1$ matam bhrāntam ϵ_1 **3b** mārgam $\alpha_1\beta_1$] yogam cett. ajānatām cett.] ajānataḥ
 $\Gamma\delta_3$ **3c** dhatte cett.] datte α_{p1} **3d** svātmārāmaḥ cett.] svātmārāma α_{ω} svātmārāme
 β_1 krpākaraḥ $\alpha_1\alpha_{p1}\beta_1\delta_1\delta_3\epsilon_1\chi$] krpāparaḥ Γ prakāśyate $\alpha_{\omega}\epsilon_2$ **4a** vidyām hi cett.] vidyā
hi $\beta_1\epsilon_1$ vidyo hi α_1 matsyendra cett.] tachamdra β_1 **4b** vijānate cett.] virājate α_1
4c svātmārāmo cett.] ātmārāmo $\gamma_1\delta_1$ **4d** 'thavā cett.] yathā γ_3 mahā δ_1 jānīte cett.]
jānaṃte α_{ω} **5a** śrīādinātha cett.] ādināthādi $\epsilon_1\epsilon_2$ **5b** śābarā $\alpha_1\alpha_{p1}\beta_1\epsilon_2\chi$] śābarā ϵ_1 śāradā
 Γ śāgarā α_{ω} sāgarā $\delta_1\delta_3$ **5c** cauraṅgī cett.] coraṅgī δ_1 mīna cett.] mena δ_1 śīna
 γ_1 **5d** virūpākṣa cett.] virūpākṣaḥ $\alpha_1\gamma_1$ virūpākhyā γ_3 bileśayāḥ cett.] savālikāḥ $\alpha_1\gamma_1$
6a manthāna cett.] manthāno χ bhairavo cett.] bhairavā β_1 **6b** siddha cett.] siddhir
 χ śuddha $\alpha_{p1}\epsilon_2$ suddha ϵ_1 buddhaś ca cett.] buddhiś ca A pādaś ca γ_3 kanthaḍiḥ $\Gamma\chi$] kanthaḍi
 $\alpha_{p1}\alpha_{\omega}\delta_3$ kanthaḍiḥ β_1 kanthalīḥ δ_1 kanthalī $\alpha_1\epsilon_1$ kandalī ϵ_2 **6c** koraṇṭakaḥ $\alpha_{p1}\beta_1\delta_1\chi$] koraṇḍakaḥ
 δ_3 goraṇṭaka α_1 pauraṇṭakaḥ $\alpha_{\omega}\gamma_3\epsilon_1\epsilon_2$ om. γ_1 surānandaḥ cett.] surānanda α_{ω}
kṣurānaṃda α_1 om. γ_1 **6d** siddhapādaś ca cett.] śrīpādaś caiva δ_3 om. γ_1 carpaṭiḥ $\beta_1\delta_3\epsilon_2\chi$] carpaṭi
 $\alpha_1\alpha_{\omega}$ carpaṭi $\alpha_{p1}\gamma_3\epsilon_1$ karpaṭiḥ δ_1 om. γ_1

¹ Usually omitted in Γ . γ_3 prob. 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 ब्रह्माण्डे विचरन्ति ते ॥ 1.9
- संसारतापतप्तानां समाश्रयमठो हठः ।
अशेषयोगजगतामाधारकमठो हठः ॥ (cd om. α_1) 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* $\alpha_{p1}\beta_1\epsilon_1$ *kaṇeri* α_1 *kaṇerih* δ_1 *kāṇerih* δ_3 *kāneri* $\alpha_{\omega}\epsilon_2\chi$ *kariṇi* γ_1 *karaṇi* γ_3 **pūjya** cett.] *pūrya* ϵ_1 *pūrva* $\delta_1\epsilon_2$ **7b** *nityanātho* cett.] *dhvaninātho* ϵ_2 *bilvanātho* Γ **7c** *kapālī* cett.] *kapāsi* γ_3 **7d** *caṇḍīśvarāhvayaḥ* $\alpha_{p1}\beta_1\delta_1\delta_3\epsilon_1\chi$] *caṇḍīśvarādayaḥ* $\alpha_{\omega}\Gamma\epsilon_2$ *caṇḍeśvarogayaḥ* α_1 **8a** *allama em.*] *allamaḥ* $\alpha_{\omega}\delta_1\epsilon_1\epsilon_2\chi$ *alama* α_1 *allasaḥ* β_1 *alasaḥ* α_{p1} *amelleḥ* δ_3 *sukṣamaḥ* Γ **8b** *ghoḍācoli* $\alpha_{\omega}\delta_3\chi$] *ghoḍācūli* β_1 *godācūli* α_{p1} *ghoḍācūli* α_1 *ghoṭācoli* Γ *ghorācoli* $\epsilon_1\epsilon_2$ *_gacoli* δ_1 **ca** cett.] *sa* γ_1 *gha* γ_3 **ṭiṭṭiṇi** $\epsilon_1\epsilon_2$] *ṭiṭṭiṇiḥ* $\alpha_1\chi$ *ṭiṭṭiṇiḥ* γ_1 *ṭiṭṭiṇiḥ* β_1 *ṭiṭṭaṇi* α_{p1} *ṭiṃbhiniḥ* γ_3 *cimciṇi* α_{ω} *cimciṇiḥ* δ_3 *camcaṇiḥ* δ_1 **8c** *bhāluki* $\alpha_{p1}\epsilon_1\epsilon_2$] *bhāluki* α_1 *bhānukin* β_1 *bhānuki* χ *vālukur* Γ *vāsukir* $\alpha_{\omega}\delta_1$ *vāsukir* δ_3 **nāgabodhaś ca** $\alpha_{\omega}\beta_1\gamma_3\epsilon_1\epsilon_2$] *nāgabodhiś ca* $\alpha_{p2}\delta_1\delta_3$ *nāgarodhaś ca* γ_1 *nāgadevaś ca* α_{p1} *namiodḍiśa* α_1 *nāradevaś ca* χ **8d** *khaṇḍa* $\alpha_{p1}\alpha_{\omega}\epsilon_2$] *khaṇḍaḥ* $\delta_3\chi$ *khaṇḍam* $\beta_1\epsilon_1$ *kaṇṭhaḥ* δ_1 *caṇḍa* γ_3 *caṇḍi* γ_1 *siddhaḥ* α_1 **9b** *prabhāvataḥ* cett.] *prasādataḥ* $\alpha_{p1}\alpha_{\omega}\beta_1$ **9c** *khaṇḍayitvā* cett.] *khaṇḍāitvā* γ_1 **9d** *brahmāṇḍe* cett.] *brahmāṇḍam* δ_1 **vicaranti** $\alpha_{p1}\beta_1\gamma_3\delta_1\epsilon_1\epsilon_2\chi$] *tu caranti* α_{ω} *śu caranti* $\alpha_1\gamma_1\delta_3$ **10a** *samsāratāpa* cett.] *samsāraśrama* α_{ω} *samsāraśrama* ϵ_2 *aśeṣatāpa* $\alpha_{p1}\chi$ **10b** *samāśraya* $\alpha_{p1}\beta_1\Gamma\delta_1\delta_3\chi$] *samāśrayo* ϵ_1 *āśrayo'yam* $\alpha_{\omega}\epsilon_2$ *samagrapra*^a α_1 **maṭho haṭhaḥ** $\alpha_{p1}\beta_1\gamma_3\delta_1\chi$] *mato haṭhaḥ* γ_1 *mahāmāṭhaḥ* δ_3 *haṭho maṭhaḥ* ϵ_1 *haṭho mataḥ* $\alpha_{\omega}\epsilon_2$ *ṭhamo haṭhaḥ* α_1 **10c** *aśeṣa* cett.] *samasta* δ_1 *om.* α_1 **jagatām** $\beta_1\Gamma\delta_1\delta_3\epsilon_2$] *jagatim* ϵ_1 *yuktānām* $\alpha_{p1}\alpha_{\omega}\chi$ *om.* α_1 **10d** *ādhāra* $\alpha_{p1}\beta_1\delta_1\delta_3\epsilon_1\chi$] *ādhāraḥ* $\alpha_{\omega}\Gamma\epsilon_2$ *om.* α_1 **kamaṭho haṭhaḥ** cett.] *kahaṭho maṭhaḥ* ϵ_1 *om.* α_1 **11a** *gopyā* cett.] *gopyam* α_{ω} **yoginām** $\alpha_1\alpha_{p1}\beta_1\delta_3\epsilon_1\epsilon_2$] *yoginām* α_{ω} *yoginā* $\Gamma\delta_1\chi$ **11b** *icchatām* $\alpha_1\alpha_{\omega}\beta_1\delta_3\epsilon_1\epsilon_2$] *icchatā* $\alpha_{p1}\gamma_3\delta_1\chi$ *icchitā* γ_1 **11d** *nirviryā* cett.] *nirvijā* γ_1 *nirvāryā* ϵ_2 **tu** cett.] *ca* $\gamma_1\delta_3$ *sā* δ_1 **12b** *nirupadrave* cett.] *kṣemabhadrade* δ_1 **12c** *ekānta* $\alpha_1\alpha_{p1}\beta_1\Gamma\delta_1\delta_3$] *ekānte* $\alpha_{\omega}\epsilon_1\epsilon_2\chi$

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 षड्विंशयोगो विनश्यति ॥ 1.15

उत्साहात्साहसाद्वैर्यात्तत्त्वज्ञानाच्च निश्चयात् ।
जनसङ्गपरित्यागात्षड्विंशयोगः प्रसिध्यति ॥ 1.16

अहिंसा सत्यमस्तेयं ब्रह्मचर्यं क्षमा धृतिः ।
दयार्जवं मिताहारः शौचं चैव यमा दश ॥ (α_ωγ₃) 1.16*1

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

13a alpadvāram arandhra cett.] ākalpadvā«ra»raṁdhra β₁ alpadvāram aruṁ«dha» δ₁ piṭharaṁ γ₁] piṭhiraṁ γ₃ piṭhikaṁ β₁ piṭ(h)akam α₁δ₁δ₃ paṭikam α_{ρ1} viṭapaṁ α_ωε₂ vivaraṁ χ sahitaṁ ε₁ **nicā** cett.] noccā α_ω namcā β₁ **yataṁ** cett.] yitaṁ ε₂ yutaṁ ε₁ vṛtaṁ δ₃ **13b** sāndra α_{ρ1}β₁Γδ₃ε₁χ] sārdra α_ωε₂ sāpra α₁ lipta δ₁ **liptam amalāṁ** α_{ρ1}β₁γ₁ε₂χ] liptavimalaṁ α₁α_{ρ2}α_ωγ₃δ₃ liptam abilaṁ ε₁ sāndravimalaṁ δ₁ **niḥśeṣa** cett.] nirdoṣa α₁ε₂ **bādhajjhitam** α_ωδ₁ε₁ε₂] vātojjhitam α_{ρ1} jantūjjhitam Γδ₃χ jaṁbhūdgitaṁ β₁ jyaṁtyūpsitaṁ α₁ **13c** vedikūpa cett.] kūpavedi δ₃ **ruciraṁ** Aβ₁δ₃χ] racitaṁ Γδ₁ε₁ε₂ **14b** vivarjitaḥ cett.] vivarjite δ₁ **14d** yogam eva α₁α_{ρ1}β₁Γδ₃χ] yogam evaṁ δ₁ε₁ε₂ yogamārgam α_ω **samabhyaset** α_ωβ₁δ₁ε₁ε₂χ] sadābhyaset α₁α_{ρ1}Γδ₃ **15a** atyāhāraḥ α_{ρ1}β₁γ₃ε₁ε₂χ] atyāhāra δ₃ alpāhāra γ₁ alpāhāro α₁ ātmāhāraḥ α_ω natyāhāsaḥ δ₁ **prayāsaś ca** cett.] prayāsaś cā γ₁ pravāsaś ca α₁β₁ **15b** 'niyama cett.] niyamā δ₃ nama δ₁ **15c** janasaṅgaś ca cett.] janasaṁgam ca α_{ρ1} janasaṁkara δ₁ **15d** yogo vinaśyati cett.] yogā vinaśyati β₁ yogaś ca naśyati ε₂ yogaḥ praṇaśyati ε₁ **16a** utsāhāt/n cett.] utsāha α_ω **sāhasād** β₁Γχ] niścayād α₁α_ωδ₁δ₃ε₁ε₂ niyamād α_{ρ1} **dhairyāt** α_{ρ1}β₁Γδ₁δ₃χ] dhairyā α₁α_ω vairyāt ε₁ε₂ **16b** jñānāc ca niścayāt β₁χ] jñānaviniścayāt α_{ρ1}Γ jñānāc ca darśanāt α₁α_{ρ2}α_ωδ₁δ₃ε₁ε₂ **16c** jana cett.] nija β₁ **16d** yogaḥ prasidhyati cett.] yogas tu sidhyati ε₁ε₂ yogo prasidhyati γ₁ **16*1c** dayārjavam γ₃] dayārjava α_ω **16*2c** siddhānta em.] siddhāntam α_ω

अथासनानि । (६₁६₃)

- हठस्य प्रथमाङ्गत्वादासनं पूर्वमुच्यते ।
 तत्कुर्यादासनं स्थैर्यमारोग्यं चाङ्गपाटवम् ॥³ 1.17
- वसिष्ठाद्यैश्च मुनिभिर्मत्स्येन्द्राद्यैश्च योगिभिः ।
 अङ्गीकृतान्यासनानि कथ्यन्ते कानिचिन्मया ॥ [1.18–28 lost α_1] 1.18
- जानूर्वोरन्तरे सम्यक्कृत्वा पादतले उभे ।
 ऋजुकायः समासीनः स्वस्तिकं तत्प्रचक्षते ॥ [found before 1.17 in δ_1] 1.19
- सव्ये दक्षिणगुलफं तु पृष्ठपार्श्वे नियोजयेत् ।
 दक्षिणेऽपि तथा सव्यं गोमुखं गोमुखं यथा ॥ (om. δ_1) 1.20
- एकं पादमथैकस्मिन्विन्यस्योरुणि संस्थितम् ।
 इतरस्मिंस्तथा चोरुं वीरासनमितीरितम् ॥ 1.21
- गुदं निरुध्य गुल्फाभ्यां व्युत्क्रमेण समाहितः ।
 कूर्मासनं भवेदेतदिति योगविदो विदुः ॥ 1.22

17 athāsanāni δ_1] «atha» āsanāni δ_3 **17c** tat kuryād cett.] na kuryād α_1 kuryāt tad $\varepsilon_2\chi$ āsanam sthairyam $\beta_1\gamma_3\varepsilon_1\chi$] āsane sthairyam δ_3 āsanasthairyam $A\gamma_1\delta_1$ āsanam tasmād ε_2 **17d** pāṭavam $\alpha_1\alpha_\omega\delta_1\varepsilon_1\varepsilon_2$] lāghavam $\alpha_{p1}\beta_1\Gamma\delta_3\chi$ **18d** kathyante $\alpha_{p1}\alpha_\omega\beta_1\delta_1\delta_3\varepsilon_2\chi$] likhyante ε_1 vakṣyante Γ **19a** jānūrvor cett.] jantūrvor γ_1 antare cett.] antaram $\beta_1\delta_1$ **19b** ubhe cett.] śubhe β_1 **19c** rjukāyaḥ cett.] rjukāya $\beta_1^{\text{f}}\varepsilon_1$ rjuh kāya α_ω samāsinaḥ cett.] samāsinam α_ω **19d** tat cett.] ca β_1 **20a** dakṣiṇa cett.] dakṣiṇa α_ω gulphaṁ cett.] guphe γ_3 **20c** 'pi cett.] ca β_1 tu Γ savyam cett.] savye ε_1 **20d** gomukhaṁ cett.] gomukhe γ_3 gomukhaṁ yathā $\Gamma\delta_3\varepsilon_1\varepsilon_2$] gomukhaṁ tathā α_ω gomukhākṛti χ gomukhākṛtiḥ $\alpha_{p1}\beta_1$ **21a** ekaṁ cett.] eka $\Gamma\delta_3$ athaikasmin ε_1] tathaikasmin $\alpha_{p1}\alpha_\omega\beta_1\delta_1\varepsilon_2\chi$ yathaikasmi Γ **21b** vinyasy-oruṇi $\alpha_\omega\varepsilon_1$] vinyasyorūmni ε_2 vinyased ūru $\alpha_{p1}\beta_1\Gamma\delta_3\chi$ vinyasyorasi δ_1 samsthitaṁ cett.] samsthitaḥ δ_1 'ni sthitaṁ $\beta_1\chi$ 'ni sthitaḥ α_{p1} **21c** itarasmim cett.] itarāsmim γ_1 coruṁ cett.] corau α_{p1} ce.. γ_1 **22a** nirudhya $\alpha_{p1}\beta_1\chi$] nibadhya $\delta_3\varepsilon_1$ nabadhya δ_1 nibaddhi α_ω niyamy Γ niṣpiḍya ε_2 **22b** samāhitaḥ cett.] samāhitaṁ α_ω **22c** kūrmasanam cett.] yogāsanam $\alpha_{p1}\beta_1$ **22d** iti cett.] sarve α_{p1}

³ 1.17–18 are transposed in $\gamma_1\delta_3$. γ_3 has it twice – in the regular place and after 1.18. Readings of the first occurrence are closer to ε_2 (कुर्यात्त्वादासनं तस्माद् and अङ्गपाटवम्) and the second to γ_1 which belongs to the same ms group as γ_3 . In the apparatus, readings of the second occurrence only are included.

पद्मासनं सुसंस्थाप्य जानूर्वोरन्तरे करौ ।

निवेश्य भूमौ संस्थाप्य व्योमस्थः कुक्कुटासनम् ॥ [1.23c-29d lost γ₃] 1.23

कुक्कुटासनबन्धस्थो[#] दोभ्यां संबध्य कन्धराम् ।

शेते कूर्मवदुत्तान एतदुत्तानकूर्मकम् ॥ 1.24

पादाङ्गुष्ठौ तु पाणिभ्यां गृहीत्वा श्रवणावधि ।

धनुराकर्षणं कृत्वा धनुरासनमुच्यते ॥ 1.25

वामोरुमूलार्पितदक्षपादं

जानोर्बहिर्वेष्टितवामपादम् ।

प्रगृह्य तिष्ठेत्परिवर्तिताङ्गः

श्रीमत्स्यनाथोदितमासनं स्यात् ॥ 1.26

मत्स्येन्द्रपीठं जठरप्रवृद्ध[#] -

प्रचण्डरुङ्गण्डलखण्डनास्त्रम् ।

अभ्यासतः कुण्डलिनीप्रबोधं

दण्ड[#]स्थिरत्वं च ददाति पुंसाम् ॥ 1.27

23a su α_{p1}α_ωβ₁γ₁] tu γ₃δ₁δ₃ε₁ε₂χ] **saṁsthāpya** cett.] saṁyojya Γ **23d** vyomasthaḥ cett.] vyomasthaṁ α_{p1}β₁χ] **kukkuṭā** β₁γ₁δ₁δ₃χ] kurk(k)uṭā α_ωε₁ε₂ kukuṭā α_{p1} **24a** kukkuṭā β₁γ₁δ₁δ₃χ] kurk(k)uṭā α_ωε₁ε₂ kukuṭā α_{p1} **bandhastho** α_{p1}α_ωβ₁δ₁δ₃χ] bandhasthe γ₁ madhyastho ε₂ vat kṛtvā ε₁ **24b** saṁbadhya cett.] saṁveṣṭa β₁ saṁhṛtya α_{p1} **kandharām** cett.] kandharam α_ω kandaram δ₁ **24c** śete δ₁δ₃ε₁ε₂] śene α_ω sthitaḥ α_{p2}β₁ sthitvā α_{p1} bhavet γ₁χ] **kūrmavad** cett.] kūrmarad α_ω **uttāna** α_ωβ₁ε₂χ] uttānam α_{p1}γ₁δ₁δ₃ε₁ **24d** kūrmakam cett.] pūrvakam δ₁ **25a** tu cett.] ca γ₁ **pāṇibhyām** cett.] bāhubhyām ε₁ε₂ **25b** śraṇāṇā-vadhi cett.] śraṇāṇāvadhiḥ α_{p1} śraṇāṇāvadhiṁ ε₁ śraṇāṇavidhi α_ω **25c** karṣaṇam kṛtvā em. (= δ₂)] karkhaṇa kṛtvā γ₁ karṣaṇam kuryād ε₂χ] karṣaṇāt kṛṣṭam α_{p2}α_ωβ₁ karṣaṇākṛṣṭam α_{p1}δ₁δ₃ karṣaṇaḥ kṛṣṭam ε₁ **25d** ucyate α_{p1}α_ωβ₁ε₁ε₂χ] iritam γ₁δ₁δ₃ **26b** jānor β₁ε₁ε₂χ] jānau α_ω jānvor α_{p1}γ₁δ₁δ₃ **bahirveṣṭita** cett.] bahiṣṭhita β₁^c bahisaṁṣṭhita β₁^c **vāmapādam** α_ωε₁ε₂χ] dakṣadoṣṇā α_{p1}γ₁ dakṣadorbhyām β₁ vāmodoṣṇā δ₃ vāmodoṣṇi δ₁ **26c** vartitāṅgaḥ cett.] marditāṅgaḥ γ₁ **26d** matsyanātho cett.] matsyadinātho α_ω **27a** pītham cett.] vīram ε₁ vīra δ₁ **jathara** cett.] jvalana α_ω vīra δ₁ **pravṛddha** ε₂] pravuddham β₁ pravuddhau γ₁ prabodham α_{p1} pracaṇḍam δ₁δ₃ε₁ pracaṇḍa α₁*α_{p2} pradiptam α_ω pradiptim χ] **27b** pracaṇḍa α_{p1}α_ωβ₁γ₁ε₂χ] picaṇḍa δ₁ viccaṇḍa ε₁ om. δ₃ (inserts khaṇḍa between rūmaṇḍala and khaṇḍanāstram instead) **ruṇ-/rugmaṇḍala** α_{p1}α_ωγ₁δ₃ε₂χ] rūmaṇḍala ε₁ rugmaṇḍana β₁ ruk(!)maṇḍana δ₁ **khaṇḍanāstram** cett.] khaṇḍanāmam β₁ khaṇḍalāsyam γ₁ **27d** daṇḍa cett.] candra ε₁^cχ] kāya δ₃ **sthiratvam** cett.] sthitatvam γ₁ **ca dadāti** cett.] dadāti β₁^c pradadāti β₁^cγ₁

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.] dvābhyām α_ωε₂ **padāgra** α_{प1}β_{प1}^cδ₁δ₃ε₁χ] dāgra β_{प1}^c karābhyām α_ωε₂ ca pādām γ₁ **28c deśo** cett.] deśe α_{प1}α_ω **28d vased** α_{प1}α_ωβ₁δ₁ε₁χ] 'bhyased γ₁ bhaved δ₃ d (two syllables omitted) ε₂ **āhuḥ** cett.] baṃdhaḥ δ₃ε₁ baṃdham δ₁ **29a āsanāgryam** Aδ₃ε₁χ] āsanāśāgryam ε₂ āsanākhyam γ₁δ₁ āyanam β₁ **29b paścima** cett.] paścimā γ₁ **vāhinam** cett.] vāhanam α₁α_ωδ₁ **29c jātharānalasya** cett.] jātharānilasya γ₁ **29d kārśyam** cett.] kāryam β₁ kṛśyam α_ω **arogatām** α₁α_{प1}δ₁δ₃ε₁^cχ] alogatām β₁ arogitām γ₁ε₁^cε₂ arogyatām α_ω **30a karadvayena** α_{प1}α_ωβ₁ε₁ε₂χ] karadvayābhyām α₁δ₃ karasthalābhyām δ₁ purah karābhyām γ₃ punaḥ karābhyām γ₁ **30b kūrpara** α_{प1}δ₁δ₃ε₁ε₂χ] kurpara α₁α_ωβ₁ kurpare Γ **pārśvaḥ** cett.] pārśve α_ωΓ **30c uccāsano** cett.] uccāsanā α₁ uccāsane γ₃ taccāsanam γ₁ **utthitaḥ khe** cett.] utthitaś cet α₁ ucchritaś ca α_{प1} utthitaḥ kham δ₁ utthitasya α_ω **30d māyūram** α_{प1}β₁Γδ₁δ₃ε₂] mayūram α₁α_ωε₁χ **pīṭham** cett.] santaḥ Γ **31a rogān āśu** cett.] rogān śvāsa δ₁ doṣān āśu ε₂ doṣān asu α_ω **gulmo** cett.] gulpho β₁ gulphau α₁ **ādin** cett.] ādin α_ω **31b abhibhavati ca** Γδ₁ε₁ε₂χ] abhibhavati α₁δ₃ abhavati ca β₁ abhavati α_ω na hi bhavati ca α_{प1} **31c bhasma** cett.] tac ca γ₁ **aśeṣam** cett.] aśeṣo ε₁ iśutraṃ δ₁ om. α_{प1} **31d jātharāgniḥ** cett.] jātharāgram δ₁ vaḍavāgniḥ α_ω **jārayet** cett.] jvālayet ε₂

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 । ($\alpha_1\beta_1\epsilon_2$)

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

मतान्तरे तु ।

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

32a *uttānaṃ* cett.] *uttāna* $\alpha_1\alpha_{\rho_1}\beta_1\epsilon_2$ **32b** *śayanaṃ tu śavāsanam* $A\beta_1\delta_1\epsilon_1$] *śayanaṃ*
ca *śavāsanam* $\delta_3\epsilon_2$ *śayanaṃ* tat *śavāsanam* χ *śavāsanam* *idaṃ smṛtam* Γ **32c** *sarvāsana*
 $\alpha_{\rho_1}\beta_1\delta_1\epsilon_1\epsilon_2$] *savāsana* α_ω *śavāsanam* $\alpha_1\Gamma\delta_3\chi$ *śrānti* cett.] *śrama* δ_3 **32d** *sādhanaṃ*
 $A\beta_1\gamma_1\delta_1$] *kāraṃ* $\gamma_3\delta_3\epsilon_1\epsilon_2\chi$ **33b** *śivena* cett.] *sarvāṇi* δ_1 *kathitāni* α_{ρ_1} *kathitāni* cett.]
kathitāna α_ω *śivena* α_{ρ_1} **tu** $A\delta_1\delta_3\epsilon_1\epsilon_2$] *vai* $\beta_1\gamma_1\gamma_3$ ca χ **34a** *padmaṃ* cett.] *bhadraṃ*
 γ_1 **tathā** cett.] *yathā* α_ω **simhaṃ** $\alpha_{\rho_1}\alpha_\omega\beta_1\epsilon_1\epsilon_2\chi$] *saiṃhaṃ* $\delta_1\delta_3$ *padmaṃ* γ_1 *bhadraṃ*
 γ_3 **34b** *bhadraṃ* cett.] *simhaṃ* $\gamma_1\gamma_3$ **ceti** $\alpha_{\rho_1}\beta_1\gamma_1\gamma_3\epsilon_2\chi$] *caiva* $\alpha_1\epsilon_1$ *caitac* $\alpha_\omega\delta_1$ *cātha*
 δ_3 **catuṣṭayam** cett.] *catuṣṭakam* δ_3 **34c** *tatrāpi ca sakhe* $A\beta_1$] *tatrāpi* ca *sukhe* $\epsilon_1\epsilon_2\chi$
tatrāpi ca *sukhaṃ* δ_3 *tathāpi* ca *sakhe* γ_2 *tathāpi* *bhadraṃ* [ca] $\gamma_1\gamma_3$ *tatra* *viśeṣeṇa* δ_1 **34d** *tiṣṭha*
 $A\beta_1$] *tiṣṭhat* δ_3 *tiṣṭhet* $\Gamma\epsilon_1\epsilon_2\chi$ *śreṣṭhaṃ* δ_1 **siddhāsane** cett.] *simhāsane* γ_1 *padmāsanaṃ* δ_1
35 **atha** β_1] *tatra* $\alpha_1\alpha_{\rho_1}\epsilon_2$ **siddhāsanaṃ** $\alpha_1\alpha_{\rho_1}\beta_1\epsilon_2$] **35a** *sthānaka* cett.] *dvarāka* $\alpha_1\alpha_{\rho_1}\beta_1\Gamma$
***m aṅghrimūla** cett.] ***m aṅghrimūla** γ_1 *mūlāṅghri* ϵ_2 **ghaṭitaṃ** cett.] *puṭakaṃ* δ_1 **dr̥ḍhaṃ**
cett.] *dhr̥uvaṃ* $\delta_1\delta_3$ **35b** *medhre* cett.] *medhre* β_1 *madhye* γ_1 **āsyaḥṛdaye** ϵ_1] *ekahr̥daye*
 $\alpha_1\beta_1\delta_1$ *eva hr̥daye* $\alpha_{\rho_2}\Gamma\delta_3\epsilon_2\chi$ *eva* *niyataṃ* $\alpha_{\rho_1}\alpha_\omega$ **dhr̥tvā** cett.] *kṛtvā* $\alpha_{\rho_1}\alpha_\omega\chi$ **samaṃ** cett.]
hanuṃ χ **vigrahaṃ** cett.] *susthiraṃ* χ **35c** *sthānuḥ* cett.] *sthānu* γ_1 **paśyan** $A\gamma_3\epsilon_1\epsilon_2$] *paśyaḍ*
 β_1 *paśyed* $\gamma_1\gamma_2\delta_1\delta_3\chi$ **35d** *etan* $\Gamma\delta_1\delta_3\epsilon_1$] *caitan* $A\beta_1\epsilon_2$ *hy* *etan* χ **janakaṃ** cett.] *jananaṃ*
 $\gamma_2\delta_1$ **36** **matāntare tu** $\alpha_1\alpha_{\rho_1}\beta_1\epsilon_2\chi$] *matāntare* $\alpha_\omega\delta_1\delta_3\epsilon_1$ *matsyendraḥ*] *matāntaraṃ* *tu*
 γ_1 *etan* *matsyendramataṃ* *matāntare* *tu* $\gamma_2\gamma_3$ **36a** *vinyasya* cett.] *nikṣipya* $\alpha_1\alpha_\omega$ *niḥkṣipya* ϵ_2
36b *savya* $A\beta_1\delta_1\epsilon_2$] *savyaṃ* $\delta_3\chi$ *savyaṃ* *tu* *unm.* ϵ_1 *vāma* Γ **36c** *ca* cett.] *tu* ϵ_1 **nikṣipya**
cett.] *niḥkṣipya* ϵ_2 *vinyasya* γ_1

पूर्वोक्तमेव मत्संमतम् । $(\alpha_1\alpha_{\rho_1}\alpha_{\rho_2}\beta_1\delta_1\delta_3)$

एतत्सिद्धासनं प्राहुरन्ये वज्रासनं विदुः ।

मुक्तासनं वदन्येके प्राहुरुक्तासनं 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 निरायासात् स्वयमेवोन्मनी यथा ॥ [1.41c–47d lost γ_3]

1.41

37 matsammatam < matsamamtaṃ α_1] matsyamataṃ $\delta_1\delta_3$ matsyendramatam $\alpha_{\rho_1}\beta_1$ sammatam α_{ρ_2} **37a etat** cett.] iti $\gamma_2\gamma_3$ kecit γ_1 **37b r anye** cett.] anyathā α_1 **37c muktāsanam** cett.] muktāsanam γ_1 guptāsanam α_1 **vadanty eke** cett.] vadanty anye $\gamma_1\gamma_2$ vidur anye γ_3 **37d guptāsanam** cett.] muktāsanam α_1 **38a yameṣv iva** cett.] yameṣv eva $\varepsilon_1\varepsilon_2$ yameṣu ca α_{ρ_1} **mitāhāram** cett.] mitāhāra $\alpha_{\omega}\varepsilon_1$ mitāhārah ε_2 **38b ahimsām** $\alpha_{\rho_1}\gamma_1\gamma_2\delta_3\chi$] nahimsām β_1 ahimsā $\alpha_{\omega}\gamma_3\delta_1\varepsilon_1\varepsilon_2$ **niyameṣv iva** cett.] niyameṣu ca $\alpha_{\rho_1}\varepsilon_1$ **38c ekam** cett.] evaṃ γ_1 eke δ_3 **38d siddhah siddhāsanam** cett.] etat siddhāsanam α_{ρ_1} siddhāsanam idam Γ **39b siddham eva** **sadābhyaset** cett.] siddhāsanam sadābhyaset $\gamma_1\gamma_3$ abhyaset siddhāsanam sadā γ_2 **39c dvās-** **aptati** cett.] dvisaptati δ_3 **sahasreṣu** cett.] sahasrāsu δ_3 sahasrāṇām χ **39d suṣumṇām** $\alpha_{\rho_1}\Gamma\delta_3\varepsilon_2$] sukhumṇām β_1 suṣumṇā $\delta_1\varepsilon_1$ nāḍinām $\alpha_{\omega}\chi$ **iva nāḍiṣu** $\alpha_{\rho_1}\beta_1\Gamma\delta_1\delta_3$] iva nāḍikā ε_1 eva nāḍiṣu ε_2 malaśodhanam $\alpha_{\omega}\chi$ **40a ātmadhyāyī** cett.] ātmadhyāyī δ_3 **mitāhārī** cett.] mitāhāro $\Gamma\delta_1$ **40c bhyāsād** cett.] bhyāsā δ_1 bhyānād γ_1 **40d yogī** cett.] yoga δ_3 **niṣpattim āpnuyāt** cett.] niṣpattim avāpnuyāt *unm.* ε_2 siddhim avāpnuyāt α_{ω} **40e śra-** **madair bahubhiḥ** $\alpha_{\rho_1}\beta_1$] śramādau bahubhiḥ ε_1 samastair bahubhiḥ δ_1 samastabahubhiḥ δ_3 śra- **madairghyāḍibhiḥ** Γ kim ādyair bahubhiḥ $\alpha_{\omega}\varepsilon_2$ kim anyair bahubhiḥ χ **40f kim syāt** $\alpha_{\rho_1}\beta_1\Gamma\delta_3$] **sadā** $\alpha_{\omega}\varepsilon_1\varepsilon_2$ yadā δ_1 siddhe χ **sati** cett.] satya α_{ω} sthite $\alpha_{\rho_1}\beta_1$ **41a prāṇānile** cett.] **prāṇānale** α_{ω} **sāvadhānam** $\beta_1\gamma_2\delta_1\varepsilon_1\varepsilon_2$] na γ_3 ne $\alpha_{\rho_1}\alpha_{\omega}\gamma_1\chi$ no δ_3 **41b baddhe** cett.] **baṃdhe** α_{ω} **baṃdhaḥ** δ_1 **baddhvai** β_1 **kevalakumbhake** $\Gamma\delta_3\varepsilon_1\varepsilon_2\chi$] kevalakumbhakaḥ $\alpha_{\omega}\delta_1$ **kevalakumbhataḥ** $\alpha_{\rho_1}\beta_1$ **41c utpadyate** cett.] utpadyamte $\alpha_{\rho_1}\alpha_{\omega}\varepsilon_1$ **41d svayam evonmani** cett.] *om.* (eye-skip) α_{ρ_1} **yathā** cett.] tathā ε_1 kalā χ *om.* α_{ρ_1}

तथैकस्मिन्नेव दृढे बद्धे सिद्धासने सदा । (ab om. $\alpha_{\rho 1} \delta_1$)
 बन्धत्रयमनायासात्स्वयमेवोपजायते ॥ (c om. $\alpha_{\rho 1}$)

1.42

नासनं सिद्धसदृशं न कुम्भः केवलोलपमः ।
 न खेचरीसमा मुद्रा न नादसदृशो लयः ॥ (om. α_{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 जिह्वा ।
 उत्तम्य चिबुकं वक्षस्यास्थाप्य[#] पवनं शनैः ॥⁵

1.46

42a *tathaika* $\alpha_{\omega} \varepsilon_1 \varepsilon_2 \chi$] *athaika* $\beta_1 \Gamma \delta_3$ **ḍṛdhe** $\delta_3 \varepsilon_1 \varepsilon_2 \chi$] *ḍṛdhe* β_1 *ḍṛdham* $\alpha_{\omega} \Gamma$ **42b** *bad-*
dhe cett.] *baddha* β_1 **siddhāsane** cett.] *siṃhāsane* γ_1 **sadā** cett.] *tadā* β_1 *satī* χ
43a *nāsanam siddhasadrśam* $\alpha_{\rho 1} \beta_1 \Gamma \delta_3 \chi$] *nāsanam siddhasadanam* δ_1 *na cāsanam siddhasanam*
 $\varepsilon_1 \varepsilon_2$ **43b** *kumbhaḥ kevalopamaḥ* $\alpha_{\rho 1} \beta_1 \Gamma \delta_1 \delta_3 \chi$] *kumbhasadrśo nilaḥ* $\varepsilon_1 \varepsilon_2$ **43d** *nāda* cett.]
nādaḥ ε_1 **44** *atha* cett.] *tathā* ε_1 om. $\gamma_1 \delta_1$ **padmāsanam** cett.] om. $\gamma_1 \delta_1$ **44a** *dakṣiṇam*
cett.] *dakṣaṇam* α_{ω} *vidakṣiṇam* γ_1 **ca** cett.] *hi* $\alpha_{\rho 1} \beta_1 \Gamma$ **tathā** cett.] *tato* α_{ω} **44b** *yāmyo*
 $\alpha_{\rho 2} \alpha_{\omega} \delta_1 \varepsilon_1$] *dakṣo* $\alpha_{\rho 1} \beta_1 \Gamma \delta_3 \chi$ *jānvo* ε_2 **pāścimena vidhina** cett.] *tasya bandhanavidhau* α_{ω}
dhṛtvā cett.] *prṣṭe* α_{ω} **44d** *vināśakāri* $\delta_1 \delta_3 \varepsilon_1 \varepsilon_2 \chi$] *vināśakāya* $\alpha_{\rho 1}$ *vināsanam unm.* α_{ω} *vināśam*
āsu β_1 *vikāranāśa°* Γ **yaminām** cett.] *janakaṃ* β_1 *°nakaram* Γ **45** *matāntare* $\alpha_{\omega} \varepsilon_1 \chi$] *matāntaram* β_1 *matāntara* δ_3 *matāntare* *tu* $\alpha_{\rho 1} \gamma_2 \delta_1 \varepsilon_2$ *matabhede* γ_1 **45b** *ūru* cett.] *kuru* α_{ω}
prayatnataḥ cett.] *vidhānataḥ* γ_1 **45c** *tathottānau* cett.] *tathauttānau* $\gamma_1 \varepsilon_1^c$ **45d** *tato*
dṛṣau cett.] *tato dṛṣai* α_{ω} *tu tādrṣau* Γ **46a** *nāsāgre* cett.] *nāsagre* γ_1 **vinyased** cett.]
vinyasya α_{ω} **rāja** $\beta_1 \Gamma \varepsilon_2 \chi$] *rājā* δ_1 *dṛṣṭim* $\delta_3 \varepsilon_1$ *dṛṣṭi* α_{ω} om. $\alpha_{\rho 1}$ **46b** *mūlaṃ* $\alpha_{\omega} \beta_1 \delta_1 \delta_3 \varepsilon_1 \varepsilon_2$] *mūle* $\alpha_{\rho 1} \Gamma \chi$ **ca** $\alpha_{\omega} \Gamma \delta_3 \varepsilon_1 \varepsilon_2$] *tu* $\alpha_{\rho 1} \beta_1 \delta_1 \chi$ **46c** *uttabhya* $\beta_1 \delta_1 \varepsilon_2$] *uttambhya* $\alpha_{\rho 1} \alpha_{\omega} \Gamma \delta_3 \varepsilon_1 \chi$
vakṣasy $\alpha_{\rho 1} \beta_1 \Gamma \delta_1 \chi$] *caḥṣasy* δ_3 *vakṣam* ε_1 *vakṣa* $\alpha_{\omega} \varepsilon_2$ **46d** *āsthāpya* Γ (cf. DYS)] *utthāpya*
 $\beta_1 \chi$ *utthāya* $\alpha_{\rho 1}$ *utthāyot* δ_1 *otthāpya* δ_3 *sthāpayet* $\alpha_{\omega} \varepsilon_1 \varepsilon_2$

⁴ In α_{ω} this verse is omitted here and found at the beginning of the Khecarī section in Chapter 3:
 नासनं सिद्धसदृशं न कुम्भ केवलोकनं । 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. α_{p2})

कृत्वा संपुटितौ करौ दृढतरं बद्धा तु पद्मासनं
गाढं वक्षसि संनिधाय चिबुकं ध्यानं च तच्चेतसि[#] ।
वारं वारमपानमूर्ध्वमनिलं प्रोच्चालयन् पूरितं[#]
मुञ्चन्प्राणमुपैति बोधमतुलं शक्तिप्रभावाच्चरः[#] ॥ (om. α_{p2})

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. γ_3) [eye-skip?]

1.50

47a proktaṃ cett.] praktaṃ γ_1 **47d dhimatā labhyate** cett.] dhimatāṃ labhyate α_{p1} dhimatāṃ labhate β_2 labhyate dhimatā $\delta_1\delta_3$ **48 paścād uktam eva** $\alpha_1\alpha_{p1}\beta_1$] paścād uktam $\alpha_\omega\gamma_1\gamma_3\varepsilon_1\varepsilon_2\chi$ etat paścād uktam γ_2 idam api $\delta_1\delta_3$ **matsaṃmatam** α_1] matsyamamatam $\alpha_\omega\delta_1\delta_3\varepsilon_1\varepsilon_2$ matsyen-dramatam $\alpha_{p1}\beta_1\Gamma\chi$ **48a kṛtvā** cett.] dhṛtvā Γ **karau** cett.] om. β_1 **tu** cett.] ca Γ **48b saṃnidhāya** cett.] saṃvidhāya $\varepsilon_1\varepsilon_2$ nidhāya α_1 **dhyānaṃ** cett.] dhyāyaṃś χ **ca tac** cett.] tataś ε_1 **cetasi** cett.] cepsitaṃ ε_2 **48c proccālayan** em.] proccārayaṃ α_1 proccārayet $\beta_1\delta_3$ procārayet α_ω protsālayan ε_1 protsārayan $\alpha_{p1}\delta_1\chi$ protsārayet $\gamma_1\gamma_3$ protsāray.n/t γ_2 prol-lāsayan ε_2 **pūritaṃ** cett.] pūrayan $\gamma_1\varepsilon_1$ pūrayet $\gamma_2\gamma_3$ **48d muñcan prāṇam upaiti** cett.] muñcat prāṇam upaiti $\alpha_\omega\varepsilon_2$ prāṇam muñcati yāti Γ **prabhāvān naraḥ** cett.] prabhāvād ataḥ ε_2 prabhāvodayāt Γ **49a padmāsana** cett.] padmāsane $\varepsilon_2\chi$ **49b dvāreṣu** cett.] dvāreṣa $\alpha_\omega\chi$ **pūrayan** $\delta_3\varepsilon_2$] pūrayet $A\beta_1\Gamma\delta_1\varepsilon_1$ pūritaṃ χ **49c mārutaṃ** cett.] māruto δ_1 **dhārayed yas tu** $\Gamma\delta_3\chi$] niyataṃ yas tu β_1 nayate yas tu α_{p1} piyate yas tu ε_1 pivyate yas tu α_ω yas tu pibati ε_2 mriyate yas tu $\alpha_1\delta_1$ **50 atha siṃhāsanam** cett.] atha siṃhāna α_1 siṃhāsana yathā γ_1 **50a ca** cett.] tu δ_3 **50b sīvanyāḥ** cett.] sīvinyāḥ δ_1 simanyāḥ Γ **50c dakṣiṇe** cett.] dakṣaṇe α_ω **tu** cett.] ca $\gamma_1\gamma_2$ **50d dakṣagulphaṃ** cett.] vāme caivā[°] γ_2 **tu** cett.] ca $\gamma_1\varepsilon_1$ [°]pi γ_2 **savyake** cett.] savyakam γ_2 guhyake γ_1

हस्तौ च जान्वोः संस्थाप्य स्वाङ्गुलीः संप्रसार्य च ।
व्यात्तवक्रो निरीक्षेत नासाग्रं सुसमाहितः[#] ॥ (om. γ_3) 1.51

सिंहासनं भवेदेतत्पूजितं योगिभिः सदा ।
बन्धत्रितयसन्धानं कुरुते चासनोत्तमम्[#] ॥ (om. γ_3) 1.52

अथ भद्रासनम् । (om. $\alpha_1\gamma_3\delta_1\delta_3$)

गुल्फौ च वृषणस्याधः सीवन्याः पार्श्वयोः क्षिपेत् । [= 1.50ab] (ab om. $\gamma_3\delta_1\alpha_\omega$)
सव्यगुल्फं तथा सव्ये दक्षगुल्फं तु दक्षिणे । ($\alpha_{p1}\beta_1\chi$) [cd not in α_{p2}]
पार्श्वपादौ च पाणिभ्यां दृढं बद्धा सुनिश्चलम् ॥ 1.53

भद्रासनं भवेदेतत्सर्वव्याधिविषापहम्[#] ।
गोरक्षासनमित्याहुरिदं वै सिद्धयोगिनः ॥ 1.54

इत्यासनानि । (γ_2)

एवमासनबन्धेषु योगीन्द्रो विजितश्रमः ।
अथाभ्यसेन्नाडिशुद्धिं मुद्रादिपवनक्रियाम् ॥ 1.55

51a ca jānvoḥ Aβ₁] tu jānvoḥ δ₁δ₃ε₁χ tu jānunoh ε₂ jānvoḥ ca γ₁γ₂ **saṁsthāpya** cett.] sthāpya ε₂ **51b** svāṅgulīḥ α₁α_ωδ₃ε₁ε₂χ] svāṅgulī α_{p1}β₁δ₁ aṅgulīḥ γ₁ hy aṅgulīḥ γ₂ **saṁprasārya** cett.] yaṁ prasārmya β₁ **51c** vyātta cett.] vyāta α_ω vyālā γ₁ **vaktro** cett.] vaktrau δ₁ vakro α_ω **nirikṣeta** cett.] nirikṣet α_ω nirikṣyeta ε₂ nirikṣeya β₁ **51d** nāsāgraṁ α₁α_{p1}γ₁γ₂δ₁δ₃χ] nāsāgra α_{p1}β₁ε₂ nāsāgre ε₁ **susamāhitaḥ** γ₁γ₂δ₁δ₃χ] stusamāhitaḥ β₁ tu samāhitaḥ α₁ susamāhitaṁ α_{p1} nyastalocanaḥ ε₁ε₂ nyastalocanaṁ α_ω **52a** etat cett.] evaṁ β₁ **52b** pūjitaṁ cett.] pūjitaṁ δ₃ pūjita ε₂ **yogibhiḥ sadā** cett.] munipuṅgavaiḥ γ₁γ₂ yogipuṅgavaiḥ χ **52c** tritaya Aδ₁ε₂χ] tritiya ε₁ trayasya β₁γ₁γ₂δ₃ **sandhānaṁ** cett.] saṁdhāyi δ₁ **52d** kurute cett.] sevate δ₁ **cāsanottamam** α_{p1}α_ωβ₁γ₂δ₁δ₃χ] vāsanottamam α₁γ₁ε₁ sādhanottamam ε₂ **53** atha bhadraśanam cett.] atha bhadraṁ γ₁ om. α₁γ₃δ₁δ₃ **53b** sī-vanyāḥ α₁α_{p1}β₁δ₃ε₁χ] sīvanyā ε₂ sīmānyāḥ γ₁γ₂ om. α_ωδ₁ **53d** dakṣa α_{p1}β₁] dakṣe χ tu β₁χ] ca α_{p1} **53e** pārśva Aβ₁ε₁ε₂χ] pārśve Γδ₃ pārśvau δ₁ **53f** baddhvā cett.] baddhaṁ γ₁ **suniścalam** α_{p1}α_ωδ₃ε₁ε₂χ] suniścalah α₁ suniścayam γ₂γ₃ stu niścalam β₁ tu niścalam δ₁ suniścitam γ₁ **54b** viśāpaham α₁α_{p2}α_ωε₁^{pc}ε₂ (ε₁^{pc} by the first hand)] vināśanam α_{p1}β₁Γδ₁δ₃ε₁^{pc}χ **54d** idaṁ cett.] evaṁ β₁ **vai siddhayoginaḥ** cett.] siddhāś ca yoginaḥ α_{p1} **55a** evam āsana cett.] pavanāśana δ₁ **55b** yogindro cett.] yogemdro δ₁ **vijitaśramah** α₁α_{p2}γ₂γ₃δ₁δ₃] vijitaḥ śramah β₁ vijiteṁśramah γ₁ vijitaśramam α_ω vigataśramah α_{p1}ε₁ε₂χ **55c** athābhyasen α_{p1}β₁Γε₂] athābhyase δ₁ athābhyāse δ₃ athābhyāsam α_ω athabhyā[g]e ε₁ abhyasen χ abhyāse α₁ **nādi** Aβ₁Γδ₃ε₁] nādi unṁ. ε₂ nādi°di (with both vowel signs) δ₁ nādikā χ **śuddhiṁ** α_{p2}α_ωΓδ₃ε₂χ] śuddhi α_{p1}β₁ śvaddhiṁ ε₁ śuddhiḥ syān α₁°śu δ₁ **55d** mudrādi cett.] mudrayā γ₂γ₃ subaddhvā γ₁ **kriyām** cett.] kriyāḥ α₁δ₁δ₃ kriyā β₁

क्रियायुक्तस्य सिद्धिः स्यादक्रियस्य कथं भवेत् । न शास्त्रपाठमात्रेण योगसिद्धिः प्रजायते ॥ ($\alpha_{p1}\alpha_{\omega}\varepsilon_2\chi$) ⁶	1.55*1
न वेषधारणं सिद्धेः कारणं न च तत्कथा । क्रियैव कारणं सिद्धेः सत्यमेतन्न संशयः । शिशोदरस्तायेह न देया वेषधारिणः ॥ ($\alpha_{p1}\alpha_{\omega}\varepsilon_2\chi$)	1.55*2
मयि बोधाम्बुधौ स्वच्छे तुच्छोऽयं विश्वबुद्बुदः । प्रलीन उदितो वेति विकल्पपटलः कुतः ॥ (Γ)	1.55*3
श्रुतिप्रतीतिः स्वगुरुप्रतीतिः स्वात्मप्रतीतिर्मनसोऽपि रोधः । एतानि सर्वाणि समुच्चितानि मतानि धीरैरिह साधनानि ॥ (Γ)	1.55*4
आसनं कुम्भकं चित्रं [#] मुद्राख्यं करणं तथा [#] । अथ नादानुसन्धानमभ्यासानुक्रमो हठे ॥ (om. ε_1)	1.56
ब्रह्मचारी मिताहारी त्यागी योगपरायणः । अब्दादूर्ध्वं भवेत्सिद्धो नात्र कार्या विचारणा ॥	1.57

55*2a *veṣadhāraṇam* $\alpha_{p1}\varepsilon_2\chi$] *veṣadhāriṇyo* α_{ω} **siddheḥ** $\alpha_{p1}\varepsilon_2\chi$] *siddhi* α_{ω} **55*2b** *na ca* $\alpha_{p1}\varepsilon_2\chi$] *ca* α_{ω} **tatkathā** $\alpha_{p1}\alpha_{\omega}\chi$] *tatkathāḥ* ε_2 **55*2c** *siddheḥ* $\varepsilon_2\chi$] *siddhi* α_{ω} *siddham* α_{p1} **55*2d** *etan* $\varepsilon_2\chi$] *eva* α_{p1} *eva* *tat* α_{ω} **55*2e** *śiśnodara* $\alpha_{p1}\alpha_{\omega}\varepsilon_2$] *om.* χ **ratāyeha** ε_2] *ratāyena* α_{ω} *ratāyasya* α_{p1} *om.* χ **55*2f** *na* $\alpha_{p1}\alpha_{\omega}\varepsilon_2$] *om.* χ **deyā** *em.*] *deyo* $\alpha_{p1}\alpha_{\omega}$ *dayo* ε_2 *om.* χ **veṣa** $\alpha_{p1}\varepsilon_2$] *viṣa* α_{ω} *om.* χ **dhāriṇaḥ** $\alpha_{\omega}\varepsilon_2$] *dhāriṇe* α_{p1} *om.* χ **55*3a** *mayi* $\gamma_2\gamma_3$] *miyi* γ_1 **bodhāmbudhau** $\gamma_2\gamma_3$] *bodhombudhau* γ_1 **55*3b** *tuccho'yam* $\gamma_1\gamma_2$] *tuccho* yo γ_3 **55*4a** *pratītiḥ* $\gamma_2\gamma_3$] *prītaḥ* γ_1 **55*4b** *'pi rodhaḥ* *em.*] *'pi* *bodhaḥ* Γ **55*4c** *samuccitāni* γ_1] *samuddhṛtāni* $\gamma_2\gamma_3$ **56a** *kumbhakaṃ* *cett.*] *kumbhakaś* $\alpha_{\omega}\varepsilon_2$ **citraṃ** *cett.*] *citra* $\beta_1\delta_1$ **56b** *mudrākhyam* $\alpha_{p1}\Gamma\delta_1\delta_3\chi$] *mudrākhyā* α_1 *mudrāśyam* β_1 *mudrādi* $\alpha_{\omega}\varepsilon_2$ **karaṇam tathā** *cett.*] *karaṇāni* *ca* ε_2 *pavanakriyā* α_{ω} **56c** *sandhānam* *cett.*] *sandhāna* α_{ω} **56d** *abhyāsā* *cett.*] *abhyāsyā* $\alpha_{p1}\gamma_1$ *syābhyāsā* α_{ω} **nukramo haṭhe** $\alpha_{p1}\alpha_{\omega}\beta_1\delta_3\varepsilon_2\chi$] *nukramo* *haṭhaḥ* α_1 *nukramo* *haṭho* δ_1 *nukrameṇa* *tu* Γ **57a** *mitāhārī* *cett.*] *mitāhāro* γ_1 **57b** *tyāgi* $\alpha_{p1}\alpha_{\omega}\beta_1\delta_3\varepsilon_2\chi$] *yogī* $\alpha_1\Gamma\delta_1\varepsilon_1$ **parāyaṇaḥ** *cett.*] *parākramaḥ* γ_2 **57c** *siddho* *cett.*] *siddhir* $\alpha_1\gamma_3$ *siddhin* ε_2 **57d** *kāryā* *cett.*] *kārya* $\alpha_{\omega}\beta_1^c$ *kāryo* α_{p1} **vicāraṇa** *cett.*] *vicāraṇāt* ε_2 *vicāraṇe* α_{p1}

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 ।
अतिलवणमम्लपृक्तं[#] कदशनशाकोत्कटं दुष्टम्[#] ॥ [Upagiti]

1.60

तथा हि गोरक्षवचनम् । ($A\beta_1\epsilon_1\epsilon_2$)

वर्जयेद्दुर्जनप्रान्तं वह्निस्त्रीपथसेवनम् ।
प्रातःस्नानोपवासादि कायक्लेशविधिं तथा ॥

1.61

58a āhāraś cett.] āhāra $\alpha_1\alpha_{p1}$ āhāram α_ω **58b** caturthāṃśa cett.] caturthāśā β_1 **vivarjitaḥ** cett.] vivarjitam α_ω **58c** bhujyate cett.] bhumjyate α_ω **samprityai** cett.] sampritya ϵ_1 **58d** mitāhārah cett.] mitāhārī β_1 **sa ucyate** cett.] samucyate $\alpha_\omega\epsilon_1$ **59a** katvāmla cett.] katvāmla $\alpha_\omega\epsilon_1$ **tikṣṇalavaṇoṣṇa** cett.] tiktalavaṇoṣṇa γ_1 **harita** $\alpha_1\Gamma\delta_1\epsilon_1\epsilon_2\chi$] hārīta δ_3 harita $\alpha_{p1}\alpha_\omega\beta_1$ **śāka** $\alpha_1\alpha_{p1}\beta_1\Gamma\delta_1\delta_3\chi$] śākam $\alpha_\omega\epsilon_1$ sāka ϵ_2 **59b** tila cett.] illeg. ϵ_1 om. $\alpha_{p1}\beta_1$ **matsyamadyam** cett.] matsyamadyāḥ δ_1 machyamadyā α_1 tsyamagham ϵ_1 madyama..n β_1^{ac} madyamatsyān $\alpha_{p1}\beta_1^{pc}\chi$ **59c** ājādi $\delta_1\chi$] ajādi $\alpha_{p2}\beta_1\delta_3$ ājāvi ϵ_2 ajāvi $\alpha_\omega\epsilon_1\Gamma$ ājivi α_1 ajavya α_{p1} **māmsadadhi** cett.] māmsam dadhi δ_3 **kulattha** cett.] kulatha $\alpha_\omega\gamma_1$ kulatthya ϵ_1 kuluttha γ_3 kola $A\gamma_1\gamma_3\delta_3\chi$] kaula γ_2 kela δ_1 kodra ϵ_2 koṣṇā ϵ_1 kāla β_1 **59d** piṇyāka cett.] piṇnyāka ϵ_2 pinnāka α_ω om. β_1 **laśunā-/lasunādyam** cett.] laśanādyam δ_1 laśunādim γ_3 **apathyam** cett.] asūram γ_3 **60a** vidyāt $\beta_1\gamma_1\gamma_2\delta_1\chi$] vidyā $\gamma_3\epsilon_1$ viṇḍyāt $A\delta_3\epsilon_2$ **punar apy** cett.] punar $\Gamma\delta_1$ **uṣṇīkṛtaṃ** cett.] uṣṇakratam α_ω uṣṇibhūtam Γ uṣṇi α_1 asvikṛtam α_{p1} **rūkṣam** $A\beta_1\delta_1\delta_3\epsilon_2\chi$] rūkṣa ϵ_1 apramitam $\gamma_1\gamma_2$ apratihataṃ γ_3 **60b** atilavaṇam amlapṛktaṃ em.] atilavaṇāmlapṛktaṃ β_1 atilavaṇāmlayuktaṃ α_{p1} atilavaṇam amlayuktaṃ χ atilavaṇādyapraṇtaṃ α_1 atilavaṇādyuṣṇataṃ ϵ_1 atilavaṇādiprayuktaṃ δ_1 atilavaṇādiyuktaṃ δ_3 atilavaṇam tilapiṇḍa ϵ_2 atilavaṇam tilam piṇḍa α_ω atilavaṇasavapalala γ_1 atilavaṇasavapalalam γ_2 atilavaṇāsavapalalam γ_3 **kadaśana** cett.] kadaśanam $\alpha_\omega\epsilon_2$ **śākotkaṭaṃ** cett.] śākātkaṭa α_ω śokātkaṭa ϵ_1 śākokṣadam β_1 **duṣṭam** $\alpha_{p1}\beta_1\delta_1\delta_3$] duṣṭam α_1 varjyam $\Gamma\chi$ varjyam ϵ_2 varjitam α_ω illeg. ϵ_1 **61** tathā hi $\alpha_{p1}\alpha_\omega\beta_1\chi$] tathā $\alpha_1\epsilon_1\epsilon_2$ om. $\gamma_1\gamma_3\delta_1\delta_3\chi$ **gorakṣavacanam** $A\beta_1\epsilon_1\epsilon_2$] om. $\gamma_1\gamma_3\delta_1\delta_3\chi$ **61a** ante varjayed add. tailāmlaloṇitīnikālikābhāi(?) ϵ_1 **varjayed** $\alpha_{p1}\Gamma\delta_1\delta_3\epsilon_2\chi$] varjaye $\alpha_1\alpha_\omega\beta_1\epsilon_1$ **durjana** cett.] durjanam α_{p1} tarjana ϵ_1 **prāntam** $\alpha_1\alpha_{p2}\delta_1\chi$] prātam ϵ_1 prāpte α_{p1} pritiṃ $\beta_1\Gamma\delta_3\epsilon_2$ priti α_ω **61b** vahnistrī cett.] vāstri γ_1 **patha** cett.] pathya α_ω pathi χ madhu γ_1 **61c** prāta(h)snāno cett.] prātaśnāno α_ω **61d** kleśavidhiṃ $A\beta_1\delta_1\delta_3\chi$] kleśādikaṃ $\Gamma\epsilon_1\epsilon_2$ tathā cett.] yathā γ_1

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

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

1.62

सर्वशाकमचाक्षुष्यं चाक्षुष्यं शाकपञ्चकं ।
जीवन्ती वास्तु मत्स्याक्षी मेघनादः पुनर्नवा ॥ (β₁)

1.62*1

क्षीरपर्णी च जीवन्ती मत्स्याक्षी च पुनर्नवा ।
मेघनादश्च पञ्चैते शाकनाम प्रकीर्तिता (sic) ॥ (α_ωδ₃)

1.62*2

मिष्टं[#] 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 राजयोगफलवधि ॥

1.65

62a godhūma cett.] godhūmā γ₁ yava cett.] java α_{ρ1}ε₁ ṣaṣṭika cett.] ṣaṣṭika α₁α_{ρ1}χ māṣikam β₁ piṣṭaka δ₁ śobhanānnaṃ cett.] śobhanānna α_ωβ₁ śobhanānnāni ε₁ **62b** maṇḍa α₁α_{ρ1}β₁Γ] khaṇḍa δ₁δ₃ε₂χ ṣaṇḍa α_ωε₁ nīta cett.] nīti ε₁ sitā cett.] śītā ε₁ sudhā δ₁ **62c** paṭolaka cett.] paṭolika δ₁ε₁ paṭola ε₂ phalādi ca α_{ρ1}α_ω] phalādiṣu δ₃ phalādika β₁γ₁γ₂δ₁χ phalādi«ka» α₁ phalādi.. γ₃ phalakādi ca ε₂ phipalādika ε₁ pañcaśākam cett.] pacyaśākam α₁ śākabhuktaṃ ε₂ **62d** mudgādi cett.] mudgā α₁α_ωδ₃ mu_di α_{ρ1} divyam cett.] cālpam γ₁γ₃ ca cett.] hri(?) δ₁ om. α_ω yamindra Aδ₁ε₂χ] yatindra β₁ munindra Γδ₃ε₁ **62*1b** cākṣuṣyam em.] cakṣapyam β₁ **62*2a** kṣīraparnī δ₃] kṣīravarnī α_ω jīvantī δ₃] jaivanti α_ω **62*2b** matsyākṣī δ₃] matsāṣī α_ω **62*2c** meghanādaś ca δ₃] meghanāditi α_ω **62*2d** śākanāma prakīrtitā α_ω] pañcaśākaḥ prakīrtitaḥ (*kāḥ *tāḥ δ₃^c) δ₃ **63a** miṣṭam α_{ρ1}α_ωβ₁δ₁] mṛṣṭam α₁δ₃ε₁ iṣṭam γ₁ε₂ puṣṭam χ uṣṇam γ₂γ₃ **sumadhuraṃ** cett.] samadhuraṃ α_ωγ₁δ₃ **prapoṣaṇam** cett.] prapoṣakam γ₃δ₃ **63b** yogyaṃ α₁α_{ρ2}β₁Γδ₃ε₂χ] yonyaṃ α_ω bhojyaṃ δ₁ε₁ divyaṃ α_{ρ1} **bhojanam** cett.] bhojanasam ε₂ **64a** *tīvṛddho cett.] pi vṛddho γ₂γ₃ **64b** durbalo'pi vā cett.] durbalas tathā α_{ρ1}ε₂ **64d** sarvayogeṣv atandritaḥ cett.] sarvo yogeṣv atandritaḥ γ₂ sarvayogeṣu taṃdritaḥ α_ω sarvaṃ yogī yatemaṃdriyaḥ ε₁ **65a** pīṭhāni cett.] pīṭhādi Γ **kumbhakaś** cett.] kumbhakaś α_ωδ₃^cε₂ **citrā** cett.] citraṃ ε₂ **65b** divyāni cett.] mudrādi ε₁ε₂ **65c** sarvo pi ca α₁α_{ρ1}δ₁δ₃ε₁] sarve py ayaṃ β₁ sarvo pi hi Γ sarvāny api α_ωε₂χ **bhyāso** Aβ₁δ₃] bhyāse ε₁ε₂χ bhyāsād Γ bhyā δ₁ **65d** phalāvadhī α₁δ₁δ₃ε₁^cε₂χ] phalāvadhīḥ α_{ρ1}α_ωβ₁ yugāvadhī ε₁^c prasiddhaye Γ

इति स्वात्मारामयोगीन्द्रविरचितायां हठप्रदीपिकायां प्रथमोपदेशः ॥

List of Sigla

α_1	N3	Gr1	2 folios missing (1.18–28, 38–46)
α_{p1}	C6	Gr4b	
α_{p2}	P11	Gr4b	not fully collated
α_ω	V3	Gr6	
β_1	N23	Gr2	
γ_1	V19	Gr3	
γ_2	K3	Gr3	the first folios missing (1.1–33)
γ_3	C7	Gr3	2 folios missing (1.23c–29d, 41c–47b)
δ_1	P15	Gr4c	
δ_3	V15	Gr4c	influenced by Gr3
ε_1	V1	Gr4c/4d	
ε_2	J10	Gr4d	
χ	Jyo	Gr4a	Brahmānanda's version, based on the edition 1972

col svātmārāma $\alpha_1\beta_1\delta_1\delta_3\varepsilon_1$] ātmārāma ε_2 śrīsvātmārāma $\alpha_{p1}\alpha_\omega$ śrīśahajānadasaṃtānacīmptā-
maṇisvātmārāma χ om. Γ **yogindra** $\alpha_{p1}\beta_1\delta_1\delta_3\varepsilon_1\varepsilon_2\chi$] yogendra α_ω mahāyogemdra α_1 om.
 Γ **viracitāyām** cett.] om. Γ **haṭha** cett.] śrīhaṭha γ_3 ante **prathamō**° add. āsanayogo
nāma δ_3 āsanavidhikathanam nāma χ **prathamopadeśaḥ** cett.] prathama upadeśaḥ $\alpha_{p1}\delta_3\varepsilon_2$
prathamō'dhyāyaḥ ε_1 prathamō .. + γ_3