

- श्रीआदिनाथाय नमोऽस्तु तस्मै  
येनोपदिष्टा हठयोगविद्या ।  
विराजते प्रोन्नतराजसौध-  
मारोढुमिच्छोरधिरोहिणीव ॥ [1.1–33 lost  $\delta_2$ ] 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.  $\delta_1$ )<sup>1</sup> 1.6

**1a** śrīādināthāya cett.] anādināthāya  $\varepsilon_1$  ādiśanāthāya  $\eta_1$  **1c** virājate cett.] vibhrajate  $\beta_1\chi$   
rājasaudham cett.] rājayogam  $\beta_\omega\eta_2\chi$  **1d** ārodhum cett.] ārūḍham  $\varepsilon_1$  rohinīva cett.]  
rohinī ca  $\gamma_1$  roha eva  $\beta_\omega$  **2b** yoginā cett.] dhīmatā  $\Delta\varepsilon_3$  **2d** haṭhavidyo cett.] haṭhayogo  
 $\eta_2$  **3a** bhrāntiā  $\beta_1\gamma_1\varepsilon_3\eta_1\eta_2\chi$ ] bhrāntvā  $\beta_\omega\Delta$  bhrāntā  $\alpha_1\varepsilon_1$  matadhvānte cett.] matad-  
hvantai  $\beta_1\gamma_1$  matam bhrāntam  $\eta_1$  **3b** mārgam  $\alpha_1\gamma_1$ ] yogam cett. ajānatām cett.] ajānataḥ  
 $\Delta\varepsilon_3$  **3c** dhatte cett.] datte  $\beta_1$  **3d** svātmārāmaḥ cett.] svātmārāma  $\beta_\omega$  svātmārāme  $\gamma_1$   
kṛpākarah  $\alpha_1\beta_1\gamma_1\varepsilon_1\varepsilon_3\eta_1\chi$ ] kṛpāparah  $\Delta$  prakāśyate  $\beta_\omega\eta_2$  **4a** vidyām hi cett.] vidyā hi  $\gamma_1\eta_1$   
vidyo hi  $\alpha_1$  matsyendra cett.] tachamdra  $\gamma_1$  **4b** vijānate cett.] virājate  $\alpha_1$  **4c** svāt-  
mārāmo cett.] ātmārāmo  $\delta_1\varepsilon_1$  **4d** 'thavā cett.] yathā  $\delta_3$  mahā  $\varepsilon_1$  jānīte cett.] jānamte  $\beta_\omega$   
**5a** śrīādinātha cett.] ādināthādi  $\eta_1\eta_2$  **5b** śābarā  $\alpha_1\beta_1\gamma_1\eta_2\chi$ ] śābarā  $\eta_1$  śāradā  $\Delta$  śāgarā  $\beta_\omega$  sā-  
garā  $\varepsilon_1\varepsilon_3$  **5c** cauraṅgi cett.] coraṅgi  $\varepsilon_1$  mīna cett.] mena  $\varepsilon_1$  śīna  $\delta_1$  **5d** virūpākṣa cett.]  
virūpākṣaḥ  $\alpha_1\delta_1$  virūpākhyā  $\delta_3$  bileśayāḥ cett.] savālikah (savālmikah  $\alpha_1^c$ )  $\alpha_1\delta_1$  **6a** man-  
thāna cett.] manthāno  $\chi$  bhairavo cett.] bhairavā  $\gamma_1$  **6b** siddha cett.] siddhir  $\chi$  sūddha  
 $\beta_1\eta_2$  sūddha  $\eta_1$  buddhaś ca cett.] buddhiś ca  $\alpha_1\beta_1\beta_\omega$  pādaś ca  $\delta_3$  kanthaḍiḥ  $\Delta\chi$ ] kan-  
thaḍi  $\beta_1\beta_\omega\varepsilon_3$  kanthaḍiḥ  $\gamma_1$  kanthaliḥ  $\varepsilon_1$  kanthalī  $\alpha_1\eta_1$  kandalī  $\eta_2$  **6c** korāṇṭakaḥ  $\beta_1\gamma_1\varepsilon_1\chi$ ] korāṇṭakaḥ  
 $\varepsilon_3$  gorāṇṭaka  $\alpha_1$  pauraṇṭakaḥ  $\beta_\omega\delta_3\eta_1\eta_2$  om.  $\delta_1$  surānandaḥ cett.] surānanda  $\beta_\omega$   
kṣurānaṃda  $\alpha_1$  om.  $\delta_1$  **6d** siddhapādaś ca cett.] śrīpādaś caiva  $\varepsilon_3$  om.  $\delta_1$  carpaṭiḥ  $\gamma_1\varepsilon_3\eta_2\chi$ ] carpaṭi  
 $\alpha_1\beta_\omega$  carpaṭi  $\beta_1\delta_3\eta_1$  karpaṭiḥ  $\varepsilon_1$  om.  $\delta_1$

<sup>1</sup> Usually omitted in  $\Delta$ .  $\delta_3$  seems to have supplied this hemistich from a ms of another branch.

- काणेरी पूज्यपादश्च नित्यनाथो निरञ्जनः ।  
कपाली बिन्दुनाथश्च काकचण्डीश्वराह्वयः ॥ 1.7
- अल्लमप्रभुदेवश्च घोडाचोली च टिण्टिणी ।  
भालुकी नागबोधश्च खण्डकापालिकस्तथा ॥ 1.8
- इत्यादयो महासिद्धा हठयोगप्रभावतः ।  
खण्डयित्वा कालदण्डं ब्रह्माण्डे विचरन्ति ते ॥ 1.9
- संसारतापतप्तानां समाश्रयमठो हठः ।  
अशेषयोगजगतामाधारकमठो हठः ॥ (cd om.  $\alpha_1$ ) 1.10
- हठविद्या परं गोप्या योगिनां सिद्धिमिच्छताम् ।  
भवेद्वीर्यवती गुप्ता निर्वीर्या तु प्रकाशिता ॥ 1.11
- सुराज्ये धार्मिके देशे सुभिक्षे निरुपद्रवे ।<sup>2</sup>  
एकान्तमठिकामध्ये स्थातव्यं हठयोगिना ॥ 1.12

**7a kāṇerī** *em.*] *kaṇerī*  $\beta_1\gamma_1\eta_1$  *kaṇerī*  $\alpha_1$  *kaṇerīḥ*  $\epsilon_1$  *kāṇerīḥ*  $\epsilon_3$  *kānerī*  $\beta_\omega\eta_2\chi$  *kariṇī*  $\delta_1$  *karaṇī*  $\delta_3$  **pūjya** *cett.*] *pūrya*  $\eta_1$  *pūrva*  $\epsilon_1\eta_2$  **7b nityanātho** *cett.*] *dhvaninātho*  $\eta_2$  *bilvanātho*  $\Delta$  **7c kapālī** *cett.*] *kapāsi*  $\delta_3$  **7d caṇḍīśvarāhvayaḥ**  $\beta_1\gamma_1\epsilon_1\epsilon_3\eta_1\chi$ ] *caṇḍīśvarādayaḥ*  $\beta_\omega\Delta\eta_2$  *caṇḍeśvaro* *gayaḥ*  $\alpha_1$  **8a allama** *em.*] *alama*  $\alpha_1$  *allamaḥ*  $\beta_\omega\epsilon_1\eta_1\eta_2\chi$  *allasah*  $\gamma_1$  *alasaḥ*  $\beta_1$  *amelleḥ*  $\epsilon_3$  *suksamaḥ*  $\Delta$  **8b ghoḍācoli**  $\beta_\omega\epsilon_3\chi$ ] *ghoḍācūli*  $\gamma_1$  *ghoḍācūli*  $\alpha_1$  *goḍācūli*  $\beta_1$  *ghoṭā-coli*  $\Delta$  *ghorācoli*  $\eta_1\eta_2$  *\_gacoli*  $\epsilon_1$  **ca** *cett.*] *sa*  $\delta_1$  *gha*  $\delta_3$  **ṭiṭṭiṇī**  $\eta_1\eta_2$ ] *ṭiṭṭiṇiḥ*  $\alpha_1\chi$  *ṭiṭṭiṇiḥ*  $\delta_1$  *ṭiṭṭiṇiḥ*  $\gamma_1$  *ṭiṭṭaṇi*  $\beta_1$  *ṭimbhiṇiḥ*  $\delta_3$  *cimciṇi*  $\beta_\omega$  *cimciṇiḥ*  $\epsilon_3$  *camcaṇiḥ*  $\epsilon_1$  **8c bhāluki**  $\beta_1\eta_1\eta_2$ ] *bhāluki*  $\alpha_1$  *bhānukin*  $\gamma_1$  *bhānukī*  $\chi$  *vālukur*  $\Delta$  *vāsukir*  $\beta_\omega\epsilon_1$  *vāsukir*  $\epsilon_3$  **nāgabodhas ca**  $\beta_\omega\gamma_1\delta_3\epsilon_1\eta_2$ ] *nāgabodhiś*  $\alpha_2$   $\beta_2\epsilon_1\epsilon_3$  *nāgarodhas*  $\alpha_1$  *nāgadevaś*  $\alpha_1$  *namioḍḍiśa*  $\alpha_1$  *nāradevaś*  $\alpha_1$   $\chi$  **8d khaṇḍa**  $\alpha_3\beta_1\beta_\omega\eta_2$ ] *khaṇḍaḥ*  $\epsilon_3\chi$  *khaṇḍam*  $\gamma_1\eta_1$  *kaṇṭhaḥ*  $\epsilon_1$  *caṇḍa*  $\delta_3$  *caṇḍi*  $\delta_1$  *siddhaḥ*  $\alpha_1\alpha_2$  **9b prabhāvataḥ** *cett.*] *prasādataḥ*  $\beta_1\beta_\omega\gamma_1$  **9c khaṇḍayitvā** *cett.*] *khaṇḍāitvā*  $\delta_1$  **9d brahmāṇḍe** *cett.*] *brahmāṇḍam*  $\epsilon_1$  **vicaranti**  $\beta_1\gamma_1\delta_3\epsilon_1\eta_1\eta_2\chi$ ] *tu* *caranti*  $\beta_\omega$  *śu* *caranti*  $\alpha_1\delta_1\epsilon_3$  **10a saṃsārātāpa** *cett.*] *saṃsārāśrama*  $\beta_\omega$  *saṃsārāśrama*  $\eta_2$  *aśeṣātāpa*  $\beta_1\chi$  **10b samāśraya**  $\beta_1\gamma_1\Delta\epsilon_1\epsilon_3\chi$ ] *samāśrayo*  $\eta_1$  *āśrayo'yam*  $\beta_\omega\eta_2$  *saṃagrāpra*<sup>2</sup>  $\alpha_1$  **maṭho haṭhaḥ**  $\beta_1\gamma_1\delta_3\epsilon_1\chi$ ] *mato* *haṭhaḥ*  $\delta_1$  *mahāmāṭhaḥ*  $\epsilon_3$  *haṭho* *maṭhaḥ*  $\eta_1$  *haṭho* *mataḥ*  $\beta_\omega\eta_2$  *ṭhamo* *haṭhaḥ*  $\alpha_1$  **10c aśeṣa** *cett.*] *samasta*  $\epsilon_1$  *om.*  $\alpha_1$  **jagatām**  $\gamma_1\Delta\epsilon_1\epsilon_3\eta_2$ ] *jagatiṃ*  $\eta_1$  *yuktānām*  $\beta_1\beta_\omega\chi$  *om.*  $\alpha_1$  **10d ādhāra**  $\beta_1\gamma_1\epsilon_1\epsilon_3\eta_1\chi$ ] *ādhāraḥ*  $\beta_\omega\Delta\eta_2$  *om.*  $\alpha_1$  **kamaṭho haṭhaḥ** *cett.*] *kahaṭho* *maṭhaḥ*  $\eta_1$  *om.*  $\alpha_1$  **11a gopyā** *cett.*] *gopyaṃ*  $\beta_\omega$  **yoginām**  $\alpha_1\beta_1\gamma_1\epsilon_3\eta_1\eta_2$ ] *yoginām*  $\beta_\omega$  *yoginā*  $\Delta\epsilon_1\chi$  **11b icchatām**  $\alpha_1\beta_\omega\gamma_1\epsilon_3\eta_1\eta_2$ ] *icchatā*  $\beta_1\delta_3\epsilon_1\chi$  *icchitā*  $\delta_1$  **11d nirvirya** *cett.*] *nirvijā*  $\delta_1$  *nirvāryā*  $\eta_2$  *tu* *cett.*]  $\alpha_1$   $\delta_1\epsilon_3$  *sā*  $\epsilon_1$  **12b nirupadrave** *cett.*] *kṣemabhadrade*  $\epsilon_1$  **12c ekānta**  $\alpha_1\beta_1\gamma_1\Delta\epsilon_1\epsilon_3$ ] *ekānte*  $\beta_\omega\eta_1\eta_2\chi$

<sup>2</sup>  $\chi$  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 षड्विंशोऽङ्गो विनश्यति ॥ 1.15

उत्साहात्साहसाद्वैर्यात्तत्त्वज्ञानाच्च निश्चयात् ।  
जनसङ्गपरित्यागात्षड्विंशोऽङ्गः प्रसिध्यति ॥ 1.16

अहिंसा सत्यमस्तेयं ब्रह्मचर्यं क्षमा धृतिः ।  
दयार्जवं मिताहारः शौचं चैव यमा दश ॥ (β<sub>ω</sub>δ<sub>3</sub>) 1.16\*1

तपः संतोषमास्तिक्यं दानमीश्वरपूजनम् ।  
सिद्धान्तश्रवणं चैव ही मतिश्च जपो हुतम् ॥ (β<sub>ω</sub>) 1.16\*2

**13a** alpadvāram arandhra cett.] ākalpadvā«ra»raṁdhra γ<sub>1</sub> alpadvāram aruṁ«dha» ε<sub>1</sub>  
**piṭharam** δ<sub>1</sub>] piṭhiram δ<sub>3</sub> piṭhikam γ<sub>1</sub> piṭ(h)akam α<sub>1</sub>ε<sub>1</sub>ε<sub>3</sub> paṭikam β<sub>1</sub> viṭapam β<sub>ω</sub>η<sub>2</sub> vivaram χ  
sahitam η<sub>1</sub> **nica** cett.] nita α<sup>qc</sup> noccā β<sub>ω</sub> namcā γ<sub>1</sub> **yatam** cett.] yitam η<sub>2</sub> yutam η<sub>1</sub> vṛtam  
ε<sub>3</sub> **13b sāndra** β<sub>1</sub>γ<sub>1</sub>Δε<sub>3</sub>η<sub>1</sub>χ] sāndra β<sub>ω</sub>η<sub>2</sub> sāpra α<sub>1</sub> lipta ε<sub>1</sub> **liptam amalam** β<sub>1</sub>γ<sub>1</sub>δ<sub>1</sub>η<sub>2</sub>χ]  
liptavimalam α<sub>1</sub>β<sub>2</sub>β<sub>ω</sub>δ<sub>3</sub>ε<sub>3</sub> liptam abilam η<sub>1</sub> sāndravimalam ε<sub>1</sub> **niḥśeṣa** cett.] nirdoṣa α<sub>1</sub>η<sub>2</sub>  
**bādhajjhitam** β<sub>ω</sub>ε<sub>1</sub>η<sub>1</sub>η<sub>2</sub>] vātojijhitam β<sub>1</sub> jantūjjhitam Δε<sub>3</sub>χ jambhūḍgitam γ<sub>1</sub> jyaṁtyūpsitam α<sub>1</sub>  
**13c vedikūpa** cett.] kūpavedi ε<sub>3</sub> **ruciram** α<sub>1</sub>β<sub>1</sub>β<sub>ω</sub>γ<sub>1</sub>ε<sub>3</sub>χ] racitam Δε<sub>1</sub>η<sub>1</sub>η<sub>2</sub> **14b vivarji-**  
**taḥ** cett.] vivarjite ε<sub>1</sub> **14d yogam eva** α<sub>1</sub>β<sub>1</sub>γ<sub>1</sub>Δε<sub>3</sub>χ] yogam evam ε<sub>1</sub>η<sub>1</sub>η<sub>2</sub> yogamārgam β<sub>ω</sub>  
**samabhyaset** α<sup>qc</sup>β<sub>ω</sub>γ<sub>1</sub>ε<sub>1</sub>η<sub>1</sub>η<sub>2</sub>χ] sadābhyaset α<sup>qc</sup>β<sub>1</sub>Δε<sub>3</sub> **15a atyāhārah** β<sub>1</sub>γ<sub>1</sub>δ<sub>3</sub>η<sub>1</sub>η<sub>2</sub>χ] atyāhāra  
ε<sub>3</sub> alpāhāra δ<sub>1</sub> alpāhāro α<sub>1</sub> ātmāhārah β<sub>ω</sub> natyāhāsaḥ ε<sub>1</sub> **prayāsaś ca** cett.] prayāsaś cā δ<sub>1</sub>  
pravāsaś ca α<sub>1</sub>γ<sub>1</sub> **15b 'niyama** cett.] niyamā ε<sub>3</sub> nama ε<sub>1</sub> **15c janasaṅgaś ca** cett.] janasaṁ-  
gam ca β<sub>1</sub> janasaṁkara ε<sub>1</sub> **15d yogo vinaśyati** cett.] yogā vinaśyati γ<sub>1</sub> yogas ca naśyati η<sub>2</sub>  
yogaḥ prāṇasyati η<sub>1</sub> **16a utsāhāt/n** cett.] utsāha β<sub>ω</sub> **sāhasād** γ<sub>1</sub>Δχ] niścayād α<sub>1</sub>β<sub>ω</sub>ε<sub>1</sub>ε<sub>3</sub>η<sub>1</sub>η<sub>2</sub>  
niyamād β<sub>1</sub> **dhairyāt** β<sub>1</sub>γ<sub>1</sub>Δε<sub>1</sub>ε<sub>3</sub>χ] dhairyā α<sub>1</sub>β<sub>ω</sub> vairyāt η<sub>1</sub>η<sub>2</sub> **16b jñānāc ca niścayāt** γ<sub>1</sub>χ]  
jñānaviniścayāt β<sub>1</sub>Δ jñānāc ca darśanāt α<sub>1</sub>β<sub>2</sub>β<sub>ω</sub>ε<sub>1</sub>ε<sub>3</sub>η<sub>1</sub>η<sub>2</sub> **16c jana** cett.] nija γ<sub>1</sub> **16d yogaḥ**  
**prasidhyati** cett.] yogas tu sidhyati η<sub>1</sub>η<sub>2</sub> yogo prasidhyati δ<sub>1</sub> **16\*1c dayārjavam** δ<sub>3</sub>] dayārjava  
β<sub>ω</sub> **16\*2c siddhānta** em.] siddhāntam β<sub>ω</sub>

अथासनानि । (ε<sub>1</sub>ε<sub>3</sub>)

- हठस्य प्रथमाङ्गत्वादासनं पूर्वमुच्यते ।  
 तत्कुर्यादासनं स्थैर्यमारोग्यं चाङ्गपाटवम् ॥<sup>3</sup> 1.17
- वसिष्ठाद्यैश्च मुनिभिर्मत्स्येन्द्राद्यैश्च योगिभिः ।  
 अङ्गीकृतान्यासनानि कथ्यन्ते कानिचिन्मया ॥ [1.18–28 lost α<sub>1</sub>] 1.18
- जानूर्वोरन्तरे सम्यक्त्वा पादतले उभे ।  
 ऋजुकायः समासीनः स्वस्तिकं तत्प्रचक्षते ॥ [found before 1.17 in ε<sub>1</sub>] 1.19
- सव्ये दक्षिणगुल्फं तु पृष्ठपार्श्वे नियोजयेत् ।  
 दक्षिणेऽपि तथा सव्यं गोमुखं गोमुखं यथा ॥ (om. ε<sub>1</sub>) 1.20
- एकं पादमथैकस्मिन्विन्यस्योरुणि संस्थितम् ।  
 इतरस्मिंस्तथा चोरुं वीरासनमितीरितम् ॥ 1.21
- गुदं निरुध्य गुल्फाभ्यां व्युत्क्रमेण समाहितः ।  
 कूर्मासनं भवेदेतदिति योगविदो विदुः ॥ 1.22

**17** athāsanāni ε<sub>1</sub>] «atha» āsanāni ε<sub>3</sub> **17c** tat kuryād cett.] na kuryād α<sub>1</sub> kuryāt tad η<sub>2</sub>χ  
 āsanam sthairyam γ<sub>1</sub>δ<sub>3</sub>η<sub>1</sub>χ] āsane sthairyam ε<sub>3</sub> āsanasthairyam α<sub>1</sub>β<sub>1</sub>β<sub>ω</sub>δ<sub>1</sub>ε<sub>1</sub> āsanam tasmād η<sub>2</sub>  
**17d** pāṭavam α<sub>1</sub>β<sub>ω</sub>ε<sub>1</sub>η<sub>1</sub>η<sub>2</sub>] lāghavam β<sub>1</sub>γ<sub>1</sub>Δε<sub>3</sub>χ **18d** kathyante β<sub>1</sub>β<sub>ω</sub>γ<sub>1</sub>ε<sub>1</sub>ε<sub>3</sub>η<sub>2</sub>χ] likhyante η<sub>1</sub>  
 vakṣyante Δ **19a** jānūrvor cett.] jamtūrvo δ<sub>1</sub> **antare** cett.] antaram γ<sub>1</sub>ε<sub>1</sub> **19b** ubhe  
 cett.] śubhe γ<sub>1</sub> **19c** rjūkāyaḥ cett.] rjūkāya γ<sub>1</sub><sup>f</sup>η<sub>1</sub> rjuḥ kāya β<sub>ω</sub> **samāsinaḥ** cett.] samāsi-  
 nam β<sub>ω</sub> **19d** tat cett.] ca γ<sub>1</sub> **20a** dakṣiṇa cett.] dakṣaṇa β<sub>ω</sub> **gulphaṁ** cett.] gūlphe  
 δ<sub>3</sub> **20c** 'pi cett.] ca γ<sub>1</sub> tu Δ **savyaṁ** cett.] savye η<sub>1</sub> **20d** gomukhaṁ cett.] go-  
 mukhe δ<sub>3</sub> **gomukhaṁ yathā** Δε<sub>3</sub>η<sub>1</sub>η<sub>2</sub>] gomukhaṁ tathā β<sub>ω</sub> gomukhākṛti χ gomukhākṛtiḥ  
 β<sub>1</sub>γ<sub>1</sub> **21a** ekaṁ cett.] eka Δε<sub>3</sub> **athaikasmīn** η<sub>1</sub>] tathaikasmīn β<sub>1</sub>β<sub>ω</sub>γ<sub>1</sub>ε<sub>1</sub>η<sub>2</sub>χ yathaikasmī Δ  
**21b** vinyasyorūṇi β<sub>ω</sub>η<sub>1</sub>] vinyasyorūṇi η<sub>2</sub> vinyased ūru β<sub>1</sub>γ<sub>1</sub>Δε<sub>3</sub>χ vinyasyorasi ε<sub>1</sub> **samsthi-**  
**tam** cett.] samsthiṭaḥ ε<sub>1</sub> °ni sthiṭaṁ γ<sub>1</sub>χ °ni sthiṭaḥ β<sub>1</sub> **21c** itarāsmiṁ cett.] itarāsmiṁ δ<sub>1</sub>  
**coruṁ** cett.] corau β<sub>1</sub> ce.. δ<sub>1</sub> **22a** nirudhya β<sub>1</sub>γ<sub>1</sub>χ] nibadhya ε<sub>3</sub>η<sub>1</sub> nabadhya ε<sub>1</sub> nibaddhi  
 β<sub>ω</sub> niyamyā Δ niṣṭiḍya η<sub>2</sub> **22b** samāhitaḥ cett.] samāhitaṁ β<sub>ω</sub> **22c** kūrmasānaṁ cett.]  
 yogāsanaṁ β<sub>1</sub>γ<sub>1</sub> **22d** iti cett.] sarve β<sub>1</sub>

<sup>3</sup> 1.17–18 are transposed in δ<sub>1</sub>ε<sub>3</sub>. δ<sub>3</sub> has it twice – in the regular place and after 1.18. Readings of the first occurrence are closer to η<sub>2</sub> (कुर्यात्त्वादासनं तस्माद् and अङ्गपाटवम्) and the second to δ<sub>1</sub> which belongs to the same ms group as δ<sub>3</sub>. In the apparatus, readings of the second occurrence only are included.

पद्मासनं सुसंस्थाप्य जानूर्वोरन्तरे करौ ।

निवेश्य भूमौ संस्थाप्य व्योमस्थः कुक्कुटासनम् ॥ [1.23c–29d lost ḍ<sub>3</sub>] 1.23

कुक्कुटासनबन्धस्थो<sup>#</sup> 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<sup>#</sup> -

प्रचण्डरुङ्गण्डलखण्डनास्त्रम् ।

अभ्यासतः कुण्डलिनीप्रबोधं

दण्ड<sup>#</sup>स्थिरत्वं च ददाति पुंसाम् ॥ 1.27

**23a** su β<sub>1</sub>β<sub>ω</sub>γ<sub>1</sub>ḍ<sub>1</sub>] tu ḍ<sub>3</sub>ε<sub>1</sub>ε<sub>3</sub>η<sub>1</sub>η<sub>2</sub>χ samsthāpya cett.] samyojya Δ **23d** vyomasthaḥ cett.] vyomasthaṃ β<sub>1</sub>γ<sub>1</sub>χ kukkuṭā γ<sub>1</sub>ḍ<sub>1</sub>ε<sub>1</sub>ε<sub>3</sub>χ] kurk(k)uṭā β<sub>ω</sub>η<sub>1</sub>η<sub>2</sub> kukuṭā β<sub>1</sub> **24a** kukkuṭā γ<sub>1</sub>ḍ<sub>1</sub>ε<sub>1</sub>ε<sub>3</sub>χ] kurk(k)uṭā β<sub>ω</sub>η<sub>1</sub>η<sub>2</sub> kukuṭā β<sub>1</sub> **bandhastho** β<sub>1</sub>β<sub>ω</sub>γ<sub>1</sub>ε<sub>1</sub>ε<sub>3</sub>χ] bandhasthe ḍ<sub>1</sub> madhyastho η<sub>2</sub> vat kṛtvā η<sub>1</sub> **24b** sambadhya cett.] samveṣṭa γ<sub>1</sub> samhṛtya β<sub>1</sub> **kandharām** cett.] kandharām β<sub>ω</sub> kandarām ε<sub>1</sub> **24c** śete ε<sub>1</sub>ε<sub>3</sub>η<sub>1</sub>η<sub>2</sub>] śene β<sub>ω</sub> sthitaḥ β<sub>2</sub>γ<sub>1</sub> sthitvā β<sub>1</sub> bhavet ḍ<sub>1</sub>χ **kūrmavad** cett.] kūrmarad β<sub>ω</sub> **uttāna** β<sub>ω</sub>γ<sub>1</sub>η<sub>2</sub>χ] uttānam β<sub>1</sub>ḍ<sub>1</sub>ε<sub>1</sub>ε<sub>3</sub>η<sub>1</sub> **24d** kūr-makam cett.] pūrvakam ε<sub>1</sub> **25a** tu cett.] ca ḍ<sub>1</sub> **pāṇibhyām** cett.] bāhubhyām η<sub>1</sub>η<sub>2</sub> **25b** śraṇāṇāvadhi cett.] śraṇāṇāvadhiḥ β<sub>1</sub> śraṇāṇāvadhiṃ η<sub>1</sub> śraṇāṇavidhi β<sub>ω</sub> **25c** karṣaṇam kṛtvā em. (= ε<sub>2</sub>)] karkhaṇa kṛtvā ḍ<sub>1</sub> karṣaṇam kuryād η<sub>2</sub>χ karṣaṇāt kṛṣṭam β<sub>2</sub>β<sub>ω</sub>γ<sub>1</sub> karṣaṇākṛṣṭam β<sub>1</sub>ε<sub>1</sub>ε<sub>3</sub> karṣaṇaḥ kṛṣṭam η<sub>1</sub> **25d** ucyate β<sub>1</sub>β<sub>ω</sub>γ<sub>1</sub>η<sub>1</sub>η<sub>2</sub>χ] iritam ḍ<sub>1</sub>ε<sub>1</sub>ε<sub>3</sub> **26b** jānor γ<sub>1</sub>η<sub>1</sub>η<sub>2</sub>χ] jānaur β<sub>ω</sub> jānvor β<sub>1</sub>ḍ<sub>1</sub>ε<sub>1</sub>ε<sub>3</sub> **bahirveṣṭita** cett.] bahiṣṭhita γ<sub>1</sub><sup>c</sup> bahisaṃṣṭhita γ<sub>1</sub><sup>c</sup> **vāmapā-dam** β<sub>ω</sub>η<sub>1</sub>η<sub>2</sub>χ] dakṣadoṣṇā β<sub>1</sub>ḍ<sub>1</sub> dakṣadorbhyām γ<sub>1</sub> vāmodoṣṇā ε<sub>3</sub> vāmodoṣṇi ε<sub>1</sub> **26c** var-titāṅgaḥ cett.] marditāṅgaḥ ḍ<sub>1</sub> **26d** matsyanātho cett.] matsyadinātho β<sub>ω</sub> **27a** pītham cett.] vīram η<sub>1</sub> vīra ε<sub>1</sub> **jāthara** cett.] jvalana β<sub>ω</sub> vīra ε<sub>1</sub> **pravṛddha** η<sub>2</sub>] pravuddham γ<sub>1</sub> pravuddhau ḍ<sub>1</sub> prabodham β<sub>1</sub> pracandam ε<sub>1</sub>ε<sub>3</sub>η<sub>1</sub> pracanda α<sup>\*</sup>β<sub>2</sub> pradiptam β<sub>ω</sub> pradiptim χ **27b** pracanda β<sub>1</sub>β<sub>ω</sub>γ<sub>1</sub>ḍ<sub>1</sub>η<sub>2</sub>χ] picaṇḍa ε<sub>1</sub> vicaṇḍa η<sub>1</sub> om. ε<sub>3</sub> (inserts khaṃḍāla between rūmaṃḍāla and khaṇḍanāstram instead) **ruṇ-/rugmaṃḍāla** β<sub>1</sub>β<sub>ω</sub>ḍ<sub>1</sub>ε<sub>3</sub>η<sub>2</sub>χ] rūmaṃḍāla η<sub>1</sub> rugmaṃḍāna γ<sub>1</sub> ruk(!)maṃḍāna ε<sub>1</sub> **khaṇḍanāstram** cett.] khaṇḍanāmaṃ γ<sub>1</sub> khaṇḍalāsyam ḍ<sub>1</sub> **27d** daṇḍa cett.] candra η<sub>2</sub><sup>c</sup>χ kāya ε<sub>3</sub> **sthiratvam** cett.] sthitatvam ḍ<sub>1</sub> **ca dadāti** cett.] dadāti γ<sub>1</sub><sup>c</sup> pradadāti γ<sub>1</sub><sup>c</sup>ḍ<sub>1</sub>

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 β<sub>ω</sub>η<sub>2</sub> **padāgra** β<sub>1</sub>γ<sub>1</sub><sup>tc</sup>ε<sub>1</sub>ε<sub>3</sub>η<sub>1</sub>χ] dāgra γ<sub>1</sub><sup>tc</sup> karābhyām β<sub>ω</sub>η<sub>2</sub> ca pādām δ<sub>1</sub> **28c deśo** cett.] deśe β<sub>1</sub>β<sub>ω</sub> **28d vased** β<sub>1</sub>β<sub>ω</sub>γ<sub>1</sub>ε<sub>1</sub>η<sub>1</sub>χ] 'bhyased δ<sub>1</sub> bhaved ε<sub>3</sub> d (two syllables omitted) η<sub>2</sub> **āhuḥ** cett.] bāmdhaḥ ε<sub>3</sub>η<sub>1</sub> bāmdham ε<sub>1</sub> **29a āsanāgryam** α<sub>1</sub>β<sub>1</sub>β<sub>ω</sub>ε<sub>3</sub>η<sub>1</sub>χ] āsanāśāgryam η<sub>2</sub> āsanākhyam δ<sub>1</sub>ε<sub>1</sub> āyanam γ<sub>1</sub> **29b paścima** cett.] paścimā δ<sub>1</sub> **vāhinam** cett.] vāhanam α<sub>1</sub>β<sub>ω</sub>ε<sub>1</sub> **29c jātharānalasya** cett.] jātharānilasya δ<sub>1</sub> **29d kārśyam** cett.] kāryam γ<sub>1</sub> kṛśyam β<sub>ω</sub> **arogatām** α<sub>1</sub>β<sub>1</sub>ε<sub>1</sub>ε<sub>3</sub>η<sub>1</sub><sup>tc</sup>χ] alogatām γ<sub>1</sub> arogitām δ<sub>1</sub>η<sub>1</sub><sup>tc</sup>η<sub>2</sub> arogyatām β<sub>ω</sub> **30a karadvayena** β<sub>1</sub>β<sub>ω</sub>γ<sub>1</sub>η<sub>1</sub>η<sub>2</sub>χ] karadvayābhyām α<sub>1</sub>ε<sub>3</sub> karasthalābhyām ε<sub>1</sub> purah karābhyām δ<sub>3</sub> punaḥ karābhyām δ<sub>1</sub> **30b kūrpara** β<sub>1</sub>ε<sub>1</sub>ε<sub>3</sub>η<sub>1</sub>η<sub>2</sub>χ] kurpara α<sub>1</sub>β<sub>ω</sub>γ<sub>1</sub> kurpare Δ **pārśvaḥ** cett.] pārśve β<sub>ω</sub>Δ **30c uccāsano** cett.] uccāsanā α<sub>1</sub> uccāsane δ<sub>3</sub> taccāsanam δ<sub>1</sub> **utthitaḥ khe** cett.] utthitāś cet α<sub>1</sub> ucchritāś ca β<sub>1</sub> utthitaḥ kham ε<sub>1</sub> utthitasya β<sub>ω</sub> **30d māyūram** β<sub>1</sub>γ<sub>1</sub>Δε<sub>1</sub>ε<sub>3</sub>η<sub>2</sub>] mayūram α<sub>1</sub>β<sub>ω</sub>η<sub>1</sub>χ **piṭham** cett.] santaḥ Δ **31a rogān āśu** cett.] rogān śvāsa ε<sub>1</sub> doṣān āśu η<sub>2</sub> doṣān asu β<sub>ω</sub> **gulmo** cett.] gulpho γ<sub>1</sub> gulphau α<sub>1</sub> **ādin** cett.] ādin β<sub>ω</sub> **31b abhibhavati ca** Δε<sub>1</sub>η<sub>1</sub>η<sub>2</sub>χ] abhibhavati α<sub>1</sub>ε<sub>3</sub> abhavati ca γ<sub>1</sub> abhavati β<sub>ω</sub> na hi bhavati ca β<sub>1</sub> **31c bhasma** cett.] tac ca δ<sub>1</sub> **aśeṣam** cett.] aśeṣo η<sub>1</sub> isutram ε<sub>1</sub> *om.* β<sub>1</sub> **31d jātharāgnim** cett.] jātharāgram ε<sub>1</sub> vadavāgnim β<sub>ω</sub> **jārayet** cett.] jvālayet η<sub>2</sub>

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 । (α<sub>1</sub>γ<sub>1</sub>η<sub>2</sub>)

योनिस्थानकमङ्घ्रिमूलघटितं कृत्वा दृढं विन्यसे-  
न्मेद्रे पादमथैकमास्यहृदये<sup>#</sup> 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* α<sub>1</sub>β<sub>1</sub>γ<sub>1</sub>η<sub>2</sub> **32b** *śayanam tu śavāsanam* α<sub>1</sub>β<sub>1</sub>β<sub>ω</sub>γ<sub>1</sub>ε<sub>1</sub>η<sub>1</sub>] *śayanam*  
ca *śavāsanam* ε<sub>3</sub>η<sub>2</sub> *śayanam* tat *śavāsanam* χ *śavāsanam* idam *smṛtam* Δ **32c** *sarvāsana*  
β<sub>1</sub>γ<sub>1</sub>ε<sub>1</sub>η<sub>1</sub>η<sub>2</sub>] *savāsana* β<sub>ω</sub> *śavāsanam* α<sub>1</sub>Δε<sub>3</sub>χ *śrānti* cett.] *śrama* ε<sub>3</sub> **32d** *sādhanaṃ*  
α<sub>1</sub>β<sub>1</sub>β<sub>ω</sub>γ<sub>1</sub>δ<sub>1</sub>ε<sub>1</sub>] *kāraṃ* δ<sub>3</sub>ε<sub>3</sub>η<sub>1</sub>η<sub>2</sub>χ **33b** *śivena* cett.] *sarvāṇi* ε<sub>1</sub> *kāthitāni* β<sub>1</sub> *kāthitāni*  
cett.] *kāthitāna* β<sub>ω</sub> *śivena* β<sub>1</sub> **tu** α<sub>1</sub>β<sub>1</sub>β<sub>ω</sub>ε<sub>1</sub>ε<sub>3</sub>η<sub>1</sub>η<sub>2</sub>] *vai* γ<sub>1</sub>δ<sub>1</sub>δ<sub>3</sub> ca χ **34a** *padmaṃ* cett.]  
*bhadraṃ* δ<sub>1</sub> **tathā** cett.] *yathā* β<sub>ω</sub> **simhaṃ** β<sub>1</sub>β<sub>ω</sub>γ<sub>1</sub>η<sub>1</sub>η<sub>2</sub>χ] *saimhaṃ* ε<sub>1</sub>ε<sub>3</sub> *padmaṃ* δ<sub>1</sub>  
*bhadraṃ* δ<sub>3</sub> **34b** *bhadraṃ* cett.] *simhaṃ* δ<sub>1</sub>δ<sub>3</sub> **ceti** β<sub>1</sub>γ<sub>1</sub>δ<sub>1</sub>δ<sub>3</sub>η<sub>2</sub>χ] *caiva* α<sub>1</sub>η<sub>1</sub> *caitac* β<sub>ω</sub>ε<sub>1</sub>  
*cātha* ε<sub>3</sub> **catuṣṭayam** cett.] *catuṣṭakam* ε<sub>3</sub> **34c** *tatrāpi ca sakhe* α<sub>1</sub>β<sub>1</sub>β<sub>ω</sub>γ<sub>1</sub>] *tatrāpi* ca  
*sukhe* η<sub>1</sub>η<sub>2</sub>χ *tatrāpi* ca *sukhaṃ* ε<sub>3</sub> *tathāpi* ca *sakhe* δ<sub>2</sub> *tathāpi* *bhadraṃ* [ca] δ<sub>1</sub>δ<sub>3</sub> *tatra* *viśeṣeṇa* ε<sub>1</sub>  
**34d** *tiṣṭha* α<sub>1</sub>β<sub>1</sub>β<sub>ω</sub>γ<sub>1</sub>] *tiṣṭhat* ε<sub>3</sub> *tiṣṭhet* Δη<sub>1</sub>η<sub>2</sub>χ *śreṣṭham* ε<sub>1</sub> **siddhāsane** cett.] *simhāsane*  
δ<sub>1</sub> *padmāsanaṃ* ε<sub>1</sub> **35** *atha* γ<sub>1</sub>] *tatra* α<sub>1</sub>β<sub>1</sub>η<sub>2</sub> **siddhāsanam** α<sub>1</sub>β<sub>1</sub>γ<sub>1</sub>η<sub>2</sub>] **35a** *sthānaka*  
cett.] *dvāraka* α<sub>1</sub>β<sub>1</sub>γ<sub>1</sub>Δ **\*m aṅghrimūla** cett.] **\*m aṅghrimūla** δ<sub>1</sub> *mūlāṅghri* η<sub>2</sub> **ghaṭitam**  
cett.] *puṭakam* ε<sub>1</sub> **dr̥ḍham** cett.] *dhr̥uṣam* ε<sub>1</sub>ε<sub>3</sub> **35b** *medhṛe* cett.] *medhṛe* γ<sub>1</sub> *mad-*  
*hye* δ<sub>1</sub> **āsyahrdaye** η<sub>1</sub>] *ekahrdaye* α<sub>1</sub>γ<sub>1</sub>ε<sub>1</sub> *eva* *hrdaye* β<sub>2</sub>Δε<sub>3</sub>η<sub>2</sub>χ *eva* *niyatam* β<sub>1</sub>β<sub>ω</sub> **dhṛtvā**  
cett.] *kṛtvā* β<sub>1</sub>β<sub>ω</sub>χ **samaṃ** cett.] *hanuṃ* χ **vigraham** cett.] *susthiraṃ* χ **35c** *sthānuḥ*  
cett.] *sthānu* δ<sub>1</sub> **paśyan** α<sub>1</sub>β<sub>1</sub>β<sub>ω</sub>δ<sub>3</sub>η<sub>1</sub>η<sub>2</sub>] *paśyad* γ<sub>1</sub> *paśyed* δ<sub>1</sub>δ<sub>2</sub>ε<sub>1</sub>ε<sub>3</sub>χ **35d** *etan* Δε<sub>1</sub>ε<sub>3</sub>η<sub>1</sub>] *caitan*  
α<sub>1</sub>β<sub>1</sub>β<sub>ω</sub>γ<sub>1</sub>η<sub>2</sub> *hy* *etan* χ **janakam** cett.] *jananam* δ<sub>2</sub>ε<sub>1</sub> **36** *matāntare tu* α<sub>1</sub>β<sub>1</sub>γ<sub>1</sub>η<sub>2</sub>χ]  
*matāntare* β<sub>ω</sub>ε<sub>1</sub>ε<sub>3</sub>η<sub>1</sub> *matsyendraḥ*] *matāntaram* *tu* δ<sub>1</sub> *etan* *matsyendramatam* *matāntare* *tu* δ<sub>2</sub>δ<sub>3</sub>  
**36a** *vinyasya* cett.] *nikṣipya* α<sub>1</sub>β<sub>ω</sub> *niḥkṣipya* η<sub>2</sub> **36b** *savya* α<sub>1</sub>β<sub>1</sub>β<sub>ω</sub>γ<sub>1</sub>ε<sub>1</sub>η<sub>2</sub>] *savyam* ε<sub>3</sub>χ  
*savyam* *tu* *unm.* η<sub>1</sub> *vāma* Δ **36c** *ca* cett.] *tu* η<sub>1</sub> **nikṣipya** cett.] *niḥkṣipya* η<sub>2</sub> *vinyasya* δ<sub>1</sub>

पूर्वोक्तमेव मत्संसमतम् । ( $\alpha_1\beta_1\beta_2\gamma_1\epsilon_1\epsilon_3$ )

एतत्सिद्धासनं प्राहुरन्ये वज्रासनं विदुः ।

मुक्तासनं वदन्त्येके प्राहुरुक्तासनं परे ॥

1.37

यमेष्विव मिताहारमहिंसां नियमेष्विव ।<sup>#</sup>

मुख्यं सर्वासनेष्वेकं सिद्धाः सिद्धासनं विदुः ॥ [1.38–46 lost  $\alpha_1$ ]

1.38

चतुराशीतिपीठेषु सिद्धमेव सदाभ्यसेत् ।

द्वासप्ततिसहस्रेषु सुषुम्णामिव नाडिषु<sup>#</sup> ॥

1.39

आत्मध्यायी मिताहारी यावद्वादशवत्सरम् ।

सदा सिद्धासनाभ्यासाद्योगी निष्पत्तिमाप्नुयात् ।

श्रमदैर्बहुभिः पीठैः किं स्यात्सिद्धासने सति<sup>#</sup> ॥

1.40

प्राणानिले सावधानं बद्धे केवलकुम्भके ।

उत्पद्यते निरायासात् स्वयमेवोन्मनी यथा ॥ [1.41c–47d lost  $\delta_3$ ]

1.41

37 **matsammatam** < matsamamtaṃ  $\alpha_1$ ] matsyamataṃ  $\epsilon_1\epsilon_3$  matsyendramataṃ  $\beta_1\gamma_1$  sammatam  $\beta_2$  37a **etat** cett.] iti  $\delta_2\delta_3$  kecit  $\delta_1$  37b **r anye** cett.] anyathā  $\alpha_1$  37c **muktāsanam** cett.] muktivāsanam  $\delta_1$  guptāsanam  $\alpha_1$  **vadanty eke** cett.] vadanty anye  $\delta_1\delta_2$  vidur anye  $\delta_3$  37d **guptāsanam** cett.] muktāsanam  $\alpha_1$  38a **yameṣv iva** cett.] yameṣv eva  $\eta_1\eta_2$  yameṣu ca  $\beta_1$  **mitāhāram** cett.] mitāhāra  $\beta_\omega\eta_1$  mitāhārah  $\eta_2$  38b **ahiṃsām**  $\beta_1\delta_1\delta_2\epsilon_3\chi$ ] nahimsām  $\gamma_1$  ahiṃsā  $\beta_\omega\delta_3\epsilon_1\eta_1\eta_2$  **niyameṣv iva** cett.] niyameṣu ca  $\beta_1\eta_1$  38c **ekam** cett.] evaṃ  $\delta_1$  eke  $\epsilon_3$  38d **siddhāḥ siddhāsanam** cett.] etat siddhāsanam  $\beta_1$  siddhāsanam idam  $\Delta$  39b **siddham eva sadābhyaset** cett.] siddhāsanam sadābhyaset  $\delta_1\delta_3$  abhyaset siddhāsanam sadā  $\delta_2$  39c **dvāsaptati** cett.] dvisaptati  $\epsilon_3$  **sahasreṣu** cett.] sahasrāsu  $\epsilon_3$  sahasrāṇām  $\chi$  39d **suṣuṃṇām**  $\beta_1\Delta\epsilon_3\eta_2$ ] sukhumṇām  $\gamma_1$  suṣuṃṇā  $\epsilon_1\eta_1$  nāḍinām  $\beta_\omega\chi$  **iva nāḍiṣu**  $\beta_1\gamma_1\Delta\epsilon_1\epsilon_3$ ] iva nāḍikā  $\eta_1$  eva nāḍiṣu  $\eta_2$  malaśodhanam  $\beta_\omega\chi$  40a **ātmadhyāyī** cett.] ātmadhyāyī  $\epsilon_3$  **mitāhārī** cett.] mitāhāro  $\Delta\epsilon_1$  40c **°bhyāsād** cett.] °bhyāsā  $\epsilon_1$  °bhyānād  $\delta_1$  40d **yogī** cett.] yoga  $\epsilon_3$  **niṣpattim āpnuyāt** cett.] niṣpattim avāpnuyāt *unm.*  $\eta_2$  siddhim avāpnuyāt  $\beta_\omega$  40e **śramadair bahubhiḥ**  $\beta_1\gamma_1$ ] śramādaḥ bahubhiḥ  $\eta_1$  samastair bahubhiḥ  $\epsilon_1$  samastabahubhiḥ  $\epsilon_3$  śramadairghyādibhiḥ  $\Delta$  kim ādyair bahubhiḥ  $\beta_\omega\eta_2$  kim anyair bahubhiḥ  $\chi$  40f **kiṃ syāt**  $\beta_1\gamma_1\Delta\epsilon_3$ ] sadā  $\beta_\omega\eta_1\eta_2$  yadā  $\epsilon_1$  siddhe  $\chi$  **sati** cett.] satya  $\beta_\omega$  sthite  $\beta_1\gamma_1$  41a **prāṇānile** cett.] prāṇānale  $\beta_\omega$  **sāvadhānam**  $\gamma_1\delta_2\epsilon_1\eta_1\eta_2$ ] °na  $\delta_3$  °ne  $\beta_1\beta_\omega\delta_1\chi$  °no  $\epsilon_3$  41b **baddhe** cett.] baṃdhe  $\beta_\omega$  baṃdhaḥ  $\epsilon_1$  baddhvai  $\gamma_1$  **kevalakumbhake**  $\Delta\epsilon_3\eta_1\eta_2\chi$ ] kevalakumbhakaḥ  $\beta_\omega\epsilon_1$  kevalakumbhataḥ  $\beta_1\gamma_1$  41c **utpadyate** cett.] utpadyante  $\beta_1\beta_\omega\eta_1$  41d **svayam evonmani** cett.] *om.* (eye-skip)  $\beta_1$  **yathā** cett.] tathā  $\eta_1$  kalā  $\chi$  *om.*  $\beta_1$



तथैकस्मिन्नेव दृढे बद्धे सिद्धासने सदा । (ab om.  $\beta_1\epsilon_1$ )  
 बन्धत्रयमनायासात्स्वयमेवोपजायते ॥ (c om.  $\beta_1$ )

1.42

नासनं सिद्धसदृशं न कुम्भः केवलोलपमः ।  
 न खेचरीसमा मुद्रा न नादसदृशो लयः ॥ (om.  $\beta_\omega$ )<sup>4</sup>

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<sup>#</sup> पवनं शनैः ॥<sup>5</sup>

1.46

**42a** *tathaika*  $\beta_\omega\eta_1\eta_2\chi$ ] *athaika*  $\gamma_1\Delta\epsilon_3$  **ṛḍdhe**  $\epsilon_3\eta_1\eta_2\chi$ ] *ṛḍdhe*  $\gamma_1$  *ṛḍdham*  $\beta_\omega\Delta$  **42b** *bad-*  
*dhe* cett.] *baddha*  $\gamma_1$  **siddhāsane** cett.] *siṃhāsane*  $\delta_1$  **sadā** cett.] *tadā*  $\gamma_1$  *sati*  $\chi$   
**43a** *nāsanam* **siddhasadr̥ṣam**  $\beta_1\gamma_1\Delta\epsilon_3\chi$ ] *nāsanam* *siddhasadanam*  $\epsilon_1$  *na cāsanam* *siddhasanam*  
 $\eta_1\eta_2$  **43b** *kumbhaḥ kevalopamaḥ*  $\beta_1\gamma_1\Delta\epsilon_1\epsilon_3\chi$ ] *kumbhasadr̥ṣo'nilaḥ*  $\eta_1\eta_2$  **43d** *nāda* cett.]  
*nādaḥ*  $\eta_1$  **44** *atha* cett.] *tathā*  $\eta_1$  *om.*  $\delta_1\epsilon_1$  **padmāsanam** cett.] *om.*  $\delta_1\epsilon_1$  **44a** *dakṣiṇam*  
cett.] *dakṣaṇam*  $\beta_\omega$  *vidakṣiṇam*  $\delta_1$  **ca** cett.] *hi*  $\beta_1\gamma_1\Delta$  **tathā** cett.] *tato*  $\beta_\omega$  **44b** *yāmyo*  
 $\beta_2\beta_\omega\epsilon_1\eta_1$ ] *dakṣo*  $\beta_1\gamma_1\Delta\epsilon_3\chi$  *jānvo*  $\eta_2$  **pāścimena vidhinā** cett.] *tasya bandhanavidhau*  $\beta_\omega$   
**dhṛtvā** cett.] *pr̥ṣṭe*  $\beta_\omega$  **44d** *vināśakāri*  $\epsilon_1\epsilon_3\eta_1\eta_2\chi$ ] *vināśakāya*  $\beta_1$  *vināsanam* *unm.*  $\beta_\omega$  *vināśam*  
*āsu*  $\gamma_1$  *vikāranāśa°*  $\Delta$  **yaminām** cett.] *janakam*  $\gamma_1$  *°nakaram*  $\Delta$  **45** *matāntare*  $\beta_\omega\eta_1\chi$ ] *matāntaram*  $\gamma_1$  *matāntara*  $\epsilon_3$  *matāntare* *tu*  $\beta_1\delta_2\epsilon_1\eta_2$  *matabhede*  $\delta_1$  **45b** *ūru* cett.] *kuru*  $\beta_\omega$   
**prayatnataḥ** cett.] *vidhānataḥ*  $\delta_1$  **45c** *tathottānau* cett.] *tathauttānau*  $\delta_1\eta_2^c$  **45d** *tato*  
*dr̥ṣau* cett.] *tato dr̥ṣai*  $\beta_\omega$  *tu tādr̥ṣau*  $\Delta$  **46a** *nāsāgre* cett.] *nāsagre*  $\delta_1$  **vinyased** cett.]  
*vinyasya*  $\beta_\omega$  **rāja**  $\gamma_1\Delta\eta_2\chi$ ] *rājā*  $\epsilon_1$  *dr̥ṣṭiṃ*  $\epsilon_3\eta_1$  *dr̥ṣṭi*  $\beta_\omega$  *om.*  $\beta_1$  **46b** *mūlaṃ*  $\beta_\omega\gamma_1\epsilon_1\epsilon_3\eta_1\eta_2$ ] *mūle*  $\beta_1\Delta\chi$  **ca**  $\beta_\omega\Delta\epsilon_3\eta_1\eta_2$ ] *tu*  $\beta_1\gamma_1\epsilon_1\chi$  **46c** *uttabhya*  $\gamma_1\epsilon_1\eta_2$ ] *uttambhya*  $\beta_1\beta_\omega\Delta\epsilon_3\eta_1\chi$   
**vakṣasy**  $\beta_1\gamma_1\Delta\epsilon_1\chi$ ] *caḥṣasy*  $\epsilon_3$  *vakṣam*  $\eta_1$  *vakṣa*  $\beta_\omega\eta_2$  **46d** *āsthāpya*  $\Delta$  (cf. DYS)] *utthāpya*  
 $\gamma_1\chi$  *utthāya*  $\beta_1$  *utthāyot*  $\epsilon_1$  *otthāpya*  $\epsilon_3$  *sthāpayet*  $\beta_\omega\eta_1\eta_2$

<sup>4</sup> In  $\beta_\omega$  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 ॥

<sup>5</sup> Incomplete description. See the philological commentary.

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

1.47

पश्चादुक्तमेव मत्संमतम् । (om.  $\beta_2$ )

कृत्वा संपुटितौ करौ दृढतरं बद्धा तु पद्मासनं  
गाढं वक्षसि संनिधाय चिबुकं ध्यानं च तच्चेतसि<sup>#</sup> ।  
वारं वारमपानमूर्ध्वमनिलं प्रोच्चालयन् पूरितं<sup>#</sup>  
मुञ्चन्प्राणमुपैति बोधमतुलं शक्तिप्रभावाच्चरः<sup>#</sup> ॥ (om.  $\beta_2$ )

1.48

पद्मासनस्थितो योगी नाडीद्वारेषु पूरयन् ।  
मारुतं धारयेद्यस्तु<sup>#</sup> स मुक्तो नात्र संशयः ॥

1.49

अथ सिंहासनम् ।

गुल्फौ च वृषणस्याधः सीवन्याः पार्श्वयोः क्षिपेत् ।  
दक्षिणे सव्यगुल्फं तु दक्षगुल्फं तु सव्यके ॥ (cd om.  $\delta_3$ ) [eye-skip?]

1.50

**47a** proktam cett.] praktaṃ  $\delta_1$  **47d** dhimatā labhyate cett.] dhimatāṃ labhyate  $\beta_1$  dhimatāṃ labhate  $\gamma_2$  labhyate dhimatā  $\varepsilon_1\varepsilon_3$  **48** paścād uktam eva  $\alpha_1\beta_1\gamma_1$ ] paścād uktam  $\beta_\omega\delta_1\delta_3\eta_1\eta_2\chi$  etat paścād uktam  $\delta_2$  idam api  $\varepsilon_1\varepsilon_3$  **matsaṃmatam**  $\alpha_1$ ] matsyamamatam  $\beta_\omega\varepsilon_1\varepsilon_3\eta_1\eta_2$  matsyen-dramatam  $\beta_1\gamma_1\Delta\chi$  **48a** kṛtvā cett.] dhṛtvā  $\Delta$  **karau** cett.] om.  $\gamma_1$  **tu** cett.] ca  $\Delta$  **48b** saṃnidhāya cett.] saṃvidhāya  $\eta_1\eta_2$  nidhāya  $\alpha_1$  **dhyānam** cett.] dhyāyaṃś  $\chi$  **ca** **tac** cett.] tataś  $\eta_1$  **cetasi** cett.] cepsitaṃ  $\eta_2$  **48c** proccālayan em.] proccārayaṃ  $\alpha_1$  proccārayet  $\gamma_1\varepsilon_3$  procārayet  $\beta_\omega$  protsālayan  $\eta_1$  protsārayan  $\beta_1\varepsilon_1\chi$  protsārayet  $\delta_1\delta_3$  protsāray. n/t  $\delta_2$  prollāsayan  $\eta_2$  **pūritam** cett.] pūrayan  $\delta_1\eta_1$  pūrayet  $\delta_2\delta_3$  **48d** muñcan prāṇam upaiti cett.] muñcat prāṇam upaiti  $\beta_\omega\eta_2$  prāṇam muñcati yāti  $\Delta$  **prabhāvān naraḥ** cett.] prabhāvād atah  $\eta_2$  prabhāvodayat  $\Delta$  **49a** padmāsana cett.] padmāsane  $\eta_2\chi$  **49b** dvāreṣu cett.] dvāreṇa  $\beta_\omega\chi$  **pūrayan**  $\varepsilon_3\eta_2$ ] pūrayet  $\alpha_1\beta_1\beta_\omega\gamma_1\Delta\varepsilon_1\eta_1$  pūritaṃ  $\chi$  **49c** mārutaṃ cett.] māruto  $\varepsilon_1$  **dhārayed yas tu**  $\Delta\varepsilon_3\chi$ ] niyataṃ yas tu  $\gamma_1$  nayate yas tu  $\beta_1$  pīyate yas tu  $\eta_1$  pīvyate yas tu  $\beta_\omega$  yas tu pibati  $\eta_2$  mriyate yas tu  $\alpha_1\varepsilon_1$  **50** atha siṃhāsanam cett.] atha siṃhāna  $\alpha_1$  siṃhāsana yathā  $\delta_1$  **50a** ca cett.] tu  $\varepsilon_3$  **50b** sīvanyāḥ cett.] sivinyāḥ  $\varepsilon_1$  simanyāḥ  $\Delta$  **50c** dakṣiṇe cett.] dakṣaṇe  $\beta_\omega$  **tu** cett.] ca  $\delta_1\delta_2$  **50d** dakṣagulphaṃ cett.] vāme caivā<sup>o</sup>  $\delta_2$  **tu** cett.] ca  $\delta_1\eta_1$  'pi  $\delta_2$  **savyake** cett.] savyakam  $\delta_2$  guhyake  $\delta_1$

हस्तौ च जान्वोः संस्थाप्य स्वाङ्गुलीः संप्रसार्य च ।  
व्यात्तवक्रो निरीक्षेत नासाग्रं सुसमाहितः<sup>#</sup> ॥ (om.  $\delta_3$ ) 1.51

सिंहासनं भवेदेतत्पूजितं योगिभिः सदा ।  
बन्धत्रितयसन्धानं कुरुते चासनोत्तमम्<sup>#</sup> ॥ (om.  $\delta_3$ ) 1.52

अथ भद्रासनम् । (om.  $\alpha_1\delta_3\epsilon_1\epsilon_3$ )

गुल्फौ च वृषणस्याधः सीवन्याः पार्श्वयोः क्षिपेत् । [= 1.50ab] (ab om.  $\delta_3\epsilon_1\beta_\omega$ )  
सव्यगुल्फं तथा सव्ये दक्षगुल्फं तु दक्षिणे । ( $\beta_1\gamma_1\chi$ ) [cd not in  $\beta_2$ ]  
पार्श्वपादौ च पाणिभ्यां दृढं बद्धा सुनिश्चलम् ॥ 1.53

भद्रासनं भवेदेतत्सर्वव्याधिविषापहम्<sup>#</sup> ।  
गोरक्षासनमित्याहुरिदं वै सिद्धयोगिनः ॥ 1.54

इत्यासनानि । ( $\delta_2$ )

एवमासनबन्धेषु योगीन्द्रो विजितश्रमः ।  
अथाभ्यसेन्नाडिशुद्धिं मुद्रादिपवनक्रियाम् ॥ 1.55

**51a** ca jānvoḥ  $\alpha_1\beta_1\beta_\omega\gamma_1$ ] tu jānvoḥ  $\epsilon_1\epsilon_3\eta_1\chi$  tu jānunoḥ  $\eta_2$  jānvoś ca  $\delta_1\delta_2$  **samsthāpya** cett.] sthāpya  $\eta_2$  **51b svāṅguliḥ**  $\alpha_1\beta_\omega\epsilon_3\eta_1\eta_2\chi$ ] svāṅguli  $\beta_1\gamma_1\epsilon_1$  aṅguliḥ  $\delta_1$  hy aṅguliḥ  $\delta_2$  **samprasārya** cett.] yaṁ prasārmya  $\gamma_1$  **51c vyātta** cett.] vyāta  $\beta_\omega$  vyālā  $\delta_1$  **vaktro** cett.] vaktrau  $\epsilon_1$  vakro  $\beta_\omega$  **nirikṣeta** cett.] nirikṣet  $\beta_\omega$  nirikṣyeta  $\eta_2$  nirikṣeya  $\gamma_1$  **51d nāsā-gram**  $\alpha_1\beta_1\delta_1\delta_2\epsilon_1\epsilon_3\chi$ ] nāsāgra  $\beta_\omega\gamma_1\eta_2$  nāsāgre  $\eta_1$  **susamāhitaḥ**  $\delta_1\delta_2\epsilon_1\epsilon_3\chi$ ] stusamāhitaḥ  $\gamma_1$  tu samāhitaḥ  $\alpha_1$  susamāhitaṁ  $\beta_1$  nyastalocanaḥ  $\eta_1\eta_2$  nyastalocanaṁ  $\beta_\omega$  **52a etat** cett.] evaṁ  $\gamma_1$  **52b pūjitaṁ** cett.] pūjitaṁ  $\epsilon_3$  pūjita  $\eta_2$  **yogibhiḥ sadā** cett.] munipuṅgavaiḥ  $\delta_1\delta_2$  yogipuṅgavaiḥ  $\chi$  **52c tritaya**  $\alpha_1\beta_1\beta_\omega\epsilon_1\eta_2\chi$ ] tritiya  $\eta_1$  trayasya  $\gamma_1\delta_1\delta_2\epsilon_3$  **sandhānaṁ** cett.] samdhāyi  $\epsilon_1$  **52d kurute** cett.] sevate  $\epsilon_1$  **cāsanottamam**  $\beta_1\beta_\omega\gamma_1\delta_2\epsilon_1\epsilon_3\chi$ ] vāsanottamam  $\alpha_1\delta_1\eta_1$  sādhanottamam  $\eta_2$  **53 atha bhadrāsanam** cett.] atha bhadraṁ  $\delta_1$  om.  $\alpha_1\delta_3\epsilon_1\epsilon_3$  **53b sī-vanyāḥ**  $\alpha_1\beta_1\gamma_1\epsilon_3\eta_1\chi$ ] sīvanyā  $\eta_2$  sīmānyāḥ  $\delta_1\delta_2$  om.  $\beta_\omega\epsilon_1$  **53d dakṣa**  $\beta_1\gamma_1$ ] dakṣe  $\chi$  tu  $\gamma_1\chi$ ] ca  $\beta_1$  **53e pārśva**  $\alpha_1\beta_1\beta_\omega\gamma_1\eta_1\eta_2\chi$ ] pārśve  $\Delta\epsilon_3$  pārśvau  $\epsilon_1$  **53f baddhvā** cett.] baddhaṁ  $\delta_1$  **sunīścalam**  $\beta_1\beta_\omega\epsilon_3\eta_1\eta_2\chi$ ] sunīścalaḥ  $\alpha_1$  sunīścayam  $\delta_2\delta_3$  stu nīścalaṁ  $\gamma_1$  tu nīścalaṁ  $\epsilon_1$  sunīścitam  $\delta_1$  **54b viśāpahaṁ**  $\alpha_1\beta_2\beta_\omega\eta_1^{\text{pc}}\eta_2$  ( $\eta_1^{\text{pc}}$  by the first hand) vināśanam  $\beta_1\gamma_1\Delta\epsilon_1\epsilon_3\eta_1^{\text{pc}}\chi$  **54d idaṁ** cett.] evaṁ  $\gamma_1$  **vai siddhayoginaḥ** cett.] siddhāś ca yoginaḥ  $\beta_1$  **55a evam āsana** cett.] pavanāsana  $\epsilon_1$  **55b yogindro** cett.] yogēndro  $\epsilon_1$  **vijitāśramaḥ**  $\alpha_1\beta_2\delta_2\delta_3\epsilon_1\epsilon_3$ ] vijitāḥ śramaḥ  $\gamma_1$  vijiteśramaḥ  $\delta_1$  vijitāśramāṁ  $\beta_\omega$  vigatāśramaḥ  $\beta_1\eta_1\eta_2\chi$  **55c athābhyasen**  $\beta_1\gamma_1\Delta\eta_2$ ] athābhyase  $\epsilon_1$  athābhyāse  $\epsilon_3$  athābhyāsaṁ  $\beta_\omega$  athabhyā[g]e  $\eta_1$  abhyasen  $\chi$  abhyāse  $\alpha_1$  **nāḍi**  $\alpha_1\beta_1\beta_\omega\gamma_1\Delta\epsilon_3\eta_1$ ] nāḍi *unm.*  $\eta_2$  nāḍi/ḍi (with both vowel signs)  $\epsilon_1$  nāḍikā  $\chi$  **śuddhiṁ**  $\beta_2\beta_\omega\Delta\epsilon_3\eta_2\chi$ ] śuddhi  $\beta_1\gamma_1$  śvaddhiṁ  $\eta_1$  śuddhiḥ syān  $\alpha_1$  °śu  $\epsilon_1$  **55d mudrādi** cett.] mudrayā  $\delta_2\delta_3$  subaddhvā  $\delta_1$  **kriyāṁ** cett.] kriyāḥ  $\alpha_1\epsilon_1\epsilon_3$  kriyā  $\gamma_1$

|  |        |
|--|--------|
| क्रियायुक्तस्य सिद्धिः स्यादक्रियस्य कथं भवेत् ।<br>न शास्त्रपाठमात्रेण योगसिद्धिः प्रजायते ॥ (β <sub>1</sub> β <sub>ω</sub> η <sub>2</sub> χ) <sup>6</sup>            | 1.55*1 |
| न वेषधारणं सिद्धेः कारणं न च तत्कथा ।<br>क्रियैव कारणं सिद्धेः सत्यमेतन्न संशयः ।<br>शिशोदरस्तायेह न देया वेषधारिणः ॥ (β <sub>1</sub> β <sub>ω</sub> η <sub>2</sub> χ) | 1.55*2 |
| मयि बोधाम्बुधौ स्वच्छे तुच्छोऽयं विश्वबुद्बुदः ।<br>प्रलीन उदितो वेति विकल्पपटलः कुतः ॥ (Δ)  | 1.55*3 |
| श्रुतिप्रतीतिः स्वगुरुप्रतीतिः<br>स्वात्मप्रतीतिर्मनसोऽपि रोधः ।<br>एतानि सर्वाणि समुच्चितानि<br>मतानि धीरैरिह साधनानि ॥ (Δ)   | 1.55*4 |
| आसनं कुम्भकं चित्रं <sup>#</sup> मुद्राख्यं करणं तथा <sup>#</sup> ।<br>अथ नादानुसन्धानमभ्यासानुक्रमो हठे ॥ (om. η <sub>1</sub> )                                       | 1.56   |
| ब्रह्मचारी मिताहारी त्यागी योगपरायणः ।<br>अब्दादूर्ध्वं भवेत्सिद्धो नात्र कार्या विचारणा ॥   | 1.57   |

**55\*2a** *veṣadhāraṇaṃ* β<sub>1</sub>η<sub>2</sub>χ] *veṣadhāriṇyo* β<sub>ω</sub> **siddheḥ** β<sub>1</sub>η<sub>2</sub>χ] *siddhi* β<sub>ω</sub> **55\*2b** *na ca* β<sub>1</sub>η<sub>2</sub>χ] *ca* β<sub>ω</sub> **tatkathā** β<sub>1</sub>β<sub>ω</sub>χ] *tatkathāḥ* η<sub>2</sub> **55\*2c** *siddheḥ* η<sub>2</sub>χ] *siddhi* β<sub>ω</sub> *siddhaṃ* β<sub>1</sub> **55\*2d** *etan* η<sub>2</sub>χ] *eva* β<sub>1</sub> *eva tat* β<sub>ω</sub> **55\*2e** *śiśnodara* β<sub>1</sub>β<sub>ω</sub>η<sub>2</sub>] *om. χ* **ratāyeha** η<sub>2</sub>] *ratāyena* β<sub>ω</sub> *ratāyasya* β<sub>1</sub> *om. χ* **55\*2f** *na* β<sub>1</sub>β<sub>ω</sub>η<sub>2</sub>] *om. χ* **deyā** *em.*] *deyo* β<sub>1</sub>β<sub>ω</sub> *dayo* η<sub>2</sub> *om. χ* **veṣa** β<sub>1</sub>η<sub>2</sub>] *viṣa* β<sub>ω</sub> *om. χ* **dhāriṇaḥ** β<sub>ω</sub>η<sub>2</sub>] *dhāriṇe* β<sub>1</sub> *om. χ* **55\*3a** *mayi* δ<sub>2</sub>δ<sub>3</sub>] *miyī* δ<sub>1</sub> **bodhāmbudhau** δ<sub>2</sub>δ<sub>3</sub>] *bodhoṃbudhau* δ<sub>1</sub> **55\*3b** *tuccho'yaṃ* δ<sub>1</sub>δ<sub>2</sub>] *tuccho yo* δ<sub>3</sub> **55\*4a** *pratītiḥ* δ<sub>2</sub>δ<sub>3</sub>] *prītaḥ* δ<sub>1</sub> **55\*4b** *'pi rodhaḥ* *em.*] *'pi bodhaḥ* Δ **55\*4c** *samuccitāni* δ<sub>1</sub>] *samuddhrtāni* δ<sub>2</sub>δ<sub>3</sub> **56a** *kumbhakaṃ* cett.] *kumbhakaś* β<sub>ω</sub>η<sub>2</sub> **citraṃ** cett.] *citra* γ<sub>1</sub>ε<sub>1</sub> **56b** *mudrākhyam* β<sub>1</sub>Δε<sub>1</sub>ε<sub>3</sub>χ] *mudrākhyā* α<sub>1</sub> *mudrāsyam* γ<sub>1</sub> *mudrādi* β<sub>ω</sub>η<sub>2</sub> **karaṇam** *tathā* cett.] *karaṇāni* ca η<sub>2</sub> *pavanakriyā* β<sub>ω</sub> **56c** *sandhānam* cett.] *sandhāna* β<sub>ω</sub> **56d** *abhyāsā*° cett.] *abhyāsyā* β<sub>1</sub>δ<sub>1</sub> *syābhyāsā* β<sub>ω</sub> **nukramo haṭhe** β<sub>1</sub>β<sub>ω</sub>γ<sub>1</sub>ε<sub>3</sub>η<sub>2</sub>χ] *nukramo haṭhaḥ* α<sub>1</sub> *nukramo haṭho* ε<sub>1</sub> *nukrameṇa tu* Δ **57a** *mitāhāri* cett.] *mitāhāro* δ<sub>1</sub> **57b** *tyāgi* β<sub>1</sub>β<sub>ω</sub>γ<sub>1</sub>ε<sub>3</sub>η<sub>2</sub>χ] *yogī* α<sub>1</sub>Δε<sub>1</sub>η<sub>1</sub> **parāyaṇaḥ** cett.] *parākramaḥ* δ<sub>2</sub> **57c** *siddho* cett.] *siddhir* α<sub>1</sub>δ<sub>3</sub> *siddhīn* η<sub>2</sub> **57d** *kāryā* cett.] *kārya* β<sub>ω</sub>γ<sub>1</sub><sup>c</sup> *kāryo* β<sub>1</sub> **vicāraṇā** cett.] *vicāraṇāt* η<sub>2</sub> *vicāraṇe* β<sub>1</sub>

<sup>6</sup> 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<sup>#</sup> कदशनशाकोत्कटं दुष्टम्<sup>#</sup> ॥ [Upagiti]

1.60

तथा हि गोरक्षवचनम् । ( $\alpha_1\beta_1\beta_\omega\gamma_1\eta_1\eta_2$ )

वर्जयेद्दुर्जनप्रान्तं वह्निस्त्रीपथसेवनम् ।  
प्रातःस्नानोपवासादि कायक्लेशविधिं तथा ॥

1.61

**58a** āharaś cett.] āhara  $\alpha_1\beta_1$  āharam  $\beta_\omega$  **58b** caturthāṁśa cett.] caturthāśā  $\gamma_1$  **vivarjitaḥ** cett.] vivarjitam  $\beta_\omega$  **58c** bhujyate cett.] bhujyate  $\beta_\omega$  **samprītyai** cett.] samprītya  $\eta_1$  **58d** mitāhāraḥ cett.] mitāhārī  $\gamma_1$  **sa ucyate** cett.] samucyate  $\beta_\omega\eta_1$  **59a** katvāmla cett.] katvāmla  $\beta_\omega\eta_1$  **tikṣṇalavaṇoṣṇa** cett.] tiktalavaṇoṣṇa  $\delta_1$  **harita**  $\alpha_1\Delta\epsilon_1\eta_1\eta_2\chi$ ] hārīta  $\epsilon_3$  harita  $\beta_1\beta_\omega\gamma_1$  **śāka**  $\alpha_1\beta_1\gamma_1\Delta\epsilon_1\epsilon_3\chi$ ] śākam  $\beta_\omega\eta_1$  sāka  $\eta_2$  **59b** tila cett.] illeg.  $\eta_1$  *om.*  $\beta_1\gamma_1$  **matsyamadyam** cett.] matsyamadyāḥ  $\epsilon_1$  machyamadyā  $\alpha_1$  tsyamagham  $\eta_1$  madyama..n  $\gamma_1^{\text{ac}}$  madyamatsyān  $\beta_1\gamma_1^{\text{c}}\chi$  **59c** ājādi  $\epsilon_1\chi$ ] ajādi  $\beta_2\gamma_1\epsilon_3$  ājāvi  $\eta_2$  ajāvi  $\beta_\omega\eta_1\Delta$  ājivi  $\alpha_1$  ajavya  $\beta_1$  **māmsadadhi** cett.] māmsam dadhi  $\epsilon_3$  **kulattha** cett.] kulatha  $\beta_\omega\delta_1$  kulatthya  $\eta_1$  kuluttha  $\delta_3$  **kola**  $\alpha_1\beta_1\beta_\omega\delta_1\delta_3\epsilon_3\chi$ ] kaula  $\delta_2$  kela  $\epsilon_1$  kodra  $\eta_2$  koṣṇā  $\eta_1$  kāla  $\gamma_1$  **59d** pinyāka cett.] pimṇyāka  $\eta_2$  pinnāka  $\beta_\omega$  *om.*  $\gamma_1$  **laśunā-/lasunādyam** cett.] laśanādyam  $\epsilon_1$  laśunādim  $\delta_3$  **apathyam** cett.] asūram  $\delta_3$  **60a** vidyāt  $\gamma_1\delta_1\delta_2\epsilon_1\chi$ ] vidyā  $\delta_3\eta_1$  vimdyāt  $\alpha_1\beta_1\beta_\omega\epsilon_3\eta_2$  **punar apy** cett.] punar  $\Delta\epsilon_1$  **uṣṇīkrtaṁ** cett.] uṣṇakratam  $\beta_\omega$  uṣṇībhūtam  $\Delta$  uṣṇī  $\alpha_1$  asvikṛtaṁ  $\beta_1$  **rūkṣam**  $\alpha_1\beta_1\beta_\omega\gamma_1\epsilon_1\epsilon_3\eta_2\chi$ ] rūkṣa  $\eta_1$  apramitaṁ  $\delta_1\delta_2$  apratihataṁ  $\delta_3$  **60b** atilavaṇam **amlaprṛktaṁ** *em.*] atilavaṇāmlaprṛktaṁ  $\gamma_1$  atilavaṇāmlayuktaṁ  $\beta_1$  atilavaṇam amlayuktaṁ  $\chi$  atilavaṇādyapraṇtaṁ  $\alpha_1$  atilavaṇādyuṣṇataṁ  $\eta_1$  atilavaṇādiprayuktaṁ  $\epsilon_1$  atilavaṇādiyuktaṁ  $\epsilon_3$  atilavaṇam tilapiṇḍa  $\eta_2$  atilavaṇam tilam piṇḍa  $\beta_\omega$  atilavaṇasavapalala  $\delta_1$  atilavaṇasavapalalaṁ  $\delta_2$  atilavaṇāsavapalalaṁ  $\delta_3$  **kadaśana** cett.] kadaśanam  $\beta_\omega\eta_2$  **śākotkṛtaṁ** cett.] śākātkaṭa  $\beta_\omega$  śōkātkaṭa  $\eta_1$  śākoṣṇadamaṁ  $\gamma_1$  **duṣṭam**  $\beta_1\gamma_1\epsilon_1\epsilon_3$ ] duṣṭam  $\alpha_1$  varjyam  $\Delta\chi$  varjyam  $\eta_2$  var-jitam  $\beta_\omega$  *illeg.*  $\eta_1$  **61** **tathā hi**  $\beta_1\beta_\omega\gamma_1\chi$ ] tathā  $\alpha_1\eta_1\eta_2$  *om.*  $\delta_1\delta_3\epsilon_1\epsilon_3\chi$  **gorakṣavacanam**  $\alpha_1\beta_1\beta_\omega\gamma_1\eta_1\eta_2$ ] *om.*  $\delta_1\delta_3\epsilon_1\epsilon_3\chi$  **61a** *ante varjayed add.* tailāmlāloṇitīnikalikābhāi (?)  $\eta_1$  **var-jayed**  $\beta_1\Delta\epsilon_1\epsilon_3\eta_2\chi$ ] varjaye  $\alpha_1\beta_\omega\gamma_1\eta_1$  **durjana** cett.] durjanam  $\beta_1$  tarjana  $\eta_1$  **prāntam**  $\alpha_1\beta_2\epsilon_1\chi$ ] prātam  $\eta_1$  prāpte  $\beta_1$  prītiṁ  $\gamma_1\Delta\epsilon_3\eta_2$  prīti  $\beta_\omega$  **61b** vahnīstri cett.] vāstri  $\delta_1$  **patha** cett.] pathya  $\beta_\omega$  pathi  $\chi$  madhu  $\delta_1$  **61c** prāta(h)snāno cett.] prātaśnāno  $\beta_\omega$  **61d** kleśavid-him  $\alpha_1\beta_1\beta_\omega\gamma_1\epsilon_1\epsilon_3\chi$ ] kleśādikaṁ  $\Delta\eta_1\eta_2$  **tathā** cett.] yathā  $\delta_1$

<sup>7</sup>  $\chi$  adds here: वह्निस्त्रीपथिसेवानामादौ वर्जनमाचरेत् (cf. HP 3.32cd; Amaraugha (short recension) 35)

|   |        |
|---|--------|
| गोधूमशालियवषष्टिकशोभनाचं<br>क्षीराज्यमण्डनवनीतसितामधूनि ।<br>शुण्ठी पटोलकफलादि च पञ्चशाकं<br>मुद्गादि दिव्यमुदकं <sup>#</sup> च यमीन्द्रपथ्यम् <sup>#</sup> ॥ | 1.62   |
| सर्वशाकमचाक्षुष्यं चाक्षुष्यं शाकपञ्चकं ।<br>जीवन्ती वास्तु मत्स्याक्षी मेघनादः पुनर्नवा ॥ (Y <sub>1</sub> )  | 1.62*1 |
| क्षीरपर्णी च जीवन्ती मत्स्याक्षी च पुनर्नवा ।<br>मेघनादश्च पञ्चैते शाकनाम प्रकीर्तिता (sic) ॥ (β <sub>ω</sub> ε <sub>3</sub> )                                | 1.62*2 |
| मिष्टं <sup>#</sup> सुमधुरं स्निग्धं गव्यं धातुप्रपोषणम् ।<br>मनोऽभिलषितं योग्यं योगी भोजनमाचरेत् ॥   | 1.63   |
| युवा वृद्धोऽतिवृद्धो वा व्याधितो दुर्बलोऽपि वा ।<br>अभ्यासात्सिद्धिमाप्नोति सर्वयोगेष्वतन्द्रितः ॥  | 1.64   |
| पीठानि कुम्भकाश्चित्रा दिव्यानि करणानि च ।<br>सर्वोऽपि च हठाभ्यासो राजयोगफलावधि ॥   | 1.65   |

**62a** godhūma cett.] godhūmā δ<sub>1</sub> yava cett.] java β<sub>1</sub>η<sub>1</sub> ṣaṣṭika cett.] ṣaṣṭika α<sub>1</sub>β<sub>1</sub>χ māṣikam γ<sub>1</sub> piṣṭaka ε<sub>1</sub> śobhanānnaṃ cett.] śobhanānna β<sub>ω</sub>γ<sub>1</sub> śobhanānnānī η<sub>1</sub> **62b** maṇḍa α<sub>1</sub>β<sub>1</sub>γ<sub>1</sub>Δ] khaṇḍa ε<sub>1</sub>ε<sub>3</sub>η<sub>2</sub>χ ṣaṇḍa β<sub>ω</sub>η<sub>1</sub> nīta cett.] nīti η<sub>1</sub> sitā cett.] śitā η<sub>1</sub> sudhā ε<sub>1</sub> **62c** paṭolaka cett.] paṭolika ε<sub>1</sub>η<sub>1</sub> paṭola η<sub>2</sub> phalādi ca β<sub>1</sub>β<sub>ω</sub>] phalādiṣu ε<sub>3</sub> phalādika γ<sub>1</sub>δ<sub>1</sub>δ<sub>2</sub>ε<sub>1</sub>χ phalādi«ka» α<sub>1</sub> phalādi.. δ<sub>3</sub> phalakādi ca η<sub>2</sub> phipalādika η<sub>1</sub> pañcaśākam cett.] pacyaśākam α<sub>1</sub> śākabhuktaṃ η<sub>2</sub> **62d** mudgādi cett.] mudgā α<sub>1</sub>β<sub>ω</sub>ε<sub>3</sub> mu\_di β<sub>1</sub> divyam cett.] cālpam δ<sub>1</sub>δ<sub>3</sub> ca cett.] hri(?) ε<sub>1</sub> om. β<sub>ω</sub> yamindra α<sub>1</sub>β<sub>1</sub>β<sub>ω</sub>ε<sub>1</sub>η<sub>2</sub>χ] yatindra γ<sub>1</sub> munindra Δε<sub>3</sub>η<sub>1</sub> **62\*1b** cākṣuṣyam em.] cakṣapyam γ<sub>1</sub> **62\*2a** kṣīraparṇī ε<sub>3</sub>] kṣīravarṇī β<sub>ω</sub> jīvanti ε<sub>3</sub>] jaivanti β<sub>ω</sub> **62\*2b** matsyākṣī ε<sub>3</sub>] matsāṣī β<sub>ω</sub> **62\*2c** meghanādaś ca ε<sub>3</sub>] meghanāditi β<sub>ω</sub> **62\*2d** śākanāma prakīrtitā β<sub>ω</sub>] pañcaśākāḥ prakīrtitaḥ ('kāḥ 'tāḥ ε<sub>8</sub><sup>c</sup>) ε<sub>3</sub> **63a** miṣṭam β<sub>1</sub>β<sub>ω</sub>γ<sub>1</sub>ε<sub>1</sub>] mṛṣṭam α<sub>1</sub>ε<sub>3</sub>η<sub>1</sub> iṣṭam δ<sub>1</sub>η<sub>2</sub> puṣṭam χ uṣṇam δ<sub>2</sub>δ<sub>3</sub> sumadhuraṃ cett.] samadhuraṃ β<sub>ω</sub>δ<sub>1</sub>ε<sub>3</sub> prapoṣaṇam cett.] prapoṣakam δ<sub>3</sub>ε<sub>3</sub> **63b** yogaṃ α<sub>1</sub>β<sub>2</sub>γ<sub>1</sub>Δε<sub>3</sub>η<sub>2</sub>χ] yonyam β<sub>ω</sub> bhojyam ε<sub>1</sub>η<sub>1</sub> divyam β<sub>1</sub> bhojanam cett.] bhojanasam η<sub>2</sub> **64a** 'tivrddho cett.] pi vṛddho δ<sub>2</sub>δ<sub>3</sub> **64b** durbalo'pi vā cett.] durbalas tathā β<sub>1</sub>η<sub>2</sub> **64d** sarvayogeṣv atandritaḥ cett.] sarvo yogeṣv atandritaḥ δ<sub>2</sub> sarvayogeṣu tamdritaḥ β<sub>ω</sub> sarvaṃ yogi yatamdriyaḥ η<sub>1</sub> **65a** piṭhāni cett.] piṭhādi Δ kumbhakāś cett.] kumbhakāś β<sub>ω</sub>ε<sub>3</sub><sup>c</sup>η<sub>2</sub> citrā cett.] citraṃ η<sub>2</sub> **65b** divyāni cett.] mudrādi η<sub>1</sub>η<sub>2</sub> **65c** sarvo pi ca α<sub>1</sub>β<sub>1</sub>ε<sub>1</sub>ε<sub>3</sub>η<sub>1</sub>] sarve py ayam γ<sub>1</sub> sarvo pi hi Δ sarvaṇy api β<sub>ω</sub>η<sub>2</sub>χ bhyāso α<sub>1</sub>β<sub>1</sub>β<sub>ω</sub>γ<sub>1</sub>ε<sub>3</sub>] bhyāse η<sub>1</sub>η<sub>2</sub>χ bhyāsād Δ bhyā ε<sub>1</sub> **65d** phalāvadhi α<sub>1</sub>ε<sub>1</sub>ε<sub>3</sub>η<sub>1</sub><sup>bc</sup>η<sub>2</sub>χ] phalāvadhiḥ β<sub>1</sub>β<sub>ω</sub>γ<sub>1</sub> yugāvadhi η<sub>1</sub><sup>bc</sup> prasiddhaye Δ

इति स्वात्मारामयोगीन्द्रविरचितायां हठप्रदीपिकायां प्रथमोपदेशः ॥

### List of Sigla

|                |     |         |  |
|----------------|-----|---------|--|
| $\alpha_1$     | N3  | Gr1     | 2 folios missing in Ch. 1 (1.18–28, 38–46)       |
| $\alpha_2$     | J5  | Gr1     | consulted sporadically                           |
| $\alpha_3$     | G4  | Gr1     | consulted sporadically                           |
| $\beta_1$      | C6  | Gr4b    |  |
| $\beta_2$      | P11 | Gr4b    | consulted sporadically                           |
| $\beta_\omega$ | V3  | Gr6     |  |
| $\gamma_1$     | N23 | Gr2     |  |
| $\delta_1$     | V19 | Gr3     |  |
| $\delta_2$     | K3  | Gr3     | the first folios missing (1.1–33)                |
| $\delta_3$     | C7  | Gr3     | 2 folios missing in Ch. 1 (1.23c–29d, 41c–47b)   |
| $\epsilon_1$   | P15 | Gr4c    |  |
| $\epsilon_2$   | N19 | Gr4c    | consulted sporadically                           |
| $\epsilon_3$   | V15 | Gr4c    | influenced by Gr3                                |
| $\eta_1$       | V1  | Gr4c/4d |  |
| $\eta_2$       | J10 | Gr4d    |  |
| $\chi$         | Jyo | Gr4a    | Brahmānanda's version, based on the edition 1972 |

**col svātmārāma**  $\alpha_1\gamma_1\epsilon_1\epsilon_3\eta_1$ ] ātmārāma  $\eta_2$  śrīsvātmārāma  $\beta_1\beta_\omega$  śrīśahajānadasaṃtānacimptā-  
maṇisvātmārāma  $\chi$  *om.*  $\Delta$  **yogindra**  $\beta_1\gamma_1\epsilon_1\epsilon_3\eta_1\eta_2\chi$ ] yogendra  $\beta_\omega$  mahāyogendra  $\alpha_1$  *om.*  
 $\Delta$  **viracitāyām** cett.] *om.*  $\Delta$  **haṭha** cett.] śrīhaṭha  $\delta_3$  *ante* **prathamō** *add.* āsanayogo  
nāma  $\epsilon_3$  āsanavidhikathanam nāma  $\chi$  **prathamopadeśaḥ** cett.] prathama upadeśaḥ  $\beta_1\epsilon_3\eta_2$   
prathamō'dhyāyaḥ  $\eta_1$  prathamō .. +  $\delta_3$