

श्रीआदिनाथाय नमोऽस्तु तस्मै

येनोपदिष्टा हठयोगविद्या ।

विराजते प्रोन्नतराजसौध-

मारोढुमिच्छोरधिरोहिणीव ॥ (om.  $\alpha_2$ ) [1.1–33 lost  $\delta_2$ ]

1.1 –  $\delta_2$

प्रणम्य श्रीगुरुं नाथं स्वात्मारामेण योगिना ।

केवलं राजयोगाय हठविद्योपदिश्यते ॥

1.2 –  $\delta_2$

भ्रान्त्या बहुमतध्वान्ते राजमार्गमजानताम् ।

हठप्रदीपिकां धत्ते स्वात्मारामः कृपाकरः ॥

1.3 –  $\delta_2$

हठविद्यां हि मत्स्येन्द्रगोरक्षाद्या विजानते ।

स्वात्मारामोऽथवा योगी जानीते तत्प्रसादतः ॥

1.4 –  $\delta_2$

श्रीआदिनाथमत्स्येन्द्रशाबरानन्दभैरवाः ।

चौरङ्गीमीनगोरक्षविरूपाक्षबिलेशयाः ॥

1.5 –  $\delta_2$

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

मन्थानभैरवो योगी सिद्धबुद्धश्च कन्थडिः ।

गोरण्टकः सुरानन्दः सिद्धपादश्च चर्पटिः ॥ (cd om.  $\delta_1$ )<sup>1</sup>

1.6  $-\delta_2$

काणेरी पूज्यपादश्च नित्यनाथो निरञ्जनः ।

कपाली बिन्दुनाथश्च काकचण्डीश्वराह्वयः ॥

1.7  $-\delta_2$

अल्लमप्रभुदेवश्च घोडाचोली च टिण्टिणी ।

भालुकी नागबोधश्च खण्डकापालिकस्तथा ॥

1.8  $-\delta_2$

इत्यादयो महासिद्धा हठयोगप्रभावतः ।

खण्डयित्वा कालदण्डं ब्रह्माण्डेषु चरन्ति ते ॥

1.9  $-\delta_2$

**6a** *manthāna* cett.] *manthāno*  $\chi$  **bhairavo** cett.] *bhairavā*  $\gamma_1$  **6b** *siddha* cett.] *siddhi*  $\alpha_2$  *siddhir*  $\chi$  *śuddha*  $\beta_2\eta_2$  *suddha*  $\eta_1$  **buddhaś ca** cett. incl.  $\alpha_3$ ] *buddhiś ca*  $\alpha_1\alpha_2\beta_2\beta_\omega$  *pādaś ca*  $\delta_3$  **kanthaḍiḥ**  $\delta_1\delta_3\chi$ ] *kanthaḍi*  $\alpha_2B\epsilon_3$  *kanthaḍiḥ*  $\gamma_1$  *kanthalih*  $\epsilon_1$  *kanthali*  $\alpha_1\eta_1$  *kaṃḍali*  $\alpha_3$  *kandali*  $\eta_2$  **6c** *goraṇṭakah* *em.*] *goraṇṭaka*  $\alpha_1\alpha_2$  *gorakṣakas*  $\alpha_3$  *goraṇṭakah*  $\beta_2\gamma_1\epsilon_1\chi$  *koramḍakah*  $\epsilon_3$  *karamṭaka*  $\beta_1$  *pauraṇṭakah*  $\beta_\omega\delta_3\eta_1\eta_2$  *om.*  $\delta_1$  **surānandah** cett.] *surānanda*  $\alpha_2\beta_1\beta_\omega$  *sadānaṃda*  $\alpha_3$  *kṣurānaṃda*  $\alpha_1$  *om.*  $\delta_1$  **6d** *siddhapādaś ca* cett.] *śrīpādaś caiva*  $\epsilon_3$  *om.*  $\delta_1$  **carpaṭiḥ**  $\gamma_1\epsilon_3\eta_2\chi$ ] *carpaṭi*  $\alpha_1\beta_1\beta_\omega$  *carpaṭi*  $\beta_2\delta_3\eta_1$  *sarpaṭi*  $\alpha_3$  *paryaṭi*  $\alpha_2$  *carpaṭiḥ*  $\epsilon_1$  *om.*  $\delta_1$  **7a** *kāṇeri* *em.*] *kāṇeri*  $\alpha_2\beta_2\gamma_1\eta_1$  *kāṇeri*  $\alpha_1$  *kāṇeriḥ*  $\epsilon_1$  *ka[n]e..*  $\alpha_3$  *kāṇeriḥ*  $\epsilon_3$  *kāneri*  $\beta_\omega\eta_2\chi$  *kariṇi*  $\delta_1$  *karaṇi*  $\delta_3$  *kāroṭiḥ*  $\beta_1$  **pūjya** cett.] *pūrya*  $\eta_1$  *pūrva*  $\epsilon_1\eta_2$  *pūla*  $\alpha_2$  **7b** *nityanātho* cett.] *dhvaninātho*  $\eta_2$  *bilvanātho*  $\delta_1\delta_3$  **7c** *kapāli* cett.] *kapāsi*  $\delta_3$  **7d** *caṇḍiśvarāhvayaḥ*  $\beta_2\gamma_1\epsilon_1\epsilon_3\eta_1\chi$ ] *caṇḍiśvarādayaḥ*  $\beta_\omega\delta_1\delta_3\eta_2$  *caṇḍiśvaro* *gayaḥ*  $\alpha_3$  *caṇḍeśvaro* *gayaḥ*  $\alpha_1$  *caṇḍiśvaro* *gajaḥ*  $\alpha_2$  *caṇḍiśvaro* *mayāḥ*  $\beta_1$  **8a** *allama*  $\alpha_3$ ] *alama*  $\alpha_1$  *allamaḥ*  $\beta_\omega\epsilon_1\eta_1\eta_2\chi$  *allumaḥ*  $\alpha_2$  *allasa*  $\beta_1$  *allasaḥ*  $\gamma_1$  *alasaḥ*  $\beta_2$  *amelleḥ*  $\epsilon_3$  *sukṣamaḥ*  $\delta_1\delta_3$  **8b** *ghoḍācolī*  $\alpha_2\beta_1\beta_\omega\epsilon_3\chi$ ] *ghoḍācūli*  $\alpha_3\gamma_1$  *ghoḍācūli*  $\alpha_1$  *goḍācūli*  $\beta_2$  *ghoṭācolī*  $\delta_1\delta_3$  *ghorācolī*  $\eta_1\eta_2$  *\_gacoli*  $\epsilon_1$  **ca** cett.] *ci*  $\alpha_3$  *sa*  $\delta_1$  *gha*  $\delta_3$  **ṭiṇṭiṇi**  $\eta_1\eta_2$ ] *ṭiṃṭiṇiḥ*  $\alpha_1\chi$  *ṭiṃṭiṇi*  $\beta_1$  *ṭiṇiṇi*  $\gamma_1$  *ṭiṃṭaṇi* «h»  $\beta_2$  *ṭiṃṭiṇiḥ*  $\delta_1$  *ṭimbhiṇiḥ*  $\delta_3$  *ṭiṃcaṇi*  $\alpha_2$  *cimciṇi*  $\beta_\omega$  *cimciṇiḥ*  $\epsilon_3$  *caṃcaṇiḥ*  $\epsilon_1$  *caṃḍilaḥ*  $\alpha_3$  **8c** *bhāluki*  $\beta_2\eta_1\eta_2$ ] *bhāluki*  $\alpha_1$  *bhālukur*  $\beta_1$  *bhānukin*  $\gamma_1$  *bhānuki*  $\chi$  *tāluki*  $\alpha_2$  *vālukur*  $\delta_1\delta_3$  *vāsuki*  $\alpha_3$  *vāsukir*  $\beta_\omega\epsilon_1$  *vāsukir*  $\epsilon_3$  **nāgabodhaś ca**  $\alpha_3\beta_\omega\gamma_1\delta_3\eta_1\eta_2$ ] *nāgabodhiś ca*  $\beta_1\epsilon_1\epsilon_3$  *nāgarodhaś ca*  $\delta_1$  *nāgadevaś ca*  $\beta_2$  *namioḍḍiśa*  $\alpha_1$  *nāma* *tuṃḍiśa*  $\alpha_2$  *nāradevaś ca*  $\chi$  **8d** *khaṇḍakāpālikas*  $\alpha_3\beta_1\beta_\omega\eta_2$ ] *khaṇḍaṃ* *kāpālikas*  $\gamma_1\eta_1$  *khaṇḍaḥ* *kāpālikas*  $\epsilon_3\chi$  *khaṇḍikaḥ* *pālikas*  $\beta_2$  *kaṃḍhaḥ* *kāpālikas*  $\epsilon_1$  *caṇḍakāpālikas*  $\delta_3$  *caṃḍikāpālikas*  $\delta_1$  *siddhaḥ* *kāpālikas*  $\alpha_1\alpha_2$  **9b** *prabhāvataḥ* cett.] *prasādataḥ*  $B\gamma_1$  **9c** *kāla* cett.] *kāra*  $\alpha_1$  *kā*  $\beta_1$  **9d** *brahmāṇḍeṣu*  $\alpha_1\alpha_2\beta_1\delta_1\epsilon_3$ ] *brahmāṇḍe* *tu*  $\beta_\omega$  *brahmāṇḍe* *vi*<sup>1</sup>  $\alpha_3\beta_2\gamma_1\delta_3\eta_1\eta_2\chi$  *brahmāṇḍaṃ* *vi*<sup>1</sup>  $\epsilon_1$

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

संसारतापतप्तानां समाश्रयमठो हठः ।

अशेषयोगजगतामाधारकमठो हठः ॥ (cd om. A)

1.10 -  $\delta_2$

हठविद्या परं गोप्या योगिनां सिद्धिमिच्छताम् ।

भवेद्वीर्यवती गुप्ता निर्वीर्या तु प्रकाशिता ॥

1.11 -  $\delta_2$

सुराज्ये धार्मिके देशे सुभिक्षे निरुपद्रवे ।<sup>2</sup>

एकान्तमठिकामध्ये स्थातव्यं हठयोगिना ॥

1.12 -  $\delta_2$

अल्पद्वारमरन्ध्रगर्तपिटकं नाल्युच्चनीचायतं

सम्यग्गोमयसान्द्रलिप्तममलं निःशेषबाधोज्झितम् ।

बाह्ये मण्डपवेदिकूपरुचिरं प्राकारसंवेष्टितं

प्रोक्तं योगमठस्य लक्षणमिदं सिद्धैर्हठाभ्यासिभिः ॥

1.13 -  $\delta_2$

**10a samsārātāpa** cett.] samsārāśrama  $\beta_\omega$  samsārāśrama  $\eta_2$  aśeśatāpa  $\beta_2\chi$  **10b samāśraya** cett.] samāśrayo  $\eta_1$  āśrayo'yam  $\beta_\omega\eta_2$  samagrapra°  $\alpha_1$  **maṭho haṭhaḥ**  $\beta_2\gamma_1\delta_3\epsilon_1\chi$ ] mato haṭhaḥ  $\delta_1$  mato (ṭho below) ha ..  $\alpha_3$  maho haṭhaḥ  $\alpha_2\beta_1$  mahāmaṭhaḥ  $\epsilon_3$  haṭho maṭhaḥ  $\eta_1$  haṭho mataḥ  $\beta_\omega\eta_2$  °thamo haṭhaḥ  $\alpha_1$  **10c aśeśa** cett.] samasta  $\epsilon_1$  om. A **jagatām**  $\gamma_1\delta_1\delta_3\epsilon_1\epsilon_3\eta_2$ ] jagatim  $\eta_1$  jāyunām  $\beta_1$  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  $\eta_1$  om. A **11a gopyā** cett.] gopyam  $\alpha_2\beta_\omega$  yogo  $\beta_1$  **yoginām** cett.] yoginām  $\beta_\omega$  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  $\delta_1$  **11d nirvīryā** cett.] nirvījā  $\delta_1$  nirvāryā  $\eta_2$  **tu** cett.incl. $\alpha_3$ ] ca  $\alpha_1\delta_1\epsilon_3$  sā  $\epsilon_1$  **12a surājye** cett.] surāṣṭre  $\beta_1$  **12b nirupadrave** cett.] kṣemabhadrade  $\epsilon_1$  **12c ekānta** cett.] ekānte  $\alpha_2\beta_\omega\eta_1\eta_2\chi$  **12d yoginā** cett.] yoginām  $\alpha_1\alpha_3$  yogibhiḥ  $\alpha_2$  **13a alpadvāram arandhra** cett.] ākalpadvā«ra»raṁdhra  $\gamma_1$  alpadvāram aruṁ«dha»  $\epsilon_1$  **piṭakaṁ**  $\alpha_1\beta_1\epsilon_1\epsilon_3$ ] piṭanam  $\alpha_3$  paṭikaṁ  $\beta_2$  piṭhikaṁ  $\gamma_1$  piṭhiraṁ  $\delta_3$  piṭharaṁ  $\delta_1$  viṭakaṁ  $\alpha_2$  viṭapaṁ  $\beta_\omega\eta_2$  vivaraṁ  $\chi$  sahitaṁ  $\eta_1$  **nīcā** cett.] nitā  $\alpha_1^c$  noccā  $\beta_\omega$  naṁcā  $\gamma_1$  **yataṁ** cett.] yitaṁ  $\eta_2$  yutaṁ  $\beta_1\eta_1$  vṛtaṁ  $\epsilon_3$  **13b sāndra** cett.] sārda  $\beta_\omega\eta_2$  sāpra  $\alpha_1$  lipta  $\epsilon_1$  **liptam amalāṁ**  $\alpha_3\beta_2\gamma_1\delta_1\eta_2\chi$ ] liptavimalam  $\alpha_1\alpha_2\beta_1\beta_\omega\delta_3\epsilon_3$  liptamavilam  $\eta_1$  sāndravimalam  $\epsilon_1$  **niḥśeṣa** cett.] nirdoṣa  $\alpha_1\eta_2$  **bādhohjhitam**  $\beta_\omega\epsilon_1\eta_1\eta_2$ ] bodhohjhitam  $\alpha_3$  bādhārjhitam  $\beta_1$  vātojjhitam  $\beta_2$  jantūjjhitam  $\gamma_1\delta_1\delta_3\epsilon_3\chi$  jantūṣṇitam  $\alpha_2$  jyaṁtyūpsitam  $\alpha_1$  **13c vedikūpa** cett.] vedakopa  $\beta_1$  kūpavedi  $\epsilon_3$  **ruciraṁ**  $\alpha_1\alpha_2B\gamma_1\epsilon_3\chi$ ] racitaṁ  $\delta_1\delta_3\epsilon_1\eta_1\eta_2$

<sup>2</sup>  $\chi$  has धनुःप्रमाणपर्यन्तं शिलाग्निलवर्जिते between the hemistiches.

एवंविधे मटे स्थित्वा सर्वचिन्ताविवर्जितः ।  
गुरूपदिष्टमार्गेण योगमेव समभ्यसेत् ॥

1.14 -  $\delta_2$ 

अत्याहारः प्रयासश्च प्रजल्पोऽनियमग्रहः ।  
जनसङ्गश्च लौल्यं च षड्विर्योगो विनश्यति ॥

1.15 -  $\delta_2$ 

उत्साहात्साहसाद्वैर्यात्तत्त्वज्ञानाच्च निश्चयात् ।  
जनसङ्गपरित्यागात् षड्विर्योगः प्रसिध्यति ॥

1.16 -  $\delta_2$ 

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 ॥ ( $\beta_\omega$ )

1.16\*2

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

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

हठस्य प्रथमाङ्गत्वादासनं पूर्वमुच्यते ।

तत्कुर्यादासनं स्थैर्यमारोग्यं चाङ्गपाटवम् ॥<sup>3</sup>

1.17 – δ<sub>2</sub>

वसिष्ठाद्यैश्च मुनिभिर्मत्स्येन्द्राद्यैश्च योगिभिः ।

अङ्गीकृतान्यासनानि कथ्यन्ते कानिचिन्मया ॥ [1.18–28 lost α<sub>1</sub>]

1.18 – α<sub>1</sub>δ<sub>2</sub>

जानूर्वोरन्तरे सम्यक्कृत्वा पादतले उभे ।

ऋजुकायः समासीनः स्वस्तिकं तत्प्रचक्षते ॥ [found before 1.17 in ε<sub>1</sub>]

1.19 – α<sub>1</sub>δ<sub>2</sub>

सव्ये दक्षिणगुल्फं तु पृष्ठपार्श्वे नियोजयेत् ।

दक्षिणेऽपि तथा सव्यं गोमुखं गोमुखं यथा ॥ (om. ε<sub>1</sub>)

1.20 – α<sub>1</sub>δ<sub>2</sub>

**heading:** athāsānāni ε<sub>1</sub>] «atha» āsanāni ε<sub>3</sub> **17c tat kuryād** cett.incl.α<sub>3</sub>] ta kuryād α<sub>2</sub> na kuryād α<sub>1</sub> kuryāt tad η<sub>2</sub>χ āsanam sthairyam α<sub>2</sub>α<sub>3</sub>β<sub>1</sub>γ<sub>1</sub>δ<sub>3</sub>η<sub>1</sub>χ] āsanasthairyam α<sub>1</sub>β<sub>2</sub>β<sub>ω</sub>δ<sub>1</sub>ε<sub>1</sub> āsane sthairyam ε<sub>3</sub> āsanam tasmād η<sub>2</sub> **17d pāṭavam** A[β<sub>1</sub>β<sub>ω</sub>ε<sub>1</sub>η<sub>1</sub>η<sub>2</sub>] lāghavam β<sub>2</sub>γ<sub>1</sub>δ<sub>1</sub>δ<sub>3</sub>ε<sub>3</sub>χ **18d kathyante** cett.] likhyante η<sub>1</sub> vakṣyante δ<sub>1</sub>δ<sub>3</sub> **19a jānūrvor** cett.] jāmtūrvo δ<sub>1</sub> **antare** cett.] antaram γ<sub>1</sub>ε<sub>1</sub> **19b ubhe** cett.] śubhe γ<sub>1</sub> **19c ṛjukāyaḥ** cett.] ṛjukāya α<sub>2</sub>γ<sub>1</sub><sup>ic</sup>η<sub>1</sub> ṛjuḥ kāya β<sub>ω</sub> **samāsinaḥ** cett.] samāsinam β<sub>ω</sub> **19d tat** cett.] tam α<sub>3</sub> ca α<sub>2</sub>γ<sub>1</sub> **20a dakṣiṇa** cett.] dakṣaṇa β<sub>ω</sub> dakṣa α<sub>2</sub> **gulphaṃ** cett.] gūlphe δ<sub>3</sub>ε<sub>2</sub> **20b prṣṭha** cett.] prṣṭhi β<sub>2</sub> savya ε<sub>2</sub> **niyojayet** cett.] tu yojayet β<sub>1</sub> **20c 'pi** cett.] ca γ<sub>1</sub> tu δ<sub>1</sub>δ<sub>3</sub> **savyam** cett.] savye η<sub>1</sub> samyak α<sub>3</sub> **20d gomukhaṃ** cett.] gomukhe δ<sub>3</sub> **gomukhaṃ yathā** α<sub>3</sub>δ<sub>1</sub>δ<sub>3</sub>ε<sub>2</sub>ε<sub>3</sub>η<sub>1</sub>η<sub>2</sub>] gomukhaṃ tathā β<sub>ω</sub> gomukhaṃ bhavet α<sub>2</sub> gomukhākṛti χ gomukhākṛtiḥ β<sub>1</sub>β<sub>2</sub>γ<sub>1</sub>

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

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  $\delta_3$ ]

1.23 –  $\alpha_1 \delta_2 \delta_3$ 

कुक्कुटासनबन्धस्थो<sup>#</sup> 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  $\alpha_3$  vinyased ūruṇi sthitam  $\beta_1 \gamma_1 \chi$  vinyased ūruṇi sthitaḥ  $\beta_2$  vinyaser upari sthitam  $\alpha_2$  vinyased ūru samsthitam  $\delta_1 \delta_3 \epsilon_2 \epsilon_3$  vinyasyorasi samsthitah  $\epsilon_1$  **21c** *itarasmimś tathā* cett.] itarasminn adhaś  $\alpha_3$  **coruṃ** cett.] coru  $\alpha_2 \beta_1$  corū  $\alpha_3$  corau  $\beta_2$  cairuṃ  $\epsilon_1$  ce..  $\delta_1$  **21d** *itiritam* cett.] iti smṛtam  $\alpha_2$  udāhṛtam  $\alpha_3$  **22a** *nirudhya*  $\beta_2 \gamma_1 \chi$ ] nibadhya  $\epsilon_3 \eta_1$  nabadhya  $\epsilon_1$  nibaddhi  $\beta_\omega$  niyāmya  $\alpha_2 \beta_1 \delta_1 \delta_3$  niṣpīḍya  $\alpha_3 \eta_2$  **22b** *samāhitaḥ* cett.] samāhitam  $\beta_\omega$  samādhinā  $\alpha_2$  **22c** *kūrmāsanam* cett.] yogāsanam  $\beta_1 \beta_2 \gamma_1$  **22d** *iti* cett.] sarve  $\beta_2$  **23a** *su*  $\alpha_3 B \gamma_1 \delta_1$ ] tu  $\delta_3 \epsilon_1 \epsilon_3 \eta_1 \eta_2 \chi$  stu  $\alpha_2$  **samsthāpya** cett.] samyojya  $\delta_1 \delta_3$  **23d** *vyomasthaḥ* cett.] °stham  $\beta_1 \beta_2 \gamma_1 \chi$  °sthā  $\alpha_2$  **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  $\beta_2$  **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  $\beta_2$  **bandhastho**  $\alpha_2 \alpha_3 B \gamma_1 \delta_1 \epsilon_1 \epsilon_3 \chi$ ] madhyastho  $\eta_2$  vat kṛtvā  $\eta_1$  **24b** *sambadhya* cett.] sambamdhā  $\alpha_2 \alpha_3$  samveṣṭa  $\gamma_1$  samhṛtya  $\beta_2$  **kandharām** cett.] kandharam  $\alpha_3 \beta_\omega \delta_1$  kandaram  $\epsilon_1$  **24c** *śete*  $\alpha_2 \epsilon_1 \epsilon_3 \eta_1 \eta_2$ ] śene  $\beta_\omega$  sthite  $\alpha_3$  sthitaḥ  $\beta_1 \gamma_1$  sthitvā  $\beta_2$  bhavet  $\delta_1 \chi$  **kūrmavad** cett.] °cad  $\beta_1$  °rad  $\beta_\omega$  **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  $\epsilon_1$  **25a** *tu* cett.] ca  $\delta_1$  **pāṇibhyām** cett.] bāhubhyām  $\eta_1 \eta_2$  **25b** *śraṇānāvadhi* cett.] śraṇānāvadhīḥ  $\alpha_2 \beta_1 \beta_2$  śraṇānāvadhīm  $\eta_1$  śraṇānāvadhī  $\beta_\omega$  **25c** *karṣaṇam kṛtvā* (karkhaṇam)  $\delta_1$ ] karṣaṇam kṛṣṭam  $\alpha_3$  karṣaṇaḥ kṛṣṭam  $\eta_1$  karṣaṇākṛṣṭam  $\alpha_2 \beta_2 \epsilon_1 \epsilon_3$  karṣaṇāt kṛṣṭam (kaṣṭam  $\beta_\omega$ )  $\beta_1 \beta_\omega \gamma_1$  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  $\alpha_3$  dakṣapādau  $\alpha_2$  **26b jānor**  $\gamma_1 \eta_1 \eta_2 \chi$ ] jānaur  $\beta_\omega$  jānvor  $\alpha_2 \alpha_3 \beta_1 \beta_2 \delta_1 \varepsilon_1 \varepsilon_3$  **bahirveṣṭita** cett.] bahi«hṣam»ṣṭhita  $\gamma_1$  **dakṣadoṣṇā**  $\alpha_2 \beta_2 \delta_1$ ] dakṣadorsṇā  $\beta_1$  dakṣadorbhyām  $\gamma_1$  vāmapādam  $\beta_\omega \eta_1 \eta_2 \chi$  vāmadoṣṇā  $\alpha_3 \varepsilon_2 \varepsilon_3$  vāmadoṣṇi  $\varepsilon_1$  **26c parivartitāṅgaḥ** cett.] pariveṣṭitāṅga  $\alpha_2$  parimarditāṅgaḥ  $\delta_1$  **26d śrīmatsyanātho** cett.] śrīmatsyadinātho  $\beta_\omega$  matsyemdranātho  $\alpha_3$  **27a pīṭhaṃ** cett.] pīṭho  $\beta_2$  vīraṃ  $\eta_1$  vīra  $\varepsilon_1$  **jāthara** cett.] jvalana  $\beta_\omega$  vīra  $\varepsilon_1$  **pravṛddha**  $\eta_2$ ] pravuddham  $\gamma_1$  pravuddhau  $\delta_1$  prabodham  $\beta_2$  pracaṇḍam  $\varepsilon_1 \varepsilon_3 \eta_1$  pracaṇḍa  $\alpha_2 \alpha_3 \beta_1$  pradiptam  $\beta_\omega$  pradiptim  $\chi$  **27b pracaṇḍa**  $\beta_2 \beta_\omega \gamma_1 \delta_1 \eta_2 \chi$ ] picaṇḍa  $\alpha_2 \alpha_3 \varepsilon_1$  vicaṇḍa  $\beta_1$  viccaṇḍa  $\eta_1$  *om.*  $\varepsilon_3$  (inserts khaṇḍaḍa between ruṇmaṇḍala and khaṇḍanāstram instead) **ruṇ-/rugmaṇḍala**  $\alpha_2 \alpha_3 B \delta_1 \varepsilon_3 \eta_2 \chi$ ] rūrmaṇḍala  $\eta_1$  rugmaṇḍana  $\gamma_1$  ruk(!)māṇḍana  $\varepsilon_1$  **khaṇḍanāstram** cett.] khaṇḍanāmam  $\gamma_1$  khaṇḍalāsyam  $\delta_1$  **27d daṇḍa** cett.] candra  $\eta_2^c \chi$  kāya  $\varepsilon_3$  **sthiraṭvaṃ** cett.] sthitaṭvaṃ  $\delta_1$  **ca dadāti** cett.] dadāti  $\alpha_2 \gamma_1^c$  pradadāti  $\gamma_1^c \delta_1$  ca karoti  $\alpha_3$  **28b dorbhyām** cett.] dvābhyām  $\beta_\omega \eta_2$  **padāgra** cett.incl. $\alpha_3$ ] padāgryau  $\alpha_2$  karābhyām  $\beta_\omega \eta_2$  ca pāda  $\delta_1$  **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  $\delta_1$  bhaved  $\varepsilon_3$  paśyed  $\alpha_3$  d (two syllables omitted)  $\eta_2$  **tānam**  $\alpha_2 \alpha_3 \eta_1$ ] tānam cett. tāna  $\varepsilon_1$  **āhuḥ** cett.] baṇḍhaḥ  $\varepsilon_3 \eta_1$  baṇḍham  $\varepsilon_1$

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 –  $\delta_2$ 

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

1.31 –  $\delta_2$ 

**29a tāṇam**  $\alpha_2\alpha_3\epsilon_1\eta_1$ ] tāṇam cett. tāyām  $\alpha_1$  āsanāgryam  $\alpha_1\beta_2\beta_\omega\epsilon_3\eta_1\chi$ ] āsanāgram  $\beta_1$  āsanāśāgryam  $\eta_2$  āsanākhyam  $\delta_1\epsilon_1$  āsanam  $\alpha_2\alpha_3$  āyanam  $\gamma_1$  **29b paścima** cett.] paścimā  $\delta_1$  **vāhinam** cett.incl.  $\alpha_3$ ] vāhanam  $\alpha_1\beta_\omega\epsilon_1$  vahena  $\alpha_2$  **29c udayam** cett.] udaram  $\alpha_3\beta_1$  **jātharānalasya** cett.] jātharānilasya  $\delta_1$  **29d kārśyam** cett.] kāryam  $\gamma_1$  kṛśyam  $\beta_\omega$  **arogātām**  $A\beta_1\beta_2\epsilon_1\epsilon_3\eta_1^c\chi$ ] alogatām  $\gamma_1$  arogitām  $\delta_1\eta_1^c\eta_2$  arogyatām  $\beta_\omega$  **30a karasthalābhyām**  $\alpha_3\epsilon_1$ ] karadvayābhyām  $\alpha_1\alpha_2\epsilon_3$  karadvayena  $B\gamma_1\eta_1\eta_2\chi$  punaḥ karābhyām  $\delta_1$  puraḥ karābhyām  $\delta_3$  **30b kūrpara**  $\beta_1\beta_2\epsilon_1\epsilon_3\eta_1\eta_2\chi$ ] kurpara  $\alpha_1\beta_\omega\gamma_1$  karpapa  $\alpha_2$  kurpare  $\delta_1\delta_3$  **pārśvaḥ** cett.] pārśve  $\alpha_2\beta_\omega\delta_1\delta_3$  **30c uccāsano** cett.] uccāsana  $\alpha_1$  uccāsane  $\delta_3$  taccāsanaṁ  $\delta_1$  **daṇḍavad** cett.] daṇḍa i°  $\alpha_3$  **utthitaḥ khe**  $\beta_1\gamma_1\delta_1\delta_3\epsilon_3\eta_1\eta_2\chi$ ] utthitaḥ kham  $\epsilon_1$  ucchitaḥ  $\epsilon_2$  utthitaḥ cet  $\alpha_1$  ucchritaḥ ca  $\beta_2$  uthitasya  $\beta_\omega$  °votthitāmgo  $\alpha_3$  **30d māyūram**  $\alpha_2\beta_2\gamma_1\delta_1\delta_3\epsilon_1\epsilon_3\eta_2$ ] mayūram  $\alpha_1\alpha_3\beta_1\beta_\omega\eta_1\chi$  **pīṭham** cett.] pāṭham  $\alpha_2$  pāṭham  $\beta_1$  santaḥ  $\delta_1\delta_3$  **31a rogān āśu** cett.] rogān asu  $\beta_\omega$  rogān śvāsa  $\epsilon_1$  rogāśca  $\alpha_2$  doṣān āśu  $\eta_2$  **gulmo** cett.] gulpho  $\gamma_1$  gulphau  $\alpha_1$  **31b abhibhavati ca**  $\alpha_3\delta_1\delta_3\epsilon_1\eta_1\eta_2\chi$ ] abhibhavati  $\alpha_1\epsilon_3$  abhavati ca  $\gamma_1$  abhavati  $\beta_\omega$  na bhavati bhava  $\beta_1$  na hi bhavati ca  $\beta_2$  (n)ibhibhavati vadi ca  $\alpha_2$  **31c bahukadaśanabhuktaṁ** cett.] bahuḥ api ca bhuktaṁ  $\alpha_3$  **bhasma** cett.] tac ca  $\delta_1$  **aśeṣam** cett.] aśeṣo  $\eta_1$  avitraṁ  $\beta_1$  isutraṁ  $\epsilon_1$  om.  $\beta_2$  **31d jātharāgniṁ** cett.] jātharāgryam  $\epsilon_1$  vaḍavājñim  $\beta_\omega$  **jārayet** cett.] jirayet  $\alpha_1$  jiryate  $\alpha_3$  jvālayet  $\eta_2$



उत्तानं शववद्धूमौ शयनं तु शवासनम् ।  
सर्वासनश्रान्तिहरं चित्तविश्रान्तिसाधनम् ॥

1.32 - δ<sub>2</sub>

चतुराशीत्यासनानि शिवेन कथितानि तु ।  
तेभ्यश्चतुष्कमादाय सारभूतं ब्रवीम्यहम् ॥

1.33 - δ<sub>2</sub>

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

1.34

तत्र सिद्धासनम् । (om. β<sub>1</sub>Δε<sub>1</sub>ε<sub>3</sub>η<sub>1</sub>χ)

योनिस्थानकमङ्गिमूलघटितं कृत्वा दृढं विन्यसे-  
न्मेद्रे पादमथैकमेकहृदयो<sup>#</sup> धृत्वा समं विग्रहम् ।  
स्थाणुः संयमितेन्द्रियोऽचलदृशा पश्यन् भुवोरन्तरं  
चैतन्मोक्षकपाटभेदजनकं सिद्धासनं प्रोच्यते ॥

1.35

**32a** *uttānaṃ* cett.] *uttāna* Aβ<sub>1</sub>β<sub>2</sub>γ<sub>1</sub>η<sub>2</sub> **32b** *śāyanaṃ tu śavāsanam* ABγ<sub>1</sub>ε<sub>1</sub>η<sub>1</sub>] *śāyanaṃ*  
ca *śavāsanam* ε<sub>3</sub>η<sub>2</sub> *śāyanaṃ* tat *śavāsanam* χ *śavāsanam* idaṃ *smṛtaṃ* δ<sub>1</sub>δ<sub>3</sub> **32c** *sarvāsa-*  
*na* α<sub>2</sub>α<sub>3</sub>β<sub>1</sub>β<sub>2</sub>γ<sub>1</sub>ε<sub>1</sub>η<sub>1</sub>η<sub>2</sub>] *savāsana* β<sub>ω</sub> *śavāsanam* α<sub>1</sub>δ<sub>1</sub>δ<sub>3</sub>ε<sub>3</sub>χ *śrānti* cett.] *śrama* ε<sub>3</sub> *gati* α<sub>2</sub>  
**32d** *sādhanaṃ* α<sub>1</sub>α<sub>2</sub>Bγ<sub>1</sub>δ<sub>1</sub>ε<sub>1</sub>] *kāraṃ* α<sub>3</sub>δ<sub>3</sub>ε<sub>3</sub>η<sub>1</sub>η<sub>2</sub>χ **33a** *caturāśītyāsanāni* cett.] *caturāśi-*  
*tyāsanebhya* β<sub>1</sub> **33b** *śivena kathitāni* cett.] *sarvāni kathitāni* ε<sub>1</sub> *kathitāni śivena* β<sub>2</sub> *om.* β<sub>1</sub>  
**tu** α<sub>1</sub>α<sub>3</sub>β<sub>2</sub>β<sub>ω</sub>ε<sub>1</sub>ε<sub>3</sub>η<sub>1</sub>η<sub>2</sub>] *vai* γ<sub>1</sub>δ<sub>1</sub>δ<sub>3</sub> ca α<sub>2</sub>χ *om.* β<sub>1</sub> **33c** *tebhyaś catuṣkam ādāya* cett.] *tebhyaś*  
*catu\_m ādāya* ε<sub>1</sub> *caturāsaṇam* β<sub>1</sub> **33d** *bravīmy aham* cett.] *om.* β<sub>1</sub> **34a** *padmaṃ* cett.]  
*bhadraṃ* δ<sub>1</sub> **tathā** cett.] *yathā* β<sub>ω</sub> *siṃhaṃ* α<sub>2</sub>α<sub>3</sub>β<sub>2</sub>β<sub>ω</sub>γ<sub>1</sub>η<sub>1</sub>η<sub>2</sub>χ] *sihaṃ* α<sub>1</sub> *saimhaṃ* ε<sub>1</sub>ε<sub>3</sub>  
*svasti* β<sub>1</sub> *padmaṃ* δ<sub>1</sub> *bhadraṃ* δ<sub>3</sub> **34b** *bhadraṃ* cett.] *siṃhaṃ* δ<sub>1</sub>δ<sub>3</sub> *ceti* β<sub>1</sub>β<sub>2</sub>γ<sub>1</sub>δ<sub>1</sub>δ<sub>3</sub>η<sub>2</sub>χ]  
*ce..* α<sub>3</sub> *caiva* α<sub>1</sub>α<sub>2</sub>η<sub>1</sub> *caitac* β<sub>ω</sub>ε<sub>1</sub> *cātha* ε<sub>3</sub> **catuṣṭayam** cett.] *catuṣkakam* ε<sub>3</sub> **34c** *tatrāpi ca*  
*sakhe* α<sub>1</sub>α<sub>2</sub>Bγ<sub>1</sub>] *tatrāpi ca sukhe* η<sub>1</sub>η<sub>2</sub>χ *tatrāpi ca sukham* ε<sub>3</sub> *tatrāpi sarveṣāṃ* α<sub>3</sub> *tathāpi bhadraṃ*  
[ca] Δ (δ<sub>2</sub> हस्थे रेअदिन् 'तथापि च सखेऽतोत्रो) *tatra viśeṣeṇa* ε<sub>1</sub> **34d** *tiṣṭha* α<sub>1</sub>α<sub>2</sub>Bγ<sub>1</sub>] *tiṣṭhat* ε<sub>3</sub>  
*tiṣṭhet* α<sub>3</sub>Δη<sub>1</sub>η<sub>2</sub>χ *śreṣṭhaṃ* ε<sub>1</sub> **siddhāsane** cett.] *siddhāsaṇam* α<sub>3</sub> *siṃhāsane* δ<sub>1</sub> *padmāsaṇam*  
ε<sub>1</sub> **sadā** cett.] *tadā* α<sub>3</sub> **heading:** *tatra siddhāsaṇam* α<sub>1</sub>α<sub>3</sub>β<sub>2</sub>η<sub>2</sub>] *atha siddhāsaṇam* α<sub>2</sub>γ<sub>1</sub>  
**35a** *sthānaka* α<sub>3</sub>β<sub>ω</sub>ε<sub>1</sub>ε<sub>3</sub>η<sub>1</sub>η<sub>2</sub>χ] *dvāra* α<sub>1</sub>α<sub>2</sub>β<sub>1</sub>β<sub>2</sub>γ<sub>1</sub>Δ **m aṅghrimūla** cett.] *m aṅghrimūlā* δ<sub>1</sub>  
*mūlāṅghri* η<sub>2</sub> **ghaṭitaṃ** cett.] *puṭakaṃ* ε<sub>1</sub> **ḍṛdhaṃ** cett.] *dhruvaṃ* ε<sub>1</sub>ε<sub>3</sub> **35b** *medhre*  
cett.] *medhram* α<sub>2</sub>β<sub>1</sub> *medhre* γ<sub>1</sub> *madhye* δ<sub>1</sub> **ekahrdayo** *em.*] *ekahrdaye* α<sub>1</sub>γ<sub>1</sub>ε<sub>1</sub> *eka+++* α<sub>3</sub>  
*eva hrdaye* α<sub>2</sub>β<sub>1</sub>Δε<sub>3</sub>η<sub>2</sub>χ *eva niyataṃ* β<sub>2</sub>β<sub>ω</sub> *āsyahrdaye* η<sub>1</sub> **dhṛtvā** cett.] *kṛtvā* β<sub>2</sub>β<sub>ω</sub>χ **samaṃ**  
cett.] *hanuṃ* χ **vigrahaṃ** cett.] *susthiraṃ* χ **35c** *paśyan* α<sub>1</sub>Bδ<sub>3</sub>η<sub>1</sub>η<sub>2</sub>] *paśyad* γ<sub>1</sub> *paśyed*  
α<sub>3</sub>δ<sub>1</sub>δ<sub>2</sub>ε<sub>1</sub>ε<sub>3</sub>χ *pārśve* α<sub>2</sub> **35d** *caitan* α<sub>2</sub>Bγ<sub>1</sub>η<sub>2</sub>] *caitanya* α<sub>1</sub> *ceto* α<sub>3</sub> *etan* Δε<sub>1</sub>ε<sub>3</sub>η<sub>1</sub> *hy etan* χ  
**janakaṃ** cett.] *jananaṃ* α<sub>2</sub>δ<sub>2</sub>ε<sub>1</sub>

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 प्राहुरगुप्तासनं परे ॥

1.37

यमेष्विव मिताहारमहिंसां नियमेष्विव ।<sup>#</sup>  
मुख्यं सर्वासनेष्वेकं सिद्धाः सिद्धासनं विदुः ॥ [1.38–46 lost  $\alpha_1$ ]

1.38 –  $\alpha_1$ 

चतुराशीतिपीठेषु सिद्धमेव सदाभ्यसेत् ।  
द्वासप्ततिसहस्रेषु सुषुम्णामिव नाडिषु<sup>#</sup> ॥

1.39 –  $\alpha_1$ 

**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  $\alpha_2$  matsamtare  $\epsilon_2$  matsyendraḥ | matāntaram tu  $\delta_1$  etan matsyendramataṁ matāntare tu  $\delta_2 \delta_3$  **36a vinyasya** cett.] nikṣipya  $\alpha_1 \alpha_3 \beta_1 \beta_\omega$  niḥkṣipya  $\eta_2$  **36b savya** AB $\gamma_1 \epsilon_1 \eta_2$ ] savyam  $\epsilon_3 \chi$  savyam tu *unm.*  $\eta_1$  vāma  $\Delta$  **36c ca** cett.] tu  $\eta_1$  **nikṣipya** cett.] niḥkṣipya  $\eta_2$  vikṣipya  $\alpha_2$  vinyasya  $\delta_1$  **ending: pūrvoktam eva**  $\alpha_1 \alpha_2 \beta_1 \beta_2 \gamma_1 \epsilon_1 \epsilon_2 \epsilon_3$ ] pūrvam evoktam etan  $\alpha_3$  **matsammatam**  $\epsilon_2$ ] mat-sammatam  $\alpha_1$  sammatam  $\beta_1$  matsyamataṁ  $\alpha_3 \epsilon_1 \epsilon_3$  matsyendramataṁ  $\alpha_2 \beta_2 \gamma_1$  **37a etat** cett.] esmin  $\alpha_2$  iti  $\delta_2 \delta_3$  kecit  $\delta_1$  **37b r anye** cett.] anyathā  $\alpha_1$  **37c muktāsanam** cett. incl.  $\alpha_3$ ] muktvasanam  $\delta_1$  guptāsanam  $\alpha_1 \alpha_2$  **vadanty eke** cett.] vadanty anye  $\delta_1 \delta_2$  vidur anye  $\delta_3$  **37d guptāsanam** cett. incl.  $\alpha_3$ ] muktāsanam  $\alpha_1 \alpha_2$  **38a yameṣv iva** cett.] yameṣv eva  $\eta_1 \eta_2$  yameṣu ca  $\beta_2$  **mitāhāram** cett.] mitāhāra  $\beta_\omega \eta_1$  mitāhārah  $\eta_2$  **38b ahimsām**  $\beta_2 \delta_1 \delta_2 \epsilon_3 \chi$ ] nahimsām  $\gamma_1$  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  $\epsilon_3$  evaṁ  $\delta_1$  eva  $\alpha_2$  **38d siddhāḥ siddhāsanam** cett.] siddham si[ddh].  $\alpha_3$  etat siddhāsanam  $\beta_2$  siddhāsanam idaṁ  $\Delta$  **39b siddham eva sadābhyaset** cett.] siddhim eva sadā bhavet  $\alpha_2$  siddham eva sadā paṭhet  $\alpha_3$  siddhāsanam sadābhyaset  $\delta_1 \delta_3$  abhyaset siddhāsanam sadā  $\delta_2$  **39c dvāsapṭati** cett.] dvīsapṭati  $\alpha_3 \epsilon_3$  **sahasreṣu** cett.] sahasrāsu  $\epsilon_3$  sahasrānām  $\chi$  **39d suṣumṇām**  $\alpha_3 \beta_1 \beta_2 \Delta \epsilon_3 \eta_2$ ] sukhumṇām  $\gamma_1$  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  $\eta_1$  eva nāḍiṣu  $\eta_2$  ca nāḍiṣu  $\alpha_2$  malaśodhanam  $\beta_\omega \chi$

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

**40a** ātmadhyāyī cett.] ātmādhyāyī  $\epsilon_3$  ātmadhyāna  $\alpha_2$  **mitāhārī** cett.] mitāhāro  $\Delta\epsilon_1$   
**40c** 'bhyāsād cett.] 'bhyāsā  $\alpha_2\epsilon_1$  'bhyāse  $\alpha_3$  'bhyānād  $\delta_1$  **40d** yogī cett.] yoge  $\alpha_3$  yoga  $\epsilon_3$   
**niṣpattim āpnuyāt** cett. incl.  $\alpha_3$ ] niṣpattim avāpnuyāt *unm.*  $\eta_2$  siddhim avāpnuyāt  $\alpha_2\beta_\omega$  **40e** śra-  
**madair bahubhiḥ**  $\alpha_2\alpha_3\beta_1\beta_2\gamma_1$ ] śramādau bahubhiḥ  $\eta_1$  samastair bahubhiḥ  $\epsilon_1$  samastabahubhiḥ  
 $\epsilon_3$  śramadairghyādibhiḥ  $\Delta$  kim ādyair bahubhiḥ  $\beta_\omega\eta_2$  kim anyair bahubhiḥ  $\chi$  **40f** kiṃ syāt  
 $\alpha_2\beta_2\gamma_1\Delta\epsilon_3$ ] kiṃ vā  $\alpha_3$  sadā  $\beta_\omega\eta_1\eta_2$  kiṃ sadā  $\beta_1$  yadā  $\epsilon_1$  siddhe  $\chi$  **siddhāsane sati** cett.]  
siddhāsane satya  $\beta_\omega$  siddhāsane sthite  $\beta_2\gamma_1$  siddhisāadhanaiḥ  $\beta_1$  **41a** prāṇānile cett.] prāṇānale  
 $\beta_\omega$  **sāvadhānaṃ**  $\alpha_2\alpha_3\beta_1\gamma_1\delta_2\epsilon_1\eta_1\eta_2$ ] 'na  $\delta_3$  'ne  $\beta_2\beta_\omega\delta_1\chi$  'no  $\epsilon_3$  **41b** baddhe cett.] baṃdhe  
 $\beta_\omega$  baṃdhaḥ  $\epsilon_1$  badha  $\beta_1$  baddhvai  $\gamma_1$  siddh.  $\alpha_3$  yuṃye  $\alpha_2$  **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)  $\beta_2$  **yathā** cett.] tathā  $\eta_1$  kalā  $\chi$  *om.*  $\beta_2$   
**42a** tathaika  $\alpha_2\alpha_3\beta_1\beta_\omega\eta_1\eta_2\chi$ ] athaika  $\gamma_1\delta_1\delta_2\epsilon_3$  **dṛḍhaṃ**  $\alpha_2\alpha_3\beta_1\beta_\omega\delta_1\delta_2$ ] dṛḍhe  $\epsilon_3\eta_1\eta_2\chi$  dṛḍhe  
 $\gamma_1$  **42b** baddhe cett.] baddha  $\beta_1\gamma_1$  **siddhāsane** cett.] siddhāsane  $\delta_1$  padmāsana  $\beta_1$   
**sadā** cett.] tadā  $\gamma_1$  sati  $\chi$  **43a** nāśanaṃ siddhasadrśaṃ  $\alpha_2\alpha_3\beta_1\beta_2\gamma_1\delta_1\delta_2\epsilon_3\chi$ ] nāśanaṃ sid-  
dhasadanam  $\epsilon_1$  na cāśanaṃ siddhasamaṃ  $\eta_1\eta_2$  **43b** kumbhaḥ kevalopamaḥ  $\alpha_2\beta_2\gamma_1\delta_1\delta_2\epsilon_1\epsilon_3\chi$ ]   
kumbhako balopeta  $\beta_1$  kumbhasadrśo'nilaḥ  $\eta_1\eta_2$  **43d** nāda cett.] nādāḥ  $\beta_1\eta_1$  nādāt  $\alpha_3$

<sup>4</sup> In  $\beta_\omega$  this verse is omitted here and found at the beginning of the Khecari section in Chapter 3:  
नासनं सिद्धसदृशं न कुम्भ 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 -  $\delta_3$

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

**heading:** atha padmāsanam cett.] tathā padmāsanam  $\eta_1$  padmāsanam  $\beta_1 \delta_1$  om.  $\varepsilon_1$   
**44a** dakṣiṇam cett.] dakṣaṇam  $\alpha_2 \beta_\omega$  vidakṣiṇam  $\delta_1$  ca cett.] hi  $\beta_2 \gamma_1 \delta_1 \delta_2$  om.  $\alpha_3$  tathā  
cett.] tato  $\beta_\omega$  **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  $\eta_2$  paścimena vidhinā  
cett.] tasya bandhanavidhau  $\beta_\omega$  dhṛtvā cett.] vṛttā  $\alpha_2$  prṣṭe  $\beta_\omega$  **44d** vighātakāri em.]  
vighātakāra  $\alpha_2$  vivātākāri  $\beta_1$  vināśakāri  $\alpha_3 \varepsilon_1 \varepsilon_3 \eta_1 \eta_2 \chi$  vināśakāya  $\beta_2$  vināsanam unm.  $\beta_\omega$  vināśam  
āsu  $\gamma_1$  vikāranāśa°  $\delta_1 \delta_2$  yaminām cett.] nāmimam  $\alpha_2$  janakam  $\gamma_1$  nakaram  $\delta_1 \delta_2$  **head-**  
**ing:** matāntare  $\alpha_2 \alpha_3 \beta_1 \beta_\omega \varepsilon_2 \eta_1 \chi$ ] matāntaram  $\gamma_1$  matāntara  $\varepsilon_3$  matāntare tu  $\beta_2 \delta_2 \varepsilon_1 \eta_2$  matabhede  
 $\delta_1$  **45b** prayatnataḥ cett.] vidhānataḥ  $\delta_1$  **45c** tathottānau cett.] tathauttānau  $\alpha_2 \delta_1 \eta_2^c$   
**45d** tato dṛśau cett.] tato dṛśai  $\beta_\omega$  tato dṛśe  $\alpha_2$  tu tādṛśau  $\delta_1 \delta_2$  **46a** nāsāgre cett.] nāsagre  
 $\delta_1$  vinyased cett.] vinyasya  $\beta_\omega$  rāja  $\alpha_2 \alpha_3 \beta_1 \gamma_1 \delta_1 \delta_2 \eta_2 \chi$ ] rājā  $\varepsilon_1$  dṛṣṭim  $\varepsilon_3 \eta_1$  dṛṣṭi  $\beta_\omega$  lac.  
 $\beta_2$  **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  $\varepsilon_3$  vakṣam  $\eta_1$  vakṣa  $\beta_\omega \eta_2$  **46d** āsthāpya  $\delta_1 \delta_2$  (cf. DYŚ)] utthāpya  
 $\gamma_1 \chi$  utthāya  $\beta_2$  utthāyot  $\varepsilon_1$  otthāpya  $\varepsilon_3$  osthāpyot  $\alpha_2 \beta_1$  sthāpayet  $\beta_\omega \eta_1 \eta_2$  ākrṣya  $\alpha_3$  **47a** prok-  
tam cett.] praktaṁ  $\delta_1$  **47d** dhimatā labhyate cett.] dhimatā labhate  $\alpha_2$  dhimatām labhyate  
 $\alpha_3 \beta_2$  dhimatām labhate  $\gamma_2$  labhyate dhimatā  $\varepsilon_1 \varepsilon_3$  bhuvi cett.] matiḥ  $\alpha_2$  **ending:** paścād  
uktam eva (evā  $\alpha_1$ )  $\alpha_1 \alpha_2 \beta_2 \gamma_1$ ] paścād uktam  $\beta_\omega \delta_1 \delta_3 \eta_1 \eta_2$  etat paścād uktam  $\delta_2$  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  $\alpha_2$

कृत्वा संपुटितौ करौ दृढतरं बद्धा तु पद्मासनं  
गाढं वक्षसि संनिधाय चिबुकं ध्यानं च तच्चेतसि<sup>#</sup> ।  
वारं वारमपानमूर्ध्वमनिलं प्रोच्चालयन् पूरितं<sup>#</sup>  
मुच्चन्प्राणमुपैति बोधमतुलं शक्तिप्रभावाच्चरः<sup>#</sup> ॥ (om. β<sub>1</sub>) 1.48

पद्मासनस्थितो योगी नाडीद्वारेषु पूरयन् ।  
मारुतं धारयेद्यस्तु<sup>#</sup> स मुक्तो नात्र संशयः ॥ 1.49

अथ सिंहासनम् ।

गुल्फौ च वृषणस्याधः सीवन्याः पार्श्वयोः क्षिपेत् ।  
दक्षिणे सव्यगुल्फं तु दक्षगुल्फं तु सव्यके ॥ (cd om. δ<sub>3</sub>) [eye-skip?] 1.50

हस्तौ च जान्वोः संस्थाप्य स्वाङ्गुलीः संप्रसार्य च ।  
व्यात्तवक्रो निरीक्षेत नासाग्रं सुसमाहितः<sup>#</sup> ॥ (om. δ<sub>3</sub>) 1.51

**48a** kṛtvā cett.] dhrtvā Δ karau cett.] om. γ<sub>1</sub> tu cett.] ca Δ tha α<sub>3</sub> **48b** samnidhāya cett.] samvidhāya η<sub>1</sub>η<sub>2</sub> nidhāya α<sub>1</sub>α<sub>3</sub> **dhyānam** cett.] dhyāyamś χ **ca tac** cett.] tataś η<sub>1</sub> **cetasi** cett.] cepsitaṃ η<sub>2</sub> **48c** proccālayan em.] proccāla + α<sub>3</sub> proccārayaṃ α<sub>1</sub> procāraṇa α<sub>2</sub> proccārayet γ<sub>1</sub>ε<sub>3</sub> procārayet β<sub>ω</sub> protsālayan η<sub>1</sub> protsārayan β<sub>2</sub>δ<sub>2</sub>ε<sub>1</sub>χ protsārayet δ<sub>1</sub>δ<sub>3</sub> prollāsayan η<sub>2</sub> **pūritaṃ** cett.] pūrayan δ<sub>1</sub>η<sub>1</sub> pūrayet δ<sub>2</sub>δ<sub>3</sub> **48d** muñcan prāṇam upaiti (upeti α<sub>1</sub>) cett.] muñcet prāṇam upaiti α<sub>3</sub> muñcat prāṇam upaiti β<sub>ω</sub>η<sub>2</sub> muccamta prāṇapumsaiti α<sub>2</sub> prāṇam muñcati yāti Δ **prabhāvān naraḥ** cett.] prabhāvād atah η<sub>2</sub> prabhāvodayāt Δ **49a** padmāsana cett.] padmāsane α<sub>3</sub>η<sub>2</sub>χ **49b** dvāreṣu cett.] dvāreṇa β<sub>ω</sub>χ **pūrayan** α<sub>3</sub>ε<sub>3</sub>η<sub>2</sub>] pūrayet α<sub>1</sub>α<sub>2</sub>Bγ<sub>1</sub>Δε<sub>1</sub>η<sub>1</sub> pūritaṃ χ **49c** mārutaṃ cett.] māruto ε<sub>1</sub> **dhārayed yas tu** Δε<sub>3</sub>χ] mārayed yas tu α<sub>2</sub> niyataṃ yas tu γ<sub>1</sub> nayate yas tu β<sub>1</sub>β<sub>2</sub> piyate yas tu η<sub>1</sub> pivyate yas tu β<sub>ω</sub> yas tu pibati η<sub>2</sub> mriyate yas tu α<sub>1</sub>α<sub>3</sub>ε<sub>1</sub> mārayed yas tu α<sub>2</sub> **49d** mukto cett.] śakto α<sub>2</sub> **heading: atha sīṃhāsanaṃ** cett.] atha sīṃhāna α<sub>1</sub> sīṃhāsanaṃ β<sub>1</sub> sīṃhāsana yathā δ<sub>1</sub> atha siddhāsan(!) α<sub>2</sub> **50a** ca cett.] tu ε<sub>3</sub> **50b** sīvanyāḥ (sīvā α<sub>1</sub>) cett.] sīvinyāḥ β<sub>1</sub>ε<sub>1</sub> sīmanyāḥ Δ **50c** dakṣiṇe cett.] dakṣiṇam β<sub>1</sub> dakṣaṇe β<sub>ω</sub> dakṣe α<sub>2</sub> **savyagulphaṃ tu** cett.] \*gulphaṃ ca δ<sub>1</sub>δ<sub>2</sub> \*gulseṣu β<sub>1</sub> **50d** dakṣagulphaṃ cett.] vāme caivā δ<sub>2</sub> **tu** cett.] ca δ<sub>1</sub>η<sub>1</sub> \*pi δ<sub>2</sub> **savyake** cett.] savyakam β<sub>1</sub>δ<sub>2</sub> guhyake δ<sub>1</sub> **51a** ca jānvoḥ Bγ<sub>1</sub>] ca jāhno α<sub>1</sub> ca jānu α<sub>3</sub> tu jānvoḥ ε<sub>1</sub>ε<sub>3</sub>η<sub>1</sub>χ tu jānvoḥ η<sub>2</sub> jānyo α<sub>2</sub> jānvoś ca δ<sub>1</sub>δ<sub>2</sub> **samsthāpya** cett.] sthāpya η<sub>2</sub> **51b** svāṅguliḥ \*liṃḥ (α<sub>1</sub>) α<sub>1</sub>β<sub>1</sub>β<sub>ω</sub>ε<sub>3</sub>η<sub>1</sub>η<sub>2</sub>χ] svāṅguli α<sub>3</sub>β<sub>2</sub>γ<sub>1</sub>ε<sub>1</sub> samguli α<sub>2</sub> aṅguliḥ δ<sub>1</sub> hy aṅguliḥ δ<sub>2</sub> **samprasārya** cett.] yaṃ prasārya γ<sub>1</sub> **51c** vyātta cett.] vyāta β<sub>ω</sub> vyālā δ<sub>1</sub> **vaktro** cett.] vaktrau ε<sub>1</sub> vakro β<sub>ω</sub> **nirikṣeta** cett.] nirikṣet β<sub>ω</sub> nirikṣyeta η<sub>2</sub> nirikṣeya γ<sub>1</sub> nikṣipet α<sub>3</sub> **51d** nāsāgraṃ cett.] nāsāgra β<sub>ω</sub>γ<sub>1</sub>η<sub>2</sub> nāsāgre η<sub>1</sub> **susamāhitaḥ** β<sub>1</sub>δ<sub>1</sub>δ<sub>2</sub>ε<sub>1</sub>ε<sub>3</sub>χ] stusamāhitaḥ γ<sub>1</sub> tu samāhitaḥ α<sub>1</sub>α<sub>2</sub> susamāhitaḥ α<sub>3</sub>β<sub>2</sub> nyastalocanaḥ η<sub>1</sub>η<sub>2</sub> nyastalocanaṃ β<sub>ω</sub>

सिंहासनं भवेदेतत्पूजितं योगिभिः सदा ।

बन्धत्रितयसंधानं कुरुते चासनोत्तमम्<sup>#</sup> ॥ (om.  $\delta_3$ )

1.52

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

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 । ( $\delta_2$ )

एवमासनबन्धेषु योगीन्द्रो विजितश्रमः ।

अथाभ्यसेन्नाडिशुद्धिं मुद्रादिपवनक्रियाम् ॥

1.55

**52a** etat cett.] evaṃ  $\gamma_1$  **52b** yogibhiḥ sadā cett.] munipuṅgavaiḥ  $\delta_1\delta_2$  yogipuṅgavaiḥ  $\chi$   
**52c** tritaya AB $\epsilon_1\eta_2\chi$ ] trītiya  $\eta_1$  trayasya  $\gamma_1\delta_1\delta_2\epsilon_3$  **saṃdhānam** cett.] saṃdhāyi  $\epsilon_1$  **52d** ku-  
rute cett.] sevate  $\epsilon_1$  **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  $\eta_2$  **heading:** atha bhadraśanam  $\alpha_3\beta_2\beta_\omega\gamma_1\delta_2\eta_1\eta_2\chi$ ] atha bhadraṃ  $\delta_1$  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  $\beta_1$  simanyāḥ  $\delta_1\delta_2$  sebhanyāḥ  
 $\alpha_3$  om.  $\beta_\omega\epsilon_1$  **53d** dakṣa  $\beta_2\gamma_1$ ] dakṣe  $\chi$  tu  $\gamma_1\chi$ ] ca  $\beta_2$  **53e** pārśva  $\alpha_1\alpha_2\beta\gamma_1\eta_1\eta_2\chi$ ] pārśve  
 $\Delta\epsilon_3$  pārśvau  $\epsilon_1$  **53f** baddhvā cett.] baddhaṃ  $\delta_1$  **suniścalam**  $\alpha_3\beta_1\beta_2\epsilon_3\eta_1\eta_2\chi$ ] suniścalaḥ  $\alpha_1$   
suniścayam  $\alpha_2\delta_2\delta_3$  tsuniścalaṃ  $\beta_\omega$  stuniścalaṃ  $\gamma_1$  tu niścalaṃ  $\epsilon_1$  suniścitam  $\delta_1$  **54b** viśāpa-  
ham A $\beta_1\beta_\omega\eta_1^c\eta_2$  ( $\eta_1^c$  by the first hand)] vināśanam  $\beta_2\gamma_1\Delta\epsilon_1\epsilon_3\eta_1^c\chi$  **54d** idaṃ cett.] evaṃ  $\gamma_1$   
**vai** siddhayoginaḥ cett.] te siddhayoginaḥ  $\beta_1$  siddhāś ca yoginaḥ  $\beta_2$  **55a** evam āsana cett.]  
pavanāsana  $\epsilon_1$  **55b** yogīndro cett.] yogēndro  $\epsilon_1$  **vijitaśramah** A $\beta_1\delta_2\delta_3\epsilon_1\epsilon_3$ ] vijitaḥ śra-  
maḥ  $\gamma_1$  vijiteśramah  $\delta_1$  vijitaśramam  $\beta_\omega$  vigataśramah  $\beta_2\eta_1\eta_2\chi$  **55c** athābhyāsen  $\beta_1\beta_2\gamma_1\Delta\eta_2$   
athābhyāsen  $\alpha_2$  athābhy[a]s.  $\alpha_3$  athābhyase  $\epsilon_3$  athābhyāsam  $\beta_\omega$  athābhyā.e  $\eta_1$   
abhyāsen  $\chi$  abhyāse  $\alpha_1$  **nāḍi**  $\alpha_1\alpha_3\beta\gamma_1\Delta\epsilon_3\eta_1$ ] nāḍi *unm.*  $\eta_2$  nāḍi/ḍi (with two vowel signs)  $\epsilon_1$   
nā  $\alpha_2$  nāḍikā  $\chi$  **śuddhiṃ**  $\beta_1\beta_\omega\Delta\epsilon_3\eta_2\chi$ ] śuddhi  $\beta_2\gamma_1$  śvaddhiṃ  $\eta_1$  śuddhiḥ syān  $\alpha_1\alpha_2$  śu  $\epsilon_1$   
**55d** mudrādi cett.] mudrayā  $\delta_2\delta_3$  subaddhvā  $\delta_1$  **kriyām** cett.] kriyāḥ  $\alpha_1\epsilon_1\epsilon_3$  kriyā  $\alpha_2\beta_\omega\gamma_1$

<sup>5</sup>  $\alpha_3$  has this heading between 1.52ab and cd!

<sup>6</sup>  $\alpha_1$  has a kind of dittography here (cf. 1.56ab): असनं कुम्भकं चित्रं मुद्राख्यं करणं भवेत् ।

क्रियायुक्तस्य सिद्धिः स्यादक्रियस्य कथं भवेत् ।

न शास्त्रपाठमात्रेण योगसिद्धिः प्रजायते ॥ ( $\beta_2\beta_\omega\eta_2\chi$ )<sup>7</sup>

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 ॥ ( $\Delta$ )

1.55\*3

श्रुतिप्रतीतिः स्वगुरुप्रतीतिः

स्वात्मप्रतीतिर्मनसोऽपि रोधः ।

एतानि सर्वाणि समुच्चितानि

मतानि धीरैरिह साधनानि ॥ ( $\Delta$ )

1.55\*4

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

<sup>7</sup>  $\chi$  has this verse and the next one (without the 3rd line) after 1.64.

- आसनं कुम्भकं चित्रं<sup>#</sup> मुद्राख्यं करणं तथा<sup>#</sup> ।  
 अथ नादानुसंधानमभ्यासानुक्रमो हठे ॥ (om.  $\eta_1$ ) 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  $\gamma_1$  mudrādi  $\alpha_2\beta_{\omega}\eta_2$  **karaṇam tathā** cett.] karaṇādikam  $\alpha_3$  karaṇāni ca  $\eta_2$  pavanakriyā  $\alpha_2\beta_{\omega}$  **56d °m abhyāsā°** cett.] m abhyāsā  $\beta_2\delta_1$  syābhyāsā  $\beta_{\omega}$  °**nukramo haṭhe**  $\alpha_2\beta_2\beta_{\omega}\gamma_1\epsilon_3\eta_2\chi$ ] °nukramo haṭhaḥ  $\alpha_1\beta_1$  °nukramo haṭho  $\epsilon_1$  °dukrame haṭhe  $\alpha_3$  °nukrameṇa tu  $\Delta$  **57a mitāhāri** cett.] mitāhāro  $\delta_1$  **57b yogi**  $A\beta_1\Delta\epsilon_1\eta_1$ ] tyāgi  $\beta_2\beta_{\omega}\gamma_1\epsilon_3\eta_2\chi$  **parāyaṇaḥ** cett.] parākramah (corrected to °yaṇaḥ)  $\delta_2$  **57c siddho** cett.] siddhir  $\alpha_1\delta_3$  siddhi  $\alpha_2\alpha_3\beta_1$  siddhīn  $\eta_2$  **57d kāryā** cett.] kārya  $\beta_{\omega}\gamma_1^c$  kāryo  $\beta_2$  **vicāraṇā** cett.] vicāraṇāt  $\eta_2$  vicāraṇe  $\beta_2$  **58a āhāraś** cett.] āhāra  $\alpha_1\alpha_2\beta_1\beta_2$  āhāra«h»  $\eta_1$  āhāraṃ  $\beta_{\omega}$  **58b caturthāṃśa** cett.] caturthāśa  $\gamma_1$  **vivarjitaḥ** cett.] vivarjita  $\beta_1$  vivarjitam  $\beta_{\omega}$  **58c śivasamprityai** cett.] śivasampritya  $\eta_1$  yama ca prokto  $\alpha_2$  **58d mitāhāraḥ** cett.] mitāhāri  $\gamma_1$  **sa ucyate** cett.] samucyate  $\beta_{\omega}\eta_1$  **59a kaṭvāmla** cett.] kaṭvāmla  $\beta_{\omega}\eta_1$  kaṭkāṃmla  $\alpha_2$  **tiṣṇalavaṇoṣṇa** 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  $\beta_1$  **śāka**  $A\beta_1\beta_2\gamma_1\Delta\epsilon_1\epsilon_3\chi$ ] śākaṃ  $\beta_{\omega}\eta_1$  sāka  $\eta_2$  **59b tila** cett.] illeg.  $\eta_1$  *om.*  $\beta_2\gamma_1$  **sarśapa** cett.] sarpiṣa  $\beta_1$  **matsyamadyam**  $\beta_{\omega}\Delta\epsilon_3\eta_2$ ] matsyamadyāḥ  $\epsilon_1$  machyamadyā  $\alpha_1$  tsyamagham  $\eta_1$  madyamatsyān  $\alpha_3\beta_2\gamma_1\chi$  madyamāṃtsyāḥ  $\beta_1$  madyamatsā  $\alpha_2$  **59c ājādi m.c.**  $\epsilon_1\chi$ ] ajādi  $\beta_1\gamma_1\epsilon_3$  ājāvi  $\eta_2$  ajāvi  $\beta_{\omega}\Delta\eta_1$  ājivi  $\alpha_1$  ajādhi  $\alpha_2$  ajavya  $\beta_2$  **māṃsa** cett.] māsaṃ  $\eta_1$  māmsam  $\epsilon_3$  **kulattha**  $\alpha_1\beta_2\gamma_1\delta_2\epsilon_1\epsilon_3\eta_2\chi$ ] kulatha  $\beta_{\omega}\delta_1$  kalatha  $\beta_1$  kulatthya  $\eta_1$  kulittha  $\alpha_2$  kuluttha  $\delta_3$  kuluddha  $\alpha_3$  **kola**  $\alpha_1\alpha_2B\delta_1\delta_3\epsilon_3\chi$ ] kaula  $\delta_2$  kela  $\epsilon_1$  kodra  $\alpha_3\eta_2$  koṣṇā  $\eta_1$  kāla  $\gamma_1$  **59d piṇyāka** cett.] paṇyaka  $\beta_1$  piṇyāka  $\alpha_2$  pinnāka  $\beta_{\omega}$  *om.*  $\gamma_1$  **laśunā-/laśunādyam** cett.] laśanādyam  $\alpha_2$  laśanādyam  $\epsilon_1$  laśunādy  $\beta_1$  laśunādim  $\delta_3$  **apathyam** cett.] avarppam  $\beta_1$  asūram  $\delta_3$



भोजनमहितं विद्यात्पुनरप्युष्णीकृतं रूक्षम् ।  
अतिलवणमम्लपृक्तं<sup>#</sup> कदशनशाकोत्कटं दुष्टम् ॥

1.60

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

<sup>8</sup>वर्जयेद्दुर्जनप्रान्तं वह्निस्त्रीपथसेवनम् ।  
प्रातःस्नानोपवासादिकायक्लेशविधिं तथा ॥

1.61

गोधूमशालियवषष्टिकशोभनाञ्च  
क्षीराज्यमण्डनवनीतसितामधूनि ।  
शुण्ठीपटोलकफलादि च पञ्चशाकं  
मुद्गादि दिव्यमुदकं<sup>#</sup> च यमीन्द्रपथ्यम्<sup>#</sup> ॥

1.62

**60a** vidyāt  $\alpha_2\gamma_1\delta_1\chi$ ] vidyā  $\delta_3\epsilon_1$  vimdyāt  $\alpha_1\alpha_3B\delta_2\epsilon_3\eta_1\eta_2$  **punar apy** cett.] punar  $\alpha_3\Delta\epsilon_1$   
**uṣṇīkṛtaṃ**  $\gamma_1\epsilon_1\epsilon_3\eta_1\eta_2\chi$ ] uṣṇīkṛta  $\alpha_3$  uṣṇī  $\alpha_1$  ullikṛtaṃ  $\alpha_2$  uṣṇumkṛtaṃ  $\beta_1$  uṣṇakṛtaṃ  
 $\beta_\omega$  asvikṛtaṃ  $\beta_2$  uṣṇībhūtaṃ  $\Delta$  **rūkṣaṃ** cett.] rūkṣa  $\eta_1$  apramitaṃ  $\delta_1\delta_2$  apratihataṃ  
 $\delta_3$  **60b atilavaṇaṃ amlapṛktaṃ** em.] atilavaṇāmlapṛktaṃ  $\gamma_1$  atilavaṇādyapṛantaṃ  $\alpha_1$   
atilavaṇādyaptataptaṃ  $\alpha_2$  atilavaṇaṃ amlayuktaṃ  $\chi$  atilavaṇāmlayuktaṃ  $\beta_2$  atilavaṇādiyuktaṃ  
 $\beta_1\epsilon_3$  atilavaṇādiṇayuktaṃ  $\epsilon_1$  atilavaṇaka[ $\eta_1$ ]prayukta  $\alpha_3$  atilavaṇādyuṣṇataṃ  $\eta_1$  atilavaṇaṃ  
tilapaṇḍa  $\eta_2$  atilavaṇaṃ tilaṃ piṇḍa  $\beta_\omega$  atilavaṇasavapalala  $\delta_1$  atilavaṇasavapalalaṃ  $\delta_2$   
atilavaṇasavapalalaṃ  $\delta_3$  **kadaśana** cett.] kadaśanaṃ  $\beta_\omega\eta_2$  **śākotkaṭaṃ** cett.] śākātkaṭa  $\beta_\omega$   
śōkātkāṭa  $\eta_1$  śākōkṣadaṃ  $\gamma_1$  **duṣṭaṃ**  $\alpha_2\beta_2\gamma_1\epsilon_1\epsilon_3\eta_1$ ] duṣṭī  $\beta_1$  duṣṇaṃ  $\alpha_1$  dṛṣṭaṃ  $\alpha_3$  varjyam  $\Delta\chi$   
varjyam  $\eta_2$  varjitaṃ  $\beta_\omega$  **heading:** found between 1.61–62  $\alpha_3$  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 tiṃtrīṇi ś[o]kaṃ śad. ... nime  $\alpha_3$   
tailāmlaloṇitīnikālikābhāi (?)  $\eta_1$  **61a durjana** cett.] durjanaṃ  $\beta_2$  tarjana  $\eta_1$  **prāntaṃ**  
 $\alpha_1\alpha_3\beta_1\epsilon_1\chi$ ] prātaṃ  $\eta_1$  prāptaṃ  $\alpha_2$  prāpte  $\beta_2$  prītiṃ  $\gamma_1\Delta\epsilon_3\eta_2$  prīti  $\beta_\omega$  **61b vahnistrī** cett.]  
vastrī  $\delta_1$  **patha** cett.] pathya  $\alpha_2\beta_\omega$  pathi  $\chi$  madhu  $\delta_1$  **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  $\alpha_2\beta_1$  kleśādikaṃ  $\Delta\eta_1\eta_2$  **tathā** cett.] yathā  
 $\delta_1$  **62a godhūma** cett.] godhūmā  $\delta_1$  **yava** cett.] java  $\alpha_2\beta_2\delta_1\eta_1$  **śāṣṭika**  $\beta_1\beta_\omega\Delta\epsilon_3\eta_1\eta_2$ ] **śāṣṭika**  $\beta_2\chi$  **śāṣṭika**  $\alpha_1$  śākdihikr(?)  $\alpha_2$  māṣikaṃ  $\gamma_1$  piṣṭika  $\alpha_3$  piṣṭaka  $\epsilon_1$  **śōbhanānnaṃ** cett.]  
śōbhanānna  $\beta_\omega\gamma_1$  śōbhanānnāni  $\eta_1$  **62b maṇḍa**  $\alpha_1\alpha_2\beta_1\beta_2\gamma_1\Delta$ ] khaṇḍa  $\alpha_3\epsilon_1\epsilon_3\eta_2\chi$  **śaṃḍa**  $\beta_\omega\eta_1$   
**nīta** cett.] nīti  $\alpha_2\eta_1$  **sītā** cett.] sītā  $\eta_1$  sudhā  $\epsilon_1$  **62c paṭolaka** cett.] paṭolika  $\epsilon_1\eta_1$   
paṭola  $\eta_2$  **phalādi ca** B] phalādiṣu  $\epsilon_3$  phalādika  $\alpha_3\gamma_1\delta_1\delta_2\epsilon_1\chi$  phalādi«ka»  $\alpha_1$  phalādi  $\alpha_2$   
phalādi..  $\delta_3$  phalakādi ca  $\eta_2$  phipalādika  $\eta_1$  **pañcaśakaṃ** cett.] paṇyāśakaṃ  $\alpha_1$  śākabhuktaṃ  
 $\eta_2$  **62d mudgādi** cett.] mudgā  $\alpha_1\beta_\omega\epsilon_3$  mu-di  $\beta_2$  **divyam** cett.] cālpam  $\delta_1\delta_3$  **ca** cett.]  
hri(?)  $\epsilon_1$  om.  $\beta_1\beta_\omega$  **yamindra** A $\beta_2\beta_\omega\epsilon_1\eta_2\chi$ ] yatindra  $\gamma_1$  yavatiṃdra  $\beta_1$  munindra  $\Delta\epsilon_3\eta_1$

<sup>8</sup>  $\chi$  adds here: वह्निस्त्रीपथसेवानामादौ वर्जनमाचरेत् (cf. HP 3.32cd; Amaraugha (short recension) 35)

सर्वशाकमचाक्षुष्यं चाक्षुष्यं शाकपञ्चकं ।

जीवन्ती वास्तु मत्स्याक्षी मेघनादः पुनर्नवा ॥ (γ<sub>1</sub>)

1.62\*1

क्षीरपर्णी च जीवन्ती मत्स्याक्षी च पुनर्नवा ।

मेघनादश्च पञ्चैते शाकनाम प्रकीर्तिता (sic) ॥ (β<sub>ω</sub>ε<sub>3</sub>)

1.62\*2

मृष्टं<sup>#</sup> सुमधुरं स्निग्धं गव्यं धातुप्रपोषणम् ।

मनोऽभिलषितं योग्यं योगी भोजनमाचरेत् ॥

1.63

युवा वृद्धोऽतिवृद्धो वा व्याधितो दुर्बलोऽपि वा ।

अभ्यासात्सिद्धिमाप्नोति सर्वयोगेष्वतन्द्रितः ॥

1.64

पीठानि कुम्भकाश्चित्रा दिव्यानि करणानि च ।

सर्वोऽपि च हठाभ्यासो राजयोगफलावधि ॥

1.65

इति श्रीस्वात्मारामयोगीन्द्रविरचितायां हठप्रदीपिकायां प्रथमोपदेशः ॥ १ ॥

**62\*1b** cākṣuṣyaṃ *em.*] cakṣapyam γ<sub>1</sub> **62\*2a** kṣīraparṇī ε<sub>3</sub>] kṣīravarnī β<sub>ω</sub> jīvanti ε<sub>3</sub>] jaivanti β<sub>ω</sub> **62\*2b** matsyākṣī ε<sub>3</sub>] matsāṣī β<sub>ω</sub> **62\*2c** megghanādaś ca ε<sub>3</sub>] megghanāditi β<sub>ω</sub> **62\*2d** śākanāma prakīrtitā β<sub>ω</sub>] pañcaśākaḥ prakīrtitaḥ (\*kāḥ \*tāḥ ḍḥ<sup>c</sup>) ε<sub>3</sub> **63a** mṛṣṭam α<sub>1</sub>α<sub>3</sub>ε<sub>3</sub>η<sub>1</sub>] miṣṭam α<sub>2</sub>BY<sub>1</sub>ε<sub>1</sub> iṣṭam ḍ<sub>1</sub>η<sub>2</sub> puṣṭam χ uṣṇam ḍ<sub>2</sub>ḍ<sub>3</sub> **sumadhuram** cett.] sumadhu α<sub>1</sub> samadhuram α<sub>2</sub> samadhuram β<sub>ω</sub>ḍ<sub>1</sub>ε<sub>3</sub> **prapoṣaṇam** cett.] prapoṣakaṃ ḍ<sub>3</sub>ε<sub>3</sub> **63b** 'bhi-laṣitam cett.] bhi-lakṣitam β<sub>1</sub>γ<sub>1</sub> bhi-lāṣitam η<sub>1</sub> bhi-līṣitam α<sub>1</sub> bhi-lakṣitam α<sub>3</sub> bhivāmchitam α<sub>2</sub> **yogyam** Aβ<sub>1</sub>γ<sub>1</sub>Δε<sub>3</sub>η<sub>2</sub>χ] yonyam β<sub>ω</sub> bhojyam ε<sub>1</sub>η<sub>1</sub> divyam β<sub>2</sub> **bhojanam** cett.] bhojanasam η<sub>2</sub> **64a** vṛddho'tivṛddho cett.] vṛddho 'pi vṛddho ḍ<sub>2</sub>ḍ<sub>3</sub> bhavatu vṛddo α<sub>3</sub> **64b** durbalo'pi vā cett.] durbalas tathā β<sub>2</sub>η<sub>2</sub> **64d** sarvayogeṣv atandritaḥ cett.] sarvo yogesv atandritaḥ ḍ<sub>2</sub> sarvayogeṣu tamdritaḥ β<sub>ω</sub> sarvayogeṣu tamtrita α<sub>2</sub> sarvam yogī yatamdriyaḥ η<sub>1</sub> **65a** pīṭhāni cett.] pīṭhādi Δ **kumbhakāś** cett.] kumbhikāś α<sub>2</sub>β<sub>1</sub> kumbhakaś β<sub>ω</sub>ε<sub>3</sub><sup>c</sup>η<sub>2</sub> **citrā** cett.] citra β<sub>1</sub> citram η<sub>2</sub> **65b** divyāni cett.] mudrādi η<sub>1</sub>η<sub>2</sub> **65c** sarvo'pi ca α<sub>1</sub>β<sub>2</sub>ε<sub>1</sub>ε<sub>3</sub>η<sub>1</sub>] sarvā pi ca α<sub>2</sub> sarve pi ca β<sub>1</sub> sarvo pi α<sub>3</sub> sarvo pi hi Δ sarve py ayaṃ γ<sub>1</sub> sarvāny api β<sub>ω</sub>η<sub>2</sub>χ **bhyāso** Aβ<sub>2</sub>β<sub>ω</sub>γ<sub>1</sub>ε<sub>3</sub>] bhyāse η<sub>1</sub>η<sub>2</sub>χ bhyāsād β<sub>1</sub>Δ bhyā ε<sub>1</sub> **65d** phalāvadhī α<sub>1</sub>α<sub>2</sub>β<sub>1</sub>ε<sub>1</sub>ε<sub>3</sub>η<sub>1</sub><sup>lc</sup>η<sub>2</sub>χ] phalāvadhīḥ α<sub>3</sub>β<sub>2</sub>β<sub>ω</sub>γ<sub>1</sub> yugāvadhī η<sub>1</sub><sup>lc</sup> prasiddhaye Δ **colophon:** śrīsvātmārāma α<sub>2</sub>α<sub>3</sub>B] svātmārāma α<sub>1</sub>γ<sub>1</sub>ε<sub>1</sub>ε<sub>3</sub>η<sub>1</sub> ātmārāma η<sub>2</sub> śrīśahajānadasaṃtānaciptāmaṇisvātmārāma χ *om.* Δ **yogindra** α<sub>3</sub>β<sub>1</sub>β<sub>2</sub>γ<sub>1</sub>ε<sub>1</sub>ε<sub>3</sub>η<sub>1</sub>η<sub>2</sub>χ] yogendra β<sub>ω</sub> mahāyogendra α<sub>1</sub> *om.* α<sub>2</sub>Δ **viracitāyām** cett.] *om.* Δ **haṭha** cett.] śrīhaṭha ḍ<sub>3</sub> *ante prathamō*<sup>o</sup> *add.* āsanayogo nāma ε<sub>3</sub> āsanavidhikathanam nāma χ **prathamopadeśaḥ** cett.] prathama upadeśaḥ β<sub>2</sub>ε<sub>3</sub>η<sub>2</sub> prathamō'dhyāyaḥ η<sub>1</sub> prathamō... + ḍ<sub>3</sub>

**List of Sigla**

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