

- अथासने दृढे योगी वशी हितमिताशनः ।
गुरूपदिष्टमार्गेण प्राणायामं समभ्यसेत् ॥ 2.1
- चले वाते चलं सर्वं निश्चले निश्चलं तथा ।
योगी स्थाणुत्वमाप्नोति ततो वायुनिबन्धनात् ॥ 2.2
- यावद्वायुः स्थितो देहे तावज्जीवितमुच्यते ।
मरणं तस्य निष्क्रान्तिस्ततो वायुं निरुन्धयेत् ॥ 2.3
- मलाकुलासु नाडीषु मारुतो नैव मध्यगः ।
कथं स्यादुन्मनीभावः कायसिद्धिः कथं भवेत् ॥ 2.4
- शुद्धिमेति यदा सर्वं नाडीचक्रं मलाकुलम् ।
तदैव जायते योगी प्राणसंग्रहणे क्षमः ॥ 2.5
- प्राणाभ्यासं ततः कुर्यान्नित्यं सात्त्विकया धिया ।
यथा सुषुम्णा सुस्वस्था मलाः शोषं प्रयान्ति च ॥ 2.6

1a athāsane cett.] athāsāna γ₁ athābhyāsena δ₃ haṭhāsane η₁ **dr̥dhe** α₁β₂γ₂ε₃η₂χ] dr̥dha β_ωη₁ dr̥dha γ₁ dr̥dham Δ dahe ε₁ **1b** vaśī cett.] vajrī ε₁ **hitamitāśanaḥ** cett.] hitasikāśanaḥ γ₁ mitahitāśanaḥ δ₂ bhūtamitāśanaḥ ε₁ **1c** diṣṭa cett.] deśa β₂Δ **1d** prāṇāyāmaṃ α₁Δη₁] prāṇāyāmo β_ω prāṇāyāmi γ₁ prāṇāyāmān β₁β₂γ₂ε₁ε₃χ yogamārgaṃ η₂ **sam-abhyaset** cett.] sadābhyaset Δ samācāret ε₃ **2a** vāte cett.] citte β_ω **calaṃ** cett.] calat β_ω calet ε₁ cale α₁β₂ **sarvaṃ** α₁β_ωε₁ε₃η₁] cittaṃ β₂ΓΔη₂χ **2b** niścalaṃ tathā β_ωΔη₂] niścalaṃ bhavet ε₃χ dr̥dhabaṃdhanam α₁α₂β₁β₂Γε₁η₁ **2c** sthāṇu cett.] sthānu γ₁ sthāna δ₃ sthāna β₂ε₁ **2d** vāyu β_ωε₁] vāyum α₁β₂Γδ₁δ₃ε₃η₁η₂χ om. δ₂ **nibandhanāt** α₁β_ωε₁] nibandhayet β₁η₁ nirundhayet η₂ nirūdhayet γ₁ nirodhayet β₂γ₂Δε₃χ **3a** vāyuḥ γ₂δ₃ε₁η₁χ] vāyu α₁β₂β_ωγ₁δ₁δ₂ε₃η₂ **3b** jīvitam α₂β_ωγ₂Δε₁η₂] jītavim α₁ jīvitvam ε₃ jīvanam β₂γ₁η₁χ **3c** niśkrāntis cett.] niśkrānti β_ω niḥkrāntam α₁ niśkrānto η₂ **3d** tato cett.] tas-mād η₂ **nirundhayet** α₂γ₁η₂] nirodhayet γ₂Δε₃χ nibandhayet α₃β₂β_ωε₁η₁ nibaṃdhanāt α₁ **4a** malākulāsu cett.] mālākusuma η₁ **4d** kāyasiddhiḥ α₁β₂β_ωε₃η₁] kāyaśuddhiḥ Γ kāryasiddhiḥ Δε₁η₂χ **5a** śuddhim eti cett.] śuddhimati γ₁ śuddham eti β₂ **yadā** cett.] yathā β_ω sadā η₁ **5b** cakram cett.] cakra β₂β_ωγ₁ε₁ **malākulam** cett.] manākulam ε₁ **5c** tadaiva cett.] tadeva α₁ε₃ **5d** saṃgrahaṇe cett.] saṃgrahaṇa η₁ saṃrodhane δ₁δ₃ saṃrodhana δ₂ **6a** prāṇābhyāsaṃ cett.] prāṇāyāmaṃ δ₁δ₃χ illeg. δ₂ **6c** yathā cett.] yāsthā α₁ atha δ₂ **suṣumnā susvasthā** (°mnā) α₂α₃] suṣumnā susvasthā α₁ suṣumnāṃ susvasthā β_ω suṣumnā sus-nigdhā (°gdha ε₃) ε₃γ₁ suṣumnāḥ snigdhā ε₁ suṣumnāpārśvasthā β₂Γ suṣumnāntarasthā Δ sukhāṃ avasthāya η₂ suṣumnānāḍisthā χ **6d** malāḥ śoṣaṃ Γδ₂δ₃ε₁η₁η₂] malā śoṣaṃ α₁β₂δ₁ malaśoṣaṃ ε₃ malat śoṣaṃ β_ω malāḥ śuddhiṃ χ

बद्धपद्मासनो योगी प्राणं चन्द्रेण पूरयेत् ।
धारयित्वा यथाशक्त्या पुनः सूर्येण रेचयेत् ॥ 2.7

प्राणं सूर्येण चाकृष्य पूरयेदुदरं शनैः ।
विधिवत्कुम्भकं कृत्वा पुनश्चन्द्रेण रेचयेत् ॥ 2.8

येन त्यजेत्तेन पीत्वा धारयेदविरोधतः ।
रेचयेच्च ततोऽन्येन शनैरेव न वेगतः ॥ 2.9

प्राणं चेदिडया पिबेन्नियमितं भूयोऽन्यया रेचयेत्
पीत्वा पिङ्गलया समीरणमथो बद्धा त्यजेद्गामया ।
सूर्याचन्द्रमसोरनेन विधिना बिम्बद्वयं ध्यायतां
शुद्धा नाडिगणा भवन्ति यमिनां मासत्रयादूर्ध्वतः ॥ 2.10

प्रातर्मध्यन्दिने सायमर्धरात्रे च कुम्भकान् ।
शनैरशीतिपर्यन्तं चतुर्वारं समभ्यसेत् ॥¹ 2.11

7a padmāsano cett.] padmāsane ε₃ padmāsana γ₁ **7b pūrayet** cett.] dhārayet δ₁ recayet β₂ **7c śaktyā** α₁ε₁ε₃] śakti γ₂δ₁δ₂η₁χ śaktim δ₃ śaktih α₂β₂β_ωγ₁ yuktyā η₂ **7d punaḥ** α₁α₂β₂β_ωΓΔ] bhūyāḥ α₃ε₁ε₃η₁η₂ **8a cākṛṣya** cett.] vāsthavya γ₁ **8b udaram** cett.] udare η₁η₂ **8c vidhivat** cett.] vidhidrk β₂ kṛtvā cett.] kuryāt Δ **9a tyajet** cett.] tyaje α₁γ₂ yetayet γ₁ **tena pītvā** β₂Γχ] tenāpūrya α₂Δη₂ tena pūrya α₁β_ωε₁η₁ tena pūrvam β₁ε₃ **9b anirodhataḥ** ε₃] anirodhataḥ α₁β₂β_ωγ₂Δη₁η₂ anirodhitāḥ ε₁ anirodhanataḥ γ₁ atirodhataḥ χ **9c recayec ca** cett.] recayeta ε₁ recayatvā γ₂ pūrayec ca δ₃ **9d śanair eva na vegataḥ** cett.] śanairacavanegataḥ γ₁ śanaiḥ pavanam ekataḥ Δε₃ **10a ced idāyā** cett.] ced idiyā β₂ cediyā α₁ caṇḍiyā γ₁ ceḍikayā ε₃ **niyamitaḥ** cett.] parimitaḥ β_ω nimitaḥ γ₁ **bhūyo** cett.] bhūyā β_ω 'nyayā cett.] nyathā β_ωγ₁δ₁δ₃η₁ **recayet** cett.] _yet γ₁ **10b atho** cett.] alaḥ α₁ **baddhvā tyajed vāmāyā** cett.] baddhvāñjaleḍ vāmāyā δ₃ badhvāsanaḥ sarvadā β₂ **10c sūryācandramasor a** cett.] gap β₂ **anena vidhinā** cett.] anena vidhinā β_ω ane vidhinā γ₁ ane δ₁ gap β₂ **bimbadvayam dhyāyatām** α₁δ₂δ₃η₂] *tā δ₁ *taḥ β_ω bhyāsam samātanvatām α₂α₃ε₁ε₃ bhyāsamātanvatām η₁ bhyāsam sadātanvatām β₂Γχ **10d nādigāṇā** cett.] nādigāṇā β₂ nādiguṇā ε₁ **māsatrayād** cett.] māsadvyād δ₁ illeg. δ₂ **11a prātar madhyandine** cett.] prātaḥ sāyam ca β₂ **sāyam ardha** cett.] sāyam madhya β₁γ₂ε₁ soyamadhya γ₁ madhyāhne β₂ **11b rātre ca** cett.] rātra ca γ₁ rātrau ca ε₁ε₃ niśithe caiva β₂ **kumbhakān** cett.] kumbhakāt β_ωγ₁ kumbhakam δ₂ **11c aśiti** cett.] amibhi δ₁ **paryantam** cett.] paryante α₁

¹ Δ adds here: इडया पिव षोडशभिः पवनं । कुरु षष्टिचतुष्टयमंतगतं (δ₁; -मन्तरगम् δ₂δ₃) । त्यज पिङ्गलया शनैः शनैः । दशभिर्दशभिर्दशभिर्द्व्यधिकैः ॥ (metre: toṭaka)

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

12a kanīyasi bhavet $\beta_2\Gamma\Delta\epsilon_3\chi$] kanīyasi bhavet α_1 kanīyase bhavet $\epsilon_1\eta_1$ adhame jāyate η_2 adhyame jāyate β_ω **svedaḥ** cett.] svadaḥ α_1 svedaḥ η_1 **12c** uttiṣṭhaty cett.] uttiṣṭhamty η_2 uttānam β_2 uttame χ **uttame** cett.] cottame β_2 sthānam ā° χ **prāṇa** $\alpha_1\beta_2\beta_\omega\Gamma\delta_2\delta_3\epsilon_1\epsilon_3$] prāṇam η_1 prāṇam δ_1 prāṇa η_2 °pnoti χ **12d** rodhe $\alpha_1\beta_2\gamma_2\Delta\epsilon_1\epsilon_3$] rodheḥ η_1 rāvai γ_1 baddhe $\beta_\omega\eta_2$ tato χ **padmāsane** $\beta_2\delta_1\delta_3\eta_2$] padmāsana Γ padmāsana δ_2 padmāsanaḥ $\alpha_1\alpha_2\alpha_3\beta_1\beta_\omega\epsilon_1\epsilon_3\eta_1$ vāyum nibam° χ **muhuh** $\alpha_1\beta_2\beta_\omega\Gamma\epsilon_1\epsilon_3\eta_2$] .uhuh η_1 sthite Δ °dhayet χ **13a** śrama cett.] śrava β_ω **13c** cāpi $\beta_\omega\gamma_2\delta_2\delta_3\epsilon_1\epsilon_3\eta_2$] vāpi $\gamma_1\delta_1\eta_1$ caiva $\beta_2\chi$ yāti α_1 **14a** abhyāsakāle prathame cett.] abhyāsakāle prathamam $\beta_2\Delta\epsilon_3$ **14b** kṣīrājya cett.] kṣīranna α_1 **14c** °bhyāse cett.] bhyāsaiḥ ϵ_1 bhyāsa η_1 **dr̥dhibhūte** $\alpha_1\beta_2\beta_\omega\Gamma\Delta\chi$] sthiribhūte $\epsilon_1\epsilon_3\eta_1\eta_2$ **14d** tādṛṇ cett.] tathā $\beta_2\Gamma$ **niyama** cett.] °niyama γ_1 niyamo η_2 **grahaḥ** cett.] śramah η_1 **15** found between 2.9 and 2.10 β_2 **15b** bhaved vaśyaḥ cett.] bhaved vaśyam $\beta_2\Gamma\epsilon_1$ **15c** sevito cett.] samcito $\delta_2\delta_3$ **15d** hanti cett.] hr̥di γ_1 **16b** kṣayo bhavet cett.] parikṣayaḥ $\delta_2\delta_3$ **16d** roga cett.] vyādhi Δ *illeg.* η_1 **samudbhavaḥ** cett.] parikṣayaḥ δ_1 **17a** śvāsas ca kāsas ca cett.] «svāsasa» kāsas ca β_2 śvāsas tathā kāsah $\delta_1\delta_2$ kāsas tathā śvāsah δ_3 **17b** śīraḥkarnākṣi cett.] śīraḥkarnākṣa $\beta_1\delta_3$ jvaraḥ karnākṣi $\epsilon_1\epsilon_3$ karnanāsākṣi δ_1 **vedanāḥ** cett.] vedanaḥ α_1 vedana $\beta_2\beta_\omega\delta_3$ **17c** doṣāḥ $\alpha_1\Gamma\epsilon_1\epsilon_3\eta_1$] doṣaḥ $\beta_2\beta_\omega\delta_1$ dāṣa η_2 rogāḥ $\delta_2\delta_3\chi$ **17d** vyatikramāt cett.] prakopanāt δ_1 prakopataḥ χ

युक्तं युक्तं त्यजेद्वायुं युक्तं युक्तं च पूरयेत् ।
युक्तं युक्तं च बध्नीयादेवं शुद्धिमवामुयात् ॥

2.18

यदा तु नाडीशुद्धिः स्यात् तदा चिह्नानि बाह्यतः ।
कायस्य कृशता[#] कान्तिस्तथा जायेत निश्चितम् ॥

2.19

यथेष्टं धारणं वायोरनलस्य प्रदीपनम् ।
नादाभिव्यक्तिरारोग्यं जायते नाडिशोधनात् ॥ (om. $\epsilon_1 \epsilon_2$)

2.20

मेदःश्लेष्माधिकः पूर्व[#] षट्कर्माणि समाचरेत् ।
अन्यस्तु नाचरेत्तानि दोषाणां समभावतः[#] ॥ (om. $\epsilon_1 \epsilon_2$)

2.21

धौतिर्बस्तिस्तथा नेतिस्त्राटकं नौलिकं तथा ।
कपालभाती चैतानि षट्कर्माणि प्रचक्षते ॥

2.22

कर्मषट्कमिदं गोप्यं घटशोधनकारकम् ।
विचित्रगुणसन्धायि[#] पूज्यते योगिपुङ्गवैः ॥

2.23

18 transposed with the next verse β_2 **18b** *pūrayet* cett.] *sevayet* η_2 **18c** *ca* cett.] *om.* β_ω **18d** *evam* cett.] *ittham* Δ *śuddhim avāpnuyāt* $\alpha_1 \epsilon_1 \eta_1$] *siddhim avāpnuyāt* cett. *sidhyati* *yogavit* Δ **19a** *tu nāḍīśuddhiḥ* cett.] *tu nāḍī śuddhā* β_2 *nāḍivīśuddhiḥ* Δ **19b** *tadā* cett.] *tathā* χ *cihnāni bāhyataḥ* cett.] *cittam nirākulam* Δ **19c** *kṛṣatā* cett.] *kṛṣatām* β_ω *kṛtā* α_1 *kriyate* η_2 *illeg.* η_1 *kāntis* cett.] *illeg.* η_1 **19d** *tathā* cett.] *tadā* χ *niścitam* cett.] *niścītā* α_1 *niścālam* η_1 **20a** *yatheṣṭam* cett.] *yatheṣṭa* $\alpha_1 \beta_\omega \Gamma$ *dhāraṇam* cett.] *dhāraṇa* γ_1 *vāyor* cett.] *vāyur* β_ω **20b** *analasya* cett.] *analasya* $\beta_\omega \eta_2$ *aṇasya* δ_1 **20d** *nāḍi* cett.] *nāḍi unṁ.* $\beta_\omega \eta_2$ *śodhanāt* cett.] *śoṣanāt* γ_1 *śodhane* $\eta_1 \eta_2$ **21a** *medaḥ* cett.] *meda* $\alpha_1 \beta_\omega \chi$ *medā* γ_1 *śleśmādhikāḥ pūrvaṁ* $\alpha_1 \beta_2 \beta_\omega \Gamma \delta_2 \chi$] *śoṣādikam pūrvaṁ* η_1 *śleśmādināśārtham* η_2 *śleśmanivṛt(t)artham* $\delta_1 \delta_3 \epsilon_3$ **21c** *anyas tu* $\alpha_1 \beta_2 \beta_\omega \gamma_2 \delta_2 \eta_1 \chi$] *anyathā* $\Delta \epsilon_3 \eta_2$ *abhyastā* γ_1 **21d** *samabhāvataḥ* $\alpha_1 \beta_1 \beta_\omega \epsilon_3 \eta_2 \chi$] *samabhāgataḥ* $\beta_2 \gamma_1$ *samabhyāgataḥ* γ_2 *amatāyataḥ* Δ *apy* *abhāvataḥ* η_1 **22a** *dhautir* $\beta_2 \beta_\omega \Gamma \epsilon_1 \chi$] *dhauti* $\alpha_1 \alpha_2 \Delta \epsilon_3 \eta_2$ *dhauti* η_1 *bastis/vastis* $\beta_2 \beta_\omega \Gamma \chi$] *vasti* $\alpha_2 \eta_1$ *vastir* α_1 *vastiś* $\alpha_3 \eta_2$ *vasti* $\Delta \epsilon_3$ *bastya* ϵ_1 *tathā netis* $\beta_2 \Gamma \chi$] *tathā nitis* β_1 *tathā neti* η_1 *tathā neti* $\beta_\omega \delta_1 \delta_2$ *tathā niti* δ_3 *niti caiva* α_1 *nitaś caiva* α_2 *neti ceti* ϵ_3 *nyati ceti* ϵ_1 *ca nitiś ca* α_3 *ca netiś ca* η_2 **22b** *trāṭakam* $\alpha_1 \beta_2 \beta_\omega \gamma_2 \delta_2 \delta_3 \eta_1 \eta_2 \chi$] *trāṭanam* ϵ_1 *trāṭikam* ϵ_3 *troṭakam* $\alpha_3 \gamma_1$ *toṭaki* δ_1 *naulikam* $\delta_2 \delta_3 \eta_1 \eta_2 \chi$] *laulikam* α_1 *nauli* α_2 *naulikā* $\beta_1 \beta_2 \beta_\omega \Gamma$ *nauliki* δ_1 *nakuli* ϵ_1 *nākuli* ϵ_3 **22c** *bhāti* $\beta_2 \beta_\omega \gamma_2 \delta_2 \delta_3$] *bhāti* $\alpha_1 \alpha_2 \epsilon_1 \epsilon_3 \eta_1$ *bhātiś* $\alpha_3 \gamma_1 \chi$ *bhāthi* η_2 *bhāvī* δ_1 *caitāni* cett.] *dhijñeyā* δ_1 **22d** *pracaṣṭate* cett.] *samācaret* $\beta_2 \delta_3$ **23a** *karmaṣaṭkām idam* cett.] *ṣaṭkakarmam idam* β_2 *ṣaṭkarmmam idam* η_2 *gopyam* cett.] *proktaṁ* δ_2 **23b** *kārakam* cett.] *kāraṇam* $\alpha_1 \delta_1$ **23c** *sandhāyi* $\gamma_2 \epsilon_1 \epsilon_3 \chi$] *sandhāyi* $\alpha_1 \beta_\omega \gamma_1 \eta_1 \eta_2$ *samdhāya* β_2 *samdhoyi* δ_1 *saṁjñopi* δ_3 *karmopi* δ_2 **23d** *yogi* cett.] *yoga* ϵ_1 *muni* $\delta_2 \delta_3$

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

चतुरङ्गुलविस्तारं² सिक्तं वस्त्रं शनैर्गसेत् ।
ततः प्रत्याहरेच्चैतदुद्गारं[#] धौतिकर्म तत् ॥

2.24

कासश्वासप्लीहकुष्ठं कफरोगाश्च विंशतिः ।
धौतिकर्मप्रभावेन धावन्त्येव[#] न संशयः ॥

2.25

अथ बस्तिकर्म । (om. δ_1)

नाभिद्वे जले पायुन्यस्तनालोत्कटासनः ।
आधाराकुञ्चनं कुर्यात् पखालं बस्तिकर्म तत् ॥

2.26

गुल्मप्लीहोदरं चापि वातपित्तकफोद्भवाः ।
बस्तिकर्मप्रभावेन वार्यन्ते सकलामयाः ॥

2.27

24 tatra $\alpha_1 \alpha_2 \beta_2 \Gamma \eta_1 \chi$] atha $\beta_\omega \delta_3 \eta_2$ atha tatra ε_3 ādau δ_2 **dhautiḥ** $\eta_1 \eta_2 \chi$] dhauti $\alpha_1 \alpha_2 \beta_\omega \Gamma \delta_2 \delta_3 \varepsilon_3$ dhautikā β_2 **24a caturāṅgula** cett.] caturāṅguli δ_2 caturāṅgula η_2 caturāṅgula δ_1 ++ + gula α_1 **vistāram** cett.] vistīrṇam ε_3 **24b siktaṁ** cett.] sitaṁ $\delta_2 \delta_3$ sita ε_3 śaktaṁ ε_1 **24c tataḥ** cett.] punaḥ $\Delta \chi$ **pratyāharec**/*hared cett.] *hārec β_ω *haram η_1 **caitad** cett.] etad $\alpha_1 \Delta$ **24d udgāram** $\alpha_3 \eta_1$] uditam $\varepsilon_3 \eta_2 \chi$ utthānam Γ ukhālātā *unm.* β_ω uśālam $\alpha_2 \varepsilon_1$ husvāla α_1 prakṣālyam β_2 abhyāsād $\delta_2 \delta_3$ abhyāsa δ_1 **tat** $\beta_2 \Gamma \varepsilon_3 \eta_1 \chi$] *taḥ β_ω *kṛt $\alpha_1 \varepsilon_1 \eta_2$ *vit Δ **25a kāsāśvāsa** cett.] śvāsaḥ kāsaḥ η_2 **pliha** cett.] plihā η_1 **kuṣṭhaṁ** $\alpha_1 \beta_\omega \Delta \varepsilon_3 \eta_2 \chi$] kuṣṭha $\beta_2 \Gamma \varepsilon_1 \eta_1$ **25b kapha** cett.] śleṣmā ε_1 **rogāś ca** cett.] rogaś ca δ_3 rogāś ca γ_1 **vimśatiḥ** cett.] vimśati $\beta_\omega \gamma_2$ vidradhiḥ $\delta_2 \delta_3$ **25c dhauti** cett.] dhauti $\alpha_1 \beta_\omega \Delta$ dhauta ε_3 **prabhāvena** cett.] prasādena β_2 **25d dhāvanty eva** $\alpha_3 \beta_\omega \varepsilon_1$] dhāvamte ca α_2 dhāvaty eva η_1 bhavanty eva α_1 prayānty eva $\beta_1 \beta_2 \Gamma \Delta \chi$ śudhyanty eva η_2 naśyante nā* ε_3 **na** cett.] *tra ε_3 **26 atha** cett.] *om.* $\delta_1 \delta_2$ **bastikarma** (vasti*) $\alpha_1 \Gamma \eta_1$] vastikarma $\beta_2 \varepsilon_3$ bastinikarma ε_1 vasti $\delta_2 \delta_3$ basti or vasti $\beta_\omega \eta_2$ vastiḥ χ *om.* δ_1 **26a daghne** $\Delta \varepsilon_3 \eta_2$] daghna $\beta_2 \beta_\omega \Gamma \varepsilon_1 \chi$ dagdha $\alpha_1 \eta_1$ **pāyau** $\alpha_1 \beta_\omega \Gamma \delta_1 \eta_1 \eta_2$] pāyum β_2 pāyur $\varepsilon_1 \delta_3$ pāyau χ vāyu $\delta_2 \varepsilon_3$ **26b nyastanālo** cett.] nyastālo ε_3 **26c ādhārā** cett.] ādhāra $\beta_2 \varepsilon_1$ apānā ε_3 **26d pakhālam** β_ω] pakhālam α_1 paśālam α_2 pāśālam ε_1 prakṣālam $\beta_1 \gamma_1$ prakṣālā α_3 prakhyātā γ_2 prakṣāled β_2 kṣālanam $\varepsilon_3 \eta_1 \eta_2 \chi$ apānād Δ **bastikarma tat** cett.] bastikarma «ta»t γ_2 vastikarmavit $\delta_1 \delta_2$ — vastivit δ_3 **27b bhavāḥ** cett.] bhavaḥ $\alpha_1 \delta_3$ bhavam $\beta_\omega \eta_2$ **27c basti** cett.] vasti β_ω **27d vāryante** $\alpha_1 \beta_2 \Gamma \Delta$] dhāryante ε_1 śiryante ε_3 kṣīyante $\beta_\omega \eta_2 \chi$ jāyate η_1 **sakalāmayāḥ** cett.] sakalā malāḥ $\beta_\omega \Gamma \eta_2$

² $\beta_2 \beta_\omega \eta_2 \chi$ adds here: हस्तपञ्चदशेन तु (‘‘दशायतं χ) गुरुपदिष्टमार्गेण (गुरुपदेशं β_2).

धात्विन्द्रियान्तःकरणप्रसादं
दद्याच्च कान्तिं दहनप्रदीप्तिम् ।
अशेषदोषोपचयं निहन्या-
दभ्यस्यमानं जलबस्तिकर्म ॥[#]

2.28

उदरगतपदार्थमुद्धमन्ती
पवनमपानमुदीर्य कण्ठनाले ।
क्रमपरिचयवश्यवायुमार्गा-
द्भ्रजकरणीति निगद्यते हठज्ञैः ॥[#] (om. Δ)

2.29

अथ नेतिः[#] । (om. δ₁ε₁)

सूत्रं वितस्तिस्सुस्त्रिगंधं नासानाले प्रवेशयेत् ।
मुखाच्चिर्गमयेच्चैषा[#] नेतिः सिद्धैर्निगद्यते ॥

2.30

कपालशोधनी चैव दिव्यदृष्टिप्रदायिनी ।
हनूर्ध्वजातरोगौघं जयत्याशु ससूत्रिका ॥

2.31

28a karaṇa cett.] karaṇaṃ γ₁δ₃ε₃^c **prasādaṃ** cett.] prasādanaṃ δ₁ **28b** kāntiṃ cett.] kānti β_ω kābhīm γ₁ **pradiptim** cett.] pradiptaṃ ε₁ pradiptaṃ β_ω pradipanaṃ δ₁ **28c** doṣopacayaṃ cett.] doṣāpacayaṃ β_ω doṣaprabhavaṃ δ₁ **28d** abhyāsa cett.] abhyāsa γ₁ abhyāsa δ₂ **jala** cett.] ja η₂ **karma** cett.] om. δ₁ **29** found after 2.25 β_ωε₁ε₃η₁η₂ found after 2.38 χ om. δ₁δ₂ **29a** udvamanti α₁β₁β_ω] udvamanti χ udvamante ε₁ε₃ udvavanti η₂ udvahanti Γη₁ udvahanti β₂ **29b** nāle cett.] nālet β_ω **29c** kramaparicayaṃ cett.] kramaparicitavaśya ε₃ kramaparijitaśya ε₁ karibhir iva jalasya β_ωη₂ **vāyumārgād** em.] vāyumārgā α₁ vāyumārgo ε₃ vāyuh|go ε₁ vāyuryo η₁ nādimārgā β₂γ₂ nādicakrā χ mārga γ₁ vāyuvagāt β_ωη₂ **29d** gajakaraṇi γ₂ε₃η₁χ] gajakaraṇi γ₁ gajakarniti α₁ gajakarṇi ε₁ gajakarṇi β₂ jalakarṇi η₂ jalagajakaraṇi β_ω **30** atha cett.] om. δ₂ **netiḥ** γ₂χ] neti η₁ neti β_ωγ₁δ₂ nitiḥ α₁ niti α₂δ₃ niti α₃β₁ netikarma β₂ netikarma ε₃η₂ om. δ₁ε₁ **30a** susnigdham cett.] sustabdham α₁ **30b** nāsānāle cett. (nāśā γ₁η₂)] nāsānābhe η₁ **30c** mukhān nirgamayec α₁β_ωΔχ] mukhā nirgamayec γ₂ε₁ mukhe nirgamayec β₂ mukhaś ca nirgamec γ₁ mukhān nirgamanād ε₃ mukhanirgamanād η₁η₂ **caiśā** cett.] sā hi δ₂δ₃ sāpi δ₁ eva η₁η₂ **30d** netiḥ γ₂η₂χ] neti β_ωδ₁δ₂ε₃ neti β₂γ₁η₁ niti δ₃ niti α₁α₂β₁ niti ε₁ **siddhair** cett.] siddher ε₁ siddhir γ₁ siddhau ε₃ **31a** śodhani cett.] śodhini β₂χ śodhanā η₂ śodhanam δ₃ **caiva** β₂ΓΔχ] kaṃṭhyā ε₁ kaṃṭhād ε₃ kaṃṭhā α₂α₃ vatyā α₁ kavyā β_ω kāryā η₁η₂ **31b** pradāyini cett.] pradāyani γ₁ **31c** hanūrdhva α₁α₂] jatrūrdhva β₂ε₁χ jatrūrdhva β_ω jantūrdhva ε₃ jatūrdhva η₂ ja _ddha γ₁ jānūrdhva Δη₁ yattūrdhva η₂ **rogaugham** α₁β₂β_ωΓε₃χ] rogaugha η₁ rogaughā η₂ rogaughān Δ rogaughnam ε₁ **31d** jayaty āśu sasūtrikā em.] jayati sā tu sūtrikā η₁ jayety āśu sati niti α₁ jayaty āśu sati neti γ₂ jayabhyāśca sati nati γ₁ jayaty āśum niti sati ε₁ jayaty āśu sunetikā β₂ jayaty āśu sa netivit (niti δ₂δ₃) Δ neti jayati satvaram ε₃ netir āśu nihanti ca β_ωη₂χ

अथ त्राटकम् । (om. δ_1)

निरीक्षेत्रिश्चलदृशा सूक्ष्मलक्ष्यं समाहितः ।

अश्रुसंपातपर्यन्तमाचार्यैस्त्राटकं मतं ॥

2.32

मोटकं[#] नेत्ररोगाणां तन्द्रादीनां कपाटकम्[#] ।

यत्तत्तस्त्राटकं गोप्यं यथा हाटकपेटकम् ॥

2.33

अथ नौली । (om. δ_1)

अमन्दावर्तवेगेन तुन्दं[#] सव्यापसव्यतः ।

नतांसो भ्रामयेदेषा नौली गौडैः प्रशस्यते ॥

2.34

तुन्दाग्निसंदीपनपाचनादि[#]-

सन्धायिकानन्दकरी सदैव ।

अशेषदोषामयशोषणी[#] च

हठक्रियामौलिरियं च[#] नौली ॥

2.35

32 *atha* cett.] a ϵ_1 om. δ_1 **trātākam** $\alpha_1\beta_2\gamma_1\delta_2\delta_3\epsilon_1\epsilon_3\eta_2\chi$] trātaka β_ω trātam η_1 ttrayakam γ_2 om. δ_1 **32a** *nirikṣen* cett.] *nirikṣye* ϵ_1 *nirikṣya* η_2 **niścāla** cett.] niścālā γ_1 nirmala δ_1 **dr̥ṣā** cett.] *dr̥ṣtyā* η_2 **32b** *sūkṣma* cett.] *sūkṣmaṃ* $\delta_1\epsilon_3\eta_2$ **lakṣyaṃ** $\Delta\eta_2\chi$] *lakṣaṃ* $\beta_2\beta_\omega\Gamma\epsilon_3$ *lakṣa* $\alpha_1\eta_1$ *lakṣmaṃ* ϵ_1 **32d** *ācāryais* cett.] *āryais* *unm.* γ_2 *āryais* *tu* $\delta_2\delta_3$ *ācāret* η_1 *toṭākam* δ_1 **trātākam** *matam* $\alpha_1\alpha_2\beta_1\delta_2\delta_3$] *trātākam* *smṛtam* $\beta_2\beta_\omega\Gamma\eta_1\eta_2\chi$ *trātīkam* *smṛtam* ϵ_3 *troṭākam* *smṛtam* ϵ_1 *yoginām* *matam* δ_1 **33a** *moṭākam* $\delta_2\eta_1$] *metākam* β_1 *moṭanam* δ_3 *modakam* α_1 *mocanam* $\Gamma\chi$ *mocakam* $\alpha_2\epsilon_1\epsilon_3$ *mohanam* α_3 *toṭākam* δ_1 *trātākam* β_2 *sphoṭanam* $\beta_\omega\eta_2$ **33b** *tandrādinām* cett.] *tandrādinām* $\beta_\omega\gamma_1$ *tandrānām* ϵ_1 η_2 *nidrādinām* δ_3 *netrādinām* δ_2 **kapātākam** cett.] *kavāṭaka* α_1 *ca* *pātākam* ϵ_3 *ca* *pāṭavam* ϵ_1 *ca* *pāṭanam* δ_1 *gapāṭa*[ka] m η_1 **33c** *yatnatas* $\alpha_1\beta_2\Gamma\epsilon_1\epsilon_3\chi$] *prayatnāt* $\beta_\omega\eta_2$ *prayatnatas* *unm.* η_1 *etac* Δ **33d** *trātākam* cett.] *toṭākam* δ_1 *tuṭākam* ϵ_1 **34** *nauli* $\alpha_2\beta_2\beta_\omega\gamma_2\eta_1$] *naurī* γ_1 *naulih* $\alpha_3\chi$ *naukuli* ϵ_1 *nākuli* δ_2 *lauli* α_1 *nīli* δ_3 *naulikarmma* ϵ_3 *neulikarmma* η_2 om. δ_1 **34a** *amandā* cett.] *amandya* γ_2 *āmandā* $\beta_\omega\epsilon_3$ *āmanda* η_1 **varta** cett.] *vatta* ϵ_1 *cakra* η_1 **vegena** cett.] *yogena* δ_3 **34b** *tundaṃ* $\beta_\omega\gamma_2\epsilon_3\chi$] *tundum* γ_1 *tundat* η_2 *tuṃḍam* ϵ_1 *tudam* $\alpha_1\beta_2$ *tunde* $\delta_2\delta_3$ *tulyam* δ_1 *gudam* η_1 **savyataḥ** cett.] *savyayoh* Δ **34c** *natāṃśo* or *natāṃśo* $\gamma_2\Delta\epsilon_1\eta_1\chi$] *natāso* α_1 *natāṃśur* β_2 *naśnātso* γ_1 *satāṃśo* β_ω *śataśo* $\epsilon_3\eta_2$ **bhramāyeda** $\beta_2\gamma_2\delta_2\epsilon_3\eta_1\eta_2\chi$] *bhramayed* $\alpha_1\beta_\omega\delta_3\epsilon_1$ *bhyasayed* δ_1 *bhāmāyad* γ_1 **eṣā** cett.] *oṣā* ϵ_3 **34d** *nauli* cett.] *naulih* χ *lauli* α_1 *loke* η_1 **gauḍaiḥ** γ_2] *gauḍih* γ_1 *gaulaiḥ* $\alpha_1\beta_2\eta_2$ *gauli* η_1 *gaulih* ϵ_1 *maulaiḥ* β_ω *siddhaiḥ* χ *yoge* $\delta_1\delta_2\epsilon_3$ *yogaḥ* δ_3 **praśasyate** $\alpha_1\beta_2\beta_\omega\Gamma\epsilon_1\eta_1\eta_2\chi$] *pracakṣate* Δ *pradr̥ṣyate* ϵ_3 **35a** *tundāgni* *em.*] *tuṃḍāgni* $\beta_2\epsilon_1$ *tuṃḍāṣṭi* α_1 *tuṃḍāṣṭi* α_2 *mandāgni* $\beta_\omega\Gamma\Delta\epsilon_3\eta_1\eta_2\chi$ **pācanādi** $\alpha_1\beta_2\beta_\omega\gamma_2\delta_1\epsilon_3\chi$] *pāvanādi* $\gamma_1\eta_1$ *pācanāni* ϵ_1 *pācanāgniḥ* δ_2 *pāvanāgniḥ* δ_3 *pāvakādi* η_2 **35b** *sandhāyikā* $\beta_2\Gamma\delta_1\chi$] *sandhāyākā* $\alpha_1\beta_\omega\epsilon_3\eta_1\eta_2$ *sandhādhikā* δ_2 *sandādhikā* δ_3 *saṃdāyikā* ϵ_1 **sadaiva** cett.] *tathaiva* Δ **35c** *doṣāmaya* cett.] *doṣāmala* $\beta_\omega\eta_1\eta_2$ **śoṣaṇī** $\alpha_1\beta_2\beta_\omega\delta_2\delta_3\epsilon_1\epsilon_3\eta_2\chi$] *śoṣiṇī* $\delta_1\eta_1$ *śodhaṇī* γ_1 *śodhini* γ_2 **ca** cett.] *va* $\delta_3\eta_1\eta_2$ *yā* γ_1 **35d** *maulir iyaṃ* *ca* $\alpha_1\beta_2\Gamma\chi$] *maulir iyaṃ* *hi* $\Delta\epsilon_3$ *mūlam iyaṃ* *hi* $\epsilon_1\eta_1$ *sau jayatiha* η_2 *jayatiha* β_ω **nauli** $\beta_2\beta_\omega\gamma_1\Delta\eta_1\eta_2$] *naulih* $\gamma_2\epsilon_1\chi$ *lauli* α_1 *mauli* α_2 *laulih* (lauḷih) ϵ_3

अथ कपालभाती । (om. δ_1)

भस्त्रावल्लोहकारस्य रेचपूरौ ससंभ्रमौ ।

कपालभाती विख्याता कफदोषविशोषिणी ॥ (om. ϵ_1)

2.36

षट्कर्मभिर्गतस्थौल्यकफमेदोमलादिकः ।

प्राणायामं ततः कुर्यादनायासेन सिध्यति ॥

2.37

प्राणायामैरेव[#] सर्वे प्रशुष्यन्ति मला इति[#] ।

आचार्याणां तु केषांचिदन्यत्कर्म न संमतम् ॥

2.38

ब्रह्मादयोऽपि त्रिदशाः[#] पवनाभ्यासतत्पराः । (ab om. η_2)³

अभूवन्नन्तकभयात्[#] तस्मात्पवनमभ्यसेत् ॥ (cd om. $\Delta\epsilon_3$)⁴

2.39

यावद्बद्धो मरुदेहे यावच्चित्तं निराश्रयम्[#] ।

यावद्वीक्षा[#] भ्रुवोर्मध्ये तावत्कालभयं कुतः ॥⁵

2.40

36 atha $\alpha_1\beta_2\beta_\omega\Gamma\delta_3\epsilon_1\eta_1\chi$] om. $\delta_1\delta_2\epsilon_3\eta_2$ **kapālabhāti** $\beta_2\Gamma\delta_3\eta_1$] kapālabhāti $\alpha_1\epsilon_1$ kapālabhauṭi δ_2 kapālabhātiḥ χ kapālabhātikarma ϵ_3 kapālabhāthikarma η_2 bhāthī β_ω om. δ_1 **36a bhastrā-val** $\alpha_1\gamma_2\epsilon_2\epsilon_3\chi$] bhastrāhaval γ_1 bhastrāva β_ω bhastrava $\beta_2\Delta$ [bha]strariva η_1 lohakārasya η_2 **lohakārasya** cett.] lohakārāṇaṃ Δ bhastrivat η_2 **36b recapūrau** cett.] recapūro α_1 recapūra η_1 recapūraiḥ δ_2 kuryāt savyā η_2 **sasambhramau** $\beta_2\beta_1\Gamma\delta_1\delta_3\chi$] susambhramau $\alpha_1\alpha_2\beta_\omega\epsilon_2\epsilon_3\eta_1$ **susambhramaiḥ** δ_2 pasavyataḥ η_2 **36c bhāti** $\beta_2\beta_\omega\gamma_2\Delta\eta_1$] bhāti $\alpha_1\gamma_1$ bhātir $\epsilon_2\epsilon_3\chi$ bhāthī η_2 **vikhyātā** cett.] vijñeyā δ_1 ity eṣā $\epsilon_2\epsilon_3$ **36d kaphadoṣa** $\alpha_1\beta_2\Gamma\epsilon_2\epsilon_3\eta_1\chi$] kaphaṣoṣa Δ kaphā-maya $\beta_\omega\eta_2$ **viśoṣiṇī** $\alpha_1\epsilon_2\eta_1$] viśoṣaṇī $\beta_\omega\Gamma\epsilon_3\eta_2\chi$ viśodhini β_2 visarpiṇī Δ **37a bhir gata** $\alpha_1\beta_2\beta_\omega\Gamma\epsilon_1\eta_2$] bhir gataṃ γ_2 nirgata $\Delta\epsilon_3\eta_1\chi$ **sthaulya** cett.] sthaulyaṃ $\eta_1\eta_2$ sthaulyaḥ γ_2 **37b medo** cett.] bhedo $\delta_3\eta_1$ doṣa χ **malādikāḥ** $\alpha_1\beta_2\beta_\omega\epsilon_1\epsilon_3\chi$] malādikāḥ δ_2 malādhikāḥ δ_1 calādhikāḥ δ_3 balādhikāḥ η_2 malādhike η_1 malodgitaḥ γ_1 malojitaḥ γ_2 **37d sidhyati** cett.] śudhyati $\alpha_1\beta_\omega\delta_1$ **38a prāṇāyāmair eva** $\alpha_1\beta_2\beta_\omega\Gamma\Delta\chi$] prāṇāyāmaiḥ sukhāt η_2 prāṇāyāmena vai $\epsilon_1\epsilon_3\eta_1$ **sarve** cett.] sarvaiḥ $\delta_2\delta_3$ **38b praśuṣyanti** cett.] praśukhyanti δ_1 praśuddhyati η_2 **malā iti** $\alpha_1\beta_2\Gamma\delta_2\delta_3\chi$] malā api $\delta_1\epsilon_1\epsilon_3$ malāṇnapi η_1 malāśayaḥ β_ω malāśayaḥ η_2 **38c tu** cett.] ca ϵ_3 **38d anyat karma** cett.] anyakarma $\alpha_1\gamma_1\delta_2\delta_3$ **39c abhūvann antaka** $\alpha_1\beta_2\beta_\omega\gamma_2\epsilon_1\chi$] abhavan taṃtaka γ_1 samanaskāntako η_2 samanaskāntaka η_1 **bhayāt** $\alpha_1\beta_2\beta_\omega\Gamma\epsilon_1\chi$] bhayānt η_1 bhavyas η_2 **39d pavanam** $\alpha_1\beta_2\beta_\omega\Gamma\epsilon_1\eta_2\chi$] prāṇavam η_1 **40b yāvac cittam** cett.] tāvac cittam $\delta_2\delta_3\epsilon_3\eta_1$ **nirāśrayam** cett.] nirāmayam Δ nirākulaṃ χ **40c yāvad/yāvat** cett.] jāvat η_2 yāt ϵ_1 yā δ_1 **vikṣā** (cf. VM v.l.) em.] vikṣed $\alpha_1\alpha_2$ dikṣe γ_2 ikṣet β_2 icched γ_1 drṣtir $\Delta\chi$ paśyed $\beta_\omega\epsilon_1\epsilon_3\eta_1\eta_2$ **madhye** cett.] madhyaṃ $\alpha_1\gamma_2\eta_2$ **40d kāla** cett.] kālāṃ η_1 mṛtyu δ_3

³ η_2 has instead: षट्कर्मयोगमामोति पवनाभ्यासतत्परः.

⁴ $\Delta\epsilon_3$ have instead: तेन सिद्धिं गतास्ते च (तु δ_3) तस्मात्पवनमभ्यसेत्.

⁵ ϵ_3 adds here: बह्वामयोऽपि नामोति पवनाभ्यासतत्परः । समनस्कोन्तकभयं तस्मात्पवनमभ्यसेत् ॥ Cf. 2.39.

- विधिवत्प्राणसंयामैर्नाडीचक्रे विशोधिते ।
सुषुम्णावदनं भित्त्वा सुखाद्विशति मारुतः ॥ 2.41
- मारुते मध्यसंचारे मनःस्थैर्यं प्रजायते ।
यो मनःसुस्थिरीभावः सैवावस्था मनोन्मनी ॥ 2.42
- तत्सिद्धये विधानज्ञश्चित्रान्कुर्वीत कुम्भकान् ।
विचित्रकुम्भकाभ्यासाद्विचित्रां सिद्धिमाप्नुयात् ॥ 2.43
- सूर्यभेदनमुज्जायी तथा सीत्का च शीतली ।
भस्त्रिका भ्रामरी मूर्छा #प्लावनीत्यष्ट कुम्भकाः ॥ 2.44
- पूरकान्ते तु कर्तव्यो बन्धो जालन्धराभिधः ।
कुम्भकान्ते रेचकादौ कर्तव्यस्तूडियानकः ॥ 2.45
- अधस्तात्कुञ्चनेनाशु कण्ठसंकोचने कृते ।
मध्ये पश्चिमतानेन स्यात्प्राणो ब्रह्मनाडिगः ॥[#] [= 3.72] (om. Δ) 2.46

41a samyāmair cett.] samyamye η_2 samyame β_ω **41b** nāḍi cett.] nāḍi $\alpha_1\beta_\omega$ nārī β_2 cakre cett.] cakro γ_2 cakram ϵ_1 krīva γ_1 **41d** sukhād cett.] mukhād $\Delta\eta_1$ **42a** mārute cett.] māruto $\beta_2\delta_1$ maruto δ_2 **42c** susthiribhāvaḥ cett.] susthitā bhāvaḥ γ_1 sthiribhāva β_2 **42d** saivā cett.] saisā $\beta_2\Delta$ γ_2 ditto. **43a** tatsiddhaye cett.] tatsiddhayo ϵ_1 tatsādhana β_2 vidhānājñās α_1 vidhānājñās $\Gamma\epsilon_1\epsilon_3\chi$ vidhānājñā $\beta_\omega\eta_1$ vidhānājño $\delta_2\delta_3\eta_2$ vidhijñās tu β_2 om. (up to śītkāra in the next verse) δ_1 **43b** citrān cett.] viśan δ_2 viśat δ_3 om. δ_1 kurvita $\delta_2\delta_3$ kurvati $\gamma_1\eta_1^{\beta_2}$ kurvanti cett. avita α_1 om. δ_1 **43c** vicitrakumbhakābhyāsād cett.] kumbhakābhyāsāvvicitrām γ_1 om. Δ **43d** vicitrām siddhim āpnuyāt cett.] vicitrāṇim āpnuyāt η_1 yogisid-dhim āpnuyāt γ_1 om. Δ **44a** ante sūryabhedanam add. atha kumbhakabhedāḥ χ **44b** tathā sītka ca śītālī $\alpha_1\alpha_3$ (śītka) tathā sīt(śit)kāraśītālī cett. sītkaḥ śītālī tathā χ **44c** bhastrikā cett.] bhastrī ca δ_1 bhrāmari $\beta_\omega\gamma_1\delta_2\delta_3\epsilon_3\eta_1\chi$ bhrāmari $\alpha_1\beta_2\gamma_2\delta_1\epsilon_1\eta_2$ **44d** plāvanī $\gamma_2\epsilon_1\epsilon_3$ plāv-ini χ prāvati γ_1 pratvanī β_2 kevalas $\alpha_1\beta_\omega\eta_2$ kevali η_1 sahitās Δ ^{ty} aṣṭa $\beta_2\Gamma\epsilon_1\epsilon_3\chi$ cāṣṭa $\alpha_1\beta_\omega\Delta\eta_1\eta_2$ kumbhakāḥ cett.] kumbhakāḥ γ_1 kumbhakā β_ω kumbhakān η_1 **45b** bhidhaḥ cett.] vidhaḥ $\delta_1\delta_2$ **45c** recakādau cett.] cakādau η_1 **45d** kartavyas cett.] kartavyaṃs η_2 ^{tu} cett.] tu $\alpha_1\beta_2\beta_\omega$ ta γ_1 ^{ddiyānakah} $\gamma_2\delta_1\delta_3\eta_2\chi$ ddiyānakah $\beta_\omega\epsilon_1\eta_1$ diyānakah $\beta_2\delta_2\epsilon_3$ diyānakah α_1 hiyānakah γ_1 **46a** adhastāt $\beta_2\eta_1\eta_2\chi$ adhastā $\alpha_1\beta_\omega$ adhasta γ_1 adhasthāt $\gamma_2\epsilon_1$ adhastvāt ϵ_3 kuñcanenāsu cett.] kuñcanenāsum β_2 kuñjakenāsu ϵ_1 **46c** madhye $\alpha_1\beta_2\gamma_2\epsilon_1\epsilon_3\eta_1\chi$ madhya $\beta_\omega\gamma_1\eta_2$ tānena cett.] tānena $\alpha_1\beta_\omega\eta_1$ tāna ϵ_1 **46d** syāt cett.] sthāt ϵ_1 brahma cett.] madhya β_ω nāḍigaḥ cett.] nāḍigataḥ ϵ_1 nāḍikām β_2 nābhīrāt γ_1

अपानमूर्ध्वमुत्थाप्य* प्राणं कण्ठादधो नयेत् ।
योगी जराविमुक्तः सन् षोडशो वयसा⁶ भवेत् ॥

2.47

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

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

2.48

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

2.49

कपालशोधनं वातदोषघ्नं कृमिदोषहम् ।
पुनः पुनरिदं कार्यं सूर्यभेदमुदाहृतं ॥

2.50

अथोज्जायी ।

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

2.51

47a *utthāpya* cett.] *āsthāpya* $\delta_1\eta_1$ **47b** *nayet* cett.] *nayat* γ_1 *nayan* $\alpha_1\epsilon_1$ *jayet* ϵ_3
47c *vimuktaḥ san* $\alpha_1\beta_2\beta_\omega\gamma_2\delta_1\delta_2\chi$] *viyuktaḥ san* γ_1 *vimuktaḥ sa* ϵ_1 *vimuktaḥ saḥ* ϵ_3 *vimuk-*
taḥ syāt δ_3 *vimuktaḥ ca* η_2 *bhimuktaḥ ca* η_1 **47d** *ṣoḍaśo vayasā* cett.] *ṣoḍaśābdavayā* $\delta_2\delta_3$
ṣoḍaśābdavayo η_2 *ṣoḍaśābdavayā* χ **48** *atha* $\beta_\omega\eta_1\eta_2$] *tatra* $\alpha_1\beta_2\Gamma$ *atha tatra* ϵ_3 *om.* $\delta_1\delta_3\epsilon_1\chi$
sūryabhedanam cett.] *sūryabhedanī* γ_1 *om.* $\delta_1\delta_3\chi$ **48a** *āsane sukhade yogī* cett.] *āsane*
sukhado yogī β_ω *athāsane sukhād eva* η_2 **48b** *baddhvā* cett.] *baddhā* $\beta_\omega\eta_2$ **vajrāsanam**
cett.] *visanam* ϵ_1 *mudrāsamaṃ* $\beta_\omega\eta_2$ *caivāsanam* χ **tataḥ** cett.] *sudhī* ϵ_1 **48c** *nāḍyā*
cett.] *nāḍyāḥ* γ_1 *nāḍyām* $\epsilon_1\epsilon_3$ **49a** *ā keśāgrān* $\beta_\omega\eta_2$] *ā keśāgrā* α_1 *ā keśāgraṃ* $\delta_1\delta_3\eta_1$ *ā*
keśāgra ϵ_1 *ā keśāc* ϵ_3 *ā keśād ā* $\beta_2\Gamma\chi$ **nakhāgrāc** $\beta_2\Gamma\epsilon_3\eta_2\chi$] *nakhāgraṃ* ϵ_1 $\beta_\omega\delta_1\delta_3\epsilon_1$
nakhāgrāc ϵ_1 *nakhā* ... η_1 **49b** *nirodhāvadhi* $\alpha_1\beta_2\beta_\omega\gamma_1\epsilon_3\eta_2\chi$] *nirodhāvidhi* γ_2 *nirovadhi*
 ϵ_1 *niruddh[o]vadhi* η_1 *śirodhyavadhi* $\delta_1\delta_3$ **kumbhayet** cett.] *kumbhayan* α_1 *kumbhakān*
 δ_1 *kumbhakam* δ_3 **49c** **tataḥ** cett.] *om.* γ_1 **nāḍyā** cett.] *nāḍyā* ϵ_1 η_2 **49d** **sudhīḥ**
 $\beta_2\Gamma\epsilon_1\epsilon_3\eta_1$] *sudhī* α_1 *śuddhī* β_ω *śanaiḥ* $\eta_2\chi$ *punaḥ* $\delta_1\delta_3$ **50a** **śodhanam** cett.] *śodha* δ_1
50b **doṣaghaṇam** cett.] *doghnam* β_ω *śoṣaghaṇam* ϵ_1 **doṣaham** $\beta_1\beta_\omega\epsilon_1\epsilon_3$] *doṣajam* $\alpha_1\alpha_2$ *doṣahr̥t*
 $\beta_2\Gamma\delta_1\delta_3\chi$ *toharām* η_1 *nāśanam* η_2 **50c** **kāryam** $\alpha_1\beta_2\epsilon_1\epsilon_3\eta_1\chi$] *kārya* β_ω *kuryāt* $\Gamma\delta_1\delta_3$ *sūrya* η_2
50d **sūryabhedam udāhṛtam** $\alpha_1\beta_2\beta_\omega\epsilon_3\eta_1$] *sūryabhedanam udāhṛtam* *unm.* ϵ_1 *sūryabhedanam ut-*
tamaṃ $\Gamma\delta_1\delta_3\chi$ *bhedanam samudāhṛtam* η_2 **51** **athojjāyī** $\alpha_1\beta_2\epsilon_3\eta_1\chi$] *atha ujjāyī* $\beta_\omega\epsilon_1\eta_2$ *ujjāyī*
 $\Gamma\delta_3$ *ujjāḍī* δ_1 **51a** **saṃyamya** cett.] *saṃnamya* η_1 **nāḍibhyām** $\alpha_1\beta_2\Gamma\delta_3\epsilon_3\chi$] *nāsābhyām*
 $\beta_\omega\delta_1\epsilon_1\eta_1\eta_2$ **51b** **śanaiḥ** cett.] *tataḥ* δ_1 *punaḥ* δ_3 **51c** **yathā** cett.] *yadā* $\eta_1\eta_2$ **lagati**
cett.] *lagatu* β_2 *galati* ϵ_3 *ragati* γ_1 **kaṇṭhāt tu** $\alpha_1\beta_2\delta_3\epsilon_1\epsilon_3\eta_2\chi$] *kaṇṭhe tu* Γ *kaṇṭhāntar* δ_1
kaṇṭhāntam β_ω *hṛtkaṇṭhe* η_1 **51d** **hṛdayāvadhi** cett.] *hṛtpadmāvadhi* $\beta_2\eta_2$ **sasvanam** cett.]
sausanam η_1 *śodhanam* η_2 *niḥsvanam* β_2

⁶ Three folios are missing in δ_2 after व (up to 3.1c).

पूर्ववत्कुम्भयेत्प्राणं रेचयेदिडया ततः ।
 श्लेष्मदोषहरं कण्ठे देहानलविवर्धनम् ॥ 2.52

नाडीजालोदरे[#] धातुगतदोषविनाशनम् ।
 गच्छतस्तिष्ठतः कार्यं उज्जाय्याख्यं तु कुम्भकम् ॥ 2.53

अथ सीत्का[#] । (om. δ_1)

सीत्कां दद्यात्सदा वक्त्रे घ्राणे चैव विजृम्भिकाम् ।[#]
 एवमभ्यासयोगेन कामदेवो द्वितीयकः ॥ 2.54

योगिनीचक्रसामान्यः[#] सृष्टिसंहारकारकः ।
 न क्षुधा न तृषा निद्रा नैवालयस्यं प्रजायते ॥ 2.55

भवेत्स्वच्छन्ददेहश्च सर्वोपद्रववर्जितः ।
 अनेन विधिना सत्यं योगीन्द्रो भुविमण्डले ॥ 2.56

52a pūrvavat cett.] pūrve ca γ_1 pūrvatu β_2 kumbhayet cett.] kumbhayan $\delta_1\delta_3$ prāṇam $\alpha_1\beta_2\beta_\omega\Gamma\delta_1\chi$] prāṇāt η_1 prāṇān $\delta_3\epsilon_1\epsilon_3\eta_2$ **52b** recayed iḍayā cett.] recayediyā δ_1 tataḥ cett.] trātāt γ_2 tathā χ **52c** śleṣma cett.] śleṣmā η_2 śreṣmā γ_1 śleṣā β_2 kaṇṭhe cett.] kaṇṭha δ_1 dehād η_1 dehām ϵ_1 dehā η_2 **52d** dehānalavivardhanam cett.] dehānale vivardhanam α_1 dāvānalavivardhanam β_ω analadīptivardhanam η_1 analam dipavardhanam ϵ_1 *naladīptivivardhanam η_2 **53a** jālodare em.] jalodare $\beta_\omega\eta_2$ jalodaro α_1 jalodarā $\beta_1\epsilon_1\gamma_1\chi$ jalodarī γ_2 jalodara β_2 jalodaram $\gamma_1\delta_1\delta_3\epsilon_3$ dhātu cett.] gātra δ_3 **53b** gatadoṣa $\alpha_1\beta_2\beta_\omega\gamma_2\chi$] gatadoṣā γ_1 gata-doṣam η_2 gataroga $\epsilon_1\eta_1$ śataroga ϵ_3 śatadoṣa $\delta_1\delta_3$ **53c** gacchataḥ tiṣṭhataḥ $\alpha_1\beta_2\beta_\omega\delta_1\delta_3\epsilon_1\eta_1$] gacchatā tiṣṭhatā $\Gamma\epsilon_3\eta_2\chi$ kāryam cett.] kāryām α_1 kāya ϵ_1 **53d** ujñāy(y)ākhyam tu cett.] ujñāyāhravya γ_1 kuru vikhyāta $\beta_\omega\eta_2$ kumbhakam cett.] kumbhakah β_ω **54** atha cett.] om. $\Gamma\delta_1$ **sitkā** ϵ_1] sitkā α_1 sitakā η_1 śitkārah γ_1 sitkārah α_3 śitkāra $\beta_\omega\gamma_2$ śitkāram β_2 sitkāra δ_3 sitkāri $\alpha_2\epsilon_3\chi$ śitakarākarma η_2 om. δ_1 **54a** sit-/śitkām $\alpha_1\beta_2\gamma_2\delta_3\epsilon_3\chi$] satkām ϵ_1 sitkim δ_1 dhitkām(?) γ_1 kumbham $\beta_\omega\eta_2$ om. η_1 **dadyāt** $\alpha_1\beta_1\epsilon_1\epsilon_3\eta_1$] kuryāt $\beta_2\beta_\omega\Gamma\delta_1\delta_3\eta_2\chi$ **sadā** $\alpha_1\beta_\omega\epsilon_1\epsilon_3\eta_1\eta_2$] tathā $\beta_2\Gamma\delta_1\delta_3\chi$ **vaktre** cett.] vaktrāt η_2 dakre γ_1 **54b** ghrāṇe caiva $\alpha_1\beta_2\beta_\omega\eta_1$] ghrāṇe cātha $\epsilon_1\epsilon_3$ ghrāṇenaiva $\gamma_2\delta_1\delta_3\eta_2\chi$ prāṇenaiva γ_1 **vijrmbhikām** $\alpha_1\beta_2\epsilon_3\eta_1\chi$] vijrmbhikā δ_1 vijrmbhikām γ_1 vijambhikām γ_2 vijambhikām ϵ_1 vijrmbhitaḥ $\beta_\omega\eta_2$ visarjayet δ_3 **54c** evam abhyāsa cett.] evam abhyāsam η_1 **yogena** cett.] **55a** cakrasāmānyaḥ $\alpha_1\beta_1$] cakrasāmānya $\beta_\omega\epsilon_1$ cakrasamānyaḥ χ cakram āsādyā $\eta_1\eta_2$ cakrasevyas tu $\beta_2\Gamma\delta_1\delta_3\epsilon_3$ **55d** prajāyate $\alpha_1\beta_2\beta_\omega\Gamma\delta_1\delta_3\eta_1\chi$] tu jāyate $\epsilon_1\epsilon_3$ tu jāyete η_2 **56a** svacchanda cett.] sattvam ca χ **dehaś** ca $\alpha_1\alpha_2\beta_2\beta_\omega\epsilon_1\epsilon_3\eta_2$] dehas tu $\Gamma\delta_1\delta_3$ dehasya $\alpha_3\chi$ deham ca η_1 **56b** varjitah cett.] vivarjitah β_ω **56c** satyam $\alpha_2\beta_\omega\eta_1\eta_2\chi$] nityam $\beta_1\epsilon_1\epsilon_3$ yas tu $\Gamma\delta_1\delta_3$ **56d** yogindro cett.] yogimdro β_ω yogemdro ϵ_1 **bhuvi** $\alpha_3\beta_1\beta_2\beta_\omega\eta_1\eta_2$] bhūmi $\alpha_1\alpha_2\gamma_2\delta_1\delta_3\epsilon_1\epsilon_3\chi$ muni γ_1

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

रसनातालुमूलेन[#] यः प्राणं सततं पिबेत् ।

अब्दार्धेन भवेत्तस्य सर्वरोगपरिक्षयः ॥ (om. χ)

2.57

अथ शीतली । (om. δ_1)

जिह्वया वायुमाकृष्य पूर्ववत्कुम्भकादनु[#] ।

शनैस्तु घ्राणरन्ध्राभ्यां रेचयेदनिलं सुधीः ॥

2.58

गुल्मक्रीहादिकान्दोषान् ज्वरं पित्तं क्षुधां तृषां ।

विषाणि शीतली नाम कुम्भकोऽयं निहन्ति च ॥

2.59

अथ भस्त्रिका । (om. δ_1)

ऊर्वोरुपरि चेद्धत्ते उभे पादतले तथा ।

पद्मासनं भवेत्सम्यक्सर्वपापप्रणाशनम् ॥

2.60

57 *evam eva uktaṃ ca* $\alpha_1\alpha_3\eta_1$] *evam eva uktaṃ* ϵ_1 *uktaṃ ca* η_2 *uktaṃ* β_ω *gorakṣeṇaivam* *evoktaṃ* ϵ_3 **57a** *mūlena* cett.] *yogena* $\beta_2\Gamma$ **57b** *prāṇaṃ* cett.] *prāṇa* $\beta_\omega\eta_2$ *prāṇāḥ* γ_1 **57d** *sarvarogaparikṣayaḥ* cett.] *parikṣayaḥ* η_1 *sarvāṃgasusthirakriyaṃ* η_2 **58** *atha* cett.] *tathā* η_2 *om.* $\Gamma\delta_1$ **śītalī** cett.] *om.* δ_1 **58a** *jihvayā* cett.] *jihvāyā* δ_3 *jihvā* η_1 **ākṛṣya** cett.] *āpūrya* δ_3 **58b** *pūrvavat* cett.] *pūrvam* ca η_2 **kumbhakād anu** $\beta_2\gamma_2\delta_1\delta_3\epsilon_1\epsilon_3$] *kumbhanād anu* $\alpha_1\alpha_2\beta_1$ *kumbhakādane* γ_1 *kumbhasāadhanam* $\beta_\omega\eta_1\eta_2$ **58c** *śanais tu* cett.] *śanaiḥ* su ϵ_3 *śanakair* χ **ghrāṇa** cett.] *prāṇa* $\delta_3\eta_2$ **58d** *anilaṃ* cett.] *pavanaṃ* χ **sudhiḥ** $\alpha_1\beta_2\beta_\omega\Gamma\delta_1\delta_3\chi$] *śanaiḥ* $\epsilon_1\eta_1\eta_2$ *tataḥ* ϵ_3 **59a** *plihādikān* $\alpha_1\beta_2\beta_\omega\chi$] *plihodaraṃ* $\Gamma\delta_1\delta_3$ *plihodarān* $\epsilon_1\epsilon_3$ *śleṣmādayo* η_2 *śleṣmādikā* η_1 **doṣān** $\alpha_1\beta_2\beta_\omega\epsilon_3$] *doṣā* $\eta_1\eta_2$ *rogān* $\epsilon_1\chi$ *cāpi* $\Gamma\delta_3$ *vāpi* δ_1 **59b** *jvaraṃ* $\beta_2\gamma_2\delta_1\delta_3\epsilon_1\chi$] *jvalaṃ* $\alpha_1\gamma_1$ *jvara* $\beta_\omega\epsilon_3\eta_2$ *jvarā* η_1 **pittaṃ** $\alpha_1\beta_2\Gamma\epsilon_1\epsilon_3\chi$] *pitta* $\beta_\omega\eta_1\eta_2$ *cāpi* $\delta_1\delta_3$ **kṣudhāṃ** $\beta_2\delta_1\delta_3\chi$] *kṣudhā* $\alpha_1\beta_\omega\Gamma\eta_1\eta_2$ *kṣayaṃ* ϵ_1 *kṣaya* ϵ_3 **trṣāṃ** cett.] *trṣā* $\beta_\omega\eta_1\eta_2$ **59c** *viśānī* $\alpha_1\beta_1\Gamma\epsilon_1\epsilon_3\chi$] *etāni* $\beta_\omega\delta_1\eta_1\eta_2$ *nāśīni* β_2 *vidhivac* $\delta_1\delta_3$ **59d** *kumbhako'yaṃ* cett.] *kumbhakoyā* δ_3 *kumbhakeyā* δ_1 *kumbhikeyaṃ* χ *kumbhako* α_1 **nihanti** cett.] *niranti* δ_3 *niranta'* δ_1 **ca** $\alpha_1\beta_2\beta_\omega\Gamma\delta_3\eta_2$] *hi* $\epsilon_1\epsilon_3\eta_1\chi$ *ram* δ_1 **60** *atha* cett.] *om.* $\Gamma\delta_1$ **bhastrikā** cett.] *bhastikā* $\gamma_1\delta_3$ *bhasrikā* γ_2 *om.* δ_1 **60a** *ced dhatte* $\alpha_1\alpha_2\epsilon_1$] *vai dhatte* $\beta_\omega\eta_2$ *saṃdhatte* η_1 *saṃsthāpya* $\beta_2\Gamma\delta_1\delta_3\epsilon_3\chi$ **60b** *ubhe* cett.] *śubhe* χ *tathā* cett.] *yadā* $\alpha_1\alpha_2$ *sadā* β_ω *ubhe* χ **60c** *samyak* cett.] *tasya* δ_3 *etat* $\beta_2\chi$

⁷ $\epsilon_3\eta_2$ add here: रसनातालुयोगेन (ϵ_3 ; सत्यामूलेन रन्ध्रेण η_2) यः प्राणं सततं पिबेत् । स भवेत्सर्वसिद्धिनां भाजनं नात्र संशयः ॥

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

61b sama cett.] same η_1 °odarah **sudhīḥ** cett.] °odaraṃ sudhī α_1 °odara śudhī β_ω
61c mukhaṃ cett.] sukhāṃ γ_1 **saṃyamya** cett.] saṃjamyā δ_1 **61d prāṇaṃ** cett.] ghrāṇaṃ
 δ_1 **62a yathā** cett.] yadā $\beta_\omega \delta_1 \eta_1 \eta_2$ **lagati** cett.] ghalati ε_3 **hṛtkaṇṭha** $\alpha_1 \alpha_2 \beta_1 \beta_2 \varepsilon_1$]
hṛkaṇṭhaṃ γ_1 hṛtkaṇṭhe cett. **62b kapāle** $\alpha_1 \varepsilon_1 \eta_1$] kapāla $\gamma_1 \eta_2$ kapālā° $\beta_2 \gamma_2 \delta_1 \delta_3 \varepsilon_3 \chi$ kapole
 β_ω **saśvanam tataḥ** (cf. GŚ) $\beta_1 \varepsilon_1$] saśvanam tataḥ α_2 śvasanam tataḥ α_1 svāsanam tataḥ β_ω ca
samanatataḥ η_1 syarśanam tataḥ η_2 °vadhi saśvanam $\Gamma \chi$ °vadhi niḥśvanam β_2 °vadhi pūrayet $\delta_1 \delta_3 \varepsilon_3$
62c kiñcit cett.] samyak $\Gamma \delta_1 \delta_3$ cāpi χ **62d hṛt** cett.] syāt δ_1 **mārutam** cett.] mārutah
 β_ω kevalam ε_3 **63a virecayet** cett.] virecanam β_ω **63b pūrayec ca** $\alpha_1 \beta_2 \beta_\omega \eta_2 \chi$] pūrayed
vā $\varepsilon_1 \varepsilon_3 \eta_1$ pūrayitvā $\Gamma \delta_3$ pūrayitvā δ_1 **punaḥ punaḥ** cett.] punas tataḥ δ_3 **63c kārāṇaṃ**
cett.] kārēṇa $\eta_1 \chi$ **64a sthaṃ** cett.] sthaś δ_1 **64b cālayet** $\alpha_1 \beta_2 \beta_\omega \varepsilon_1 \varepsilon_3 \eta_1 \chi$] cāyet η_2 cālyate
 $\Gamma \delta_1 \delta_3$ **sudhīḥ** em. (cf. P27, GŚ)] dhiyā cett. śanaīḥ η_2 sthālī β_ω **64c yadā** cett.] yathā
 $\delta_1 \delta_3$ tathā ε_1 **śramo** cett.] kramo ε_1 **64d tadā** cett.] tathā $\delta_1 \delta_3 \eta_1$ **pūrayet** cett.]
recayet ε_3 **65a yathodaram** $\alpha_1 \beta_2 \Gamma \delta_1 \delta_3 \chi$] athodaram $\beta_\omega \varepsilon_1 \varepsilon_3 \eta_1 \eta_2$ **bhavet** cett.] labhet
 α_1 yadā $\varepsilon_1 \varepsilon_3$ **65b pavanena** cett.] anilena χ **tathā** cett.] tadā ε_1 yathā η_1 **laghu**
cett.] laghuḥ $\beta_\omega \eta_2$ **65c dhārayen** cett.] dhāvayen ε_1 dhārayan $\gamma_1 \eta_1$ **nāsikāṃ** $\beta_\omega \chi$]
nāmikāṃ γ_2 nāsikā cett. **madhyā** $\gamma_2 \varepsilon_3 \chi$] mādhyāt $\delta_1 \delta_3$ madhyām ε_1 madhye α_1 madhye
 $\beta_2 \beta_\omega \gamma_1 \eta_1 \eta_2$ **65d tarjanibhyām** cett.] tarjanabhyām γ_1 aṅgulibhyām $\eta_1 \eta_2$ **vinā** cett.] tathā
 η_2 **66a kumbhakaṃ pūrvavat** cett.] kumbhakaṃ pūrakam $\alpha_1 \eta_1 \eta_2$ vidhivat kumbhakaṃ χ
66b idāyānilam $\alpha_1 \beta_2 \gamma_2 \varepsilon_3 \eta_2 \chi$] idayānikam γ_1 ekayānilam $\varepsilon_1 \eta_1$ idāyānalam β_ω idāyā tataḥ $\delta_1 \delta_3$
66d vivardhanam cett.] pravardhanam η_1 vivajitam δ_1

⁸ η_2 adds here: अथैव स्वशरीरस्थं चालयेत्पवनं स्थली (cf. 2.64ab with the reading of β_ω स्थली for धिया).

कुण्डलीबोधकं वज्रं[#] पापघ्नं सुखदं शुभम् ।
ब्रह्मनाडीमुखे संस्थकफाद्यर्गलनाशनम् ॥

2.67

गुणत्रयसमुद्भूतं[#] ग्रन्थित्रयविभेदकम् ।
विशेषेणैव कर्तव्यं भस्त्राख्यं कुम्भकं त्विदम् ॥ (cd om. $\eta_1\eta_2$)

2.68

अथ भ्रामरी । (om. δ_1)

वेगोद्धोषं[#] पूरकं भृङ्गनादं
भृङ्गीनादं रेचकं मन्दमन्दम् ।
योगीन्द्राणामेवमभ्यासयोगा-
चित्ते जाता काचिदानन्दलीला ॥

2.69

अथ मूर्छा । (om. δ_1)

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

2.70

67a bodhakam $\alpha_1\varepsilon_1\varepsilon_3\eta_1\chi$] bodhakah $\beta_\omega\eta_2$ bodhanam $\beta_2\Gamma\delta_1\delta_3$ **vajram** (cf. GS) *em.*] cakram $\alpha_1\alpha_2$ cakra β_1 [va]ktram α_3 vipra $\varepsilon_1\eta_1$ sarva ε_3 kṣipram χ kuryāt $\Gamma\delta_1\delta_3$ karttur β_2 kumbho $\beta_\omega\eta_2$ **67b pāpaghnam** $\gamma_2\delta_1\delta_3$] pāpapum γ_1 pavanam χ bhāvaghnam $\alpha_1\alpha_3\beta_1\varepsilon_1$ bhavaghnam $\beta_2\eta_1$ doṣaghnam ε_3 rogaghnaḥ $\beta_\omega\eta_2$ **sukhadam** cett.] sukhadaḥ $\beta_\omega\eta_2$ **śubham** cett.] śubhaḥ $\beta_\omega\eta_2$ hitam χ tathā δ_1 **67c mukhe samstha** $\alpha_3\beta_\omega\varepsilon_3\eta_1\chi$] mukhe samsthaḥ η_2 mukhe samstham $\alpha_1\beta_2\delta_3\varepsilon_1$ sukhe samstham δ_1 mukhamtastha γ_1 mukhāmtatstha γ_2 **67d kaphād-yargala** cett.] kaphaughagala β_2 kapātergala η_1 **nāśanam** cett.] nāśanaḥ η_2 **68a guṇatraya** *em.*] samyaggātra cett. samyaggātre $\delta_1\delta_3$ samyagbhastrā η_2 samyagantaḥ β_2 **samudbhūta** $\beta_2\beta_\omega\gamma_1\varepsilon_1\chi$] samudbhūtam $\alpha_1\gamma_2\delta_1\delta_3\varepsilon_3\eta_1$ samudbhūto η_2 **68b vibhedakam** cett.] vibhedanam β_2 vibhedakah η_2 **68d tv idam** $\alpha_1\beta_2\beta_\omega\gamma_2\delta_3\chi$] svidam γ_1 svayam $\varepsilon_1\varepsilon_3$ param δ_1 *om.* $\eta_1\eta_2$ **69 atha** cett.] *om.* $\Gamma\delta_1$ **bhrāmari** cett.] bhramari $\alpha_1\beta_2\gamma_2\eta_2$ *om.* δ_1 **69a vegodghoṣam** $\beta_2\gamma_2$] vegodghokham δ_1 vegoghoṣam α_1 vegodveṣam $\delta_3\varepsilon_1$ vegādghoṣam $\eta_2\chi$ vegāghoṣam β_ω vegair ghoṣam η_1 vegāgho γ_1 vegākṛṣṭam ε_3 **pūrakam** cett.] pūrayet η_2 **bhṛṅganādām** cett.] mandamandam δ_1 *om.* γ_1 **69b recakam** cett.] recayet η_2 **69c yogīndrāṇām** cett.] yogemdrāṇām $\alpha_1\varepsilon_1$ **evam abhyāsa** cett.] nityam abhyāsa $\gamma_2\delta_3$ nityabhyāsa γ_1 **yogāc** cett.] yogāś η_2 yogā β_ω **69d jātā** cett.] yātā δ_1 jāte η_1 jāto β_ω **kācid** cett.] kvacid ε_1 cid β_ω **līlā** $\beta_2\Gamma\delta_1\delta_3\chi$] mūrchā $\alpha_1\alpha_2\beta_1\beta_\omega\varepsilon_1\varepsilon_3\eta_1\eta_2$ **70 mūrchā** $\alpha_1\beta_2\beta_\omega\Gamma\delta_3\chi$] mūrchākumbhakah ε_3 mūrchanākumbhakah $\varepsilon_1\eta_1\eta_2$ *om.* δ_1 **70a gāḍhataram** $\Gamma\delta_1\varepsilon_3\eta_1\chi$] ghaṭataram β_2 ḍḍhataram δ_3 vāmḍhataram α_1 bahutaram $\beta_\omega\eta_2$ **70b baddhvā** cett.] baṁdho $\delta_1\delta_3$ **jālandharam** cett.] jālandhare γ_1 jālandharaḥ $\delta_1\delta_3$ **70c khyeyam** $\alpha_1\beta_2\beta_\omega\Gamma\delta_3\varepsilon_3\chi$] khyo'yam $\delta_1\eta_1$ stho'yam η_2 **70d pradā** $\alpha_1\beta_2\gamma_2\delta_1\delta_3\varepsilon_3\chi$] pradahaḥ $\beta_\omega\eta_2$ pradam η_1 prajā γ_1

अथ प्लावनी । ($\beta_1\beta_2\varepsilon_3\chi$)

अन्तःप्रवर्तितोद्गारमारुतापूरितोदरः ।

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

इति प्लावनीकुम्भकं । ($\alpha_1\varepsilon_1\varepsilon_2$)

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

प्राणायामस्त्रिधा प्रोक्तो रेचपूरककुम्भकैः ।

सहितः केवलश्चेति कुम्भको द्विविधो मतः ॥ (om. ε_1) 2.72

विरेच्यापूर्य यत्कुर्यात् स वै सहितकुम्भकः ।[#] (ab om. $\varepsilon_1\chi$)

यावत्केवलसिद्धिः स्यात् तावत्सहितमभ्यसेत् ॥ 2.73

रेचकं पूरकं मुत्तवा सुखं यद्वायुधारणम् ।

प्राणायामोऽयमित्युक्तः स वै केवलकुम्भकः ॥ 2.74

71 plāvanī [$\beta_1\beta_2$] plāvinī χ plāvanikumbhakah ε_3 **71a antaḥ** cett.] atah γ_2 anna ε_1 atha η_1 **pravartitodgāra** $\alpha_1\beta_2\gamma_2\varepsilon_1$] pravartitādgāra γ_1 pravartitodāra χ pravartitodhāra β_ω pravartitād-
hāra $\varepsilon_3\eta_2$ prakṛtitodāra η_1 **71b mārutā** cett.] māruti γ_1 mārute η_1 māruta β_ω **71c payasy**
agādhe'pi sukhāt $\alpha_1\beta_2\varepsilon_1\chi$] payasy agādhe ti sukhāt ε_3 payasy agādhe pi sukhām γ_2 yadyasyagādhe
pi sukhām γ_1 payasvī gādha pī kṣāt η_1 sākṣāt payasy agādhe pi $\beta_\omega\eta_2$ **71d plavate** $\alpha_1\beta_2\varepsilon_1\varepsilon_3\eta_1\chi$]
plavato $\beta_\omega\eta_2$ labhate Γ **padma** cett.] yapa γ_1 **patravat** cett.] vat sadā ε_3 **72 iti** $\varepsilon_1\varepsilon_2$]
om. α_1 **kevalakumbhakam** $\alpha_1\beta_2\varepsilon_1\eta_1$] kevalakumbhaka β_ω kevalakumbhakah η_2 kevalaḥ ε_3
sahitaḥ Γ sahitaṁ δ_3 om. $\delta_1\chi$ **72a prāṇāyāmas** cett.] prāṇāyāmās $\gamma_1\eta_1$ prāṇāyāma α_1
prokto cett.] proktā $\alpha_1\gamma_1\eta_1$ **72b reca** cett.] recaka $\beta_\omega\gamma_2\eta_2$ **pūraka** cett.] kumbhaka
 δ_1 **kumbhakaiḥ** cett.] kumbhakāḥ η_1 kumbhakau Γ pūrakaiḥ δ_1 **72c kevalāś ceti** cett.]
kevalaṁ ceti η_1 kevalastreti γ_2 kevalāś caiva β_2 **72d dvividho** cett.] dvividhā $\varepsilon_2\eta_1$ dvinidho
 δ_1 **73a virecyāpūrya yat kuryāt** em. (cf. VS)] ārecyāpūrya yat kuryāt δ_1 ārecyāpūrya yaḥ
kuryāt δ_3 recayet pūrakam kuryāt $\Gamma\varepsilon_2$ recakam pūrakam kuryāt $\alpha_3\varepsilon_3$ recakah pūrakah kāryam β_ω
recakah pūrakam kāryam η_1 recakah pūrakah kārya η_2 recakah pūrvavat kāryaḥ α_1 reco vā pūrakah
kāryaḥ β_1 virecyā pūrakah kāryaḥ β_2 om. $\varepsilon_1\chi$ **73b sa vai** $\alpha_1\delta_1\delta_3\eta_1$] savyai ε_2 sa«r»vvai η_2
śanaiḥ $\beta_2\beta_\omega\Gamma\varepsilon_3$ om. $\varepsilon_1\chi$ **sahitakumbhakah** cett.] saṁyatakumbhakah ε_3 om. $\varepsilon_1\chi$ **73c sid-**
dhiḥ cett.] śuddhiḥ $\delta_1\eta_2$ **73d tāvat sahitaṁ** $\beta_2\beta_\omega\Gamma\delta_1\delta_3\eta_1$] tāvat sahitasam η_2 sahitaṁ tāvad
 $\alpha_1\varepsilon_1\varepsilon_2\varepsilon_3\chi$ **74a pūrakam** cett.] kumbhakam β_2 **muktvā** $\alpha_2\beta_2\varepsilon_1\varepsilon_3\eta_1\eta_2\chi$] muktaṁ β_ω tyak-
tvā $\alpha_1\Gamma\delta_1\delta_3$ **74b sukhām** cett.] mukham $\gamma_1\delta_3$ sukhād $\eta_1\eta_2$ **yad vāyudhāraṇam** cett.] yad
vāyudhāraṇāt δ_3 vāyunirodhanam $\eta_1\eta_2$ saṁdhāya dhāraṇām ε_1 **74d sa vai** cett.] sarvaiḥ ε_1
sarve α_1 **kumbhakah** cett.] kumbhataḥ γ_1

केवले कुम्भके सिद्धे रेचपूरकवर्जिते । न तस्य दुर्लभं किञ्चित्तिषु लोकेषु विद्यते ॥	2.75
शक्तः केवलकुम्भेन यथेष्टं वायुधारणम् । राजयोगपदं चैव लभते नात्र संशयः ॥	2.76
हठं विना राजयोगो राजयोगं विना हठः । न सिध्यति ततो युग्ममा निष्पत्तेः समभ्यसेत् ॥	2.77
कुम्भितप्राणरेचान्ते* कुर्याच्चित्तं निराश्रयम् । एवमभ्यासयोगेन राजयोगपदं व्रजेत् ॥ (cd om. δ_1)	2.78
कुम्भकाद्धर्धते वायुस्ततोऽग्निश्च प्रवर्धते । बुद्धा कुण्डलिनी तस्मात्सैव द्वारं प्रयच्छति ॥ (Γ)	2.78*1
कुम्भकात्कुण्डलीबोधः कुण्डलीबोधतो भवेत् । अनर्गला सुषुम्णा च हठसिद्धिश्च जायते ॥	2.79

75a kevale kumbhake cett.] kumbhake kevale ε_3 kumbhakaḥ kevale χ **siddhe** cett.] siddho β_ω siddhi η_1 **75b** reca cett.] recaḥ γ_2 recaka $\alpha_1\beta_\omega\eta_2$ **pūraka** $\beta_2\Gamma\delta_1\delta_3\eta_2\chi$] pūra $\alpha_1\beta_\omega\varepsilon_3\eta_1$ pūre ε_1 **varjite** $\alpha_1\beta_2\Gamma\delta_1\delta_3\eta_2\chi$] vivarjite $\varepsilon_3\eta_1$ vivarjitaṃ β_ω vivarjayet ε_1 **75c** durlabhaṃ cett.] durlabha η_1 **75d** lokeṣu cett.] kāleṣu η_2 **76a** śaktaḥ $\alpha_1\beta_2\Gamma\varepsilon_3\eta_1\chi$] saktam ε_1 śuddha $\beta_\omega\delta_1\eta_2$ śuddhaḥ δ_3 **kevalakumbhena** cett.] kevale kumbhake γ_1 **76b** yatheṣṭam cett.] yatheṣṭa ε_1 yathoktaṃ $\delta_1\delta_3$ **dhāraṇam** cett.] dhāraṇe $\alpha_1\varepsilon_3$ dhāraṇāt $\varepsilon_1\chi$ **76c** yoga cett.] yogam β_ω **padam** cett.] phalam ε_1 **caiva** $\alpha_1\beta_2\beta_\omega\delta_1\delta_3\varepsilon_1\varepsilon_3\eta_2$] caivam η_1 cāpi χ samyak Γ **76d** labhate cett.] labhyate $\beta_2\varepsilon_1\eta_1\eta_2$ **77c** yugmam cett.] yogam ε_3 **77d** ā niṣpatteḥ cett.] niṣpatteḥ α_1 aniṣpatti γ_2 ubhayaor api ε_3 **samabhyaset** cett.] cābhyaset ε_3 **78a** kumbhita $\beta_1\varepsilon_1$] kumbhitaḥ $\alpha_1\gamma_1\varepsilon_3$ kumbhataḥ γ_2 kumbhata β_ω kumbhaka $\eta_2\chi$ kumbhakaṃ $\delta_1\delta_3$ kumbhakaḥ η_1 tad etat β_2 **recānte** cett.] .. cānte η_2 rodhānte χ **78b** nirāśrayam cett.] nirāmayam $\beta_\omega\eta_2$ **78d** yoga cett.] yogam $\beta_\omega\varepsilon_3$ om. δ_1 **padam** cett.] labhat ε_3 om. δ_1 **vrajat** $\alpha_1\beta_2\beta_\omega\eta_1\eta_2\chi$] labhet $\Gamma\delta_3\varepsilon_1$ punaḥ ε_3 om. δ_1 **78*1b** pravardhate γ_1] pavardhate γ_2 **78*1c** buddhā γ_2] buddhvā γ_1 **79** found before 2.77 χ **79a** kumbhakāt cett.] kumbhakān $\alpha_1\eta_2$ **bodhaḥ** cett.] bodham η_1 bodhau γ_1 bodho $\beta_\omega\varepsilon_3$ **79b** bodhato cett.] bodhito η_1 **79c** anargalā cett.] anargala ε_1 anirgalā χ **suṣumṇā ca** cett.] sukhāmṇā ca ε_1 suṣumṇāto δ_3 sukhumnāto δ_1 suṣumṇāyam η_1 **79d** ante haṭhasiddhi add. viśed vāyus tato balāt γ_1 **ca jāyate** cett.] prajāyate $\beta_\omega\delta_3\varepsilon_1\varepsilon_3$

वपुःकृशत्वं वदने प्रसन्नता
नादस्फुटत्वं नयने सुनिर्मले ।
आरोग्यता बिन्दुजयोऽग्निदीपनं
नाडीविशुद्धिर्हृठसिद्धिलक्षणम् ॥

2.80

इति श्रीस्वात्मारामयोगीन्द्रविरचितायां हठप्रदीपिकायां द्वितीयोपदेशः ॥

* * *

List of Sigla

α_1	N3	
α_2	J5	not fully collated
α_3	G4	not fully collated
β_1	P11	not fully collated
β_2	C6	
β_ω	V3	
γ_1	N23	
γ_2	J7	
δ_1	V19	
δ_2	K3	2.48–3.1 lost
δ_3	C7	
ε_1	P15	
ε_2	N19	collated in 2.36, 72–73 where ε_1 is missing
ε_3	V15	
η_1	V1	
η_2	J10	
χ	Jyo	Brahmānanda's version, based on the edition 1972

80a vadane cett.] vane η_1 vadana δ_1 **80b nāda** cett.] nādaḥ β_ω nāde δ_3 **nayane** cett.] ca nayane γ_1 **sunirmale** [$\beta_2\beta_\omega\Gamma\delta_1\delta_3\chi$] ca nirmale $\alpha_1\varepsilon_1\varepsilon_3\eta_1\eta_2$ **80c ārogyatā** [$\alpha_1\beta_\omega\eta_1\eta_2\chi$] ārogyatā β_2 arogitā $\gamma_1\delta_1\delta_3$ ārogitā γ_2 arogatā $\varepsilon_1\chi$ ārogatā ε_3 **dīpanam** cett.] dīpanam η_1 **80d nādivisuddhir** [$\beta_2\Gamma\delta_1\delta_3\varepsilon_3\chi$] nāḍiṣu śuddhi $\beta_1\beta_\omega\varepsilon_1\eta_2$ nāḍiṣu siddhir $\alpha_1\eta_1$ **siddhi** cett.] siddha α_1 yoga η_1 **col śrīsvātmārāmayogīndra** [$\beta_\omega\gamma_1\varepsilon_3$] śrīsadgurusvātmārāmayogīndra α_1 svātmārāmayogīndra ε_1 ātmārāmayogīndra η_2 svātmārāma η_1 śrīśahajānandasantānacintāmaṇi-svātmārāmayogīndra γ_2 *om.* [$\beta_2\delta_1\delta_3\chi$] **viracitāyām** cett.] *om.* [$\beta_2\delta_1\delta_3\chi$] **haṭha** cett.] śrīhaṭha δ_3 *ante dvitīyo* *add.* haṭhakarmasādhano nāma ε_3 **dvitīyopadeśaḥ** [$\alpha_1\beta_\omega\Gamma\delta_3\varepsilon_3\chi$] dvitīya upadeśaḥ ε_1 dvitīyo yam upadeśaḥ δ_1 upadeśaḥ β_2 dvitīyodhyāyaḥ $\eta_1\eta_2$