

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 ।  
गोरण्टकः 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.] ārūdhm  $\varepsilon_1$  rohinīva cett.]  
rohiṇī ca  $\gamma_1$  roha eva  $\beta_\omega$  **2b** yoginā cett.] dhimatā  $\Delta\varepsilon_3$  **2d** haṭhavidyo cett.] haṭhayogo  
 $\eta_2$  **3a** bhrāntyā  $\alpha_2\beta_1\gamma_1\varepsilon_3\eta_1\eta_2\chi$ ] bhrāntvā  $\beta_\omega\Delta$  bhrāntā  $\alpha_1\varepsilon_1$  matadhvānte cett.] matad-  
hvāntai  $\beta_1\gamma_1$  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  $\eta_1$  śaradā  $\Delta$  śāgarā  $\beta_\omega$   
sāgarā  $\varepsilon_1\varepsilon_3$  **5c** cauraṅgī cett.] coraṅgī  $\varepsilon_1$  mīna cett.] mena  $\varepsilon_1$  śīna  $\delta_1$  **5d** virūpākṣa  
cett.] virūpākṣaḥ  $\alpha_1\delta_1$  virūpākṣhya  $\delta_3$  bileśayāḥ cett.] savālikah (savālmikah  $\alpha_1^c$ )  $\alpha_1\alpha_2\delta_1$   
**6a** manthāna cett.] manthāno  $\chi$  bhairavo cett.] bhairavā  $\gamma_1$  **6b** siddha cett.] siddhir  
 $\chi$  śuddha  $\beta_1\eta_2$  suddha  $\eta_1$  buddhaś ca cett.] buddhiś ca  $\alpha_1\beta_1\beta_\omega$  pādaś ca  $\delta_3$  kanthaḍiḥ  
 $\Delta\chi$ ] kanthaḍi  $\alpha_2\beta_1\beta_\omega\varepsilon_3$  kanthaḍiḥ  $\gamma_1$  kanthaliḥ  $\varepsilon_1$  kanthali  $\alpha_1\eta_1$  kandalī  $\eta_2$  **6c** goranṭakah  
< goranṭaka  $\alpha_1\alpha_2$ ] koranṭakah  $\beta_1\gamma_1\varepsilon_1\chi$  koranṭakah  $\varepsilon_3$  pauranṭakah  $\beta_\omega\delta_3\eta_1\eta_2$  om.  $\delta_1$  surā-  
nandaḥ cett.] surānanda  $\beta_\omega$  kṣurānanda  $\alpha_1$  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 kāṇeri** em.] kaṇeri  $\alpha_2\beta_1\gamma_1\eta_1$  kaṇeri  $\alpha_1$  kaṇerih  $\epsilon_1$  kāṇerih  $\epsilon_3$  kāneri  $\beta_\omega\eta_2\chi$  karinī  $\delta_1$  karaṇi  $\delta_3$  **pūjya** cett.] pūrya  $\eta_1$  pūrva  $\epsilon_1\eta_2$  **7b nityanātho** cett.] dhvaninātho  $\eta_2$  bilvanātho  $\Delta$  **7c kapāli** cett.] kapāsi  $\delta_3$  **7d caṇḍīśvarāhvayaḥ**  $\beta_1\gamma_1\epsilon_1\epsilon_3\eta_1\chi$ ] caṇḍīśvarādayaḥ  $\beta_\omega\Delta\eta_2$  caṇḍīśvaro gayah caṇḍe°  $\alpha_1$ , gajah  $\alpha_2$   $\alpha_1\alpha_2\alpha_3$  **8a allama**  $\alpha_3$ ] alama  $\alpha_1$  allamaḥ  $\beta_\omega\epsilon_1\eta_1\eta_2\chi$  allumaḥ  $\alpha_2$  allasaḥ  $\gamma_1$  alasaḥ  $\beta_1$  amelleḥ  $\epsilon_3$  suksamaḥ  $\Delta$  **8b ghoḍācolī**  $\alpha_2\beta_\omega\epsilon_3\chi$ ] ghoḍācūli  $\alpha_3\gamma_1$  ghoḍācūli  $\alpha_1$  goḍācūli  $\beta_1$  ghoṭācoli  $\Delta$  ghorācoli  $\eta_1\eta_2$  \_gacoli  $\epsilon_1$  **ca** cett.] sa  $\delta_1$  gha  $\delta_3$  **tiṭṭiṇī**  $\eta_1\eta_2$ ] tiṭṭiṇiḥ  $\alpha_1\chi$  tiṭṭiṇiḥ  $\delta_1$  tiṭṭiṇiḥ  $\gamma_1$  tiṭṭaṇi  $\beta_1$  tiṃbhiniḥ  $\delta_3$  tiṃcaṇi  $\alpha_2$  ciṃciṇi  $\beta_\omega$  ciṃciṇiḥ  $\epsilon_3$  caṃcaṇiḥ  $\epsilon_1$  **8c bhāluki**  $\beta_1\eta_1\eta_2$ ] bhāluki  $\alpha_1$  bhānukin  $\gamma_1$  bhānuki  $\chi$  tāluki  $\alpha_2$  vālukur  $\Delta$  vāsukir  $\beta_\omega\epsilon_1$  vāsukir  $\epsilon_3$  vāsuki  $\alpha_3$  **nāgabodhaś ca**  $\alpha_3\beta_\omega\gamma_1\delta_3\eta_1\eta_2$ ] nāgabodhiś ca  $\beta_2\epsilon_1\epsilon_3$  nāgarodhaś ca  $\delta_1$  nāgadevaś ca  $\beta_1$  namioḍḍiśa  $\alpha_1$  nāma tuṃḍiśa  $\alpha_2$  nāradevaś ca  $\chi$  **8d khaṇḍa**  $\alpha_3\beta_1\beta_\omega\eta_2$ ] khaṇḍaḥ  $\epsilon_3\chi$  khaṇḍam  $\gamma_1\eta_1$  kaṃṭhaḥ  $\epsilon_1$  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  $\epsilon_1$  **vīcaranti**  $\alpha_3\beta_1\gamma_1\delta_3\epsilon_1\eta_1\eta_2\chi$ ] tu caranti  $\beta_\omega$  °su caranti  $\alpha_1\alpha_2\delta_1\epsilon_3$  **10a saṃsāratāpa** cett.] saṃsāraśrama  $\beta_\omega$  saṃsāraśrama  $\eta_2$  aśeṣatāpa  $\beta_1\chi$  **10b samāśraya**  $\beta_1\gamma_1\Delta\epsilon_1\epsilon_3\chi$ ] samāśrayo  $\eta_1$  āśrayo°yam  $\beta_\omega\eta_2$  samagrapra°  $\alpha_1$  **maṭho haṭhaḥ**  $\beta_1\gamma_1\delta_3\epsilon_1\chi$ ] mato haṭhaḥ  $\delta_1$  mahāmaṭhaḥ  $\epsilon_3$  haṭho maṭhaḥ  $\eta_1$  haṭho mataḥ  $\beta_\omega\eta_2$  °thamo haṭhaḥ  $\alpha_1$  **10c aśeṣa** cett.] samasta  $\epsilon_1$  om.  $\alpha_1$  **jagatām**  $\gamma_1\Delta\epsilon_1\epsilon_3\eta_2$ ] jagatim  $\eta_1$  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.] gopyam  $\beta_\omega$  **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 nirvīryā** cett.] nirvījā  $\delta_1$  nirvāryā  $\eta_2$  **tu** cett.] ca  $\alpha_1\delta_1\epsilon_3$  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 षड्विंशयोगो विनश्यति ॥ 1.15

उत्साहात्साहसाद्वैर्यात्तत्त्वज्ञानाच्च निश्चयात् ।  
जनसङ्गपरित्यागात्षड्विंशयोगः प्रसिध्यति ॥ 1.16

अहिंसा सत्यमस्तेयं ब्रह्मचर्यं क्षमा धृतिः ।  
दयार्जवं मिताहारः शौचं चैव यमा दश ॥ (β<sub>ωδ</sub><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> piṭhikaṁ γ<sub>1</sub> piṭ(h)akaṁ α<sub>1</sub>ε<sub>1</sub>ε<sub>3</sub> paṭikaṁ β<sub>1</sub> viṭakaṁ α<sub>2</sub> viṭapaṁ  
β<sub>ω</sub>η<sub>2</sub> vivaram χ sahitam η<sub>1</sub> **nīcā** cett.] nītā α<sub>1</sub><sup>c</sup> nocā β<sub>ω</sub> namcā γ<sub>1</sub> **yatam** cett.] yi-  
tam 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** α<sub>3</sub>β<sub>1</sub>γ<sub>1</sub>δ<sub>1</sub>η<sub>2</sub>χ] liptavimalam α<sub>1</sub>α<sub>2</sub>β<sub>2</sub>β<sub>ω</sub>δ<sub>3</sub>ε<sub>3</sub> liptam abilaṁ 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>] vātojhitam β<sub>1</sub> jantūjjhitam Δε<sub>3</sub>χ jambhūdgī-  
tam 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** *vivarjitaḥ* 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 evaṁ ε<sub>1</sub>η<sub>1</sub>η<sub>2</sub>  
yogamārgam β<sub>ω</sub> **samabhyaset** α<sub>1</sub><sup>c</sup>α<sub>2</sub>β<sub>ω</sub>γ<sub>1</sub>ε<sub>1</sub>η<sub>1</sub>η<sub>2</sub>χ] sadābhyaset α<sub>1</sub><sup>c</sup>α<sub>3</sub>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** *janasañ-*  
**gaś ca** cett.] janasaṁgaṁ ca β<sub>1</sub> janasaṁkara ε<sub>1</sub> **15d** *yogo vinaśyati* cett.] yogā vinaśyati  
γ<sub>1</sub> yogaś ca naśyati η<sub>2</sub> yogaḥ praṇaśyati 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 सम्यक्कृत्वा 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 वीरासनम् इतीरितम् ॥ 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 α<sub>2</sub>β<sub>2</sub>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 tas-  
mād η<sub>2</sub> **17d** pāṭavam α<sub>1</sub>β<sub>2</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.] jāmṭurvo δ<sub>1</sub> antare cett.] antaram γ<sub>1</sub>ε<sub>1</sub>  
**19b** ubhe cett.] śubhe γ<sub>1</sub> **19c** rjukāyaḥ cett.] rjukāya γ<sup>ṛ</sup>η<sub>1</sub> rjuḥ kāya β<sub>ω</sub> samāsinaḥ  
cett.] samāsinam β<sub>ω</sub> **19d** tat cett.] ca γ<sub>1</sub> **20a** dakṣiṇa cett.] dakṣiṇa β<sub>ω</sub> gulphaṁ cett.]  
gūlpe δ<sub>3</sub> **20c** 'pi cett.] ca γ<sub>1</sub> tu Δ savyam cett.] savye η<sub>1</sub> **20d** gomukhaṁ cett.]  
gomukhe δ<sub>3</sub> gomukhaṁ yathā α<sub>3</sub>Δε<sub>3</sub>η<sub>1</sub>η<sub>2</sub>] gomukhaṁ tathā β<sub>ω</sub> gomukhaṁ bhavet α<sub>2</sub> go-  
mukhākṛti χ gomukhākṛtiḥ β<sub>1</sub>β<sub>2</sub>γ<sub>1</sub> **21a** ekaṁ cett.] eka Δε<sub>3</sub> athaikasmin α<sub>3</sub>η<sub>1</sub>] tathai-  
kasmin α<sub>2</sub>β<sub>1</sub>β<sub>ω</sub>γ<sub>1</sub>ε<sub>1</sub>η<sub>2</sub>χ yathaikaṁ Δ **21b** vinyasyoruṇi β<sub>ω</sub>η<sub>1</sub>] vinyasyorūmni η<sub>2</sub> + veśyorūni  
α<sub>3</sub> vinyased ūru β<sub>1</sub>β<sub>2</sub>γ<sub>1</sub>Δε<sub>3</sub>χ vinyaserupa° α<sub>2</sub> vinyasorasi ε<sub>1</sub> samsthitam cett.] samsthitāḥ ε<sub>1</sub>  
°ni sthitam β<sub>2</sub>γ<sub>1</sub>χ °ni sthitāḥ β<sub>1</sub> °ri sthitam α<sub>2</sub> **21c** itarasmim cett.] itarāsmim δ<sub>1</sub> coruṁ  
cett.] corau β<sub>1</sub> ce.. δ<sub>1</sub> **21d** itiritam cett.] iti smṛtam α<sub>2</sub> udāhṛtam α<sub>3</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 α<sub>2</sub>β<sub>2</sub>Δ niṣpiḍya α<sub>3</sub>η<sub>2</sub> **22b** samāhitaḥ cett.]  
samāhitam β<sub>ω</sub> **22c** kūrmasanam cett.] yogāsanam 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> (कुर्यादासनं 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> दोर्भ्यां संबध्य कन्धराम् ।

शेते कूर्मवदुत्तान एतदुत्तानकूर्मकम् ॥ 1.24

पादाङ्गुष्ठौ तु पाणिभ्यां गृहीत्वा श्रवणावधि ।

धनुराकर्षणं कृत्वा धनुरासनमुच्यते ॥ 1.25

वामोरुमूलार्पितदक्षपादं

जानोर्बहिर्वेष्टितदक्षदोष्णा ।

प्रगृह्य तिष्ठेत्परिवर्तिताङ्गः

श्रीमत्स्यनाथोदितमासनं स्यात् ॥ 1.26

मत्स्येन्द्रपीठं जठरप्रवृद्ध<sup>#</sup>-

प्रचण्डरुङ्गण्डलखण्डनास्त्रम् ।

अभ्यासतः कुण्डलिनीप्रबोधं

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

**23a** su α<sub>3</sub>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 stu α<sub>2</sub> **samsthāpya** cett.] samyojya Δ **23d vy-**  
**omasthaḥ** cett.] vyomastham 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.] kandharam β<sub>ω</sub> kandaram ε<sub>1</sub> **24c śete** α<sub>2</sub>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> sthite α<sub>3</sub> sthitvā  
β<sub>1</sub> bhavet ḍ<sub>1</sub>χ **kūrmavad** cett.] kūrmarad β<sub>ω</sub> **uttāna** α<sub>2</sub>β<sub>ω</sub>γ<sub>1</sub>η<sub>2</sub>χ] uttānam α<sub>3</sub>β<sub>1</sub>ḍ<sub>1</sub>ε<sub>1</sub>ε<sub>3</sub>η<sub>1</sub>  
**24d kūrmakam** 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> śraṇāṇāvadhiḥ η<sub>1</sub> śraṇāṇavidhi β<sub>ω</sub> **25c karṣaṇam**  
**kṛtvā** em. (=ε<sub>2</sub>)] karkhaṇa kṛtvā ḍ<sub>1</sub> karṣaṇam kṛṣṭam α<sub>3</sub> karṣaṇaḥ kṛṣṭam η<sub>1</sub> karṣaṇākṛṣṭam  
α<sub>2</sub>β<sub>1</sub>ε<sub>1</sub>ε<sub>3</sub> karṣaṇāt kṛṣṭam β<sub>2</sub>β<sub>ω</sub>γ<sub>1</sub> karṣaṇam kuryād η<sub>2</sub>χ **25d ucyate** β<sub>1</sub>β<sub>ω</sub>γ<sub>1</sub>η<sub>1</sub>η<sub>2</sub>χ] īritam  
ḍ<sub>1</sub>ε<sub>1</sub>ε<sub>3</sub> **26a dakṣapādām** cett.] dakṣapādo (\*pādaḥ α<sub>2</sub>) α<sub>2</sub>α<sub>3</sub> **26b jānor** γ<sub>1</sub>η<sub>1</sub>η<sub>2</sub>χ] jānau β<sub>ω</sub>  
jānor β<sub>1</sub>ḍ<sub>1</sub>ε<sub>1</sub>ε<sub>3</sub> **bahirveṣṭita** cett.] bahiṣṭhita γ<sub>1</sub><sup>q</sup>c bahisaṃsthita γ<sub>1</sub><sup>q</sup>c **dakṣadoṣṇā** α<sub>2</sub>β<sub>1</sub>ḍ<sub>1</sub>  
dakṣadorbhyām γ<sub>1</sub> vāmapādām β<sub>ω</sub>η<sub>1</sub>η<sub>2</sub>χ vāmodoṣṇā α<sub>3</sub>ε<sub>3</sub> vāmodoṣṇi ε<sub>1</sub> **26c vartitaṅgaḥ** cett.]  
marditaṅgaḥ ḍ<sub>1</sub> **26d matsyanātho** cett.] matsyadinātho β<sub>ω</sub> **27a pīṭham** 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> pracaṇḍam ε<sub>1</sub>ε<sub>3</sub>η<sub>1</sub> pracaṇḍa α<sub>2</sub>α<sub>3</sub>β<sub>2</sub> pradiptam β<sub>ω</sub> pradiptim χ **27b pracaṇḍa**  
β<sub>1</sub>β<sub>ω</sub>γ<sub>1</sub>ḍ<sub>1</sub>η<sub>2</sub>χ] picaṇḍa α<sub>2</sub>ε<sub>1</sub> vicaṇḍa β<sub>2</sub> vicaṇḍa η<sub>1</sub> **om.** ε<sub>3</sub> (inserts khaṃḍāla between rūmaṃḍāla  
and khaṇḍanāstram instead) **ruṃ-/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> **sthiraṭvam** cett.] sthitaṭvam ḍ<sub>1</sub> **ca dadāti** cett.] dadāti γ<sub>1</sub><sup>q</sup>c  
pradadāti γ<sub>1</sub><sup>q</sup>cḍ<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>α<sub>2</sub>ε<sub>3</sub> karasthalābhyām α<sub>3</sub>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.] utthitaś cet α<sub>1</sub> ucchritaś 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> isūtram 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 भ्रुवोरन्तरं  
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> *kathitāni* β<sub>1</sub> *kathitāni* cett.] *kathitāna* β<sub>ω</sub> *śivena* β<sub>1</sub> **tu** α<sub>1</sub>α<sub>3</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 α<sub>2</sub>χ **34a** *padmaṃ* cett.] *bhadraṃ* δ<sub>1</sub> **tathā** cett.] *yathā* β<sub>ω</sub> **sīṃham** β<sub>1</sub>β<sub>ω</sub>γ<sub>1</sub>η<sub>1</sub>η<sub>2</sub>χ] *saimham* ε<sub>1</sub>ε<sub>3</sub> *padmaṃ* δ<sub>1</sub> *bhadraṃ* δ<sub>3</sub> **34b** *bhadraṃ* cett.] *sīṃham* 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.] *catuṣkakam* 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 *sukham* 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.] *sīṃhāsane* 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> **siddhāsanaṃ** 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> **ghaṭitaṃ** cett.] *putakam* ε<sub>1</sub> **dṛḍham** cett.] *dhruvaṃ* ε<sub>1</sub>ε<sub>3</sub> **35b** *medhre* cett.] *medhre* γ<sub>1</sub> *madhye* δ<sub>1</sub> **āsyahrdaye** η<sub>1</sub>] *ekahrdaye* α<sub>1</sub>γ<sub>1</sub>ε<sub>1</sub> *eva* *hrdaye* α<sub>2</sub>β<sub>2</sub>Δε<sub>3</sub>η<sub>2</sub>χ *eva* *niyataṃ* β<sub>1</sub>β<sub>ω</sub> **dhrītvā** 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* α<sub>3</sub>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* *matsyendramataṃ* *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 मत्संमतम् । ( $\alpha_1\beta_1\beta_2\gamma_1\varepsilon_1\varepsilon_3$ )

एतत्सिद्धासनं प्राहुरन्ये वज्रासनं विदुः ।

मुक्तासनं वदन्येके 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  $\varepsilon_1\varepsilon_3$  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**  $\beta_1\delta_1\delta_2\varepsilon_3\chi$ ] nahimsām  $\gamma_1$  ahiṃsā  $\beta_\omega\delta_3\varepsilon_1\eta_1\eta_2$  **niyameṣv iva** cett.] niyameṣu ca  $\beta_1\eta_1$  **38c ekam** cett.] evaṃ  $\delta_1$  eke  $\varepsilon_3$  **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  $\varepsilon_3$  **sahasreṣu** cett.] sahasrāsu  $\varepsilon_3$  sahasrāṇām  $\chi$  **39d suṣuṃṇām**  $\beta_1\Delta\varepsilon_3\eta_2$ ] sukhumṇām  $\gamma_1$  suṣuṃṇā  $\varepsilon_1\eta_1$  nāḍinām  $\beta_\omega\chi$  **iva nāḍiṣu**  $\beta_1\gamma_1\Delta\varepsilon_1\varepsilon_3$ ] iva nāḍikā  $\eta_1$  eva nāḍiṣu  $\eta_2$  malaśodhanam  $\beta_\omega\chi$  **40a ātmadhyāyī** cett.] ātmadhyāyī  $\varepsilon_3$  **mitāhārī** cett.] mitāhāro  $\Delta\varepsilon_1$  **40c °bhyāsād** cett.] °bhyāsā  $\varepsilon_1$  °bhyānād  $\delta_1$  **40d yogī** cett.] yoga  $\varepsilon_3$  **niṣpattim āpnuyāt** cett.] niṣpattim avāpnuyāt *unm.*  $\eta_2$  siddhim avāpnuyāt  $\beta_\omega$  **40e śramadair bahubhiḥ**  $\beta_1\gamma_1$ ] śramādau bahubhiḥ  $\eta_1$  samastair bahubhiḥ  $\varepsilon_1$  samastabahubhiḥ  $\varepsilon_3$  śramadairghyādibhiḥ  $\Delta$  kim ādyair bahubhiḥ  $\beta_\omega\eta_2$  kim anyair bahubhiḥ  $\chi$  **40f kiṃ syāt**  $\beta_1\gamma_1\Delta\varepsilon_3$ ] sadā  $\beta_\omega\eta_1\eta_2$  yadā  $\varepsilon_1$  siddhe  $\chi$  **sati** cett.] satya  $\beta_\omega$  sthite  $\beta_1\gamma_1$  **41a prāṇānile** cett.] prāṇānale  $\beta_\omega$  **sāvadhānam**  $\gamma_1\delta_2\varepsilon_1\eta_1\eta_2$ ] °na  $\delta_3$  °ne  $\beta_1\beta_\omega\delta_1\chi$  °no  $\varepsilon_3$  **41b baddhe** cett.] baṃdhe  $\beta_\omega$  baṃdhaḥ  $\varepsilon_1$  baddhvai  $\gamma_1$  **kevalakumbhake**  $\Delta\varepsilon_3\eta_1\eta_2\chi$ ] kevalakumbhakah  $\alpha_2\alpha_3\beta_2\beta_\omega\varepsilon_1$  kevalakumbhataḥ  $\beta_1\gamma_1$  **41c utpadyate** cett.] utpadyamte  $\beta_1\beta_\omega\eta_1$  **41d svayam evonmani** cett.] *om.* (eye-skip)  $\beta_1$  **yathā** cett.] tathā  $\eta_1$  kalā  $\chi$  *om.*  $\beta_1$



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

1.42

नासनं सिद्धसदृशं न कुम्भः केवलोपमः ।  
 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 जिह्वया ।  
 उत्तम्य चिबुकं वक्षस्यास्थाप्य\* पवनं शनैः ॥<sup>5</sup>

1.46

**42a** *tathaika*  $\alpha_2 \alpha_3 \beta_2 \beta_\omega \eta_1 \eta_2 \chi$ ] *athaika*  $\gamma_1 \Delta \epsilon_3$  **ḍṛḍham**  $\alpha_2 \alpha_3 \beta_2 \beta_\omega \Delta$ ] *ḍṛḍhe*  $\epsilon_3 \eta_1 \eta_2 \chi$  *ḍṛḍhe*  $\gamma_1$   
**42b** *baddhe* cett.] *baddha*  $\gamma_1$  **siddhāsane** cett.] *siṃhāsane*  $\delta_1$  **sadā** cett.] *tadā*  $\gamma_1$  *sati*  $\chi$   
**43a** *nāsanam siddhasadṛśam*  $\beta_1 \gamma_1 \Delta \epsilon_3 \chi$ ] *nāsanam siddhasadanam*  $\epsilon_1$  *na cāsanam siddhasanam*  
 $\eta_1 \eta_2$  **43b** *kumbhaḥ kevalopamaḥ*  $\alpha_2 \beta_1 \gamma_1 \Delta \epsilon_1 \epsilon_3 \chi$ ] *kumbhasadṛśo* '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*  
 $\alpha_2 \alpha_3 \beta_2 \beta_\omega \epsilon_1 \eta_1$ ] *dakṣo*  $\beta_1 \gamma_1 \Delta \epsilon_3 \chi$  *jānvo*  $\eta_2$  **paścimena vidhinā** cett.] *tasya bandhanavidhau*  $\beta_\omega$   
**dhṛtvā** cett.] *prṣṭe*  $\beta_\omega$  **44d** *vināśakāri*  $\epsilon_1 \epsilon_3 \eta_1 \eta_2 \chi$ ] *vināśakāya*  $\beta_1$  *vināsanam unṃ.*  $\beta_\omega$  *vināśam*  
*āsu*  $\gamma_1$  *vikāranāśa*  $\Delta$  **yaminām** cett.] *janakam*  $\gamma_1$  'nakaram  $\Delta$  **45** *matāntare*  $\alpha_2 \alpha_3 \beta_\omega \eta_1 \chi$ ] *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 dṛśau*  
cett.] *tato dṛśai*  $\beta_\omega$  *tu tādṛśau*  $\Delta$  **46a** *nāsāgre* cett.] *nāsagre*  $\delta_1$  **vinyased** cett.] *vinyasya*  
 $\beta_\omega$  **rāja**  $\beta_2 \gamma_1 \Delta \eta_2 \chi$ ] *rājā*  $\epsilon_1$  *dṛṣṭim*  $\epsilon_3 \eta_1$  *dṛṣṭi*  $\beta_\omega$  *om.*  $\beta_1$  **46b** *mūlam*  $\beta_2 \beta_\omega \gamma_1 \epsilon_1 \epsilon_3 \eta_1 \eta_2$ ] *mūle*  
 $\beta_1 \Delta \chi$  **ca**  $\alpha_2 \alpha_3 \beta_\omega \Delta \epsilon_3 \eta_1 \eta_2$ ] *tu*  $\beta_1 \beta_2 \gamma_1 \epsilon_1 \chi$  **46c** *uttabhya*  $\gamma_1 \epsilon_1 \eta_2$ ] *uttambhya*  $\beta_1 \beta_2 \beta_\omega \Delta \epsilon_3 \eta_1 \chi$   
**vakṣasy**  $\beta_1 \beta_2 \gamma_1 \Delta \epsilon_1 \chi$ ] *caḥ*  $\epsilon_3$  *vakṣam*  $\eta_1$  *vakṣa*  $\beta_\omega \eta_2$  **46d** *āsthāpya*  $\Delta$  (cf. DYŚ)] *uthāpya*  
 $\gamma_1 \chi$  *uthāya*  $\beta_1$  *uthāyot*  $\epsilon_1$  *othāpya*  $\epsilon_3$  *osthāpyot*  $\alpha_2 \beta_2$  *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 Khecari section in Chapter 3:  
 नासनं सिद्धसदृशं न कुम्भ केवलोपमं । 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.  $\beta_2\chi$ )

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** dhīmatā labhyate cett.] dhīmatāṃ labhyate  $\beta_1$  dhīmatāṃ labhate  $\gamma_2$  labhyate dhīmatā  $\epsilon_1\epsilon_3$  **48** paścād uktam eva  $\alpha_1\beta_1\gamma_1$ ] paścād uktam  $\beta_\omega\delta_1\delta_3\eta_1\eta_2$  etat paścād uktam  $\delta_2$  idam api  $\epsilon_1\epsilon_3$  **matsaṃmatam**  $\alpha_1$ ] matsyamamatam  $\beta_\omega\epsilon_1\epsilon_3\eta_1\eta_2$  matsyen-dramatam  $\beta_1\gamma_1\Delta$  **48a** kṛtvā cett.] dhrtvā  $\Delta$  **karau** cett.] om.  $\gamma_1$  **tu** cett.] ca  $\Delta$  **48b** saṃnidhāya cett.] saṃvidhāya  $\eta_1\eta_2$  nidhāya  $\alpha_1$  **dhyānaṃ** cett.] dhyāyaṃś  $\chi$  **ca** **tac** cett.] tataś  $\eta_1$  **cetasi** cett.] cepsitaṃ  $\eta_2$  **48c** proccālayan em.] proccārayaṃ  $\alpha_1$  proccārayet  $\gamma_1\epsilon_3$  procārayet  $\beta_\omega$  protsālayan  $\eta_1$  protsārayan  $\beta_1\epsilon_1\chi$  protsārayet  $\delta_1\delta_3$  protsāray. n/t  $\delta_2$  prollāsayan  $\eta_2$  **pūritaṃ** 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  $\eta_2$  prabhāvodayāt  $\Delta$  **49a** padmāsana cett.] padmāsane  $\eta_2\chi$  **49b** dvāreṣu cett.] dvāreṇa  $\beta_\omega\chi$  **pūrayan**  $\alpha_3\epsilon_3\eta_2$ ] pūrayet  $\alpha_1\alpha_2\beta_1\beta_\omega\gamma_1\Delta\epsilon_1\eta_1$  pūritaṃ  $\chi$  **49c** mārutaṃ cett.] māruto  $\epsilon_1$  **dhārayed yas tu**  $\Delta\epsilon_3\chi$ ] niyataṃ yas tu  $\gamma_1$  nayate yas tu  $\beta_1\beta_2$  pīyate yas tu  $\eta_1$  pīvyate yas tu  $\beta_\omega$  yas tu pibati  $\eta_2$  mriyate yas tu  $\alpha_1\alpha_3\epsilon_1$  mārayed yas tu  $\alpha_2$  **50** **atha sīmḥāsanaṃ** cett.] atha sīmḥāna  $\alpha_1$  sīmḥāsana yathā  $\delta_1$  **50a** **ca** cett.] tu  $\epsilon_3$  **50b** sīvanyāḥ cett.] sīvinyāḥ  $\epsilon_1$  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  $\delta_1\eta_1$  <sup>o</sup>pi  $\delta_2$  **savyake** cett.] savyakam  $\delta_2$  guhyake  $\delta_1$

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

सिंहासनं भवेदेतत्पूजितं योगिभिः सदा ।  
बन्धत्रितयसन्धानं कुरुते चासनोत्तमम्# ॥ (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# ।  
गोरक्षासनमित्याहुरिदं वै सिद्धयोगिनः ॥ 1.54

इत्यासनानि । ( $\delta_2$ )

एवमासनबन्धेषु योगीन्द्रो विजितश्रमः ।  
अथाम्यसेन्नाडिशुद्धिं मुद्रादिपवनक्रियाम् ॥ 1.55

**51a** ca jānvoḥ  $\alpha_1\beta_1\beta_\omega\gamma_1$ ] tu jānvoḥ  $\epsilon_1\epsilon_3\eta_1\chi$  tu jānunoh  $\eta_2$  jānvoś ca  $\delta_1\delta_2$  **saṁsthāpya** 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  $\delta_2$  **saṁprasārya** cett.] yaṁ prasārya  $\gamma_1$  **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  $\alpha_1\alpha_2$  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  $\gamma_1\delta_1\delta_2\epsilon_3$  **sandhānam** cett.] saṁdhāyī  $\epsilon_1$  **52d** kurute cett.] sevate  $\epsilon_1$  **cāsanottamam**  $\beta_1\beta_\omega\gamma_1\delta_2\epsilon_1\epsilon_3\chi$ ] vāsanot-tamam  $\alpha_1\delta_1\eta_1$  sādhanottamam  $\eta_2$  **53** atha bhadrāsanam cett.] atha bhadraṁ  $\delta_1$  om.  $\alpha_1\delta_3\epsilon_1\epsilon_3$  **53b** sīvanāḥ  $\alpha_1\beta_1\gamma_1\epsilon_3\eta_1\chi$ ] sīvanā  $\eta_2$  sīmanyāḥ  $\delta_1\delta_2$  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.] baddham  $\delta_1$  **suniścalam**  $\beta_1\beta_\omega\epsilon_3\eta_1\eta_2\chi$ ] suniścalaḥ  $\alpha_1$  suniścayam  $\delta_2\delta_3$  stu niścalaṁ  $\gamma_1$  tu niścalaṁ  $\epsilon_1$  suniścitaṁ  $\delta_1$  **54b** viśāpāham  $\alpha_1\beta_2\beta_\omega\eta_1^{pc}\eta_2$  ( $\eta_1^{pc}$  by the first hand)] vināśanam  $\beta_1\gamma_1\Delta\epsilon_1\epsilon_3\eta_1^{pc}\chi$  **54d** idaṁ cett.] evaṁ  $\gamma_1$  **vai siddhayoginaḥ** cett.] siddhāś ca yoginaḥ  $\beta_1$  **55a** evaṁ āsana cett.] pavanāsana  $\epsilon_1$  **55b** yogīndro cett.] yogemdro  $\epsilon_1$  **vijitāśra-maḥ**  $\alpha_1\beta_2\delta_2\delta_3\epsilon_1\epsilon_3$ ] vijitāḥ śramaḥ  $\gamma_1$  vijiteṁśramaḥ  $\delta_1$  vijitāśramam  $\beta_\omega$  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/di (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  $\alpha_1$  °su (one syllbale too short)  $\epsilon_1$  **55d** mudrādi cett.] mudrayā  $\delta_2\delta_3$  subaddhvā  $\delta_1$  **kriyām** cett.] kriyāḥ  $\alpha_1\epsilon_1\epsilon_3$  kriyā  $\gamma_1$

क्रियायुक्तस्य सिद्धिः स्यादक्रियस्य कथं भवेत् । न शास्त्रपाठमात्रेण योगसिद्धिः प्रजायते ॥ ( $\beta_1\beta_\omega\eta_2\chi$ ) <sup>6</sup>	1.55*1
न वेषधारणं सिद्धेः कारणं न च तत्कथा । क्रियैव कारणं सिद्धेः सत्यमेतन्न संशयः । शिश्नोदरस्तायेह न देया वेषधारिणः ॥ ( $\beta_1\beta_\omega\eta_2\chi$ )	1.55*2
मयि बोधाम्बुधौ स्वच्छे तुच्छोऽयं विश्वबुद्बुदः । प्रलीन उदितो वेति विकल्पपटलः कुतः ॥ ( $\Delta$ )	1.55*3
श्रुतिप्रतीतिः स्वगुरुप्रतीतिः स्वात्मप्रतीतिर्मनसोऽपि रोधः । एतानि सर्वाणि समुच्चितानि मतानि धीरैरिह साधनानि ॥ ( $\Delta$ )	1.55*4
आसनं कुम्भकं चित्रं <sup>#</sup> मुद्राख्यं करणं तथा <sup>#</sup> । अथ नादानुसन्धानमभ्यासानुक्रमो हठे ॥ (om. $\eta_1$ )	1.56
ब्रह्मचारी मिताहारी योगी योगपरायणः । अब्दादूर्ध्वं भवेत्सिद्धो नात्र कार्या विचारणा ॥	1.57

**55\*2a** *veṣadhāraṇam*  $\beta_1\eta_2\chi$ ] *veṣadhāriṇyo*  $\beta_\omega$  **siddheḥ**  $\beta_1\eta_2\chi$ ] *siddhi*  $\beta_\omega$  **55\*2b** *na ca*  $\beta_1\eta_2\chi$ ] *ca*  $\beta_\omega$  **tatkathā**  $\beta_1\beta_\omega\chi$ ] *tatkathāḥ*  $\eta_2$  **55\*2c** *siddheḥ*  $\eta_2\chi$ ] *siddhi*  $\beta_\omega$  *siddham*  $\beta_1$  **55\*2d** *etan*  $\eta_2\chi$ ] *eva*  $\beta_1$  *eva tat*  $\beta_\omega$  **55\*2e** *śiśnodara*  $\beta_1\beta_\omega\eta_2$ ] *om.*  $\chi$  **ratāyeha**  $\eta_2$ ] *ratāyena*  $\beta_\omega$  *ratāyasya*  $\beta_1$  *om.*  $\chi$  **55\*2f** *na*  $\beta_1\beta_\omega\eta_2$ ] *om.*  $\chi$  **deyā** *em.*] *deyo*  $\beta_1\beta_\omega$  *dayo*  $\eta_2$  *om.*  $\chi$  **veṣa**  $\beta_1\eta_2$ ] *viṣa*  $\beta_\omega$  *om.*  $\chi$  **dhāriṇaḥ**  $\beta_\omega\eta_2$ ] *dhāriṇe*  $\beta_1$  *om.*  $\chi$  **55\*3a** *mayi*  $\delta_2\delta_3$ ] *miyī*  $\delta_1$  **bodhāmbudhau**  $\delta_2\delta_3$ ] *bodhoṃbudhau*  $\delta_1$  **55\*3b** *tuccho'yam*  $\delta_1\delta_2$ ] *tuccho yo*  $\delta_3$  **55\*4a** *pratītiḥ*  $\delta_2\delta_3$ ] *prītaḥ*  $\delta_1$  **55\*4b** *'pi rodhaḥ* *em.*] *'pi bodhaḥ*  $\Delta$  **55\*4c** *samuccitāni*  $\delta_1$ ] *samuddhrtāni*  $\delta_2\delta_3$  **56a** *kumbhakam* *cett.*] *kumbhakaś*  $\beta_\omega\eta_2$  **citraṃ** *cett.*] *citra*  $\gamma_1\epsilon_1$  **56b** *mudrākhyam*  $\beta_1\Delta\epsilon_1\epsilon_3\chi$ ] *mudrākhyā*  $\alpha_1$  *mudrāśyam*  $\gamma_1$  *mudrādi*  $\beta_\omega\eta_2$  **karaṇam** *tathā* *cett.*] *karaṇāni* *ca*  $\eta_2$  *pavanakriyā*  $\beta_\omega$  **56c** *sandhānam* *cett.*] *sandhāna*  $\beta_\omega$  **56d** *abhyāsā* *cett.*] *abhyāsyā*  $\beta_1\delta_1$  *syābhyāsā*  $\beta_\omega$  **nukramo haṭṭhe**  $\beta_1\beta_\omega\gamma_1\epsilon_3\eta_2\chi$ ] *nukramo haṭṭhaḥ*  $\alpha_1$  *nukramo haṭṭho*  $\epsilon_1$  *nukrameṇa tu*  $\Delta$  **57a** *mitāhāri* *cett.*] *mitāhāro*  $\delta_1$  **57b** *yogī*  $\alpha_1\beta_2\Delta\epsilon_1\eta_1$ ] **parāyaṇaḥ** *cett.*] *parākramaḥ*  $\delta_2$  **57c** *siddho* *cett.*] *siddhir*  $\alpha_1\delta_3$  *siddhin*  $\eta_2$  **57d** *kārya* *cett.*] *kārya*  $\beta_\omega\gamma_1^c$  *kāryo*  $\beta_1$  **vicāraṇa** *cett.*] *vicāraṇāt*  $\eta_2$  *vicāraṇe*  $\beta_1$

<sup>6</sup>  $\chi$  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> ॥ [Upagīti]

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** caturthāṃśa cett.] caturthāśa  $\gamma_1$  **vivarjitaḥ** cett.] vivarjitaṃ  $\beta_\omega$  **58c** bhujyate cett.] bhujyate  $\beta_\omega$  **samprītyai** cett.] samprītya  $\eta_1$  **58d** mitāhāraḥ cett.] mitāhāri  $\gamma_1$  **sa ucyate** cett.] samucyate  $\beta_\omega\eta_1$  **59a** katvāmla cett.] katvāmla  $\beta_\omega\eta_1$  **tikṣṇalavaṇoṣṇa** cett.] tiktalavaṇoṣṇa  $\delta_1$  **harita**  $\alpha_1\Delta\epsilon_1\eta_1\eta_2\chi$ ] hārita  $\epsilon_3$  harita  $\beta_1\beta_\omega\gamma_1$  **śāka**  $\alpha_1\beta_1\gamma_1\Delta\epsilon_1\epsilon_3\chi$ ] śākaṃ  $\beta_\omega\eta_1$  sāka  $\eta_2$  **59b** tila cett.] illeg.  $\eta_1$  *om.*  $\beta_1\gamma_1$  **matsyamadyam** cett.] matsyamadyāḥ  $\epsilon_1$  machyamadyā  $\alpha_1$  tsyamaghaṃ  $\eta_1$  madyama..n  $\gamma_1^c$  madyamatsyān  $\beta_1\gamma_1^c\chi$  **59c** ājādi  $\epsilon_1\chi$ ] ajādi  $\beta_2\gamma_1\epsilon_3$  ajāvi  $\eta_2$  ajāvi  $\beta_\omega\eta_1\Delta$  ajivi  $\alpha_1$  ajavya  $\beta_1$  **māmsadadhi** cett.] māmsaṃ dadhi  $\epsilon_3$  **kulattha** cett.] kulatha  $\beta_\omega\delta_1$  kulattha  $\eta_1$  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  $\eta_2$  pinṇāka  $\beta_\omega$  *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  $\Delta\epsilon_1$  **uṣṇīkṛtaṃ** cett.] uṣṇakratam  $\beta_\omega$  uṣṇībhūtam  $\Delta$  uṣṇi  $\alpha_1$  asvikṛtaṃ  $\beta_1$  **rūkṣam**  $\alpha_1\beta_1\beta_\omega\gamma_1\epsilon_1\epsilon_3\eta_2\chi$ ] rūkṣa  $\eta_1$  apramitaṃ  $\delta_1\delta_2$  apratihataṃ  $\delta_3$  **60b** atilavaṇam **amlaprṛktaṃ** *em.*] atilavaṇāmlaprṛktaṃ  $\gamma_1$  atilavaṇāmlayuktaṃ  $\beta_1$  atilavaṇam amlayuktaṃ  $\chi$  atilavaṇādyapraṇtaṃ  $\alpha_1$  atilavaṇādyuṣṇataṃ  $\eta_1$  atilavaṇādiprayuktaṃ  $\epsilon_1$  atilavaṇādiyuktaṃ  $\epsilon_3$  atilavaṇam tilapiṇḍa  $\eta_2$  atilavaṇam tilaṃ piṇḍa  $\beta_\omega$  atilavaṇasavapalala  $\delta_1$  atilavaṇasavapalalaṃ  $\delta_2$  atilavaṇāsavapalalaṃ  $\delta_3$  **kadaśana** cett.] kadaśanaṃ  $\beta_\omega\eta_2$  **śākotkataṃ** cett.] śākātkata  $\beta_\omega$  śōkātkata  $\eta_1$  śākoṣṇadamaṃ  $\gamma_1$  **duṣṭam**  $\beta_1\gamma_1\epsilon_1\epsilon_3$ ] duṣṭaṃ  $\alpha_1$  varjyam  $\Delta\chi$  varjyaṃ  $\eta_2$  varjitaṃ  $\beta_\omega$  *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.* tailāmlāloṇitīnikalīkabhāi (?)  $\eta_1$  **varjayed**  $\beta_1\Delta\epsilon_1\epsilon_3\eta_2\chi$ ] varjaye  $\alpha_1\beta_\omega\gamma_1\eta_1$  **durjana** cett.] durjanaṃ  $\beta_1$  tarjana  $\eta_1$  **prāntam**  $\alpha_1\beta_2\epsilon_1\chi$ ] prāntaṃ  $\eta_1$  prāpte  $\beta_1$  prītiṃ  $\gamma_1\Delta\epsilon_3\eta_2$  prīti  $\beta_\omega$  **61b** **vahnistṛi** 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**  $\alpha_1\beta_1\beta_\omega\gamma_1\epsilon_1\epsilon_3\chi$ ] kleśādikaṃ  $\Delta\eta_1\eta_2$  **tathā** cett.] yathā  $\delta_1$

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

गोधूमशालियवषष्टिकशोभनाचं  
क्षीराज्यमण्डनवनीतसितामधूनि ।  
शुण्ठी पटोलकफलादि च पञ्चशाकं  
मुद्गादि दिव्यमुदकं<sup>#</sup> च यमीन्द्रपथ्यम्<sup>#</sup> ॥

1.62

सर्वशाकमचाक्षुष्यं चाक्षुष्यं शाकपञ्चकं ।  
जीवन्ती वास्तु मत्स्याक्षी मेघनादः पुनर्नवा ॥ (γ<sub>1</sub>)

1.62\*1

क्षीरपर्णी च जीवन्ती मत्स्याक्षी च पुनर्नवा ।  
मेघनादश्च पञ्चैते शाकनाम प्रकीर्तिता (sic) ॥ (β<sub>ω</sub>ε<sub>3</sub>)

1.62\*2

मृष्टं<sup>#</sup> सुमधुरं स्निग्धं गव्यं धातुप्रपोषणम् ।  
मनोऽभिलषितं योग्यं योगी भोजनमाचरेत् ॥

1.63

युवा वृद्धोऽतिवृद्धो वा व्याधितो दुर्बलोऽपि वा ।  
अभ्यासात्सिद्धिमाप्नोति सर्वयोगेष्वतन्द्रितः ॥

1.64

पीठानि कुम्भकाश्चित्रा दिव्यानि करणानि च ।  
सर्वोऽपि च हठाभ्यासो राजयोगफलावधि ॥

1.65

**62a** godhūma cett.] godhūmā 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> **śobhanānna** 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.] sitā 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>2</sub>β<sub>ω</sub>] phalādiṣu ε<sub>3</sub> phalādika α<sub>3</sub>γ<sub>1</sub>δ<sub>1</sub>δ<sub>2</sub>ε<sub>1</sub>χ phalādi«ka» α<sub>1</sub> phalādi α<sub>2</sub> phalādi.. δ<sub>3</sub> phalakādi ca η<sub>2</sub> phipalādika η<sub>1</sub> **pañ-caśākam** 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>] kṣīraparṇī β<sub>ω</sub> **jivanti** ε<sub>3</sub>] jaivanti β<sub>ω</sub> **62\*2b** matsyākṣī ε<sub>3</sub>] matsāṣī β<sub>ω</sub> **62\*2c** meghanā-daś ca ε<sub>3</sub>] meghanāditi β<sub>ω</sub> **62\*2d** śākanāma prakīrtitā β<sub>ω</sub>] pañcaśākaḥ prakīrtitaḥ (\*kāḥ \*tāḥ ε<sub>3</sub><sup>c</sup>) ε<sub>3</sub> **63a** mṛṣṭam α<sub>1</sub>ε<sub>3</sub>η<sub>1</sub>] miṣṭam α<sub>2</sub>β<sub>1</sub>β<sub>2</sub>β<sub>ω</sub>γ<sub>1</sub>ε<sub>1</sub> iṣṭam δ<sub>1</sub>η<sub>2</sub> puṣṭam χ uṣṭam δ<sub>2</sub>δ<sub>3</sub> **sumadhuram** cett.] samadhuram β<sub>ω</sub>δ<sub>1</sub>ε<sub>3</sub> **prapoṣaṇam** cett.] prapoṣakam δ<sub>3</sub>ε<sub>3</sub> **63b** yogyam 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** \*tivṛddho 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> sarvam yogī yatamdriyaḥ η<sub>1</sub> **65a** pīṭhāni cett.] pīṭhādi Δ **kumbhakaś** cett.] kumbhakaś β<sub>ω</sub>ε<sub>3</sub><sup>c</sup>η<sub>2</sub> **citrā** cett.] citram 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 sarvāny 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>c</sup>η<sub>2</sub>χ] phalāvadhīḥ β<sub>1</sub>β<sub>ω</sub>γ<sub>1</sub> yugāvadhī η<sub>1</sub><sup>c</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 .. +  $\delta_3$