

श्रीआदिनाथाय नमोऽस्तु तस्मै
येनोपदिष्टा हठयोगविद्या ।
विराजते प्रोन्नतराजसौध-
मारोढुमिच्छोरधिरोहिणीव ॥ [1.1–33 lost δ_2] 1.1

प्रणम्य श्रीगुरुं नाथं स्वात्मारामेण योगिना ।
केवलं राजयोगाय हठविद्योपदिश्यते ॥ 1.2

भ्रान्त्या बहुमतध्वान्ते राजमार्गमजानताम् ।
हठप्रदीपिकां धत्ते स्वात्मारामः कृपाकरः ॥ 1.3

हठविद्यां हि मत्स्येन्द्रगोरक्षाद्या विजानते ।
स्वात्मारामोऽथवा योगी जानीते तत्प्रसादतः ॥ 1.4

श्रीआदिनाथमत्स्येन्द्रशाबरानन्दभैरवाः ।
चौरङ्गीमीनगोरक्षविरूपाक्षबिलेशयाः ॥ 1.5

मन्थानभैरवो योगी सिद्धबुद्धश्च कन्थडिः ।
गोरण्टकः सुरानन्दः सिद्धपादश्च चर्पटिः ॥ (cd om. δ_1)¹ 1.6

1a śrīādināthāya cett.] anādināthāya ε_1 ādiśanāthāya η_1 **1c** virājate cett.] vibhrajate $\beta_1\chi$
rājasaudham cett.] rājayogam $\beta_\omega\eta_2\chi$ **1d** ārodhum cett.] ārūdhm ε_1 rohinīva cett.]
rohinī ca γ_1 roha eva β_ω **2b** yoginā cett.] dhimatā $\Delta\varepsilon_3$ **2d** haṭhavidyo cett.] haṭhayogo
 η_2 **3a** bhrāntyā $\alpha_2\beta_1\gamma_1\varepsilon_3\eta_1\eta_2\chi$] bhrāntvā $\beta_\omega\Delta$ bhrāntā $\alpha_1\varepsilon_1$ matadhvānte cett.] matad-
hvāntai $\beta_1\gamma_1$ matam bhrāntam η_1 **3b** mārgam $\alpha_1\gamma_1$] yogam cett. ajānatām cett.] ajānataḥ
 $\Delta\varepsilon_3$ **3c** dhatte cett.] datte β_1 **3d** svātmārāmaḥ cett.] svātmārāma β_ω svātmārāme γ_1
kṛpākarah $\alpha_1\beta_1\gamma_1\varepsilon_1\varepsilon_3\eta_1\chi$] kṛpāparah Δ prakāśyate $\beta_\omega\eta_2$ **4a** vidyām hi cett.] vidyā hi $\gamma_1\eta_1$
vidyo hi α_1 matsyendra cett.] tachamdra γ_1 **4b** vijānate cett.] virājate α_1 **4c** svāt-
mārāmo cett.] ātmārāmo $\delta_1\varepsilon_1$ **4d** 'thavā cett.] yathā δ_3 mahā ε_1 jānīte cett.] jānamte β_ω
5a śrīādinātha cett.] ādināthādi $\eta_1\eta_2$ **5b** śābarā $\alpha_1\beta_1\gamma_1\eta_2\chi$] śābarā η_1 śaradā Δ śāgarā β_ω
sāgarā $\varepsilon_1\varepsilon_3$ **5c** cauraṅgī cett.] coraṅgī ε_1 mīna cett.] mena ε_1 śīna δ_1 **5d** virūpākṣa
cett.] virūpākṣaḥ $\alpha_1\delta_1$ virūpākṣhya δ_3 bileśayāḥ cett.] savālikah (savālmikah α_1^c) $\alpha_1\alpha_2\delta_1$
6a manthāna cett.] manthāno χ bhairavo cett.] bhairavā γ_1 **6b** siddha cett.] siddhir
 χ śuddha $\beta_1\eta_2$ suddha η_1 buddhaś ca cett.] buddhiś ca $\alpha_1\beta_1\beta_\omega$ pādaś ca δ_3 kanthaḍiḥ
 $\Delta\chi$] kanthaḍi $\alpha_2\beta_1\beta_\omega\varepsilon_3$ kanthaḍiḥ γ_1 kanthaliḥ ε_1 kanthali $\alpha_1\eta_1$ kandalī η_2 **6c** goranṭakah
< goranṭaka $\alpha_1\alpha_2$] koranṭakah $\beta_1\gamma_1\varepsilon_1\chi$ koranṭakah ε_3 pauranṭakah $\beta_\omega\delta_3\eta_1\eta_2$ om. δ_1 surā-
nandaḥ cett.] surānanda β_ω kṣurānanda α_1 om. δ_1 **6d** siddhapādaś ca cett.] śrīpādaś caiva
 ε_3 om. δ_1 carpaṭiḥ $\gamma_1\varepsilon_3\eta_2\chi$] carpaṭi $\alpha_1\beta_\omega$ carpaṭi $\beta_1\delta_3\eta_1$ karpaṭiḥ ε_1 om. δ_1

¹ Usually omitted in Δ . δ_3 seems to have supplied this hemistich from a ms of another branch.

- काणेरी पूज्यपादश्च नित्यनाथो निरञ्जनः ।
कपाली बिन्दुनाथश्च काकचण्डीश्वराह्वयः ॥ 1.7
- अल्लमप्रभुदेवश्च घोडाचोली च टिण्टिणी ।
भालुकी नागबोधश्च खण्डकापालिकस्तथा ॥ 1.8
- इत्यादयो महासिद्धा हठयोगप्रभावतः ।
खण्डयित्वा कालदण्डं ब्रह्माण्डे विचरन्ति ते ॥ 1.9
- संसारतापतप्तानां समाश्रयमठो हठः ।
अशेषयोगजगतामाधारकमठो हठः ॥ (cd om. α_1) 1.10
- हठविद्या परं गोप्या योगिनां सिद्धिमिच्छताम् ।
भवेद्वीर्यवती गुप्ता निर्वीर्या तु प्रकाशिता ॥ 1.11
- सुराज्ये धार्मिके देशे सुभिक्षे निरुपद्रवे ।²
एकान्तमठिकामध्ये स्थातव्यं हठयोगिना ॥ 1.12

7a kāṇeri em.] kaṇeri $\alpha_2\beta_1\gamma_1\eta_1$ kaṇeri α_1 kaṇerih ϵ_1 kāṇerih ϵ_3 kāneri $\beta_\omega\eta_2\chi$ karinī δ_1 karaṇi δ_3 **pūjya** cett.] pūrya η_1 pūrva $\epsilon_1\eta_2$ **7b nityanātho** cett.] dhvaninātho η_2 bilvanātho Δ **7c kapāli** cett.] kapāsi δ_3 **7d caṇḍīśvarāhvayaḥ** $\beta_1\gamma_1\epsilon_1\epsilon_3\eta_1\chi$] caṇḍīśvarādayaḥ $\beta_\omega\Delta\eta_2$ caṇḍīśvaro gayah caṇḍe° α_1 , gajah α_2 $\alpha_1\alpha_2\alpha_3$ **8a allama** α_3] alama α_1 allamaḥ $\beta_\omega\epsilon_1\eta_1\eta_2\chi$ allumaḥ α_2 allasaḥ γ_1 alasaḥ β_1 amelleḥ ϵ_3 suksamaḥ Δ **8b ghoḍācolī** $\alpha_2\beta_\omega\epsilon_3\chi$] ghoḍācūli $\alpha_3\gamma_1$ ghoḍācūli α_1 goḍācūli β_1 ghoṭācoli Δ ghorācoli $\eta_1\eta_2$ _gacoli ϵ_1 **ca** cett.] sa δ_1 gha δ_3 **tiṭṭiṇī** $\eta_1\eta_2$] tiṭṭiṇiḥ $\alpha_1\chi$ tiṭṭiṇiḥ δ_1 tiṭṭiṇiḥ γ_1 tiṭṭaṇi β_1 tiṃbhiniḥ δ_3 tiṃcaṇi α_2 ciṃciṇi β_ω ciṃciṇiḥ ϵ_3 caṃcaṇiḥ ϵ_1 **8c bhāluki** $\beta_1\eta_1\eta_2$] bhāluki α_1 bhānukin γ_1 bhānuki χ tāluki α_2 vālukur Δ vāsukir $\beta_\omega\epsilon_1$ vāsukir ϵ_3 vāsuki α_3 **nāgabodhaś ca** $\alpha_3\beta_\omega\gamma_1\delta_3\eta_1\eta_2$] nāgabodhiś ca $\beta_2\epsilon_1\epsilon_3$ nāgarodhaś ca δ_1 nāgadevaś ca β_1 namioḍḍiśa α_1 nāma tuṃḍiśa α_2 nāradevaś ca χ **8d khaṇḍa** $\alpha_3\beta_1\beta_\omega\eta_2$] khaṇḍaḥ $\epsilon_3\chi$ khaṇḍam $\gamma_1\eta_1$ kaṃṭhaḥ ϵ_1 caṇḍa δ_3 caṇḍi δ_1 siddhaḥ $\alpha_1\alpha_2$ **9b prabhāvataḥ** cett.] prasādataḥ $\beta_1\beta_\omega\gamma_1$ **9c khaṇḍayitvā** cett.] khaṇḍāitvā δ_1 **9d brahmāṇḍe** cett.] brahmāṇḍam ϵ_1 **vīcaranti** $\alpha_3\beta_1\gamma_1\delta_3\epsilon_1\eta_1\eta_2\chi$] tu caranti β_ω °su caranti $\alpha_1\alpha_2\delta_1\epsilon_3$ **10a saṃsāratāpa** cett.] saṃsāraśrama β_ω saṃsāraśrama η_2 aśeṣatāpa $\beta_1\chi$ **10b samāśraya** $\beta_1\gamma_1\Delta\epsilon_1\epsilon_3\chi$] samāśrayo η_1 āśrayo°yam $\beta_\omega\eta_2$ samagrapra° α_1 **maṭho haṭhaḥ** $\beta_1\gamma_1\delta_3\epsilon_1\chi$] mato haṭhaḥ δ_1 mahāmaṭhaḥ ϵ_3 haṭho maṭhaḥ η_1 haṭho mataḥ $\beta_\omega\eta_2$ °thamo haṭhaḥ α_1 **10c aśeṣa** cett.] samasta ϵ_1 om. α_1 **jagatām** $\gamma_1\Delta\epsilon_1\epsilon_3\eta_2$] jagatim η_1 yuktānām $\beta_1\beta_\omega\chi$ om. α_1 **10d ādhāra** $\beta_1\gamma_1\epsilon_1\epsilon_3\eta_1\chi$] ādhāraḥ $\beta_\omega\Delta\eta_2$ om. α_1 **kamaṭho haṭhaḥ** cett.] kahaṭho maṭhaḥ η_1 om. α_1 **11a gopyā** cett.] gopyam β_ω **yoginām** $\alpha_1\beta_1\gamma_1\epsilon_3\eta_1\eta_2$] yoginām β_ω yoginā $\Delta\epsilon_1\chi$ **11b icchatām** $\alpha_1\beta_\omega\gamma_1\epsilon_3\eta_1\eta_2$] icchatā $\beta_1\delta_3\epsilon_1\chi$ icchitā δ_1 **11d nirvīryā** cett.] nirvījā δ_1 nirvāryā η_2 **tu** cett.] ca $\alpha_1\delta_1\epsilon_3$ sā ϵ_1 **12b nirupadrave** cett.] kṣemabhadrade ϵ_1 **12c ekānta** $\alpha_1\beta_1\gamma_1\Delta\epsilon_1\epsilon_3$] ekānte $\beta_\omega\eta_1\eta_2\chi$

² χ has धनुःप्रमाणपर्यन्तं शिलाग्निलवर्जिते between the hemistiches.

अल्पद्वारमरन्ध्रगर्तपिठरं नात्युच्चनीचायतं
सम्यग्गोमयसान्द्रलिप्तममलं निःशेषबाधोज्झितम् ।
बाह्ये मण्डपवेदिकूपरुचिरं प्राकारसंवेष्टितं
प्रोक्तं योगमठस्य लक्षणमिदं सिद्धैर्हठाभ्यासिभिः ॥ 1.13

एवंविधे मठे स्थित्वा सर्वचिन्ताविवर्जितः ।
गुरूपदिष्टमार्गेण योगमेव समभ्यसेत् ॥ 1.14

अत्याहारः प्रयासश्च प्रजल्पोऽनियमग्रहः ।
जनसङ्गश्च लौल्यं च षड्विरीयो गो विनश्यति ॥ 1.15

उत्साहात्साहसाद्वैर्यात्तत्त्वज्ञानाच्च निश्चयात् ।
जनसङ्गपरित्यागात्षड्विरीयोगः प्रसिध्यति ॥ 1.16

अहिंसा सत्यमस्तेयं ब्रह्मचर्यं क्षमा धृतिः ।
दयार्जवं मिताहारः शौचं चैव यमा दश ॥ (β_{ωδ}₃) 1.16*1

तपः संतोषमास्तिक्यं दानमीश्वरपूजनम् ।
सिद्धान्तश्रवणं चैव ही मतिश्च जपो हुतम् ॥ (β_ω) 1.16*2

13a *alpadvāram arandhra* cett.] ākalpadvā«ra»raṁdhra γ₁ alpadvāram aruṁ«dha» ε₁
piṭharam δ₁] piṭhiram δ₃ piṭhikaṁ γ₁ piṭ(h)akam α₁ε₁ε₃ paṭikaṁ β₁ viṭakaṁ α₂ viṭapaṁ
β_ωη₂ vivaram χ sahitam η₁ **nīcā** cett.] nītā α₁^c nocā β_ω namcā γ₁ **yatam** cett.] yi-
tam η₂ yutam η₁ vṛtam ε₃ **13b** *sāndra* β₁γ₁Δε₃η₁χ] sāndra β_ωη₂ sāpra α₁ lipta ε₁ **liptam**
amalam α₃β₁γ₁δ₁η₂χ] liptavimalam α₁α₂β₂β_ωδ₃ε₃ liptam abilaṁ η₁ sāndravimalam ε₁ **niḥśeṣa**
cett.] nirdoṣa α₁η₂ **bādhajjhitam** β_ωε₁η₁η₂] vātojhitam β₁ jantūjjhitam Δε₃χ jambhūdgī-
tam γ₁ jyaṁtyūpsitam α₁ **13c** *vedikūpa* cett.] kūpavedi ε₃ **ruciram** α₁β₁β_ωγ₁ε₃χ] racitam
Δε₁η₁η₂ **14b** *vivarjitaḥ* cett.] vivarjite ε₁ **14d** *yogam eva* α₁β₁γ₁Δε₃χ] yogam evam ε₁η₁η₂
yogamārgam β_ω **samabhyaset** α₁^cα₂β_ωγ₁ε₁η₁η₂χ] sadābhyaset α₁^cα₃β₁Δε₃ **15a** *atyāhārah*
β₁γ₁δ₃η₁η₂χ] atyāhāra ε₃ alpāhāra δ₁ alpāhāro α₁ ātmāhārah β_ω natyāhāsaḥ ε₁ **prayāsaś ca**
cett.] prayāsaś cā δ₁ pravāsaś ca α₁γ₁ **15b** *niyama* cett.] niyamā ε₃ nama ε₁ **15c** *janasañ-*
gaś ca cett.] janasaṁgam ca β₁ janasaṁkara ε₁ **15d** *yogo vinaśyati* cett.] yogā vinaśyati
γ₁ yogaś ca naśyati γ₂ yogaḥ praṇaśyati η₁ **16a** *utsāhāt/n* cett.] utsāha β_ω **sāhasād**
γ₁Δχ] niścayād α₁β_ωε₁ε₃η₁η₂ niyamād β₁ **dhairyāt** β₁γ₁Δε₁ε₃χ] dhairyā α₁β_ω vairyāt
η₁η₂ **16b** *jñānāc ca niścayāt* γ₁χ] jñānaviniścayāt β₁Δ jñānāc ca darśanāt α₁β₂β_ωε₁ε₃η₁η₂
16c *jana* cett.] nija γ₁ **16d** *yogaḥ prasidhyati* cett.] yogas tu sidhyati η₁η₂ yogo prasidhyati
δ₁ **16*1c** *dayārjavam* δ₃] dayārjava β_ω **16*2c** *siddhānta* em.] siddhāntam β_ω

अथासनानि । (ε₁ε₃)

- हठस्य प्रथमाङ्गत्वादासनं पूर्वमुच्यते ।
तत्कुर्यादासनं स्थैर्यमारोग्यं चाङ्गपाटवम् ॥³ 1.17
- वसिष्ठाद्यैश्च मुनिभिर्मत्स्येन्द्राद्यैश्च योगिभिः ।
अङ्गीकृतान्यासनानि कथ्यन्ते कानिचिन्मया ॥ [1.18–28 lost α₁] 1.18
- जानूर्वोरन्तरे सम्यक्कृत्वा पादतले उभे ।
ऋजुकायः समासीनः स्वस्तिकं तत्प्रचक्षते ॥ [found before 1.17 in ε₁] 1.19
- सव्ये दक्षिणगुल्फं तु पृष्ठपार्श्वे नियोजयेत् ।
दक्षिणेऽपि तथा सव्यं गोमुखं गोमुखं यथा ॥ (om. ε₁) 1.20
- एकं पादमथैकस्मिन्विन्यस्योरुणि संस्थितम् ।
इतरस्मिंस्तथा चोरुं वीरासनम् इतीरितम् ॥ 1.21
- गुदं निरुध्य गुल्फाभ्यां व्युत्क्रमेण समाहितः ।
कूर्मासनं भवेदेतदिति योगविदो विदुः ॥ 1.22

17 athāsanāni ε₁] «atha» āsanāni ε₃ **17c** tat kuryād cett.] na kuryād α₁ kuryāt tad η₂χ
āsanam sthairyam α₂β₂γ₁δ₃η₁χ] āsane sthairyam ε₃ āsanasthairyam α₁β₁β_ωδ₁ε₁ āsanam tas-
mād η₂ **17d** pāṭavam α₁β₂β_ωε₁η₁η₂] lāghavam β₁γ₁Δε₃χ **18d** kathyante β₁β_ωγ₁ε₁ε₃η₂χ]
likhyante η₁ vakṣyante Δ **19a** jānūrvor cett.] jamtūrvo δ₁ antare cett.] antaram γ₁ε₁
19b ubhe cett.] śubhe γ₁ **19c** rjukāyaḥ cett.] rjukāya γ₁^qη₁ rjuḥ kāya β_ω samāsinaḥ
cett.] samāsinam β_ω **19d** tat cett.] ca γ₁ **20a** dakṣiṇa cett.] dakṣiṇa β_ω gulphaṁ cett.]
gulse δ₃ **20c** 'pi cett.] ca γ₁ tu Δ savyam cett.] savye η₁ **20d** gomukhaṁ cett.]
gomukhe δ₃ gomukhaṁ yathā α₃Δε₃η₁η₂] gomukhaṁ tathā β_ω gomukhaṁ bhavet α₂ go-
mukhākṛti χ gomukhākṛtiḥ β₁β₂γ₁ **21a** ekaṁ cett.] eka Δε₃ athaikasmin α₃η₁] tathai-
kasmin α₂β₁β_ωγ₁ε₁η₂χ yathaikaṁ Δ **21b** vinyasyoruṇi β_ωη₁] vinyasyorumni η₂ + veśyoruṇi
α₃ vinyased ūru β₁β₂γ₁Δε₃χ vinyaserupa° α₂ vinyasorasi ε₁ samsthitam cett.] samsthitah ε₁
°ni sthitam β₂γ₁χ °ni sthitah β₁ °ri sthitam α₂ **21c** itarasmim cett.] itarasmim δ₁ coruṁ
cett.] corau β₁ ce.. δ₁ **21d** itiritam cett.] iti smṛtam α₂ udāhṛtam α₃ **22a** nirudhya β₁γ₁χ]
nibadhya ε₃η₁ nabadhya ε₁ nibaddhi β_ω niyamyā α₂β₂Δ niṣpiḍya α₃η₂ **22b** samāhitaḥ cett.]
samāhitam β_ω **22c** kūrmasanam cett.] yogāsanam β₁γ₁ **22d** iti cett.] sarve β₁

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

पद्मासनं सुसंस्थाप्य जानूर्वोरन्तरे करौ ।

निवेश्य भूमौ संस्थाप्य व्योमस्थः कुक्कुटासनम् ॥ [1.23c–29d lost ḍ3] 1.23

कुक्कुटासनबन्धस्थो[#] दोर्भ्यां संबध्य कन्धराम् ।

शेते कूर्मवदुत्तान एतदुत्तानकूर्मकम् ॥ 1.24

पादाङ्गुष्ठौ तु पाणिभ्यां गृहीत्वा श्रवणावधि ।

धनुराकर्षणं कृत्वा धनुरासनमुच्यते ॥ 1.25

वामोरुमूलार्पितदक्षपादं

जानोर्बहिर्वेष्टितदक्षदोष्णा ।

प्रगृह्य तिष्ठेत्परिवर्तिताङ्गः

श्रीमत्स्यनाथोदितमासनं स्यात् ॥ 1.26

मत्स्येन्द्रपीठं जठरप्रवृद्ध[#]-

प्रचण्डरुङ्गण्डलखण्डनास्त्रम् ।

अभ्यासतः कुण्डलिनीप्रबोधं

दण्ड[#]स्थिरत्वं च ददाति पुंसाम् ॥ 1.27

23a su $\alpha_3\beta_1\beta_\omega\gamma_1\delta_1$] tu $\delta_3\epsilon_1\epsilon_3\eta_1\eta_2\chi$ stu α_2 **samsthāpya** cett.] samyojya Δ **23d vy-**
omasthaḥ cett.] vyomastham $\beta_1\gamma_1\chi$ **kukkuṭā** $\gamma_1\delta_1\epsilon_1\epsilon_3\chi$] kurk(k)uṭā $\beta_\omega\eta_1\eta_2$ kukuṭā β_1
24a kukkuṭā $\gamma_1\delta_1\epsilon_1\epsilon_3\chi$] kurk(k)uṭā $\beta_\omega\eta_1\eta_2$ kukuṭā β_1 **bandhastho** $\beta_1\beta_\omega\gamma_1\epsilon_1\epsilon_3\chi$] bandhasthe
 δ_1 madhyastho η_2 vat kṛtvā η_1 **24b sambadhya** cett.] samveṣṭa γ_1 samhṛtya β_1 **kandharām**
cett.] kandharam β_ω kandaram ϵ_1 **24c śete** $\alpha_2\epsilon_1\epsilon_3\eta_1\eta_2$] śene β_ω sthitaḥ $\beta_2\gamma_1$ sthite α_3 sthitvā
 β_1 bhavet $\delta_1\chi$ **kūrmavad** cett.] kūrmarad β_ω **uttāna** $\alpha_2\beta_\omega\gamma_1\eta_2\chi$] uttānam $\alpha_3\beta_1\delta_1\epsilon_1\epsilon_3\eta_1$
24d kūrmakam cett.] pūrvakam ϵ_1 **25a tu** cett.] ca δ_1 **pāṇibhyām** cett.] bāhubhyām $\eta_1\eta_2$
25b śraṇāṇāvadhi cett.] śraṇāṇāvadhiḥ β_1 śraṇāṇāvadhiṃ η_1 śraṇāṇavidhi β_ω **25c karṣaṇam**
kṛtvā *em.* (= ϵ_2)] karkhaṇa kṛtvā δ_1 karṣaṇam kṛṣṭam α_3 karṣaṇaḥ kṛṣṭam η_1 karṣaṇākṛṣṭam
 $\alpha_2\beta_1\epsilon_1\epsilon_3$ karṣaṇāt kṛṣṭam $\beta_2\beta_\omega\gamma_1$ karṣaṇam kuryād $\eta_2\chi$ **25d ucyate** $\beta_1\beta_\omega\gamma_1\eta_1\eta_2\chi$] īritam
 $\delta_1\epsilon_1\epsilon_3$ **26a dakṣapādam** cett.] dakṣapādo ('pādaḥ α_2) $\alpha_2\alpha_3$ **26b jānor** $\gamma_1\eta_1\eta_2\chi$] jānaur β_ω
jānvor $\beta_1\delta_1\epsilon_1\epsilon_3$ **bahirveṣṭita** cett.] bahiṣṭhita γ_1^c bahisaṃsthita γ_1^c **dakṣadoṣṇā** $\alpha_2\beta_1\delta_1$]
dakṣadorbhyām γ_1 vāmapādam $\beta_\omega\eta_1\eta_2\chi$ vāmodoṣṇā $\alpha_3\epsilon_3$ vāmodoṣṇi ϵ_1 **26c vartitaṅgaḥ** cett.]
marditaṅgaḥ δ_1 **26d matsyanātho** cett.] matsyadinātho β_ω **27a pīṭham** cett.] vīraṃ η_1
vīra ϵ_1 **jāthara** cett.] jvalana β_ω vīra ϵ_1 **pravṛddha** η_2] pravuddham γ_1 pravuddhau δ_1
prabodham β_1 pracaṇḍam $\epsilon_1\epsilon_3\eta_1$ pracaṇḍa $\alpha_2\alpha_3\beta_2$ pradiptam β_ω pradiptim χ **27b pracaṇḍa**
 $\beta_1\beta_\omega\gamma_1\delta_1\eta_2\chi$] picaṇḍa $\alpha_2\epsilon_1$ vicaṇḍa β_2 vicaṇḍa η_1 *om.* ϵ_3 (inserts khaṃḍa between ruīmaṇḍa
and khaṇḍanāstram instead) **ruṇ-/rugmaṇḍala** $\beta_1\beta_\omega\delta_1\epsilon_3\eta_2\chi$] rūrmaṇḍala η_1 rugmaṇḍana γ_1
ruk(!)maṇḍana ϵ_1 **khaṇḍanāstram** cett.] khaṇḍanāmaṃ γ_1 khaṇḍalāsyam δ_1 **27d daṇḍa**
cett.] candra $\eta_2^c\chi$ kāya ϵ_3 **sthiraṭvam** cett.] sthitaṭvam δ_1 **ca dadāti** cett.] dadāti γ_1^c
pradadāti $\gamma_1^c\delta_1$

प्रसार्य पादौ भुवि दण्डरूपौ
 दोभ्यां पदाग्रद्वितयं* गृहीत्वा ।
 जानूपरिन्यस्तललाटदेशो
 वसेदिदं पश्चिमतानमाहुः ॥

1.28

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

1.29

धरामवष्टभ्य करद्वयेन
 तत्कूर्परस्थापितनाभिपार्श्वः ।
 उच्चासनो दण्डवदुत्थितः स्वे
 मायूरमेतत्प्रवदन्ति पीठम् ॥

1.30

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

1.31

28b dorbhyām cett.] dvābhyām β_ωη₂ **padāgra** β₁γ₁^{tc}ε₁ε₃η₁χ] dāgra γ₁^{tc} karābhyām β_ωη₂ ca pādām δ₁ **28c deśo** cett.] deśe β₁β_ω **28d vased** β₁β_ωγ₁ε₁η₁χ] 'bhyased δ₁ bhaved ε₃ d (two syllables omitted) η₂ **āhuḥ** cett.] bāmdhaḥ ε₃η₁ bāmdham ε₁ **29a āsanāgryam** α₁β₁β_ωε₃η₁χ] āsanāśāgryam η₂ āsanākhyam δ₁ε₁ āyanam γ₁ **29b paścima** cett.] paścimā δ₁ **vāhanam** cett.] vāhanam α₁β_ωε₁ **29c jātharānalasya** cett.] jātharānilasya δ₁ **29d kārśyam** cett.] kāryam γ₁ kṛśyam β_ω **arogatām** α₁β₁ε₁ε₃η₁^{tc}χ] alogatām γ₁ arogitām δ₁η₁^{tc}η₂ arogyatām β_ω **30a karadvayena** β₁β_ωγ₁η₁η₂χ] karadvayābhyām α₁α₂ε₃ karasthalābhyām α₃ε₁ purah karābhyām δ₃ punaḥ karābhyām δ₁ **30b kūrpara** β₁ε₁ε₃η₁η₂χ] kurpara α₁β_ωγ₁ kurpare Δ **pārśvaḥ** cett.] pārśve β_ωΔ **30c uccāsano** cett.] uccāsanā α₁ uccāsane δ₃ taccāsanam δ₁ **utthitaḥ khe** cett.] utthitaś cet α₁ ucchritaś ca β₁ utthitaḥ kham ε₁ utthitasya β_ω **30d māyūram** β₁γ₁Δε₁ε₃η₂] mayūram α₁β_ωη₁χ **piṭham** cett.] santaḥ Δ **31a rogān āśu** cett.] rogān śvāsa ε₁ doṣān āśu η₂ doṣān asu β_ω **gulmo** cett.] gulpho γ₁ gulphau α₁ **ādin** cett.] ādin β_ω **31b abhibhavati ca** Δε₁η₁η₂χ] abhibhavati α₁ε₃ abhavati ca γ₁ abhavati β_ω na hi bhavati ca β₁ **31c bhasma** cett.] tac ca δ₁ **aśeṣam** cett.] aśeṣo η₁ isūtram ε₁ *om.* β₁ **31d jātharāgnim** cett.] jātharāgram ε₁ vadavāgnim β_ω **jārayet** cett.] jvālayet η₂

उत्तानं शववद्धूमौ शयनं तु शवासनम् ।
सर्वासनश्रान्तिहरं चित्तविश्रान्तिसाधनम् ॥ 1.32

चतुराशीत्यासनानि शिवेन कथितानि तु ।
तेभ्यश्चतुष्कमादाय सारभूतं ब्रवीम्यहम् ॥ 1.33

सिद्धं पद्मं तथा सिंहं भद्रं चेति चतुष्टयम् ।
श्रेष्ठं तत्रापि च सखे तिष्ठ सिद्धासने सदा ॥ 1.34

अथ सिद्धासनम् । (α₁γ₁η₂)

योनिस्थानकमङ्घ्रिमूलघटितं कृत्वा दृढं विन्यसे-
न्मेद्रे पादमथैकमास्यहृदये[#] धृत्वा समं विग्रहम् ।
स्थाणुः संयमितेन्द्रियोऽचलदृशा पश्यन् भ्रुवोरन्तरं
एतन्मोक्षकपाटभेदजनकं सिद्धासनं प्रोच्यते ॥ 1.35

मतान्तरे तु ।

मेद्रादुपरि विन्यस्य सव्यगुल्फं तथोपरि ।
गुल्फान्तरं च निक्षिप्य सिद्धासनमिदं भवेत् ॥ 1.36

32a *uttānaṃ* cett.] *uttāna* α₁β₁γ₁η₂ **32b** *śayanam tu śavāsanam* α₁β₁β_ωγ₁ε₁η₁] *śayanam*
ca *śavāsanam* ε₃η₂ *śayanam* tat *śavāsanam* χ *śavāsanam* idam *smṛtam* Δ **32c** *sarvāsana*
β₁γ₁ε₁η₁η₂] *savāsana* β_ω *śavāsanam* α₁Δε₃χ *śrānti* cett.] *śrama* ε₃ **32d** *sādhanaṃ*
α₁β₁β_ωγ₁δ₁ε₁] *kāraṃ* δ₃ε₃η₁η₂χ **33b** *śivena* cett.] *sarvāṇi* ε₁ *kathitāni* β₁ *kathitāni*
cett.] *kathitāna* β_ω *śivena* β₁ **tu** α₁α₃β₁β_ωε₁ε₃η₁η₂] *vai* γ₁δ₁δ₃ ca α₂χ **34a** *padmaṃ*
cett.] *bhadraṃ* δ₁ **tathā** cett.] *yathā* β_ω **siṃhaṃ** β₁β_ωγ₁η₁η₂χ] *saiṃhaṃ* ε₁ε₃ *padmaṃ*
δ₁ *bhadraṃ* δ₃ **34b** *bhadraṃ* cett.] *siṃhaṃ* δ₁δ₃ **ceti** β₁γ₁δ₁δ₃η₂χ] *caiva* α₁η₁ *caitac*
β_ωε₁ *cātha* ε₃ **catuṣṭayam** cett.] *catuṣṭakam* ε₃ **34c** *tatrāpi ca sakhe* α₁β₁β_ωγ₁] *tatrāpi* ca
sukhe η₁η₂χ *tatrāpi* ca *sukhaṃ* ε₃ *tathāpi* ca *sakhe* δ₂ *tathāpi* *bhadraṃ* [ca] δ₁δ₃ *tatra* *viśeṣeṇa* ε₁
34d *tiṣṭha* α₁β₁β_ωγ₁] *tiṣṭhat* ε₃ *tiṣṭhet* Δη₁η₂χ *śreṣṭham* ε₁ **siddhāsane** cett.] *siṃhāsane*
δ₁ *padmāsanaṃ* ε₁ **35** *atha* γ₁] *tatra* α₁β₁η₂ **siddhāsanaṃ** α₁β₁γ₁η₂] **35a** *sthānaka*
cett.] *dvāra* α₁β₁γ₁Δ ***m aṅghrimūla** cett.] ***m aṅghrimūla** δ₁ *mūlāṅghri* η₂ **ghaṭitaṃ**
cett.] *putakaṃ* ε₁ **dṛḍhaṃ** cett.] *dhruvaṃ* ε₁ε₃ **35b** *medhre* cett.] *medhre* γ₁ *madhye*
δ₁ **āsyahrdaye** η₁] *ekahrdaye* α₁γ₁ε₁ *eva hrdaye* α₂β₂Δε₃η₂χ *eva* *niyataṃ* β₁β_ω **dhrītvā**
cett.] *kṛtvā* β₁β_ωχ **samaṃ** cett.] *hanuṃ* χ **vigrahaṃ** cett.] *susthiraṃ* χ **35c** *sthānuḥ*
cett.] *sthānu* δ₁ **paśyan** α₁β₁β_ωδ₃η₁η₂] *paśyad* γ₁ *paśyed* α₃δ₁δ₂ε₁ε₃χ **35d** *etan* Δε₁ε₃η₁] *caitan*
α₁β₁β_ωγ₁η₂ *hy etan* χ **janakaṃ** cett.] *jananaṃ* δ₂ε₁ **36** *matāntare tu* α₁β₁γ₁η₂χ]
matāntare β_ωε₁ε₃η₁ *matsyendraḥ*] *matāntaraṃ* *tu* δ₁ *etan* *matsyendramataṃ* *matāntare* *tu* δ₂δ₃
36a *vinyasya* cett.] *nikṣipya* α₁β_ω *niḥkṣipya* η₂ **36b** *savya* α₁β₁β_ωγ₁ε₁η₂] *savyaṃ* ε₃χ
savyaṃ *tu* *unm.* η₁ *vāma* Δ **36c** *ca* cett.] *tu* η₁ **nikṣipya** cett.] *niḥkṣipya* η₂ *vinyasya* δ₁

पूर्वोक्तमेव मत्संमतम् । ($\alpha_1\beta_1\beta_2\gamma_1\varepsilon_1\varepsilon_3$)

एतत्सिद्धासनं प्राहुरन्ये वज्रासनं विदुः ।

मुक्तासनं वदन्त्येके प्राहुरुक्तासनं परे ॥

1.37

यमेष्विव मिताहारमहिंसां नियमेष्विव ।[#]

मुख्यं सर्वासनेष्वेकं सिद्धाः सिद्धासनं विदुः ॥ [1.38–46 lost α_1]

1.38

चतुराशीतिपीठेषु सिद्धमेव सदाभ्यसेत् ।

द्वासप्ततिसहस्रेषु सुषुम्णामिव नाडिषु[#] ॥

1.39

आत्मध्यायी मिताहारी यावद्वादशवत्सरम् ।

सदा सिद्धासनाभ्यासाद्योगी निष्पत्तिमाप्नुयात् ।

श्रमदैर्बहुभिः पीठैः किं स्यात्सिद्धासने सति[#] ॥

1.40

प्राणानिले सावधानं बद्धे केवलकुम्भके ।

उत्पद्यते निरायासात् स्वयमेवोन्मनी यथा ॥ [1.41c–47d lost δ_3]

1.41

37 matsammatam < matsamamtaṃ α_1] matsyamataṃ $\varepsilon_1\varepsilon_3$ matsyendramataṃ $\beta_1\gamma_1$ sammatam β_2 **37a etat** cett.] iti $\delta_2\delta_3$ kecit δ_1 **37b r anye** cett.] anyathā α_1 **37c muktāsanam** cett.] muktivāsanam δ_1 guptāsanam α_1 **vadanty eke** cett.] vadanty anye $\delta_1\delta_2$ vidur anye δ_3 **37d guptāsanam** cett.] muktāsanam α_1 **38a yameṣv iva** cett.] yameṣv eva $\eta_1\eta_2$ yameṣu ca β_1 **mitāhāram** cett.] mitāhāra $\beta_\omega\eta_1$ mitāhārah η_2 **38b ahiṃsām** $\beta_1\delta_1\delta_2\varepsilon_3\chi$] nahimsām γ_1 ahiṃsā $\beta_\omega\delta_3\varepsilon_1\eta_1\eta_2$ **niyameṣv iva** cett.] niyameṣu ca $\beta_1\eta_1$ **38c ekam** cett.] evaṃ δ_1 eke ε_3 **38d siddhāḥ siddhāsanam** cett.] etat siddhāsanam β_1 siddhāsanam idam Δ **39b siddham eva sadābhyaset** cett.] siddhāsanam sadābhyaset $\delta_1\delta_3$ abhyaset siddhāsanam sadā δ_2 **39c dvāsaptati** cett.] dvisaptati ε_3 **sahasreṣu** cett.] sahasrāsu ε_3 sahasrānām χ **39d suṣuṃṇām** $\beta_1\Delta\varepsilon_3\eta_2$] sukhumṇām γ_1 suṣuṃṇā $\varepsilon_1\eta_1$ nāḍinām $\beta_\omega\chi$ **iva nāḍiṣu** $\beta_1\gamma_1\Delta\varepsilon_1\varepsilon_3$] iva nāḍikā η_1 eva nāḍiṣu η_2 malaśodhanam $\beta_\omega\chi$ **40a ātmadhyāyī** cett.] ātmādhyāyī ε_3 **mitāhārī** cett.] mitāhāro $\Delta\varepsilon_1$ **40c °bhyāsād** cett.] °bhyāsā ε_1 °bhyānād δ_1 **40d yogī** cett.] yoga ε_3 **niṣpattim āpnuyāt** cett.] niṣpattim avāpnuyāt *unm.* η_2 siddhim avāpnuyāt β_ω **40e śramadair bahubhiḥ** $\beta_1\gamma_1$] śramādaḥ bahubhiḥ η_1 samastair bahubhiḥ ε_1 samastabahubhiḥ ε_3 śramadairghyādibhiḥ Δ kim ādyair bahubhiḥ $\beta_\omega\eta_2$ kim anyair bahubhiḥ χ **40f kiṃ syāt** $\beta_1\gamma_1\Delta\varepsilon_3$] sadā $\beta_\omega\eta_1\eta_2$ yadā ε_1 siddhe χ **sati** cett.] satya β_ω sthite $\beta_1\gamma_1$ **41a prāṇānile** cett.] prāṇānale β_ω **sāvadhānam** $\gamma_1\delta_2\varepsilon_1\eta_1\eta_2$] °na δ_3 °ne $\beta_1\beta_\omega\delta_1\chi$ °no ε_3 **41b baddhe** cett.] baṃdhe β_ω baṃdhaḥ ε_1 baddhvai γ_1 **kevalakumbhake** $\Delta\varepsilon_3\eta_1\eta_2\chi$] kevalakumbhakaḥ $\alpha_2\alpha_3\beta_2\beta_\omega\varepsilon_1$ kevalakumbhataḥ $\beta_1\gamma_1$ **41c utpadyate** cett.] utpadyamte $\beta_1\beta_\omega\eta_1$ **41d svayam evonmani** cett.] *om.* (eye-skip) β_1 **yathā** cett.] tathā η_1 kalā χ *om.* β_1

तथैकस्मिन्नेव दृढं बद्धे सिद्धासने सदा । (ab om. $\beta_1 \epsilon_1$)
 बन्धत्रयमनायासात्स्वयमेवोपजायते ॥ (c om. β_1)

1.42

नासनं सिद्धसदृशं न कुम्भः केवलोपमः ।
 न खेचरीसमा मुद्रा न नादसदृशो लयः ॥ (om. β_ω)⁴

1.43

अथ पद्मासनम् ।

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

1.44

मतान्तरे ।

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

1.45

नासाग्रे विन्यसेद्राजदन्तमूलं च जिह्वया ।
 उत्तम्य चिबुकं वक्षस्यास्थाप्य* पवनं शनैः ॥⁵

1.46

42a *tathaika* $\alpha_2 \alpha_3 \beta_2 \beta_\omega \eta_1 \eta_2 \chi$] *athaika* $\gamma_1 \Delta \epsilon_3$ **ḍṛḍham** $\alpha_2 \alpha_3 \beta_2 \beta_\omega \Delta$] *ḍṛḍhe* $\epsilon_3 \eta_1 \eta_2 \chi$ *ḍṛḍhe* γ_1
42b *baddhe* cett.] *baddha* γ_1 **siddhāsane** cett.] *siṃhāsane* δ_1 **sadā** cett.] *tadā* γ_1 *sati* χ
43a *nāsanam siddhasadṛśam* $\beta_1 \gamma_1 \Delta \epsilon_3 \chi$] *nāsanam siddhasadanam* ϵ_1 *na cāsanam siddhasanam*
 $\eta_1 \eta_2$ **43b** *kumbhaḥ kevalopamaḥ* $\alpha_2 \beta_1 \gamma_1 \Delta \epsilon_1 \epsilon_3 \chi$] *kumbhasadṛśo* 'nilaḥ $\eta_1 \eta_2$ **43d** *nāda* cett.]
nādaḥ η_1 **44** *atha* cett.] *tathā* η_1 *om.* $\delta_1 \epsilon_1$ **padmāsanam** cett.] *om.* $\delta_1 \epsilon_1$ **44a** *dakṣiṇam*
cett.] *dakṣaṇam* β_ω *vidakṣiṇam* δ_1 **ca** cett.] *hi* $\beta_1 \gamma_1 \Delta$ **tathā** cett.] *tato* β_ω **44b** *yāmyo*
 $\alpha_2 \alpha_3 \beta_2 \beta_\omega \epsilon_1 \eta_1$] *dakṣo* $\beta_1 \gamma_1 \Delta \epsilon_3 \chi$ *jānvo* η_2 **paścimena vidhinā** cett.] *tasya bandhanavidhau* β_ω
dhṛtvā cett.] *prṣṭe* β_ω **44d** *vināśakāri* $\epsilon_1 \epsilon_3 \eta_1 \eta_2 \chi$] *vināśakāya* β_1 *vināsanam unṃ.* β_ω *vināśam*
āsu γ_1 *vikāranāśa* Δ **yaminām** cett.] *janakam* γ_1 'nakaram Δ **45** *matāntare* $\alpha_2 \alpha_3 \beta_\omega \eta_1 \chi$] *matāntaram* γ_1 *matāntara* ϵ_3 *matāntare* *tu* $\beta_1 \delta_2 \epsilon_1 \eta_2$ *matabhede* δ_1 **45b** *ūru* cett.] *kuru* β_ω
prayatnataḥ cett.] *vidhānataḥ* δ_1 **45c** *tathottānau* cett.] *tathauttānau* $\delta_1 \eta_2^c$ **45d** *tato dṛśau*
cett.] *tato dṛśai* β_ω *tu tādṛśau* Δ **46a** *nāsāgre* cett.] *nāsagre* δ_1 **vinyased** cett.] *vinyasya*
 β_ω **rāja** $\beta_2 \gamma_1 \Delta \eta_2 \chi$] *rājā* ϵ_1 *dṛṣṭim* $\epsilon_3 \eta_1$ *dṛṣṭi* β_ω *om.* β_1 **46b** *mūlam* $\beta_2 \beta_\omega \gamma_1 \epsilon_1 \epsilon_3 \eta_1 \eta_2$] *mūle*
 $\beta_1 \Delta \chi$ **ca** $\alpha_2 \alpha_3 \beta_\omega \Delta \epsilon_3 \eta_1 \eta_2$] *tu* $\beta_1 \beta_2 \gamma_1 \epsilon_1 \chi$ **46c** *uttabhya* $\gamma_1 \epsilon_1 \eta_2$] *uttambhya* $\beta_1 \beta_2 \beta_\omega \Delta \epsilon_3 \eta_1 \chi$
vakṣasy $\beta_1 \beta_2 \gamma_1 \Delta \epsilon_1 \chi$] *caḥ* ϵ_3 *vakṣam* η_1 *vakṣa* $\beta_\omega \eta_2$ **46d** *āsthāpya* Δ (cf. DYŚ)] *uthāpya*
 $\gamma_1 \chi$ *uthāya* β_1 *uthāyot* ϵ_1 *othāpya* ϵ_3 *osthāpyot* $\alpha_2 \beta_2$ *sthāpayet* $\beta_\omega \eta_1 \eta_2$

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

⁵ Incomplete description. See the philological commentary.

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

1.47

पश्चादुक्तमेव मत्संमतम् । (om. $\beta_2\chi$)

कृत्वा संपुटितौ करौ दृढतरं बद्धा तु पद्मासनं
गाढं वक्षसि संनिधाय चिबुकं ध्यानं च तच्चेतसि[#] ।
वारं वारमपानमूर्ध्वमनिलं प्रोच्चालयन् पूरितं[#]
मुञ्चन्प्राणमुपैति बोधमतुलं शक्तिप्रभावाच्चरः[#] ॥ (om. β_2)

1.48

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

1.49

अथ सिंहासनम् ।

गुल्फौ च वृषणस्याधः सीवन्याः पार्श्वयोः क्षिपेत् ।
दक्षिणे सव्यगुल्फं तु दक्षगुल्फं तु सव्यके ॥ (cd om. δ_3) [eye-skip?]

1.50

47a proktam cett.] praktaṃ δ_1 **47d** dhimatā labhyate cett.] dhimatām labhyate β_1 dhimatām labhate γ_2 labhyate dhimatā $\epsilon_1\epsilon_3$ **48** paścād uktam eva $\alpha_1\beta_1\gamma_1$] paścād uktam $\beta_\omega\delta_1\delta_3\eta_1\eta_2$ etat paścād uktam δ_2 idam api $\epsilon_1\epsilon_3$ **matsammatam** α_1] matsyamamatam $\beta_\omega\epsilon_1\epsilon_3\eta_1\eta_2$ matsyen-dramatam $\beta_1\gamma_1\Delta$ **48a** kṛtvā cett.] dhrtvā Δ **karau** cett.] om. γ_1 **tu** cett.] ca Δ **48b** saṃnidhāya cett.] saṃvidhāya $\eta_1\eta_2$ nidhāya α_1 **dhyānam** cett.] dhyāyaṃś χ **ca** **tac** cett.] tataś η_1 **cetasi** cett.] cepsitaṃ η_2 **48c** proccālayan em.] proccārayaṃ α_1 proccārayet $\gamma_1\epsilon_3$ procārayet β_ω protsālayan η_1 protsārayan $\beta_1\epsilon_1\chi$ protsārayet $\delta_1\delta_3$ protsāray. n/t δ_2 prollāsayan η_2 **pūritam** cett.] pūrayan $\delta_1\eta_1$ pūrayet $\delta_2\delta_3$ **48d** muñcan prāṇam upaiti cett.] muñcat prāṇam upaiti $\beta_\omega\eta_2$ prāṇam muñcati yāti Δ **prabhāvān naraḥ** cett.] prabhāvād atah η_2 prabhāvodayāt Δ **49a** padmāsana cett.] padmāsane $\eta_2\chi$ **49b** dvāreṣu cett.] dvāreṇa $\beta_\omega\chi$ **pūrayan** $\alpha_3\epsilon_3\eta_2$] pūrayet $\alpha_1\alpha_2\beta_1\beta_\omega\gamma_1\Delta\epsilon_1\eta_1$ pūritam χ **49c** mārutaṃ cett.] māruto ϵ_1 **dhārayed yas tu** $\Delta\epsilon_3\chi$] niyataṃ yas tu γ_1 nayate yas tu $\beta_1\beta_2$ pīyate yas tu η_1 pīvyate yas tu β_ω yas tu pibati η_2 mriyate yas tu $\alpha_1\alpha_3\epsilon_1$ mārāyed yas tu α_2 **50** **atha siṃhāsanaṃ** cett.] atha siṃhāna α_1 siṃhāsana yathā δ_1 **50a** **ca** cett.] tu ϵ_3 **50b** sīvanyāḥ cett.] sīvinyāḥ ϵ_1 simanyāḥ Δ **50c** dakṣiṇe cett.] dakṣaṇe β_ω **tu** cett.] ca $\delta_1\delta_2$ **50d** dakṣagulphaṃ cett.] vāme caivā^o δ_2 **tu** cett.] ca $\delta_1\eta_1$ ^opi δ_2 **savyake** cett.] savyakam δ_2 guhyake δ_1

हस्तौ च जान्वोः संस्थाप्य स्वाङ्गुलीः संप्रसार्य च ।
व्यात्तवक्रो निरीक्षेत नासाग्रं सुसमाहितः# ॥ (om. δ_3) 1.51

सिंहासनं भवेदेतत्पूजितं योगिभिः सदा ।
बन्धत्रितयसन्धानं कुरुते चासनोत्तमम्# ॥ (om. δ_3) 1.52

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

गुल्फौ च वृषणस्याधः सीवन्याः पार्श्वयोः क्षिपेत् । [= 1.50ab] (ab om. $\delta_3\epsilon_1\beta_\omega$)
सव्यगुल्फं तथा सव्ये दक्षगुल्फं तु दक्षिणे । ($\beta_1\gamma_1\chi$) [cd not in β_2]
पार्श्वपादौ च पाणिभ्यां दृढं बद्धा सुनिश्चलम् ॥ 1.53

भद्रासनं भवेदेतत्सर्वव्याधिविषापहम्# ।
गोरक्षासनमित्याहुरिदं वै सिद्धयोगिनः ॥ 1.54

इत्यासनानि । (δ_2)

एवमासनबन्धेषु योगीन्द्रो विजितश्रमः ।
अथाम्यसेन्नाडिशुद्धिं मुद्रादिपवनक्रियाम् ॥ 1.55

51a ca jānvoḥ $\alpha_1\beta_1\beta_\omega\gamma_1$] tu jānvoḥ $\epsilon_1\epsilon_3\eta_1\chi$ tu jānunoḥ η_2 jānvoś ca $\delta_1\delta_2$ **saṁsthāpya** cett.] sthāpya η_2 **51b** svāṅguliḥ $\alpha_1\beta_\omega\epsilon_3\eta_1\eta_2\chi$] svāṅguli $\beta_1\gamma_1\epsilon_1$ aṅguliḥ δ_1 hy aṅguliḥ δ_2 **saṁprasārya** cett.] yaṁ prasārya γ_1 **51c** vyātta cett.] vyāta β_ω vyālā δ_1 **vaktro** cett.] vaktrau ϵ_1 vakro β_ω **nirikṣeta** cett.] nirikṣet β_ω nirikṣyeta η_2 nirikṣeya γ_1 **51d** nāsā-gram $\alpha_1\beta_1\delta_1\delta_2\epsilon_1\epsilon_3\chi$] nāsāgra $\beta_\omega\gamma_1\eta_2$ nāsāgre η_1 **susamāhitaḥ** $\delta_1\delta_2\epsilon_1\epsilon_3\chi$] stusamāhitaḥ γ_1 tu samāhitaḥ $\alpha_1\alpha_2$ susamāhitaṁ β_1 nyastalocanaḥ $\eta_1\eta_2$ nyastalocanaṁ β_ω **52a** etat cett.] evaṁ γ_1 **52b** pūjitaṁ cett.] pūjitaṁ ϵ_3 pūjita η_2 **yogibhiḥ sadā** cett.] munipuṅgavaiḥ $\delta_1\delta_2$ yogipuṅgavaiḥ χ **52c** tritaya $\alpha_1\beta_1\beta_\omega\epsilon_1\eta_2\chi$] tritiya η_1 trayasya $\gamma_1\delta_1\delta_2\epsilon_3$ **sandhānam** cett.] saṁdhāyi ϵ_1 **52d** kurute cett.] sevate ϵ_1 **cāsanottamam** $\beta_1\beta_\omega\gamma_1\delta_2\epsilon_1\epsilon_3\chi$] vāsanot-tamam $\alpha_1\delta_1\eta_1$ sādhanottamam η_2 **53** atha bhadrāsanam cett.] atha bhadraṁ δ_1 om. $\alpha_1\delta_3\epsilon_1\epsilon_3$ **53b** sīvanyāḥ $\alpha_1\beta_1\gamma_1\epsilon_3\eta_1\chi$] sīvanyā η_2 sīmanyāḥ $\delta_1\delta_2$ om. $\beta_\omega\epsilon_1$ **53d** dakṣa $\beta_1\gamma_1$] dakṣe χ tu $\gamma_1\chi$] ca β_1 **53e** pārśva $\alpha_1\beta_1\beta_\omega\gamma_1\eta_1\eta_2\chi$] pārśve $\Delta\epsilon_3$ pārśvau ϵ_1 **53f** baddhvā cett.] baddham δ_1 **suniścalam** $\beta_1\beta_\omega\epsilon_3\eta_1\eta_2\chi$] suniścalaḥ α_1 suniścayam $\delta_2\delta_3$ stu niścalaṁ γ_1 tu niścalaṁ ϵ_1 suniścitaṁ δ_1 **54b** viśāpāham $\alpha_1\beta_2\beta_\omega\eta_1^{pc}\eta_2$ (η_1^{pc} by the first hand)] vināśanam $\beta_1\gamma_1\Delta\epsilon_1\epsilon_3\eta_1^{pc}\chi$ **54d** idaṁ cett.] evaṁ γ_1 **vai siddhayoginaḥ** cett.] siddhāś ca yoginaḥ β_1 **55a** evaṁ āsana cett.] pavanāsana ϵ_1 **55b** yogīndro cett.] yogemdro ϵ_1 **vijitāśra-maḥ** $\alpha_1\beta_2\delta_2\delta_3\epsilon_1\epsilon_3$] vijitāḥ śramaḥ γ_1 vijiteṁśramaḥ δ_1 vijitāśramam β_ω vigataśramaḥ $\beta_1\eta_1\eta_2\chi$ **55c** athābhyasen $\beta_1\gamma_1\Delta\eta_2$] athābhyase ϵ_1 athābhyāse ϵ_3 athābhyāsaṁ β_ω athabhyā[g]e η_1 abhyasen χ abhyāse α_1 **nāḍi** $\alpha_1\beta_1\beta_\omega\gamma_1\Delta\epsilon_3\eta_1$] nāḍi *unm.* η_2 nāḍi/di (with both vowel signs) ϵ_1 nāḍikā χ **śuddhiṁ** $\beta_2\beta_\omega\Delta\epsilon_3\eta_2\chi$] śuddhi $\beta_1\gamma_1$ śvaddhiṁ η_1 śuddhiḥ syān α_1 ʔsu (one syllbale too short) ϵ_1 **55d** mudrādi cett.] mudrayā $\delta_2\delta_3$ subaddhvā δ_1 **kriyām** cett.] kriyāḥ $\alpha_1\epsilon_1\epsilon_3$ kriyā γ_1

क्रियायुक्तस्य सिद्धिः स्यादक्रियस्य कथं भवेत् । न शास्त्रपाठमात्रेण योगसिद्धिः प्रजायते ॥ ($\beta_1\beta_\omega\eta_2\chi$) ⁶	1.55*1
न वेषधारणं सिद्धेः कारणं न च तत्कथा । क्रियैव कारणं सिद्धेः सत्यमेतन्न संशयः । शिश्नोदरस्तायेह न देया वेषधारिणः ॥ ($\beta_1\beta_\omega\eta_2\chi$)	1.55*2
मयि बोधाम्बुधौ स्वच्छे तुच्छोऽयं विश्वबुद्बुदः । प्रलीन उदितो वेति विकल्पपटलः कुतः ॥ (Δ)	1.55*3
श्रुतिप्रतीतिः स्वगुरुप्रतीतिः स्वात्मप्रतीतिर्मनसोऽपि रोधः । एतानि सर्वाणि समुच्चितानि मतानि धीरैरिह साधनानि ॥ (Δ)	1.55*4
आसनं कुम्भकं चित्रं [#] मुद्राख्यं करणं तथा [#] । अथ नादानुसन्धानमभ्यासानुक्रमो हठे ॥ (om. η_1)	1.56
ब्रह्मचारी मिताहारी योगी योगपरायणः । अब्दादूर्ध्वं भवेत्सिद्धो नात्र कार्या विचारणा ॥	1.57

55*2a *veṣadhāraṇam* $\beta_1\eta_2\chi$] *veṣadhāriṇyo* β_ω **siddheḥ** $\beta_1\eta_2\chi$] *siddhi* β_ω **55*2b** *na ca* $\beta_1\eta_2\chi$] *ca* β_ω **tatkathā** $\beta_1\beta_\omega\chi$] *tatkathāḥ* η_2 **55*2c** *siddheḥ* $\eta_2\chi$] *siddhi* β_ω *siddham* β_1 **55*2d** *etan* $\eta_2\chi$] *eva* β_1 *eva tat* β_ω **55*2e** *śiśnodara* $\beta_1\beta_\omega\eta_2$] *om.* χ **ratāyeha** η_2] *ratāyena* β_ω *ratāyasya* β_1 *om.* χ **55*2f** *na* $\beta_1\beta_\omega\eta_2$] *om.* χ **deyā** *em.*] *deyo* $\beta_1\beta_\omega$ *dayo* η_2 *om.* χ **veṣa** $\beta_1\eta_2$] *viṣa* β_ω *om.* χ **dhāriṇaḥ** $\beta_\omega\eta_2$] *dhāriṇe* β_1 *om.* χ **55*3a** *mayi* $\delta_2\delta_3$] *miyī* δ_1 **bodhāmbudhau** $\delta_2\delta_3$] *bodhoṃbudhau* δ_1 **55*3b** *tuccho'yam* $\delta_1\delta_2$] *tuccho yo* δ_3 **55*4a** *pratītiḥ* $\delta_2\delta_3$] *prītaḥ* δ_1 **55*4b** *'pi rodhaḥ* *em.*] *'pi bodhaḥ* Δ **55*4c** *samuccitāni* δ_1] *samuddhrtāni* $\delta_2\delta_3$ **56a** *kumbhakam* *cett.*] *kumbhakaś* $\beta_\omega\eta_2$ **citraṃ** *cett.*] *citra* $\gamma_1\epsilon_1$ **56b** *mudrākhyam* $\beta_1\Delta\epsilon_1\epsilon_3\chi$] *mudrākhyā* α_1 *mudrāśyam* γ_1 *mudrādi* $\beta_\omega\eta_2$ **karaṇam** *tathā* *cett.*] *karaṇāni* *ca* η_2 *pavanakriyā* β_ω **56c** *sandhānam* *cett.*] *sandhāna* β_ω **56d** *abhyāsā* *cett.*] *abhyāsyā* $\beta_1\delta_1$ *syābhyāsā* β_ω **nukramo haṭhe** $\beta_1\beta_\omega\gamma_1\epsilon_3\eta_2\chi$] *nukramo haṭhaḥ* α_1 *nukramo haṭho* ϵ_1 *nukrameṇa tu* Δ **57a** *mitāhāri* *cett.*] *mitāhāro* δ_1 **57b** *yogī* $\alpha_1\beta_2\Delta\epsilon_1\eta_1$] **parāyaṇaḥ** *cett.*] *parākramaḥ* δ_2 **57c** *siddho* *cett.*] *siddhir* $\alpha_1\delta_3$ *siddhin* η_2 **57d** *kārya* *cett.*] *kārya* $\beta_\omega\gamma_1^c$ *kāryo* β_1 **vicāraṇa** *cett.*] *vicāraṇāt* η_2 *vicāraṇe* β_1

⁶ χ has this verse and the next one (without the 3rd line) after 1.64.

सुस्निग्धमधुराहारश्चतुर्थांशविवर्जितः ।
भुज्यते शिवसंप्रीत्यै मिताहारः स उच्यते ॥

1.58

कद्वम्लतीक्ष्णलवणोष्णहरीतशाक-
सौवीरतैलतिलसर्षपमत्स्यमद्यम् ।
आजादिमांसदधितक्रकुलत्थकोल-
पिण्याकहिङ्गुलशुनाद्यमपथ्यमाहुः ॥

1.59

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

1.60

तथा हि गोरक्षवचनम् । ($\alpha_1\beta_1\beta_\omega\gamma_1\eta_1\eta_2$)

वर्जयेद्दुर्जनप्रान्तं वह्निस्त्रीपथसेवनम् ।
प्रातःस्नानोपवासादि कायक्लेशविधिं तथा ॥

1.61

58a āharaś cett.] āhara $\alpha_1\beta_1$ āharam β_ω **58b** caturthāṃśa cett.] caturthāśā γ_1 **vivarjitaḥ** cett.] vivarjitaṃ β_ω **58c** bhujyate cett.] bhujyate β_ω **samprītyai** cett.] samprītya η_1 **58d** mitāhāraḥ cett.] mitāhārī γ_1 **sa ucyate** cett.] samucyate $\beta_\omega\eta_1$ **59a** katvāmla cett.] katvāmla $\beta_\omega\eta_1$ **tikṣṇalavaṇoṣṇa** cett.] tiktalavaṇoṣṇa δ_1 **harita** $\alpha_1\Delta\epsilon_1\eta_1\eta_2\chi$] hārīta ϵ_3 harita $\beta_1\beta_\omega\gamma_1$ **śāka** $\alpha_1\beta_1\gamma_1\Delta\epsilon_1\epsilon_3\chi$] śākaṃ $\beta_\omega\eta_1$ śāka η_2 **59b** tila cett.] illeg. η_1 *om.* $\beta_1\gamma_1$ **matsyamadyam** cett.] matsyamadyāḥ ϵ_1 machyamadyā α_1 tsyamaghaṃ η_1 madyama..n γ_1^c madyamatsyān $\beta_1\gamma_1^c\chi$ **59c** ajādi $\epsilon_1\chi$] ajādi $\beta_2\gamma_1\epsilon_3$ ajāvi η_2 ajāvi $\beta_\omega\eta_1\Delta$ ajīvi α_1 ajavya β_1 **māmsadadhi** cett.] māmsaṃ dadhi ϵ_3 **kulattha** cett.] kulatha $\beta_\omega\delta_1$ kulattha η_1 kuluttha δ_3 **kola** $\alpha_1\beta_1\beta_\omega\delta_1\delta_3\epsilon_3\chi$] kaula δ_2 kela ϵ_1 kodra η_2 koṣṇā η_1 kāla γ_1 **59d** pinyāka cett.] pimṇyāka η_2 pinṇāka β_ω *om.* γ_1 **laśunā-/lasunādyam** cett.] laśanādyam ϵ_1 laśunādim δ_3 **apathyam** cett.] asūram δ_3 **60a** vidyāt $\gamma_1\delta_1\delta_2\epsilon_1\chi$] vidyā $\delta_3\eta_1$ vimdyāt $\alpha_1\beta_1\beta_\omega\epsilon_3\eta_2$ **punar** **apy** cett.] punar $\Delta\epsilon_1$ **uṣṇīkrtaṃ** cett.] uṣṇakratam β_ω uṣṇībhūtam Δ uṣṇī α_1 asvikṛtaṃ β_1 **rūkṣam** $\alpha_1\beta_1\beta_\omega\gamma_1\epsilon_1\epsilon_3\eta_2\chi$] rūkṣa η_1 apramitaṃ $\delta_1\delta_2$ apratihataṃ δ_3 **60b** atilavaṇam **amlaprṛktaṃ** *em.*] atilavaṇāmlaprṛktaṃ γ_1 atilavaṇāmlayuktaṃ β_1 atilavaṇam amlayuktaṃ χ atilavaṇādyapraṇtaṃ α_1 atilavaṇādyuṣṇataṃ η_1 atilavaṇādiprayuktaṃ ϵ_1 atilavaṇādiyuktaṃ ϵ_3 atilavaṇam tilapiṇḍa η_2 atilavaṇam tilaṃ piṇḍa β_ω atilavaṇasavapalala δ_1 atilavaṇasavapalalaṃ δ_2 atilavaṇāsavapalalaṃ δ_3 **kadaśana** cett.] kadaśanaṃ $\beta_\omega\eta_2$ **śākotkṛtaṃ** cett.] śākātkaṭa β_ω śōkātkaṭa η_1 śākokṣadaṃ γ_1 **duṣṭam** $\beta_1\gamma_1\epsilon_1\epsilon_3$] duṣṭaṃ α_1 varjyam $\Delta\chi$ varjyaṃ η_2 var-jitaṃ β_ω *illeg.* η_1 **61** **tathā hi** $\beta_1\beta_\omega\gamma_1\chi$] tathā $\alpha_1\eta_1\eta_2$ *om.* $\delta_1\delta_3\epsilon_1\epsilon_3\chi$ **gorakṣavacanam** $\alpha_1\beta_1\beta_\omega\gamma_1\eta_1\eta_2$] *om.* $\delta_1\delta_3\epsilon_1\epsilon_3\chi$ **61a** **ante varjayed** *add.* tailāmlāloṇitīnikalīkabhāi (?) η_1 **var-jayed** $\beta_1\Delta\epsilon_1\epsilon_3\eta_2\chi$] varjaye $\alpha_1\beta_\omega\gamma_1\eta_1$ **durjana** cett.] durjanaṃ β_1 tarjana η_1 **prāntam** $\alpha_1\beta_2\epsilon_1\chi$] prātaṃ η_1 prāpte β_1 prītiṃ $\gamma_1\Delta\epsilon_3\eta_2$ prīti β_ω **61b** **vahnistṛi** cett.] vāstrī δ_1 **patha** cett.] pathya β_ω pathi χ madhu δ_1 **61c** **prāta(h)snāno** cett.] prātaśnāno β_ω **61d** **kleśavid-him** $\alpha_1\beta_1\beta_\omega\gamma_1\epsilon_1\epsilon_3\chi$] kleśādikaṃ $\Delta\eta_1\eta_2$ **tathā** cett.] yathā δ_1

⁷ χ adds here: वह्निस्त्रीपथिसेवानामादौ वर्जनमाचरेत् (cf. HP 3.32cd; Amaraugha (short recension) 35)

गोधूमशालियवषष्टिकशोभनाचं
क्षीराज्यमण्डनवनीतसितामधूनि ।
शुण्ठी पटोलकफलादि च पञ्चशाकं
मुद्गादि दिव्यमुदकं[#] च यमीन्द्रपथ्यम्[#] ॥

1.62

सर्वशाकमचाक्षुष्यं चाक्षुष्यं शाकपञ्चकं ।
जीवन्ती वास्तु मत्स्याक्षी मेघनादः पुनर्नवा ॥ (Y₁)

1.62*1

क्षीरपर्णी च जीवन्ती मत्स्याक्षी च पुनर्नवा ।
मेघनादश्च पञ्चैते शाकनाम प्रकीर्तिता (sic) ॥ (β_ωε₃)

1.62*2

मृष्टं[#] सुमधुरं स्निग्धं गव्यं धातुप्रपोषणम् ।
मनोऽभिलषितं योग्यं योगी भोजनमाचरेत् ॥

1.63

युवा वृद्धोऽतिवृद्धो वा व्याधितो दुर्बलोऽपि वा ।
अभ्यासात्सिद्धिमाप्नोति सर्वयोगेष्वतन्द्रितः ॥

1.64

पीठानि कुम्भकाश्चित्रा दिव्यानि करणानि च ।
सर्वोऽपि च हठाभ्यासो राजयोगफलावधि ॥

1.65

62a godhūma cett.] godhūmā δ₁ yava cett.] java β₁η₁ ṣaṣṭika cett.] ṣaṣṭika α₁β₁χ māṣikam Y₁ piṣṭaka ε₁ śobhanānna cett.] śobhanānna β_ωY₁ śobhanānnānī η₁ **62b** maṇḍa α₁β₁Y₁Δ] khaṇḍa ε₁ε₃η₂χ ṣaṇḍa β_ωη₁ nīta cett.] nīti η₁ sitā cett.] sitā η₁ sudhā ε₁ **62c** paṭolaka cett.] paṭolika ε₁η₁ paṭola η₂ phalādi ca β₁β₂β_ω] phalādiṣu ε₃ phalādika α₃Y₁δ₁δ₂ε₁χ phalādi«ka» α₁ phalādi α₂ phalādi.. δ₃ phalakādi ca η₂ phipalādika η₁ **pañ-** caśākam cett.] pacyaśākam α₁ śākabhuktaṃ η₂ **62d** mudgādi cett.] mudgā α₁β_ωε₃ mu _ di β₁ divyam cett.] cālpam δ₁δ₃ ca cett.] hri(?) ε₁ om. β_ω yamindra α₁β₁β_ωε₁η₂χ] yatindra Y₁ munindra Δε₃η₁ **62*1b** cākṣuṣyam em.] cakṣapyam Y₁ **62*2a** kṣīraparṇī ε₃] kṣīraparṇī β_ω jivanti ε₃] jaivanti β_ω **62*2b** matsyākṣī ε₃] matsāṣī β_ω **62*2c** meghanā- daś ca ε₃] meghanādi β_ω **62*2d** śākanāma prakīrtitā β_ω] pañcaśākaḥ prakīrtitaḥ (*kāh *tāh ε₃^c) ε₃ **63a** mṛṣṭam α₁ε₃η₁] miṣṭam α₂β₁β₂β_ωY₁ε₁ iṣṭam δ₁η₂ puṣṭam χ uṣṇam δ₂δ₃ sumadhuraṃ cett.] samadhuraṃ β_ωδ₁ε₃ prapoṣaṇam cett.] prapoṣakam δ₃ε₃ **63b** yo- gyam α₁β₂Y₁Δε₃η₂χ] yonyam β_ω bhojyam ε₁η₁ divyam β₁ bhojanam cett.] bhojanasam η₂ **64a** *tivṛddho cett.] pi vṛddho δ₂δ₃ **64b** durbalo'pi vā cett.] durbalas tathā β₁η₂ **64d** sar- vayogeśv atandritaḥ cett.] sarvo yogeśv atandritaḥ δ₂ sarvayogeṣu taṇḍritaḥ β_ω sarvaṃ yogī yatandriyaḥ η₁ **65a** pīṭhāni cett.] pīṭhādi Δ kumbhakāś cett.] kumbhakāś β_ωε₃^cη₂ citrā cett.] citraṃ η₂ **65b** divyāni cett.] mudrādi η₁η₂ **65c** sarvo'pi ca α₁β₁ε₁ε₃η₁] sarve py ayam Y₁ sarvo pi hi Δ sarvāny api β_ωη₂χ bhyāso α₁β₁β_ωY₁ε₃] bhyāse η₁η₂χ bhyāsād Δ bhyā ε₁ **65d** phalāvadhi α₁ε₁ε₃η₂^cη₂χ] phalāvadhīḥ β₁β_ωY₁ yugāvadhī η₁^c prasiddhaye Δ

इति स्वात्मारामयोगीन्द्रविरचितायां हठप्रदीपिकायां प्रथमोपदेशः ॥

List of Sigla

α_1	N3	Gr1	2 folios missing in Ch. 1 (1.18–28, 38–46)
α_2	J5	Gr1	consulted sporadically
α_3	G4	Gr1	consulted sporadically
β_1	C6	Gr4b	
β_2	P11	Gr4b	consulted sporadically
β_ω	V3	Gr6	
γ_1	N23	Gr2	
δ_1	V19	Gr3	
δ_2	K3	Gr3	the first folios missing (1.1–33)
δ_3	C7	Gr3	2 folios missing in Ch. 1 (1.23c–29d, 41c–47b)
ϵ_1	P15	Gr4c	
ϵ_2	N19	Gr4c	consulted sporadically
ϵ_3	V15	Gr4c	influenced by Gr3
η_1	V1	Gr4c/4d	
η_2	J10	Gr4d	
χ	Jyo	Gr4a	Brahmānanda's version, based on the edition 1972

col svātmārāma $\alpha_1\gamma_1\epsilon_1\epsilon_3\eta_1$] ātmārāma η_2 śrīsvātmārāma $\beta_1\beta_\omega$ śrīśahajānadasaṃtānacimptā-
maṇisvātmārāma χ *om.* Δ **yogindra** $\beta_1\gamma_1\epsilon_1\epsilon_3\eta_1\eta_2\chi$] yogendra β_ω mahāyogendra α_1 *om.*
 Δ **viracitāyām** cett.] *om.* Δ **haṭha** cett.] śrīhaṭha δ_3 *ante* **prathamō** *add.* āsanayogo
nāma ϵ_3 āsanavidhikathanam nāma χ **prathamopadeśaḥ** cett.] prathama upadeśaḥ $\beta_1\epsilon_3\eta_2$
prathamō'dhyāyaḥ η_1 prathamō .. + δ_3