

- अथासने दृढे योगी वशी हितमिताशनः ।
गुरूपदिष्टमार्गेण प्राणायामं समभ्यसेत् ॥ 2.1
- चले वाते चलं सर्वं निश्चले दृढबन्धनम् ।
योगी स्थाणुत्वमाप्नोति ततो वायुनिबन्धनात् ॥ 2.2
- यावद्वायुः स्थितो देहे तावज्जीवितमुच्यते ।
मरणं तस्य निष्क्रान्तिस्ततो वायुं निबन्धयेत् ॥ 2.3
- मलाकुलासु नाडीषु मारुतो नैव मध्यगः ।
कथं स्यादुन्मनीभावः कायसिद्धिः कथं भवेत् ॥ 2.4
- शुद्धिमेति यदा सर्वं नाडीचक्रं मलाकुलम् ।
तदेव जायते योगी प्राणसंग्रहणे क्षमः ॥ 2.5

1a athāsane cett.] athāsāna γ₁ haṭhāsane η₁ **ḍṛḍhe** α₁α₂β₂γ₂ε₁ζ₃η₂χ] ḍṛḍho β₁β_ωη₁ ḍṛḍha γ₁ ḍṛḍham ḍ₁ dahe ζ₁ vaśī ḍ₂ **1b** vaśī cett.] vajrī ζ₁ ḍṛḍham ḍ₂ **hitamitāśanaḥ** cett.] hitasikāśanaḥ γ₁ mitahitāśanaḥ ḍ₂ bhūtamitāśanaḥ ζ₁ **1c** gurūpadiṣṭa cett.] gurūpadeśa β₂ḍ₁ḍ₂ **1d** prāṇāyāmaṁ α₁α₃ḍ₁ḍ₂η₁] prāṇāyāmān α₂β₁β₂γ₂ε₁ζ₁ζ₃χ prāṇāyāmi γ₁ prāṇāyāmo β_ω yogamārgam η₂ **samabhyaset** cett.] sadābhyaset ḍ₁ samācāret ζ₃ **2a** vāte cett.] citte β_ω **calaṁ** cett.] calat β_ω calet ε₁ζ₁ cale α₁α₂β₂ **sarvaṁ** Aβ_ωε₁ζ₁ζ₃η₁] cittam β₁β₂Γḍ₁ḍ₂η₂χ **2b** nīscale cett.] nīscalem β₁ **ḍṛḍhabaṁdhanam** Aβ₁β₂Γζ₁η₁] nīscalem tathā β_ωḍ₁ḍ₂η₂ nīscalem bhavet ε₁ζ₃χ **2c** sthānūtvam cett.] sthānūtvam α₂γ₁ sthānatvam β₂ζ₁ **2d** vāyu α₃β₁β_ωζ₁] vāyum α₁α₂β₂Γḍ₁ḍ₂ε₁ζ₃η₁η₂χ **nibandhanāt** α₁α₃β_ωζ₁] nibandhayet β₁ε₁η₁ nirundhayet α₂η₂ nirūdhayet γ₁ nirodhayet β₂γ₂ḍ₁ḍ₂ζ₃χ **3a** vāyuh γ₂ḍ₂ζ₁η₁χ] vāyu ABγ₁ḍ₁ε₁ζ₃η₂ **sthito** cett.] sthiro α₂ **3b** jīvitam α₂β_ωγ₂ḍ₁ḍ₂ε₁ζ₁η₂] jītavim α₁ jīvitim β₁ jīvitvam ζ₃ jīvanam β₂γ₁η₁χ **3c** niṣ-/niḥkrāntis cett. incl. α₃] niṣkrānti β₁β_ω niḥkrāntam α₁ niḥkrāntam α₂ niṣkrānto η₂ **3d** tato cett.] tasmād η₂ **nibandhayet** α₃Bε₁ζ₁η₁] nibaṁdhanāt α₁ nirundhayet α₂γ₁η₂ nirodhayet γ₂ḍ₁ḍ₂ζ₃χ **4a** malākulāsu cett.] malākusuma η₁ **4d** kāyasiddhiḥ Aβ₂β_ωε₁ζ₃η₁] kāyasiddhiḥ Γ kāryasiddhiḥ β₁ḍ₁ḍ₂ζ₁η₂χ **5a** śuddhim eti cett.] śuddhimati γ₁ śuddham eti β₂ **yadā** cett.] yathā β_ω sadā η₁ **5b** cakram cett.] cakra β₂β_ωγ₁ζ₁ **malākulam** cett.] manākulam ζ₁ **5c** tadaiva cett.] tadeva α₁α₃ζ₃ **5d** prāṇa° ... kṣamaḥ cett.] kṣamaḥ prāṇanīrodhane α₂ **saṁgrahaṇe** α₁BΓε₁ζ₁ζ₃η₂χ] saṁgrahaṇa α₃η₁ saṁrodhane ḍ₁ḍ₂

प्राणाभ्यासं ततः कुर्यान्नित्यं सात्त्विकया धिया ।
यथा सुषुम्णा सुस्वस्था[#] मलाः शोषं प्रयान्ति च ॥ 2.6

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

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

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

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

6a prāṇābhyāsaṃ cett.] prāṇāyāmaṃ ḍ₁ḍ₂χ **6c yathā** cett.] yāsthā α₁ yadā α₃ε₁ **suṣumṇā**
suṣvasthā (°mnā) α₂α₃ε₁] suṣumṇā suṣvasthā α₁ suṣumṇāṃ suṣvasthā β_ω suṣumṇa sustakcya β₁
suṣumṇā susnigdā (°gdha ζ₃) ζ₃η₁ suṣumṇāḥ snigdā ζ₁ suṣumṇāpārsvasthā β₂Γ suṣumṇān-
tarasthā ḍ₁ḍ₂ sukhām avasthāya η₂ suṣumṇānādisthā χ **6d malāḥ śoṣaṃ** Γḍ₂ε₁ζ₁η₁η₂] malās
coṣaṃ α₃ malā śoṣaṃ α₁α₂β₂ḍ₁ malaśoṣaṃ ζ₃ malāt soṣaṃ β_ω malāḥ śuddhiṃ χ nirmalā bhava°
β₁ **prayānti ca** cett.] °ti śodhitā β₁ **7a padmāsano** cett.] padmāsane ζ₃ padmāsana γ₁
7b pūrayet cett.] dhārayet ḍ₁ recayet β₂ **7c śaktyā** α₁ε₁ζ₁ζ₃] śakti β₁γ₂ḍ₁ḍ₂η₁χ śaktiḥ
α₂β₂β_ωγ₁ yuktyā η₂ **7d punaḥ** α₁α₂ΒΓḍ₁ḍ₂] bhūyaḥ α₃ε₁ζ₁ζ₃η₁η₂χ **8a cākṣya** cett.]
vāsthavya γ₁ **8b udaraṃ** cett.] udayaṃ α₃ udare η₁η₂ **8c vidhivat** cett.] vividhaṃ β₁ vid-
hidṛk β₂ **kṛtvā** cett.] kuryāt ḍ₁ḍ₂ **9a yena tyajet** cett.] yena tyaje α₁γ₂ yetayet γ₁ **tena**
pūrya α₁β_ωḍ₂ε₁ζ₁η₁] tenāpūrya α₂ḍ₁η₂ tena pītva β₂Γχ tena pūrvaṃ β₁ζ₃ **9b avirodhataḥ**
ζ₃] anirodhataḥ α₁α₂Βγ₂ḍ₁ḍ₂ε₁η₁η₂ anirodhitaḥ ζ₁ anirodhanataḥ γ₁ atirodhataḥ χ **9c recayec**
ca cett.] recayeta ζ₁ recayatva γ₂ pūrayec ca ḍ₂ **°nyena** cett.] nyona β₁ yena ε₁ **9d śanair**
eva na vegataḥ cett.] śanairacavanegataṃ γ₁ śanairḥ pavanam ekataḥ ḍ₁ḍ₂ζ₃ **10a ced idāyā**
cett.] ced idāyā β₂ cediyā α₁ caṇḍiyā γ₁ ceḍikayā ζ₃ ceṃdriyayā α₂ **piben** cett.] piban
α₃ **niyamitaṃ** cett.] parimitaṃ β_ω nimitaṃ γ₁ **bhūyo** cett.] bhūyā β_ω **°nyayā** cett.]
nyathā β₁β_ωγ₁ḍ₁ḍ₂η₁ **recayet** cett.] _yet γ₁ **10b samīraṇam alaṃ** α₁] samīraṇajalaṃ
β₁ samīraṇam atho cett. py apāṇam anilaṃ ε₁ **baddhvā tyajed vāmayā** cett.] badhvāsanaḥ
sarvadā β₂ **10c sūryācandramasor a°** cett.] lac. β₂ **anena vidhinā** cett.] anena vidhinā β_ω
ane vidhinā γ₁ aṇe ḍ₁ lac. β₂ **bimbadvayaṃ dhyāyatāṃ** α₁ḍ₂ε₁η₂] °tā ḍ₁ °taḥ β_ω bhyāsaṃ
samātanvatāṃ/tā/taṃ α₂α₃ζ₁ζ₃ bhyāsā samāsatvayāt β₁ °bhyāsamātātvatāṃ η₁ bhyāsaṃ sadātan-
vatāṃ Γχ bhyāsaṃ sadā tatvatāṃ β₂ **10d nāḍigaṇā** cett.] nāḍiguṇā ζ₁ **māsatrayād** cett.]
māsadvayād ḍ₁

प्रातर्मध्यंदिने सायमर्धरात्रे च कुम्भकान् ।
शनैरशीतिपर्यन्तं चतुर्वारं समभ्यसेत् ॥¹ 2.11

कनीयसि भवेत्स्वेदः कम्पो भवति मध्यमे ।
उत्तिष्ठत्युत्तमे प्राणरोधे पद्मासने मुहुः[#] ॥ 2.12

जलेन श्रमजातेन गात्रमर्दनमाचरेत् ।
दृढता लघुता चापि तेन गात्रस्य जायते ॥ 2.13

अभ्यासकाले प्रथमे शस्तं क्षीराज्यभोजनम् ।
ततोऽभ्यासे दृढीभूते न तादृङ्गियमग्रहः ॥ 2.14

यथा सिंहो गजो व्याघ्रो भवेद्वश्यः शनैः शनैः ।
तथैव सेवितो वायुरन्यथा हन्ति साधकम् ॥ 2.15

11a prātar madhyam̐dine cett.] °dina δ₂ prātaḥ sāyaṃ ca β₂ sāyam ardha cett.] sāyam addha α₁ sāyam madhya β₁γ₂ζ₁ śāyamadhyam α₂ soyamadhya γ₁ madhyāhne β₂ **11b rātre ca** cett.] rātra ca γ₁ rātreṇa ε₁ rātrau ca α₂ζ₁ζ₃ niśithe caiva β₂ **kumbhakān** cett.] kumbhakāt β_ωγ₁ **11c aśīti** cett.] amibhiḥ δ₁ **paryantaṃ** cett.] paryante α₁ paryeca α₂ **12a kaniyasi bhavet** α₂α₃β₂Γδ₁δ₂ζ₃χ] kaniyasi bhavet α₁β₁ kaniyase bhavet ζ₁η₁ adhame jāyate η₂ adhyame jāyate β_ω **svedaḥ** cett.] svadaḥ α₁ svedaṃ η₁ bhedaḥ α₃ **12b kampo** cett.] kube ε₁ **12c uttiṣṭhaty** cett.] uttiṣṭhamty η₂ uttānaṃ β₂ uttame χ **uttame** cett.] cottame β₂ sthānam ā° χ **prāṇa** α₁β₂β_ωΓδ₂ε₁ζ₁ζ₃] prāṇaṃ β₁η₁ prāṇā α₃η₂ prāṇo δ₁ prāṇe α₂ °pnoti χ **12d rodhe** α₁β₁β₂γ₂δ₁δ₂ε₁ζ₁ζ₃η₁] rodhī α₃ rodha α₂ rāvai γ₁ baddhe β_ωη₂ tato χ **padmāsane** β₂δ₁η₂] padmāsano Γ padmāsana δ₂ padmāsanaṃ Aβ₁β_ωε₁ζ₁ζ₃η₁ vāyūṃ nibaṃ° χ **muḥuḥ** ABΓη^{pc}ε₁ζ₁ζ₃η₂] viduḥ η^{pc} sṭhite δ₁δ₂ °dhayet χ **13a śrama** cett.] śrava β_ω **jātena** cett.] jālena β₁ pātena δ₁ **13c laghutā** cett.] khalutā ε₁ luyutā ζ₁ **cāpi** β_ωγ₂δ₂ε₁ζ₁ζ₃η₂] vāpi α₃γ₁β₁δ₁η₁ yāti α₁ caiva β₂χ nena α₂ **14a abhyāsakāle prathame** cett.] abhyāsakāle prathamam β₂δ₁δ₂ζ₃ **14b kṣirājya** cett.incl.α₃] kṣirāṇna α₁α₂ **14c °bhyāse** cett.] bhyāsaiḥ ζ₁ bhyāsa η₁ **dṛḍhibhūte** α₁α₂BΓδ₁δ₂ε₁χ] sthiribhūte ζ₁ζ₃η₁η₂ **14d tādr̥ṇ** cett.] tathā β₂Γ **niyama** cett.] °niyama γ₁ niyamo η₂ **grahaḥ** cett.] śramaḥ η₁ **15** found between 2.9 and 2.10 β₂ **15b vaśyaḥ** cett.] vaśyam β₂Γε₁ζ₁ vaśya α₂α₃ **15c tathaiva** cett.] tathāva° β₁ **sevito** cett.] sevitē ε₁ veśito α₃ saṃcito δ₂ °rodhito β₁ **15d hanti** cett.] hr̥di γ₁

¹ δ₁δ₂ adds here: इडया पिव षोडशभिः पवनं । कुरु षष्टिचतुष्टयमन्तगतं (δ₁; -मन्तरगम् δ₂) । त्यज पिङ्गलया शनकैः शनकैः । दशभिर्दशभिर्दशभिर्द्वयैः ॥ (metre: totāka)

- प्राणायामेन युक्तेन सर्वरोगक्षयो भवेत् ।
अयुक्ताभ्यासयोगेन सर्वरोगसमुद्भवः ॥ 2.16
- हिक्का श्वासश्च कासश्च शिरःकर्णाक्षिवेदनाः ।
भवन्ति विविधा दोषाः पवनस्य व्यतिक्रमात् ॥ 2.17
- युक्तं युक्तं त्यजेद्वायुं युक्तं युक्तं च पूरयेत् ।
युक्तं युक्तं च बध्नीयादेवं शुद्धिमाप्नुयात् ॥ 2.18
- यदा तु नाडीशुद्धिः स्यात्तदा चिह्नानि बाह्यतः ।
कायस्य कृशता[#] कान्तिस्तथा जायेत निश्चितम् ॥ 2.19
- यथेष्टं धारणं वायोरनलस्य प्रदीपनम् ।
नादाभिव्यक्तिरारोग्यं जायते नाडिशोधनात् ॥ (om. $\zeta_1 \zeta_2$) 2.20
- मेदःश्लेष्माधिकः पूर्व[#] षट्कर्माणि समाचरेत् ।
अन्यस्तु नाचरेत्तानि दोषाणां समभावतः[#] ॥ (om. $\zeta_1 \zeta_2$) 2.21

16b kṣayo bhavet cett.] parikṣayaḥ $\delta_1 \delta_2 \varepsilon_1$ **16d** roga cett.] vyādhi $\delta_1 \delta_2$ illeg. η_1 **17a** śvāsaś ca kāsaś ca cett.] «svāsaś» kāsaś ca β_2 svāsaś tathā kāsaḥ δ_1 kāsaś tathā śvāsaḥ δ_2 **17b** śī-
raḥkarnākṣi cett.] śīraḥkarnākṣa β_1 jvaraḥ karnākṣi $\zeta_1 \zeta_3$ karnanāsākṣi δ_1 **vedanāḥ** cett.]
vedanāḥ α_1 vedanā $\alpha_2 \beta_2 \beta_\omega$ **17c** doṣāḥ $\alpha_1 \Gamma \varepsilon_1 \zeta_1 \zeta_3 \eta_1$] doṣā $B \delta_1$ dāṣā η_2 rogāḥ $\alpha_2 \delta_2 \chi$
17d vyatikramāt cett.] prakopanāt δ_1 prakopataḥ χ **18** transposed with the next verse β_2
18b pūrayet cett.] dhorayet α_2 sevayet η_2 **18c** ca cett.] om. β_ω **18d** evaṃ cett.] itthaṃ $\delta_1 \delta_2$
śuddhim avāpnuyāt $A \beta_1 \varepsilon_1 \zeta_1 \eta_1$] siddhim avāpnuyāt $\beta_2 \beta_\omega \Gamma \zeta_3 \eta_2 \chi$ sidhyati yogavit $\delta_1 \delta_2$ **19a** tu
nāḍīśuddhiḥ cett.] tu nāḍī śuddhā β_2 nāḍīśuddhiḥ $\delta_1 \delta_2$ **19b** tadā cett.] tathā χ **cihnāni**
bāhyataḥ cett.] cittam nirākulam $\delta_1 \delta_2$ **19c** kṛśatā cett.] kṛśatām β_ω kṛtā α_1 kriyate η_2 illeg.
 η_1 **kāntiś** cett.] illeg. η_1 **19d** tathā cett.] tadā $\alpha_2 \varepsilon_1 \chi$ **jāyeta** cett.] jāyata $\alpha_1 \beta_1$ jāyetsu β_2
niścitam cett.] niścītā α_1 niścayaṃ ε_1 niścalaṃ η_1 **20a** yatheṣṭam cett.] yatheṣṭa $\alpha_1 \beta_\omega \Gamma$
tatheṣṭa ε_1 **dhāraṇam** cett.] dhāraṇo γ_1 **vāyor** cett.] vāyur β_ω **20b** analasya cett.] ani-
lasya α_2 ānalasya $\beta_\omega \eta_2$ aṇasya δ_1 **20d** nāḍi cett.] nāḍi unm. $\beta_\omega \eta_2$ **śodhanāt** cett.] śoṣanāt
 γ_1 śodhane $\eta_1 \eta_2$ **21a** medaḥ cett.] meda $\alpha_1 \alpha_2 \beta_\omega \varepsilon_1 \chi$ medā γ_1 medhaḥ δ_2 **śleṣmādhikāḥ**
pūrvaṃ $\alpha_1 \alpha_2 B \Gamma \varepsilon_1 \chi$] śoṣadikam pūrvaṃ η_1 śleṣmādināśārthaṃ η_2 śleṣmanivṛtyārthaṃ $\delta_1 \delta_2 \zeta_3$
21c anyas tu $A B \gamma_2 \varepsilon_1 \eta_1 \chi$] anyathā $\delta_1 \delta_2 \zeta_3 \eta_2$ abhyastā γ_1 **21d** samabhāvataḥ $\alpha_1 \beta_1 \beta_\omega \varepsilon_1 \zeta_3 \eta_2 \chi$] samabhāvanāt α_2 samabhāgataḥ $\beta_2 \gamma_1$ samabhyāgataḥ γ_2 samatāyataḥ $\delta_1 \delta_2$ apy abhāvataḥ η_1

धौतिर्बस्तिर्नितिश्चैव त्राटकं नौलिकं तथा ।
कपालभाती चैतानि षट्कर्माणि प्रचक्षते ॥

2.22

कर्मषट्कमिदं गोप्यं घटशोधनकारकम् ।
विचित्रगुणसंधायि[#] पूज्यते योगिपुङ्गवैः ॥

2.23

तत्र धौतिः । (om. $\delta_1 \zeta_1$)

चतुरङ्गुलविस्तारं² सिक्तं वस्त्रं शनैर्ग्रसेत् ।
ततः प्रत्याहरेच्चैतदुखालं[#] धौतिकर्म तत् ॥

2.24

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

2.25

22a dhautir $\beta_2 \beta_\omega \Gamma \zeta_1 \chi$] dhauti $\alpha_1 \alpha_2 \beta_1 \delta_1 \delta_2 \epsilon_1 \zeta_3 \eta_2$ dhauti η_1 **bastir/s/s** $\alpha_1 \alpha_3 \beta_2 \beta_\omega \Gamma \eta_2 \chi$] basti $\alpha_2 \beta_1 \eta_1$ basti $\delta_1 \delta_2 \epsilon_1 \zeta_3$ bastya ζ_1 **nitīś caiva** ϵ_2] nitaiś caiva α_2 niti caiva α_1 nṛtīś caiva ϵ_1 nyati ceti ζ_1 neti ceti ζ_3 ca nitīś ca α_3 ca netiś ca η_2 tathā nitīś β_1 tathā netiś $\beta_2 \Gamma \chi$ tathā neti η_1 tathā neti $\beta_\omega \delta_1 \delta_2$ **22b trāṭakam** cett.] trāṭikam $\alpha_2 \delta_2 \zeta_3$ trāṭanam ζ_1 trāṭanam β_1 troṭakam $\alpha_3 \gamma_1$ totakī δ_1 **naulikam** $\alpha_3 \eta_1 \eta_2 \chi$] laulikam α_1 nauli α_2 naulikā $B \Gamma \epsilon_1$ noliki δ_1 nālikam δ_2 nakuli ζ_1 nākuli ζ_3 **22c bhāti** $\beta_2 \beta_\omega \gamma_2 \delta_2$] bhāti $\alpha_1 \alpha_2 \beta_1 \zeta_1 \zeta_3 \eta_1$ bhātīś $\alpha_3 \gamma_1 \epsilon_1 \chi$ bhāthi η_2 bhāvi δ_1 **caitāni** cett.] vijñeyā δ_1 **22d pracakṣate** cett.] samācaret β_2 **23a karmaṣaṭkam** cett.] ṣaṭkakarmam β_2 ṣaṭkarmakam ϵ_1 ṣaṭkarmam $\alpha_2 \eta_2$ **23b kārakam** cett. incl. α_3] kāraṇam $\alpha_1 \alpha_2 \delta_1$ **23c saṃdhāyī** $\alpha_2 \gamma_2 \beta_1 \zeta_1 \zeta_3 \chi$] saṃdhāyī $\alpha_1 \beta_\omega \gamma_1 \epsilon_1 \eta_1 \eta_2$ saṃdhāyā α_3 saṃdhāya β_2 saṃdhoyi δ_1 saṃjñopi δ_2 **23d yogi** cett.] yoga $\alpha_2 \zeta_1$ muni δ_2 **heading: tatra** $A \beta_1 \beta_2 \Gamma \epsilon_1 \eta_1 \chi$] atha $\beta_\omega \delta_2 \eta_2$ atha tatra ζ_3 **dhautiḥ** $\eta_1 \eta_2 \chi$] dhauti $\alpha_1 \alpha_2 \beta_1 \beta_\omega \Gamma \delta_2 \zeta_3$ dhauti ϵ_1 dhautikā β_2 **24a caturaṅgula** cett.] caturaṅgala δ_2 caturāṅgula η_2 caturāṅgula δ_1 +++ gula α_1 **vistāram** cett.] vistirṇam ζ_3 **24b siktaṃ** cett.] sikta ϵ_1 sitam δ_2 sita ζ_3 śaktaṃ ζ_1 sveta β_1 **24c tataḥ** cett.] punah $\delta_1 \delta_2 \chi$ **pratyāhārec/°hared** cett.] °hārec β_ω °haram η_1 **caitad** cett.] etad $\alpha_1 \delta_1 \delta_2$ **24d ukhālam** = uśālam $\alpha_2 \zeta_1$] hukhāla α_1 ukhālātā *unm.* β_ω duḥkhahām β_1 prakṣālyam β_2 vikhyātam ϵ_1 udgāram $\alpha_3 \eta_1$ uditam $\zeta_3 \eta_2 \chi$ utthānam Γ abhyāsād $\delta_1 \delta_2$ **tat** $\alpha_2 \alpha_3 \beta_1 \beta_2 \Gamma \epsilon_1 \zeta_3 \eta_1 \chi$] °taḥ β_ω °kṛt $\alpha_1 \zeta_1 \eta_2$ °vit $\delta_1 \delta_2$ **25a kāsāśvāsa** cett.] śvāsaḥ kāsāḥ η_2 **pliha** cett.] plihā η_1 **kuṣṭham** $A \beta_1 \beta_\omega \gamma_2 \delta_1 \delta_2 \zeta_3 \eta_2 \chi$] kuṣṭha $\beta_2 \gamma_1 \zeta_1 \eta_1$ kuṣṭhāḥ ϵ_1 **25b kapha** cett.] śleśmā ζ_1 **rogaś ca** cett.] rogaś ca $\alpha_3 \delta_2$ rogāmś ca γ_1 **viṃśatiḥ** $\beta_2 \gamma_1 \delta_1 \epsilon_1 \zeta_1 \zeta_3 \eta_1 \eta_2 \chi$] viṃśati $\alpha_1 \alpha_2 \beta_1 \beta_\omega \gamma_2$ vidradhiḥ δ_2 dvagṛjaḥ α_3 **25c dhauti** $\alpha_2 \beta_2 \Gamma \epsilon_1 \zeta_1 \eta_1 \eta_2 \chi$] dhauti $\alpha_1 \beta_1 \beta_\omega \delta_1 \delta_2$ dhauta ζ_3 **prabhāvena** cett.] prasādena β_2 **25d dhāvanty eva** $\alpha_3 \beta_\omega \epsilon_1 \zeta_1$] dhāvamte ca α_2 dhāvaty eva η_1 bhavanty eva α_1 prayānty eva $\beta_1 \beta_2 \Gamma \delta_1 \delta_2 \chi$ sūdhyanty eva η_2 naśyante nā° ζ_3 **na** cett.] °tra ζ_3

² $\beta_2 \beta_\omega \eta_2 \chi$ adds here: हस्तपद्मदशेन तु (°दशायतं χ) गुरुपदिष्टमार्गेण (गुरुपदेश° β_2).

अथ बस्तिकर्म । (om. δ_1)

नाभिदग्ने जले पायुन्यस्तनालोत्कटासनः ।

आधाराकुञ्चनं कुर्यात् पश्वालं बस्तिकर्म तत् ॥

2.26

गुल्मह्रीहोदरं चापि वातपित्तकफोद्धवाः ।

बस्तिकर्मप्रभावेन वार्यन्ते सकलामयाः ॥

2.27

धात्विन्द्रियान्तःकरणप्रसादं

दद्याच्च कान्तिं दहनप्रदीप्तिम् ।

अशेषदोषोपचयं निहन्या-

दभ्यस्यमानं जलबस्तिकर्म ॥[#]

2.28

उदरगतपदार्थमुद्धमन्ती

पवनमपानमुदीर्य कण्ठनाले ।

क्रमपरिचयवश्यवायुमार्गा-

द्वजकरणीति निगद्यते हठज्ञैः ॥[#] (om. $\delta_1\delta_2\varepsilon_1$) [found after 2.38 χ]

2.29

heading: *atha* cett.] *om.* δ_1 **bastikarma** (vasti°) $\alpha_1\beta_1\Gamma\varepsilon_1\eta_1$] *vastikarmah* α_3 *vastikarma* $\beta_2\zeta_3$ *bastinikarma* ζ_1 *vastikarmaprabhāvaḥ* α_2 *vasti* $\beta_\omega\eta_2$ *vasti* δ_2 *vastiḥ* χ *om.* δ_1 **26a nābhidaghne** $\delta_1\delta_2\zeta_3\eta_2$] *°daghna* $\text{B}\varepsilon_1\zeta_1\chi$ *°dadhna* Γ *°dagdha* $\alpha_1\eta_1$ *°magma* α_3 *hṛdyagraha* α_2 **pāyuta** $\alpha_1\beta_\omega\Gamma\delta_1\delta_2\eta_1\eta_2$] *pāya* β_1 *pāyum* β_2 *pāyur* ζ_1 *pāyau* $\varepsilon_1\chi$ *vāyu* ζ_3 *vāyum* α_3 *vāyuh* α_2 **26b nyastanālo** cett. incl. α_3] *nyastanāla* α_1 *nyastālo* ζ_3 *ranyanālo* α_2 **26c ādhārā** cett.] *ādhāra* $\alpha_3\beta_2\zeta_1$ *ārādha* ε_1 *apānā* ζ_3 **26d pakhālaṃ** β_ω] *pākhālaṃ* α_1 *paśālaṃ* α_2 *pāśalaṃ* ζ_1 *prakṣālaṃ* $\beta_1\gamma_1$ *prakṣālā* α_3 *prakṣāled* β_2 *prakhyātaṃ* γ_2 *kṣālanam* $\zeta_3\eta_1\eta_2\chi$ *pavālaṃ* ε_1 *apānād* $\delta_1\delta_2$ **bastikarma tat** cett.] *bastikarma* «ta» γ_2 *vastikarmavit* $\delta_1\delta_2$ **27b bhavāḥ** cett.] *bhavaḥ* $\alpha_1\delta_2$ *bhavam* $\beta_\omega\eta_2$ **27c basti** cett.] *vasti* β_ω **27d vāryante** $A\beta_1\beta_2\Gamma\delta_1\delta_2\varepsilon_1$] *dhāryante* ζ_1 *śīryante* ζ_3 *kṣīyante* $\beta_\omega\eta_2\chi$ *jāyate* η_1 **sakalāmāyāḥ** cett.] *sakalā malāḥ* $\beta_\omega\Gamma\eta_2$ **28a ntaḥkaraṇa** cett.] *ntaḥkaraṇam* $\beta_1\gamma_1\zeta_3^c$ *mittamkaruṇa* α_3 **prasādaṃ** cett.] *prasādanam* δ_1 *prasādaram* β_1 *prabhāvam* ε_1 **28b kantiṃ** cett.] *kānti* $\alpha_2\beta_1\beta_\omega$ *kābhīm* γ_1 **pradiptim** cett.] *pradiptam* $\alpha_1^c\alpha_2\beta_\omega\zeta_1$ *pradipti* β_1 *praptam* α_3 *pradipanam* δ_1 **28c doṣopacayaṃ** cett.] *doṣāpacayaṃ* $\beta_1\beta_\omega\varepsilon_1$ *doṣaprabhavaṃ* δ_1 **28d abhyasya** cett.] *abhyāsyā* α_2 *abhyāsa* η_1 **jala** cett.] *ja* η_2 **karma** cett.] *om.* δ_1 **29** found after 2.25 $\beta_\omega\zeta_1\zeta_3\eta_1\eta_2$ found after 2.38 χ *om.* $\delta_1\delta_2$ **29a udvamanti** $\alpha_1\beta_1\beta_\omega$] *udvamanti* χ *udvamante* $\zeta_1\zeta_3$ *udvavanti* η_2 *udvahanti* $\Gamma\eta_1$ *udvahanti* β_2 *uddhanaṃti* α_2 *udbhavanti* α_3 **29b kaṇṭhanāle** cett.] *kaṇṭhanālet* β_ω *kaṇjāle* β_1 **29c kramapariçayavaśya** (*vaśyā* $\alpha_2\beta_2$) $\alpha_1\alpha_2\beta_1\beta_2\Gamma\eta_1\chi$] *°paricita* ζ_3 *°parijita* ζ_1 *karibhir* *iva* *jalasya* $\beta_\omega\eta_2$ **vāyumārgād** α_3] *vāyumārgā* α_1 *vāyumārgo* ζ_3 *vāyumārgam* α_2 *vāyuh* $|\text{go}$ ζ_1 *vāyuryo* η_1 *vāyuvēgāt* $\beta_\omega\eta_2$ *nāḍimārgā* (*nāḍi* $\beta_2\gamma_2$) $\beta_1\beta_2\gamma_2$ *nāḍicakrā* χ *mārga* γ_1 **29d gajakaraṇi** $\alpha_2\gamma_2\zeta_3\eta_1\chi$] *gajakaraṇi* γ_1 *gajakareṇi* α_3 *gajakaraṇiṇi* β_2 *najakaraṇiṇi* β_1 *gajakarṇi* α_1 *gajakaraṇi* ζ_1 *jalakaraṇi* η_2 *jalagajakaraṇi* β_ω

अथ नीतिः# । (om. $\delta_1 \epsilon_1 \zeta_1$)

सूत्रं वितस्ति सुस्तब्धं नासानाले प्रवेशयेत् ।
मुखाग्निरिमयेच्चैषा# नीतिः सिद्धैर्निगद्यते ॥

2.30

कपालशोधनी चैव दिव्यदृष्टिप्रदायिनी ।
जत्रूर्ध्वजातरोगौघं जयत्याशु सती नितिः ॥

2.31

अथ त्राटकम् । (om. δ_1)

निरीक्षेत्रिश्चलदृशा सूक्ष्मलक्ष्यं समाहितः ।
अश्रुसंपातपर्यन्तमाचार्यैस्त्राटकं मतम् ॥

2.32

मोटकं# नेत्ररोगाणां तन्द्रादीनां कपाटकम्# ।
यत्तत्तस्त्राटकं गोप्यं यथा हाटकपेटकम् ॥

2.33

heading: atha cett.] om. $\delta_1 \epsilon_1 \zeta_1$ **nītiḥ** α_1] nīti $\alpha_3 \beta_1$ nīti α_2 netiḥ $\gamma_2 \chi$ neti $\beta_\omega \gamma_1 \delta_2$ neti η_1 netikarma $\zeta_3 \eta_2$ netikarma β_2 om. $\delta_1 \zeta_1$ **30a sustabdhām** $\alpha_1 \alpha_2 \beta_1 \epsilon_1$] samstabdhīm α_3 sus-nigdhām cett. **30c mukhān nirgamayec/°yed** $\alpha_1 \beta_\omega \delta_1 \delta_2 \epsilon_1 \chi$] mukhā nirgamayec $\gamma_2 \zeta_1$ mukhām nirgamayeś α_3 mukhe nirgamayec $\beta_1 \beta_2$ mu nirgamayai α_2 mukhaś ca nirgamec γ_1 mukhān nirga-manād ζ_3 mukhanirgamanād $\eta_1 \eta_2$ **caiśa** cett.] sā hi δ_2 sāpi δ_1 eva $\eta_1 \eta_2$ **30d nītiḥ** ϵ_1] nīti $\alpha_1 \alpha_2 \beta_1$ nīti ζ_1 netiḥ $\gamma_2 \eta_2 \chi$ neti $\beta_2 \gamma_1 \eta_1$ neti $\beta_\omega \delta_1 \delta_2$ notī ζ_3 **siddhair** cett.] siddher ζ_1 siddhir γ_1 siddhau ζ_3 sūddhair β_1 **31a śodhani** cett.] śodhini $\beta_2 \chi$ śodhanā η_2 **caiva** $\beta_2 \Gamma \delta_1 \delta_2 \chi$] kamṭhyā $\alpha_3 \epsilon_1 \zeta_1$ kamṭhād ζ_3 kamṭhā α_2 kamṭhām β_1 vaṭyā α_1 kavyā β_ω kāryā $\eta_1 \eta_2$ **31b pradāyini** cett.] pradāyani γ_1 **31c jatrūrdhva** $\beta_1 \beta_2 \epsilon_1 \zeta_1 \zeta_3 \chi$] jatrūrdhvaṃ β_ω jatūrdhvaṃ γ_2 ja__dha γ_1 jānūrdhva $\delta_1 \eta_1$ yattūrdhva η_2 hanūrdhva α_1 hanudhva α_2 kamṭhordhvaṃ α_3 jarayā δ_2 **rogaugham** (rogogham $\alpha_1 \gamma_1$) $\alpha_1 \alpha_3 \beta \Gamma \epsilon_1 \zeta_3 \chi$] rogaugha η_1 rogaughā η_2 rogaughān $\delta_1 \delta_2$ rogagham ζ_1 rogādyam α_2 **31d jayaty āśu satī nītiḥ** ϵ_2] jayety āśu satī nīti α_1 jāyaty āśu śatir nītiḥ α_2 janayaty āśu satī natī β_1 jayaty āśu satī neti γ_2 jayabhyāśca satī natī γ_1 jayanty āśu satī nītiḥ ϵ_1 jayaty āsum nīti satī ζ_1 jayaty āśu sunetikā β_2 jayaty āśu sa netivit $\delta_1 \delta_2$ neti jayati satvaram ζ_3 jayati sā tu sūtrikā η_1 netir āśu nihanti ca (netir β_ω) $\beta_\omega \eta_2 \chi$ + + + [ja]yamti ca α_3 **heading:** atha cett.] a ζ_1 om. δ_1 **trāṭakam** cett.] trāṭakam γ_2 troṭakam α_3 trāṭam η_1 om. δ_1 **32a nirikṣen** cett.] nirikṣye ζ_1 nirikṣya η_2 **niścala** cett.] niścalā γ_1 nirmala δ_1 **dṛśā** cett.] dṛṣṭyā $\alpha_2 \eta_2$ **32b sūkṣma** cett.] sūkṣmaṃ $\zeta_3 \eta_2$ **lakṣyam** $\alpha_3 \delta_1 \delta_2 \epsilon_1 \eta_2 \chi$] lakṣam $\alpha_2 \beta \Gamma \zeta_3$ lakṣa $\alpha_1 \eta_1$ lakṣmaṃ ζ_1 **32d ācāryais** cett.] āryais *unm.* γ_2 āryais tu δ_2 ācāret η_1 toṭakam δ_1 **trāṭakam** cett.] troṭakam ζ_1 trāṭikam ζ_3 yoginām δ_1 **matam** $\alpha_1 \alpha_2 \beta_1 \delta_1 \delta_2$] smr-tam $\alpha_3 \beta_2 \beta_\omega \Gamma \epsilon_1 \zeta_1 \zeta_3 \eta_1 \eta_2 \chi$ **33a moṭakam** $\delta_2 \epsilon_1 \eta_1$] meṭakam β_1 modakam α_1 mocakam $\alpha_2 \zeta_1 \zeta_3$ moṭanam $\Gamma \chi$ movanam α_3 toṭakam δ_1 trāṭakam β_2 sphoṭanam $\beta_\omega \eta_2$ **netrarogānām** cett.] netrarogam α β_1 **33b tandrādinām** cett.] tandrādinām $\beta_\omega \gamma_1$ tamtrādinām α_3 tamdrādin β_1 tandrānam α η_2 nidrādinām δ_2 **kapāṭakam** cett.] kavāṭakam $\alpha_1 \alpha_3 \epsilon_1$ ca pāṭakam ζ_3 ca pāṭavam ζ_1 ca pāṭanam δ_1 gapāṭavam η_1 **33c yatnatas** cett.] prayatnāt $\beta_\omega \eta_2$ prayatnatas *unm.* η_1 etac α $\delta_1 \delta_2$ **33d trāṭakam** cett.] toṭakam δ_1 tuṭakam ζ_1

अथ नौली । (om. ḍ₁)

अमन्दावर्तवेगेन तुन्दं[#] सव्यापसव्यतः ।
नतांसो भ्रमयेदेषा नौली गौडैः प्रशस्यते ॥

2.34

तुन्दाग्निसंदीपनपाचनादि[#]-
संधायिकानन्दकरी सदैव ।
अशेषदोषामयशोषणी[#] च
हठक्रियामौलिरियं च[#] नौली ॥

2.35

अथ कपालभाती । (om. ḍ₁)

भस्त्रावल्लोहकारस्य रेचपूरौ सुसंभ्रमौ ।
कपालभाती विख्याता कफदोषविशोषिणी ॥ (om. ḥ₁)

2.36

heading: **nauli** α₂β₂β_ωγ₂η₁] noli β₁ nauri γ₁ nauliḥ α₃ε₁χ naukuli ζ₁ lauli α₁ naulikam ḍ₂ naulikarmma ζ₃ neulikarmma η₂ om. ḍ₁ **34a amandā** cett.] amandya γ₂ āmandā α₃β_ωζ₃ āmanda η₁ **varta** cett.] vatta α₃ζ₁ cakra η₁ **34b tundaṃ** β₁β_ωγ₂ε₁ζ₃χ] tudaṃ α₁α₂β₂ tuṃduṃ γ₁ tundat η₂ tuṃdaṃ α₃ζ₁ tundeḥ ḍ₂ tulyaṃ ḍ₁ gudaṃ η₁ **savyataḥ** cett.] savyayoḥ α₂ḍ₁ḍ₂ **34c natāṃso** or natāṃso α₂β₁γ₂ḍ₁ḍ₂ε₁ζ₁η₁χ] natāso α₁ natāṃsur β₂ naśnāto γ₁ satāṃso β_ω śatašo ζ₃η₂ **bhramayed** α₁α₃β_ωζ₁] bhrāmayed β₂γ₂ḍ₂ζ₃η₁η₂χ bhrāmayad ε₁ bhāmayad γ₁ bhāyaved α₂ trabhaved β₁ bhyasayed ḍ₁ **eṣā** cett.] doṣā(h) α₂β₁ oṣā ζ₃ **34d nauli** cett.] noli β₁ nauliḥ χ nīli α₃ lauli α₁ lokai η₁ **gauḍaiḥ** β₁γ₂ε₁] gaulaiḥ α₁η₂ gauraiḥ β₂ goḷaiḥ α₃ goli η₁ gauḍiḥ γ₁ gauliḥ ζ₁ maulaiḥ β_ω nauli α₂ yoge ḍ₁ḍ₂ζ₃ siddhaiḥ χ **praśasyate** cett.] prasayate α₂ pracakṣate ḍ₁ḍ₂ pradṛśyate ζ₃ **35a tundāgni** β₂ε₁] tuṃdāgni ζ₁ tuṃdāṣṭi α₁ tuṃdāṣṭi α₂ muṃdāgni γ₁ maṃdāgni α₃β₁β_ωγ₂ḍ₁ḍ₂ζ₃η₁η₂χ **pācanādi** α₁α₂β₂β_ωγ₂ε₁ζ₃χ] pāvanādi γ₁η₁ pāvakādi η₂ pācanāni ζ₁ pācanāni β₁ pācanāgni ḍ₁ pācanāgniḥ ḍ₂ **35b saṃdhāyikā** β₂Γḍ₁] saṃdhāyakā α₁α₂β₁β_ωζ₃η₁η₂ saṃdhāyakā ε₁ saṃdhāyikā ζ₁ saṃdhānakā α₃ sandhādhikā ḍ₂ saṃdhāpikā χ **sadaiva** cett.] tathaiva ḍ₁ḍ₂ **35c doṣāmaya** cett.] doṣāmala β_ωη₁η₂ **śoṣaṇi** cett.] śoṣiṇi ḍ₁η₁ śodhaṇi γ₁ śodhini γ₂ **ca** cett.] va η₁ yā γ₁ **35d maulir iyaṃ** ca α₁α₃β₁β₂Γε₁χ] maulir iyaṃ hi α₂ḍ₁ḍ₂ζ₃ mūlam iyaṃ hi ζ₁η₁ *sau jayatiḥa η₂ jayaṃtiḥa β_ω **nauli** Bγ₁ḍ₁η₁η₂] nauliḥ γ₂ε₁ζ₁χ nāli ḍ₂ mauli α₂ lauli α₁ lauliḥ ζ₃ tauliḥ α₃ **heading:** **atha kapālabhāti** β₂Γḍ₂η₁] **atha kapālabhāti** α₁ε₁ζ₁ **atha kapālabhātiḥ** α₃χ **atha kapālibhāti** α₂ **atha kapālabhātiḥ** β₁ **atha bhāti** β_ω **atha kapālabhāthikarma** η₂ **kapālabhāthikarma** ζ₃ om. ḍ₁ **36a bhastrāval** γ₂ζ₂ζ₃χ] bhastraval α₁α₂ bhastrāhaval γ₁ bhastrāva β_ω bhastrā ca β₁ bhas-treva β₂ḍ₁ḍ₂ε₁ bhastrīva α₃ [bha]strarīva η₁ lohakārasya η₂ **lohakārasya** cett.] lohakāraś ca α₃ lohakarāṇaṃ ḍ₁ḍ₂ lohakarāṇaṃsya α₂ bhastrivat η₂ **36b recapūrau** cett.] recapūro α₁α₂ recapūra ε₁η₁ kuryāt savyā^a η₂ **susambhramau** Aβ_ωζ₂ζ₃η₁] sasambhramau β₁β₂Γḍ₁χ sasambhramam ḍ₂ *kasambhramā ε₁ *pasavyataḥ η₂ **36c bhāti** Bγ₂ḍ₁ḍ₂η₁] bhāti α₁γ₁ bhātā α₂ bhātir α₃ε₁ζ₂ζ₃χ bhāthi η₂ **vikhyātā** cett.] vikhyāto α₃ vikṣātaṃ α₂ vijñeya^a ḍ₁ ity eṣā ζ₂ζ₃ **36d kaphadoṣa** Aβ₁β₂Γε₁ζ₂ζ₃η₁χ] kaphaśoṣa ḍ₁ḍ₂ kaphāmaya β_ωη₂ **viśoṣiṇi** α₁ζ₂η₁] viśoṣaṇi α₂α₃β_ωΓ₂ζ₃η₂χ viśoṣaṇā β₁ viśodhini β₂ vināṣiṇi ε₁ visarpiṇi ḍ₁ḍ₂

- षट्कर्मभिर्गतस्थौल्यकफमेदोमलादिकः ।
प्राणायामं ततः कुर्यादनायासेन सिध्यति ॥ 2.37
- प्राणायामैरेव[#] सर्वे प्रशुष्यन्ति मला इति[#] ।
आचार्याणां तु केषांचिदन्यत्कर्म न संमतम् ॥ 2.38
- ब्रह्मादयोऽपि त्रिदशाः[#] पवनाभ्यासतत्पराः ।
अभूवन्नन्तकभयात्[#] तस्मात्पवनमभ्यसेत् ॥ 2.39
- यावद्वद्धो मरुद्देहे यावच्चित्तं निराश्रयम्[#] ।
यावद्वीक्षा[#] भ्रुवोर्मध्ये तावत्कालभयं कुतः ॥³ 2.40
- विधिवत्प्राणसंयामैर्नाडीचक्रे विशोधिते ।
सुषुम्णावदनं भित्त्वा सुखाद्विशति मारुतः ॥ 2.41

37a *ṣaṭkarmabhir gata* α₁β₂β_ωγ₁ε₁ζ₁η₂] *ṣaṭkarmabhir gataṃ* γ₂ *ṣaṭkarmābhigata* β₁ *ṣaṭkoṇa-*
higataṃ α₂ *ṣaṭkarmanirgata* δ₁ζ₃η₁χ *°nirgatā* α₃ *°nirata* δ₂ **sthaulya** α₁β₂β_ωγ₁δ₁δ₂ζ₁ζ₃χ]
sthaulyaṃ α₂β₁ε₁η₁η₂ *sthaulyaḥ* γ₂ *sālyā* α₃ **37b** *kapha* cett.] *kaphā* γ₁ *kathaṃ* ε₁ **medo**
cett.] *bhedo* η₁ *doṣa* α₂χ **malādikah** α₁β₂β_ωδ₂ζ₁ζ₃χ] *malādikāṃ* α₂β₁ε₁ *malādhikah* α₃δ₁
balādhikah η₂ *malādhike* η₁ *malojhitaḥ* γ₁ *malojitaḥ* γ₂ **37d** *sidhyati* cett.] *śudhyati* α₁β_ωδ₁
śusidhyateḥ α₂ **38a** *prāṇāyāmair eva* cett.] *prāṇāyāmena vai* ζ₁ζ₃η₁ *prāṇāyāmaiḥ sukhāt* η₂
sarve cett.] *sarveḥ* α₂ *sarvaiḥ* α₃δ₂ **38b** *praśuṣyanti* cett.] *praśukhyanti* δ₁ *praśuddhyati* η₂
malā iti α₁α₂β₁β₂Γδ₂ε₁χ] *malā* api δ₁ζ₁ζ₃ *malāmnapi* η₁ *malāśayā* β_ω *malāśayaḥ* η₂ *matoda iti*
α₃ **38c** *tu* cett.] *tya* ε₁ *ca* ζ₃ **38d** *anyat karma* cett.] *anyakarma* α₁α₂γ₁δ₂ **39a** *brahmā-*
dayo'pi tridaśāḥ cett.] *ṣaṭkarmayogam āpnoti* η₂ **39b** *pavanābhyāsataṭparāḥ* cett.] *°paraḥ* η₂
prāṇāyāmaparāyaṇāḥ ε₁ **39c** *abhūvann antakabhayāt* ABγ₂ζ₁χ] *abhavan taṃtakabhayāt* γ₁
abhavanty abhayāt ε₁ *samanaskāntakabhayāt* η₁ *sumanaskāntako bhavyaḥ* η₂ *tena siddhiṃ gatās*
te ca (*tena* δ₂ *for te ca*) δ₁δ₂ζ₃ **39d** *pavanam* cett.] *praṇavam* η₁ **40b** *yāvac cittaṃ* cett.]
tāvac cittaṃ δ₁δ₂ζ₃η₁ **nirāśrayam** cett.] *nirāmayam* δ₁δ₂ *nirākulaṃ* χ **40c** *yāvad/yāvat*
cett.] *jāvat* η₂ *yāt* ζ₁ *yā* δ₁ **vikṣā** (cf. VM v.l.) *em.*] *vikṣaṃ* α₃ *vikṣed* α₁α₂ε₁ *dikṣe* γ₂ *ikṣ(y)et*
β₁β₂ *icched* γ₁ *drṣṭir* δ₁δ₂χ *pāśyed* β_ωζ₁ζ₃η₁η₂ **madhye** cett. incl. α₃] *madhyaṃ* α₁β₁γ₂η₂
40d *kāla* cett.] *kālaṃ* η₁ **41a** *samyāmair* cett.] *samyamye* η₂ *samyame* β_ω **41b** *nāḍi* cett.]
nāḍi α₁α₃β_ω *nāri* β₂ **cakre** cett.] *cakro* γ₂ *cakraṃ* ζ₁ *krivā* γ₁ **viśodhite** cett.] *viśodhayet*
α₃ **41c** *bhittvā* cett.] *om.* ε₁ **41d** *sukhād* cett.] *mukhād* δ₁δ₂η₁

³ ζ₃ adds here: बह्मामयोऽपि नामोति पवनाभ्यासतत्परः । समनस्कोन्तकभयं तस्मात्पवनमभ्यसेत् ॥ Cf. 2.39.

- मारुते मध्यसंचारे मनःस्थैर्यं प्रजायते ।
 यो मनःसुस्थिरीभावः सैवावस्था मनोन्मनी ॥ 2.42
- तत्सिद्धये विधानज्ञश्चित्रान्कुर्वीत कुम्भकान् ।⁴
 विचित्रकुम्भकाम्यासाद्विचित्रां सिद्धिमाप्नुयात् ॥ (cd om. $\delta_1\delta_2$) 2.43
- सूर्यभेदनमुज्जायी तथा सीत्का च शीतली ।
 भस्त्रिका भ्रमरी मूर्छा [#]केवलश्चाष्ट कुम्भकाः ॥ 2.44
- पूरकान्ते तु कर्तव्यो बन्धो जालंधराभिधः ।
 कुम्भकान्ते रेचकादौ कर्तव्यस्तूडियाणकः ॥ 2.45
- अधस्तात्कुञ्चनेनाशु कण्ठसंकोचने कृते ।
 मध्ये पश्चिमतोणेन स्यात्प्राणो ब्रह्मनाडिगः ॥[#] [= 3.71*1] (om. $\delta_1\delta_2$) 2.46

42a mārute cett.] māruto $\alpha_3\beta_2\delta_1$ maruto δ_2 **saṃcāre** cett.] saṃcārān α_3 **42c** man-
 aḥsusthiribhāvaḥ cett.] manahsusthirābhāvaḥ $\alpha_2\gamma_1$ nasaḥsthiribhāva β_2 **42d** saivāvasthā
 manonmani cett.] saišā° $\beta_2\delta_1\delta_2$ γ_2 dittogr. saivāvasthōnmani matā β_1 **43a** tatsiddhaye cett.]
 tatsiddhayo ζ_1 tatsādhana β_2 **vidhānājñās** $\alpha_1\alpha_3\beta_1\delta_1$] vidhānājñās $\Gamma\zeta_1\zeta_3\chi$ vidhānājñā $\alpha_2\beta_\omega\epsilon_1\eta_1$
 vidhānājñō $\delta_2\eta_2$ vidhijñās tu β_2 **43b** citrān cett.] viśan δ_2 **kurvīta** $\alpha_3\beta_1\delta_1\delta_2$] avita α_1
 kurvanti $\alpha_2\beta_2\beta_\omega\gamma_2\epsilon_1\zeta_1\zeta_3\eta_1\eta_2\chi$ kurvati γ_1 **43c** vicitrakumbhakābhyāsād cett.] citrakumb-
 hakābhyād ϵ_1 kumbhakābhyāsāvvicitrām γ_1 om. $\delta_1\delta_2$ **43d** vicitrām siddhim āpnuyāt cett.]
 vicitrām gatim āpnuyāt α_2 vicitrānim āpnuyāt η_1 yogasiddhim āvāpnuyāt γ_1 om. $\delta_1\delta_2$ **44a** ante
 sūryabhedanam add. atha kumbhakabhedāḥ χ **44b** tathā sitkā ca śītalī (śītkā) $\alpha_1\alpha_3$] tathā
 sit-/śītkāśītalī $\beta_2\beta_\omega\Gamma\delta_1\delta_2\epsilon_1\zeta_3\eta_1\eta_2$ tathā śītkāśītalā $\beta_1\zeta_1$ tathā satkāśītalā α_2 sitkāri śītalī tathā
 χ **44c** bhastrikā cett.] bhastrī ca δ_1 **bhramarī** $A\beta_1\beta_2\gamma_2\delta_1\zeta_1\eta_2$] bhrāmārī $\beta_\omega\gamma_1\delta_2\epsilon_1\zeta_3\eta_1\chi$
44d kevalāś $\alpha_1\beta_\omega\epsilon_1\eta_2$] kām̐balās α_2 ke«va»lā° α_3 kevalī η_1 plāvani $\beta_1\gamma_2\zeta_1\zeta_3$ plāvinī χ prāvati
 γ_1 pratvani β_2 sahitās $\delta_1\delta_2$ **cāṣṭa** $\alpha_1\beta_\omega\delta_1\delta_2\epsilon_1\eta_1\eta_2$] °ty aṣṭa $\beta_1\beta_2\Gamma\zeta_1\zeta_3\chi$ catha α_2 °ny aṣṭa
 α_3 **kumbhakāḥ** cett.] kumbhakāḥ $\gamma_1\epsilon_1$ kumbhikā β_1 kumbhakā β_ω kumbhakān η_1 **45a** tu
 cett.] ca α_2 **45b** jālamdharā cett.] jālamdharā $\alpha_1\beta_1$ jālāntarā ϵ_1 **bhidhaḥ** cett.] vidhaḥ
 δ_1 vadhiḥ α_2 **45c** recakādaḥ cett.] cakādaḥ ca η_1 **45d** kartavyas cett.] kartavyaṃs η_2
tū° cett.] tu $\alpha_1\beta_2\beta_\omega\epsilon_1$ ta γ_1 °ddīyānakāḥ m.c. $\alpha_3\beta_1\beta_\omega\epsilon_1\zeta_1\eta_1$] diyānakāḥ $\alpha_1\alpha_2$ ddiyānakāḥ
 $\gamma_2\delta_1\delta_2\eta_2\chi$ diyānakāḥ $\beta_2\zeta_3$ hiyānakāḥ γ_1 **46a** adhaṣṭāt $\alpha_3\beta_2\epsilon_1\eta_1\eta_2\chi$] adhaṣṭā $\alpha_1\beta_1\beta_\omega$ adhasta
 γ_1 adhaṣṭhāt $\gamma_2\zeta_1$ adhaṣṭvāt ζ_3 adhamān α_2 **kuñcanenāśu** cett.] kuñcanenāśuṃ β_2 kumbhak-
 enāśu ζ_1 kumbhakenāśam α_3 **46c** madhye cett.] madhya $\beta_\omega\gamma_1\eta_2$ **tānena** $A\beta_\omega\epsilon_1\eta_1$] tānena
 $\beta_1\beta_2\Gamma\zeta_3\eta_2\chi$ tāna ζ_1 **46d** syāt cett.] sthāt ζ_1 **brahma** cett.] madhya $\beta_\omega\eta_2$ **nāḍigaḥ**
 cett.] nāḍigataḥ ζ_1 nāḍikām β_2 nābhirāt γ_1

⁴ In δ_1 this hemistich and 2.44ab are written between 2.40 and 2.41 and numbered 43. There is a correction mark before तत्सिद्धये. These hemistiches are written after 2.42 again, but abbreviated: तत्सिद्धये • शीतली ४३

अपानमूर्ध्वमुत्थाप्य# प्राणं कण्ठादधो नयेत् ।
योगी जराविमुक्तः सन् षोडशो वयसा भवेत् ॥

2.47

तत्र सूर्यभेदनम् । (om. $\delta_1\delta_2\chi$)

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

2.48

आ केशाग्राच्चखाग्राच्च निरोधावधि कुम्भयेत्# ।
ततः शनैः सव्यनाड्या रेचयेत्पवनं सुधीः ॥

2.49

कपालशोधनं वातदोषघ्नं कृमिदोषहम् ।
पुनः पुनरिदं कार्यं सूर्यभेदमुदाहृतम् ॥

2.50

47a utthāpya cett.] uddāpya α_3 āsthāpya η_1 **47b kaṇṭhād adho** cett.] kaṇṭham adho α_2 kaṇṭhe tathom α_3 **nayet** cett. incl. α_3] nayan $\alpha_1\zeta_1$ yenayat γ_1 jayet ζ_3 **47c yogī** cett.] yogo $\delta_1\delta_2$ yogam γ_1 **vimuktaḥ san** $\alpha_1\alpha_3B\gamma_2\delta_1\delta_2\epsilon_1\chi$] viyuktaḥ san γ_1 vimuktaḥ sa ζ_1 vimukta saḥ ζ_3 vimuktasyā α_2 vimuktaś ca η_2 bhimuktaś ca η_1 **47d ṣoḍaśo vayasā** cett.] ṣoḍaśo vayasī β_1 ṣoḍaśe vayasā δ_2 ṣoḍaśābdavayā χ ṣoḍaśābdavayo η_2 **heading: tatra** $\alpha_1\alpha_3\beta_1\beta_2\Gamma\epsilon_1$] atha $\beta_\omega\eta_1\eta_2\chi$ atha tatra ζ_3 *om.* $\alpha_2\delta_1\delta_2\zeta_1\chi$ **sūryabhedanam** cett.] sūryabhedanī γ_1 sūryābhedi β_1 sūryabheda α_2 *om.* $\delta_1\delta_2\chi$ **48a āsane sukhade yogī** cett.] āsane sukhadam yogī α_3 āsane sukhado yogī $\alpha_2\beta_\omega$ athāsane sukhād eva η_2 **48b baddhvā** cett.] baddhā $\beta_\omega\eta_2$ bhaddrām α_3 **vajrāsanam** cett. (*gloss* siddhāsanam β_1 mg)] vīsanam ζ_1 mudrāsamam $\beta_\omega\eta_2$ caivāsanam χ **tataḥ** cett.] munih δ_2 sudhī ζ_1 **48c nāḍyā** cett.] nāḍyāḥ $\gamma_1\delta_2$ nāḍyām $\zeta_1\zeta_3$ **48d bahiḥstham** cett.] bastham ca β_1 **49a ā keśāgrān** $\beta_\omega\epsilon_1\eta_2$] ā keśāgrā $\alpha_1\alpha_2\beta_1$ ā keśāgra ζ_1 ā keśāgram $\delta_1\delta_2\eta_1$ ā keśād ā $\beta_2\Gamma\chi$ ā keśac ca ζ_3 ā keśam ā α_3 **nakhāgrāc ca** $\beta_1\beta_2\Gamma\epsilon_1\zeta_3\eta_2\chi$] nakhāgrās ca α_1 nakhāvaṇva α_2 nakhāgram ca $\alpha_3\beta_\omega\delta_1\delta_2\zeta_1$ nakhā... η_1 **49b nirodhāvadhi** $AB\gamma_1\epsilon_1\zeta_3\eta_2\chi$] nirodhāvidhi γ_2 nirovadhi ζ_1 niruddh[o]vadhi η_1 śirodhyavadhi $\delta_1\delta_2$ **kumbhayet** cett.] kumbhayan α_1 kumbhakān $\delta_1\eta_1^c$ kumbhakam δ_2 **49c tataḥ** cett.] *om.* γ_1 **nāḍyā** cett.] nāḍyā ca η_2 **49d sudhīḥ** $\alpha_3\beta_2\Gamma\epsilon_1\zeta_1\zeta_3\eta_1$] sudhī $\alpha_1\alpha_2\beta_1$ śuddhī β_ω śanaiḥ $\delta_2\eta_2\chi$ punaḥ δ_1 **50a śodhanam** cett.] śodha δ_1 **50b doṣaḥnam** cett.] doghnam β_ω śoṣaḥnam ζ_1 **doṣaham** $\beta_1\beta_\omega\epsilon_1\zeta_1\zeta_3$] doṣajam α_1 doṣajamnam α_2 doṣahrt $\beta_2\Gamma\delta_1\delta_2\chi$ toharam η_1 nāśanam η_2 **50c kāryam** $\alpha_1\alpha_2\beta_1\beta_2\epsilon_1\zeta_3\eta_1\chi$] kārya $\beta_\omega\zeta_1$ kuryāt $\Gamma\delta_1\delta_2$ sūrya η_2 **50d sūryabhedam udāhrtam** $AB\epsilon_1\zeta_3\eta_1$] sūryabhedanam udāhrtam *unm.* ζ_1 sūryabhedanam uttamam $\Gamma\delta_1\delta_2\chi$ bhedanam samudāhrtam η_2

अथोज्जायी ।

मुखं संयम्य नाडीभ्यामाकृष्य पवनं शनैः ।

यथा लगति कण्ठात्तु हृदयावधि सस्वनम् ॥

2.51

पूर्ववत्कुम्भयेत्प्राणं रेचयेदिडया ततः ।

श्लेष्मदोषहरं कण्ठे देहानलविवर्धनम् ॥

2.52

†नाडीजलोदरा†धातुगतदोषविनाशनम् ।

गच्छतस्तिष्ठतः कार्यमुज्जाय्याख्यं तु कुम्भकम् ॥

2.53

heading: athojjāyī α₁Bε₁ζ₃η₁χ] atha ujjāyī α₃ζ₁η₂ ujjāyī Γδ₂ ujjāi δ₁ jāi α₂ **51a samyamya** cett.] samnamya η₁ samkocca α₃ **nāḍibhyām** α₂β₂Γε₁χ] nāḍibhyām α₁β₁ nāsābhyām α₃β_ωδ₁δ₂ζ₁ζ₃η₁η₂ **51b śanaiḥ** cett.] tataḥ δ₁ punaḥ δ₂ **51c yathā** cett.] yadā η₁η₂ **lagati** cett.] lagatu β₂ galati ζ₃ ragati γ₁ **kaṇṭhāt tu** α₁α₂β₁β₂δ₂ζ₁ζ₃η₂χ] kaṇṭhe tu Γ kaṇṭhāntar δ₁ kaṇṭhāntaṃ β_ω kaṇṭhādiṃ α₃ hr̥tkaṇṭhe η₁ (lagaty) asuḥ kaṇṭha ε₁ **51d hr̥dayāvādhi** cett.] hr̥tpadmāvadhi β₂η₂ **sasvanam** cett.] sasvani β₁ sausanam η₁ śodhanam η₂ niḥsvanam β₂ **52a pūrvavat** cett.] pūrve ca γ₁ pūrvatu β₂ **kumbhayet** cett.] kumbhayan δ₁δ₂ **prāṇam** α₁α₂BΓδ₁δ₂ε₁χ] prāṇāt η₁ prāṇān ζ₁ζ₃η₂ **52b recayed idayā** cett.] recayediyā δ₁ **tataḥ** cett.] tratat γ₂ tathā χ **52c śleṣma** cett.] śleṣmā η₂ śreṣmā γ₁ śleṣā β₂ gale ε₁ **doṣa-** **haram** cett.] śleṣmādidō ε₁ **kaṇṭhe** cett.] kaṇṭha δ₁ dehād η₁ dehām ζ₁ dehā η₂ °śaghnām ε₁ **52d dehānalavivardhanam** β₁β₂Γδ₁δ₂ε₁ζ₃χ] dehānale vivardhanam α₁ dehanāmlavibardhanam α₂ dāvānalavivardhanam β_ω dehāvaladiptivivardhanam *unm.* α₃ analadiptivardhanam η₁ analam dipavardhanam ζ₁ °naladiptivivardhanam η₂ **53a nāḍijalodarā** β₁ε₁ζ₁η₁χ] nāḍijalalodārā α₂ nāḍijalodaram γ₁δ₁δ₂ζ₃ nāḍijalodarī γ₂ nāḍijalodara β₂ nāḍijalodare β_ωη₂ nāḍijalodaro α₁ nāḍijalāmdaram α₃ **dhātu** cett.] dhātum (dhautam pc) α₃ **53b gatadoṣa** α₁Bγ₂δ₂ε₁η₂χ] gadadoṣa α₂ gatadoṣā γ₁ gataroga ζ₁η₁ galaroga α₃ śataroga ζ₃ śatadoṣa δ₁ **53c gacchataḥ** **tiṣṭhataḥ** ABδ₁ε₁ζ₁η₁χ] gacchataḥ tiṣṭhataḥ Γδ₂ζ₃η₂χ **kāryam** cett.] kāryām α₁ε₁ kāya ζ₁ **53d ujjāyākhyam tu** χ] ujjāyākhyam tu α₁α₂β₂γ₂δ₁ζ₁ζ₃η₁ ujjāyākhyam ca δ₂ urjārvyākhyam tu β₁ ujjāyāhravya γ₁ ujhā{h}yyākhyāyat tu α₃ ujjākhyam kumbha° ε₁ kuru vikyāta β_ωη₂ **kumbhakam** cett.] kumbhakaḥ β_ω kam tv idam ε₁

अथ सीत्का[#] । (om. δ_1)

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

2.54

योगिनीचक्रसामान्यः[#] सृष्टिसंहारकारकः ।
न क्षुधा न तृषा निद्रा नैवालस्यं प्रजायते ॥⁵

2.55

भवेत्स्वच्छन्ददेहश्च सर्वोपद्रववर्जितः ।
अनेन विधिना सत्यं योगीन्द्रो भुविमण्डले ॥

2.56

⁶एवमेव उक्तं च । (om. $\alpha_2\beta_2\Gamma\delta_1\delta_2\chi$)

रसनातालुमूलेन[#] यः प्राणं सततं पिबेत् ।

अब्दार्धेन भवेत्तस्य सर्वरोगपरिक्षयः ॥ (om. χ)

2.57

heading: *atha* cett.] om. $\Gamma\delta_1\delta_2$ **sītkā** $\epsilon_1\zeta_1$] *sītkā* α_1 *sītakā* η_1 *śītkārah* $\gamma_1\delta_2$ *sītkārah* α_3 *śītkāra* β_ω *śīkāra* γ_2 *śītkāraṃ* β_2 *sītkārī* $\alpha_2\zeta_3\chi$ *śītakarākarma* η_2 *śīghrā* β_1 om. δ_1 **54a sīt-/śītkām** $\alpha_1\alpha_3\beta_1\beta_2\gamma_2\delta_2\epsilon_1\zeta_3\chi$] *sātkām* ζ_1 *sātkā* α_2 *sītkīm* δ_1 *dhitkā*(?) γ_1 *kumbhaṃ* $\beta_\omega\eta_2$ om. η_1 **dadyāt** $A\beta_1\epsilon_1\zeta_1\zeta_3\eta_1$] *kuryāt* $\beta_2\beta_\omega\Gamma\delta_1\delta_2\eta_2\chi$ **sadā** $A\beta_1\beta_\omega\epsilon_1\zeta_1\zeta_3\eta_1\eta_2$] *tathā* $\beta_2\Gamma\delta_1\delta_2\chi$ **vaktre** cett.] *vaktrāt* η_2 *dakre* γ_1 **54b ghrāṇe caiva** $\alpha_1\beta\epsilon_1\eta_1$] *ghrāṇe cātha* $\zeta_1\zeta_3$ *ghrāṇenaiva* $\alpha_3\gamma_2\delta_1\delta_2\eta_2\chi$ *prāṇenaiva* γ_1 *prāṇa caiva* α_2 **vijrmbhikām** $\alpha_1\alpha_2\beta_1\beta_2\delta_1\epsilon_1\zeta_3\eta_1\chi$] *vijrmbhikām* γ_1 *vijāmbhikām* γ_2 *vijāmbhakām* ζ_1 *vijrmbhitām* α_3 *vijrmbhitām* $\beta_\omega\eta_2$ *visarjayet* δ_2 **54c evam abhyāsa** cett.] *evam abhyāsaṃ* η_1 **yogena** cett.] *yoge tu* β_1 **54d kāmadevo dvitīyakaḥ** cett.] *kāmadeva* *ivāparaḥ* δ_2 **55a yoginī** cett.] *yoginām* β_1 **cakrasāmānyaḥ** $\alpha_1\alpha_3\beta_1$] *cakrasāmānya* $\alpha_2\beta_\omega\epsilon_1\zeta_1$ *cakrasaṃmānyaḥ* χ *cakram āsādyā* $\eta_1\eta_2$ *cakrasevyas tu* $\beta_2\Gamma\delta_1\delta_2\zeta_3$ **55d naivālasyaṃ** cett.] *nīmḍrālasyaṃ* β_1 **prajāyate** cett.] *tu jāyate* $\zeta_1\zeta_3$ *tu jāyete* η_2 *na jāyate* β_1 **56a svacchanda** cett.] *sattvaṃ ca* χ **dehaś ca** $\alpha_1\alpha_2\beta_2\beta_\omega\epsilon_1\zeta_1\zeta_3\eta_2$] *dehas tu* $\Gamma\delta_1\delta_2$ *dehasya* $\alpha_3\chi$ *dehastha* β_1 *dehaṃ ca* η_1 **56b varjitaḥ** cett.] *vivarjitaḥ* β_ω **56c satyaṃ** $A\beta_2\beta_\omega\epsilon_1\eta_1\eta_2\chi$] *nityaṃ* $\beta_1\zeta_1\zeta_3$ *yas tu* $\Gamma\delta_1\delta_2$ **56d yogīndro** cett.] *yogīndro* β_ω *yogēndro* $\alpha_2\zeta_1$ *yogibhyo* ϵ_1 **bhuvi** $\alpha_3\beta\epsilon_1\eta_1\eta_2$] *bhūmi* $\alpha_1\alpha_2\gamma_2\delta_1\zeta_1\zeta_3\chi$ *bhumi* δ_2 *muni* γ_1 **heading:** *evam eva uktaṃ ca* $\alpha_1\epsilon_1\eta_1$] *evam eva uktaṃ* ζ_1 *evam eva tad uktaṃ* β_1 *uktaṃ ca* η_2 *uktaṃ* β_ω *evam evoktaṃ* *gorakṣakaḥ* (evam *evoktaṃ ca dittography*) α_3 *gorakṣēnaivam evoktaṃ* ζ_3 om. α_2 **57a mūlena** cett.] *mūlaṃ ca* α_2 *yogena* $\beta_2\Gamma$ **57b prāṇaṃ** cett.] *prāṇa* $\beta_\omega\eta_2$ *prāṇāḥ* γ_1 **57c abdārdhena** cett.] *abdordhena* α_3 *abardārdhe* β_1 **57d sarvarogaparikṣayaḥ** cett.] *parikṣayaḥ* η_1 *sarvāṃgasusthirakriyaṃ* η_2

⁵ In α_2 this verse is found before the heading *atha sītkārī*.

⁶ $\zeta_3\eta_2$ add here: रसनातालुयोगेन (ζ_3 ; सत्यामूलेन रन्ध्रेण η_2) यः प्राणं सततं पिबेत् । स भवेत्सर्वसिद्धिनां भाजनं नात्र संशयः ॥ Cf. 2.57.

अथ शीतली । (om. δ_1)

जिह्वया वायुमाकृष्य पूर्ववत्कुम्भनादनु[#] ।
शनेस्तु घ्राणरन्ध्राभ्यां रेचयेदनिलं सुधीः ॥

2.58

गुल्मह्नीहादिकान्दोषान् ज्वरं पित्तं क्षुधां तृषाम् ।
विषाणि शीतली नाम कुम्भकोऽयं निहन्ति च ॥

2.59

अथ भस्त्रिका । (om. δ_1)

ऊर्वोरुपरि चेद्धत्ते उभे पादतले तथा ।
पद्मासनं भवेत्सम्यक् सर्वपापप्रणाशनम् ॥

2.60

सम्यक्पद्मासनं बद्धा समग्रीवोदरः सुधीः ।
मुखं संयम्य यत्नेन प्राणं घ्राणेन रेचयेत् ॥⁷

2.61

heading: *atha śītalī* cett.] *atha śītalā* α_2 *tathā śītalī* η_2 *śītalī* Γ *om. \delta_1* **58a** *jihvayā* cett.] *jihvāyā* α_2 *jihvāyām* α_3 *jihvā* η_1 **58b** *pūrvavat* cett.] *pūrvam* α_2 *pūrve* α_2 **kumbhanād anu** $\alpha_1\beta_1\epsilon_1\epsilon_2$] *kumbhanād agu* α_2 *kumbhakād anu* $\beta_2\gamma_2\delta_1\delta_2\zeta_1\zeta_3$ *kumbhakādane* γ_1 *kumbhasāadhanam* $\beta_\omega\eta_1\eta_2\chi$ *kumbhayet tataḥ* α_3 **58c** *śanais tu* cett.] *śanaiḥ* α_3 *śanakair* χ **ghrāṇa** cett.] *prāṇa* η_2 **58d** *anilaṃ* cett.] *pavanam* χ **sudhiḥ** $\beta_2\gamma_2\delta_1\delta_2\epsilon_1\chi$] *sudhī* $\alpha_1\alpha_2\beta_1\beta_\omega\gamma_1$ *śanaiḥ* $\alpha_3\zeta_1\eta_1\eta_2$ *tataḥ* ζ_3 **59a** *plihādikān* $\text{AB}\epsilon_1\chi$] *plihodaram* $\Gamma\delta_1\delta_2$ *plihodarān* $\zeta_1\zeta_3$ *śleṣmādayo* η_2 *śleṣmādikā* η_1 **doṣān** $\text{AB}\epsilon_1\zeta_3$] *doṣā* η_1 *doṣāḥ* η_2 *rogān* $\zeta_1\chi$ *cāpi* $\Gamma\delta_2$ *vāpi* δ_1 **59b** *jvaram* $\alpha_2\beta_1\beta_2\gamma_2\delta_1\delta_2\epsilon_1\zeta_1\chi$] *jvalam* $\alpha_1\gamma_1$ *jvara* $\beta_\omega\zeta_3\eta_2$ *jvarā* η_1 *jvarān* α_3 **pittaṃ** $\text{A}\beta_1\beta_2\Gamma\epsilon_1\zeta_1\zeta_3\chi$] *pitta* $\beta_\omega\eta_1\eta_2$ *cāpi* $\delta_1\delta_2$ **kṣudhām** $\alpha_3\beta_1\beta_2\delta_1\epsilon_1\chi$] *kṣudhā* $\alpha_1\alpha_2\beta_\omega\Gamma\delta_2\eta_1\eta_2$ *kṣayam* ζ_1 *kṣaya* ζ_3 **trṣām** cett.] *trṣā* $\alpha_2\beta_\omega\eta_1\eta_2$ *trṣam* δ_2 **59c** *viṣāṇi* $\text{A}\beta_1\Gamma\epsilon_1\zeta_1\zeta_3\chi$] *etāni* $\beta_\omega\eta_1\eta_2$ *nāṣini* β_2 *vidhivat* $\delta_1\delta_2$ **59d** *kumbhako'yaṃ* cett.] *kumbhakeyā* δ_1 *kumbhikeyam* χ *kumbhako* α_1 **nihanti** $\alpha_1\alpha_2\text{B}\Gamma\epsilon_1\eta_2$] *nihanti* hi $\alpha_3\zeta_1\zeta_3\eta_1\chi$ *nirantaram* δ_1 *nigadyate* δ_2 **heading:** *atha bhastrikā* cett.] *atha bhastrikā* ϵ_1 *atha bhastrikā* δ_2 *bhastrikā* γ_1 *bhasrikā* γ_2 *om. \delta_1* **60a** *ūrvoor* cett.] *jānvor* ϵ_1 **ced dhatte** $\alpha_1\alpha_2\epsilon_1\zeta_1$] *vai dhatte* $\beta_\omega\eta_2$ *veddhamte* β_1 *saṃdhatte* $\alpha_3\eta_1$ *saṃsthāpya* $\beta_2\Gamma\delta_1\delta_2\zeta_3\chi$ **60b** *ubhe* cett.] *śubhe* χ *yathā* α_3 **tathā** cett.] *yadā* $\alpha_1\alpha_2$ *sadā* β_ω *ubhe* $\alpha_3\chi$ **60c** *samyak* cett.] *satya* α_3 *etat* $\beta_2\epsilon_1\chi$ **61a** *samyak* cett.] *tataḥ* ϵ_1 **61b** *sama* cett.] *same* η_1 *samyak* α_2 **°odaraḥ sudhiḥ** cett.] *°odaram* *sudhī* $\alpha_1\alpha_2\beta_1$ *°odara* *śudhī* β_ω **61c** *mukhaṃ* cett.] *sukhaṃ* γ_1 **saṃyamya** cett.] *saṃjamya* δ_1 *niyamya* ϵ_1 **61d** *prāṇam* cett.] *ghrāṇam* δ_1 **recayet** cett.] *pūrayet* α_3

⁷ η_2 adds here: अथैव स्वशरीरस्थं चालयेत्पवनं स्थली (cf. 2.64ab with the reading of β_ω स्थली for धिया).

यथा लगति हृत्कण्ठकपाले श्वसनं ततः[#] ।
वेगेन पूरयेत्किञ्चित् हृत्पद्मावधि मारुतम् ॥ 2.62

पुनर्विरेचयेत्तद्वत्पूरयेच्च पुनः पुनः ।
यथैव लोहकाराणां भस्त्रा वेगेन चाल्यते ॥ 2.63

तथैव स्वशरीरस्थं चालयेत्पवनं धिया ।
यदा श्रमो भवेद्देहे तदा सूर्येण पूरयेत् ॥ 2.64

यथोदरं भवेत्पूर्णं पवनेन तथा लघु ।
धारयेच्चासिकां मध्यातर्जनीभ्यां[#] विना दृढम् ॥ 2.65

कुम्भकं पूर्ववत्कृत्वा रेचयेदिडयानिलम् ।
वातपित्तश्लेष्महरं शरीराग्निविवर्धनम् ॥ 2.66

62a yathā cett.] yadā β_ωδ₁η₁η₂ yadvā γ₁ **lagati** cett.] galati ζ₃ **hṛtkanṭha** α₁α₂β₁β₂ε₁ζ₁] hṛtkanṭham γ₁ hṛtkanṭhe α₃β_ωγ₂δ₁δ₂ζ₃η₁η₂χ **62b kapāle** α₁α₃ζ₁η₁] kapāla γ₁η₂ kapālā^a β₂γ₂δ₁δ₂ζ₃χ kapola α₂ kapolaṃ β₁ε₁ kapole β_ω **śvasanaṃ tataḥ** α₁] svāsanam tataḥ β_ω saśvanam tataḥ α₂ sasvanam tataḥ β₁ζ₁ syarśanam tataḥ η₂ nisvanam tataḥ α₃ ca samantataḥ η₁ sasvaro marut ε₁ °vadhi sasvanam Γχ °vadhi niḥsvanam β₂ °vadhi pūrayet δ₁δ₂ζ₃ **62c kiṃcit** cett.] samyak Γδ₁δ₂ cāpi χ **62d hṛt** cett.] syāt δ₁ **mārutam** cett.] mārutah β_ω kevalam ζ₃ **63a virecayet** cett.] virecanam β_ω **63b pūrayec ca** ABε₁η₂χ] pūrayed vā ζ₁ζ₃η₁ pūrayitvā Γδ₂ pūraitvā δ₁ **punaḥ punaḥ** cett.] punas tataḥ δ₂ **63c lohakārāṇam** cett.] lohakārasya ε₁ lohakāreṇa η₁χ **64a stham** cett.] sthaś δ₁ **64b cālayet** ABε₁ζ₁ζ₃η₁χ] cāyet η₂ cālyate Γδ₁δ₂ **pavanaṃ** cett.] pavano δ₁ **dhiyā** cett.] yathā δ₁ śanaiḥ η₂ sthali β_ω **64c yadā** cett.] yathā α₃δ₁δ₂ tathā ζ₁ **śramo** cett.] kramo ζ₁ **64d tadā** cett.] tathā α₃δ₁δ₂ε₁η₁ **pūrayet** cett.] recayet ζ₃ **65a yathodaram** α₁α₂β₁β₂Γδ₁δ₂ε₁χ] yadodaram α₃ athodaram β_ωζ₁ζ₃η₁η₂ **bhavet** cett.] labhet α₁ yadā ζ₁ζ₃ **65b pavanena** cett.] anilena χ **tathā** cett.] tadā α₃ζ₁ yathā β₁η₁ **laghu** cett.] laghuḥ α₂β₂β_ωη₂ **65c dhārayen** cett.] dhāvayen ζ₁ dhārayan γ₁η₁ **nāsikām** β₁β_ωδ₂χ] nāmikām γ₂ nāsikā cett. **madhyā** γ₂δ₂ζ₃χ] madhyām ζ₁ madhyam α₁α₃ε₁ madhya β₁ madhye α₂β₂β_ωγ₁η₁η₂ mādhyāt δ₁ **65d tarjanibhyām** cett.] tarjanabhyām γ₁ aṅgulibhyām η₁η₂ **vinā** cett.] tathā η₂ **66a kumbhakaṃ pūrvavat** cett.] kumbhakaṃ pūrakam α₁η₁η₂ vidhivat kumbhakaṃ χ **66b iḍayānilam** Aβ₁β₂γ₂ε₁ζ₃η₂χ] iḍayānalam β_ω iḍayānilam γ₁ ekayānilam ζ₁η₁ iḍayā tataḥ δ₁δ₂ **66c vātapittasleshmaharam** cett.] kaphapittānilaharam ε₁ **66d vivardhanam** cett.] pravardhanam η₁ vivajitam δ₁

कुण्डलीबोधकं वक्र#भावघ्नं सुखदं शुभम् ।
ब्रह्मनाडीमुखे संस्थकफाद्यर्गलनाशनम् ॥

2.67

गुणत्रयसमुद्भूत#ग्रन्थित्रयविभेदकम् ।
विशेषेणैव कर्तव्यं भस्त्रारख्यं कुम्भकं त्विदम् ॥ (cd om. $\eta_1 \eta_2$)

2.68

अथ भ्रमरी । (om. δ_1)

वेगोद्धोषं# पूरकं भृङ्गनादं
भृङ्गीनादं रेचकं मन्दमन्दम् ।
योगीन्द्राणामेवमभ्यासयोगा-
चित्ते जाता काचिदानन्दमूर्च्छा ॥

2.69

67a bodhakam $\alpha_1 \alpha_3 \varepsilon_1 \zeta_1 \zeta_3 \eta_1 \chi$] bodhakah $\beta_\omega \eta_2$ bodhanam $\beta_1 \beta_2 \Gamma \delta_1 \delta_2$ nodha α_2 **vakra** ε_1] [va]ktram α_3 cakra β_1 cakram $\alpha_1 \alpha_2$ vipra $\zeta_1 \eta_1$ sarva ζ_3 kṣipram χ kuryāt $\Gamma \delta_1 \delta_2$ karttur β_2 kumbho $\beta_\omega \eta_2$ **67b bhāvaghnam** $\alpha_1 \alpha_3 \beta_1 \varepsilon_1 \zeta_1$] bhavaghnam $\beta_2 \eta_1$ bhāvadam α_2 pāpaghnam $\gamma_2 \delta_1 \delta_2$ pāpapum γ_1 pavanam χ doṣaghnam ζ_3 rogaghnaḥ $\beta_\omega \eta_2$ **sukhadam** cett.] sukhadaḥ $\beta_\omega \eta_2$ suṣadam γ_1 śubhadam δ_2 supada α_2 **śubham** cett.] śubhaḥ $\beta_\omega \eta_2$ hitam χ tathā δ_1 **67c mukhe samstha** $\alpha_3 \beta_1 \beta_\omega \zeta_3 \eta_1 \chi$] mukhe samsthaḥ η_2 mukhe samstham $\alpha_1 \beta_2 \delta_2 \zeta_1$ sukke samstham δ_1 mukham samstha α_2 mukhāntastha ε_1 mukhamtastha γ_1 mukhāmtatstha γ_2 **67d kaphādyargala** cett.] kapāṭārgala $\beta_1 \varepsilon_1$ kapāṭergala η_1 kaphaughagala β_2 kaphāvāta α_3 **nāśanam** cett.] nāśanaḥ η_2 **68a guṇatraya** em. (ζ_3 in margine)] samyaggātra $\alpha_1 \alpha_3 \beta_1 \eta_1 \zeta_1 \chi$ samyagātra $\gamma_2 \beta_\omega$ sammyagrātra γ_1 samyagānta ε_1 samyanimātra ζ_3 samyaggātre $\alpha_2 \delta_1 \delta_2$ samyagbhastrā η_2 samyagantah β_2 **samudbhūta** $\beta_2 \beta_\omega \gamma_1 \varepsilon_1 \zeta_1 \chi$] samudbhūtam $A \gamma_2 \delta_1 \delta_2 \zeta_3 \eta_1$ samudbhūto η_2 sadbhūta β_1 **68b vibhedakam** cett.] vibhedanam $\alpha_3 \beta_2 \varepsilon_1$ vibhedakah η_2 **68d tv idam** $\alpha_1 B \gamma_2 \delta_2 \varepsilon_1 \chi$] svidam γ_1 cidam α_2 svayam $\zeta_1 \zeta_3$ param δ_1 om. $\eta_1 \eta_2$ **heading: atha** cett.] om. $\Gamma \delta_1$ **bhramari** $\alpha_1 \alpha_2 \beta_1 \beta_2 \gamma_2 \varepsilon_1 \eta_2$] bhrāmari $\beta_\omega \gamma_1 \delta_2 \zeta_1 \zeta_3 \eta_1 \chi$ om. δ_1 **69a vegodghoṣam** $\alpha_3 \beta_1 \beta_2 \varepsilon_1$] vegodghokham δ_1 vegoghoṣam $\alpha_1 \gamma_2$ vegodveṣam $\delta_2 \zeta_1$ vegāḍ ghōṣam $\eta_2 \chi$ vegāghoṣam β_ω veṣoghaṣam α_2 vegair ghōṣam η_1 vegāgho γ_1 vegākṛṣṭam ζ_3 **pūrakam** cett.] pūrayet η_2 **bhṛṅganādam** cett.] bhrṅginādam α_3 bhrṅginādam α_2 maṇḍamaṇḍam δ_1 om. γ_1 **69b recakam** cett.] recayet η_2 **mandamandam** cett.] mandam $\alpha_1 \beta_1$ **69c yogīndrāṇām** cett.] yogemdrāṇām $\alpha_1 \zeta_1$ **evam abhyāsa** cett.] nityam abhyāsa $\gamma_2 \delta_2$ nityabhyāsa γ_1 **yogāc** cett.] yogāś η_2 yogā β_ω yogī sā β_1 **69d jāta** cett.] yātā δ_1 jāte η_1 yāte α_2 jāto β_ω bhūyāt ε_1 **kācid** cett.] kvacid ζ_1 kimpid α_2 cid β_ω **murchā** $A \beta_1 \beta_\omega \varepsilon_1 \zeta_1 \zeta_3 \eta_1 \eta_2$] līlā $\beta_2 \Gamma \delta_1 \delta_2 \chi$

अथ मूर्छा । (om. δ_1)

पूरकान्ते गाढतरं बद्धा जालंधरं शनैः ।

रेचयेन्मूर्छनारख्येयं मनोमूर्छा सुखप्रदा ॥ (om. $\zeta_1\zeta_2$)

2.70

अथ प्लावनी । ($\beta_1\beta_2\zeta_3\chi$)

अन्तःप्रवर्तितोद्गारमारुतापूरितोदरः ।

पयस्यगाधेऽपि सुखात् प्लावते पद्मपत्रवत् ॥ (om. $\delta_1\delta_2$)

2.71

इति प्लावनीकुम्भकम् । ($\alpha_1\alpha_2\zeta_1\zeta_2$) (om. cett. incl. α_3)

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

प्राणायामस्त्रिधा प्रोक्तो रेचपूरककुम्भकैः ।

सहितः केवलश्चेति कुम्भको द्विविधो मतः ॥ (om. ζ_1)

2.72

heading: mürchā $\alpha_1\text{B}\Gamma\delta_2\epsilon_1\chi$] mürchanākumbhakam $\zeta_1\eta_1\eta_2$ mürchākumbhakah ζ_3 bhramarī(!)
 α_2 om. δ_1 **70a** gāḍhataram $\Gamma\delta_1\epsilon_2\zeta_3\eta_1\chi$] gāḍhataram α_2 ghaḍhataram β_2 bāḍhataram $\alpha_3\epsilon_1$
vāṃḍhataram α_1 ḍṛḍhataram δ_2 bahutaram $\beta_\omega\eta_2$ ḍṛḍham badhvā β_1 **70b** baddhvā cett.] baṃḍ-
ham β_1 baṃḍho $\delta_1\delta_2$ **jālaṃdharam** cett.] jālaṃdharam $\alpha_1\alpha_2\beta_1$ jālaṃdhare γ_1 jālaṃdharah
 $\delta_1\delta_2$ **70c** khyeyam $\alpha_1\text{B}\Gamma\delta_2\zeta_3\chi$] kseyam α_2 khyo'yam $\alpha_3\delta_1\epsilon_1\eta_1$ stho'yam η_2 **70d** mano
cett.] mahā ϵ_1 **pradā** $\alpha_1\alpha_2\beta_1\beta_2\gamma_2\delta_1\delta_2\zeta_3\chi$] pradah $\alpha_3\beta_\omega\epsilon_1\eta_2$ pradam η_1 prajā γ_1 **head-**
ing: plāvanī $\beta_1\beta_2$] plāvinī χ plāvanīkumbhakah ζ_3 **71a** antah cett.] atah γ_2 amta $\alpha_2\beta_1$ anna ζ_1
atha η_1 **pravartitodgāra** $\alpha_1\beta_1\beta_2\gamma_2\epsilon_1\zeta_1$] pravartitādgāra γ_1 pravartitodāra χ pravartitodhāra β_ω
pravartitādhāra $\zeta_3\eta_2$ pravartitādharam α_3 pravṛttatodgāra α_2 prakṛtitodāra η_1 **71b** mārutā cett.]
māruti γ_1 mārute η_1 māruta β_ω marudā α_3 **71c** payasy agādhe'pi sukhāt $\alpha_1\beta_1\beta_2\epsilon_1\zeta_1\chi$] payasy
agāyapi śuśā α_2 payasy agādhe ti sukhāt ζ_3 payasy agādhe pi sukhām γ_2 yadyasyagādhe pi sukhām
 γ_1 payasvi gādha pi kṣāt η_1 sāksāt payasy agādhe pi $\beta_\omega\eta_2$ **71d** plavate $\alpha_1\alpha_2\beta_1\beta_2\epsilon_1\zeta_1\eta_1\chi$] plavato $\beta_\omega\eta_2$ labhate Γ **padma** cett.] yapa γ_1 **patravat** cett.] vat sadā ζ_3 **ending: iti**
 $\zeta_1\zeta_2$] om. $\alpha_1\alpha_2$ **heading: kevalakumbhakam** $\alpha_1\alpha_2\beta_1\beta_2\zeta_1\eta_1$] kevalakumbhaka β_ω kevalakumb-
hakah $\alpha_3\epsilon_1\eta_2$ kevalah ζ_3 sahitaḥ Γ sahitaḥ δ_2 om. $\delta_1\chi$ **72a** prāṇāyāmas cett. incl. α_3] prāṇāyāmas η_1 prāṇāyāma $\alpha_1\alpha_2$ **prokto** cett. incl. α_3] proktā $\alpha_1\gamma_1\eta_1$ prokte α_2 **72b** reca
cett.] recaka $\beta_\omega\gamma_2\eta_2$ recakah α_2 **pūraka** cett.] pūra α_2 kumbhaka δ_1 **kumbhakaiḥ** cett.] kumbhakamkaiḥ α_2 kumbhakāḥ η_1 kumbhakau Γ pūrakaiḥ δ_1 **72c** sahitaḥ cett.] saajātam α_3
kevalas ceti cett.] kevalam ceti $\alpha_3\eta_1$ kevalastreti γ_2 kevalas caiva β_2 **72d** dvividho cett.] dvividhā $\alpha_3\zeta_2\eta_1$

रेच्य चापूर्य यः कार्यः स वै सहितकुम्भकः । [#] (ab om. ζ ₁ χ)	
यावत्केवलसिद्धिः स्यात् तावत्सहितमभ्यसेत् ॥	2.73
रेचकं पूरकं मुत्त्वा सुखं यद्वायुधारणम् ।	
प्राणायामोऽयमित्युक्तः स वै केवलकुम्भकः ॥	2.74
केवले कुम्भके सिद्धे रेचपूरकवर्जिते ।	
न तस्य दुर्लभं किञ्चित्पि लोकेषु विद्यते ॥	2.75
शक्तः केवलकुम्भेन यथेष्टं वायुधारणम् ।	
राजयोगपदं चैव लभते नात्र संशयः ॥	2.76
हठं विना राजयोगो राजयोगं विना हठः ।	
न सिध्यति ततो युग्ममा निष्पत्तेः समभ्यसेत् ॥	2.77

73a *recya cāpūrya yaḥ kāryaḥ* ε₁] *recāpūrya yet kāryaḥ unm.* α₂ *reco vā pūrakāḥ kāryaḥ* β₁ *recakaḥ pūrvavat kāryaḥ* α₁ *recakaḥ pūrakāḥ kāryaḥ* β_ω *recakaḥ pūrakāḥ kārya* η₂ *recakaḥ pūrakāḥ kāryaḥ* η₁ *virecyā pūrakāḥ kāryaḥ* β₂ *recakaḥ pūrakāḥ kuryāt* α₃ζ₃ *recayet pūrakāḥ kuryāt* Γζ₂ *ārecyāpūrya yat kuryāt* δ₁ *ārecya pūrya yat kuryāt* δ₂ *om.* ζ₁χ **73b** *sa vai* α₁δ₁δ₂ε₁η₁] *sa ve* α₂ *savyai* ζ₂ *sa«r»vvai* η₂ *saiva* β₂ *śanaiḥ* β₁β_ωΓζ₃ *om.* ζ₁χ **sahitakumbhakaḥ** cett.] *sahitakumbhakaiḥ* β₁ *saṃyatakumbhakaḥ* ζ₃ *om.* ζ₁χ **73c** *siddhiḥ* cett.] *śuddhiḥ* δ₁η₂

73d *tāvat sahitam* α₃ΒΓδ₁δ₂ε₁η₁] *tāvat sahitāsam* η₂ *sahitaṃ tāvad* α₁α₂ζ₁ζ₂ζ₃χ **74a** *pūrakam* cett.] *kumbhakaṃ* β₂ **muktā** α₂α₃β₁β₂ε₁ζ₁ζ₃η₁η₂χ] *muktā* β₁ *muktaṃ* β_ω *tyaktvā* α₁Γδ₁δ₂

74b *sukhaṃ* cett.] *mukhaṃ* γ₁ *sukhād* η₁η₂ **yad vāyudhāraṇam** cett.] *vāyunirodhanam* η₁η₂ *saṃdhāya dhāraṇām* ζ₁ **74d** *sa vai* cett.] *sarvaiḥ* ζ₁ *sarve* α₁α₂ *sacet* α₃ **kumbhakaḥ** cett.] *kumbhaka* β_ω *kumbhakā* α₁ *kumbhakaṃ* β₁ *kumbhataḥ* γ₁ **75a** *kevale kumbhake* cett.] *kumbhake kevale* ζ₃χ **siddhe** cett.] *siddho* β_ω *siddhi* β₁η₁ *śiṣva* α₂ **75b** *reca* cett.] *recaḥ* γ₂ *recaka* α₁β_ωη₂ *recake* α₃ **pūraka** β₁β₂Γδ₁δ₂ε₁η₂χ] *pūra* Αβ_ωζ₃η₁ *püre* ζ₁ **varjite** α₁β₁β₂Γδ₁δ₂ε₁η₂χ] *vivarjite* α₂α₃ζ₃η₁ *vivarjitaṃ* β_ω *vivarjayet* ζ₁ **75d** *lokeṣu* cett.] *kāleṣu* η₂

76a *śaktaḥ* α₁β₂γ₁ε₁ζ₃η₁χ] *śaktaḥ* γ₂ *śakta* β₁ *saktaṃ* ζ₁ *śakti* α₂α₃ *śuddha* β_ωδ₁η₂ *śuddhaḥ* δ₂ **kevalakumbhena** cett.] *kevale kumbhake* γ₁ *cet kevale kumbhe* β₁ **76b** *yatheṣṭam* cett.] *yathoktaṃ* δ₁δ₂ **dhāraṇam** cett.] *dhāraṇe* α₁ε₁ζ₃ *dhāraṇāt* ζ₁χ **76c** *yoga* cett.] *yogaṃ* β_ω *yogo* β₁ **padam** cett.] *phalaṃ* ζ₁ **caiva** cett.] *caivaṃ* α₂η₁ *cāpi* χ *samyak* Γ **76d** *labhate* cett.] *labhyate* β₂ζ₁η₁η₂ **77c** *yugmam* cett.] *yogaṃ* ζ₃ **77d** *ā niṣpatteḥ* cett.] *niṣpatteḥ* α₁ *ā niṣpatti* Γ *ā niṣpaṣe* β₁ *ā nipatre* α₂ *ubhayor api* ζ₃ **samabhyaset** cett.] *cābhyaset* ζ₃

कुम्भितप्राणरेचान्ते# कुर्याच्चित्तं निराश्रयम् ।

एवमभ्यासयोगेन राजयोगपदं व्रजेत् ॥ (cd om. ḍ₁)

2.78

कुम्भकाद्वर्धते वायुस्ततोऽग्निश्च प्रवर्धते ।

बुद्धा कुण्डलिनी तस्मात्सैव द्वारं प्रयच्छति ॥ (Γ)

2.78*1

कुम्भकात्कुण्डलीबोधः कुण्डलीबोधतो भवेत् ।

अनर्गला सुषुम्णा च हठसिद्धिश्च जायते ॥ [before 2.77 χ]

2.79

वपुःकृशत्वं वदने प्रसन्नता

नादस्फुटत्वं नयने च निर्मले ।

आरोग्यता बिन्दुजयोऽग्निदीपनं

नाडीषु शुद्धिर्हठसिद्धिलक्षणम् ॥

2.80

इति श्रीस्वात्मारामयोगीन्द्रविरचितायां हठप्रदीपिकायां द्वितीयोपदेशः ॥ २ ॥

78a kumbhita β₁ζ₁] kumbhitaḥ α₁γ₁ζ₃ kumbhataḥ γ₂ kumbhata β_ω kumbhaka α₂ḍ₁η₂χ kumbhakaḥ ε₁η₁ kumbhaṃ ḍ₂ tad etat β₂ **recānte** cett.] ..cānte η₂ recakānte ḍ₂ rodhānte χ **78b nirāśrayam** cett.] nirāmayam β₁β_ωη₂ **78d yoga** cett.] yogaṃ β₁β_ωζ₃ om. ḍ₁ **padam** cett.] labhat ζ₃ om. ḍ₁ **vrajat** ABε₁η₁η₂χ] labhet Γḍ₂ζ₁ punaḥ ζ₃ om. ḍ₁ **78*1b pravardhate** γ₁] pavardhate γ₂ **78*1c buddhā** γ₂] buddhvā γ₁ **79** found before 2.77 χ **79a kumbhakāt** cett.] kumbhakān α₁η₂ kumbhakā α₂ kumbhikā β₁ **bodhaḥ** cett.] bodhaṃ η₁ bodha α₂ bodhau γ₁ bodho β_ωζ₃ **79b bodhato** cett.] bodhito η₁ **79c anargalā** cett.] anargala ζ₁ **suṣumṇā ca** cett.] sukhāmnā ca ζ₁ suṣumṇāto ḍ₂ sukhumnāto ḍ₁ suṣumṇāyāṃ η₁ **79d ante haṭhasiddhi** add. viśed vāyus tato balāt γ₁ **ca jāyate** cett.] prajāyate β_ωζ₁ζ₃ **80a vadane** cett.] vane η₁ vadana β₁ḍ₁ḍ₂ **80b nāda** cett.] nādaḥ β_ω post sphuṭatvam add. ca γ₁ **ca nirmale** Aζ₁ζ₃η₁η₂] sunirmale β₂β_ωΓḍ₁ḍ₂ε₁χ sucunirmmale β₁ **80c ārogyatā** Aβ₁β_ωη₁η₂] arogyatā β₂ arogitā γ₁ḍ₁ḍ₂ ārogitā γ₂ arogatā ε₁ζ₁χ ārogatā ζ₃ **dīpanam** cett.] dipakaṃ η₁ **80d nāḍīṣu** **sūddhir** β₁β_ωζ₁η₂] nāḍīṣu siddhir α₁η₁ nāḍīṣu _ddham α₂ nāḍīvisūddhir Γḍ₁ḍ₂ε₁ζ₃χ nāḍīvisūd-dhe β₂ **siddhi** cett.] siddha α₁ yoga η₁ **colophon: śrīsvātmārāmayogindra** β_ωγ₁ζ₃] śrīsadgurusvātmārāmayogendra α₁ svātmārāmayogendra ζ₁ ātmārāmayogindra η₂ svātmārāma η₁ śrīśahajānandasāntānacintāmaṇi-svātmārāmayogindra γ₂ śrīsvā* (sic!) β₁ om. α₂β₂ḍ₁ḍ₂ε₁χ **virac-itāyām** cett.] om. α₂β₁β₂ḍ₁ḍ₂ε₁χ **haṭhapradīpikāyām** cett.] śrīhaṭhapradīpikāyām α₂ ha* (sic!) β₁ ante **dvitiyo*** add. haṭhakarmasādhano nāma ζ₃ **dvitiyopadeśaḥ** Aβ₁β_ωΓε₁ζ₃χ] dvitiya upadeśaḥ ḍ₂ζ₁ dvitiyo yam upadeśaḥ ḍ₁ upadeśaḥ β₂ dvitiyodhyāyāḥ η₁η₂

List of Sigla

α_1	N3	
α_2	J5	
α_3	G4	damaged; collated when only available
β_1	P11	
β_2	C6	
β_ω	V3	
γ_1	N23	
γ_2	J7	
δ_1	V19	
δ_2	E2	
ϵ_1	G11	
ζ_1	P15	
ζ_2	N19	collated in 2.36, 72–73 where ζ_1 is missing
ζ_3	V15	
η_1	V1	
η_2	J10	
χ	Jyo	Brahmānanda's version, based on the edition 1972