

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

1a athāsane cett.] athāsāna γ_1 athābhyāseṇa δ_3 haṭhāsane η_1 **dr̥dhe** $\alpha_1\alpha_2\beta_2\gamma_2\epsilon_3\eta_2\chi$] **dr̥dho** $\beta_1\beta_\omega\eta_1$ **dr̥dha** γ_1 **dr̥dham** Δ **dahe** ϵ_1 **1b** **vaśi** cett.] **vajri** ϵ_1 **hitamitāśanaḥ** cett.] **hi-** **tasikāśanaḥ** γ_1 **mitahitāśanaḥ** δ_2 **bhūtamitāśanaḥ** ϵ_1 **1c** **gurūpadiṣṭa** cett.] **gurūpadeśa** $\beta_2\Delta$ **1d** **prāṇāyāmaṃ** $\alpha_1\alpha_3\Delta\eta_1$] **prāṇāyāmān** $\alpha_2\beta_1\beta_2\gamma_2\epsilon_1\epsilon_3\chi$ **prāṇāyāmi** γ_1 **prāṇāyāmo** β_ω **yogamār-** **gaṃ** η_2 **samabhyaset** cett.] **sadābhyaset** Δ **samācaret** ϵ_3 **2a** **vāte** cett.] **citte** β_ω **calaṃ** cett.] **calat** β_ω **calet** ϵ_1 **cale** $\alpha_1\alpha_2\beta_2$ **sarvaṃ** $A\beta_\omega\epsilon_1\epsilon_3\eta_1$] **cittaṃ** $\beta_1\beta_2\Gamma\Delta\eta_2\chi$ **2b** **nīscale** cett.] **nīscaleṃ** β_1 **nīscaleṃ** **tathā** $\beta_\omega\Delta\eta_2$] **nīscaleṃ** **bhavet** $\epsilon_3\chi$ **dr̥dhabam̐dhanam̐** $A\beta_1\beta_2\Gamma\epsilon_1\eta_1$ **2c** **sthāṇutvam** cett.] **sthāṇutvam** $\alpha_2\gamma_1$ **sthāṇatvam** δ_3 **sthānatvam** $\beta_2\epsilon_1$ **2d** **vāyu** $\alpha_3\beta_1\beta_\omega\epsilon_1$] **vāyuraṃ** $\alpha_1\alpha_2\beta_2\Gamma\delta_1\delta_3\epsilon_3\eta_1\eta_2\chi$ **om.** δ_2 **nibandhanāt** $\alpha_1\alpha_3\beta_\omega\epsilon_1$] **nibandhayet** $\beta_1\eta_1$ **nirundhayet** $\alpha_2\eta_2$ **nirūdhayet** γ_1 **nirodhayet** $\beta_2\gamma_2\Delta\epsilon_3\chi$ **3a** **vāyuh** $\gamma_2\delta_3\epsilon_1\eta_1\chi$] **vāyu** $AB\gamma_1\delta_1\delta_2\epsilon_3\eta_2$ **sthito** cett.] **sthiro** α_2 **3b** **jivitam** $\alpha_2\beta_\omega\gamma_2\Delta\epsilon_1\eta_2$] **jītavim** α_1 **jīvitim** β_1 **jīvitvam** ϵ_3 **jīvanam** $\beta_2\gamma_1\eta_1\chi$ **3c** **niṣ-/niḥkrāntis** cett. incl. α_3] **niṣkrānti** $\beta_1\beta_\omega$ **niḥkrāntam̐** α_1 **niḥkrāntams** α_2 **niṣkrānto** η_2 **3d** **tato** cett.] **tasmād** η_2 **nirundhayet** $\alpha_2\gamma_1\eta_2$] **nirodhayet** $\gamma_2\Delta\epsilon_3\chi$ **nibandhayet** $\alpha_3B\epsilon_1\eta_1$ **nib-** **bandhanāt** α_1 **4a** **malākulāsu** cett.] **mālākusuma** η_1 **4d** **kāyasiddhiḥ** $A\beta_2\beta_\omega\epsilon_3\eta_1$] **kāyaśud-** **dhiḥ** Γ **kāryasiddhiḥ** $\beta_1\Delta\epsilon_1\eta_2\chi$ **5a** **śuddhim eti** cett.] **śuddhimati** γ_1 **śuddham eti** β_2 **yadā** cett.] **yathā** β_ω **sadā** η_1 **5b** **cakraṃ** cett.] **cakra** $\beta_2\beta_\omega\gamma_1\epsilon_1$ **malākulam** cett.] **manāku-** **lam̐** ϵ_1 **5c** **tadaiva** cett.] **tadeva** $\alpha_1\alpha_3\epsilon_3$ **5d** **saṃgrahaṇe** $\alpha_1B\Gamma\epsilon_1\epsilon_3\eta_2\chi$] **saṃgrahana** $\alpha_3\eta_1$ **saṃrodhane** $\delta_1\delta_3$ **saṃrodhana** δ_2 **5d** **prāṇa° ... kṣamaḥ** cett.] **kṣamaḥ** **prāṇanirrodhane** α_2 **6a** **prāṇābhyāsaṃ** cett.] **prāṇāyāmaṃ** $\delta_1\delta_3\chi$ **prāṇ...** $\dots\eta_1$ δ_2 **6c** **yathā** cett.] **yāsthā** α_1 **yadā** α_3 **atha** δ_2 **suṣūmnā susvasthā** ($^{\circ}mnā$) $\alpha_2\alpha_3$] **suṣūmnā** **susvasthā** α_1 **suṣūmnāṃ** **susvasthā** β_ω **suṣūmnā** **sustakcya** β_1 **suṣūmnā** **susnigdā** ($^{\circ}gdha$) ϵ_3] $\epsilon_3\eta_1$ **suṣūmnāḥ** **snigdā** ϵ_1 **suṣūmnāpārś-** **vasthā** $\beta_2\Gamma$ **suṣūmnāntarasthā** Δ **sukham** **avasthāya** η_2 **suṣūmnānāḍisthā** χ **6d** **malāḥ śoṣaṃ** $\Gamma\delta_2\delta_3\epsilon_1\eta_1\eta_2$] **malāś** **coṣaṃ** α_3 **malā** **śoṣaṃ** $\alpha_1\alpha_2\beta_2\delta_1$ **malāśoṣaṃ** ϵ_3 **malāt** **śoṣaṃ** β_ω **malāḥ** **śuddhim** χ **nirmalā bhava°** β_1 **prayānti ca** cett.] $^{\circ}$ ti **śodhitā** β_1

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

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

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

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

प्रातर्मध्यंदिने सायमर्धरात्रे च कुम्भकान् ।
शनैरशीतिपर्यन्तं चतुर्वारं समभ्यसेत् ॥¹ 2.11

7a padmāsano cett.] padmāsane ε₃ padmāsana γ₁ **7b** pūrayet cett.] dhārayet δ₁ recayet β₂ **7c** śaktyā α₁ε₁ε₃] śakti β₁γ₂δ₁δ₂η₁χ śaktiḥ α₂β₂β_ωγ₁ śaktim δ₃ yuktyā η₂ **7d** punaḥ α₁α₂BIΔ] bhūyah α₃ε₁ε₃η₁η₂χ **8a** cākṛṣya cett.] vāṣṭhavya γ₁ **8b** udaraṃ cett.] udayam α₃ udare η₁η₂ **8c** vidhivat cett.] vividham β₁ vidhidṛk β₂ **kṛtvā** cett.] kuryāt Δ **9a** yena tyajet cett.] yena tyaje α₁γ₂ yetayet γ₁ **tena pītā** β₂Γχ] tenāpūrya α₂Δη₂ tena pūrya α₁β_ωε₁η₁ tena pūrvam β₁ε₃ **9b** anirodhataḥ ε₃] anirodhataḥ α₁α₂BY₂Δη₁η₂ anirodhitaḥ ε₁ anirodhanataḥ γ₁ atirodhataḥ χ **9c** recayec ca cett.] recayeta ε₁ recayatvā γ₂ pūrayec ca δ₃ **9d** śanair eva na vegataḥ cett.] śanairacavanegataḥ γ₁ śanaiḥ pavanam ekataḥ Δε₃ **10a** ced idāyā cett.] ced idīyā β₂ ceḍiyā α₁ caṇḍiyā γ₁ ceḍikayā ε₃ cemḍriyayā α₂ **piben** cett.] piban α₃ **niyamitaṃ** cett.] parimitam β_ω nimitam γ₁ **bhūyo** cett.] bhūyā β_ω 'nyayā cett.] nyathā β₁β_ωγ₁δ₁δ₃η₁ **recayet** cett.] _yet γ₁ **10b** samīraṇam alaṃ α₁] samīraṇajalaṃ β₁ samīraṇam atho cett. **baddhvā tyajed vāmāyā** cett.] baddhvāñjaleḍ vāmāyā δ₃ badhvāsanaḥ sarvadā β₂ **10c** sūryācandramasor a° cett.] lac. β₂ **anena vidhinā** cett.] anena vidhinā β_ω ane vidhinā γ₁ aṇe δ₁ lac. β₂ **bimbadvayam dhyāyatām** α₁δ₂δ₃η₂] *tā δ₁ *taḥ β_ω bhyāsaṃ samātanvatām/tā/taṃ α₂α₃ε₁ε₃ bhyāsā samāsatvayāt β₁ bhyāsamātanvatām η₁ bhyāsaṃ sadātanvatām Γχ bhyāsaṃ sadā tatvatām β₂ **10d** nāḍigaṇā cett.] nāḍiguṇā ε₁ **māsatrayād** cett.] māsadvayād δ₁ [māsa](d)va[y](ād) δ₂ **11a** prātar madhyamḍine cett.] prātaḥ sāyam ca β₂ **sāyam ardha** cett.] sāyam addha α₁ sāyam madhya β₁γ₂ε₁ sāyamadhyam α₂ soyamadhya γ₁ madhyāhne β₂ **11b** rātre ca cett.] rātra ca γ₁ rātrau ca α₂ε₁ε₃ nīṣithe caiva β₂ **kumbhakān** cett.] kumbhakāt β_ωγ₁ kumbhakam δ₂ **11c** aśīti cett.] amibhiḥ δ₁ **paryantaṃ** cett.] paryante α₁ paryeca α₂

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

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

2.12

जलेन श्रमजातेन गात्रमर्दनमाचरेत् ।
दृढता लघुता चापि तेन गात्रस्य जायते ॥

2.13

अभ्यासकाले प्रथमे शस्तं क्षीराज्यभोजनम् ।
ततोऽभ्यासे दृढीभूते न तादृङ्गियमग्रहः ॥

2.14

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

2.15

प्राणायामेन युक्तेन सर्वरोगक्षयो भवेत् ।
अयुक्ताभ्यासयोगेन सर्वरोगसमुद्भवः ॥

2.16

हिक्का श्वासश्च कासश्च शिरःकर्णाक्षिवेदनाः ।
भवन्ति विविधा दोषाः पवनस्य व्यतिक्रमात् ॥

2.17

12a kaniyasi bhavet $\alpha_2\alpha_3\beta_2\Gamma\Delta\epsilon_3\chi$] kaniyasi bhavet $\alpha_1\beta_1$ kaniyase bhavet $\epsilon_1\eta_1$ adhame jāyate η_2 adhyame jāyate β_ω **svedaḥ** cett.] svadaḥ α_1 svedaṃ η_1 bhedaḥ α_3 **12c uttiṣṭhaty** cett.] uttiṣṭhamty η_2 uttānaṃ β_2 uttame χ **uttame** cett.] cottame β_2 sthānaṃ \tilde{a}° χ **prāṇa** $\alpha_1\beta_2\beta_\omega\Gamma\delta_2\delta_3\epsilon_1\epsilon_3$] prāṇaṃ $\beta_1\eta_1$ prāṇā $\alpha_3\eta_2$ prāṇo δ_1 prāṇe α_2 'pnoti χ **12d rodhe** $\alpha_1\beta_1\beta_2\gamma_2\Delta\epsilon_1\epsilon_3$] rodheḥ η_1 rodhī α_3 rodha α_2 rāvai γ_1 baddhe $\beta_\omega\eta_2$ tato χ **padmāsane** $\beta_2\delta_1\delta_3\eta_2$] padmāsano Γ padmāsana δ_2 padmāsanaṃ $A\beta_1\beta_\omega\epsilon_1\epsilon_3\eta_1$ vāyuraṃ nibam° χ **muhuh** $AB\Gamma\epsilon_1\epsilon_3\eta_2$] .uhuh η_1 sthite Δ 'dhayet χ **13a śrama** cett.] śrava β_ω **jātena** cett.] jālena β_1 pātena δ_1 **13c cāpi** $\beta_\omega\gamma_2\delta_2\delta_3\epsilon_1\epsilon_3\eta_2$] vāpi $\alpha_3\gamma_1\beta_1\delta_1\eta_1$ yāti α_1 caiva $\beta_2\chi$ nena α_2 **14a abhyāsakāle prathame** cett.] abhyāsakāle prathamam $\beta_2\Delta\epsilon_3$ **14b kṣīrājya** cett. incl. α_3] kṣīrāṇna $\alpha_1\alpha_2$ **14c 'bhyāse** cett.] bhyāsaiḥ ϵ_1 bhyāsa η_1 **ḍṛḍhibhūte** $\alpha_1\alpha_2B\Gamma\Delta\chi$] sthiribhūte $\epsilon_1\epsilon_3\eta_1\eta_2$ **14d tādrñ** cett.] tathā $\beta_2\Gamma$ **niyama** cett.] 'niyama γ_1 niyamo η_2 **grahaḥ** cett.] śramah η_1 **15** found between 2.9 and 2.10 β_2 **15b vaśyaḥ** cett.] vaśyaṃ $\beta_2\Gamma\epsilon_1$ vaśya $\alpha_2\alpha_3$ **15c tathaiva** cett.] tathāva° β_1 **sevito** cett.] veśito α_3 saṃcīto $\delta_2\delta_3$ 'rodhito β_1 **15d hanti** cett.] hr̥di γ_1 **16b kṣayo bhavet** cett.] parikṣayaḥ Δ **16d roga** cett.] vyādhi Δ *illeg.* η_1 **17a śvāsaś ca kāsaś ca** cett.] «śvāsasa» kāsas ca β_2 śvāsas tathā kāsah $\delta_1\delta_2$ kāsas tathā śvāsah δ_3 **17b śīraḥkarnākṣi** cett.] śīraḥkarnākṣa $\beta_1\delta_3$ jvaraḥ karnākṣi $\epsilon_1\epsilon_3$ karnanāsakṣi δ_1 **vedanāḥ** cett.] vedanaḥ α_1 vedanā $\alpha_2\beta_2\beta_\omega\delta_3$ **17c doṣāḥ** $\alpha_1\Gamma\epsilon_1\epsilon_3\eta_1$] doṣā B δ_1 dāṣā η_2 rogāḥ $\alpha_2\delta_2\delta_3\chi$ **17d vyatikramāt** cett.] prakopanāt δ_1 prakopataḥ χ

- युक्तं युक्तं त्यजेद्वायुं युक्तं युक्तं च पूरयेत् ।
युक्तं युक्तं च बध्नीयादेवं शुद्धिमवामुयात् ॥ 2.18
- यदा तु नाडीशुद्धिः स्यात् तदा चिह्नानि बाह्यतः ।
कायस्य कृशता[#] कान्तिस्तथा जायेत निश्चितम् ॥ 2.19
- यथेष्टं धारणं वायोरनलस्य प्रदीपनम् ।
नादाभिव्यक्तिरारोग्यं जायते नाडिशोधनात् ॥ (om. $\varepsilon_1\varepsilon_2$) 2.20
- मेदःश्लेष्माधिकः पूर्व[#] षट्कर्माणि समाचरेत् ।
अन्यस्तु नाचरेत्तानि दोषाणां समभावतः[#] ॥ (om. $\varepsilon_1\varepsilon_2$) 2.21
- धौतिर्बस्तिर्नितिश्चैव त्राटकं नौलिकं तथा ।
कपालभाती चैतानि षट्कर्माणि प्रचक्षते ॥ 2.22
- कर्मषट्कमिदं गोप्यं घटशोधनकारकम् ।
विचित्रगुणसंधायि[#] पूज्यते योगिपुङ्गवैः ॥ 2.23

18 transposed with the next verse β_2 18b pūrayet cett.] dhōrayet α_2 sevayet η_2 18c ca cett.] om. β_ω 18d evaṃ cett.] itthaṃ Δ śuddhim avāpnuyāt $A\beta_1\varepsilon_1\eta_1$] siddhim avāpnuyāt $\beta_2\beta_\omega\Gamma\varepsilon_3\eta_2\chi$ sidhyati yogavit Δ 19a tu nāḍīśuddhiḥ cett.] tu nāḍī śuddhā β_2 nāḍīśuddhiḥ Δ 19b tadā cett.] tathā χ cihnāni bāhyataḥ cett.] cittam nirākulam Δ 19c kṛśatā cett.] kṛśatām β_ω kṛtā α_1 kriyate η_2 illeg. η_1 kāntis cett.] illeg. η_1 19d tathā cett.] tadā $\alpha_2\chi$ jāyeta cett.] jāyata $\alpha_1\beta_1$ jāyetsu β_2 niścitam cett.] niścitā α_1 niścālam η_1 20a yatheṣṭam cett.] yatheṣṭa $\alpha_1\beta_\omega\Gamma$ dhāraṇam cett.] dhāraṇa γ_1 vāyor cett.] vāyur β_ω 20b analasya cett.] analasya α_2 ānalasya $\beta_\omega\eta_2$ ānasya δ_1 20d nāḍī cett.] nāḍī unṃ. $\beta_\omega\eta_2$ śodhanāt cett.] śośanāt γ_1 śodhane $\eta_1\eta_2$ 21a medaḥ cett.] meda $\alpha_1\alpha_2\beta_\omega\chi$ medā γ_1 śleṣmādhikāḥ pūrvam $\alpha_1\alpha_2B\Gamma\delta_2\chi$] śośādikam pūrvam η_1 śleṣmādināśārtham η_2 śleṣmanivṛtyartham $\delta_1\delta_3\varepsilon_3$ 21c anyas tu $AB\gamma_2\eta_1\chi$] anyathā $\Delta\varepsilon_3\eta_2$ abhyastā γ_1 21d samabhāvataḥ $\alpha_1\beta_1\beta_\omega\varepsilon_3\eta_2\chi$] samabhāvanāt α_2 samabhāgataḥ $\beta_2\gamma_1$ samabhyāgataḥ γ_2 samatāyataḥ Δ apy abhāvataḥ η_1 22a dhautir $\beta_2\beta_\omega\Gamma\varepsilon_1\chi$] dhauti $\alpha_1\alpha_2\beta_1\Delta\varepsilon_3\eta_2$ 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 $\Delta\varepsilon_3$ bastya ε_1 nitiś caiva em.] nitaiś caiva α_2 nīti caiva α_1 nyati ceti ε_1 neti ceti ε_3 ca nitiś ca α_3 ca netiś ca η_2 tathā nitiś β_1 tathā nīti δ_3 tathā netis $\beta_2\Gamma\chi$ tathā neti η_1 tathā neti $\beta_\omega\delta_1\delta_2$ 22b trāṭakam cett.] trāṭikam $\alpha_2\varepsilon_3$ trāṭanam ε_1 trāṭanam β_1 troṭakam $\alpha_3\gamma_1$ toṭakī δ_1 naulikam $\alpha_3\delta_2\delta_3\eta_1\eta_2\chi$] laulikam α_1 nauli α_2 naulikā $B\Gamma$ noliki δ_1 nakuli ε_1 nākuli ε_3 22c bhāti $\beta_2\beta_\omega\gamma_2\delta_2\delta_3$] bhāti $\alpha_1\alpha_2\beta_1\varepsilon_1\varepsilon_3\eta_1$ bhātiś $\alpha_3\gamma_1\chi$ bhāthī η_2 bhāvi δ_1 caitāni cett.] vijñeyā δ_1 22d pracakṣate cett.] samācāret $\beta_2\delta_3$ 23a karmaṣaṭkam idaṃ cett.] ṣaṭkākarmam idaṃ β_2 ṣaṭkarmam idaṃ $\alpha_2\eta_2$ gopyam cett.] proktam δ_2 23b kārakam cett. incl. α_3] kāraṇam $\alpha_1\alpha_2\delta_1$ 23c saṃdhāyī $\alpha_2\gamma_2\beta_1\varepsilon_1\varepsilon_3\chi$] saṃdhāyī $\alpha_1\beta_\omega\gamma_1\eta_1\eta_2$ saṃdhāyā α_3 saṃdhāyā β_2 saṃdhoyi δ_1 saṃjñopi δ_3 karmopi δ_2 23d yogi cett.] yoga $\alpha_2\varepsilon_1$ muni $\delta_2\delta_3$

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

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

2.24

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

2.25

अथ बस्तिकर्म । (om. δ_1)

नाभिद्वे जले पायुन्यस्तनालोत्कटासनः ।
आधाराकुञ्चनं कुर्यात् पखालं बस्तिकर्म तत् ॥

2.26

गुल्मप्लीहोदरं चापि वातपित्तकफोद्भवाः ।
बस्तिकर्मप्रभावेन वार्यन्ते सकलामयाः ॥

2.27

heading: tatra $A\beta_1\beta_2\Gamma\eta_1\chi$] atha $\beta_\omega\delta_3\eta_2$ atha tatra ε_3 ādau δ_2 **dhautiḥ** $\eta_1\eta_2\chi$] dhauti $\alpha_1\alpha_2\beta_1\beta_\omega\Gamma\delta_2\delta_3\varepsilon_3$ dhautikā β_2 **24a caturāṅgula** cett.] caturāṅguli δ_2 caturāṅgula η_2 cat-
uramḥ δ_1 + + + gula α_1 **vistāram** cett.] vistāram ε_3 **24b siktam** cett.] sitam $\delta_2\delta_3$ sita ε_3
śaktam ε_1 sveta β_1 **24c tataḥ** cett.] punaḥ $\Delta\chi$ **pratyāharec/°hared** cett.] °hārec β_ω °haram
 η_1 **caitad** cett.] etad $\alpha_1\Delta$ **24d udgāram** $\alpha_3\eta_1$] uśālam $\alpha_2\varepsilon_1$ hukhāla α_1 ukhālatā **unm.** β_ω
duḥkhaham β_1 prakṣālyam β_2 uditam $\varepsilon_3\eta_2\chi$ utthānam Γ abhyāsād Δ **tat** $\alpha_2\alpha_3\beta_1\beta_2\Gamma\varepsilon_3\eta_1\chi$] °taḥ β_ω °kṛt $\alpha_1\varepsilon_1\eta_2$ °vit Δ **25a kāsāśvāsa** cett.] śvāsaḥ kāsāḥ η_2 **pliha** cett.] plihā η_1
kuṣṭham $A\beta_1\beta_\omega\gamma_2\Delta\varepsilon_3\eta_2\chi$] kuṣṭha $\beta_2\gamma_1\varepsilon_1\eta_1$ **25b kapha** cett.] śleṣmā ε_1 **rogāś ca** cett.]
rogaś ca $\alpha_3\delta_3$ rogāś ca γ_1 **viṃśatiḥ** cett.] viṃśati $\alpha_1\alpha_2\beta_1\beta_\omega\gamma_2$ vidradhiḥ $\delta_2\delta_3$ dvagṛjaḥ α_3
25c dhauti cett.] dhauti $\alpha_1\beta_1\beta_\omega\Delta$ dhautā ε_3 **prabhāvena** cett.] prasādena β_2 **25d dhāvanty**
eva $\alpha_3\beta_\omega\varepsilon_1$] dhāvamte ca α_2 dhāvaty eva η_1 bhavanty eva α_1 prayānti eva $\beta_1\beta_2\Gamma\Delta\chi$ śudhyanty
eva η_2 naśyante nā° ε_3 **na** cett.] °tra ε_3 **heading:** atha cett.] om. $\delta_1\delta_2$ **bastikarma** (vasti°)
 $\alpha_1\beta_1\Gamma\eta_1$] vastikarmāḥ α_3 vastikarma $\beta_2\varepsilon_3$ bastinikarma ε_1 vastikarmaprabhāvaḥ α_2 vasti $\beta_\omega\eta_2$
vastī $\delta_2\delta_3$ vastiḥ χ om. δ_1 **26a nābhidaghne** $\Delta\varepsilon_3\eta_2$] °daghna $B\varepsilon_1\chi$ °dadhna Γ °dagdha $\alpha_1\eta_1$
°magma α_3 hr̥dyagraha α_2 **pāyu** $\alpha_1\beta_\omega\Gamma\delta_1\eta_1\eta_2$] pāya β_1 pāyuh β_2 pāyur $\varepsilon_1\delta_3$ pāyau χ vāyu
 $\delta_2\varepsilon_3$ vāyuh α_3 vāyuh α_2 **26b nyastanālo** cett.incl. α_3] nyastanāla α_1 nyastālo ε_3 ranyanālo
 α_2 **26c ādhārā** cett.] ādhāra $\alpha_3\beta_2\varepsilon_1$ apānā ε_3 **26d pakhālam** β_ω] pakhālam α_1 paśālam α_2
pāśalam ε_1 prakṣālam $\beta_1\gamma_1$ prakṣālā α_3 prakhyātā γ_2 prakṣāled β_2 kṣālanam $\varepsilon_3\eta_1\eta_2\chi$ apānād Δ
bastikarma tat cett.] bastikarma «ta»t γ_2 vastikarmavit $\delta_1\delta_2$ __ vastivit δ_3 **27b bhavāḥ** cett.]
bhavaḥ $\alpha_1\delta_3$ bhavam $\beta_\omega\eta_2$ **27c basti** cett.] vasti β_ω **27d vāryante** $A\beta_1\beta_2\Gamma\Delta$] dhāryante
 ε_1 śīryante ε_3 kṣīyante $\beta_\omega\eta_2\chi$ jāyate η_1 **sakalāmayāḥ** cett.] sakalā malāḥ $\beta_\omega\Gamma\eta_2$

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

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

2.28

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

2.29

अथ नीतिः[#] । (om. δ₁ε₁)

सूत्रं वितस्तिस्त्रिगुणं नासानाले प्रवेशयेत् ।
मुखाग्निर्मयेच्चैषा[#] नीतिः सिद्धैर्निगद्यते ॥
कपालशोधनी चैव दिव्यदृष्टिप्रदायिनी ।

2.30

28a *ntahkaraṇa cett.] ntaḥkaraṇam β₁γ₁δ₃ε₃^c mttamkaruṇa α₃ **prasādam** cett.] prasādanam δ₁ prasādam β₁ **28b** kāntim cett.] kanti α₂β₁β_ω kābhim γ₁ **pradiptim** cett.] pradiptam α₁^cα₂β_ωε₁ pradipti β₁ praptam α₃ pradipanam δ₁ **28c** doṣopacayaṃ cett.] doṣāpacayaṃ β₁β_ω doṣaprabhavaṃ δ₁ **28d** abhyasya cett.] abhyāsyā α₂ abhyāsa η₁ abhyasa δ₂ **jala** cett.] ja η₂ **karma** cett.] om. δ₁ **29** found after 2.25 β_ωε₁ε₃η₁η₂ found after 2.38 χ om. δ₁δ₂ **29a** udvamanāti α₁β₁β_ω] udvamanāti χ udvamante ε₁ε₃ udvavanti η₂ udvahanāti Γη₁ udvahanāti β₂ uddhanamti α₂ udbhavanti α₃ **29b** kaṇṭhanāle cett.] kaṇṭhanālet β_ω kaṃjāle β₁ **29c** kramapariçayavaśya (vaśyā α₂β₂) α₁α₂β₁β₂Γη₁χ] *paricita° ε₃ *parijita° ε₁ karibhir iva jalasya β_ωη₂ **vāyumārgād** α₃] vāyumārgā α₁ vāyumārgo ε₃ vāyumārgam α₂ vāyuh|go ε₁ vāyuryo η₁ vāyuegāt β_ωη₂ nādimārgā (nādi β₂γ₂) β₁β₂γ₂ nādicakrā χ mārga γ₁ **29d** gajakaraṇīti α₂γ₂ε₃η₁χ] gajakaraṇī_ γ₁ gajakaraṇīti α₃ gajakaraṇīti β₂ najakaraṇīti β₁ gajakaraṇīti α₁ gajakaraṇīti ε₁ jalakaraṇīti η₂ jalagajakaraṇī β_ω **heading: atha** cett.] om. δ₁δ₂ε₁ **nītiḥ** α₁] nīti α₃β₁ nīti α₂δ₃ netiḥ γ₂χ neti β_ωγ₁δ₂ neti η₁ netikarma ε₃η₂ netikarma β₂ om. δ₁ε₁ **30a** susnigdham cett.] sustabdhām α₁α₂β₁ samstabdhim α₃ **30b** nāsānāle cett. (nāśā° γ₁η₂) nāsānābhe η₁ **30c** mukhān nirgamayec°yed α₁β_ωΔχ] mukhā nirgamayec γ₂ε₁ mukham nirgamayē α₃ mukhe nirgamayec β₁β₂ mu nirgamayai α₂ mukhaś ca nirgamec γ₁ mukhān nirgamanād ε₃ mukhanirgamanād η₁η₂ **caiśā** cett.] sā hi δ₂δ₃ sāpi δ₁ eva η₁η₂ **30d** nītiḥ em.] nīti α₁α₂β₁ nīti δ₃ nīti ε₁ netiḥ γ₂η₂χ neti β₂γ₁η₁ neti β_ωδ₁δ₂ε₃ **siddhair** cett.] siddher ε₁ siddhir γ₁ siddhau ε₃ siddhair β₁ **31a** śodhani cett.] śodhini β₂χ śodhanā η₂ śodhanam δ₃ **caiva** β₂ΓΔχ] kaṃṭhyā α₃ε₁ kaṃṭhād ε₃ kaṃṭhā α₂ kaṃṭhām β₁ vatyā α₁ kavyā β_ω kāryā η₁η₂ **31b** pradāyini cett.] pradāyani γ₁

हनूर्ध्वजातरोगौघं जयत्याशु सती नितिः ॥

2.31

अथ त्राटकम् । (om. δ_1)

निरीक्षेत्रिश्चलदृशा सूक्ष्मलक्ष्यं समाहितः ।

अश्रुसंपातपर्यन्तमाचार्येस्त्राटकं मतम् ॥

2.32

मोटकं* नेत्ररोगाणां तन्द्रादीनां कपाटकम्* ।

यत्तत्स्त्राटकं गोप्यं यथा हाटकपेटकम् ॥

2.33

अथ नौली । (om. δ_1)

अमन्दावर्तवेगेन तुन्दं* सव्यापसव्यतः ।

नतांसो भ्रामयेदेषा नौली गौडैः प्रशस्यते ॥

2.34

31c hanürdhva α_1] hanudhva α_2 kamthordhvam α_3 jatrürdhva $\beta_1\beta_2\epsilon_1\chi$ jatrürdhvam β_ω jantürd-
hva ϵ_3 jatürdhvam γ_2 ja_ ddha γ_1 jänürdhva $\Delta\eta_1$ yattürdhva η_2 **rogaugham** rogotham ($\alpha_1\gamma_1$)
 $\alpha_1\alpha_3\text{BI}\epsilon_3\chi$] rogaugha η_1 rogaughā η_2 rogaughān Δ rogaughnam ϵ_1 rogādyam α_2 **31d jayaty**
āśu satī nitiḥ *em.*] jayety āśu satī niti α_1 jāyaty āśu śatir nitiḥ α_2 jayaty āśu satī neti γ_2 janayaty
āśu satī nati β_1 jayabhyāśca satī nati γ_1 jayaty āsum niti satī ϵ_1 jayaty āśu sunetikā β_2 jayaty āśu sa
netivit δ_1 jayaty āśu sa nitivit $\delta_2\delta_3$ neti jayati satvaram ϵ_3 jayati sā tu sūtrikā η_1 netir āśu nihanti ca
(netir β_ω) $\beta_\omega\eta_2\chi$ + + + + [ja]yanti ca α_3 **heading: atha** *cett.*] a ϵ_1 *om.* δ_1 **trāṭakam** *cett.*] *trāṭakam*
 γ_2 troṭakam α_3 trāṭam η_1 *om.* δ_1 **32a nirikṣen** *cett.*] nirikṣye ϵ_1 nirikṣya η_2 **niś-**
cala *cett.*] niścalā γ_1 nirmala δ_1 **dr̥ṣā** *cett.*] dr̥ṣtyā $\alpha_2\eta_2$ **32b sūkṣma** *cett.*] sūkṣmam $\epsilon_3\eta_2$
lakṣyam $\alpha_3\Delta\eta_2\chi$] lakṣam $\alpha_2\text{BI}\epsilon_3$ lakṣa $\alpha_1\eta_1$ lakṣmam ϵ_1 **32d ācāryais** *cett.*] āryais *unm.*
 γ_2 āryais tu $\delta_2\delta_3$ ācāret η_1 totākam δ_1 **trāṭakam** *cett.*] troṭakam ϵ_1 trāṭikam ϵ_3 yoginām δ_1
matam $\alpha_1\alpha_2\beta_1\Delta$] smṛtam $\alpha_3\beta_2\beta_\omega\Gamma\epsilon_1\epsilon_3\eta_1\eta_2\chi$ **33a moṭakam** $\delta_2\eta_1$] meṭakam β_1 moṭanam δ_3
modakam α_1 mocakam $\alpha_2\epsilon_1\epsilon_3$ mocanam $\Gamma\chi$ movanam α_3 totākam δ_1 trāṭakam β_2 sphoṭanam
 $\beta_\omega\eta_2$ **netrarogānām** *cett.*] netrarogam ca β_1 **33b tandrādinām** *cett.*] tandrādinām $\beta_\omega\gamma_1$
tamrādinām α_3 tamdrādin β_1 tandrānām ca η_2 nidrādinām δ_3 netrādinām δ_2 **kapāṭakam** *cett.*] *kavāṭakam*
 $\alpha_1\alpha_3$ ca pāṭakam ϵ_3 ca pāṭavam ϵ_1 ca pāṭanam δ_1 gapāṭa[ka]m η_1 **33c yatnatas**
cett.] prayatnāt $\beta_\omega\eta_2$ prayatnatas *unm.* η_1 etac ca Δ **33d trāṭakam** *cett.*] totākam δ_1 totākam
 ϵ_1 **heading: naulī** $\alpha_2\beta_2\beta_\omega\gamma_2\eta_1$] noli β_1 naurī γ_1 nauliḥ $\alpha_3\chi$ naukuli ϵ_1 nākuli (corrected to
naulikā) δ_2 lauli α_1 nīli δ_3 naulikarmma ϵ_3 neulikarmma η_2 *om.* δ_1 **34a amandā** *cett.*] amandya
 γ_2 āmandā $\alpha_3\beta_\omega\epsilon_3$ āmānda η_1 **varta** *cett.*] vatta $\alpha_3\epsilon_1$ cakra η_1 **vegana** *cett.*] yogena δ_3
34b tundaṁ $\beta_1\beta_\omega\gamma_2\epsilon_3\chi$] tudaṁ $\alpha_1\alpha_2\beta_2$ tuṇḍum γ_1 tundat η_2 tuṇḍam $\alpha_3\epsilon_1$ tunde $\delta_2\delta_3$ tulyam δ_1
gudam η_1 **savyataḥ** *cett.*] savyayoh $\alpha_2\Delta$ **34c natāṁso** *or* natāṁso $\alpha_2\beta_1\gamma_2\Delta\epsilon_1\eta_1\chi$] natāso
 α_1 natāṁśur β_2 naśnātso γ_1 satāṁśo β_ω śataśo $\epsilon_3\eta_2$ **bhrāmāyad** $\beta_2\gamma_2\delta_2\epsilon_3\eta_1\eta_2\chi$] bhramayad
 $\alpha_1\alpha_3\beta_\omega\delta_3\epsilon_1$ bhāmāyad γ_1 bhāvāyad α_2 trabhaved β_1 bhyasayed δ_1 **eṣā** *cett.*] doṣā(h) $\alpha_2\beta_1$ oṣā
 ϵ_3 **34d naulī** *cett. incl. α_2*] noli β_1 nauliḥ χ nīli α_3 lauli α_1 loke η_1 **gaudaiḥ** $\beta_1\gamma_2$] gaulaiḥ
 $\alpha_1\eta_2$ gauraiḥ β_2 goḷaiḥ α_3 gaudīḥ γ_1 gauliḥ ϵ_1 gauli η_1 maulaiḥ β_ω nauli α_2 yoge $\delta_1\delta_2\epsilon_3$ yogah
 δ_3 siddhaiḥ χ **praśasyate** *cett.*] prasyate α_2 pracakṣate $\delta_1\delta_3$ pravakṣyate δ_2 pradṛṣyate ϵ_3

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

2.35

अथ कपालभाती । (om. δ_1)

भस्त्रावल्लोहकारस्य रेचपूरौ ससंभ्रमौ ।
 कपालभाती विख्याता कफदोषविशोषिणी ॥ (om. ϵ_1)

2.36

षट्कर्मभिर्गतस्थौल्यकफमेदोमलादिकः ।
 प्राणायामं ततः कुर्यादनायासेन सिध्यति ॥

2.37

प्राणायामैरेव# सर्वे प्रशुष्यन्ति मला इति# ।
 आचार्याणां तु केषांचिदन्यत्कर्म न संमतम् ॥

2.38

35a tundāgni β_2] $\text{tunḍāgni } \epsilon_1 \text{ tunḍāṣṭi } \alpha_1 \text{ tunḍdaṣṭi } \alpha_2 \text{ munḍāgni } \gamma_1 \text{ maṇḍāgni } \alpha_3 \beta_1 \beta_\omega \gamma_2 \Delta \epsilon_3 \eta_1 \eta_2 \chi$ **pācanādi** $\alpha_1 \alpha_2 \beta_2 \beta_\omega \gamma_2 \epsilon_3 \chi$] $\text{pāvanādi } \gamma_1 \eta_1 \text{ pāvakādi } \eta_2 \text{ pācanāni } \epsilon_1 \text{ pācanāni } \beta_1 \text{ pācanāgni } \delta_1 \text{ pācanāgniḥ } \delta_2 \text{ pāvanāgniḥ } \delta_3$ **35b saṃdhāyikā** $\beta_2 \Gamma \delta_1 \chi$] $\text{saṃdhāyakā } \alpha_1 \alpha_2 \beta_1 \beta_\omega \epsilon_3 \eta_1 \eta_2 \text{ sandhādhikā } \delta_2 \text{ saṃdhānakā } \alpha_3 \text{ sandādhikā } \delta_3 \text{ saṃdhāyikā } \epsilon_1$ **sadaiva** $\text{cett.}] \text{tathaiiva } \Delta$ **35c doṣāmaya** $\text{cett.}] \text{doṣāmala } \beta_\omega \eta_1 \eta_2$ **śoṣaṇi** $\text{cett.}] \text{śoṣiṇi } \delta_1 \eta_1 \text{ śodhaṇi } \gamma_1 \text{ śodhini } \gamma_2$ **ca** $\text{cett.}] \text{va } \delta_3 \eta_1 \eta_2 \text{ yā } \gamma_1$ **35d maulir iyaṃ ca** $\alpha_1 \alpha_3 \beta_1 \beta_2 \Gamma \chi$] $\text{maulir iyaṃ hi } \alpha_2 \Delta \epsilon_3 \text{ mūlam iyaṃ hi } \epsilon_1 \eta_1$ "sau jayatiha η_2 jayamtiha β_ω **nauli** $\text{B} \gamma_1 \Delta \eta_1 \eta_2$] $\text{nauliḥ } \gamma_2 \epsilon_1 \chi$ **mauli** α_2 **lauḥi** α_1 $\text{lauḥiḥ } \epsilon_3$ **tauḥiḥ** α_3 **heading: atha** $\text{AB} \Gamma \delta_3 \epsilon_1 \eta_1 \chi$] *om.* $\delta_1 \delta_2 \epsilon_3 \eta_2$ **kapālabhāti** $\beta_2 \Gamma \delta_3 \eta_1$] $\text{kapālibhāti } \alpha_2 \text{ kapālabhauti } \delta_2 \text{ kapālabhāti } \alpha_1 \epsilon_1 \text{ kapālabhātiḥ } \alpha_3 \chi \text{ kapālabhātiḥ } \beta_1 \text{ kapālabhātikarma } \epsilon_3 \text{ kapālabhāthikarma } \eta_2 \text{ bhāthi } \beta_\omega$ *om.* δ_1 **36a bhastrāval** $\gamma_2 \epsilon_2 \epsilon_3 \chi$] $\text{bhas-traval } \alpha_1 \alpha_2 \text{ bhastrāhaval } \gamma_1 \text{ bhastrāva } \beta_\omega \text{ bhastrā } \text{ca } \beta_1 \text{ bhastrava } \beta_2 \Delta \text{ bhastriva } \alpha_3$ [bha]strariva η_1 **lohakārasya** η_2 **lohakārasya** $\text{cett.}] \text{lohakāraś } \text{ca } \alpha_3 \text{ lohakārāṇaṃ } \Delta \text{ lohakārāṇaṃsya } \alpha_2 \text{ bhastrivat } \eta_2$ **36b recapūrau** $\text{cett.}] \text{recapūro } \alpha_1 \alpha_2 \text{ recapūra } \eta_1 \text{ recapūraiḥ } \delta_2 \text{ kuryāt savyā}^{\circ} \eta_2$ **sasambhramau** $\beta_2 \beta_1 \Gamma \delta_1 \delta_3 \chi$] $\text{susambhramau } \text{A} \beta_\omega \epsilon_2 \epsilon_3 \eta_1 \text{ susambhramaiḥ } \delta_2$ "pasavyataḥ η_2 **36c bhāti** $\text{B} \gamma_2 \Delta \eta_1$] $\text{bhāti } \alpha_1 \gamma_1 \text{ bhātā } \alpha_2 \text{ bhātir } \alpha_3 \epsilon_2 \epsilon_3 \chi \text{ bhāthi } \eta_2$ **vikhyātā** $\text{cett.}] \text{vikhyāto } \alpha_3 \text{ vikṣātaṃ } \alpha_2 \text{ vijñeyā } \delta_1 \text{ ity eṣā } \epsilon_2 \epsilon_3$ **36d kaphadoṣa** $\text{A} \beta_1 \beta_2 \Gamma \epsilon_2 \epsilon_3 \eta_1 \chi$] $\text{kaphaśoṣa } \Delta \text{ kaphā-maya } \beta_\omega \eta_2$ **viśoṣiṇi** $\alpha_1 \epsilon_2 \eta_1$] $\text{viśoṣaṇi } \alpha_2 \alpha_3 \beta_\omega \Gamma \epsilon_3 \eta_2 \chi \text{ viśoṣaṇā } \beta_1 \text{ viśodhini } \beta_2 \text{ visarpiṇi } \Delta$ **37a ṣaṭkarmabhir gata** $\alpha_1 \beta_2 \beta_\omega \gamma_1 \epsilon_1 \eta_2$] $\text{ṣaṭkarmabhir gatam } \gamma_2 \text{ ṣaṭkarmābhigata } \beta_1 \text{ ṣaṭkoṇabhi-gatam } \alpha_2 \text{ ṣaṭkarmanirgata } \Delta \epsilon_3 \eta_1 \chi \text{ ṣaṭkarmanirgatā } \alpha_3$ **sṭhaulya** $\text{cett.}] \text{sṭhaulyam } \alpha_2 \beta_1 \eta_1 \eta_2 \text{ sṭhaulyaḥ } \gamma_2 \text{ sālyā } \alpha_3$ **37b medo** $\text{cett.}] \text{bhedo } \delta_3 \eta_1 \text{ doṣa } \alpha_2 \chi$ **malādikah** $\alpha_1 \beta_2 \beta_\omega \epsilon_1 \epsilon_3 \chi$] $\text{malādikah } \delta_2 \text{ malādikam } \alpha_2 \beta_1 \text{ malādhikah } \alpha_3 \delta_1 \text{ calādhikah } \delta_3 \text{ balādhikah } \eta_2 \text{ malādhike } \eta_1 \text{ malojhi-tah } \gamma_1 \text{ malojitah } \gamma_2$ **37d sidhyati** $\text{cett.}] \text{śudhyati } \alpha_1 \beta_\omega \delta_1 \text{ śusidhyateḥ } \alpha_2$ **38a prāṇāyāmair eva** $\text{cett.}] \text{prāṇāyāmena vai } \epsilon_1 \epsilon_3 \eta_1 \text{ prāṇāyāmaiḥ sukhāt } \eta_2$ **sarve** $\text{cett.}] \text{sarveḥ } \alpha_2 \text{ sarvaiḥ } \alpha_3 \delta_2 \delta_3$ **38b praśuṣyanti** $\text{cett.}] \text{praśukhyanti } \delta_1 \text{ praśuddhyati } \eta_2$ **malā iti** $\alpha_1 \alpha_2 \beta_1 \beta_2 \Gamma \delta_2 \delta_3 \chi$] $\text{malā api } \delta_1 \epsilon_1 \epsilon_3 \text{ malāṃnapi } \eta_1 \text{ malāśayā } \beta_\omega \text{ malāśayaḥ } \eta_2 \text{ matoda iti } \alpha_3$ **38c tu** $\text{cett.}] \text{ca } \epsilon_3$ **38d anyat karma** $\text{cett.}] \text{anyakarma } \alpha_1 \alpha_2 \gamma_1 \delta_2 \delta_3$

- ब्रह्मादयोऽपि त्रिदशाः[#] पवनाभ्यासतत्पराः । (ab om. η_2)³
 अभूवन्नन्तकभयात्[#] तस्मात्पवनमभ्यसेत् ॥ (cd om. $\Delta\epsilon_3$)⁴ 2.39
- यावद्बद्धो मरुद्देहे यावच्चित्तं निराश्रयम्[#] ।
 यावद्वीक्षा[#] भ्रुवोर्मध्ये तावत्कालभयं कुतः ॥⁵ 2.40
- विधिवत्प्राणसंयामैर्नाडीचक्रे विशोधिते ।
 सुषुम्णावदनं भित्त्वा सुखाद्विशति मारुतः ॥ 2.41
- मारुते मध्यसंचारे मनःस्थैर्यं प्रजायते ।
 यो मनःसुस्थिरीभावः सैवावस्था मनोन्मनी ॥ 2.42
- तत्सिद्धये विधानज्ञ[#]श्चित्रान्कुर्वीत कुम्भकान् ।⁶
 विचित्रकुम्भकाभ्यासाद्विचित्रां सिद्धिमाप्नुयात् ॥ (cd om. Δ) 2.43

39c abhūvann antaka AB $\gamma_2\epsilon_1\chi$] abhavan taṃtaka γ_1 sumanaskāntako η_2 samanaskāntaka η_1 bhayāt AB $\Gamma\epsilon_1\chi$] bhayānt η_1 bhavyas η_2 **39d** pavanam AB $\Gamma\epsilon_1\eta_2\chi$] praṇavam η_1 **40b** yāvac cittam cett.] tāvac cittam $\Delta\epsilon_3\eta_1$ **nirāśrayam** cett.] nirāmayam Δ nirākulaṃ χ **40c** yāvad/yāvat cett.] jāvat η_2 yāt ϵ_1 yā δ_1 **vikṣā** (cf. VM v.l.) *em.*] vikṣam α_3 vikṣed $\alpha_1\alpha_2$ dikṣe γ_2 iks(y)et $\beta_1\beta_2$ icched γ_1 drṣṭir $\Delta\chi$ paśyed $\beta_\omega\epsilon_1\epsilon_3\eta_1\eta_2$ **madhye** cett.incl. α_3] madhyam $\alpha_1\beta_1\gamma_2\eta_2$ **40d** kāla cett.] kalam η_1 mṛtyu δ_3 **41a** saṃyāmair cett.] saṃyame η_2 saṃyame β_ω **41b** nāḍī cett.] nāḍi $\alpha_1\alpha_3\beta_\omega$ nārī β_2 **cakre** cett.] cakro γ_2 cakram ϵ_1 krīva γ_1 **viśodhite** cett.] viśodhayet α_3 **41d** sukhād cett.] mukhād $\Delta\eta_1$ **42a** mārute cett.] māruto $\alpha_3\beta_2\delta_1$ maruto δ_2 **saṃcāre** cett.] saṃcārān α_3 **42c** manasusthirīrbhāvaḥ cett.] manasusthirīrbhāvaḥ $\alpha_2\gamma_1$ nasaḥsthirīrbhāva β_2 **42d** saivāvasthā manonmanī cett.] saīṣā⁷ $\beta_2\Delta$ γ_2 ditto⁸gr. saivāvasthonmanī matā β_1 **43a** tatsiddhaye cett.] tatsiddhayo ϵ_1 tatsādhana β_2 **vidhānajñās** (jñāḥ δ_1) $\alpha_1\alpha_3\beta_1\delta_1$] vidhānajñās $\Gamma\epsilon_1\epsilon_3\chi$ vidhānajñā $\alpha_2\beta_\omega\eta_1$ vidhānajño $\delta_2\delta_3\eta_2$ vidhijñās tu β_2 δ_1 **43b** citrān cett.] viśān δ_2 viśat δ_3 **kurvita** $\alpha_3\beta_1\Delta$] avita α_1 kurvati $\gamma_1\eta_2^c$ kurvanti $\alpha_2\beta_2\beta_\omega\gamma_2\epsilon_1\epsilon_3\eta_1\eta_2^c\chi$ **43c** vicitrakumbhakābhyāsād cett.] kumbhakābhyāsāvicitrām γ_1 om. Δ **43d** vicitrām siddhim āpnuyāt cett.] vicitrām gatim āpnuyāt α_2 vicitrāṇim āpnuyāt η_1 yogasiddhim avāpnuyāt γ_1 om. Δ

³ η_2 has instead: षट्कर्मयोगमामोति पवनाभ्यासतत्परः.

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

⁵ ϵ_3 adds here: बह्ममयोऽपि नामोति पवनाभ्यासतत्परः । समनस्क्रान्तकभयं तस्मात्पवनमभ्यसेत् ॥ Cf. 2.39.

⁶ 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

सूर्यभेदनमुज्जायी तथा सीत्का च शीतली ।

भस्त्रिका भ्रामरी मूर्छा⁷ प्लावनीत्यष्ट कुम्भकाः ॥

2.44

पूरकान्ते तु कर्तव्यो बन्धो जालंधराभिधः ।

कुम्भकान्ते रेचकादौ कर्तव्यस्तूडियाणकः ॥

2.45

अधस्तात्कुञ्चनेनाशु कण्ठसंकोचने कृते ।

मध्ये पश्चिमताणेन स्यात्प्राणो ब्रह्मनाडिगः ॥[#] [= 3.71*1] (om. Δ)

2.46

अपानमूर्ध्वमुत्थाप्य[#] प्राणं कण्ठादधो नयेत् ।

योगी जराविमुक्तः सन् षोडशो वयसा⁷ भवेत् ॥

2.47

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

आसने सुखदे योगी बद्धा वज्रासनं ततः ।

दक्षनाड्या समाकृष्य बहिःस्थं पवनं शनैः ॥

2.48 – δ_2

44a ante sūryabhedanam add. atha kumbhakabhedāḥ χ **44b** tathā sītka ca śitalī (sītka) $\alpha_1\alpha_3$] tathā sīt-/sītkaśitalī $\beta_2\beta_\omega\Gamma\Delta\epsilon_3\eta_1\eta_2$ tathā sītkaśitalā $\beta_1\epsilon_1$ tathā satkaśitalā α_2 sītkaśitalī tathā χ **44c** bhastrikā cett.] bhastrī ca δ_1 **bhrāmari** $\beta_\omega\gamma_1\delta_2\delta_3\epsilon_3\eta_1\chi$] bhrāmari $A\beta_1\beta_2\gamma_2\delta_1\epsilon_1\eta_2$ **44d** plāvanī $\beta_1\gamma_2\epsilon_1\epsilon_3$] plāvinī χ prāvati γ_1 pratvanī β_2 kevalāś $\alpha_1\beta_\omega\eta_2$ kevalī η_1 ke«va»lā[°] α_3 kāmبالās α_2 sahitaś Δ [°]ty aṣṭa $\beta_1\beta_2\Gamma\epsilon_1\epsilon_3\chi$] cāṣṭa $\alpha_1\beta_\omega\Delta\eta_1\eta_2$ catha α_2 [°]ny aṣṭa α_3 **kumbhakāḥ** cett.] kumbhakāḥ γ_1 kumbhikā β_1 kumbhakā β_ω kumbhakān η_1 **45a** tu cett.] ca α_2 **45b** jālaṃdharā cett.] jālaṃdharā $\alpha_1\beta_1$ **bhidhaḥ** cett.] vidhaḥ $\delta_1\delta_2$ vadhiḥ α_2 **45c** recakāḍau cett.] cakāḍau η_1 **45d** kartavyas cett.] kartavyaṃs η_2 **tū**[°] cett.] tu $\alpha_1\beta_2\beta_\omega$ ta γ_1 [°]ḍḍiyānakāḥ m.c. $\alpha_3\beta_1\beta_\omega\epsilon_1\eta_1$] diyānakāḥ $\alpha_1\alpha_2$ ḍḍiyānakāḥ $\gamma_2\delta_1\delta_3\eta_2\chi$ diyānakāḥ $\beta_2\delta_2\epsilon_3$ hiyānakāḥ γ_1 **46a** adhaṣṭāt $\alpha_3\beta_2\eta_1\eta_2\chi$] adhaṣṭā $\alpha_1\beta_1\beta_\omega$ adhaṣṭa γ_1 adhaṣṭhāt $\gamma_2\epsilon_1$ adhaṣṭvāt ϵ_3 adhamān α_2 **kuñcanenāśu** cett.] kuñcanenāśuṃ β_2 kuṃbhakenāśu ϵ_1 kuṃbhakenāśaṃ α_3 **46c** madhye $A\beta_1\beta_2\gamma_2\epsilon_1\epsilon_3\eta_1\chi$] madhya $\beta_\omega\gamma_1\eta_2$ **tāṇena** $A\beta_\omega\eta_1$] tāṇena $\beta_1\beta_2\Gamma\epsilon_3\eta_2\chi$ tāṇa ϵ_1 **46d** syāt cett.] sthāt ϵ_1 **brahma** cett.] madhya β_ω **nāḍigaḥ** cett.] nāḍigataḥ ϵ_1 nāḍikām β_2 nābhirāt γ_1 **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 $\alpha_1\epsilon_1$ yenayat γ_1 jayet ϵ_3 **47c** vimuktaḥ san $\alpha_1\alpha_3B\gamma_2\delta_1\delta_2\chi$] viyuktaḥ san γ_1 vimuktaḥ sa ϵ_1 vimuktaḥ saḥ ϵ_3 vimuktaḥ syāt δ_3 vimuktasyā α_2 vimuktaś ca η_2 bhimuktaś ca η_1 **47d** ṣoḍaśo vayasā cett.] ṣoḍaśo vayasī β_1 ṣoḍaśāḍavayā $\delta_2\delta_3\chi$ ṣoḍaśāḍavayo η_2 **heading: tatra** $\alpha_1\alpha_3\beta_1\beta_2\Gamma$] atha $\beta_\omega\eta_1\eta_2$ atha tatra ϵ_3 om. $\alpha_2\delta_1\delta_3\epsilon_1\chi$ **sūryabhedanam** cett.] sūryabhedanī γ_1 sūryābhedi β_1 sūryabheda α_2 om. $\delta_1\delta_3\chi$ **48a** āsane sukhade yogī cett.] āsane sukhadaṃ 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)] viśanam ϵ_1 mudrāsamam $\beta_\omega\eta_2$ caivāsanam χ **tataḥ** cett.] sudhī ϵ_1 **48c** nāḍyā cett.] nāḍyāḥ γ_1 nāḍyām $\epsilon_1\epsilon_3$ **48d** bahiḥstham cett.] bastham ca β_1

⁷ Three folios are missing in δ_2 after व (up to 3.1c).

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

2.49 – δ_2

कपालशोधनं वातदोषघ्नं कृमिदोषहम् ।
पुनः पुनरिदं कार्यं सूर्यभेदमुदाहृतम् ॥

2.50 – δ_2

अथोज्जायी ।

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

2.51 – δ_2

पूर्ववत्कुम्भयेत्प्राणं रेचयेदिडया ततः ।
श्लेष्मदोषहरं कण्ठे देहानलविवर्धनम् ॥

2.52 – δ_2

49a ā keśāgrān $\beta_\omega \eta_2$] ā keśāgrā $\alpha_1 \alpha_2 \beta_1$ ā keśāgra ε_1 ā keśāgram $\delta_1 \delta_3 \eta_1$ ā keśād ā $\beta_2 \Gamma \chi$ ā keśāc ca ε_3 ā keśam ā α_3 **nakhāgrāc** ca $\beta_1 \beta_2 \Gamma \varepsilon_3 \eta_2 \chi$] nakhāgrās ca α_1 nakhāvañva α_2 nakhāgram ca $\alpha_3 \beta_\omega \delta_1 \delta_3 \varepsilon_1$ nakhā... η_1 **49b nirodhāvadhi** AB $\gamma_1 \varepsilon_3 \eta_2 \chi$] nirodhāvidhi γ_2 nirovadhi ε_1 niruddh[o]vadhi η_1 śirodhyavadhi $\delta_1 \delta_3$ **kumbhayet** cett.] kumbhayan α_1 kumbhakān δ_1 kumbhakam δ_3 **49c tatah** cett.] om. γ_1 **nāḍyā** cett.] nāḍyā ca η_2 **49d sudhih** $\alpha_3 \beta_2 \Gamma \varepsilon_1 \varepsilon_3 \eta_1$] sudhī $\alpha_1 \alpha_2 \beta_1$ śuddhī β_ω śanaiḥ $\eta_2 \chi$ punaḥ $\delta_1 \delta_3$ **50a śodhanam** cett.] śodha δ_1 **50b doṣaghnām** cett.] doghnam β_ω śoṣaghnām ε_1 **doṣaham** $\beta_1 \beta_\omega \varepsilon_1 \varepsilon_3$] doṣajam α_1 doṣajamham α_2 doṣahr̥t $\beta_2 \Gamma \delta_1 \delta_3 \chi$ toharam η_1 nāśanam η_2 **50c kāryam** $\alpha_1 \alpha_2 \beta_1 \beta_2 \varepsilon_3 \eta_1 \chi$] kārya $\beta_\omega \varepsilon_1$ kuryāt $\Gamma \delta_1 \delta_3$ sūrya η_2 **50d sūryabhedam udāhṛtam** AB $\varepsilon_3 \eta_1$] sūryabhedanam udāhṛtam *unm.* ε_1 sūryabhedanam uttamam $\Gamma \delta_1 \delta_3 \chi$ bhedanam samudāhṛtam η_2 **heading: athojjāyī** $\alpha_1 \beta \varepsilon_3 \eta_1 \chi$] atha ujjāyī $\alpha_3 \varepsilon_1 \eta_2$ ujjāyī $\Gamma \delta_3$ ujjāi δ_1 jāi α_2 **51a saṃyamya** cett.] saṃnamya η_1 saṃkocca α_3 **nāḍibhyām** $\alpha_2 \beta_2 \Gamma \delta_3 \varepsilon_3 \chi$] nāḍibhyām $\alpha_1 \beta_1$ nāsābhyām $\alpha_3 \beta_\omega \delta_1 \varepsilon_1 \eta_1 \eta_2$ **51b śanaiḥ** cett.] tataḥ δ_1 punaḥ δ_3 **51c yathā** cett.] yadā $\eta_1 \eta_2$ **lagati** cett.] lagatu β_2 galati ε_3 ragati γ_1 **kanṭhāt tu** $\alpha_1 \alpha_2 \beta_1 \beta_2 \delta_3 \varepsilon_1 \varepsilon_3 \eta_2 \chi$] kanṭhe tu Γ kanṭhāntar δ_1 kanṭhāntam β_ω kanṭhādīm α_3 hr̥tkanṭhe η_1 **51d hr̥dayāvadhi** cett.] hr̥tpadmāvadhi $\beta_2 \eta_2$ **sasvanam** cett.] sasvani β_1 sausanam η_1 śodhanam η_2 niḥsvanam β_2 **52a pūrvavat** cett.] pūrve ca γ_1 pūrvatu β_2 **kumbhayet** cett.] kumbhayan $\delta_1 \delta_3$ **prāṇam** $\alpha_1 \alpha_2 \beta \Gamma \delta_1 \chi$] prānāt η_1 prāṇān $\delta_3 \varepsilon_1 \varepsilon_3 \eta_2$ **52b recayed idayā** cett.] recayedīyā δ_1 **tataḥ** cett.] tratat γ_2 tathā χ **52c śleṣma** cett.] śleṣmā η_2 śreṣmā γ_1 śleṣā β_2 **kanṭhe** cett.] kanṭha δ_1 dehād η_1 dehām ε_1 dehā η_2 **52d dehānalavivardhanam** $\beta_1 \beta_2 \Gamma \delta_1 \delta_3 \varepsilon_3 \chi$] dehānale vivardhanam α_1 dehānamlavibamdhnam α_2 dāvānalavivardhanam β_ω dehāvaladiptivivardhanam *unm.* α_3 analadiptivardhanam η_1 analam dipavardhanam ε_1 °naladiptivivardhanam η_2

नाडीजालोदरे[#] धातुगतदोषविनाशनम् ।
गच्छतस्तिष्ठतः कार्यमुज्जाय्याख्यं तु कुम्भकम् ॥

2.53 – δ_2

अथ सीत्का[#] । (om. δ_1)

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

2.54 – δ_2

योगिनीचक्रसामान्यः[#] सृष्टिसंहारकारकः ।
न क्षुधा न तृषा निद्रा नैवालस्यं प्रजायते ॥⁸

2.55 – δ_2

भवेत्स्वच्छन्ददेहश्च सर्वोपद्रववर्जितः ।
अनेन विधिना सत्यं योगीन्द्रो भुविमण्डले ॥

2.56 – δ_2

53a *nāḍījalodare* *em.*] *nāḍījalodare* $\beta_\omega \eta_2$ *nāḍījalodaro* α_1 *nāḍījalodarā* $\beta_1 \epsilon_1 \eta_1 \chi$ *nāḍījalalodarā* α_2 *nāḍījalodarī* γ_2 *nāḍījalodaram* $\gamma_1 \delta_1 \delta_3 \epsilon_3$ *nāḍījalodara* β_2 *nāḍījalāṃdaram* α_3 **dhātu** *cett.*] *dhātum* (dhautam pc) α_3 *gātra* δ_3 **53b** *gatadoṣa* $\alpha_1 B \gamma_2 \chi$] *gadadoṣa* α_2 *gatadoṣā* γ_1 *gatadoṣam* η_2 *gataroga* $\epsilon_1 \eta_1$ *galaroga* α_3 *śataroga* ϵ_3 *śatadoṣa* $\delta_1 \delta_3$ **53c** *gacchataḥ tiṣṭhataḥ* *AB* $\delta_1 \delta_3 \epsilon_1 \eta_1$] *gacchatā tiṣṭhatā* $\Gamma \epsilon_3 \eta_2 \chi$ **kāryam** *cett.*] *kāryām* α_1 *kāya* ϵ_1 **53d** *ujjāyākyam tu* χ] *ujjāyākyam tu* $\alpha_1 \alpha_2 \beta_2 \gamma_2 \delta_1 \delta_3 \epsilon_1 \epsilon_3 \eta_1$ *urjārvyākyam tu* β_1 *ujjāyāhravya* γ_1 *ujhā* $\{h\}$ *yyākyāyat tu* α_3 *kuru vikhyāta* $\beta_\omega \eta_2$ **kumbhakam** *cett.*] *kumbhakaḥ* β_ω **heading: atha** *cett.*] *om.* $\Gamma \delta_1$ **sītka** ϵ_1] *sītka* α_1 *sitakā* η_1 *śitkārah* γ_1 *sitkārah* α_3 *śitkāra* β_ω *śikāra* γ_2 *śitkāram* β_2 *sītkāra* δ_3 *sītkāri* $\alpha_2 \epsilon_3 \chi$ *śitakarākarma* η_2 *śighrā* β_1 *om.* δ_1 **54a** *sīt-/śitkām* $\alpha_1 \alpha_3 \beta_1 \beta_2 \gamma_2 \delta_3 \epsilon_3 \chi$] *satkām* ϵ_1 *sātka* α_2 *sitkīm* δ_1 *dhitkām* (?) γ_1 *kumbham* $\beta_\omega \eta_2$ *om.* η_1 **dadyāt** *A* $\beta_1 \epsilon_1 \epsilon_3 \eta_1$] *kuryāt* $\beta_2 \beta_\omega \Gamma \delta_1 \delta_3 \eta_2 \chi$ **sadā** *A* $\beta_1 \beta_\omega \epsilon_1 \epsilon_3 \eta_1 \eta_2$] *tathā* $\beta_2 \Gamma \delta_1 \delta_3 \chi$ **vaktre** *cett.*] *vaktrāt* η_2 *dakre* γ_1 **54b** *ghrāṇe caiva* $\alpha_1 B \eta_1$] *ghrāṇe cātha* $\epsilon_1 \epsilon_3$ *ghrāṇenaiva* $\alpha_3 \gamma_2 \delta_1 \delta_3 \eta_2 \chi$ *prāṇenaiva* γ_1 *prāṇa caiva* α_2 **vijrmbhikām** $\alpha_1 \alpha_2 \beta_1 \beta_2 \epsilon_3 \eta_1 \chi$] *vijrmbhikā* δ_1 *vijrmbhikam* γ_1 *vijāmbhikām* γ_2 *vijāmbhakām* ϵ_1 *vijrmbhitām* α_3 *vijrmbhitam* $\beta_\omega \eta_2$ *visarjayet* δ_3 **54c** *evam abhyāsa* *cett.*] *evam abhyāsam* η_1 **yogena** *cett.*] *yoge tu* β_1 **55a** *yoginī* *cett.*] *yoginām* β_1 **cakrasāmānyaḥ** $\alpha_1 \alpha_3 \beta_1$] *cakrasāmānya* $\alpha_2 \beta_\omega \epsilon_1$ *cakrasamānyaḥ* χ *cakram āśadya* $\eta_1 \eta_2$ *cakrasevyas tu* $\beta_2 \Gamma \delta_1 \delta_3 \epsilon_3$ **55d** *naivālasyaṃ* *cett.*] *niṃdrālasyaṃ* β_1 **prajāyate** *A* $\beta_2 \beta_\omega \Gamma \delta_1 \delta_3 \eta_1 \chi$] *tu jāyate* $\epsilon_1 \epsilon_3$ *tu jāyete* η_2 *na jāyate* β_1 **56a** *svacchanda* *cett.*] *sattvaṃ ca* χ **dehaś ca** $\alpha_1 \alpha_2 \beta_2 \beta_\omega \epsilon_1 \epsilon_3 \eta_2$] *dehas tu* $\Gamma \delta_1 \delta_3$ *dehasya* $\alpha_3 \chi$ *dehashta* β_1 *deham* *ca* η_1 **56b** *varjitaḥ* *cett.*] *vivarjitaḥ* β_ω **56c** *satyaṃ* *A* $\beta_2 \beta_\omega \eta_1 \eta_2 \chi$] *nityaṃ* $\beta_1 \epsilon_1 \epsilon_3$ *yas tu* $\Gamma \delta_1 \delta_3$ **56d** *yogindro* *cett.*] *yogindro* β_ω *yogemdro* $\alpha_2 \epsilon_1$ **bhuvi** $\alpha_3 B \eta_1 \eta_2$] *bhūmi* $\alpha_1 \alpha_2 \gamma_2 \delta_1 \delta_3 \epsilon_1 \epsilon_3 \chi$ *muni* γ_1

⁸ In α_2 this verse is found before the heading *atha sītkaṛi*.

१एवमेव उक्तं च । (om. $\alpha_2\beta_2\Gamma\Delta\chi$)

रसनातालुमूलेन[#] यः प्राणं सततं पिबेत् ।

अब्दार्धेन भवेत्तस्य सर्वरोगपरिक्षयः ॥ (om. χ)

2.57 - δ_2

अथ शीतली । (om. δ_1)

जिह्वया वायुमाकृष्य पूर्ववत्कुम्भकादनु[#] ।

शनैस्तु घ्राणरन्ध्राभ्यां रेचयेदनिलं सुधीः ॥

2.58 - δ_2

गुल्मह्नीहादिकान्दोषान् ज्वरं पित्तं क्षुधां तृषां ।

विषाणि शीतली नाम कुम्भकोऽयं निहन्ति च ॥

2.59 - δ_2

अथ भस्त्रिका । (om. δ_1)

ऊर्वोरुपरि चेद्धत्ते उभे पादतले तथा ।

पद्मासनं भवेत्सम्यक्सर्वपापप्रणाशनम् ॥

2.60 - δ_2

heading: evam eva uktaṃ ca $\alpha_1\eta_1$] evam eva uktaṃ ε_1 evam eva tad uktaṃ β_1 uktaṃ ca η_2 uktaṃ β_ω evam evoktaṃ gorakṣakaḥ (evam evoktaṃ ca *dittography*) α_3 gorakṣeṇaivam evoktaṃ ε_3 om. α_2 **57a** mūlena cett.] mūlaṃ ca α_2 yogena $\beta_2\Gamma$ **57b** prāṇam cett.] prāṇa $\beta_\omega\eta_2$ prāṇaḥ γ_1 **57c** abdar̥dhena cett.] abdar̥dhena α_3 abardārd̥dhe β_1 **57d** sarvarogaparikṣayaḥ cett.] [†]parikṣayaḥ η_1 sarvāṃgasusthirakriyaṃ η_2 **heading:** atha cett.] tathā η_2 om. $\Gamma\delta_1$ **śitalī** cett.] śitalā α_2 om. δ_1 **58a** jihvayā cett.] jihvāyā $\alpha_2\delta_3$ jihvāyām α_3 jihvā η_1 **ākṛṣya** cett.] āpūrya δ_3 **58b** pūr̥vat cett.] pūr̥vaṃ ca η_2 pūr̥ve ce α_2 **kumbhakād anu** $\beta_2\gamma_2\delta_1\delta_3\varepsilon_1\varepsilon_3$] kumbhakādane γ_1 kuṃbhanād anu $\alpha_1\beta_1$ kuṃbhanād agu α_2 kumbhasādhanam $\beta_\omega\eta_1\eta_2\chi$ kumbhayet tataḥ α_3 **58c** śanais tu cett.] śanaiḥ su ε_3 śanakair χ **ghrāṇa** cett.] prāṇa $\delta_3\eta_2$ **58d** anilaṃ cett.] pavanaṃ χ **sudhiḥ** $\beta_2\gamma_2\delta_1\delta_3\chi$] sudhī $\alpha_1\alpha_2\beta_1\beta_\omega\gamma_1$ śanaiḥ $\alpha_3\varepsilon_1\eta_1\eta_2$ tataḥ ε_3 **59a** plihādikān AB χ] plihodaraṃ $\Gamma\delta_1\delta_3$ plihodarān $\varepsilon_1\varepsilon_3$ śleṣmādayo η_2 śleṣmādikā η_1 **doṣān** AB ε_3] doṣā $\eta_1\eta_2$ rogān $\varepsilon_1\chi$ cāpi $\Gamma\delta_3$ vāpi δ_1 **59b** jvaraṃ $\alpha_2\beta_1\beta_2\gamma_2\delta_1\delta_3\varepsilon_1\chi$] jvalaṃ $\alpha_1\gamma_1$ jvara $\beta_\omega\varepsilon_3\eta_2$ jvarā η_1 jvarān α_3 **pittaṃ** A $\beta_1\beta_2\Gamma\varepsilon_1\varepsilon_3\chi$] pitta $\beta_\omega\eta_1\eta_2$ cāpi $\delta_1\delta_3$ **kṣudhāṃ** $\alpha_3\beta_1\beta_2\delta_1\delta_3\chi$] kṣudhā $\alpha_1\alpha_2\beta_\omega\Gamma\eta_1\eta_2$ kṣayaṃ ε_1 kṣaya ε_3 **tr̥ṣāṃ** cett.] tr̥ṣā $\alpha_2\beta_\omega\eta_1\eta_2$ **59c** viṣāṇi A $\beta_1\Gamma\varepsilon_1\varepsilon_3\chi$] etāni $\beta_\omega\eta_1\eta_2$ nāṣiṇi β_2 vidhivat $\delta_1\delta_3$ **59d** kumbhako'yam cett.] kumbhakoyā δ_3 kumbhakeyā δ_1 kumbhikeyaṃ χ kumbhako α_1 **nihanti** cett.] niranti δ_3 niranta[°] δ_1 **ca** $\alpha_1\alpha_2B\Gamma\delta_3\eta_2$] hi $\alpha_3\varepsilon_1\varepsilon_3\eta_1\chi$ [†]raṃ δ_1 **heading:** atha cett.] om. $\Gamma\delta_1$ **bhastrikā** cett.] bhastrikā $\gamma_1\delta_3$ bhasrikā γ_2 om. δ_1 **60a** ced dhatte $\alpha_1\alpha_2\varepsilon_1$] vai dhatte $\beta_\omega\eta_2$ veddhamte β_1 sam̐dhatte $\alpha_3\eta_1$ sam̐sthāpya $\beta_2\Gamma\delta_1\delta_3\varepsilon_3\chi$ **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 tasya δ_3 etat $\beta_2\chi$

⁹ $\varepsilon_3\eta_2$ add here: रसनातालुयोगेन (ε_3 ; सत्यामूलेन रन्ध्रेण η_2) यः प्राणं सततं पिबेत् । स भवेत्सर्वसिद्धीनां भाजनं नात्र संशयः ॥

सम्यक्पद्मासनं बद्धा समग्रीवोदरः सुधीः ।
मुखं संयम्य यत्नेन प्राणं घ्राणेन रेचयेत् ॥¹⁰

2.61 - δ_2

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

2.62 - δ_2

पुनर्विरेचयेत्तद्वत्पूरयेच्च पुनः पुनः ।
यथैव लोहकाराणां भस्त्रा वेगेन चाल्यते ॥

2.63 - δ_2

तथैव स्वशरीरस्थं चालयेत्पवनं सुधीः ।
यदा श्रमो भवेद्देहे तदा सूर्येण पूरयेत् ॥

2.64 - δ_2

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

2.65 - δ_2

कुम्भकं पूर्ववत्कृत्वा रेचयेदिडयानिलम् ।
वातपित्तश्लेष्महरं शरीराग्निविवर्धनम् ॥

2.66 - δ_2

61b sama cett.] same η_1 samyak α_2 °odaraḥ sudhiḥ cett.] °odaraṃ sudhī $\alpha_1\alpha_2\beta_1$ °odara śudhī β_ω **61c mukhaṃ** cett.] sukhāṃ γ_1 saṃyamya cett.] saṃjamyā δ_1 **61d prāṇaṃ** cett.] ghrāṇaṃ δ_1 **recayet** cett.] pūrayet α_3 **62a yathā** cett.] yadā $\beta_\omega\delta_1\eta_1\eta_2$ yadvā γ_1 **lagati** cett.] gālati ϵ_3 **hṛtkanṭha** $\alpha_1\alpha_2\beta_1\beta_2\epsilon_1$] hṛtkanṭhaṃ γ_1 hṛtkanṭhe cett. incl. α_3 **62b kapāle** $\alpha_1\alpha_3\epsilon_1\eta_1$] kapāla $\gamma_1\eta_2$ kapālā° $\beta_2\gamma_2\delta_1\delta_3\epsilon_3\chi$ kapola α_2 kapolaṃ β_1 kapole β_ω **śasvanaṃ tataḥ** $\beta_1\epsilon_1$] śaśvanaṃ tataḥ α_2 śvasanaṃ tataḥ α_1 svāsanaṃ tataḥ β_ω nisvanaṃ tataḥ α_3 ca samantataḥ η_1 syarśanaṃ tataḥ η_2 °vadhi sasvanaṃ $\Gamma\chi$ °vadhi niḥsvanaṃ β_2 °vadhi pūrayet $\delta_1\delta_3\epsilon_3$ **62c kiṃcit** cett.] samyak $\Gamma\delta_1\delta_3$ cāpi χ **62d hṛt** cett.] syāt δ_1 **mārutam** cett.] mārutaḥ β_ω kevalaṃ ϵ_3 **63a viṛecayet** cett.] viṛecanaṃ β_ω **63b pūrayec ca** $AB\eta_2\chi$] pūrayed vā $\epsilon_1\epsilon_3\eta_1$ pūrayitvā $\Gamma\delta_3$ pūrayitvā δ_1 **punaḥ punaḥ** cett.] punas tataḥ δ_3 **63c kārāṇaṃ** cett.] kārēṇa $\eta_1\chi$ **64a sthaṃ** cett.] sthaś δ_1 **64b cālayet** $AB\epsilon_1\epsilon_3\eta_1\chi$] cāyet η_2 cālyate $\Gamma\delta_1\delta_3$ **pavanaṃ** cett.] pavano δ_1 **sudhiḥ em.** (cf. GŚ)] dhiyā cett. yathā δ_1 śanaiḥ η_2 sthali β_ω **64c yadā** cett.] yathā $\alpha_3\delta_1\delta_3$ tathā ϵ_1 **śramo** cett.] kramo ϵ_1 **64d tadā** cett.] tathā $\alpha_3\delta_1\delta_3\eta_1$ **pūrayet** cett.] recayet ϵ_3 **65a yathodaraṃ** $\alpha_1\alpha_2\beta_1\beta_2\Gamma\delta_1\delta_3\chi$] yadodaraṃ α_3 athodaraṃ $\beta_\omega\epsilon_1\epsilon_3\eta_1\eta_2$ **bhavet** cett.] labhet α_1 yadā $\epsilon_1\epsilon_3$ **65b pavanena** cett.] anilena χ **tathā** cett.] tadā $\alpha_3\epsilon_1$ yathā $\beta_1\eta_1$ **laghu** cett.] laghuḥ $\alpha_2\beta_2\beta_\omega\eta_2$ **65c dhārayen** cett.] dhāvayen ϵ_1 dhārayan $\gamma_1\eta_1$ **nāsikāṃ** $\beta_1\beta_\omega\chi$] nāmikāṃ γ_2 nāsikā cett. **madhyā** $\gamma_2\epsilon_3\chi$] madhyāṃ ϵ_1 madhyam $\alpha_1\alpha_3$ madhya β_1 madhye $\alpha_2\beta_2\beta_\omega\gamma_1\eta_1\eta_2$ madhyāt δ_3 mādhyāt δ_1 **65d tarjanibhyāṃ** cett.] tarjanabhyāṃ γ_1 aṅgulibhyāṃ $\eta_1\eta_2$ **vinā** cett.] tathā η_2 **66a kumbhakaṃ pūrvavat** cett.] kumbhakaṃ pūrakam $\alpha_1\eta_1\eta_2$ vidhivat kumbhakaṃ χ **66b idāyānilam** $A\beta_1\beta_2\gamma_2\epsilon_3\eta_2\chi$] idāyānilam β_ω idayānilam γ_1 ekayānilam $\epsilon_1\eta_1$ idāyā tataḥ $\delta_1\delta_3$ **66d vivardhanam** cett.] pravardhanam η_1 vivajitam δ_1

¹⁰ η_2 adds here: अथैव स्वशरीरस्थं चालयेत्पवनं स्थली (cf. 2.64ab with the reading of β_ω स्थली for धिया).

कुण्डलीबोधकं वज्रं* पापघ्नं सुखदं शुभम् ।
ब्रह्मनाडीमुखे संस्थकफाद्यर्गलनाशनम् ॥

2.67 - δ₂

गुणत्रयसमुद्भूत*ग्रन्थित्रयविभेदकम् ।
विशेषैणैव कर्तव्यं भस्त्रारव्यं कुम्भकं त्विदम् ॥ (cd om. η₁η₂)

2.68 - δ₂

अथ भ्रामरी । (om. δ₁)

वेगोद्धोषं* पूरकं भृङ्गनादं
भृङ्गीनादं रेचकं मन्दमन्दम् ।
योगीन्द्राणामेवमभ्यासयोगा-
चित्ते जाता काचिदानन्दमूर्छा ॥

2.69 - δ₂

अथ मूर्छा । (om. δ₁)

पूरकान्ते गाढतरं बद्धा जालंधरं शनैः ।
रेचयेन्मूर्छनारव्येयं मनोमूर्छा सुखप्रदा ॥ (om. ε₁ε₂)

2.70 - δ₂

67a bodhakam α₁α₃ε₁ε₃η₁χ] bodhakah β_ωη₂ bodhanam β₁β₂Γδ₁δ₃ nodha α₂ **vajram** (cf. GŚ) em.] cakram α₁α₂ cakra β₁ [va]ktram α₃ vipra ε₁η₁ sarva ε₃ kṣipram χ kuryāt Γδ₁δ₃ karttur β₂ kumbho β_ωη₂ **67b pāpagnam** γ₂δ₁δ₃] pāpapuram γ₁ pavanam χ bhāvagnam α₁α₃β₁ε₁ bhav- aghnam β₂η₁ bhāvadam α₂ doṣagnam ε₃ rogagnam β_ωη₂ **sukhadam** cett.] sukhadaḥ β_ωη₂ suṣadam γ₁ supada α₂ **śubham** cett.] śubhaḥ β_ωη₂ hitam χ tathā δ₁ **67c mukhe samstha** α₃β₁β₂ε₃η₁χ] mukhe samsthaḥ η₂ mukhe samstham α₁β₂δ₃ε₁ sukhe samstham δ₁ mukham samstha α₂ mukhamtastha γ₁ mukhāmtatstha γ₂ **67d kaphādyargala** cett.] kapāṭārgala β₁ kapāṭergala η₁ kaphaughagala β₂ kaphāvāta α₃ **nāśanam** cett.] nāśanaḥ η₂ **68a guṇatraya** em.] samyaggātra cett. samyaggātre α₂δ₁δ₃ samyagbhastrā η₂ samyagantaḥ β₂ **samudbhūta** β₂β_ωγ₁ε₁χ] samudbhūtam Aγ₂δ₁δ₃ε₃η₁ samudbhūto η₂ sadbhūta β₁ **68b vibhedakam** cett.] vibhedanam α₃β₂ vibhedakah η₂ **68d tv idam** α₁Bγ₂δ₃χ] svidam γ₁ cidam α₂ svayam ε₁ε₃ param δ₁ om. η₁η₂ **heading: atha** cett.] om. Γδ₁ **bhrāmari** β_ωγ₁δ₃ε₁ε₃η₁χ] bhrāmari α₁α₂β₁β₂γ₂η₂ om. δ₁ **69a vegodghoṣam** α₃β₁β₂] vegodghokham δ₁ vegoghoṣam α₁γ₂ vegod- veṣam δ₃ε₁ vegāḍ ghōṣam η₂χ vegāghoṣam β_ω veṣoghaisam α₂ vegair ghōṣam η₁ vegāgho γ₁ vegākṛṣṭam ε₃ **pūrakam** cett.] pūrayet η₂ **bhṛṅganādam** cett.] bhṛṅginādam α₃ bhṛṅginā- dam α₂ maṇḍamaṇḍam δ₁ om. γ₁ **69b recakam** cett.] recayet η₂ **mandamandam** cett.] mandam α₁β₁ **69c yogīndrāṇām** cett.] yogēndrāṇām α₁ε₁ **evam abhyāsa** cett.] nityam abhyāsa γ₂δ₃ nityabhyāsa γ₁ **yogāc** cett.] yogās η₂ yogā β_ω yogī sā β₁ **69d jāta** cett.] yāta δ₁ jāte η₁ yāte α₂ jāto β_ω **kācid** cett.] kvacid ε₁ kiṃcid α₂ cid β_ω **mūrchā** Aβ₁β_ωε₁ε₃η₁η₂] līlā β₂Γδ₁δ₃χ **heading: mūrchā** α₁BΓδ₃χ] mūrchākūmbhakah ε₃ mūrchanākūmbhakaḥ ε₁η₁η₂ bhrāmari(!) α₂ om. δ₁ **70a gāḍhataram** Γδ₁ε₃η₁χ] gāḍhataram α₂ ghaṭataram β₂ bāḍhataram α₃ vāṃḍhataram α₁ ṛḍḍhataram δ₃ bahutaram β_ωη₂ ṛḍḍham badhvā β₁ **70b baddhvā** cett.] baṃḍham β₁ baṃḍho δ₁δ₃ **jālaṃdharam** cett.] jālaṃdharam α₁α₂β₁ jālaṃdhare γ₁ jālaṃd- haraḥ δ₁δ₃ **70c khyeyam** α₁BΓδ₃ε₃χ] kṣeyam α₂ khyo'yaṃ α₃δ₁η₁ stho'yaṃ η₂ **70d pradā** α₁α₂β₁β₂γ₂δ₁δ₃ε₃χ] pradaḥ α₃β_ωη₂ pradam η₁ prajā γ₁

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

अन्तःप्रवर्तितोद्गारमारुतापूरितोदरः ।

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

2.71 – δ_2

इति प्लावनीकुम्भकम् । ($\alpha_1\alpha_2\varepsilon_1\varepsilon_2$) (om. α_3)

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

प्राणायामस्त्रिधा प्रोक्तो रेचपूरककुम्भकैः ।

सहितः केवलश्चेति कुम्भको द्विविधो मतः ॥ (om. ε_1)

2.72 – δ_2

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

यावत्केवलसिद्धिः स्यात् तावत्सहितमभ्यसेत् ॥

2.73 – δ_2

रेचकं पूरकं मुत्तवा सुखं यद्वायुधारणम् ।

प्राणायामोऽयमित्युक्तः स वै केवलकुम्भकः ॥

2.74 – δ_2

heading: plāvanī $\beta_1\beta_2$] plāvinī χ plāvanīkumbhakah ε_3 **71a antaḥ** cett.] atah γ_2 amta $\alpha_2\beta_1$ anna ε_1 atha η_1 **pravartitodgāra** $\alpha_1\beta_1\beta_2\gamma_2\varepsilon_1$] pravartitādgāra γ_1 pravartitodāra χ pravartitodhāra β_ω pravartitādhāra $\varepsilon_3\eta_2$ pravartitādhāram α_3 pravṛttatodgāra α_2 prakṛtitodāra η_1 **71b mārūtā** cett.] māruti γ_1 mārute η_1 māruta β_ω marudā α_3 **71c payasy agādhe'pi sukhāt** $\alpha_1\beta_1\beta_2\varepsilon_1\chi$] payasy agāyapi śuśā α_2 payasy agādhe ti sukhāt ε_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** $\alpha_1\alpha_2\beta_1\beta_2\varepsilon_1\varepsilon_3\eta_1\chi$] plavato $\beta_\omega\eta_2$ labhate Γ **padma** cett.] yapa γ_1 **patravat** cett.] vat sadā ε_3 **ending:** iti $\varepsilon_1\varepsilon_2$] om. $\alpha_1\alpha_2$ **heading:** kevalakumbhakam $\alpha_1\alpha_2\beta_1\beta_2\varepsilon_1\eta_1$] kevalakumbhaka β_ω kevalakumbhakah $\alpha_3\eta_2$ kevalaḥ ε_3 sahitaḥ Γ sahitaṃ δ_3 om. $\delta_1\chi$ **72a prāṇāyāmas** cett. incl. α_3] prāṇāyāmās 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.] kumbhakaṃkaiḥ α_2 kumbhakah η_1 kumbhakau Γ pūrakaiḥ δ_1 **72c sahitaḥ** cett.] sajātaṃ α_3 **kevalaś ceti** cett.] kevalaṃ ceti $\alpha_3\eta_1$ kevalastreti γ_2 kevalaś caiva β_2 **72d dvidvidho** cett.] dvidvidhā $\alpha_3\varepsilon_2\eta_1$ **73a virecyāpūrya yat kuryāt** em. (cf. VS)] ārecyāpūrya yat kuryāt δ_1 ārecyāpūrya yah kuryāt δ_3 recayet pūrakaṃ kuryāt $\Gamma\varepsilon_2$ recakaṃ pūrakaṃ kuryāt $\alpha_3\varepsilon_3$ recakah pūrakah kāryaṃ β_ω recakah pūrakaṃ kāryaṃ η_1 recakah pūrakah kārya η_2 recakah pūrvavat kāryaḥ α_1 reco vā pūrakah kāryaḥ β_1 recāpūrya yet kāryaḥ α_2 virecya pūrakah kāryaḥ β_2 om. $\varepsilon_1\chi$ **73b sa vai** $\alpha_1\delta_1\delta_3\eta_1$] sa ve α_2 savyai ε_2 sa«r»vvai η_2 saiva β_2 śanaiḥ $\beta_1\beta_\omega\Gamma\varepsilon_3$ om. $\varepsilon_1\chi$ **sahitakumbhakah** cett.] sahitakumbhakaiḥ β_1 saṃyatakumbhakah ε_3 om. $\varepsilon_1\chi$ **73c sid-dhiḥ** cett.] suddhiḥ $\delta_1\eta_2$ **73d tāvat sahitaṃ** $\alpha_3\beta_1\Gamma\delta_1\delta_3\eta_1$] tāvat sahitasaṃ η_2 sahitaṃ tāvad $\alpha_1\alpha_2\varepsilon_1\varepsilon_2\varepsilon_3\chi$ **74a pūrakaṃ** cett.] kumbhakaṃ β_2 **muktvā** $\alpha_2\alpha_3\beta_1\beta_2\varepsilon_1\varepsilon_3\eta_1\eta_2\chi$] muktvā β_1 muktaṃ β_ω tyaktvā $\alpha_1\Gamma\delta_1\delta_3$ **74b sukhām** cett.] mukhaṃ $\gamma_1\delta_3$ sukhād $\eta_1\eta_2$ **yad vāyudhāraṇam** cett.] yad vāyudhāraṇāt δ_3 vāyunirodhanam $\eta_1\eta_2$ saṃdhāya dhāraṇaṃ ε_1 **74d sa vai** cett.] sarvaiḥ ε_1 sarve $\alpha_1\alpha_2$ sacet α_3 **kumbhakah** cett.] kumbhaka β_ω kumbhakā α_1 kumbhakaṃ β_1 kumbhataḥ γ_1

केवले कुम्भके सिद्धे रेचपूरकवर्जिते ।

न तस्य दुर्लभं किञ्चित्पि लोकेषु विद्यते ॥

2.75 - δ_2

शक्तः केवलकुम्भेन यथेष्टं वायुधारणम् ।

राजयोगपदं चैव लभते नात्र संशयः ॥

2.76 - δ_2

हठं विना राजयोगो राजयोगं विना हठः ।

न सिध्यति ततो युग्ममा निष्पत्तेः समभ्यसेत् ॥

2.77 - δ_2

कुम्भितप्राणरेचान्ते[#] कुर्याच्चित्तं निराश्रयम् ।

एवमभ्यासयोगेन राजयोगपदं व्रजेत् ॥ (cd om. δ_1)

2.78 - δ_2

कुम्भकाद्वर्धते वायुस्ततोऽग्निश्च प्रवर्धते ।

बुद्धा कुण्डलिनी तस्मात्सैव द्वारं प्रयच्छति ॥ (Γ)

2.78*1

कुम्भकात्कुण्डलीबोधः कुण्डलीबोधतो भवेत् ।

अनर्गला सुषुम्णा च हठसिद्धिश्च जायते ॥

2.79 - δ_2

75a kevale kumbhake cett.] kumbhake kevale ϵ_3 kumbhakah kevale χ **siddhe** cett.] sid-
dho β_ω siddhi $\beta_1\eta_1$ śiśva α_2 **75b reca** cett.] recaḥ γ_2 recaka $\alpha_1\beta_\omega\eta_2$ recake α_3 **pūraka**
 $\beta_1\beta_2\Gamma\delta_1\delta_3\eta_2\chi$] pūra $A\beta_\omega\epsilon_3\eta_1$ pūre ϵ_1 **varjite** $\alpha_1\beta_1\beta_2\Gamma\delta_1\delta_3\eta_2\chi$] vivarjite $\alpha_2\alpha_3\epsilon_3\eta_1$ vivarji-
taṃ β_ω vivarjayet ϵ_1 **75c durlabham** cett.] durlabha η_1 **75d lokeṣu** cett.] kāleṣu η_2
76a śaktaḥ $\alpha_1\beta_2\gamma_1\epsilon_3\eta_1\chi$] saktah γ_2 śakta β_1 saktam ϵ_1 śakti $\alpha_2\alpha_3$ śuddha $\beta_\omega\delta_1\eta_2$ śuddhaḥ δ_3
kevalakumbhena cett.] kevale kumbhake γ_1 cet kevale kumbhe β_1 **76b yatheṣṭam** cett.]
yathoktaṃ $\delta_1\delta_3$ **dhāraṇam** cett.] dhāraṇe $\alpha_1\epsilon_3$ dhāraṇāt $\epsilon_1\chi$ **76c yoga** cett.] yogam β_ω
yogo β_1 **padam** cett.] phalam ϵ_1 **caiva** cett.] caivam $\alpha_2\eta_1$ cāpi χ samyak Γ **76d labhate**
cett.] labhyate $\beta_2\epsilon_1\eta_1\eta_2$ **77c yugmam** cett.] yogam ϵ_3 **77d ā niṣpatteḥ** cett.] niṣpatteḥ
 α_1 ā niṣpatti Γ ā niṣpāṣe β_1 ā nipatre α_2 ubhayor api ϵ_3 **samabhyaset** cett.] cābhyaset ϵ_3
78a kumbhita $\beta_1\epsilon_1$] kumbhitaḥ $\alpha_1\gamma_1\epsilon_3$ kumbhataḥ γ_2 kumbhata β_ω kumbhaka $\alpha_2\delta_1\eta_2\chi$ kumb-
hakaṃ δ_3 kumbhakah η_1 tad etat β_2 **recānte** cett.] ..cānte η_2 rodhānte χ **78b nirāśrayam**
cett.] nirāmayam $\beta_1\beta_\omega\eta_2$ **78d yoga** cett.] yogam $\beta_1\beta_\omega\epsilon_3$ om. δ_1 **padam** cett.] labhat ϵ_3 om.
 δ_1 **vrajat** $AB\eta_1\eta_2\chi$] labhet $\Gamma\delta_3\epsilon_1$ punaḥ ϵ_3 om. δ_1 **78*1b pravardhate** γ_1] pavardhate γ_2
78*1c buddhā γ_2] buddhvā γ_1 **79** found before 2.77 χ **79a kumbhakāt** cett.] kumbhakān
 $\alpha_1\eta_2$ kumbhakā α_2 kumbhikā β_1 **bodhaḥ** cett.] bodham η_1 bodha α_2 bodhau γ_1 bodho $\beta_\omega\epsilon_3$
79b bodhato cett.] bodhito η_1 **79c anargalā** cett.] anargala ϵ_1 anirgalā χ **suṣūmnā ca**
cett.] sukhāmnā ca ϵ_1 suṣūmnāto δ_3 sukhumnāto δ_1 suṣūmnāyām η_1 **79d ante haṭhasiddhi**
add. viśed vāyus tato balāt γ_1 **ca jāyate** cett.] prajāyate $\beta_\omega\delta_3\epsilon_1\epsilon_3$

वपुःकृशत्वं वदने प्रसन्नता
 नादस्फुटत्वं नयने च निर्मले ।
 आरोग्यता बिन्दुजयोऽग्निदीपनं
 नाडीषु शुद्धिर्हठसिद्धिलक्षणम् ॥

2.80 – δ_2

इति श्रीस्वात्मारामयोगीन्द्रविरचितायां हठप्रदीपिकायां द्वितीयोपदेशः ॥ २ ॥

* * *

80a vadane cett.] vane η_1 vadana $\beta_1\delta_1$ **80b nāda** cett.] nādaḥ β_ω nāde δ_3 *post sphuṭatvaṃ*
add. ca γ_1 **ca nirmale** A $\epsilon_1\epsilon_3\eta_1\eta_2$] sunirmale $\beta_2\beta_\omega\Gamma\delta_1\delta_3\chi$ sucanirmmale β_1 **80c ārogyatā**
 A $\beta_1\beta_\omega\eta_1\eta_2\chi$] arogyatā β_2 arogitā $\gamma_1\delta_1\delta_3$ ārogitā γ_2 arogatā $\epsilon_1\chi$ ārogatā ϵ_3 **dīpanam** cett.]
 dipakam η_1 **80d nāḍiṣu śuddhir** $\beta_1\beta_\omega\epsilon_1\eta_2$] nāḍiṣu siddhir $\alpha_1\eta_1$ nāḍiṣu_dham α_2 nāḍiṣuśud-
 dhir $\Gamma\delta_1\delta_3\epsilon_3\chi$ nāḍiṣuśuddhe β_2 **siddhi** cett.] siddha α_1 yoga η_1 **colophon:** śrīsvātmārā-
mayogīndra $\beta_\omega\gamma_1\epsilon_3$] śrīsadgurusvātmārāmayogīndra α_1 svātmārāmayogīndra ϵ_1 ātmārāmayo-
 gīndra η_2 svātmārāma η_1 śrīśahajānandasantānacintāmaṇi-svātmārāmayogīndra γ_2 śrīsvā° (*sic!*)
 β_1 *om.* $\alpha_2\beta_2\delta_1\delta_3\chi$ **viracitāyām** cett.] *om.* $\alpha_2\beta_1\beta_2\delta_1\delta_3\chi$ **haṭhpradīpikāyām** cett.]
 śrīhaṭhpradīpikāyām $\alpha_2\delta_3$ ha° (*sic!*) β_1 *ante* **dvitīyo°** *add.* haṭhakarmasādhano nāma ϵ_3
dvitīyopadeśaḥ A $\beta_1\beta_\omega\Gamma\delta_3\epsilon_3\chi$] dvitīya upadeśaḥ ϵ_1 dvitīyo yam upadeśaḥ δ_1 upadeśaḥ β_2 dvitīy-
 odhyāyaḥ $\eta_1\eta_2$

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	K3	2.48–3.1 lost
δ_3	C7	
ε_1	P15	
ε_2	N19	collated in 2.36, 72–73 where ε_1 is missing
ε_3	V15	
η_1	V1	
η_2	J10	
χ	Jyo	Brahmānanda's version, based on the edition 1972