

- श्रीआदिनाथाय नमोऽस्तु तस्मै  
येनोपदिष्टा हठयोगविद्या ।  
विराजते प्रोन्नतराजसौध-  
मारोढुमिच्छोरधिरोहिणीव ॥ [1.1–33 lost  $\delta_2$ ] 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

**1a** śrīādināthāya cett.] anādināthāya  $\epsilon_1$  ādiśanāthāya  $\eta_1$  **1c** virājate cett.] vibhrājate  $\beta_2\chi$   
rājasaudham cett.] rājayogam  $\alpha_3\beta_\omega\eta_2\chi$  **1d** āroḍhum cett.] ārūḍham  $\epsilon_1$  rohinīva cett.]  
rohiṇī ca  $\gamma_1$  rohiṇe ca  $\beta_1$  roha eva  $\beta_\omega$  **2b** yoginā cett.] dhīmatā  $\Delta\epsilon_3$  **2d** haṭhavidyo  
cett.] haṭhayogo  $\eta_2$  **3a** bhrāntiā cett.] bhrāntvā  $\beta_\omega\Delta$  bhrāntā  $\alpha_1\epsilon_1$  matadhvānte cett.]  
matadhvāntai  $\beta_2\gamma_1$  matam bhrāntam  $\eta_1$  manam dhāmti  $\beta_1$  **3b** mārgam  $\alpha_1\alpha_3\beta_1\gamma_1$ ] yogam  
cett. ajānatām cett.] ajānataḥ  $\Delta\epsilon_3$  **3c** dhatte cett.] datte  $\beta_1\beta_2$  **3d** svātmārāmaḥ  
cett.] svātmārāma  $\beta_1\beta_\omega$  svātmārāme  $\gamma_1$  **krpākaraḥ** cett.] krpāparaḥ  $\Delta$  prakāśyate  $\beta_\omega\eta_2$   
**4a** vidyām hi cett.] vidyā hi  $\gamma_1\eta_1$  vidyo hi  $\alpha_1$  matsyendra cett.] tachamdra  $\gamma_1$  **4b** vijānate  
cett. ( $\alpha_3$ ) virājate  $\alpha_1$  **4c** svātmārāmo cett.] svātmārāmas  $\alpha_3$  ātmārāmo  $\delta_1\epsilon_1$  **4d** 'thavā  
cett.] tathā  $\alpha_3$  yathā  $\delta_3$  mahā  $\epsilon_1$  jānīte cett.] jānamte  $\beta_\omega$  **5a** śrīādinātha cett.] ādināthādi  
 $\eta_1\eta_2$  **5b** śābarā  $\alpha_1\beta_2\gamma_1\eta_2\chi$ ] śābarā  $\eta_1$  śāradā  $\beta_1\Delta$  śāgarā  $\beta_\omega$  sāgarā  $\epsilon_1\epsilon_3$  **5c** cauraṅgī  
cett.] coraṅgī  $\epsilon_1$  saraṅgī  $\alpha_3$  **mīna** cett.] mena  $\epsilon_1$  megha  $\alpha_3$  śina  $\delta_1$  **5d** virūpākṣa cett.]  
virūpākṣaḥ  $\alpha_1\delta_1$  virūpākṣya  $\delta_3$  **bileśayāḥ** cett. ( $\alpha_3$ ) vileśyayaḥ  $\beta_1$  savālikāḥ (savālmikāḥ  $\alpha_1^c$ )  
 $\alpha_1\alpha_2\delta_1$

- मन्थानभैरवो योगी सिद्धबुद्धश्च कन्थडिः ।  
 गोरण्टकः सुरानन्दः सिद्धपादश्च चर्पटिः ॥ (cd om.  $\delta_1$ )<sup>1</sup> 1.6
- काणेरी पूज्यपादश्च नित्यनाथो निरञ्जनः ।  
 कपाली बिन्दुनाथश्च काकचण्डीश्वराह्वयः ॥ 1.7
- अल्लमप्रभुदेवश्च घोडाचोली च टिण्टिणी ।  
 भालुकी नागबोधश्च खण्डकापालिकस्तथा ॥ 1.8
- इत्यादयो महासिद्धा हठयोगप्रभावतः ।  
 खण्डयित्वा कालदण्डं ब्रह्माण्डेषु चरन्ति ते ॥ 1.9

**6a** *manthāna* cett.] *manthāno*  $\chi$  **bhairavo** cett.] *bhairavā*  $\gamma_1$  **6b** *siddha* cett.] *siddhir*  $\chi$  *suddha*  $\beta_2\eta_2$  *suddha*  $\eta_1$  **buddhaś ca** cett. ( $\alpha_3\beta_1$ )] *buddhiś ca*  $\alpha_1\beta_2\beta_\omega$  *pādaś ca*  $\delta_3$  **kanthaḍiḥ**  $\Delta\chi$ ] *kanthaḍi*  $\alpha_2\beta_1\beta_2\beta_\omega\epsilon_3$  *kanthaḍiḥ*  $\gamma_1$  *kanthaliḥ*  $\epsilon_1$  *kanthali*  $\alpha_1\eta_1$  *kaṃḍali*  $\alpha_3$  *kandali*  $\eta_2$  **6c** *goraṇṭakaḥ* *em.*] *goraṇṭaka*  $\alpha_1\alpha_2$  *gorakṣakas*  $\alpha_3$  *korāṇṭakaḥ*  $\beta_2\gamma_1\epsilon_1\chi$  *korāṇḍakaḥ*  $\epsilon_3$  *karaṇṭaka*  $\beta_1$  *pauraṇṭakaḥ*  $\beta_\omega\delta_3\eta_1\eta_2$  *om.*  $\delta_1$  **surānandaḥ** cett.] *surānanda*  $\beta_1\beta_\omega$  *sadānaṃda*  $\alpha_3$  *kṣurānaṃda*  $\alpha_1$  *om.*  $\delta_1$  **6d** *siddhapādaś ca* cett.] *śrīpādaś caiva*  $\epsilon_3$  *om.*  $\delta_1$  **carpaṭiḥ**  $\gamma_1\epsilon_3\eta_2\chi$ ] *carpaṭi*  $\alpha_1\beta_1\beta_\omega$  *carpaṭi*  $\beta_2\delta_3\eta_1$  *sarpaṭi*  $\alpha_3$  *karpaṭiḥ*  $\epsilon_1$  *om.*  $\delta_1$  **7a** *kāneri* *em.*] *kaṇeri*  $\alpha_2\beta_2\gamma_1\eta_1$  *kaṇeri*  $\alpha_1$  *kaṇeriḥ*  $\epsilon_1$  *ka[n]**e..*  $\alpha_3$  *kāneriḥ*  $\epsilon_3$  *kāneri*  $\beta_\omega\eta_2\chi$  *kariṇi*  $\delta_1$  *karaṇi*  $\delta_3$  *kāroṭiḥ*  $\beta_1$  **pūjya** cett.] *pūrya*  $\eta_1$  *pūrva*  $\epsilon_1\eta_2$  **7b** *nityanātho* cett.] *dhvaninātho*  $\eta_2$  *bilvanātho*  $\Delta$  **7c** *kapāli* cett.] *kapāsi*  $\delta_3$  **7d** *caṇḍiśvarāhvayaḥ*  $\beta_2\gamma_1\epsilon_1\epsilon_3\eta_1\chi$ ] *caṇḍiśvarādayaḥ*  $\beta_\omega\Delta\eta_2$  *caṇḍiśvaro* *gayaḥ* *caṇḍe°*  $\alpha_1$  *gajah*  $\alpha_2$   $\alpha_1\alpha_2\alpha_3$  *caṇḍiśvaromayaḥ*  $\beta_1$  **8a** *allama*  $\alpha_3$ ] *alama*  $\alpha_1$  *allamaḥ*  $\beta_\omega\epsilon_1\eta_1\eta_2\chi$  *allumaḥ*  $\alpha_2$  *allasaḥ*  $\gamma_1$  *allasa*  $\beta_1$  *alasaḥ*  $\beta_2$  *amelleḥ*  $\epsilon_3$  *sukṣamaḥ*  $\Delta$  **8b** *ghoḍācoli*  $\alpha_2\beta_1\beta_\omega\epsilon_3\chi$ ] *ghoḍācūli*  $\alpha_3\gamma_1$  *ghoḍācūli*  $\alpha_1$  *godācūli*  $\beta_2$  *ghoṭācoli*  $\Delta$  *ghorācoli*  $\eta_1\eta_2$  *\_gacoli*  $\epsilon_1$  **ca** cett.] *ci*  $\alpha_3$  *sa*  $\delta_1$  *gha*  $\delta_3$  **ṭiṇṭiṇi**  $\eta_1\eta_2$ ] *ṭiṇṭiṇiḥ*  $\alpha_1\chi$  *ṭiṇṭiṇi*  $\beta_1$  *ṭiṇṭiṇiḥ*  $\delta_1$  *ṭiṇṭiṇi*  $\gamma_1$  *ṭiṇṭaṇi*  $\beta_2$  *ṭimbhiṇiḥ*  $\delta_3$  *ṭimcaṇi*  $\alpha_2$  *ciṃciṇi*  $\beta_\omega$  *ciṃciṇiḥ*  $\epsilon_3$  *caṃcaṇiḥ*  $\epsilon_1$  *caṃḍilaḥ*  $\alpha_3$  **8c** *bhāluki*  $\beta_2\eta_1\eta_2$ ] *bhālukur*  $\beta_1$  *bhānukin*  $\gamma_1$  *bhāluki*  $\alpha_1$  *bhānuki*  $\chi$  *tāluki*  $\alpha_2$  *vālukur*  $\Delta$  *vāsukir*  $\beta_\omega\epsilon_1$  *vāsukir*  $\epsilon_3$  *vāsuki*  $\alpha_3$  **nāgabodhaś ca**  $\alpha_3\beta_\omega\gamma_1\delta_3\eta_1\eta_2$ ] *nāgabodhiś ca*  $\beta_1\epsilon_1\epsilon_3$  *nāgarodhaś ca*  $\delta_1$  *nāgadevaś ca*  $\beta_2$  *namioḍḍiśa*  $\alpha_1$  *nāma tuṃḍiśa*  $\alpha_2$  *nāradevaś ca*  $\chi$  **8d** *khaṇḍa*  $\alpha_3\beta_1\beta_2\beta_\omega\eta_2$ ] *khaṇḍaḥ*  $\epsilon_3\chi$  *khaṇḍaṃ*  $\gamma_1\eta_1$  *kaṃṭhaḥ*  $\epsilon_1$  *caṇḍa*  $\delta_3$  *caṇḍi*  $\delta_1$  *siddhaḥ*  $\alpha_1\alpha_2$  **9b** *prabhāvataḥ* cett.] *prasādataḥ*  $\beta_1\beta_2\beta_\omega\gamma_1$  **9c** *khaṇḍayitvā* cett.] *khaṇḍaitvā*  $\delta_1$  **9d** *brahmāṇḍeṣu*  $\alpha_2\alpha_3\beta_1\delta_1\epsilon_3$ ] *brahmāṇḍe* *tu*  $\beta_\omega$  *brahmāṇḍe* *vi°*  $\alpha_3\beta_2\gamma_1\delta_3\eta_1\eta_2\chi$  *brahmāṇḍaṃ* *vi°*  $\epsilon_1$

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

संसारतापतप्तानां समाश्रयमठो हठः ।

अशेषयोगजगतामाधारकमठो हठः ॥ (cd om. A) 1.10

हठविद्या परं गोप्या योगिनां सिद्धिभिच्छताम् ।

भवेद्वीर्यवती गुप्ता निर्वीर्या तु प्रकाशिता ॥ 1.11

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

एकान्तमठिकामध्ये स्थातव्यं हठयोगिना ॥ 1.12

अल्पद्वारमरन्ध्रगर्तपिटकं नात्युच्चनीचायतं

सम्यग्गोमयसान्द्रलिप्तममलं निःशेषबाधोज्झितम् ।

बाह्ये मण्डपवेदिकूपरुचिरं प्राकारसंवेष्टितं

प्रोक्तं योगमठस्य लक्षणमिदं सिद्धैर्हठाभ्यासिभिः ॥ 1.13

**10a samsārātāpa** cett.] samsāraśrama  $\beta_\omega$  samsāraśrama  $\eta_2$  aśeṣātāpa  $\beta_2\chi$  **10b samāśraya** cett.] samāśrayo  $\eta_1$  āśrayo'yam  $\beta_\omega\eta_2$  samagrapra°  $\alpha_1$  **maṭho haṭhaḥ**  $\beta_2\gamma_1\delta_3\epsilon_1\chi$ ] mato haṭhaḥ  $\delta_1$  mato (tho below) ha...  $\alpha_3$  maho haṭhaḥ  $\alpha_2\beta_1$  mahāmaṭhaḥ  $\epsilon_3$  haṭho maṭhaḥ  $\eta_1$  haṭho mataḥ  $\beta_\omega\eta_2$  'thamo haṭhaḥ  $\alpha_1$  **10c aśeṣa** cett.] samasta  $\epsilon_1$  om. A **jagatām**  $\gamma_1\Delta\epsilon_1\epsilon_3\eta_2$ ] jagatim  $\eta_1$  jāyunām  $\beta_1$  yuktānām  $\beta_2\beta_\omega\chi$  om. A **10d ādhāra** cett.] ādhāraḥ  $\beta_\omega\Delta\eta_2$  om. A **kamaṭho haṭhaḥ** cett.] kahaṭho maṭhaḥ  $\eta_1$  om. A **11a gopyā** cett.] gopyam  $\beta_\omega$  yogo  $\beta_1$  **yoginām** cett.] yoginām  $\beta_\omega$  yoginā  $\Delta\epsilon_1\chi$  **11b icchatām**  $\alpha_1\alpha_3\beta_\omega\gamma_1\epsilon_3\eta_1\eta_2$ ] icchatā  $\beta_1\beta_2\delta_3\epsilon_1\chi$  icchitā  $\delta_1$  **11d nirvīryā** cett.] nirvījā  $\delta_1$  nirvāryā  $\eta_2$  **tu** cett. ( $\alpha_2\alpha_3$ )] ca  $\alpha_1\delta_1\epsilon_3$  sā  $\epsilon_1$  **12a surājye** cett.] surāṣṭre  $\beta_1$  **12b nirupadrave** cett.] kṣemabhadrade  $\epsilon_1$  **12c ekānta** cett.] ekānte  $\beta_\omega\eta_1\eta_2\chi$  **12d haṭhayoginā** cett.] haṭhayoginām  $\alpha_1\alpha_3$  **13a alpadvāram arandhra** cett.] ākalpadvā«ra»ramdhra  $\gamma_1$  alpadvāram aruṃ«dha»  $\epsilon_1$  **piṭakaṃ**  $\alpha_1\beta_1\epsilon_1\epsilon_3$ ] piṭanam  $\alpha_3$  paṭikaṃ  $\beta_2$  piṭhikaṃ  $\gamma_1$  piṭhiram  $\delta_3$  piṭharam  $\delta_1$  viṭakaṃ  $\alpha_2$  viṭapam  $\beta_\omega\eta_2$  vivaram  $\chi$  sahitam  $\eta_1$  **nīcā** cett.] nītā  $\alpha_1^c$  noccā  $\beta_\omega$  naṃcā  $\gamma_1$  **yataṃ** cett.] yitam  $\eta_2$  yutam  $\beta_1\eta_1$  vṛtam  $\epsilon_3$  **13b sāndra** cett.] sāndra  $\beta_\omega\eta_2$  sāpra  $\alpha_1$  lipta  $\epsilon_1$  **liptam amalāṃ**  $\alpha_3\beta_2\gamma_1\delta_1\eta_2\chi$ ] liptavimalam  $\alpha_1\alpha_2\beta_1\beta_\omega\delta_3\epsilon_3$  liptam abilaṃ  $\eta_1$  sāndravimalam  $\epsilon_1$  **niḥśeṣa** cett. ( $\alpha_3$ )] nirdoṣa  $\alpha_1\eta_2$  **bādhohjhitam**  $\beta_\omega\epsilon_1\eta_1\eta_2$ ] bodhohjhitam  $\alpha_3$  bādhārjjitam  $\beta_1$  vātojghitam  $\beta_2$  jantūjjhitam  $\Delta\epsilon_3\chi$  jamtūṣṇitam  $\alpha_2$  jyamtyūpsitam  $\alpha_1$  jambhūdgitam  $\gamma_1$  **13c vedikūpa** cett.] vedakopa  $\beta_1$  kūpavedi  $\epsilon_3$  **ruciraṃ**  $\alpha_1\beta_1\beta_2$   $\beta_\omega\gamma_1\epsilon_3\chi$ ] racitam  $\Delta\epsilon_1\eta_1\eta_2$

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

एवंविधे मटे स्थित्वा सर्वचिन्ताविवर्जितः ।  
गुरूपदिष्टमार्गेण योगमेव समभ्यसेत् ॥

1.14

अत्याहारः प्रयासश्च प्रजल्पोऽनियमग्रहः ।  
जनसङ्गश्च लौल्यं च षड्विर्योगो विनश्यति ॥

1.15

उत्साहात्साहसाद्वैर्यात्तत्त्वज्ञानाच्च निश्चयात् ।  
जनसङ्गपरित्यागात् षड्विर्योगः प्रसिध्यति ॥

1.16

अहिंसा सत्यमस्तेयं ब्रह्मचर्यं क्षमा धृतिः ।  
दयार्जवं मिताहारः शौचं चैव यमा दश ॥ (β<sub>ω</sub>δ<sub>3</sub>)

1.16\*1

तपः संतोषमास्तिक्यं दानमीश्वरपूजनम् ।  
सिद्धान्तश्रवणं चैव ही मतिश्च जपो हुतम् ॥ (β<sub>ω</sub>)

1.16\*2

**14b vivarjitaḥ** cett.] vivarjite β<sub>1</sub>ε<sub>1</sub> **14d yogam eva** cett.] yogam evaṃ ε<sub>1</sub>η<sub>1</sub>η<sub>2</sub> yogamārgaṃ β<sub>ω</sub>  
**samabhyaset** α<sub>1</sub><sup>c</sup>α<sub>2</sub>β<sub>ω</sub>γ<sub>1</sub>ε<sub>1</sub>η<sub>1</sub>η<sub>2</sub>χ] sadābhyaset α<sub>1</sub><sup>c</sup>α<sub>3</sub>β<sub>1</sub>β<sub>2</sub>Δε<sub>3</sub> **15a atyāhārah** β<sub>2</sub>γ<sub>1</sub>δ<sub>3</sub>η<sub>1</sub>η<sub>2</sub>χ]  
atyāhāra α<sub>2</sub>β<sub>1</sub>ε<sub>3</sub> alpāhāra δ<sub>1</sub> alpāhāro α<sub>1</sub> ātmāhārah β<sub>ω</sub> natyāhāsaḥ ε<sub>1</sub> a[t].++ α<sub>3</sub> **prayāsaś ca**  
cett.] prayāsaś cā δ<sub>1</sub> prayāsasya α<sub>2</sub> pravāsaś ca α<sub>1</sub>γ<sub>1</sub> *illeg.* α<sub>3</sub> **15b 'niyama** cett.] niyamā ε<sub>3</sub>  
nama ε<sub>1</sub> **15c janasaṅgaś ca** cett.] janasaṅgaṃ ca β<sub>2</sub> janasaṅkara ε<sub>1</sub> **15d yogo vinaśyati**  
cett.] yogā vinaśyati γ<sub>1</sub> yogaś ca naśyati η<sub>2</sub> yogaḥ prapaśyati η<sub>1</sub> **16a utsāhāt/n** cett.] utsāha β<sub>ω</sub>  
utsāho α<sub>3</sub> **sāhasād** γ<sub>1</sub>Δχ] niścayād α<sub>1</sub>β<sub>ω</sub>β<sub>1</sub>ε<sub>1</sub>ε<sub>3</sub>η<sub>1</sub>η<sub>2</sub> niścalo α<sub>3</sub> niyamād β<sub>2</sub> **dhairyāt** cett.]  
dhairyā α<sub>1</sub>β<sub>ω</sub> vairyāt η<sub>1</sub>η<sub>2</sub> dhairyam α<sub>3</sub> **16b jñānāc ca niścayāt** γ<sub>1</sub>χ] jñānaviniścayāt β<sub>2</sub>Δ  
jñānāc ca darśanāt α<sub>1</sub>β<sub>1</sub>β<sub>ω</sub>ε<sub>1</sub>ε<sub>3</sub>η<sub>1</sub>η<sub>2</sub> jñānārthadarśanaṃ α<sub>3</sub> **16c jana** cett.] nija γ<sub>1</sub> **parityāgāt**  
cett.] parityāgāḥ α<sub>3</sub> **16d yogaḥ prasidhyati** cett.] yogas tu sidhyati η<sub>1</sub>η<sub>2</sub> yogo prasidhyati δ<sub>1</sub>  
**16\*1c dayārjavam** δ<sub>3</sub>] dayārjava β<sub>ω</sub> **16\*2c siddhānta** *em.*] siddhāntaṃ β<sub>ω</sub>

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

हठस्य प्रथमाङ्गत्वादासनं पूर्वमुच्यते ।

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

1.17

वसिष्ठाद्यैश्च मुनिभिर्मत्स्येन्द्राद्यैश्च योगिभिः ।

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

1.18

जानूर्वोरन्तरे सम्यक्कृत्वा पादतले उभे ।

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

1.19

सव्ये दक्षिणगुल्फं तु पृष्ठपार्श्वे नियोजयेत् ।

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

1.20

**17** athāsānāni ε<sub>1</sub>] «atha» āsānāni ε<sub>3</sub> **17c** tat kuryād cett.] na kuryād α<sub>1</sub> kuryāt tad η<sub>2</sub>χ āsanam sthairyam α<sub>2</sub>α<sub>3</sub>β<sub>1</sub>γ<sub>1</sub>δ<sub>3</sub>η<sub>1</sub>χ] āsanasthairyam α<sub>1</sub>β<sub>2</sub>β<sub>ω</sub>δ<sub>1</sub>ε<sub>1</sub> āsane sthairyam ε<sub>3</sub> āsanam tas-mād η<sub>2</sub> **17d** pāṭavam α<sub>1</sub>α<sub>3</sub>β<sub>1</sub>β<sub>ω</sub>ε<sub>1</sub>η<sub>1</sub>η<sub>2</sub>] lāghavam β<sub>2</sub>γ<sub>1</sub>Δε<sub>3</sub>χ **18d** kathyante cett.] likhyante η<sub>1</sub> vakṣyante Δ **19a** jānūrvor cett.] jamtūrvor δ<sub>1</sub> antare cett.] antaram γ<sub>1</sub>ε<sub>1</sub> **19b** ubhe cett.] śubhe γ<sub>1</sub> **19c** rjukāyaḥ cett.] rjukāya γ<sup>i</sup>cη<sub>1</sub> rjuh kāya β<sub>ω</sub> samāsinaḥ cett.] samāsi-nam β<sub>ω</sub> **19d** tat cett.] tam α<sub>3</sub> ca γ<sub>1</sub> **20a** dakṣiṇa cett.] dakṣaṇa β<sub>ω</sub> gulphaṁ cett.] gulse δ<sub>3</sub>ε<sub>2</sub> **20b** prṣṭha cett.] savya ε<sub>2</sub> niyojayet cett.] tu yojayet β<sub>1</sub> **20c** 'pi cett.] ca γ<sub>1</sub> tu Δ savyam cett.] savye η<sub>1</sub> samyak α<sub>3</sub> **20d** gomukhaṁ cett.] gomukhe δ<sub>3</sub> gomukhaṁ yathā α<sub>3</sub>Δε<sub>2</sub>ε<sub>3</sub>η<sub>1</sub>η<sub>2</sub>] gomukhaṁ tathā β<sub>ω</sub> gomukhaṁ bhavet α<sub>2</sub> gomukhākṛti χ gomukhākṛtiḥ β<sub>1</sub>β<sub>2</sub>γ<sub>1</sub>

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

- एकं पादमथैकस्मिन्विन्यस्योरुणि संस्थितम् ।  
इतरस्मिंस्तथा चोरुं वीरासनमितीरितम् ॥ 1.21
- गुदं निरुध्य गुल्फाभ्यां व्युत्क्रमेण समाहितः ।  
कूर्मासनं भवेदेतदिति योगविदो विदुः ॥ 1.22
- पद्मासनं सुसंस्थाप्य जानूर्वोरन्तरे करौ ।  
निवेश्य भूमौ संस्थाप्य व्योमस्थः कुक्कुटासनम् ॥ [1.23c–29d lost  $\delta_3$ ] 1.23
- कुक्कुटासनबन्धस्थो\* दोभ्यां संबध्य कन्धराम् ।  
शेते कूर्मवदुत्तान एतदुत्तानकूर्मकम् ॥ 1.24
- पादाङ्गुष्ठौ तु पाणिभ्यां गृहीत्वा श्रवणावधि ।  
धनुराकर्षणं कृत्वा धनुरासनमुच्यते ॥ 1.25

**21a ekam** cett.] eka  $\Delta\epsilon_3$  **athaikasmin**  $\alpha_3\eta_1$ ] tathaikasmin  $\alpha_2\beta_1\beta_2\beta_\omega\gamma_1\epsilon_1\epsilon_3\eta_2\chi$  yathaikasmi  $\Delta$  **21b vinyasyoruni samsthitam**  $\beta_\omega\eta_1\eta_2$ ] niveśyorūṇi samsthitam  $\alpha_3$  vinyased ūruṇi sthitam  $\beta_1\gamma_1\chi$  vinyased ūruṇi sthitah  $\beta_2$  vinyased ūrusamsthitam  $\Delta\epsilon_2\epsilon_3$  vinyaserupari sthitam  $\alpha_2$  vinyaserupari samsthitah  $\epsilon_1$  **21c itarasmimś tathā** cett.] itarāsmimś tathā  $\delta_1$  itarasminn adhaś  $\alpha_3$  **corum** cett.] coru  $\beta_1$  corū  $\alpha_3$  corau  $\beta_2$  ce..  $\delta_1$  **21d itiritam** cett.] iti smrtam  $\alpha_2$  udāhrtam  $\alpha_3$  **22a nirudhya**  $\beta_2\gamma_1\chi$ ] nibadhya  $\epsilon_3\eta_1$  nabadhya  $\epsilon_1$  nibaddhi  $\beta_\omega$  niyamyā  $\alpha_2\beta_1\Delta$  niṣpīḍya  $\alpha_3\eta_2$  **22b samāhitah** cett.] samāhitam  $\beta_\omega$  **22c kūrmasanam** cett.] yogāsanam  $\beta_1\beta_2\gamma_1$  **22d iti** cett.] sarve  $\beta_2$  **23a su**  $\alpha_3\beta_1\beta_2\beta_\omega\gamma_1\delta_1$ ] tu  $\delta_3\epsilon_1\epsilon_3\eta_1\eta_2\chi$  stu  $\alpha_2$  **samsthāpya** cett.] samyojya  $\Delta$  **23d vyomasthaḥ** cett.] vyomastham  $\beta_1\beta_2\gamma_1\chi$  **kukkuṭā**  $\alpha_3\gamma_1\delta_1\epsilon_1\epsilon_3\chi$ ] kurk(k)uṭā  $\beta_1\beta_\omega\eta_1\eta_2$  kukuṭā  $\beta_2$  **24a kukkuṭā**  $\alpha_3\gamma_1\delta_1\epsilon_1\epsilon_3\chi$ ] kurk(k)uṭā  $\beta_1\beta_\omega\eta_1\eta_2$  kukuṭā  $\beta_2$  **bandhastho**  $\alpha_3\beta_1\beta_2\beta_\omega\gamma_1\epsilon_1\epsilon_3\chi$ ] bandhasthe  $\delta_1$  madhyastho  $\eta_2$  vat kṛtvā  $\eta_1$  **24b sambadhya** cett.] sambandha  $\alpha_3$  samveśṭa  $\gamma_1$  samhrtya  $\beta_2$  **kandharām** cett.] kandharam  $\alpha_3\beta_\omega$  kandaram  $\epsilon_1$  **24c śete**  $\alpha_2\epsilon_1\epsilon_3\eta_1\eta_2$ ] śene  $\beta_\omega$  sthitah  $\beta_1\gamma_1$  sthite  $\alpha_3$  sthitvā  $\beta_2$  bhavet  $\delta_1\chi$  **kūrmavad** cett.] kūrmarad  $\beta_\omega$  **uttāna**  $\alpha_2\beta_1\beta_\omega\gamma_1\eta_2\chi$ ] uttānam  $\alpha_3\beta_2\delta_1\epsilon_1\epsilon_3\eta_1$  **24d kūrmakam** cett.] pūrvakam  $\epsilon_1$  **25a tu** cett.] ca  $\delta_1$  **pāṇibhyām** cett.] bāhubhyām  $\eta_1\eta_2$  **25b śraṇānavadhi** cett.] śraṇānavadhiḥ  $\beta_1\beta_2$  śraṇānavadhim  $\eta_1$  śraṇānavidhi  $\beta_\omega$  **25c karṣaṇam kṛtvā**  $\epsilon m.$  ( $=\epsilon_2$ )] karkhaṇa kṛtvā  $\delta_1$  karṣaṇam kṛṣṭam  $\alpha_3$  karṣaṇah kṛṣṭam  $\eta_1$  karṣaṇākṛṣṭam  $\alpha_2\beta_2\epsilon_1\epsilon_3$  karṣaṇāt kṛṣṭam  $\beta_1\beta_\omega\gamma_1$  karṣaṇam kuryād  $\eta_2\chi$  **25d ucyate**  $\alpha_2\beta_1\beta_2\beta_\omega\gamma_1\eta_1\eta_2\chi$ ] iritam  $\alpha_3\delta_1\epsilon_1\epsilon_3$

वामोरुमूलार्पितदक्षपादं  
जानोर्बहिर्वेष्टितदक्षदोष्णा ।  
प्रगृह्य तिष्ठेत्परिवर्तिताङ्गः  
श्रीमत्स्यनाथोदितमासनं स्यात् ॥

1.26

मत्स्येन्द्रपीठं जठरप्रवृद्ध-  
प्रचण्डरुङ्गण्डलखण्डनास्त्रम् ।  
अभ्यासतः कुण्डलिनीप्रबोधं  
दण्ड<sup>#</sup>स्थिरत्वं च ददाति पुंसां ॥

1.27

प्रसार्य पादौ भुवि दण्डरूपौ  
दोभ्यां पदाग्रद्वितयं<sup>#</sup> गृहीत्वा ।  
जानूपरिन्यस्तललाटदेशो  
वसेदिदं पश्चिमतानमाहुः ॥

1.28

**26a dakṣapādam** cett.] dakṣapāda β<sub>1</sub>β<sub>2</sub> dakṣapādo (°pādaυ α<sub>2</sub>) α<sub>2</sub>α<sub>3</sub> **26b jānor** γ<sub>1</sub>η<sub>1</sub>η<sub>2</sub>χ] jānaur β<sub>ω</sub> jānvor α<sub>3</sub>β<sub>1</sub>β<sub>2</sub>δ<sub>1</sub>ε<sub>1</sub>ε<sub>3</sub> **bahirveṣṭita** cett.] bahi«sam»ṣṭhita γ<sub>1</sub> **dakṣadoṣṇā** α<sub>2</sub>β<sub>1</sub>β<sub>2</sub>δ<sub>1</sub>] dakṣadorbhyām γ<sub>1</sub> vāmapādam β<sub>ω</sub>η<sub>1</sub>η<sub>2</sub>χ vāmadoṣṇā α<sub>3</sub>ε<sub>2</sub>ε<sub>3</sub> vāmadoṣṇi ε<sub>1</sub> **26c vartitāṅgaḥ** cett.] marditāṅgaḥ δ<sub>1</sub> **26d śrīmatṣyanātho** cett.] śrīmatṣyadinātho β<sub>ω</sub> matsyemdranātho α<sub>3</sub> **27a pītham** cett.] vīram η<sub>1</sub> vīra ε<sub>1</sub> **jāthara** cett.] jvalana β<sub>ω</sub> vīra ε<sub>1</sub> **pravṛddha** η<sub>2</sub>] pravuddham γ<sub>1</sub> pravuddhau δ<sub>1</sub> prabodham β<sub>2</sub> pracaṇḍam ε<sub>1</sub>ε<sub>3</sub>η<sub>1</sub> pracaṇḍa α<sub>2</sub>α<sub>3</sub>β<sub>1</sub> pradip-  
tam β<sub>ω</sub> pradiptim χ **27b pracaṇḍa** β<sub>2</sub>β<sub>ω</sub>γ<sub>1</sub>δ<sub>1</sub>η<sub>2</sub>χ] picaṇḍa α<sub>2</sub>α<sub>3</sub>ε<sub>1</sub> vicaṇḍa β<sub>1</sub> vicaṇḍa η<sub>1</sub> om. ε<sub>3</sub> (inserts khaṇḍaḥ between ruṇmaṇḍala and khaṇḍanāstram instead) **ruṇ-/rugmaṇḍala** α<sub>3</sub>β<sub>1</sub>β<sub>2</sub>β<sub>ω</sub>δ<sub>1</sub>ε<sub>3</sub>η<sub>2</sub>χ] rūmaṇḍala η<sub>1</sub> rugmaṇḍana γ<sub>1</sub> ruk(!)māṇḍana ε<sub>1</sub> **khaṇḍanāstram** cett.] khaṇḍanāmam γ<sub>1</sub> khaṇḍalāsyam δ<sub>1</sub> **27d daṇḍa** cett.] candra η<sub>2</sub>χ kāya ε<sub>3</sub> **sthīratvaṃ** cett.] sthitatvaṃ δ<sub>1</sub> **ca dadāti** cett.] dadāti α<sub>2</sub>γ<sub>1</sub><sup>c</sup> pradadāti γ<sub>1</sub><sup>c</sup>δ<sub>1</sub> ca karoti α<sub>3</sub> **28b dorbhyām** cett.] dvābhyām β<sub>ω</sub>η<sub>2</sub> **padāgra** cett.] karābhyām β<sub>ω</sub>η<sub>2</sub> ca pāda δ<sub>1</sub> **28c deśo** cett.] deśe β<sub>2</sub>β<sub>ω</sub> deśaḥ α<sub>3</sub> **28d vased** β<sub>1</sub>β<sub>2</sub>β<sub>ω</sub>γ<sub>1</sub>ε<sub>1</sub>η<sub>1</sub>χ] 'bhyased δ<sub>1</sub> bhaved ε<sub>3</sub> paśyed α<sub>3</sub> d (two syllables omitted) η<sub>2</sub> **tānam** cett.] tānam α<sub>3</sub>ε<sub>1</sub>η<sub>1</sub> **āhuḥ** cett.] bāmdhaḥ ε<sub>3</sub>η<sub>1</sub> bāmdham ε<sub>1</sub>

इति पश्चिमतानमासनाग्र्यं  
पवनं पश्चिमवाहिनं करोति ।  
उदयं जठरानलस्य कुर्या-  
दुदरे काश्यमरोगतां 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

**29a tānam** cett.] tānam  $\alpha_3 \epsilon_1 \eta_1$  tāyām  $\alpha_1$  āsanāgryam  $\alpha_1 \beta_2 \beta_\omega \epsilon_3 \eta_1 \chi$ ] āsanāgram  $\beta_1$  āsanāsā-  
gryam  $\eta_2$  āsanākhyam  $\delta_1 \epsilon_1$  āsanam  $\alpha_3$  āyanam  $\gamma_1$  **29b paścima** cett.] paścimā  $\delta_1$  vāhi-  
nam cett. ( $\alpha_3$ ) vāhanam  $\alpha_1 \beta_\omega \epsilon_1$  **29c udayam** cett.] udayam  $\alpha_3 \beta_1$  jātharānalasya cett.]  
jātharānilasya  $\delta_1$  **29d kārśyam** cett.] kāryam  $\gamma_1$  kṛśyam  $\beta_\omega$  arogatām  $\alpha_1 \alpha_3 \beta_1 \beta_2 \epsilon_1 \epsilon_3 \eta_1^{\text{pc}} \chi$ ] alogatām  $\gamma_1$  arogitām  $\delta_1 \eta_1^{\text{c}} \eta_2$  arogyatām  $\beta_\omega$  **30a karadvayena**  $\beta_1 \beta_2 \beta_\omega \gamma_1 \eta_1 \eta_2 \chi$ ] karadvayāb-  
hyām  $\alpha_1 \alpha_2 \epsilon_3$  karasthalābhyām  $\alpha_3 \epsilon_1$  punaḥ karābhyām  $\delta_1$  puraḥ karābhyām  $\delta_3$  **30b kūrpara**  
 $\beta_1 \beta_2 \epsilon_1 \epsilon_3 \eta_1 \eta_2 \chi$ ] kurpara  $\alpha_1 \beta_\omega \gamma_1$  kurpare  $\Delta$  pārśvaḥ cett.] pārśve  $\beta_\omega \Delta$  **30c uccāsano**  
cett.] uccāsana  $\alpha_1$  uccāsane  $\delta_3$  taccāsanam  $\delta_1$  daṇḍavad cett.] daṇḍa i°  $\alpha_3$  utthitaḥ khe  
 $\beta_1 \gamma_1 \Delta \epsilon_3 \eta_1 \eta_2 \chi$ ] utthitaḥ kham  $\epsilon_1$  ucchitaḥ še  $\alpha_2$  utthitaś cet  $\alpha_1$  ucchritaś ca  $\beta_2$  uthitasya  $\beta_\omega$  °vot-  
thitāmgo  $\alpha_3$  **30d māyūram**  $\beta_2 \gamma_1 \Delta \epsilon_1 \epsilon_3 \eta_2$ ] mayūram  $\alpha_1 \alpha_3 \beta_1 \beta_\omega \eta_1 \chi$  pīṭham cett.] pāṭhām  
 $\beta_1$  santaḥ  $\Delta$  **31a rogān āśu** cett.] rogān śvāsa  $\epsilon_1$  doṣān āśu  $\eta_2$  doṣān asu  $\beta_\omega$  gulmo cett.]  
gulpho  $\gamma_1$  gulphau  $\alpha_1$  ādin cett.] ādin  $\beta_\omega$  **31b abhibhavati ca**  $\alpha_3 \Delta \epsilon_1 \eta_1 \eta_2 \chi$ ] abhibhavati  
 $\alpha_1 \epsilon_3$  abhavati ca  $\gamma_1$  abhavati  $\beta_\omega$  na bhavati bhava  $\beta_1$  na hi bhavati ca  $\beta_2$  **31c bahukadaśanab-**  
**huktaṁ** cett.] bahuḷam api ca bhuktaṁ  $\alpha_3$  bhasma cett.] tac ca  $\delta_1$  aśeṣam cett.] aśeṣo  
 $\eta_1$  avitraṁ  $\beta_1$  īsutraṁ  $\epsilon_1$  om.  $\beta_2$  **31d jātharāgnim** cett.] jātharāgram  $\epsilon_1$  vaḍavāgnim  $\beta_\omega$   
jārayet cett.] jvālayet  $\eta_2$  jiryate  $\alpha_3$



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

तत्र सिद्धासनम् । (om.  $\beta_1 \Delta \varepsilon_1 \varepsilon_3 \eta_1 \chi$ )

योनिस्थानकमङ्घ्रिमूलघटितं कृत्वा दृढं विन्यसे-  
न्मेद्रे पादमथैकमेकहृदयो<sup>#</sup> धृत्वा समं विग्रहम् ।  
स्थाणुः संयमितेन्द्रियोऽचलदृशा पश्यन् भुवोरन्तरं  
एतन्मोक्षकपाटभेदजनकं सिद्धासनं प्रोच्यते ॥ 1.35

**32a** *uttānaṃ* cett.] *uttāna*  $\alpha_1 \alpha_3 \beta_1 \beta_2 \gamma_1 \eta_2$  **32b** *śayanaṃ tu śavāsanam*  $\alpha_1 \alpha_3 \beta_1 \beta_2 \beta_\omega \gamma_1 \varepsilon_1 \eta_1$  ]  
*śayanaṃ* ca *śavāsanam*  $\varepsilon_3 \eta_2$  *śayanaṃ* tat *śavāsanam*  $\chi$  *śavāsanam* *idaṃ* *smṛtam*  $\Delta$  **32c** *sarvāsana*  
 $\alpha_2 \alpha_3 \beta_1 \beta_2 \gamma_1 \varepsilon_1 \eta_1 \eta_2$  ] *savāsana*  $\beta_\omega$  *śavāsanam*  $\alpha_1 \Delta \varepsilon_3 \chi$  *śrānti* cett.] *śrama*  $\varepsilon_3$  **32d** *sādhanaṃ*  
 $\alpha_1 \beta_1 \beta_2 \beta_\omega \gamma_1 \delta_1 \varepsilon_1$  ] *kāraṃ*  $\alpha_3 \delta_3 \varepsilon_3 \eta_1 \eta_2 \chi$  **33a** *caturāśītyāsanāni* cett.] *caturāśītyāsanab-*  
*hya*  $\beta_1$  **33b** *śivena kathitāni* cett.] *sarvāni kathitāni*  $\varepsilon_1$  *kathitāni śivena*  $\beta_2$  *om.*  $\beta_1$  **tu**  
 $\alpha_1 \alpha_3 \beta_2 \beta_\omega \varepsilon_1 \varepsilon_3 \eta_1 \eta_2$  ] *vai*  $\gamma_1 \delta_1 \delta_3$  *ca*  $\alpha_2 \chi$  *om.*  $\beta_1$  **33c** *tebhyaś catuṣkam ādāya* cett.] *tebhyaś*  
*ca*  $\_m$  *ādāya*  $\varepsilon_1$  *caturāsanam*  $\beta_1$  **33d** *bravīmy aham* cett.] *om.*  $\beta_1$  **34a** *padmaṃ* cett.]  
*bhadraṃ*  $\delta_1$  *tathā* cett.] *yathā*  $\beta_\omega$  *siṃhaṃ*  $\alpha_3 \beta_2 \beta_\omega \gamma_1 \eta_1 \eta_2 \chi$  ] *sihaṃ*  $\alpha_1$  *saiṃhaṃ*  $\varepsilon_1 \varepsilon_3$  *svasti*  
 $\beta_1$  *padmaṃ*  $\delta_1$  *bhadraṃ*  $\delta_3$  **34b** *bhadraṃ* cett.] *siṃhaṃ*  $\delta_1 \delta_3$  *ceti*  $\beta_1 \beta_2 \gamma_1 \delta_1 \delta_3 \eta_2 \chi$  ] *ce* ..  
 $\alpha_3$  *caiva*  $\alpha_1 \alpha_2 \eta_1$  *caitac*  $\beta_\omega \varepsilon_1$  *cātha*  $\varepsilon_3$  *catuṣṭayam* cett.] *catuṣkakam*  $\varepsilon_3$  **34c** *tatrāpi ca*  
*sakhe*  $\alpha_1 \beta_1 \beta_2 \beta_\omega \gamma_1$  ] *tatrāpi* *ca* *sukhe*  $\eta_1 \eta_2 \chi$  *tatrāpi* *ca* *sukhaṃ*  $\varepsilon_3$  *tathāpi* *ca* *sakhe*  $\delta_2$  *tatrāpi*  
*sarveṣāṃ*  $\alpha_3$  *tathāpi* *bhadraṃ* [ca]  $\delta_1 \delta_3$  *tatra* *viśeṣeṇa*  $\varepsilon_1$  **34d** *tiṣṭha*  $\alpha_1 \beta_1 \beta_2 \beta_\omega \gamma_1$  ] *tiṣṭhat*  $\varepsilon_3$   
*tiṣṭhet*  $\alpha_3 \Delta \eta_1 \eta_2 \chi$  *śreṣṭhaṃ*  $\varepsilon_1$  *siddhāsane* cett.] *siddhāsanam*  $\alpha_3$  *siṃhāsane*  $\delta_1$  *padmāsanam*  $\varepsilon_1$   
*sadā* cett.] *tadā*  $\alpha_3$  **35** *tatra siddhāsanam*  $\alpha_1 \alpha_3 \beta_2 \eta_2$  ] *atha* *siddhāsanam*  $\gamma_1$  **35a** *sthānaka*  
 $\alpha_3 \beta_\omega \varepsilon_1 \varepsilon_3 \eta_1 \eta_2 \chi$  ] *dvāraka*  $\alpha_1 \alpha_2 \beta_1 \beta_2 \gamma_1 \Delta$  *m aṅghrimūla* cett.] *m aṅghrimūla*  $\delta_1$  *mūlaṅghri*  $\eta_2$   
*ghaṭitaṃ* cett.] *puṭakaṃ*  $\varepsilon_1$  *dr̥ḍhaṃ* cett.] *dhr̥uvaṃ*  $\varepsilon_1 \varepsilon_3$  **35b** *medhre* cett.] *medhraṃ*  $\beta_1$   
*medhre*  $\gamma_1$  *madhye*  $\delta_1$  *ekahr̥dayo* *em.*] *ekahr̥daye*  $\alpha_1 \gamma_1 \varepsilon_1$  *eka* + + +  $\alpha_3$  *eva* *hr̥daye*  $\alpha_2 \beta_1 \Delta \varepsilon_3 \eta_2 \chi$   
*eva* *niyataṃ*  $\beta_2 \beta_\omega$  *āsyahr̥daye*  $\eta_1$  *dhr̥tvā* cett.] *kṛtvā*  $\beta_2 \beta_\omega \chi$  *samaṃ* cett.] *hanuṃ*  $\chi$  *vi-*  
*graham* cett.] *susthiraṃ*  $\chi$  **35c** *paśyan*  $\alpha_1 \beta_1 \beta_2 \beta_\omega \delta_3 \eta_1 \eta_2$  ] *paśyad*  $\gamma_1$  *paśyed*  $\alpha_3 \delta_1 \delta_2 \varepsilon_1 \varepsilon_3 \chi$   
**35d** *etan*  $\Delta \varepsilon_1 \varepsilon_3 \eta_1$  ] *caitan*  $\alpha_1 \beta_1 \beta_2 \beta_\omega \gamma_1 \eta_2$  *ceto*  $\alpha_3$  *hy etan*  $\chi$  *janakaṃ* cett.] *jananaṃ*  $\delta_2 \varepsilon_1$

मतान्तरे तु ।

मेद्वादुपरि विन्यस्य सव्यगुल्फं तथोपरि ।  
गुल्फान्तरं च निक्षिप्य सिद्धासनमिदं भवेत् ॥

1.36

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

एतत्सिद्धासनं प्राहुरन्ये वज्रासनं विदुः ।  
मुक्तासनं वदन्त्येके प्राहुर्गुप्तासनं परे ॥

1.37

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

1.38

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

1.39

**36 matāntare tu**  $\alpha_1 \beta_2 \gamma_1 \eta_2 \chi$ ] matāntare  $\alpha_3 \beta_1 \beta_\omega \epsilon_1 \epsilon_3 \eta_1$  matsam̐tare  $\epsilon_2$  matsyendraḥ | matāntaram tu  $\delta_1$  etan matsyendramataṁ matāntare tu  $\delta_2 \delta_3$  **36a vinyasya** cett. ( $\alpha_2$ )] niḥkṣipya  $\alpha_1 \alpha_3 \beta_1 \beta_\omega$  niḥkṣipya  $\eta_2$  **36b savya**  $\alpha_1 \alpha_3 \beta_1 \beta_2 \beta_\omega \gamma_1 \epsilon_1 \eta_2$ ] savyaṁ  $\epsilon_3 \chi$  savyaṁ tu *unm.*  $\eta_1$  vāma  $\Delta$  **36c ca** cett.] tu  $\eta_1$  **niḥkṣipya** cett.] niḥkṣipya  $\eta_2$  vinyasya  $\delta_1$  **37 pūrvoktam eva**  $\alpha_1 \beta_1 \beta_2 \gamma_1 \epsilon_1 \epsilon_2 \epsilon_3$ ] pūrvam evoktam etan  $\alpha_3$  **matsam̐matam**  $\epsilon_2$ ] matsamaṁtaṁ  $\alpha_1$  matsyamataṁ  $\alpha_3 \epsilon_1 \epsilon_3$  matsyendramataṁ  $\beta_2 \gamma_1$  sam̐mataṁ  $\beta_1$  **37a etat** cett.] iti  $\delta_2 \delta_3$  kecit  $\delta_1$  **37b r anye** cett. ( $\alpha_3$ )] anyathā  $\alpha_1$  **37c muktāsanam̐** cett. ( $\alpha_3$ )] muktāsanam̐  $\delta_1$  guptāsanam̐  $\alpha_1 \alpha_2$  **vadanty eke** cett.] vadanty anye  $\delta_1 \delta_2$  vidur anye  $\delta_3$  **37d guptāsanam̐** cett. ( $\alpha_3$ )] muktāsanam̐  $\alpha_1$  **38a yameṣv iva** cett.] yameṣv eva  $\eta_1 \eta_2$  yameṣu ca  $\beta_2$  **mitāhāram** cett.] mitāhāra  $\beta_\omega \eta_1$  mitāhārah  $\eta_2$  **38b ahiṁsām̐**  $\beta_2 \delta_1 \delta_2 \epsilon_3 \chi$ ] nahimsām̐  $\gamma_1$  ahiṁsā  $\alpha_2 \alpha_3 \beta_1 \beta_\omega \delta_3 \epsilon_1 \eta_1 \eta_2$  **niyameṣv iva** cett.] niyameṣu ca  $\beta_2 \eta_1$  **38c ekaṁ** cett.] evaṁ  $\delta_1$  eke  $\epsilon_3$  **38d siddhāḥ siddhāsanam̐** cett.] etat siddhāsanam̐  $\beta_2$  siddhāsanam̐ idaṁ  $\Delta$  siddham̐ si[ddh].  $\alpha_3$  **39b siddham̐ eva sadābhyaset** cett.] siddham̐ eva sadā paṭhet  $\alpha_3$  siddhāsanam̐ sadābhyaset  $\delta_1 \delta_3$  abhyaset siddhāsanam̐ sadā  $\delta_2$  **39c dvāsaptati** cett.] dvīsaptati  $\alpha_3 \epsilon_3$  **sahasreṣu** cett.] sahasrāsu  $\epsilon_3$  sahasrānām̐  $\chi$  **39d suṣumṇām̐**  $\alpha_3 \beta_1 \beta_2 \Delta \epsilon_3 \eta_2$ ] sukhumṇām̐  $\gamma_1$  suṣumṇā  $\alpha_2 \epsilon_1 \eta_1$  nāḍīnām̐  $\beta_\omega \chi$  **iva nāḍīṣu**  $\alpha_3 \beta_1 \beta_2 \gamma_1 \Delta \epsilon_1 \epsilon_3$ ] iva nāḍikā  $\eta_1$  eva nāḍīṣu  $\eta_2$  ca nāḍīṣu  $\alpha_2$  malaśodhanam̐  $\beta_\omega \chi$

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

**40a** ātmadhyāyī cett.] ātmādhyāyī  $\epsilon_3$  mitāhārī cett.] mitāhāro  $\Delta\epsilon_1$  **40c** °bhyāsād cett.] °bhyāsā  $\epsilon_1$  °bhyāse  $\alpha_3$  °bhyānād  $\delta_1$  **40d** yogī cett.] yoge  $\alpha_3$  yoga  $\epsilon_3$  niṣpattim āpnuyāt cett. ( $\alpha_3$ ) niṣpattim avāpnuyāt *unm.*  $\eta_2$  siddhim avāpnuyāt  $\alpha_2\beta_\omega$  **40e** śramadair bahubhiḥ  $\alpha_2\alpha_3\beta_1\beta_2\gamma_1$ ] śramādaḥ bahubhiḥ  $\eta_1$  samastair bahubhiḥ  $\epsilon_1$  samastabahubhiḥ  $\epsilon_3$  śramadairghyādibhiḥ  $\Delta$  kim ādyair bahubhiḥ  $\beta_\omega\eta_2$  kim anyair bahubhiḥ  $\chi$  **40f** kiṃ syāt  $\alpha_2\beta_2\gamma_1\Delta\epsilon_3$ ] kiṃ vā  $\alpha_3$  sadā  $\beta_\omega\eta_1\eta_2$  kiṃ sadā  $\beta_1$  yadā  $\epsilon_1$  siddhe  $\chi$  siddhāsane sati cett.] siddhāsane satya  $\beta_\omega$  siddhāsane sthite  $\beta_2\gamma_1$  siddhisādhanaḥ  $\beta_1$  **41a** prāṇānile cett.] prāṇānale  $\beta_\omega$  sāvadhānam  $\alpha_2\alpha_3\beta_1\gamma_1\delta_2\epsilon_1\eta_1\eta_2$ ] °na  $\delta_3$  °ne  $\beta_2\beta_\omega\delta_1\chi$  °no  $\epsilon_3$  **41b** baddhe cett.] baṃdhe  $\beta_\omega$  baṃdhaḥ  $\epsilon_1$  badha  $\beta_1$  baddhvai  $\gamma_1$  siddh.  $\alpha_3$  kevalakumbhake  $\Delta\epsilon_3\eta_1\eta_2\chi$ ] kevalakumbhakaḥ  $\alpha_2\alpha_3\beta_1\beta_\omega\epsilon_1$  kevalakumbhataḥ  $\beta_2\gamma_1$  **41c** utpadyate cett.] utpadyante  $\beta_2\beta_\omega\eta_1$  **41d** svayam evonmani cett.] *om.* (eye-skip)  $\beta_2$  yathā cett.] tathā  $\eta_1$  kalā  $\chi$  *om.*  $\beta_2$  **42a** tathāika  $\alpha_2\alpha_3\beta_1\beta_\omega\eta_1\eta_2\chi$ ] athaika  $\gamma_1\Delta\epsilon_3$  dṛḍham  $\alpha_2\alpha_3\beta_1\beta_\omega\Delta$ ] dṛḍhe  $\epsilon_3\eta_1\eta_2\chi$  dṛdhe  $\gamma_1$  **42b** baddhe cett.] baddha  $\beta_1\gamma_1$  siddhāsane cett.] siṃhāsane  $\delta_1$  padmāsana  $\beta_1$  sadā cett.] tadā  $\gamma_1$  sati  $\chi$  **43a** nāsanam siddhasadṛśam  $\alpha_3\beta_1\beta_2\gamma_1\Delta\epsilon_3\chi$ ] nāsanam siddhasadanam  $\epsilon_1$  na cāsanam siddhasanam  $\eta_1\eta_2$  **43b** kumbhaḥ kevalopamaḥ  $\alpha_2\beta_2\gamma_1\Delta\epsilon_1\epsilon_3\chi$ ] na kumbhako balopeta  $\beta_1$  kumbhasadṛśo nilaḥ  $\eta_1\eta_2$  **43d** nāda cett.] nādaḥ  $\beta_1\eta_1$  nādāt  $\alpha_3$

<sup>4</sup> In  $\beta_\omega$  this verse is omitted here and found at the beginning of the Khecari section in Chapter 3:  
नासनं सिद्धसदृशं न कुम्भ केवलोकनं । न खेचरीसमा मुद्रा न नादसदृशो लयः ॥

अथ पद्मासनम् ।

वामोरूपरि दक्षिणं च चरणं संस्थाप्य वामं तथा  
याम्योरूपरि पश्चिमेन विधिना धृत्वा कराभ्यां दृढम् ।  
अङ्गुष्ठौ हृदये निधाय चिबुकं नासाग्रमालोकये-  
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 ॥<sup>5</sup>

1.46

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

1.47

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

**44** *atha* cett.] *tathā*  $\eta_1$  *om.*  $\beta_1\delta_1\epsilon_1$  *padmāsanam* cett.] *om.*  $\delta_1\epsilon_1$  **44a** *dakṣiṇam* cett.] *dakṣaṇam*  $\beta_\omega$  *vidakṣiṇam*  $\delta_1$  *ca* cett.] *hi*  $\beta_2\gamma_1\Delta$  *om.*  $\alpha_3$  *tathā* cett.] *tato*  $\beta_\omega$  **44b** *yāmyo*  $\alpha_2\alpha_3\beta_1\beta_\omega\epsilon_1\eta_1$ ] *dakṣo*  $\beta_2\gamma_1\Delta\epsilon_3\chi$  *jānvo*  $\eta_2$  *paścimena vidhinā* cett.] *tasya bandhanavidhau*  $\beta_\omega$  *dhṛtvā* cett.] *prṣṭe*  $\beta_\omega$  **44d** *vināśakāri*  $\alpha_3\epsilon_1\epsilon_3\eta_1\eta_2\chi$ ] *vighātakāra*  $\alpha_2$  *vivātakāri*  $\beta_1$  *vināśakāya*  $\beta_2$  *vināsanam unm.*  $\beta_\omega$  *vināśam āśu*  $\gamma_1$  *vikāranāśa°*  $\Delta$  *yaminām* cett.] *janakam*  $\gamma_1$  *°nakaram*  $\Delta$  **45** *matāntare*  $\alpha_2\alpha_3\beta_1\beta_\omega\epsilon_2\eta_1\chi$ ] *matāntaram*  $\gamma_1$  *matāntara*  $\epsilon_3$  *matāntare* *tu*  $\beta_2\delta_2\epsilon_1\eta_2$  *matabhede*  $\delta_1$  **45b** *ūru* cett.] *kuru*  $\beta_\omega$  *prayatnataḥ* cett.] *vidhānataḥ*  $\delta_1$  **45c** *tathottānau* cett.] *tathaut-tānau*  $\delta_1\eta_2^c$  **45d** *tato dṛśau* cett.] *tato dṛśai*  $\beta_\omega$  *tu tādṛśau*  $\Delta$  **46a** *nāsāgre* cett.] *nāsagre*  $\delta_1$  *vinyased* cett.] *vinyasya*  $\beta_\omega$  *rāja*  $\alpha_3\beta_1\gamma_1\Delta\eta_2\chi$ ] *rājā*  $\epsilon_1$  *dṛṣṭim*  $\epsilon_3\eta_1$  *dṛṣṭi*  $\beta_\omega$  *om.*  $\beta_2$  **46b** *mūlaṃ*  $\alpha_3\beta_1\beta_\omega\gamma_1\epsilon_1\epsilon_3\eta_1\eta_2$ ] *mūle*  $\beta_2\Delta\chi$  *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*  $\alpha_3\beta_1\beta_2\gamma_1\Delta\epsilon_1\chi$ ] *caḥṣasy*  $\epsilon_3$  *vakṣam*  $\eta_1$  *vakṣa*  $\beta_\omega\eta_2$  **46d** *āsthāpya*  $\Delta$  (cf. DYŚ)] *ākṛṣya*  $\alpha_3$  *utthāpya*  $\gamma_1\chi$  *utthāya*  $\beta_2$  *utthāyot*  $\epsilon_1$  *otthāpya*  $\epsilon_3$  *osthāpyot*  $\alpha_2\beta_1$  *sthāpayet*  $\beta_\omega\eta_1\eta_2$  **47a** *proktaṃ* cett.] *praktaṃ*  $\delta_1$  **47d** *dhīmatā labhyate* cett.] *dhīmatāṃ labhyate*  $\alpha_3\beta_2$  *dhīmatāṃ labhate*  $\gamma_2$  *labhyate dhīmatā*  $\epsilon_1\epsilon_3$  **48** *paścād uktaṃ eva*  $\alpha_1\alpha_2\beta_2\gamma_1$ ] *paścād uktaṃ*  $\beta_\omega\delta_1\delta_3\eta_1\eta_2$  *etat paścād uktaṃ*  $\delta_2$  *idam api*  $\epsilon_1\epsilon_2\epsilon_3$  *matsaṃmatam*  $\alpha_1\epsilon_2$ ] *matsyamamatam*  $\beta_\omega\epsilon_1\epsilon_3\eta_1\eta_2$  *matsyendramatam*  $\beta_2\gamma_1\Delta$  *matsimdraḥ*  $\alpha_2$

<sup>5</sup> Incomplete description. See the philological commentary.

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

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

अथ सिंहासनम् ।

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

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

**48a** kṛtvā cett.] dhrtvā Δ karau cett.] om. γ<sub>1</sub> tu cett.] ca Δ tha α<sub>3</sub> **48b** samnidhāya cett. (α<sub>2</sub>) samvidhāya η<sub>1</sub>η<sub>2</sub> nidhāya α<sub>1</sub>α<sub>3</sub> **dhyānam** cett.] dhyāyaṃs χ **ca tac** cett.] tataś η<sub>1</sub> **cetasi** cett.] cepsitaṃ η<sub>2</sub> **48c** proccālayan em.] proccāla + α<sub>3</sub> proccārayaṃ α<sub>1</sub> procāran α<sub>2</sub> proccārayet γ<sub>1</sub>ε<sub>3</sub> procārayet β<sub>ω</sub> protsālayan η<sub>1</sub> protsārayan β<sub>2</sub>ε<sub>1</sub>χ protsārayet δ<sub>1</sub>δ<sub>3</sub> protsāray. n/t δ<sub>2</sub> prollāsayan η<sub>2</sub> **pūritaṃ** cett.] pūrayan δ<sub>1</sub>η<sub>1</sub> pūrayet δ<sub>2</sub>δ<sub>3</sub> **48d** muñcan prāṇam upaiti cett.] muñcet prāṇam upaiti α<sub>3</sub> muñcat prāṇam upaiti β<sub>ω</sub>η<sub>2</sub> prāṇam muñcati yāti Δ **prabhāvān naraḥ** cett.] prabhāvād atah η<sub>2</sub> prabhāvodayāt Δ **49a** padmāsana cett.] padmāsane α<sub>3</sub>η<sub>2</sub>χ **49b** dvāreṣu cett.] dvāreṇa β<sub>ω</sub>χ **pūrayan** α<sub>3</sub>ε<sub>3</sub>η<sub>2</sub>] pūrayet α<sub>1</sub>α<sub>2</sub>β<sub>1</sub> β<sub>2</sub> β<sub>ω</sub>γ<sub>1</sub>Δε<sub>1</sub>η<sub>1</sub> pūritaṃ χ **49c** mārutam cett.] māruto ε<sub>1</sub> **dhārayed yas tu** Δε<sub>3</sub>χ] niyataṃ yas tu γ<sub>1</sub> nayate yas tu β<sub>1</sub>β<sub>2</sub> piyate yas tu η<sub>1</sub> piviyate yas tu β<sub>ω</sub> yas tu pibati η<sub>2</sub> mriyate yas tu α<sub>1</sub>α<sub>3</sub>ε<sub>1</sub> māraved yas tu α<sub>2</sub> **50** atha siṃhāsanaṃ cett.] atha siṃhāna α<sub>1</sub> siṃhāsanaṃ β<sub>1</sub> siṃhāsana yathā δ<sub>1</sub> **50a** ca cett.] tu ε<sub>3</sub> **50b** sivanyāḥ cett.] sivinyāḥ ε<sub>1</sub> simanyāḥ Δ **50c** dakṣiṇe cett.] dakṣiṇam β<sub>1</sub> dakṣaṇe β<sub>ω</sub> **savyagulphaṃ tu** cett.] \*gulphaṃ ca δ<sub>1</sub>δ<sub>2</sub> \*golphesu β<sub>1</sub> **50d** dakṣagulphaṃ cett.] vāme caivā δ<sub>2</sub> **tu** cett.] ca δ<sub>1</sub>η<sub>1</sub> \*pi δ<sub>2</sub> **savyake** cett.] savyakam β<sub>1</sub>δ<sub>2</sub> guhyake δ<sub>1</sub> **51a** ca jānvoḥ α<sub>1</sub>β<sub>1</sub> β<sub>2</sub>β<sub>ω</sub>γ<sub>1</sub>] ca jānu α<sub>3</sub> tu jānvoḥ ε<sub>1</sub>ε<sub>3</sub>η<sub>1</sub>χ tu jānunoh η<sub>2</sub> jānvoś ca δ<sub>1</sub>δ<sub>2</sub> **samsthāpya** cett.] sthāpya η<sub>2</sub> **51b** svāṅguliḥ α<sub>1</sub>β<sub>1</sub>β<sub>ω</sub>ε<sub>3</sub>η<sub>1</sub>η<sub>2</sub>χ] svāṅguli α<sub>3</sub>β<sub>2</sub>γ<sub>1</sub>ε<sub>1</sub> aṅguliḥ δ<sub>1</sub> hy aṅguliḥ δ<sub>2</sub> **samprasārya** cett.] yaṃ prasārmya γ<sub>1</sub> **51c** vyātta cett.] vyāta β<sub>ω</sub> vyālā δ<sub>1</sub> **vaktro** cett.] vaktrau ε<sub>1</sub> vakro β<sub>ω</sub> **nirikṣeta** cett.] nirikṣet β<sub>ω</sub> nirikṣyeta η<sub>2</sub> nirikṣeya γ<sub>1</sub> nikṣipet α<sub>3</sub> **51d** nāsāgraṃ cett.] nāsāgra β<sub>ω</sub>γ<sub>1</sub>η<sub>2</sub> nāsāgre η<sub>1</sub> **susamāhitaḥ** β<sub>1</sub>δ<sub>1</sub>δ<sub>2</sub>ε<sub>1</sub>ε<sub>3</sub>χ] stusamāhitaḥ γ<sub>1</sub> tu samāhitaḥ α<sub>1</sub>α<sub>2</sub> susamāhitaṃ α<sub>3</sub>β<sub>2</sub> nyastalocanaḥ η<sub>1</sub>η<sub>2</sub> nyastalocanaṃ β<sub>ω</sub>

सिंहासनं भवेदेतत्पूजितं योगिभिः सदा ।

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

1.52

अथ भद्रासनम् । (om.  $\alpha_1\alpha_2\beta_1\delta_3\epsilon_1\epsilon_3$ )<sup>6</sup>

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

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

पार्श्वपादौ च पाणिभ्यां दृढं बद्धा सुनिश्चलम् ॥

1.53

भद्रासनं भवेदेतत्सर्वव्याधिविषापहम्<sup>#</sup> ।

गोरक्षासनमित्याहुरिदं वै सिद्धयोगिनः ॥

1.54

इत्यासनानि । ( $\delta_2$ )

एवमासनबन्धेषु योगीन्द्रो विजितश्रमः ।

अथाभ्यसेन्नाडिशुद्धिं मुद्रादिपवनक्रियाम् ॥

1.55

**52a** etat cett.] evaṃ  $\gamma_1$  **52b** pūjitaṃ cett.] pūjitaṃ  $\epsilon_3$  pūjita  $\eta_2$  **yogibhiḥ** sadā cett.] munipuṅgavaiḥ  $\delta_1\delta_2$  yogipuṅgavaiḥ  $\chi$  **52c** tritaya  $\alpha_1\alpha_3\beta_1$   $\beta_2$   $\beta_\omega\epsilon_1\eta_2\chi$ ] tritiya  $\eta_1$  trayasya  $\gamma_1\delta_1\delta_2\epsilon_3$  **sandhānaṃ** cett.] saṃdhāyī  $\epsilon_1$  **52d** kurute cett.] sevate  $\epsilon_1$  **cāsanottamam**  $\alpha_3\beta_2\beta_\omega\gamma_1\delta_2\epsilon_1\epsilon_3\chi$ ] vāsanottamam  $\alpha_1\beta_1\delta_1\eta_1$  sādhanottamam  $\eta_2$  **53** atha bhadraśanam  $\alpha_3\beta_2\beta_\omega\gamma_1\delta_2\eta_1\eta_2\chi$ ] atha bhadraṃ  $\delta_1$  om.  $\alpha_1\alpha_2\beta_1\delta_3\epsilon_1\epsilon_3$  **53a** ca cett.] tu  $\alpha_3$  **53b** sīvanāyāḥ  $\alpha_1\beta_1\beta_2\gamma_1\epsilon_3\eta_1\chi$ ] sīvanā  $\eta_2$  simanyāḥ  $\delta_1\delta_2$  sebhanyāḥ  $\alpha_3$  om.  $\beta_\omega\epsilon_1$  **53d** dakṣa  $\beta_2\gamma_1$ ] dakṣe  $\chi$  tu  $\gamma_1\chi$ ] ca  $\beta_2$  **53e** pārśva  $\alpha_1\beta_1$   $\beta_2$   $\beta_\omega\gamma_1\eta_1\eta_2\chi$ ] pārśve  $\Delta\epsilon_3$  pārśvau  $\epsilon_1$  **53f** baddhvā cett.] baddhaṃ  $\delta_1$  **sunīścalam**  $\alpha_3\beta_1$   $\beta_2$   $\beta_\omega\epsilon_3\eta_1\eta_2\chi$ ] sunīścalaḥ  $\alpha_1$  sunīścayam  $\delta_2\delta_3$  stu nīścalaṃ  $\gamma_1$  tu nīścalaṃ  $\epsilon_1$  sunīścitam  $\delta_1$  **54b** viśāpaham  $\alpha_1\alpha_3\beta_1\beta_\omega\eta_1^c\eta_2$  ( $\eta_1^c$  by the first hand)] vināśanam  $\beta_2\gamma_1\Delta\epsilon_1\epsilon_3\eta_1^c\chi$  **54d** idaṃ cett.] evaṃ  $\gamma_1$  **vai siddhayoginaḥ** cett.] te siddhayoginaḥ  $\beta_1$  siddhāś ca yoginaḥ  $\beta_2$  **55a** evam āsana cett.] pavanāśana  $\epsilon_1$  **55b** yogindro cett.] yogemdro  $\epsilon_1$  **vijitāśramah**  $\alpha_1\alpha_3\beta_1\delta_2\delta_3\epsilon_1\epsilon_3$ ] vijitāḥ śramah  $\gamma_1$  vijiteṃśramah  $\delta_1$  vijitāśramam  $\beta_\omega$  vigatāśramah  $\beta_2\eta_1\eta_2\chi$  **55c** athābhyāsen  $\beta_1\beta_2\gamma_1\Delta\eta_2$ ] athābhyāsen  $\alpha_2$  athābhy[ā]s.  $\alpha_3$  athābhyase  $\epsilon_1$  athābhyāse  $\epsilon_3$  athābhyāsam  $\beta_\omega$  athābhyā[g]e  $\eta_1$  abhyāsen  $\chi$  abhyāse  $\alpha_1$  **nāḍi**  $\alpha_1\alpha_3\beta_1$   $\beta_2$   $\beta_\omega\gamma_1\Delta\epsilon_3\eta_1$ ] nāḍi *unm.*  $\eta_2$  nāḍi/di (with two vowel signs)  $\epsilon_1$  nā  $\alpha_2$  nāḍikā  $\chi$  **śuddhiḥ**  $\beta_1\beta_\omega\Delta\epsilon_3\eta_2\chi$ ] śuddhi  $\beta_2\gamma_1$  śvaddhiḥ  $\eta_1$  śuddhiḥ syān  $\alpha_1\alpha_2$  *illeg.*  $\alpha_3$  °su (one syllable too short)  $\epsilon_1$  **55d** mudrādi cett.] mudrayā  $\delta_2\delta_3$  subaddhvā  $\delta_1$  **kriyām** cett.] kriyāḥ  $\alpha_1\epsilon_1\epsilon_3$  kriyā  $\alpha_2\gamma_1$

<sup>6</sup>  $\alpha_3$  has this heading between 1.52ab and cd!

क्रियायुक्तस्य सिद्धिः स्यादक्रियस्य कथं भवेत् । न शास्त्रपाठमात्रेण योगसिद्धिः प्रजायते ॥ (β <sub>2</sub> β <sub>ω</sub> η <sub>2</sub> χ) <sup>7</sup>	1.55*1
न वेषधारणं सिद्धेः कारणं न च तत्कथा । क्रियैव कारणं सिद्धेः सत्यमेतन्न संशयः । शिश्नोदरस्तायेह न देया वेषधारिणः ॥ (β <sub>2</sub> β <sub>ω</sub> η <sub>2</sub> χ)	1.55*2
मयि बोधाम्बुधौ स्वच्छे तुच्छोऽयं विश्वबुद्बुदः । प्रलीन उदितो वेति विकल्पपटलः कुतः ॥ (Δ)	1.55*3
श्रुतिप्रतीतिः स्वगुरुप्रतीतिः स्वात्मप्रतीतिर्मनसोऽपि रोधः । एतानि सर्वाणि समुच्चितानि मतानि धीरैरिह साधनानि ॥ (Δ)	1.55*4

**55\*2a** veśadhāraṇaṃ β<sub>2</sub>η<sub>2</sub>χ] veśadhāriṇyo β<sub>ω</sub> **siddheḥ** β<sub>2</sub>η<sub>2</sub>χ] siddhi β<sub>ω</sub> **55\*2b** na ca β<sub>2</sub>η<sub>2</sub>χ] ca β<sub>ω</sub> **tatkathā** β<sub>2</sub>β<sub>ω</sub>χ] tat kathāḥ η<sub>2</sub> **55\*2c** siddheḥ η<sub>2</sub>χ] siddhi β<sub>ω</sub> siddhaṃ β<sub>2</sub> **55\*2d** etan η<sub>2</sub>χ] eva β<sub>2</sub> eva tat β<sub>ω</sub> **55\*2e** śiśnodara β<sub>2</sub>β<sub>ω</sub>η<sub>2</sub>] *om.* χ **ratāyeha** η<sub>2</sub>] ratāyena β<sub>ω</sub> ratāyasya β<sub>2</sub> *om.* χ **55\*2f** na β<sub>2</sub>β<sub>ω</sub>η<sub>2</sub>] *om.* χ **deyā** *em.*] deyo β<sub>2</sub>β<sub>ω</sub> dayo η<sub>2</sub> *om.* χ **veṣa** β<sub>2</sub>η<sub>2</sub>] viṣa β<sub>ω</sub> *om.* χ **dhāriṇaḥ** β<sub>ω</sub>η<sub>2</sub>] dhāriṇe β<sub>2</sub> *om.* χ **55\*3a** mayi δ<sub>2</sub>δ<sub>3</sub>] miyi δ<sub>1</sub> **bodhāmbudhau** δ<sub>2</sub>δ<sub>3</sub>] bodhambudhau δ<sub>1</sub> **55\*3b** tuccho'yaṃ δ<sub>1</sub>δ<sub>2</sub>] tuccho yo δ<sub>3</sub> **55\*4a** pratitih δ<sub>2</sub>δ<sub>3</sub>] pritaḥ δ<sub>1</sub> **55\*4b** 'pi rodhaḥ *em.*] 'pi bodhaḥ Δ **55\*4c** samuccitāni δ<sub>1</sub>] samuddhrtāni δ<sub>2</sub>δ<sub>3</sub>

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

आसनं कुम्भकं चित्रं<sup>#</sup> मुद्राख्यं करणं तथा<sup>#</sup> ।

अथ नादानुसन्धानमभ्यासानुक्रमो हठे ॥ (om.  $\eta_1$ )

1.56

ब्रह्मचारी मिताहारी योगी योगपरायणः ।

अब्दादूर्ध्वं भवेत्सिद्धो नात्र कार्या विचारणा ॥

1.57

सुस्निग्धमधुराहारश्चतुर्थाशविर्वर्जितः ।

भुज्यते शिवसंप्रीत्यै मिताहारः स उच्यते ॥

1.58

कद्वस्रुतीक्ष्णलवणोष्णहरीत शाक-

सौवीरतैलतिलसर्षपमत्स्यमद्यम् ।

आजादिमांसदधितक्रकुलत्थकोल-

पिण्याकहिङ्गुलशुनाद्यमपथ्यमाहुः ॥

1.59

**56a** kumbhakam cett.] kumbhakaś  $\beta_\omega \eta_2$  **citraṃ** cett.] citra  $\gamma_1 \epsilon_1$  **56b** mudrākhyam  $\alpha_3 \beta_1 \beta_2 \Delta \epsilon_1 \epsilon_3 \chi$ ] mudrākhyā  $\alpha_1$  mudrāśyam  $\gamma_1$  mudrādi  $\beta_\omega \eta_2$  **karaṇam tathā** cett.] karaṇādikam  $\alpha_3$  karaṇāni ca  $\eta_2$  pavanakriyā  $\beta_\omega$  **56d** °m abhyāsā° cett.] m abhyāsā  $\beta_2 \delta_1$  syābhyāsā  $\beta_\omega$  °nukramo haṭhe  $\alpha_2 \beta_2 \beta_\omega \gamma_1 \epsilon_3 \eta_2 \chi$ ] °nukramo haṭhaḥ  $\alpha_1 \beta_1$  °nukramo haṭho  $\epsilon_1$  °dukrame haṭhe  $\alpha_3$  °nukrameṇa tu  $\Delta$  **57a** mitāhārī cett.] mitāhāro  $\delta_1$  **57b** yogī  $\alpha_1 \alpha_2 \alpha_3 \beta_1 \Delta \epsilon_1 \eta_1$ ] tyāgī  $\beta_2 \beta_\omega \gamma_1 \epsilon_3 \eta_2 \chi$  **parāyaṇaḥ** cett.] parākramaḥ  $\delta_2$  **57c** siddho cett.] siddhir  $\alpha_1 \delta_3$  siddhi  $\alpha_2 \alpha_3 \beta_1$  siddhīn  $\eta_2$  **57d** kāryā cett.] kārya  $\beta_\omega \gamma_1^c$  kāryo  $\beta_2$  **vicāraṇā** cett.] vicāraṇāt  $\eta_2$  vicāraṇe  $\beta_2$  **58a** āhāraś cett.] āhāra  $\alpha_1 \beta_1 \beta_2$  āhāraṃ  $\beta_\omega$  **58b** caturthāṃśa cett.] caturthāśā  $\gamma_1$  **vivarjitaḥ** cett.] vivarjita  $\beta_1$  vivarjitam  $\beta_\omega$  **58c** saṃprītyai cett.] saṃprītya  $\eta_1$  **58d** mitāhāraḥ cett.] mitāhārī  $\gamma_1$  **sa ucyate** cett.] samucyate  $\beta_\omega \eta_1$  **59a** kaṭvāmla cett.] kaṭvāmla  $\beta_\omega \eta_1$  **tiṣṇalavaṇoṣṇa** cett.] tiktalavaṇoṣṇa  $\alpha_3 \delta_1$  **harīta**  $\alpha_1 \alpha_3 \Delta \epsilon_1 \eta_1 \eta_2 \chi$ ] hārīta  $\epsilon_3$  harīta  $\beta_2 \beta_\omega \gamma_1$  hārahārīta  $\beta_1$  **śāka**  $\alpha_1 \alpha_3 \beta_1 \beta_2 \gamma_1 \Delta \epsilon_1 \epsilon_3 \chi$ ] śākam  $\beta_\omega \eta_1$  sāka  $\eta_2$  **59b** tila cett.] *illeg.*  $\eta_1$  *om.*  $\beta_2 \gamma_1$  **sarśapa** cett.] sarpiṣa  $\beta_1$  **matsyamadyam**  $\beta_\omega \Delta \epsilon_3 \eta_2$ ] matsyamadyāḥ  $\epsilon_1$  machyamadyā  $\alpha_1$  tsyamaghaṃ  $\eta_1$  madyamatsyān  $\alpha_3 \beta_2 \gamma_1 \chi$  madyamatsā  $\alpha_2$  madyamāmtsyaḥ  $\beta_1$  **59c** ājādi  $\epsilon_1 \chi$ ] ājādi  $\beta_1 \gamma_1 \epsilon_3$  ājāvi  $\eta_2$  ajāvi  $\beta_\omega \eta_1 \Delta$  ājīvi  $\alpha_1$  ajādhi  $\alpha_2$  ajavya  $\beta_2$  **māṃsadadhi** cett.] māṃsaṃ dadhi  $\epsilon_3$  **kulattha** cett.] kulatha  $\beta_\omega \delta_1$  kalatha  $\beta_1$  kulatthya  $\eta_1$  kuluttha  $\delta_3$  kuluddha  $\alpha_3$  **kola**  $\alpha_1 \beta_1 \beta_2$   $\beta_\omega \delta_1 \delta_3 \epsilon_3 \chi$ ] kaula  $\delta_2$  kela  $\epsilon_1$  kodra  $\alpha_3 \eta_2$  koṣṇā  $\eta_1$  kāla  $\gamma_1$  **59d** pinyāka cett.] paṇyaka  $\beta_1$  pinnāka  $\beta_\omega$  *om.*  $\gamma_1$  **laśunā-/laśunādyam** cett.] laśanādyam  $\epsilon_1$  laśunādīm  $\delta_3$  **apathyam** cett.] avarppam  $\beta_1$  asūram  $\delta_3$



भोजनमहितं विद्यात्पुनरप्युष्णीकृतं रूक्षम् ।

अतिलवणमम्लपृक्तं<sup>#</sup> कदशनशाकोत्कटं दुष्टम्<sup>#</sup> ॥ [Upagiti]

1.60

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

<sup>8</sup>वर्जयेद्दुर्जनप्रान्तं वह्निस्त्रीपथसेवनम् ।

प्रातःस्नानोपवासादिकायक्लेशविधिं तथा ॥

1.61

गोधूमशालिलवषष्टिकशोभनात्रं

क्षीराज्यमण्डनवनीतसितामधूनि ।

शुण्ठीपटोलकफलादि च पञ्चशाकं

मुद्गादि दिव्यमुदकं<sup>#</sup> च यमीन्द्रपथ्यम्<sup>#</sup> ॥

1.62

**60a** vidyāt  $\gamma_1\delta_1\delta_2\epsilon_1\chi$ ] vidyā  $\delta_3\eta_1$  vimdyāt  $\alpha_1\alpha_3\beta_1\beta_2\beta_\omega\epsilon_3\eta_2$  **punar apy** cett.] punar  $\alpha_3\Delta\epsilon_1$  **uṣṇīkṛtaṃ**  $\gamma_1\epsilon_1\epsilon_3\eta_1\eta_2\chi$ ] uṣṇīkṛta  $\alpha_3$  uṣṇī  $\alpha_1$  uṣṇūṃkṛtaṃ  $\beta_1$  asvikṛtaṃ  $\beta_2$  usnakṛtaṃ  $\beta_\omega$  uṣṇībhūtaṃ  $\Delta$  **rūkṣaṃ** cett.] rūkṣa  $\eta_1$  apramitaṃ  $\delta_1\delta_2$  apratihataṃ  $\delta_3$  **60b atilavaṇaṃ amlapṛktaṃ** *em.*] atilavaṇāmlapṛktaṃ  $\gamma_1$  atilavaṇādyapṛantaṃ  $\alpha_1$  atilavaṇaṃ amlayuktaṃ  $\chi$  atilavaṇāmlayuktaṃ  $\beta_2$  atilavaṇādiyuktaṃ  $\beta_1\epsilon_3$  atilavaṇādiṣṇayuktaṃ  $\epsilon_1$  atilavaṇaka[ $\tau u$ ]prayukta  $\alpha_3$  atilavaṇādyuṣṇataṃ  $\eta_1$  atilavaṇaṃ tilapiṇḍa  $\eta_2$  atilavaṇaṃ tilaṃ piṇḍa  $\beta_\omega$  atilavaṇasava-palala  $\delta_1$  atilavaṇasavapalalaṃ  $\delta_2$  atilavaṇāsavapalalaṃ  $\delta_3$  **kadaśana** cett.] kadaśanaṃ  $\beta_\omega\eta_2$  **śākotkaṭaṃ** cett.] śākatkaṭa  $\beta_\omega$  śokātkaṭa  $\eta_1$  śākokṣadaṃ  $\gamma_1$  **duṣṭaṃ**  $\beta_2\gamma_1\epsilon_1\epsilon_3$ ] duṣṭī  $\beta_1$  duṣṇaṃ  $\alpha_1$  drṣṭaṃ  $\alpha_3$  varjyam  $\Delta\chi$  varjyaṃ  $\eta_2$  varjitaṃ  $\beta_\omega$  *illeg.*  $\eta_1$  **61** found between 1.61–62  $\alpha_3$  *om.*  $\Delta\epsilon_1\epsilon_3\chi$  **tathā hi**  $\alpha_3\beta_1\beta_2\beta_\omega\gamma_1\chi$ ] tathā  $\alpha_1\eta_1\eta_2$  *post* **gorakṣavacanam** *add.* tailāmlavaṇāni timtriṇi ś[o]kaṃ śad. .. nime  $\alpha_3$  tailāmlaṇititikalikabhāi (?)  $\eta_1$  **61a durjana** cett.] durjanaṃ  $\beta_2$  tarjana  $\eta_1$  **prāntaṃ**  $\alpha_1\alpha_3\beta_1\epsilon_1\chi$ ] prāntaṃ  $\eta_1$  prānte  $\beta_2$  prītiṃ  $\gamma_1\Delta\epsilon_3\eta_2$  prīti  $\beta_\omega$  **61b vahnistrī** cett.] vāstrī  $\delta_1$  **patha** cett.] pathya  $\beta_\omega$  pathi  $\chi$  madhu  $\delta_1$  **61c prāta(h)snāno** cett.] prātaśnāno  $\beta_\omega$  **61d kleśavidhiṃ**  $\alpha_1\alpha_3\beta_2\beta_\omega\gamma_1\epsilon_1\epsilon_3\chi$ ] kleśavidhiḥ  $\beta_1$  kleśādikaṃ  $\Delta\eta_1\eta_2$  **tathā** cett.] yathā  $\delta_1$  **62a godhūma** cett.] godhūmā  $\delta_1$  **yava** cett.] java  $\beta_2\eta_1$  **śaṣṭika**  $\beta_1\beta_\omega\Delta\epsilon_3\eta_1\eta_2$ ] śaṣṭika  $\alpha_1\beta_2\chi$  māśikaṃ  $\gamma_1$  piṣṭika  $\alpha_3$  piṣṭaka  $\epsilon_1$  **śobhanānnaṃ** cett.] śobhanānna  $\beta_\omega\gamma_1$  śobhanānnāni  $\eta_1$  **62b maṇḍa**  $\alpha_1\alpha_2\beta_1\beta_2\gamma_1\Delta$ ] khaṇḍa  $\alpha_3\epsilon_1\epsilon_3\eta_2\chi$  ṣaṇḍa  $\beta_\omega\eta_1$  **nīta** cett.] nīti  $\eta_1$  **sītā** cett.] sītā  $\eta_1$  sudhā  $\epsilon_1$  **62c paṭolaka** cett.] paṭolika  $\epsilon_1\eta_1$  paṭola  $\eta_2$  **phalādi ca**  $\beta_1\beta_2\beta_\omega$ ] phalādiṣu  $\epsilon_3$  phalādika  $\alpha_3\gamma_1\delta_1\delta_2\epsilon_1\chi$  phalādi«ka»  $\alpha_1$  phalādi  $\alpha_2$  phalādi..  $\delta_3$  phalakādi ca  $\eta_2$  phipalādika  $\eta_1$  **pañcaśakaṃ** cett.] pacyaśakaṃ  $\alpha_1$  śākabhuktaṃ  $\eta_2$  **62d mudgādi** cett.] mudgā  $\alpha_1\beta_1\beta_\omega$  mu-di  $\beta_2$  **divyam** cett.] cālpam  $\delta_1\delta_3$  **ca** cett.] hri (?)  $\epsilon_1$  *om.*  $\beta_1\beta_\omega$  **yamindra**  $\alpha_1\alpha_3\beta_2\beta_\omega\epsilon_1\eta_2\chi$ ] yatindra  $\gamma_1$  yavatindra  $\beta_1$  munindra  $\Delta\epsilon_3\eta_1$

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

सर्वशाकमचाक्षुष्यं चाक्षुष्यं शाकपञ्चकं । जीवन्ती वास्तु मत्स्याक्षी मेघनादः पुनर्नवा ॥ (γ <sub>1</sub> )	1.62*1
क्षीरपर्णी च जीवन्ती मत्स्याक्षी च पुनर्नवा । मेघनादश्च पञ्चैते शाकनाम प्रकीर्तिता (sic) ॥ (β <sub>ω</sub> ε <sub>3</sub> )	1.62*2
मृष्टं <sup>#</sup> सुमधुरं स्निग्धं गव्यं धातुप्रपोषणम् । मनोऽभिलषितं योग्यं योगी भोजनमाचरेत् ॥	1.63
युवा वृद्धो ऽतिवृद्धो वा व्याधितो दुर्बलोऽपि वा । अभ्यासात्सिद्धिमाप्नोति सर्वयोगेष्वतन्द्रितः ॥	1.64
पीठानि कुम्भकाश्चित्रा दिव्यानि करणानि च । सर्वोऽपि च हठाभ्यासो राजयोगफलावधि ॥	1.65

इति स्वात्मारामयोगीन्द्रविरचितायां हठप्रदीपिकायां प्रथमोपदेशः ॥

**62\*1b** cākṣuṣyaṃ *em.*] cakṣapyam γ<sub>1</sub> **62\*2a** kṣīraparṇī ε<sub>3</sub>] kṣīravarṇī β<sub>ω</sub> jīvanti ε<sub>3</sub>] jaivantī β<sub>ω</sub> **62\*2b** matsyākṣī ε<sub>3</sub>] matsāṣī β<sub>ω</sub> **62\*2c** meghanādaś ca ε<sub>3</sub>] meghanāditi β<sub>ω</sub> **62\*2d** śākanāma prakīrtitā β<sub>ω</sub>] pañcaśākaḥ prakīrtitaḥ (\*kāḥ \*tāḥ ε<sub>3</sub><sup>c</sup>) ε<sub>3</sub> **63a** mṛṣṭam α<sub>1</sub>α<sub>3</sub>ε<sub>3</sub>η<sub>1</sub>] miṣṭam α<sub>2</sub>β<sub>1</sub> β<sub>2</sub> β<sub>ω</sub>γ<sub>1</sub>ε<sub>1</sub> iṣṭam δ<sub>1</sub>η<sub>2</sub> puṣṭam χ uṣṇam δ<sub>2</sub>δ<sub>3</sub> **sumadhuraṃ** cett.] sumadhu α<sub>1</sub> samadhuraṃ β<sub>ω</sub>δ<sub>1</sub>ε<sub>3</sub> **prapoṣaṇam** cett.] prapoṣakaṃ δ<sub>3</sub>ε<sub>3</sub> **63b** yogyaṃ α<sub>1</sub>α<sub>3</sub>β<sub>1</sub>γ<sub>1</sub>Δε<sub>3</sub>η<sub>2</sub>χ] yonyaṃ β<sub>ω</sub> bhojyaṃ ε<sub>1</sub>η<sub>1</sub> divyaṃ β<sub>2</sub> **bhojanam** cett.] bhojanasam η<sub>2</sub> **64a** vṛddho 'tīvṛddho cett.] vṛddho 'pi vṛddho δ<sub>2</sub>δ<sub>3</sub> bhavatu vṛddo α<sub>3</sub> **64b** durbalo'pi vā cett.] durbalas tathā β<sub>2</sub>η<sub>2</sub> **64d** sarvayogeṣv atandritaḥ cett.] sarvo yogeṣv atandritaḥ δ<sub>2</sub> sarvayogeṣu tamdritaḥ β<sub>ω</sub> sarvaṃ yogī yateṃdriyaḥ η<sub>1</sub> **65a** pīṭhāni cett.] pīṭhādi Δ **kumbhakaś** cett.] kumbhikāś β<sub>1</sub> kumbhakaś β<sub>ω</sub>ε<sub>3</sub><sup>c</sup>η<sub>2</sub> **citrā** cett.] citra β<sub>1</sub> citraṃ η<sub>2</sub> **65b** divyāni cett.] mudrādi η<sub>1</sub>η<sub>2</sub> **65c** sarvo'pi ca α<sub>1</sub>β<sub>2</sub>ε<sub>1</sub>ε<sub>3</sub>η<sub>1</sub>] sarvo pi hi Δ sarvo pi α<sub>3</sub> sarve pi ca β<sub>1</sub> sarve py ayaṃ γ<sub>1</sub> sarvāny api β<sub>ω</sub>η<sub>2</sub>χ **bhyāso** α<sub>1</sub>α<sub>3</sub>β<sub>2</sub>β<sub>ω</sub>γ<sub>1</sub>ε<sub>3</sub>] bhyāse η<sub>1</sub>η<sub>2</sub>χ bhyāsād β<sub>1</sub>Δ bhyā ε<sub>1</sub> **65d** phalāvadhi α<sub>1</sub>β<sub>1</sub>ε<sub>1</sub>ε<sub>3</sub>η<sub>1</sub><sup>c</sup>η<sub>2</sub>χ] phalāvadhiḥ α<sub>3</sub>β<sub>2</sub>β<sub>ω</sub>γ<sub>1</sub> yugāvadhi ṛ<sup>c</sup> prasiddhaye Δ **col** svātmārāma α<sub>1</sub>γ<sub>1</sub>ε<sub>1</sub>ε<sub>3</sub>η<sub>1</sub>] ātmārāma η<sub>2</sub> śrīsvātmārāma α<sub>3</sub>β<sub>1</sub> β<sub>2</sub> β<sub>ω</sub> śrīśahajānadasamtānacinīptāmanīsvātmārāma χ *om.* Δ **yogindra** α<sub>3</sub>β<sub>1</sub>β<sub>2</sub>γ<sub>1</sub>ε<sub>1</sub>ε<sub>3</sub>η<sub>1</sub>η<sub>2</sub>χ] yogendra β<sub>ω</sub> mahāyogemdra α<sub>1</sub> *om.* Δ **viracitāyaṃ** cett.] *om.* Δ **haṭha** cett.] śrīhaṭha δ<sub>3</sub> *ante* **prathamō**<sup>\*</sup> *add.* āsanayogo nāma ε<sub>3</sub> āsanavidhikathanam nāma χ **prathamopadeśaḥ** cett.] prathama upadeśaḥ β<sub>2</sub>ε<sub>3</sub>η<sub>2</sub> prathamō'dhyāyaḥ η<sub>1</sub> prathamō .. + δ<sub>3</sub>

**List of Sigla**

$\alpha_1$	N3	Gr1	2 folios missing in Ch. 1 (1.18–28, 38–46)
$\alpha_2$	J5	Gr1	consulted sporadically
$\alpha_3$	G4	Gr1	damaged; collated only when legible
$\beta_1$	P11	Gr4b	
$\beta_2$	C6	Gr4b	
$\beta_\omega$	V3	Gr6	
$\gamma_1$	N23	Gr2	
$\delta_1$	V19	Gr3	
$\delta_2$	K3	Gr3	the first folios missing (1.1–33)
$\delta_3$	C7	Gr3	2 folios missing in Ch. 1 (1.23c–29d, 41c–47b)
$\epsilon_1$	P15	Gr4c	
$\epsilon_2$	N19	Gr4c	consulted sporadically
$\epsilon_3$	V15	Gr4c	influenced by Gr3
$\eta_1$	V1	Gr4c/4d	
$\eta_2$	J10	Gr4d	
$\chi$	Jyo	Gr4a	Brahmānanda's version, based on the edition 1972