

श्रीआदिनाथाय नमोऽस्तु तस्मै

येनोपदिष्टा हठयोगविद्या ।

विराजते प्रोन्नतराजसौध-

मारोढुमिच्छोरधिरोहिणीव ॥ (om. α_2) [1.1–33 lost δ_2]

1.1 – δ_2

प्रणम्य श्रीगुरुं नाथं स्वात्मारामेण योगिना ।

केवलं राजयोगाय हठविद्योपदिश्यते ॥

1.2 – δ_2

भ्रान्त्या बहुमतध्वान्ते राजमार्गमजानताम् ।

हठप्रदीपिकां धत्ते स्वात्मारामः कृपाकरः ॥

1.3 – δ_2

हठविद्यां हि मत्स्येन्द्रगोरक्षाद्या विजानते ।

स्वात्मारामोऽथवा योगी जानीते तत्प्रसादतः ॥

1.4 – δ_2

श्रीआदिनाथमत्स्येन्द्रशाबरानन्दभैरवाः ।

चौरङ्गीमीनगोरक्षविरूपाक्षबिलेशयाः ॥

1.5 – δ_2

1a śrīadināthāya cett.] anādināthāya ϵ_1 ādiśanāthāya η_1 **1c virājate** cett.] vibhrājate $\beta_2\chi$
rājasaudham cett.] «rāja»saudham α_1 rājayogam $\alpha_3\beta_\omega\eta_2\chi$ **1d āroḍhum** cett.] ārūḍham ϵ_1
rohiṇīva cett.] rohiṇī ca γ_1 rohiṇe ca β_1 roha eva β_ω **2b yoginā** cett.] dhīmātā $\delta_1\delta_3\epsilon_3$
2d haṭhavidyo cett.] haṭhayogo η_2 **3a bhrāntyā** cett.] bhrāntvā $\beta_\omega\delta_1\delta_3$ bhrāntā $\alpha_1\epsilon_1$
matadhvānte cett.] matadhvāntai $\beta_2\gamma_1$ matam dhīmāt α_2 manam dhāṃti β_1 matam bhrāntam
 η_1 **3b mārgam** $\alpha_1\alpha_3\beta_1\gamma_1$] yogam cett. **ajānatām** cett.] ajānataḥ $\delta_1\delta_3\epsilon_3$ **3c dhatte** cett.]
datte $\beta_1\beta_2$ **3d svātmārāmaḥ** cett.] svātmārāma $\beta_1\beta_\omega$ svātmārāma γ_1 **kṛpākaraḥ** cett.]
kṛpāparaḥ $\delta_1\delta_3$ kṛtāpara α_2 prakāśyate $\beta_\omega\eta_2$ **4a haṭhavidyām** cett.] 'vidyā $\alpha_2\gamma_1\eta_1$ 'vidyo α_1
matsyendra cett.] tachamdra γ_1 **4b gorakṣādyā vijānate** cett.incl. α_3] gorakṣādyā virājate
 α_1 gorakṣādiṣu rājate α_2 **4c svātmārāmo** cett.] svātmārāmas α_3 ātmārāmo $\delta_1\epsilon_1$ **4d 'thavā**
cett.] tathā α_3 yathā δ_3 mahā ϵ_1 **jānīte** cett.] jānaṃte β_ω **prasādataḥ** cett.] prasīdati
 α_2 **5a śrīadinātha** cett.] ādināthādi $\eta_1\eta_2$ **5b śābarā** $\alpha_1\beta_2\gamma_1\eta_2\chi$] śābarā $\alpha_2\eta_1$ śārādā $\beta_1\delta_1\delta_3$
śāgarā β_ω sāgarā $\epsilon_1\epsilon_3$ **bhairavāḥ** cett.] bhairavaḥ $\alpha_1\alpha_2$ **5c cauraṅgī** cett.] coraṃgī $\alpha_2\epsilon_1$
saraṃgī α_3 **mīna** cett.] mena ϵ_1 megha α_3 śīna δ_1 pāna α_2 **5d virūpākṣa** cett.] virūpākṣaḥ
 $\alpha_1\delta_1$ virūpākṣya δ_3 vairūpākṣa ϵ_1 **bīleśayāḥ** cett.incl. α_3] baleśayāḥ ϵ_1 vileśyayaḥ β_1 savālikāḥ
 $\alpha_1^p\alpha_2\delta_1$ savālmikāḥ α_1^c

मन्थानभैरवो योगी सिद्धबुद्धश्च कन्थडिः ।

गोरण्टकः सुरानन्दः सिद्धपादश्च चर्पटिः ॥ (cd om. δ_1)¹

1.6 - δ_2

काणेरी पूज्यपादश्च नित्यनाथो निरञ्जनः ।

कपाली बिन्दुनाथश्च काकचण्डीश्वराह्वयः ॥

1.7 - δ_2

अल्लमप्रभुदेवश्च घोडाचोली च टिण्टिणी ।

भालुकी नागबोधश्च खण्डकापालिकस्तथा ॥

1.8 - δ_2

इत्यादयो महासिद्धा हठयोगप्रभावतः ।

खण्डयित्वा कालदण्डं ब्रह्माण्डेषु चरन्ति ते ॥

1.9 - δ_2

6a *manthāna* cett.] *manthāno* χ **bhairavo** cett.] *bhairavā* γ_1 **6b** *siddha* cett.] *siddhi* α_2 *siddhir* χ *śuddha* $\beta_2\eta_2$ *suddha* η_1 **buddhaś ca** cett. incl. α_3] *buddhiś ca* $\alpha_1\alpha_2\beta_2\beta_\omega$ *pādaś ca* δ_3 **kanthaḍiḥ** $\delta_1\delta_3\chi$] *kanthaḍi* $\alpha_2B\epsilon_3$ *kanthaḍiḥ* γ_1 *kanthaliḥ* ϵ_1 *kanthali* $\alpha_1\eta_1$ *kaṁḍali* α_3 *kandali* η_2 **6c** *goraṇṭakah* *em.*] *goraṇṭaka* $\alpha_1\alpha_2$ *gorakṣakas* α_3 *goraṇṭakah* $\beta_2\gamma_1\epsilon_1\chi$ *koramḍakah* ϵ_3 *karamṭaka* β_1 *pauraṇṭakah* $\beta_\omega\delta_3\eta_1\eta_2$ *om.* δ_1 **surānandah** cett.] *surānanda* $\alpha_2\beta_1\beta_\omega$ *sadānaṁda* α_3 *kṣurānaṁda* α_1 *om.* δ_1 **6d** *siddhapādaś ca* cett.] *śrīpādaś caiva* ϵ_3 *om.* δ_1 **carpaṭiḥ** $\gamma_1\epsilon_3\eta_2\chi$] *carpaṭi* $\alpha_1\beta_1\beta_\omega$ *carpaṭi* $\beta_2\delta_3\eta_1$ *sarpaṭi* α_3 *paryaṭi* α_2 *carpaṭiḥ* ϵ_1 *om.* δ_1 **7a** *kāṇeri* *em.*] *kaṇeri* $\alpha_2\beta_2\gamma_1\eta_1$ *kaṇeri* α_1 *kaṇeriḥ* ϵ_1 *ka[n]e..* α_3 *kāneriḥ* ϵ_3 *kāneri* $\beta_\omega\eta_2\chi$ *kariṇi* δ_1 *karaṇi* δ_3 *kāroṭiḥ* β_1 **pūjya** cett.] *pūrya* η_1 *pūrva* $\epsilon_1\eta_2$ *pūla* α_2 **7b** *nityanātho* cett.] *dhvaninātho* η_2 *bilvanātho* $\delta_1\delta_3$ **7c** *kapāli* cett.] *kapāsi* δ_3 **7d** *caṇḍiśvarāhvayaḥ* $\beta_2\gamma_1\epsilon_1\epsilon_3\eta_1\chi$] *caṇḍiśvarādayaḥ* $\beta_\omega\delta_1\delta_3\eta_2$ *caṇḍiśvaro* *gayaḥ* α_3 *caṇḍeśvaro* *gayaḥ* α_1 *caṇḍiśvaro* *gajah* α_2 *caṇḍiśvaro* *mayah* β_1 **8a** *allama* α_3] *alama* α_1 *allamah* $\beta_\omega\epsilon_1\eta_1\eta_2\chi$ *allumah* α_2 *allasa* β_1 *allasah* γ_1 *alasaḥ* β_2 *amelleḥ* ϵ_3 *sukṣamaḥ* $\delta_1\delta_3$ **8b** *ghoḍācolī* $\alpha_2\beta_1\beta_\omega\epsilon_3\chi$] *ghoḍācūli* $\alpha_3\gamma_1$ *ghoḍācūli* α_1 *goḍācūli* β_2 *ghoṭācolī* $\delta_1\delta_3$ *ghorācolī* $\eta_1\eta_2$ *_gacoli* ϵ_1 **ca** cett.] *ci* α_3 *sa* δ_1 *gha* δ_3 **ṭiṇṭiṇi** $\eta_1\eta_2$] *ṭiṁṭiṇiḥ* $\alpha_1\chi$ *ṭiṁṭiṇi* β_1 *ṭiṇiṇiḥ* γ_1 *ṭiṁṭaṇi* «h» β_2 *ṭiṁṭiṇiḥ* δ_1 *ṭimbhiṇiḥ* δ_3 *ṭiṁcaṇi* α_2 *cimciṇi* β_ω *cimciṇiḥ* ϵ_3 *caṁcaṇiḥ* ϵ_1 *caṁḍilāḥ* α_3 **8c** *bhāluki* $\beta_2\eta_1\eta_2$] *bhāluki* α_1 *bhālukur* β_1 *bhānukin* γ_1 *bhānuki* χ *tāluki* α_2 *vālukur* $\delta_1\delta_3$ *vāsuki* α_3 *vāsukir* $\beta_\omega\epsilon_1$ *vāsukir* ϵ_3 **nāgabodhaś ca** $\alpha_3\beta_\omega\gamma_1\delta_3\eta_1\eta_2$] *nāgabodhiś ca* $\beta_1\epsilon_1\epsilon_3$ *nāgarodhaś ca* δ_1 *nāgadevaś ca* β_2 *namioḍḍiśa* α_1 *nāma* *tuṁḍiśa* α_2 *nāradevaś ca* χ **8d** *khaṇḍakāpālikas* $\alpha_3\beta_1\beta_\omega\eta_2$] *khaṇḍaṁ* *kāpālikas* $\gamma_1\eta_1$ *khaṇḍaḥ* *kāpālikas* $\epsilon_3\chi$ *khaṇḍikaḥ* *pālikas* β_2 *kaṁḍhaḥ* *kāpālikas* ϵ_1 *caṇḍakāpālikas* δ_3 *caṁḍikāpālikas* δ_1 *siddhaḥ* *kāpālikas* $\alpha_1\alpha_2$ **9b** *prabhāvataḥ* cett.] *prasādataḥ* $B\gamma_1$ **9c** *kāla* cett.] *kāra* α_1 *kā* β_1 **9d** *brahmāṇḍeṣu* $\alpha_1\alpha_2\beta_1\delta_1\epsilon_3$] *brahmāṇḍe* *tu* β_ω *brahmāṇḍe* *vi* $\alpha_3\beta_2\gamma_1\delta_3\eta_1\eta_2\chi$ *brahmāṇḍaṁ* *vi* ϵ_1

¹ Usually omitted in $\delta_1\delta_3$. δ_3 seems to have supplied this hemistich from a ms of another branch.

संसारतापतप्तानां समाश्रयमठो हठः ।

अशेषयोगजगतामाधारकमठो हठः ॥ (cd om. A)

1.10 - δ_2

हठविद्या परं गोप्या योगिनां सिद्धिमिच्छताम् ।

भवेद्वीर्यवती गुप्ता निर्वीर्या तु प्रकाशिता ॥

1.11 - δ_2

सुराज्ये धार्मिके देशे सुभिक्षे निरुपद्रवे ।²

एकान्तमठिकामध्ये स्थातव्यं हठयोगिना ॥

1.12 - δ_2

अल्पद्वारमरन्ध्रगर्तपिटकं नाल्युच्चनीचायतं

सम्यग्गोमयसान्द्रलिप्तममलं निःशेषबाधोज्झितम् ।

बाह्ये मण्डपवेदिकूपरुचिरं प्राकारसंवेष्टितं

प्रोक्तं योगमठस्य लक्षणमिदं सिद्धैर्हठाभ्यासिभिः ॥

1.13 - δ_2

10a samsārātāpa cett.] samsārāśrama β_ω samsārāśrama η_2 aśeśatāpa $\beta_2\chi$ **10b samāśraya** cett.] samāśrayo η_1 āśrayo'yam $\beta_\omega\eta_2$ samagrapra° α_1 **maṭho haṭhaḥ** $\beta_2\gamma_1\delta_3\epsilon_1\chi$] mato haṭhaḥ δ_1 mato (ṭho below) ha .. α_3 maho haṭhaḥ $\alpha_2\beta_1$ mahāmaṭhaḥ ϵ_3 haṭho maṭhaḥ η_1 haṭho mataḥ $\beta_\omega\eta_2$ °thamo haṭhaḥ α_1 **10c aśeśa** cett.] samasta ϵ_1 om. A **jagatām** $\gamma_1\delta_1\delta_3\epsilon_1\epsilon_3\eta_2$] jagatim η_1 jāyunām β_1 yuktānām $\beta_2\beta_\omega\chi$ om. A **10d ādhāra** cett.] ādhāraḥ $\beta_\omega\delta_1\delta_3\eta_2$ om. A **kamaṭho haṭhaḥ** cett.] kahaṭho maṭhaḥ η_1 om. A **11a gopyā** cett.] gopyam $\alpha_2\beta_\omega$ yogo β_1 **yoginām** cett.] yoginām β_ω yoginā $\delta_1\delta_3\epsilon_1\chi$ **11b icchatām** $A\beta_\omega\gamma_1\epsilon_3\eta_1\eta_2$] icchatā $\beta_1\beta_2\delta_3\epsilon_1\chi$ icchitā δ_1 **11d nirvīryā** cett.] nirvījā δ_1 nirvāryā η_2 **tu** cett.incl. α_3] ca $\alpha_1\delta_1\epsilon_3$ sā ϵ_1 **12a surājye** cett.] surāṣṭre β_1 **12b nirupadrave** cett.] kṣemabhadrade ϵ_1 **12c ekānta** cett.] ekānte $\alpha_2\beta_\omega\eta_1\eta_2\chi$ **12d yoginā** cett.] yoginām $\alpha_1\alpha_3$ yogibhiḥ α_2 **13a alpadvāram arandhra** cett.] ākalpadvā«ra»raṁdhra γ_1 alpadvāram aruṁ«dha» ϵ_1 **piṭakaṁ** $\alpha_1\beta_1\epsilon_1\epsilon_3$] piṭanam α_3 paṭikaṁ β_2 piṭhikaṁ γ_1 piṭhiraṁ δ_3 piṭharaṁ δ_1 viṭakaṁ α_2 viṭapaṁ $\beta_\omega\eta_2$ vivaraṁ χ sahitaṁ η_1 **nīcā** cett.] nitā α_1^c noccā β_ω naṁcā γ_1 **yataṁ** cett.] yitaṁ η_2 yutaṁ $\beta_1\eta_1$ vṛtaṁ ϵ_3 **13b sāndra** cett.] sārda $\beta_\omega\eta_2$ sāpra α_1 lipta ϵ_1 **liptam amalāṁ** $\alpha_3\beta_2\gamma_1\delta_1\eta_2\chi$] liptavimalaṁ $\alpha_1\alpha_2\beta_1\beta_\omega\delta_3\epsilon_3$ liptamavilaṁ η_1 sāndravimalaṁ ϵ_1 **niḥśeṣa** cett.] nirdoṣa $\alpha_1\eta_2$ **bādhohjhitam** $\beta_\omega\epsilon_1\eta_1\eta_2$] bodhohjhitam α_3 bādhārjhitam β_1 vātojjhitam β_2 jantūjjhitam $\gamma_1\delta_1\delta_3\epsilon_3\chi$ jantūṣṇitaṁ α_2 jyaṁtyūpsitaṁ α_1 **13c vedikūpa** cett.] vedakopa β_1 kūpavedi ϵ_3 **ruciraṁ** $\alpha_1\alpha_2B\gamma_1\epsilon_3\chi$] racitaṁ $\delta_1\delta_3\epsilon_1\eta_1\eta_2$

² χ has धनुःप्रमाणपर्यन्तं शिलाग्निलवर्जिते between the hemistiches.

एवंविधे मटे स्थित्वा सर्वचिन्ताविवर्जितः ।
गुरूपदिष्टमार्गेण योगमेव समभ्यसेत् ॥

1.14 - δ_2

अत्याहारः प्रयासश्च प्रजल्पोऽनियमग्रहः ।
जनसङ्गश्च लौल्यं च षड्विर्योगो विनश्यति ॥

1.15 - δ_2

उत्साहात्साहसाद्वैर्यात्तत्त्वज्ञानाच्च निश्चयात् ।
जनसङ्गपरित्यागात् षड्विर्योगः प्रसिध्यति ॥

1.16 - δ_2

अहिंसा सत्यमस्तेयं ब्रह्मचर्यं क्षमा धृतिः ।
दयार्जवं मिताहारः शौचं चैव यमा दश ॥ ($\beta_\omega \delta_3$)

1.16*1

तपः संतोषमास्तिक्यं दानमीश्वरपूजनम् ।
सिद्धान्तश्रवणं चैव ही मतिश्च जपो हुतम् ॥ (β_ω)

1.16*2

14b *vivarjitaḥ* cett.] *vivarjite* $\beta_1 \varepsilon_1$ **14c** *gurūpadiṣṭa* cett.] *gurūpadeśa* β_2 **14d** *yogam eva* cett.] *yogam evaṃ* $\alpha_2 \varepsilon_1 \gamma_1 \eta_2$ *yogamārgaṃ* β_ω *samabhyaset* $\alpha_1^c \alpha_2 \beta_\omega \gamma_1 \varepsilon_1 \eta_1 \eta_2 \chi$] *sadābhyaset* $\alpha_1^c \alpha_3 \beta_1 \beta_2 \delta_1 \delta_3 \varepsilon_3$ **15a** *atyāhārah* $\beta_2 \gamma_1 \delta_3 \eta_1 \eta_2 \chi$] *atyāhāra* $\alpha_2 \beta_1 \varepsilon_3$ *alpāhāra* δ_1 *alpāhāro* α_1 *ātmāhārah* β_ω *natyāhāsaḥ* ε_1 *a[t]. ++* α_3 **prayāsaś ca** cett.] *prayāsaś ca* δ_1 *prayāsasya* α_2 *pravāsaś ca* $\alpha_1 \gamma_1$ *illeg.* α_3 **15b** *’niyama* cett.] *niyamā* ε_3 *nama* ε_1 **15c** *janasaṅgaś ca* cett.] *janasaṃgaṃ* β_2 *janasaṃkara* ε_1 **15d** *yogo vinaśyati* cett.] *yogā vinaśyati* γ_1 *yogaś ca naśyati* η_2 *yogaḥ praṇaśyati* η_1 **16a** *utsāhāt/n* cett.] *utsāha* $\alpha_2 \beta_\omega$ *utsāho* α_3 **sāhasād** $\gamma_1 \delta_1 \delta_3 \chi$] *niścayād* $\alpha_1 \beta_\omega \beta_1 \varepsilon_1 \varepsilon_3 \eta_1 \eta_2$ *niścayā* α_2 *niścalo* α_3 *niyamād* β_2 **dhairyāt** cett.] *dhairyā* $\alpha_1 \alpha_2 \beta_\omega$ *dhairyaṃ* α_3 *vairyāt* $\eta_1 \eta_2$ **16b** *jñānāc ca niścayāt* $\gamma_1 \chi$] *jñānād viniścayāt* δ_1 *jñānaviniścayāt* $\beta_2 \delta_3$ *jñānāc ca darśanāt* $\alpha_1 \beta_1 \beta_\omega \varepsilon_1 \varepsilon_3 \eta_1 \eta_2$ *jñānārthadarśanāt* α_2 *jñānārthadarśanaṃ* α_3 **16c** *jana* cett.] *nija* γ_1 **parityāgāt** cett.] *parityāgāḥ* α_3 **16d** *yogaḥ prasidhyati* cett.] *yogas tu sidhyati* $\eta_1 \eta_2$ *yogo prasidhyati* $\alpha_2 \delta_1$ **16*1c** *dayārjavam* δ_3] *dayārjava* β_ω **16*2c** *siddhānta em.*] *siddhāntaṃ* β_ω

अथासनानि । (ε₁ε₃)

हठस्य प्रथमाङ्गत्वादासनं पूर्वमुच्यते ।

तत्कुर्यादासनं स्थैर्यमारोग्यं चाङ्गपाटवम् ॥³

1.17 – δ₂

वसिष्ठाद्यैश्च मुनिभिर्मत्स्येन्द्राद्यैश्च योगिभिः ।

अङ्गीकृतान्यासनानि कथ्यन्ते कानिचिन्मया ॥ [1.18–28 lost α₁]

1.18 – α₁δ₂

जानूर्वोरन्तरे सम्यक्कृत्वा पादतले उभे ।

ऋजुकायः समासीनः स्वस्तिकं तत्प्रचक्षते ॥ [found before 1.17 in ε₁]

1.19 – α₁δ₂

सव्ये दक्षिणगुल्फं तु पृष्ठपार्श्वे नियोजयेत् ।

दक्षिणेऽपि तथा सव्यं गोमुखं गोमुखं यथा ॥ (om. ε₁)

1.20 – α₁δ₂

heading: athāsānāni ε₁] «atha» āsanāni ε₃ **17c tat kuryād** cett.incl.α₃] ta kuryād α₂ na kuryād α₁ kuryāt tad η₂χ āsanam sthairyam α₂α₃β₁γ₁δ₃η₁χ] āsanasthairyam α₁β₂β_ωδ₁ε₁ āsane sthairyam ε₃ āsanam tasmād η₂ **17d pāṭavam** A[β₁β_ωε₁η₁η₂] lāghavam β₂γ₁δ₁δ₃ε₃χ **18d kathyante** cett.] likhyante η₁ vakṣyante δ₁δ₃ **19a jānūrvor** cett.] jāmtūrvo δ₁ **antare** cett.] antaram γ₁ε₁ **19b ubhe** cett.] śubhe γ₁ **19c ṛjukāyaḥ** cett.] ṛjukāya α₂γ₁^{ic}η₁ ṛjuḥ kāya β_ω **samāsinaḥ** cett.] samāsinam β_ω **19d tat** cett.] tam α₃ ca α₂γ₁ **20a dakṣiṇa** cett.] dakṣaṇa β_ω dakṣa α₂ **gulphaṃ** cett.] gulphe δ₃ε₂ **20b prṣṭha** cett.] prṣṭhi β₂ savya ε₂ **niyojayet** cett.] tu yojayet β₁ **20c 'pi** cett.] ca γ₁ tu δ₁δ₃ **savyam** cett.] savye η₁ samyak α₃ **20d gomukhaṃ** cett.] gomukhe δ₃ **gomukhaṃ yathā** α₃δ₁δ₃ε₂ε₃η₁η₂] gomukhaṃ tathā β_ω gomukhaṃ bhavet α₂ gomukhākṛti χ gomukhākṛtiḥ β₁β₂γ₁

³ 1.17–18 are transposed in δ₁ε₃. In δ₃ this verse appears twice – in the regular place and after 1.18. Readings of the first occurrence are closer to η₂ (कुर्यात्तदासनं तस्माद् and अङ्गपाटवम्) and the second to δ₁ which belongs to the same ms group as δ₃. In the apparatus, readings of the second occurrence only are included.

एकं पादमथैकस्मिन्विन्यस्योरुणि संस्थितम् ।
इतरस्मिंस्तथा चोरुं वीरासनमितीरितम् ॥

1.21 – $\alpha_1 \delta_2$

गुदं निरुध्य गुल्फाभ्यां व्युत्क्रमेण समाहितः ।
कूर्मासनं भवेदेतदिति योगविदो विदुः ॥

1.22 – $\alpha_1 \delta_2$

पद्मासनं सुसंस्थाप्य जानूर्वोरन्तरे करौ ।

निवेश्य भूमौ संस्थाप्य व्योमस्थः कुक्कुटासनम् ॥ [1.23c–29d lost δ_3]

1.23 – $\alpha_1 \delta_2 \delta_3$

कुक्कुटासनबन्धस्थो[#] दोभ्यां संबध्य कन्धराम् ।
शेते कूर्मवदुत्तान एतदुत्तानकूर्मकम् ॥

1.24 – $\alpha_1 \delta_2 \delta_3$

पादाङ्गुष्ठौ तु पाणिभ्यां गृहीत्वा श्रवणावधि ।
धनुराकर्षणं कृत्वा धनुरासनमुच्यते ॥

1.25 – $\alpha_1 \delta_2 \delta_3$

21a *ekam* cett.] eka $\delta_1 \delta_3 \epsilon_3$ **athaikasmin** $\alpha_3 \eta_1$] tathaikasmin $\alpha_2 B \gamma_1 \epsilon_1 \epsilon_3 \eta_2 \chi$ yathaikasmi $\delta_1 \delta_3$ **21b** *vinyasyoruṇi samsthitam* $\beta_\omega \eta_1 \eta_2$] niveśyoruṇi samsthitam α_3 vinyased ūruṇi sthitam $\beta_1 \gamma_1 \chi$ vinyased ūruṇi sthitaḥ β_2 vinyaser upari sthitam α_2 vinyased ūru samsthitam $\delta_1 \delta_3 \epsilon_2 \epsilon_3$ vinyasyorasi samsthitah ϵ_1 **21c** *itarasmimś tathā* cett.] itarasminn adhaś α_3 **coruṃ** cett.] coru $\alpha_2 \beta_1$ corū α_3 corau β_2 cairuṃ ϵ_1 ce.. δ_1 **21d** *itiritam* cett.] iti smṛtam α_2 udāhṛtam α_3 **22a** *nirudhya* $\beta_2 \gamma_1 \chi$] nibadhya $\epsilon_3 \eta_1$ nabadhya ϵ_1 nibaddhi β_ω niyāmya $\alpha_2 \beta_1 \delta_1 \delta_3$ niṣpīḍya $\alpha_3 \eta_2$ **22b** *samāhitaḥ* cett.] samāhitam β_ω samādhinā α_2 **22c** *kūrmāsanam* cett.] yogāsanam $\beta_1 \beta_2 \gamma_1$ **22d** *iti* cett.] sarve β_2 **23a** *su* $\alpha_3 B \gamma_1 \delta_1$] tu $\delta_3 \epsilon_1 \epsilon_3 \eta_1 \eta_2 \chi$ stu α_2 **samsthāpya** cett.] samyojya $\delta_1 \delta_3$ **23d** *vyomasthaḥ* cett.] °stham $\beta_1 \beta_2 \gamma_1 \chi$ °sthā α_2 **kukkuṭā** $\alpha_3 \gamma_1 \delta_1 \epsilon_1 \epsilon_3 \chi$] kurk(k)uṭā $\alpha_2 \beta_1 \beta_\omega \eta_1 \eta_2$ kukuṭā β_2 **24a** *kukkuṭā* $\alpha_3 \gamma_1 \delta_1 \epsilon_1 \epsilon_3 \chi$] kurk(k)uṭā $\alpha_2 \beta_1 \beta_\omega \eta_1 \eta_2$ kukuṭā β_2 **bandhastho** $\alpha_2 \alpha_3 B \gamma_1 \delta_1 \epsilon_1 \epsilon_3 \chi$] madhyastho η_2 vat kṛtvā η_1 **24b** *sambadhya* cett.] sambamdhā $\alpha_2 \alpha_3$ samveṣṭa γ_1 samhṛtya β_2 **kandharām** cett.] kandharam $\alpha_3 \beta_\omega \delta_1$ kandaram ϵ_1 **24c** *śete* $\alpha_2 \epsilon_1 \epsilon_3 \eta_1 \eta_2$] śene β_ω sthite α_3 sthitaḥ $\beta_1 \gamma_1$ sthitvā β_2 bhavet $\delta_1 \chi$ **kūrmavad** cett.] °cad β_1 °rad β_ω **uttāna** $\alpha_2 \beta_1 \beta_\omega \gamma_1 \eta_2 \chi$] uttānam $\alpha_3 \beta_2 \delta_1 \epsilon_1 \epsilon_3 \eta_1$ **24d** *kūrmakam* cett.] pūrvakam ϵ_1 **25a** *tu* cett.] ca δ_1 **pāṇibhyām** cett.] bāhubhyām $\eta_1 \eta_2$ **25b** *śraṇānāvadhi* cett.] śraṇānāvadhīḥ $\alpha_2 \beta_1 \beta_2$ śraṇānāvadhīm η_1 śraṇānāvīdhi β_ω **25c** *karṣaṇam kṛtvā* (karkhaṇam) δ_1] karṣaṇam kṛṣṭam α_3 karṣaṇaḥ kṛṣṭam η_1 karṣaṇākṛṣṭam $\alpha_2 \beta_2 \epsilon_1 \epsilon_3$ karṣaṇāt kṛṣṭam (kaṣṭam β_ω) $\beta_1 \beta_\omega \gamma_1$ karṣaṇam kuryād $\eta_2 \chi$ **25d** *ucyate* $\alpha_2 B \gamma_1 \eta_1 \eta_2 \chi$] iritam $\alpha_3 \delta_1 \epsilon_1 \epsilon_3$

वामोरुमूलार्पितदक्षपादं
जानोर्बहिर्वेष्टितदक्षदोष्णा ।
प्रगृह्य तिष्ठेत्परिवर्तिताङ्गः
श्रीमत्स्यनाथोदितमासनं स्यात् ॥

1.26 – $\alpha_1 \delta_2 \delta_3$

मत्स्येन्द्रपीठं जठरप्रवृद्ध-
प्रचण्डरुङ्गण्डलखण्डनास्त्रम् ।
अभ्यासतः कुण्डलिनीप्रबोधं
दण्डस्थिरत्वं च ददाति पुंसां ॥

1.27 – $\alpha_1 \delta_2 \delta_3$

प्रसार्य पादौ भुवि दण्डरूपौ
दोभ्यां पदाग्रद्वितयं गृहीत्वा ।
जानूपरिन्यस्तललाटदेशो
वसेदिदं पश्चिमताणमाहुः ॥

1.28 – $\alpha_1 \delta_2 \delta_3$

26a dakṣapādam cett.] dakṣapāda $\beta_1 \beta_2$ dakṣapādo α_3 dakṣapāda α_2 **26b jānor** $\gamma_1 \eta_1 \eta_2 \chi$] jānaur β_ω jānvor $\alpha_2 \alpha_3 \beta_1 \beta_2 \delta_1 \varepsilon_1 \varepsilon_3$ **bahirveṣṭita** cett.] bahi«hṣam»ṣṭhita γ_1 **dakṣadoṣṇā** $\alpha_2 \beta_2 \delta_1$] dakṣadorsṇā β_1 dakṣadorbhyām γ_1 vāmapādam $\beta_\omega \eta_1 \eta_2 \chi$ vāmadoṣṇā $\alpha_3 \varepsilon_2 \varepsilon_3$ vāmadoṣṇi ε_1 **26c parivartitāṅgaḥ** cett.] pariveṣṭitāṅga α_2 parimarditāṅgaḥ δ_1 **26d śrīmatsyanātho** cett.] śrīmatsyadinātho β_ω matsyemdranātho α_3 **27a pīṭhaṃ** cett.] pīṭho β_2 vīraṃ η_1 vīra ε_1 **jāthara** cett.] jvalana β_ω vīra ε_1 **pravṛddha** η_2] pravuddham γ_1 pravuddhau δ_1 prabodham β_2 pracaṇḍam $\varepsilon_1 \varepsilon_3 \eta_1$ pracaṇḍa $\alpha_2 \alpha_3 \beta_1$ pradiptam β_ω pradiptim χ **27b pracaṇḍa** $\beta_2 \beta_\omega \gamma_1 \delta_1 \eta_2 \chi$] picaṇḍa $\alpha_2 \alpha_3 \varepsilon_1$ vicaṇḍa β_1 viccaṇḍa η_1 *om.* ε_3 (inserts khaṇḍaḍa between ruṇmaṇḍala and khaṇḍanāstram instead) **ruṇ-/rugmaṇḍala** $\alpha_2 \alpha_3 B \delta_1 \varepsilon_3 \eta_2 \chi$] rūrmaṇḍala η_1 rugmaṇḍana γ_1 ruk(!)māṇḍana ε_1 **khaṇḍanāstram** cett.] khaṇḍanāmam γ_1 khaṇḍalāsyam δ_1 **27d daṇḍa** cett.] candra $\eta_2^c \chi$ kāya ε_3 **sthīratvaṃ** cett.] sthīratvaṃ δ_1 **ca dadāti** cett.] dadāti $\alpha_2 \gamma_1^c$ pradadāti $\gamma_1^c \delta_1$ ca karoti α_3 **28b dorbhyām** cett.] dvābhyām $\beta_\omega \eta_2$ **padāgra** cett. incl. α_3] padāgryau α_2 karābhyām $\beta_\omega \eta_2$ ca pāda δ_1 **28c deśo** cett.] deśe $\beta_2^c \beta_\omega$ deśaḥ $\alpha_3 \beta_2^c$ **28d vased** $\alpha_2 B \gamma_1 \varepsilon_1 \eta_1 \chi$] 'bhyaśed δ_1 bhaved ε_3 paśyed α_3 d (two syllables omitted) η_2 **tānam** $\alpha_2 \alpha_3 \eta_1$] tānam cett. tāna ε_1 **āhuḥ** cett.] baṇḍhaḥ $\varepsilon_3 \eta_1$ baṇḍham ε_1

इति पश्चिमताणमासनाग्र्यं
पवनं पश्चिमवाहिनं करोति ।
उदयं जठरानलस्य कुर्या-
दुदरे कार्श्यमरोगतां च पुंसाम् ॥

1.29 – $\delta_2\delta_3$

धरामवष्टभ्य करस्थलाभ्यां
तत्कूर्परस्थापितनाभिपार्श्वः ।
उच्चासनो दण्डवदुत्थितः खे
मायूरमेतत्प्रवदन्ति पीठम् ॥

1.30 – δ_2

हरति सकलरोगानाशु गुल्मोदरादी-
नभिभवति च दोषानासनं श्रीमयूरम् ।
बहुकदशनभुक्तं भस्म कुर्यादशेषं
जनयति जठराग्निं जारयेत्कालकूटम् ॥

1.31 – δ_2

29a tāṇam $\alpha_2\alpha_3\varepsilon_1\eta_1$] tāṇam cett. tāyām α_1 āsanāgryam $\alpha_1\beta_2\beta_\omega\varepsilon_3\eta_1\chi$] āsanāgram β_1 āsanāśāgryam η_2 āsanākhyam $\delta_1\varepsilon_1$ āsanam $\alpha_2\alpha_3$ āyanam γ_1 **29b paścima** cett.] paścimā δ_1 **vāhinam** cett.incl. α_3] vāhanam $\alpha_1\beta_\omega\varepsilon_1$ vahena α_2 **29c udayam** cett.] udayam $\alpha_3\beta_1$ **jātharānālasya** cett.] jātharānilasya δ_1 **29d kārśyam** cett.] kāryam γ_1 kṛśyam β_ω **aro-**
gatām $A\beta_1\beta_2\varepsilon_1\varepsilon_3\eta_1^c\chi$] alogatām γ_1 arogitām $\delta_1\eta_1^c\eta_2$ arogyatām β_ω **30a karasthalābhyām** $\alpha_3\varepsilon_1$] karadvayābhyām $\alpha_1\alpha_2\varepsilon_3$ karadvayena $B\gamma_1\eta_1\eta_2\chi$ punaḥ karābhyām δ_1 puraḥ karābhyām δ_3 **30b kūrpara** $\beta_1\beta_2\varepsilon_1\varepsilon_3\eta_1\eta_2\chi$] kūrpara $\alpha_1\beta_\omega\gamma_1$ karpāra α_2 kurpare $\delta_1\delta_3$ **pārśvaḥ** cett.] pārśve $\alpha_2\beta_\omega\delta_1\delta_3$ **30c uccāsano** cett.] uccāsana α_1 uccāsane δ_3 taccāsanaṁ δ_1 **daṇḍavad** cett.] daṇḍa i° α_3 **utthitaḥ khe** $\beta_1\gamma_1\delta_1\delta_3\varepsilon_3\eta_1\eta_2\chi$] utthitaḥ kham ε_1 ucchitaḥ ε_2 utthitaś cet α_1 ucchritaś ca β_2 uthitasya β_ω °votthitāmgo α_3 **30d māyūram** $\alpha_2\beta_2\gamma_1\delta_1\delta_3\varepsilon_1\varepsilon_3\eta_2$] mayūram $\alpha_1\alpha_3\beta_1\beta_\omega\eta_1\chi$ **pīṭham** cett.] pāṭham α_2 pāṭham β_1 santaḥ $\delta_1\delta_3$ **31a rogān āśu** cett.] rogān asu β_ω rogān śvāsa ε_1 rogāśca α_2 doṣān āśu η_2 **gulmo** cett.] gulpho γ_1 gulphau α_1 **31b ab-**
hibhavati ca $\alpha_3\delta_1\delta_3\varepsilon_1\eta_1\eta_2\chi$] abhibhavati $\alpha_1\varepsilon_3$ abhavati ca γ_1 abhavati β_ω na bhavati bhava β_1 na hi bhavati ca β_2 (n)ibhibhavati vadi ca α_2 **31c bahukadaśanabhuktaṁ** cett.] bahuḥ api ca bhuktaṁ α_3 **bhasma** cett.] tac ca δ_1 **aśeṣam** cett.] aśeṣo η_1 avitraṁ β_1 isutraṁ ε_1 om. β_2 **31d jātharāgniṁ** cett.] jātharāgryam ε_1 vaḍavājñim β_ω **jārayet** cett.] jirayet α_1 jiryate α_3 jvālayet η_2

उत्तानं शववद्धूमौ शयनं तु शवासनम् ।
सर्वासनश्रान्तिहरं चित्तविश्रान्तिसाधनम् ॥

1.32 - δ₂

चतुराशीत्यासनानि शिवेन कथितानि तु ।
तेभ्यश्चतुष्कमादाय सारभूतं ब्रवीम्यहम् ॥

1.33 - δ₂

सिद्धं पद्मं तथा सिंहं भद्रं चेति चतुष्टयम् ।
श्रेष्ठं तत्रापि च सखे तिष्ठ सिद्धासने सदा ॥

1.34

तत्र सिद्धासनम् । (om. β₁Δε₁ε₃η₁χ)

योनिस्थानकमङ्गिमूलघटितं कृत्वा दृढं विन्यसे-
न्मेद्रे पादमथैकमेकहृदयो[#] धृत्वा समं विग्रहम् ।
स्थाणुः संयमितेन्द्रियोऽचलदृशा पश्यन् भुवोरन्तरं
चैतन्मोक्षकपाटभेदजनकं सिद्धासनं प्रोच्यते ॥

1.35

32a *uttānaṃ* cett.] *uttāna* Aβ₁β₂γ₁η₂ **32b** *śāyanaṃ tu śavāsanam* ABγ₁ε₁η₁] *śāyanaṃ*
ca *śavāsanam* ε₃η₂ *śāyanaṃ* tat *śavāsanam* χ *śavāsanam* idaṃ *smṛtaṃ* δ₁δ₃ **32c** *sarvāsa-*
na α₂α₃β₁β₂γ₁ε₁η₁η₂] *savāsana* β_ω *śavāsanam* α₁δ₁δ₃ε₃χ *śrānti* cett.] *śrama* ε₃ *gati* α₂
32d *sādhanaṃ* α₁α₂Bγ₁δ₁ε₁] *kāraṃ* α₃δ₃ε₃η₁η₂χ **33a** *caturāśītyāsanāni* cett.] *caturāśi-*
tyāsanebhya β₁ **33b** *śīvena kathitāni* cett.] *sarvāni kathitāni* ε₁ *kathitāni śīvena* β₂ *om.* β₁
tu α₁α₃β₂β_ωε₁ε₃η₁η₂] *vai* γ₁δ₁δ₃ ca α₂χ *om.* β₁ **33c** *tebhyaś catuṣkam ādāya* cett.] *tebhyaś*
catu_m ādāya ε₁ *caturāsanam* β₁ **33d** *bravīmy aham* cett.] *om.* β₁ **34a** *padmaṃ* cett.]
bhadraṃ δ₁ **tathā** cett.] *yathā* β_ω *siṃhaṃ* α₂α₃β₂β_ωγ₁η₁η₂χ] *sihaṃ* α₁ *saimhaṃ* ε₁ε₃
svasti β₁ *padmaṃ* δ₁ *bhadraṃ* δ₃ **34b** *bhadraṃ* cett.] *siṃhaṃ* δ₁δ₃ *ceti* β₁β₂γ₁δ₁δ₃η₂χ]
ce.. α₃ *caiva* α₁α₂η₁ *caitac* β_ωε₁ *cātha* ε₃ **catuṣṭayam** cett.] *catuṣkakam* ε₃ **34c** *tatrāpi ca*
sakhe α₁α₂Bγ₁] *tatrāpi ca sukhe* η₁η₂χ *tatrāpi ca sukham* ε₃ *tatrāpi sarveṣāṃ* α₃ *tathāpi bhadraṃ*
[ca] Δ (δ₂ हस्थे रेअदिन् तत्रापि च सखेऽतोत्रो) *tatra viśeṣeṇa* ε₁ **34d** *tiṣṭha* α₁α₂Bγ₁] *tiṣṭhat* ε₃
tiṣṭhet α₃Δη₁η₂χ *śreṣṭhaṃ* ε₁ **siddhāsane** cett.] *siddhāsanam* α₃ *siṃhāsane* δ₁ *padmāsanam*
ε₁ **sadā** cett.] *tadā* α₃ **heading:** *tatra siddhāsanam* α₁α₃β₂η₂] *atha siddhāsanam* α₂γ₁
35a *sthānaka* α₃β_ωε₁ε₃η₁η₂χ] *dvāra* α₁α₂β₁β₂γ₁Δ **m aṅghrimūla** cett.] *m aṅghrimūlā* δ₁
mūlāṅghri η₂ **ghaṭitaṃ** cett.] *puṭakaṃ* ε₁ **ḍṛdhaṃ** cett.] *dhruvaṃ* ε₁ε₃ **35b** *medhre*
cett.] *medhram* α₂β₁ *medhre* γ₁ *madhye* δ₁ **ekahrdayo** *em.*] *ekahrdaye* α₁γ₁ε₁ *eka+++* α₃
eva hrdaye α₂β₁Δε₃η₂χ *eva niyataṃ* β₂β_ω *āsyahrdaye* η₁ **dhṛtvā** cett.] *kṛtvā* β₂β_ωχ **samaṃ**
cett.] *hanuṃ* χ **vigrahaṃ** cett.] *susthiraṃ* χ **35c** *paśyan* α₁Bδ₃η₁η₂] *paśyad* γ₁ *paśyed*
α₃δ₁δ₂ε₁ε₃χ *pārśve* α₂ **35d** *caitan* α₂Bγ₁η₂] *caitanya* α₁ *ceto* α₃ *etan* Δε₁ε₃η₁ *hy etan* χ
janakaṃ cett.] *jananaṃ* α₂δ₂ε₁

मतान्तरे तु ।

मेद्रादुपरि विन्यस्य सव्यगुल्फं तथोपरि ।
गुल्फान्तरं च निक्षिप्य सिद्धासनमिदं भवेत् ॥

1.36

पूर्वोक्तमेव मत्संमतम् । (om. $\beta_\omega \Delta \eta_1 \eta_2 \chi$)

एतत्सिद्धासनं प्राहुरन्ये वज्रासनं विदुः ।
मुक्तासनं वदन्त्येके प्राहुर्गुप्तासनं परे ॥

1.37

यमेष्विव मिताहारमहिंसां नियमेष्विव ।[#]
मुख्यं सर्वासनेष्वेकं सिद्धाः सिद्धासनं विदुः ॥ [1.38–46 lost α_1]

1.38 – α_1

चतुराशीतिपीठेषु सिद्धमेव सदाभ्यसेत् ।
द्वासप्ततिसहस्रेषु सुषुम्णामिव नाडिषु ॥

1.39 – α_1

heading: matāntare tu $\alpha_1 \beta_2 \gamma_1 \eta_2 \chi$] matāntare $\alpha_3 \beta_1 \beta_\omega \epsilon_1 \epsilon_3 \eta_1$ matāntaram α_2 matsamtare ϵ_2 matsyendraḥ | matāntaram tu δ_1 etan matsyendramataṁ matāntare tu $\delta_2 \delta_3$ **36a vinyasya** cett.] nikṣipya $\alpha_1 \alpha_3 \beta_1 \beta_\omega$ niḥkṣipya η_2 **36b savya** AB $\gamma_1 \epsilon_1 \eta_2$] savyaṁ $\epsilon_3 \chi$ savyaṁ tu *unm.* η_1 vāma Δ **36c ca** cett.] tu η_1 **nikṣipya** cett.] niḥkṣipya η_2 vikṣipya α_2 vinyasya δ_1 **ending: pūrvoktam eva** $\alpha_1 \alpha_2 \beta_1 \beta_2 \gamma_1 \epsilon_1 \epsilon_2 \epsilon_3$] pūrvam evoktam etan α_3 **matsammatam** ϵ_2] mat-sammatam α_1 sammatam β_1 matsyamataṁ $\alpha_3 \epsilon_1 \epsilon_3$ matsyendramataṁ $\alpha_2 \beta_2 \gamma_1$ **37a etat** cett.] esmin α_2 iti $\delta_2 \delta_3$ kecit δ_1 **37b r anye** cett.] anyathā α_1 **37c muktāsanam** cett. incl. α_3] muktvasanam δ_1 guptāsanam $\alpha_1 \alpha_2$ **vadanty eke** cett.] vadanty anye $\delta_1 \delta_2$ vidur anye δ_3 **37d guptāsanam** cett. incl. α_3] muktāsanam $\alpha_1 \alpha_2$ **38a yameṣv iva** cett.] yameṣv eva $\eta_1 \eta_2$ yameṣu ca β_2 **mitāhāram** cett.] mitāhāra $\beta_\omega \eta_1$ mitāhāraḥ η_2 **38b ahimsām** $\beta_2 \delta_1 \delta_2 \epsilon_3 \chi$] nahimsām γ_1 ahimsā $\alpha_2 \alpha_3 \beta_1 \beta_\omega \delta_3 \epsilon_1 \eta_1 \eta_2$ **niyameṣv iva** cett.] niyameṣu ca $\beta_2 \eta_1$ **38c ekam** cett.] eke ϵ_3 evaṁ δ_1 eva α_2 **38d siddhāḥ siddhāsanam** cett.] siddham si[ddh]. α_3 etat siddhāsanam β_2 siddhāsanam idaṁ Δ **39b siddham eva sadābhyaset** cett.] siddhim eva sadā bhavet α_2 siddham eva sadā paṭhet α_3 siddhāsanam sadābhyaset $\delta_1 \delta_3$ abhyaset siddhāsanam sadā δ_2 **39c dvāsapṭati** cett.] dvīsapṭati $\alpha_3 \epsilon_3$ **sahasreṣu** cett.] sahasrāsu ϵ_3 sahasrānām χ **39d suṣumṇām** $\alpha_3 \beta_1 \beta_2 \Delta \epsilon_3 \eta_2$] sukhumṇām γ_1 suṣumṇā $\alpha_2 \epsilon_1 \eta_1$ nāḍīnām $\beta_\omega \chi$ **iva nāḍiṣu** $\alpha_3 \beta_1 \beta_2 \gamma_1 \Delta \epsilon_1 \epsilon_3$] iva nāḍikā η_1 eva nāḍiṣu η_2 ca nāḍiṣu α_2 malaśodhanam $\beta_\omega \chi$

आत्मध्यायी मितहारी यावद्वादशवत्सरम् । सदा सिद्धासनाभ्यासाद्योगी निष्पत्तिमाप्नुयात् । श्रमदैर्बहुभिः पीठैः किं स्यात्सिद्धासने सति [#] ॥	1.40 - α_1
प्राणानिले सावधानं बद्धे केवलकुम्भके । उत्पद्यते निरायासात्स्वयमेवोन्मनी यथा ॥ (d om. β_2) [1.41c-47d lost δ_3]	1.41 - α_1
तथैकस्मिन्नेव दृढं बद्धे सिद्धासने सदा । (ab om. $\beta_2\epsilon_1\epsilon_2$) बन्धत्रयमनायासात्स्वयमेवोपजायते ॥ (c om. β_2)	1.42 - $\alpha_1\delta_3$
नासनं सिद्धसदृशं न कुम्भः केवलोपमः । न खेचरीसमा मुद्रा न नादसदृशो लयः ॥ (om. β_ω) ⁴	1.43 - $\alpha_1\delta_3$

40a ātmadhyāyī cett.] ātmādhyāyī ϵ_3 ātmadhyāna α_2 **mitāhārī** cett.] mitāhāro $\Delta\epsilon_1$
40c 'bhyāsād cett.] 'bhyāsā $\alpha_2\epsilon_1$ 'bhyāse α_3 'bhyānād δ_1 **40d** yogī cett.] yoge α_3 yoga ϵ_3
niṣpattim āpnuyāt cett. incl. α_3] niṣpattim avāpnuyāt *unm.* η_2 siddhim avāpnuyāt $\alpha_2\beta_\omega$ **40e** śra-
madair bahubhiḥ $\alpha_2\alpha_3\beta_1\beta_2\gamma_1$] śramādau bahubhiḥ η_1 samastair bahubhiḥ ϵ_1 samastabahubhiḥ
 ϵ_3 śramadairghyādibhiḥ Δ kim ādyair bahubhiḥ $\beta_\omega\eta_2$ kim anyair bahubhiḥ χ **40f** kiṃ syāt
 $\alpha_2\beta_2\gamma_1\Delta\epsilon_3$] kiṃ vā α_3 sadā $\beta_\omega\eta_1\eta_2$ kiṃ sadā β_1 yadā ϵ_1 siddhe χ **siddhāsane sati** cett.]
siddhāsane satya β_ω siddhāsane sthite $\beta_2\gamma_1$ siddhisāadhanaiḥ β_1 **41a** prāṇānile cett.] prāṇānale
 β_ω **sāvadhānam** $\alpha_2\alpha_3\beta_1\gamma_1\gamma_1\delta_2\epsilon_1\eta_1\eta_2$] 'na δ_3 'ne $\beta_2\beta_\omega\delta_1\chi$ 'no ϵ_3 **41b** baddhe cett.] baṃdhe
 β_ω baṃdhaḥ ϵ_1 badha β_1 baddhvai γ_1 siddh. α_3 yuṃye α_2 **kevalakumbhake** $\Delta\epsilon_3\eta_1\eta_2\chi$] ke-
valakumbhakaḥ $\alpha_2\alpha_3\beta_1\beta_\omega\epsilon_1$ kevalakumbhataḥ $\beta_2\gamma_1$ **41c** utpadyate cett.] utpadyamte $\beta_2\beta_\omega\eta_1$
41d svayam evonmani cett.] *om.* (eye-skip) β_2 **yathā** cett.] tathā η_1 kalā χ *om.* β_2
42a tathaika $\alpha_2\alpha_3\beta_1\beta_\omega\eta_1\eta_2\chi$] athaika $\gamma_1\delta_1\delta_2\epsilon_3$ **dṛḍham** $\alpha_2\alpha_3\beta_1\beta_\omega\delta_1\delta_2$] dṛḍhe $\epsilon_3\eta_1\eta_2\chi$ dṛḍhe
 γ_1 **42b** baddhe cett.] baddha $\beta_1\gamma_1$ **siddhāsane** cett.] siddhāsane δ_1 padmāsana β_1
sadā cett.] tadā γ_1 sati χ **43a** nāsanam siddhasadrśam $\alpha_2\alpha_3\beta_1\beta_2\gamma_1\delta_1\delta_2\epsilon_3\chi$] nāsanam sid-
dhasadanam ϵ_1 na cāsanam siddhasamam $\eta_1\eta_2$ **43b** kumbhaḥ kevalopamaḥ $\alpha_2\beta_2\gamma_1\delta_1\delta_2\epsilon_1\epsilon_3\chi$] kumbhako
balopeta β_1 kumbhasadrśo'nilaḥ $\eta_1\eta_2$ **43d** nāda cett.] nādāḥ $\beta_1\eta_1$ nādāt α_3

⁴ In β_ω this verse is omitted here and found at the beginning of the Khecari section in Chapter 3:
नासनं सिद्धसदृशं न कुम्भ केवलोकनं । न खेचरीसमा मुद्रा न नादसदृशो लयः ॥

अथ पद्मासनम् ।

वामोरूपरि दक्षिणं च चरणं संस्थाप्य वामं तथा
याम्योरूपरि पश्चिमेन विधिना धृत्वा कराभ्यां दृढम् ।
अङ्गुष्ठौ हृदये निधाय चिबुकं नासाग्रमालोकये-
देतद्व्याधिविघातकारि यमिनां पद्मासनं प्रोच्यते ॥

1.44 - $\alpha_1 \delta_3$

मतान्तरे ।

उत्तानौ चरणौ कृत्वा ऊरुसंस्थौ प्रयत्नतः ।
ऊरुमध्ये तथोत्तानौ पाणी कृत्वा ततो दृशौ ॥

1.45 - $\alpha_1 \delta_3$

नासाग्रे विन्यसेद्राजदन्तमूलं च जिह्वया ।
उत्तम्य चिबुकं वक्षस्यास्थाप्य* पवनं शनैः ॥

1.46 - $\alpha_1 \delta_3$

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

1.47 - δ_3

पश्चादुक्तमेव मत्संसमतम् । (om. $\beta_1 \chi$)

heading: atha padmāsanam cett.] tathā padmāsanam η_1 padmāsanam $\beta_1 \delta_1$ om. ε_1
44a dakṣiṇam cett.] dakṣaṇam $\alpha_2 \beta_\omega$ vidakṣiṇam δ_1 ca cett.] hi $\beta_2 \gamma_1 \delta_1 \delta_2$ om. α_3 tathā
cett.] tato β_ω **44b** yāmyo $\alpha_2 \alpha_3 \beta_1 \beta_\omega \varepsilon_1 \eta_1$] dakṣo $\beta_2 \gamma_1 \delta_1 \delta_2 \varepsilon_3 \chi$ jānvo η_2 paścimena vidhinā
cett.] tasya bandhanavidhau β_ω dhṛtvā cett.] vṛttā α_2 prṣṭe β_ω **44d** vighātakāri em.]
vighātakāra α_2 vivātākāri β_1 vināśakāri $\alpha_3 \varepsilon_1 \varepsilon_3 \eta_1 \eta_2 \chi$ vināśakāya β_2 vināsanam unm. β_ω vināśam
āsu γ_1 vikāranāśa° $\delta_1 \delta_2$ yaminām cett.] nāmimam α_2 janakam γ_1 nakaram $\delta_1 \delta_2$ **head-**
ing: matāntare $\alpha_2 \alpha_3 \beta_1 \beta_\omega \varepsilon_2 \eta_1 \chi$] matāntaram γ_1 matāntara ε_3 matāntare tu $\beta_2 \delta_2 \varepsilon_1 \eta_2$ matabhede
 δ_1 **45b** prayatnataḥ cett.] vidhānataḥ δ_1 **45c** tathottānau cett.] tathauttānau $\alpha_2 \delta_1 \eta_2^c$
45d tato dṛśau cett.] tato dṛśai β_ω tato dṛśe α_2 tu tādṛśau $\delta_1 \delta_2$ **46a** nāsāgre cett.] nāsāgre
 δ_1 vinyased cett.] vinyasya β_ω rāja $\alpha_2 \alpha_3 \beta_1 \gamma_1 \delta_1 \delta_2 \eta_2 \chi$] rājā ε_1 dṛṣṭim $\varepsilon_3 \eta_1$ dṛṣṭi β_ω lac.
 β_2 **46b** mūlam $\alpha_2 \alpha_3 \beta_1 \beta_\omega \gamma_1 \varepsilon_1 \varepsilon_3 \eta_1 \eta_2$] mūle $\beta_2 \delta_1 \delta_2 \chi$ ca $\alpha_2 \alpha_3 \beta_\omega \delta_1 \delta_2 \varepsilon_3 \eta_1 \eta_2$] tu $\beta_1 \beta_2 \gamma_1 \varepsilon_1 \chi$
46c uttabhya $\alpha_2 \gamma_1 \varepsilon_1 \eta_2$] uttabhya B $\delta_1 \delta_2 \varepsilon_3 \eta_1 \chi$ cibukam cett.] cubukam $\alpha_3 \beta_1 \varepsilon_3$ vakṣasy
 $\alpha_2 \alpha_3 \beta_1 \beta_2 \gamma_1 \delta_1 \delta_2 \varepsilon_1 \chi$] cakṣasy ε_3 vakṣam η_1 vakṣa $\beta_\omega \eta_2$ **46d** āsthāpya $\delta_1 \delta_2$ (cf. DYŚ)] utthāpya
 $\gamma_1 \chi$ utthāya β_2 utthāyot ε_1 otthāpya ε_3 osthāpyot $\alpha_2 \beta_1$ sthāpayet $\beta_\omega \eta_1 \eta_2$ ākrṣya α_3 **47a** prok-
tam cett.] praktaṁ δ_1 **47d** dhimatā labhyate cett.] dhimatā labhate α_2 dhimatām labhyate
 $\alpha_3 \beta_2$ dhimatām labhate γ_2 labhyate dhimatā $\varepsilon_1 \varepsilon_3$ bhuvi cett.] matiḥ α_2 **ending:** paścād
uktam eva (evā α_1) $\alpha_1 \alpha_2 \beta_2 \gamma_1$] paścād uktam $\beta_\omega \delta_1 \delta_3 \eta_1 \eta_2$ etat paścād uktam δ_2 idam api $\varepsilon_1 \varepsilon_2 \varepsilon_3$
matsaṁmatam $\alpha_1 \varepsilon_2$] matsyamatam $\beta_\omega \varepsilon_1 \varepsilon_3 \eta_1 \eta_2$ matsyendramatam $\beta_2 \gamma_1 \Delta$ matsindraḥ α_2

कृत्वा संपुटितौ करौ दृढतरं बद्धा तु पद्मासनं
गाढं वक्षसि संनिधाय चिबुकं ध्यानं च तच्चेतसि[#] ।
वारं वारमपानमूर्ध्वमनिलं प्रोच्चालयन् पूरितं[#]
मुच्चन्प्राणमुपैति बोधमतुलं शक्तिप्रभावाच्चरः[#] ॥ (om. β₁) 1.48

पद्मासनस्थितो योगी नाडीद्वारेषु पूरयन् ।
मारुतं धारयेद्यस्तु[#] स मुक्तो नात्र संशयः ॥ 1.49

अथ सिंहासनम् ।

गुल्फौ च वृषणस्याधः सीवन्याः पार्श्वयोः क्षिपेत् ।
दक्षिणे सव्यगुल्फं तु दक्षगुल्फं तु सव्यके ॥ (cd om. δ₃) [eye-skip?] 1.50

हस्तौ च जान्वोः संस्थाप्य स्वाङ्गुलीः संप्रसार्य च ।
व्यात्तवक्रो निरीक्षेत नासाग्रं सुसमाहितः[#] ॥ (om. δ₃) 1.51

48a kṛtvā cett.] dhrtvā Δ karau cett.] om. γ₁ tu cett.] ca Δ tha α₃ **48b** samnidhāya cett.] samvidhāya η₁η₂ nidhāya α₁α₃ **dhyānam** cett.] dhyāyamś χ **ca tac** cett.] tataś η₁ **cetasi** cett.] cepsitaṃ η₂ **48c** proccālayan em.] proccāla + α₃ proccārayaṃ α₁ procāraṇa α₂ proccārayet γ₁ε₃ procārayet β_ω protsālayan η₁ protsārayan β₂δ₂ε₁χ protsārayet δ₁δ₃ prollāsayan η₂ **pūritam** cett.] pūrayan δ₁η₁ pūrayet δ₂δ₃ **48d** muñcan prāṇam upaiti (upeti α₁) cett.] muṃcet prāṇam upaiti α₃ muñcat prāṇam upaiti β_ωη₂ muccamta prāṇapumsaiti α₂ prāṇam muñcati yāti Δ **prabhāvān naraḥ** cett.] prabhāvād atah η₂ prabhāvodayāt Δ **49a** padmāsana cett.] padmāsane α₃η₂χ **49b** dvāreṣu cett.] dvāreṇa β_ωχ **pūrayan** α₃ε₃η₂] pūrayet α₁α₂Bγ₁Δε₁η₁ pūritam χ **49c** mārutaṃ cett.] māruto ε₁ **dhārayed yas tu** Δε₃χ] mārayed yas tu α₂ niyataṃ yas tu γ₁ nayate yas tu β₁β₂ piyate yas tu η₁ pivyate yas tu β_ω yas tu pibati η₂ mriyate yas tu α₁α₃ε₁ mārayed yas tu α₂ **49d** mukto cett.] śakto α₂ **heading: atha sīṃhāsanaṃ** cett.] atha sīṃhāna α₁ sīṃhāsanaṃ β₁ sīṃhāsana yathā δ₁ atha siddhāsan(!) α₂ **50a** ca cett.] tu ε₃ **50b** sīvanyāḥ (sīvā α₁) cett.] sīvinyāḥ β₁ε₁ sīmanyāḥ Δ **50c** dakṣiṇe cett.] dakṣiṇam β₁ dakṣaṇe β_ω dakṣe α₂ **savyagulphaṃ tu** cett.] *gulphaṃ ca δ₁δ₂ *gulpheṣu β₁ **50d** dakṣagulphaṃ cett.] vāme caivā δ₂ **tu** cett.] ca δ₁η₁ *pi δ₂ **savyake** cett.] savyakam β₁δ₂ guhyake δ₁ **51a** ca jānvoḥ Bγ₁] ca jāhno α₁ ca jānu α₃ tu jānvoḥ ε₁ε₃η₁χ tu jānvoḥ η₂ jānyo α₂ jānvoś ca δ₁δ₂ **samsthāpya** cett.] sthāpya η₂ **51b** svāṅguliḥ *liṃḥ (α₁) α₁β₁β_ωε₃η₁η₂χ] svāṅguli α₃β₂γ₁ε₁ samguli α₂ aṅguliḥ δ₁ hy aṅguliḥ δ₂ **samprasārya** cett.] yaṃ prasārya γ₁ **51c** vyātta cett.] vyāta β_ω vyālā δ₁ **vaktro** cett.] vaktrau ε₁ vakro β_ω **nirikṣeta** cett.] nirikṣet β_ω nirikṣyeta η₂ nirikṣeya γ₁ nikṣipet α₃ **51d** nāsāgraṃ cett.] nāsāgra β_ωγ₁η₂ nāsāgre η₁ **susamāhitaḥ** β₁δ₁δ₂ε₁ε₃χ] stusamāhitaḥ γ₁ tu samāhitaḥ α₁α₂ susamāhitaḥ α₃β₂ nyastalocanaḥ η₁η₂ nyastalocanaṃ β_ω

सिंहासनं भवेदेतत्पूजितं योगिभिः सदा ।

बन्धत्रितयसंधानं कुरुते चासनोत्तमम्[#] ॥ (om. δ_3)

1.52

अथ भद्रासनम् । (om. $\alpha_1\alpha_2\beta_1\delta_3\epsilon_1\epsilon_3$)⁵

गुल्फौ च वृषणस्याधः सीवन्याः पार्श्वयोः क्षिपेत् । [= 1.50ab] (ab om. $\delta_3\epsilon_1\beta_\omega$)

सव्यगुल्फं तथा सव्ये दक्षगुल्फं तु दक्षिणे । ($\beta_2\gamma_1\chi$)

पार्श्वपादौ च पाणिभ्यां दृढं बद्धा सुनिश्चलम् ॥

1.53

भद्रासनं भवेदेतत्सर्वव्याधिविषापहम् ।

गोरक्षासनमित्याहुरिदं वै सिद्धयोगिनः ॥

1.54

इत्यासनानि । (δ_2)

एवमासनबन्धेषु योगीन्द्रो विजितश्रमः ।

अथाभ्यसेन्नाडिशुद्धिं मुद्रादिपवनक्रियाम् ॥

1.55

52a etat cett.] evaṃ γ_1 **52b** yogibhiḥ sadā cett.] munipuṅgavaiḥ $\delta_1\delta_2$ yogipuṅgavaiḥ χ
52c tritaya AB $\epsilon_1\eta_2\chi$] tritiya η_1 trayasya $\gamma_1\delta_1\delta_2\epsilon_3$ **saṃdhānam** cett.] saṃdhāyi ϵ_1 **52d** ku-
rute cett.] sevate ϵ_1 **cāsanottamam** $\alpha_2\alpha_3\beta_2\beta_\omega\gamma_1\delta_1\delta_2\epsilon_1\epsilon_3\chi$] vāsanottamam $\alpha_1\beta_1\eta_1$ sādhanot-
tamam η_2 **heading:** atha bhadraśanam $\alpha_3\beta_2\beta_\omega\gamma_1\delta_2\eta_1\eta_2\chi$] atha bhadraṃ δ_1 om. $\alpha_1\alpha_2\beta_1\delta_3\epsilon_1\epsilon_3$
53a ca cett.] tu $\alpha_2\alpha_3$ **53b** sivanyāḥ $\alpha_1\alpha_2\beta_2\gamma_1\epsilon_3\eta_1\eta_2\chi$] sīvinyāḥ β_1 simanyāḥ $\delta_1\delta_2$ sebhanyāḥ
 α_3 om. $\beta_\omega\epsilon_1$ **53d** dakṣa $\beta_2\gamma_1$] dakṣe χ tu $\gamma_1\chi$] ca β_2 **53e** pārśva $\alpha_1\alpha_2\beta\gamma_1\eta_1\eta_2\chi$] pārśve
 $\Delta\epsilon_3$ pārśvau ϵ_1 **53f** baddhvā cett.] baddhaṃ δ_1 **suniścalam** $\alpha_3\beta_1\beta_2\epsilon_3\eta_1\eta_2\chi$] suniścalaḥ α_1
suniścayam $\alpha_2\delta_2\delta_3$ tsuniścalaṃ β_ω stuniścalaṃ γ_1 tu niścalaṃ ϵ_1 suniścitam δ_1 **54b** viśāpa-
ham A $\beta_1\beta_\omega\eta_1^c\eta_2$ (η_1^c by the first hand)] vināśanam $\beta_2\gamma_1\Delta\epsilon_1\epsilon_3\eta_1^c\chi$ **54d** idaṃ cett.] evaṃ γ_1
vai siddhayoginaḥ cett.] te siddhayoginaḥ β_1 siddhāś ca yoginaḥ β_2 **55a** evam āsana cett.]
pavanāsana ϵ_1 **55b** yogīndro cett.] yogēndro ϵ_1 **vijitāśramāḥ** A $\beta_1\delta_2\delta_3\epsilon_1\epsilon_3$] vijitāḥ śra-
maḥ γ_1 vijitēśramāḥ δ_1 vijitāśramāṃ β_ω vigatāśramāḥ $\beta_2\eta_1\eta_2\chi$ **55c** athābhyāsen $\beta_1\beta_2\gamma_1\Delta\eta_2$]
athābhyāsen α_2 athābhyā[s.] α_3 athābhyāse ϵ_3 athābhyāsam β_ω athābhyā[g]e η_1
abhyāsen χ abhyāse α_1 **nāḍi** $\alpha_1\alpha_3\beta\gamma_1\Delta\epsilon_3\eta_1$] nāḍi *unm.* η_2 nāḍi/ḍi (with two vowel signs) ϵ_1
nā α_2 nāḍikā χ **śuddhiṃ** $\beta_1\beta_\omega\Delta\epsilon_3\eta_2\chi$] śuddhi $\beta_2\gamma_1$ śvaddhiṃ η_1 śuddhiḥ syān $\alpha_1\alpha_2$ śu ϵ_1
55d mudrādi cett.] mudrayā $\delta_2\delta_3$ subaddhvā δ_1 **kriyām** cett.] kriyāḥ $\alpha_1\epsilon_1\epsilon_3$ kriyā $\alpha_2\beta_\omega\gamma_1$

⁵ α_3 has this heading between 1.52ab and cd!

⁶ α_1 has a kind of dittography here (cf. 1.56ab): असनं कुम्भकं चित्रं मुद्रारख्यं करणं भवेत् ।

क्रियायुक्तस्य सिद्धिः स्यादक्रियस्य कथं भवेत् ।

न शास्त्रपाठमात्रेण योगसिद्धिः प्रजायते ॥ ($\beta_2\beta_\omega\eta_2\chi$)⁷

1.55*1

न वेषधारणं सिद्धेः कारणं न च तत्कथा ।

क्रियैव कारणं सिद्धेः सत्यमेतन्न संशयः ।

शिश्नोदरस्तायेह न देया वेषधारिणः ॥ ($\beta_2\beta_\omega\eta_2\chi$)

1.55*2

मयि बोधाम्बुधौ स्वच्छे तुच्छोऽयं विश्वबुद्बुदः ।

प्रलीन उदितो वेति विकल्पपटलः कुतः ॥ (Δ)

1.55*3

श्रुतिप्रतीतिः स्वगुरुप्रतीतिः

स्वात्मप्रतीतिर्मनसोऽपि रोधः ।

एतानि सर्वाणि समुच्चितानि

मतानि धीरैरिह साधनानि ॥ (Δ)

1.55*4

55*2a *veṣadhāraṇaṃ* $\beta_2\eta_2\chi$] *veṣādhāriṇyo* β_ω **siddheḥ** $\beta_2\eta_2\chi$] *siddhi* β_ω **55*2b** *na ca* $\beta_2\eta_2\chi$] *ca* β_ω **tatkathā** $\beta_2\beta_\omega\chi$] *tatkathāḥ* η_2 **55*2c** *siddheḥ* $\eta_2\chi$] *siddhi* β_ω *siddhaṃ* β_2 **55*2d** *etan* $\eta_2\chi$] *eva* β_2 *eva* *tat* β_ω **55*2e** *śiśnodara* $\beta_2\beta_\omega\eta_2$] *om.* χ **ratāyeha** η_2] *ratāyena* β_ω *ratāya..* β_2 *om.* χ **55*2f** *na* $\beta_2\beta_\omega\eta_2$] *om.* χ **deyā** *em.*] *deyo* $\beta_2\beta_\omega$ *dayo* η_2 *om.* χ **veṣa** $\beta_2\eta_2$] *viṣa* β_ω *om.* χ **dhāriṇaḥ** $\beta_\omega\eta_2$] *dhāriṇe* β_2 *om.* χ **55*3a** *mayi* $\delta_2\delta_3$] *miyi* δ_1 **bodhāmbudhau** $\delta_2\delta_3$] *bodhombudhau* δ_1 **55*3b** *tuccho'yaṃ* $\delta_1\delta_2$] *tuccho* *yo* δ_3 **55*4a** *pratitih* $\delta_2\delta_3$] *pritaḥ* δ_1 **55*4b** *'pi rodhaḥ* *em.*] *'pi* *bodhaḥ* Δ **55*4c** *samuccitāni* δ_1] *samuddhrtāni* $\delta_2\delta_3$

⁷ χ has this verse and the next one (without the 3rd line) after 1.64.

आसनं कुम्भकं चित्रं[#] मुद्राख्यं करणं तथा[#] ।
अथ नादानुसंधानमभ्यासानुक्रमो हठे ॥ (om. η_1) 1.56

ब्रह्मचारी मिताहारी योगी योगपरायणः ।
अब्दादूर्ध्वं भवेत्सिद्धो नात्र कार्या विचारणा ॥ 1.57

सुस्निग्धमधुराहारश्चतुर्थांशविवर्जितः ।
भुज्यते शिवसंप्रीत्यै मिताहारः स उच्यते ॥ 1.58

कद्वसूतीक्ष्णलवणोष्णहरीत शाक-
सौवीरतैलतिलसर्षपमत्स्यमद्यम् ।
आजादिमांसदधितक्रकुलत्थकोल-
पिण्याकहिङ्गुलशुनाद्यमपथ्यमाहुः ॥ 1.59

56a kumbhakam cett.] kumbhakaś $\beta_{\omega}\eta_2$ **citraṃ** cett.] citra $\gamma_1\epsilon_1$ **56b mudrākhyam** $\alpha_1\alpha_3\beta_1\beta_2\Delta\epsilon_1\epsilon_3\chi$] mudrāśyam γ_1 mudrādi $\alpha_2\beta_{\omega}\eta_2$ **karaṇam tathā** cett.] karaṇādikam α_3 karaṇāni ca η_2 pavanakriyā $\alpha_2\beta_{\omega}$ **56d °m abhyāsā°** cett.] m abhyāsā $\beta_2\delta_1$ syābhyāsā β_{ω} °**nukramo haṭhe** $\alpha_2\beta_2\beta_{\omega}\gamma_1\epsilon_3\eta_2\chi$] °nukramo haṭhaḥ $\alpha_1\beta_1$ °nukramo haṭho ϵ_1 °dukrame haṭhe α_3 °nukrameṇa tu Δ **57a mitāhāri** cett.] mitāhāro δ_1 **57b yogī** $A\beta_1\Delta\epsilon_1\eta_1$] tyāgī $\beta_2\beta_{\omega}\gamma_1\epsilon_3\eta_2\chi$ **parāyaṇaḥ** cett.] parākramah (corrected to °yaṇaḥ) δ_2 **57c siddho** cett.] siddhir $\alpha_1\delta_3$ siddhi $\alpha_2\alpha_3\beta_1$ siddhīn η_2 **57d kāryā** cett.] kārya $\beta_{\omega}\gamma_1^c$ kāryo β_2 **vicāraṇā** cett.] vicāraṇāt η_2 vicāraṇe β_2 **58a āhāraś** cett.] āhāra $\alpha_1\alpha_2\beta_1\beta_2$ āhāram β_{ω} **58b caturthāṃśa** cett.] caturthāśa γ_1 **vivarjitaḥ** cett.] vivarjita β_1 vivarjitam β_{ω} **58c śivasamprityai** cett.] śivasampritya η_1 yama ca prokto α_2 **58d mitāhāraḥ** cett.] mitāhāri γ_1 **sa ucyate** cett.] samucyate $\beta_{\omega}\eta_1$ **59a kaṭvamlā** cett.] kaṭvamlā $\beta_{\omega}\eta_1$ kaṭkāṃmla α_2 **tikṣṇalavaṇoṣṇa** cett.] tiktalavaṇoṣṇa $\alpha_3\delta_1$ **harita** $\alpha_1\alpha_3\Delta\epsilon_1\eta_1\eta_2\chi$] hārita $\alpha_2\epsilon_3$ harita $\beta_2\beta_{\omega}\gamma_1$ hārahārita β_1 **śāka** $A\beta_1\beta_2\gamma_1\Delta\epsilon_1\epsilon_3\chi$] śākam $\beta_{\omega}\eta_1$ sāka η_2 **59b tila** cett.] *illeg.* η_1 *om.* $\beta_2\gamma_1$ **sarṣapa** cett.] sarpiṣa β_1 **matsya-** **madyam** $\beta_{\omega}\Delta\epsilon_3\eta_2$] matsyamadyāḥ ϵ_1 machyamadyā α_1 tsyamagham η_1 madyamatsyān $\alpha_3\beta_2\gamma_1\chi$ madyamāṃtsyāḥ β_1 madyamatsā α_2 **59c ājādi** *m.c.* $\epsilon_1\chi$] ajādi $\beta_1\gamma_1\epsilon_3$ ājāvi η_2 ajāvi $\beta_{\omega}\Delta\eta_1$ ājivi α_1 ajādhi α_2 ajavya β_2 **māṃsasadhi** cett.] māṃsam dadhi ϵ_3 **kulattha** $\alpha_1\beta_2\gamma_1\delta_2\epsilon_1\epsilon_3\eta_2\chi$] kulatha $\beta_{\omega}\delta_1$ kalatha β_1 kulatthya η_1 kulittha α_2 kuluttha δ_3 kuluddha α_3 **kola** $\alpha_1\alpha_2B\delta_1\delta_3\epsilon_3\chi$] kaula δ_2 kela ϵ_1 kodra $\alpha_3\eta_2$ koṣṇa η_1 kāla γ_1 **59d piṇyāka** cett.] paṇyaka β_1 piṇyāka α_2 pinnāka β_{ω} *om.* γ_1 **laśunā-/lasunādyam** cett.] lasanādyam α_2 laśanādyam ϵ_1 laśunādy β_1 laśunādīm δ_3 **apathyam** cett.] avarppam β_1 asūram δ_3

भोजनमहितं विद्यात्पुनरप्युष्णीकृतं रूक्षम् ।
अतिलवणमम्लपृक्तं[#] कदशनशाकोत्कटं दुष्टम्[#] ॥

1.60

तथा हि गोरक्षवचनम् । (om. $\Delta\epsilon_1\epsilon_3$)

⁸वर्जयेद्दुर्जनप्रान्तं वह्निस्त्रीपथसेवनम् ।
प्रातःस्नानोपवासादिकायक्लेशविधिं तथा ॥

1.61

गोधूमशालियवषष्टिकशोभनात्रं
क्षीराज्यमण्डनवनीतसितामधूनि ।
शुण्ठीपटोलकफलादि च पञ्चशाकं
मुद्गादि दिव्यमुदकं[#] च यमीन्द्रपथ्यम्[#] ॥

1.62

60a vidyāt $\alpha_2\gamma_1\delta_1\chi$] vidyā $\delta_3\epsilon_1\eta_1$ vimdyāt $\alpha_1\alpha_3B\delta_2\epsilon_3\eta_2$ **punar apy** cett.] punar $\alpha_3\Delta\epsilon_1$
uṣṇīkṛtaṃ $\gamma_1\epsilon_1\epsilon_3\eta_1\eta_2\chi$] uṣṇīkṛta α_3 uṣṇī α_1 ullikṛtaṃ α_2 uṣṇumkṛtaṃ β_1 uṣṇakṛtaṃ
 β_ω asvikṛtaṃ β_2 uṣṇībhūtaṃ Δ **rūkṣaṃ** cett.] rūkṣa η_1 apramitaṃ $\delta_1\delta_2$ apratihataṃ
 δ_3 **60b atilavaṇaṃ amlapṛktaṃ** em.] atilavaṇāmlapṛktaṃ γ_1 atilavaṇādyapṛantaṃ α_1
atilavaṇādyaptataptaṃ α_2 atilavaṇaṃ amlayuktaṃ χ atilavaṇāmlayuktaṃ β_2 atilavaṇādiyuktaṃ
 $\beta_1\epsilon_3$ atilavaṇādiṣṭayuktaṃ ϵ_1 atilavaṇaka[η_1]prayukta α_3 atilavaṇādyuṣṇataṃ η_1 atilavaṇaṃ
tilapiṇḍa η_2 atilavaṇaṃ tilaṃ piṇḍa β_ω atilavaṇasavapalala δ_1 atilavaṇasavapalalaṃ δ_2
atilavaṇasavapalalaṃ δ_3 **kadaśana** cett.] kadaśanaṃ $\beta_\omega\eta_2$ **śākotkaṭaṃ** cett.] śākatkaṭa
 β_ω śokātkaṭa η_1 śākokṣadaṃ γ_1 **duṣṭaṃ** $\alpha_2\beta_2\gamma_1\epsilon_1\epsilon_3$] duṣṭi β_1 duṣṭaṃ α_1 drṣṭaṃ α_3 var-
jyam $\Delta\chi$ varjjaṃ η_2 varjitaṃ β_ω *illeg.* η_1 **heading:** found between 1.61–62 α_3 om. $\Delta\epsilon_1\epsilon_3\chi$
tathā hi $\alpha_3B\gamma_1\chi$] tathā $\alpha_1\alpha_2\eta_1\eta_2$ *post* **gorakṣavacanam** *add.* tailāmlalavaṇāni timtriṇi ś[o]kaṃ
śad... nime α_3 tailāmlaloṇitīnikālikābhāi(?) η_1 **61a durjana** cett.] durjanaṃ β_2 tarjana η_1
prāntaṃ $\alpha_1\alpha_3\beta_1\epsilon_1\chi$] prāntaṃ η_1 prāntaṃ α_2 prānte β_2 prītiṃ $\gamma_1\Delta\epsilon_3\eta_2$ priti β_ω **61b vahnistri**
cett.] vāstri δ_1 **patha** cett.] pathya $\alpha_2\beta_\omega$ pathi χ madhu δ_1 **61c prātaḥ** cett.] prāta
 $\alpha_1\alpha_2\delta_1\eta_1\eta_2$ **61d kleśavidhiṃ** $\alpha_1\alpha_3\beta_2\beta_\omega\gamma_1\epsilon_1\epsilon_3\chi$] kleśavidhiḥ $\alpha_2\beta_1$ kleśādikam $\Delta\eta_1\eta_2$ **tathā**
cett.] yathā δ_1 **62a godhūma** cett.] godhūmā δ_1 **yava** cett.] java $\alpha_2\beta_2\delta_1\eta_1$ **śaṣṭika**
 $\beta_1\beta_\omega\Delta\epsilon_3\eta_1\eta_2$] śaṣṭika $\beta_2\chi$ śaṣṭika α_1 śākdhiḥ(?) α_2 māṣikaṃ γ_1 piṣṭika α_3 piṣṭaka ϵ_1 **śob-**
hanānnaṃ cett.] śobhanānna $\beta_\omega\gamma_1$ śobhanānnāni η_1 **62b maṇḍa** $\alpha_1\alpha_2\beta_1\beta_2\gamma_1\Delta$] khaṇḍa
 $\alpha_3\epsilon_1\epsilon_3\eta_2\chi$ ṣaṇḍa $\beta_\omega\eta_1$ **nita** cett.] niti $\alpha_2\eta_1$ **sitā** cett.] śitā η_1 sudhā ϵ_1 **62c paṭolaka**
cett.] paṭolika $\epsilon_1\eta_1$ paṭola η_2 **phalādi ca** B] phalādiṣu ϵ_3 phalādikā $\alpha_3\gamma_1\delta_1\delta_2\epsilon_1\chi$ phalādi«ka»
 α_1 phalādi α_2 phalādi.. δ_3 phalakādi ca η_2 phipalādikā η_1 **pañcaśakaṃ** cett.] pacyaśakaṃ α_1
śākabhuktaṃ η_2 **62d mudgādi** cett.] mudgā $\alpha_1\beta_\omega\epsilon_3$ mu_{di} β_2 **divyam** cett.] cālpam $\delta_1\delta_3$
ca cett.] hri(?) ϵ_1 om. $\beta_1\beta_\omega$ **yamindra** $A\beta_2\beta_\omega\epsilon_1\eta_2\chi$] yatindra γ_1 yavatindra β_1 munindra
 $\Delta\epsilon_3\eta_1$

⁸ χ adds here: वह्निस्त्रीपथसेवानामादौ वर्जनमाचरेत् (cf. HP 3.32cd; Amaraugha (short recension) 35)

सर्वशाकमचाक्षुष्यं चाक्षुष्यं शाकपञ्चकं ।

जीवन्ती वास्तु मत्स्याक्षी मेघनादः पुनर्नवा ॥ (γ₁)

1.62*1

क्षीरपर्णी च जीवन्ती मत्स्याक्षी च पुनर्नवा ।

मेघनादश्च पञ्चैते शाकनाम प्रकीर्तिता (sic) ॥ (β_ωε₃)

1.62*2

मृष्टं[#] 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

इति श्रीस्वात्मारामयोगीन्द्रविरचितायां हठप्रदीपिकायां प्रथमोपदेशः ॥ १ ॥

62*1b cākṣuṣyaṃ *em.*] cakṣapyam γ₁ **62*2a** kṣīraparṇī ε₃] kṣīravarnī β_ω jīvanti ε₃] jaivanti β_ω **62*2b** matsyākṣī ε₃] matsāsī β_ω **62*2c** megghanādaś ca ε₃] megghanāditi β_ω **62*2d** śākanāma prakīrtitā β_ω] pañcaśākaḥ prakīrtitaḥ (*kāḥ *tāḥ ε₃^c) ε₃ **63a** mṛṣṭam α₁α₃ε₃η₁] miṣṭam α₂BY₁ε₁ iṣṭam δ₁η₂ puṣṭam χ uṣṇam δ₂δ₃ **sumadhuram** cett.] sumadhu α₁ samadhuram α₂ samadhuram β_ωδ₁ε₃ **prapoṣaṇam** cett.] prapoṣakaṃ δ₃ε₃ **63b** 'bhi-laṣitam cett.] bhi-lakhitam β₁γ₁ bhi-lāṣitam η₁ bhi-līṣitam α₁ bhi-lakṣitam α₃ bhivāmchitam α₂ **yogyam** Aβ₁γ₁Δε₃η₂χ] yonyam β_ω bhojyam ε₁η₁ divyam β₂ **bhojanam** cett.] bhojanasam η₂ **64a** vṛddho'tivṛddho cett.] vṛddho 'pi vṛddho δ₂δ₃ bhavatu vṛddo α₃ **64b** durbalo'pi vā cett.] durbalas tathā β₂η₂ **64d** sarvayogeṣv atandritaḥ cett.] sarvo yogeṣv atandritaḥ δ₂ sarvayogeṣu tamdritaḥ β_ω sarvayogeṣu tamtrita α₂ sarvam yogī yatamdriyaḥ η₁ **65a** pīṭhāni cett.] pīṭhādi Δ **kumbhakāś** cett.] kumbhikāś α₂β₁ kumbhakaś β_ωε₃^cη₂ **citrā** cett.] citra β₁ citram η₂ **65b** divyāni cett.] mudrādi η₁η₂ **65c** sarvo'pi ca α₁β₂ε₁ε₃η₁] sarvā pi ca α₂ sarve pi ca β₁ sarvo pi α₃ sarvo pi hi Δ sarve py ayaṃ γ₁ sarvāny api β_ωη₂χ **bhyāso** Aβ₂β_ωγ₁ε₃] bhyāse η₁η₂χ bhyāsād β₁Δ bhyā ε₁ **65d** phalāvadhī α₁α₂β₁ε₁ε₃η₂^cη₂χ] phalāvadhiḥ α₃β₂β_ωγ₁ yugāvadhī η₁^c prasiddhaye Δ **colophon:** śrīsvātmārāma α₂α₃B] svātmārāma α₁γ₁ε₁ε₃η₁ ātmārāma η₂ śrīśahajānadasaṃtānaciptāmaṇiśvātmārāma χ *om.* Δ **yogindra** α₃β₁β₂γ₁ε₁ε₃η₁η₂χ] yogendra β_ω mahāyogendra α₁ *om.* α₂Δ **viracitāyām** cett.] *om.* Δ **haṭha** cett.] śrīhaṭha δ₃ *ante prathamō*° *add.* āsanayogo nāma ε₃ āsanavidhikathanam nāma χ **prathamopadeśaḥ** cett.] prathama upadeśaḥ β₂ε₃η₂ prathamō'dhyāyaḥ η₁ prathamō... + δ₃

List of Sigla

α_1	N3	2 folios missing in Ch. 1 (1.18–28, 38–46)
α_2	J5	
α_3	G4	damaged; collated only when available
β_1	P11	
β_2	C6	
β_ω	V3	
γ_1	N23	
δ_1	V19	
δ_2	K3	the first folios missing (1.1–33)
δ_3	C7	2 folios missing in Ch. 1 (1.23c–29d, 41c–47b)
ϵ_1	P15	
ϵ_2	N19	consulted sporadically
ϵ_3	V15	influenced by Gr3
η_1	V1	
η_2	J10	
χ	Jyo	Brahmānanda's version, based on the edition 1972