

सशैलवनधात्रीणां यथाधारो ऽहिनायकः ।
सर्वेषां योगतन्त्राणां तथाधारो हि कुण्डली ॥ 3.1

सुप्ता गुरुप्रसादेन यदा जागर्ति कुण्डली ।
तदा सर्वाणि पद्मानि भिद्यन्ते ग्रन्थयोऽपि च ॥ 3.2

प्राणस्य शून्यपदवी¹ तदा राजपथायते ।
तदा चित्तं निरालम्बं तदा कालस्य वञ्चनम् ॥ (bcd om. $\epsilon_1\epsilon_2\epsilon_3$) [eye-skip] 3.3

शून्यपदवीति किम् । (om. $\beta_\omega\delta_1\epsilon_1\epsilon_2\epsilon_3\eta_1\chi$)

सुषुम्णा शून्यपदवी ब्रह्मरन्ध्रमहापथः ।
श्मशानं शाम्भवी मध्यमार्गश्चेत्येकवाचकाः ॥ (a om. $\epsilon_1\epsilon_2\epsilon_3$) 3.4

तस्मात्सर्वप्रयत्नेन प्रबोधयितुमीश्वरीम् ।
ब्रह्मद्वारमुखे सुप्तां मुद्राभ्यासं समाचरेत् ॥ 3.5

1a saśaila cett.] saśaile β_ω om. δ_2 **vana** cett.] vane γ_1 om. δ_2 **dhātrīṇām** cett.] dhātrīṇām β_2 om. δ_2 **1b** yathādhāro cett.] om. δ_2 'hināyakaḥ cett.] himālayaḥ γ_2 om. δ_2 **1c** yoga cett.] haṭha $\beta_2\beta_\omega$ om. δ_2 **tantrāṇām** cett. (δ_2 s.l.)] śāstrāṇā δ_2 i.t. **2b** yadā jāgarti kuṇḍalī $\alpha_1\beta_1\beta_\omega\epsilon_3\eta_2\chi$] yathā jāgarti kuṇḍalī $\beta_2\epsilon_1\epsilon_2\eta_1$ bodhitā sukhadā bhavet $\Gamma\Delta$ **2c** tadā $\alpha_1\beta_2\beta_\omega\Gamma\epsilon_3\chi$] tathā $\Delta\epsilon_1\epsilon_2\eta_1\eta_2$ **sarvāṇi padmāni** cett.] padmāni sarvāṇi η_2 pi sarvapadmāni δ_1 **3a** prānasya cett.] prāṇamya $\delta_2\epsilon_2$ prāṇa β_2 **padavī** cett.] padaviṃ $\delta_2\epsilon_2\epsilon_3\eta_1$ **3b** tadā $\alpha_1\beta_\omega\Gamma\eta_2\chi$] tathā $\beta_2\Delta$ yathā η_1 **pathāyate** cett.] padāyate η_1 **3c** tadā $\alpha_1\beta_2\beta_\omega\gamma_2\eta_2\chi$] tathā $\delta_1\delta_3\eta_1$ yathā δ_2 yadā γ_1 **3d** tadā $\alpha_1\beta_2\beta_\omega\Gamma\eta_2\chi$] tathā $\Delta\eta_1$ **4** śūnyapadavīti kim $\alpha_1\beta_2\Gamma\delta_2\delta_3$] atha śūnyapadaviṃ iti kim ucyate η_2 **4b** randhra $\gamma_1\eta_1$] randhram cett. **pathaḥ** $\epsilon_1\eta_1\eta_2\chi$] patham $\alpha_2\beta_2\beta_\omega\Gamma\Delta\epsilon_2$ pathaḥ $\alpha_1\epsilon_3$ **4c** śmaśānaṃ $\alpha_1\beta_2\beta_\omega\epsilon_1\epsilon_2\epsilon_3\eta_1\eta_2\chi$] śmaśāne δ_1 śmaśāni $\gamma_2\delta_2\delta_3$ aiśāni γ_1 **madhya** $\alpha_1\Gamma\delta_1\delta_3\epsilon_1\epsilon_3\chi$] madhyam $\beta_2\beta_\omega\eta_1\eta_2$ madhye ϵ_2 mudrā δ_2 **4d** mārgaś cetyeka $\alpha_1\beta_2\beta_\omega\Gamma\delta_1\epsilon_1\epsilon_3\chi$] mārgeś cetyeka η_1 mārgapratyeka ϵ_2 mārgaḥ śūnyeva $\delta_2\delta_3$ **vācakāḥ** $\gamma_2\eta_2\chi$] vācakā γ_1 vācakāḥ $\alpha_1\beta_2$ vācaka β_ω vācakam $\alpha_2\Delta\epsilon_1\epsilon_2\epsilon_3\eta_1$ **5b** prabodhayitum $\alpha_1\Gamma\epsilon_1\epsilon_3\eta_2\chi$] prabodhayatum $\beta_2\beta_\omega\epsilon_2\eta_1$ tām bodhayitum Δ **iśvarīm** cett.] iśvari $\beta_\omega\gamma_1\epsilon_2$ iśvaram δ_1 **5c** dvāra cett.] dvāre $\epsilon_1\epsilon_2$ **mukhe** cett.] mukha γ_1 sukhe ϵ_1 **suptām** cett.] supto β_ω **5d** bhyāsaṃ samācaret $\alpha_1\beta_1\beta_\omega\epsilon_1\epsilon_2\epsilon_3\eta_1\eta_2\chi$] bhyāsena bodhayet $\beta_2\Gamma\Delta$

¹ $\epsilon_1\epsilon_2\epsilon_3$ jump to शून्यपदवी in the next verse.

महामुद्रा महाबन्धो महावेधश्च खेचरी ।
उड्डियानं मूलबन्धो बन्धो जालन्धराभिधः ॥ (bc om. δ_1) 3.6

करणी विपरीताख्या वज्रोली शक्तिचालनम् ।
इदं मुद्रादिदशकं जरामरणनाशनम् ॥ 3.7

आदिनाथोदितं दिव्यमष्टैश्वर्यप्रदायकम् ।²
वल्लभं सर्वसिद्धानां दुर्लभं मरुतामपि ॥ 3.8

गोपनीयं प्रयत्नेन यथा रत्नकरण्डकम् ।
कस्यचिन्नैव वक्तव्यं कुलस्त्रीसुरतं यथा ॥ 3.9

वज्रोली त्वमरोली च सहजोली त्रिधा मताः ।
एतेषां लक्षणं वक्ष्ये कर्तव्यं च विशेषतः ॥ ($\beta_2\beta_\omega\eta_2$) 3.9*1

अथ महामुद्रा ।

पादमूलेन वामेन योनिं संपीड्य दक्षिणम् ।
पादं प्रसारितं धृत्वा कराभ्यां पूरयेन्मुखे[#] ॥ 3.10

6c uḍḍiyanam $\gamma_1\delta_2\delta_3\eta_2$] uḍḍiyanam $\beta_2\beta_\omega$ uḍḍiyanam $\alpha_1^c\gamma_2\epsilon_2$ uḍḍiyanam α_1^c uḍḍiyanō η_1 uḍyā-
nam χ uḍyāṇa $\epsilon_1\epsilon_3$ om. δ_1 **mūlabandho** $\Gamma\delta_2\delta_3$] *bandhas β_2 *bandhaḥ η_2 *bandham $\alpha_1\alpha_2$
*bandha β_ω *bandhaś ca $\epsilon_2\epsilon_3\chi$ *bandhāś ca η_1 om. δ_1 **6d bandho** $\gamma_2\Delta\epsilon_2\eta_1\chi$] bandhā γ_1
tato $\alpha_1\beta_2\beta_\omega\epsilon_1\epsilon_3\eta_2$ **jālandharā** cett.] jāladharā γ_1 jālamjārā η_1 **7a viparītākhyā** cett.]
viparītākhyam ϵ_2 viparītāni ϵ_1 **7b vajroli** cett.] vajro δ_1 **7c idaṃ mudrādi** $\alpha_1\alpha_2$] idaṃ
tu mudrā $\epsilon_1\epsilon_2$ idaṃ ca mudrā $\beta_\omega\epsilon_3\eta_1\eta_2$ idaṃ hi mudrā χ etad dhi mudrā $\beta_2\Gamma\Delta$ **7d maraṇa**
cett.] marṇavi β_ω maṇa γ_1 **nāśanam** cett.] varjitam Δ **8a ādinātho** cett.] ādiśvaro $\delta_1\delta_3$
ādyēśvaro δ_2 **divyam** cett.] sarvam η_2 **8b pradāyakam** cett.] phalapradam β_2 **8c sid-**
dhānām cett.] siddhinām $\alpha_1\beta_\omega$ vidyānām ϵ_3 **9c vaktavyam** cett.] vaktavyā η_1 kartavyam
 $\beta_\omega\epsilon_1$ **9d kulastrisuratam** cett.] kulastrīṣu ratam η_1 kulastrīsukharatam *unm.* β_ω **yathā**
cett.] tathā η_2 **9*1a tv amaroli** β_2] amaroliś β_ω *r amaroliś η_2 **9*1b sahajoli** $\beta_2\beta_\omega$] saha-
joliś η_2 **matāḥ** β_2] mataḥ η_2 magāḥ β_ω **9*1c eteśam** β_ω] etāsām β_2 eteśā η_2 **vakṣye**
 η_2] vakṣe β_ω **10 atha mahāmudrā** $\beta_\omega\gamma_1\epsilon_2\chi$] tatha mahāmudrā β_2 tatra mahāmudrā $\beta_1\eta_1\eta_2$
tatra mahāmudrā yathā ϵ_1 atha tatra mahāmudrā ϵ_3 om. $\alpha_1\gamma_2\Delta$ **10b yoniṃ** cett.] yoni $\alpha_1\beta_\omega$
yoniḥ ϵ_2 **sampīḍya** cett.] pīḍya $\epsilon_1\epsilon_2$ **10c pādām** cett.] pāda η_2 padam β_ω prasā^a χ
prasāritam cett.] prasāritam β_ω prasāditam η_1 *ritam padam χ **dhṛtvā** $\gamma_2\delta_2\delta_3\epsilon_3\eta_1\eta_2$] kṛtvā
 $\alpha_1\beta_2\beta_\omega\gamma_1\delta_1\epsilon_1\epsilon_2\chi$ **10d pūrayen** cett.] pūrayet δ_2 dhārayen η_2 dhārayed χ **mukhe** $\alpha_1\beta_1\beta_\omega\epsilon_2$] mukham $\beta_2\Gamma\delta_1\delta_3\epsilon_1\epsilon_3\eta_1\eta_2$ sukhām δ_2 dṛḍham χ

² In ϵ_3 this hemistich is found after pādas ab of the next verse.

कण्ठे बन्धं समारोप्य धारयेद्वायुमूर्ध्वतः ।
यथा दण्डाहतः सर्पो दण्डाकारः प्रजायते ॥ 3.11

ऋज्वीभूता तथा शक्तिः कुण्डली सहसा भवेत् ।
तदासौ मरणावस्था जायते द्विपुटाश्रिता[#] ॥ 3.12

ततः शनैः शनैरेव रेचयेन्न तु वेगतः ।
इयं खलु महामुद्रा महासिद्धैः प्रदर्शिता ॥ 3.13

महाक्लेशादयो[#] दोषा हीयन्ते मरणादयः ।
महामुद्रां च तेनैव वदन्ति विबुधोत्तमाः ॥ (cd om. $\delta_1\delta_2$) 3.14

चन्द्राङ्गे तु समभ्यस्य सूर्याङ्गे पुनरभ्यसेत् ।
यावत्तुल्या भवेत्संख्या ततो मुद्रां विसर्जयेत् ॥ (cd om. ϵ_3) 3.15

11a *kaṇṭhe* cett.] *kaṇṭha* $\beta_\omega\Delta\epsilon_2$ **bandham** $\alpha_2\gamma_2\delta_1\epsilon_1\epsilon_3\eta_2\chi$] *bandha* $\beta_2\beta_\omega\gamma_1\eta_1$ *bandhaḥ* ϵ_2 *bandhe* δ_2 *budha* α_1 *madhye* δ_3 **11b** *dhārayed* cett.] *dhānayed* δ_1 **11c** *yathā* cett.] *pathi* η_1 **daṇḍāhataḥ** $\alpha_1\beta_1\beta_\omega\epsilon_1\epsilon_3\eta_2$] *daṇḍahataḥ* $\beta_2\Gamma\Delta\epsilon_2\eta_1\chi$ **11d** *daṇḍākāraḥ* cett.] *daṇḍakāraḥ* ϵ_2 **prajāyate** cett.] *prayujyate* η_1 *om.* δ_3 (lost up to 3.19c *saṁsthāpya*; one folio missing) **12a** *rjvibhūtā* $\beta_1\gamma_2\delta_1\delta_2\epsilon_3\eta_1\eta_2\chi$] *rjvibhūtā* β_2 *rujvibhūtā* $\alpha_1\beta_\omega$ *rajvibhūtā* ϵ_2 *vajribhūtā* ϵ_1 *r_* *bhūtā* γ_1 **tathā** cett.] *yathā* ϵ_2 **śaktiḥ** cett.] *śakti* $\beta_\omega\delta_1\epsilon_2\eta_1$ **12c** *tadāsau* $\alpha_1\beta_2\beta_\omega\Gamma\epsilon_1\epsilon_2\eta_1$] *tathāsau* $\delta_1\delta_2$ *tadā sā* $\epsilon_3\eta_2\chi$ **marañā** cett.] *marāṇa* ϵ_1 *marañi* η_1 *ramaṇā* β_ω *maṇā* η_2 **vasthā** cett.] *vasthām* $\gamma_2\delta_1\delta_2\eta_1$ *sthā* ϵ_1 **12d** *jāyate* cett.] *yāyate* ϵ_1 *harate* $\Gamma\delta_1\delta_2$ **dvipuṭā** $\alpha_1\beta_2\beta_\omega\delta_1\delta_2\eta_1\eta_2\chi$] *dvipuṭā* γ_1 *nṛpuṭā* $\epsilon_1\epsilon_2$ *tripuṭā* ϵ_3 *vapurā* γ_2 **śritā** $\alpha_1\beta_1\beta_\omega\epsilon_2\eta_2$] *śrayām* γ_2 *śrayā* $\delta_1\delta_2\chi$ *śrayī* γ_1 *ā[śr]i..* η_1 *smṛtā* ϵ_1 *sanām* ϵ_3 *hi sā* β_2 **13a** *śanaiḥ śanair eva* cett.] *śanaiḥ śanair* *yeca* γ_1 **13b** *recayen* cett.] *recayan* ϵ_2 **na tu** cett.] *na ca* β_ω *naiva* χ **13c** *iyam* cett.] *idaṁ* β_ω **13d** *siddhaiḥ* cett.] *siddhiḥ* $\epsilon_2\epsilon_3$ **pradarśitā** $\alpha_2\chi$] *pradarśanā* α_1 *praśasyate* cett. *prajāyate* ϵ_2 **14a** *mahā* cett.] *mahān* η_2 **kleśādayo** $\alpha_1\beta_2\beta_\omega\eta_1\eta_2\chi$] *kleśā yato* γ_2 *kleśa* *yato* γ_1 *kleśāyatā* β_1 *kleśā yathā* ϵ_2 *kleśa yathā* ϵ_3 *kleśā mahā* $\delta_1\delta_2$ **doṣā** cett.] *doṣāḥ* $\eta_2\chi$ *doṣa* γ_2 **14b** *hīyante* α_1] *hriyamte* α_2 *kṣiyante* $\beta_\omega\eta_2\chi$ *jīryante* $\beta_1\beta_2\Gamma\delta_1\delta_2\epsilon_3\eta_1$ *jāyante* ϵ_2 **14c** *mudrām* $\beta_2\beta_\omega\epsilon_3\eta_2\chi$] *mudrā[ś]* η_1 *mudrā* $\alpha_1\Gamma\epsilon_2$ *om.* $\delta_1\delta_2$ (*Pādas c–d omitted*) **ca** cett.] *tu* α_1 **tenaiva** cett.] *tenai* γ_1 *tenetām* ϵ_3 *om.* $\delta_1\delta_2$ **14d** *vibudho* cett.] *vividho* γ_2 *om.* $\delta_1\delta_2$ **15a** *candrāṅge* cett.] *cāndrāṅge* η_1 *candrāmgaṁ* ϵ_2 *candrāmśam* $\delta_1\delta_2$ **tu** cett.] *ca* $\beta_\omega\eta_2$ **15b** *sūryāṅge* cett.] *sūryāṅge°* η_1 *sūryāmgaṁ* ϵ_2 *sūryāmśam* $\delta_1\delta_2$ **punar abhyaset** $\alpha_1\beta_2\beta_\omega\Gamma\eta_2\chi$] *tu samabhyaset* $\delta_1\delta_2\epsilon_2\epsilon_3$ *°śu samabhyaset* η_1 **15c** *tulyā* $\alpha_1\beta_2\beta_\omega\Gamma\epsilon_2\eta_1\chi$] *saṁkhyā* η_2 *tayor* $\delta_1\delta_2$ *om.* ϵ_3 **bhavet** cett.] *bhavat* $\gamma_2\eta_1$ *om.* ϵ_3 **saṁkhyā** $\alpha_1\beta_2\beta_\omega\Gamma\eta_1\chi$] *saṁkṣā* ϵ_2 *tulyā* η_2 *sāmyam* $\delta_1\delta_2$ *om.* ϵ_3 **15d** *visarjayet* cett.] *visaryayet* δ_1 *vivarjayet* β_ω *om.* ϵ_3

³ $\delta_1\delta_2$ have a different order for the following 4 verses: 16 \rightarrow 15 \rightarrow 13 \rightarrow 14.

ϵ_1 is lost after ततः शनैः शनैः.

न हि पथ्यमपथ्यं वा रसाः सर्वेऽपि नीरसाः ।
अपि भुक्तं विषं घोरं पीयूषमिव जीर्यते ॥

3.16

क्षयकुष्ठगुदावर्तगुल्माजीर्णपुरोगमाः ।
तस्य दोषाः क्षयं यान्ति महामुद्रां तु योऽभ्यसेत् ॥

3.17

कथितेयं महामुद्रा महासिद्धिकरी नृणाम्[#] ।
गोपनीया प्रयत्नेन न देया यस्य कस्यचित् ॥

3.18

अथ महाबन्धः ।

पार्ष्णि वामस्य पादस्य योनिस्थाने नियोजयेत् ।
वामोरूपरि संस्थाप्य दक्षिणं चरणं तथा ॥⁴

3.19

पूरयित्वा मुखे वायुं हृदये चिबुकं दृढम् ।
निभृत्य योनिमाकुञ्च्य मनो मध्ये नियोजयेत् ॥

3.20

16a na hi pathyam apathyam vā cett.] nāpathyam na hi pathyam ca ṛ₂ na hi madhyam vā (3 akṣaras missing) e₂ **16c** api bhuktaṃ cett.] ahimuktaṃ e₂e₃ **ghoraṃ** cett.] khāraṃ ṛ₁ **16d** piyūṣam cett.] piyuṣam β_ω **iva** cett.] api ḍ₂ **jīryate** cett.] jīryati Γχ jīryate ḍ₁ **17a** kuṣṭha cett.] kuṣṭham ṛ₁ **gudā** cett.] mudā ḍ₁e₂e₃ **17b** gulmājirṇa cett.] gulmajirṇa β₂ gulmapliha Γ **purogamāḥ** cett.] purogamā β_ω jvarās tathā ḍ₁ḍ₂ **17c** tasya doṣāḥ cett.] doṣāḥ sarve ṛ₁ṛ₂ **17d** tu yo'bhyaset cett.] yo bhyaset ḍ₂ ca yo bhyaset β₂e₃ yomabhyaset β_ω **18a** kathiteyam cett.] kathitoyam α₂β_ωe₂ **18b** mahāsiddhikarī nṛṇām (nṛnā e₃ṛ₁) α₃β_ωe₂e₃ṛ₁ṛ₂χ] jarāmṛtyuvinaśini α₁β₂Γḍ₁ḍ₂ nṛṇām mṛtyuvinaśini α₂ **18c** gopaniyā cett.] gopaniyam β_ωe₂ gopaniyam ṛ₂ **18d** deyā cett.] deyam β_ω **19** atha cett.] om. Γḍ₂ **19a** pārṣṇim α₁ḍ₁ḍ₂e₃ṛ₁χ] pārṣṇi β₂β_ωγ₂e₂ṛ₂ yāsi γ₁ **vāmasya** cett.] bhāgena ṛ₂ **19b** niyojayet cett.] yojayet e₂ **19d** dakṣiṇam cett.] dakṣaṇam β_ω **tathā** cett.] tataḥ ḍ₃ **20a** mukhe α₁β₂ΓΔ] tato β_ωṛ₁ṛ₂χ tathā e₂e₃ **vāyum** cett.] vāyu β_ωΓ **20b** cibukam cett.] sasvanam e₃ svasanam e₂ **dṛḍham** cett.] tathā β₂ **20c** nibhṛtya α₁β_ω] nibhṛtaṃ β₂ nirṛtya e₂e₃ niṣpīḍya Γḍ₁ḍ₃ṛ₁χ nipīḍya ḍ₂ nikṣipya ṛ₂

⁴ In e₂e₃ this and the following two hemistiches are found after 3.22ab. Probably they were omitted by eye-skip due to नियोजयेत् and inserted at a wrong place.

- धारयित्वा यथाशक्ति रेचयेदनिलं शनैः ॥
 सव्याङ्गे च समभ्यस्य दक्षिणाङ्गे समभ्यसेत् ॥ (cd om. Δ)⁵ 3.21
- मतमत्र तु केषांचित् कण्ठबन्धं विसर्जयेत् ।
 राजदन्तबिलं तत्र[#] जिह्वयोत्तम्भयेदिति ॥⁶ (om. $\alpha_1 \alpha_2 \Delta$) 3.22
- अयं खलु महाबन्धो महासिद्धिप्रदायकः ।
 कालपाशमहाबन्धविमोचनविचक्षणः ॥⁷ (cd om. α_1) 3.23
- अयं च सर्वनाडीनामूर्ध्वगतिविबोधकः ।
 त्रिवेणीसङ्गमं धत्ते केदारं प्रापयेन्मनः[#] ॥ 3.24

21a dhārayitvā yathāśakti $\beta_2 \Gamma \eta_1 \chi$] dhārayitvā yathāśaktyā $\beta_1 \beta_\omega \varepsilon_3 \eta_2$ cālayitvā yathāśaktyā ε_2 recayec ca śanair eva (tu for ca δ_2) $\alpha_1 \alpha_2 \Delta$ **21b recayed anilaṃ śanaīḥ** $\beta_1 \beta_2 \beta_\omega \Gamma \varepsilon_2 \varepsilon_3 \eta_1 \eta_2 \chi$] mahābandho'yam ucyate $\alpha_1 \alpha_2 \Delta$ **21c ca samabhyasya** $\alpha_1 \alpha_2 \gamma_2 \varepsilon_2 \varepsilon_3 \eta_1 \eta_2$] tu samabhyasya χ pūr-
 vam abhyasya $\beta_1 \beta_2 \beta_\omega$ om. γ_1 **21d dakṣiṇāṅge sam^o** $\beta_2 \varepsilon_3 \eta_1$] dakṣāṅge ca sam^o $\alpha_1 \alpha_2 \varepsilon_2$ sam^o γ_1
 dakṣāṅge punar $\beta_\omega \gamma_2 \chi$ dakṣiṇāṅge punar β_1 dakṣiṇe punar η_2 **22a matam atra** cett.] matam
 etat η_1 matāntare β_ω matārettamaṃtra η_2 **tu** cett.] ca Γ **22b kaṇṭha** cett.] kaṇṭhe η_2
bandhaṃ cett.] bandha β_ω yaṃ γ_1 **visarjayet** $\beta_1 \beta_\omega \varepsilon_2 \varepsilon_3$] vivarjayet $\eta_1 \eta_2 \chi$ tu varjayet $\beta_2 \Gamma$
22c rājadantabīlaṃ tatra β_2] rājadantabīlaṃ jatra β_ω rājadantabalaṃ haṃti $\varepsilon_2 \varepsilon_3$ rājadantadvayaṃ
 tatra Γ rājadantasthājihvāyā(ṃ) $\eta_1 \chi$ rājadantasya jihvāyāṃ η_2 **22d jihvayottambhayed** $\beta_2 \varepsilon_2 \varepsilon_3$] jihvayottambhaved $\beta_\omega \Gamma$ bandhaś ca stambhayed η_1 bandhaḥ śasto bhaved $\eta_2 \chi$ **iti** $\beta_2 \beta_\omega \Gamma \varepsilon_2 \varepsilon_3 \chi$
 dhitaḥ η_2 dhi tat η_1 **23a ayam** cett.] asaṃ α_2 amuṃ α_1 **khalu** cett.] śalu β_ω kila $\eta_1 \eta_2$
 yogī α_2 yoga α_1 **bandho** cett.] bandhaḥ η_2 bandhaṃ α_1 **23b mahā** cett.] sahā γ_1 sarva
 η_2 **pradāyakaḥ** cett.] pradāyakaṃ α_1 **23c pāśa** cett.] pāśaṃ γ_1 **bandha** cett.] bandho
 $\alpha_2 \gamma_1$ baddho ε_2 **23d vimocana** cett.] mocayec ca β_ω **vicakṣaṇaḥ** cett.] vicakṣaṇam
 β_ω **24a ca** cett.] tu $\gamma_2 \delta_2 \delta_3 \chi$ **24b ūrdhvaṃ** cett.] ūrdhva $\alpha_1 \eta_1 \gamma_1 \chi$ **gativibodhakaḥ**
 $\alpha_1 \beta_1 \beta_\omega \varepsilon_3 \eta_1 \eta_2$] gatinibodhakaḥ ε_2 gatinirodhakaḥ χ gamanabodhakaḥ $\beta_2 \Gamma \Delta$ **24d prāpayen**
manaḥ cett.] prāpaye naraḥ η_1 prāpaye naraṃ ε_2

⁵ $\alpha_1 \alpha_2$ have this hemistich after 3.23.

⁶ In $\varepsilon_2 \varepsilon_3$ the 2nd hemistich is found between 3.28 and 3.29.

⁷ χ has a different verse order: 3.24ab \rightarrow 3.23abcd \rightarrow 3.24cd.

अथमहावेधः । ($\beta_2\Gamma\delta_2\delta_3\epsilon_2$)

रूपलावण्यसंपन्ना यथा स्त्री पुरुषं विना ।

महामुद्रामहाबन्धौ निष्फलौ वेधवर्जितौ ॥ (cd om. ϵ_3)

3.25

अथ महावेधः । ($\beta_\omega\epsilon_3\eta_2\chi$)

महाबन्धस्थितो योगी कृत्वा पूरकमेकधीः ।

वायूनां गतिमावृत्य निभृतं[#] कण्ठमुद्रया ॥

3.26

समहस्तयुगो भूमौ स्फिजौ संताडयेच्छनैः ।

पुटद्वयं समाक्रम्य वायुः स्फुरति सत्वरं ।

बन्धेनानेन योगीन्द्रः साधयेत्सर्वमीप्सितम् ॥ (Γ)

3.27

सोमसूर्याग्निसंबन्धो[#] जायते चामृताय वै[#] ।

मृतावस्था समुत्पन्ना ततो मृत्युभयं कुतः[#] ॥

3.28

25 *atha* $\beta_2\delta_3\epsilon_2$] *om.* $\Gamma\delta_2$ **25a** *sampannā* cett.] *sampannam* η_2 *sampattī* γ_1 *saṃyuktā* δ_1
25b *strī puruṣam* cett.] *nārī patiṃ* δ_1 **25c** *bandhau* $\beta_2\gamma_2\Delta\chi$] *bandho* $\alpha_1\alpha_2\beta_1\beta_\omega\gamma_1\epsilon_2\eta_2$ *bandha*
 η_1 *om.* ϵ_3 **25d** *niṣphalau* $\gamma_2\Delta\eta_2\chi$] *niṣphalo* $\beta_2\gamma_1$ *niṣkalaḥ* α_2 *niṣkalā* α_1 *mahābandham* ϵ_2
mahāvedha(m) $\beta_\omega\eta_1$ *om.* ϵ_3 **vedhavarjitau** $\beta_2\Gamma\Delta\chi$] *vedhavarjitaḥ* $\alpha_2\beta_1$ *vedhavarttina* α_1
vedhavarttitaḥ η_2 *vinā tathā* $\epsilon_2\eta_1$ *vinānyathā* β_ω *om.* ϵ_3 **26** *atha mahāvedhaḥ* $\beta_\omega\epsilon_3\eta_2\chi$] *iti*
mahābandhaḥ η_1 *atha mahābandhaḥ* (after 3.26ab) α_2 *om.* here but found before 3.25 $\beta_2\Gamma\delta_2\delta_3\epsilon_2$ *om.*
 $\alpha_1\beta_1\delta_1$ **26a** *mahābandha* $\alpha_1\epsilon_2\epsilon_3\eta_1\chi$] *mahābandhaḥ* (followed by a double *daṇḍa* and corrected
to **vedhaḥ*) γ_2 *mahābandho* $\beta_1\gamma_1$ *mahāvedhe* $\beta_2\Delta$ *mahāvedha* $\beta_\omega\eta_2$ **sthito** cett.] *sthite* γ_1
sthitau η_2 **26b** *ekadhiḥ* $\beta_2\gamma_2\epsilon_3\eta_1\chi$] *ekadhī* α_1 *ekadhā* $\delta_1\epsilon_2$ *ekayā* $\delta_2\delta_3$ *eva dhiḥ* γ_1 *eva dhī* β_ω
eva ca dhā α_2 **26c** *vāyūnām* $\gamma_2\Delta\epsilon_3\chi$] *vāyunām* η_1 *vāyunā* $\alpha_1\alpha_2\beta_2\beta_\omega\gamma_1\epsilon_2\eta_2$ **gatim āvrtya**
cett.] *gam āvrtya* α_1 *gatim ākṛṣya* $\alpha_2\epsilon_3$ **26d** *mudrayā* cett.] *mudrāyā* η_2 *om.* γ_1 (jumped to
pāda c after *gatim*) **27a** *samahasta* cett.] *samahāsta* α_1 *samahastā* η_2 *samahaste* γ_1 *samau hasta*
 β_2 **yugo** $\beta_\omega\gamma_1\delta_1\eta_2\chi$] *yugau* $\beta_2\gamma_2\delta_2\delta_3\epsilon_3\eta_1$ *yuge* $\alpha_1\epsilon_2$ **27b** *sphijau* $\alpha_1\beta_1\beta_\omega\gamma_2\Delta\eta_2$] *sphicau*
 $\gamma_1\chi$ *sphidau* η_1 *sphitau* β_2 *dvijāt* ϵ_2 *dvijā* ϵ_3 **samtādayec** cett.] *saṃ[c]ālayec* η_1 *nutādayec*
 ϵ_3 **27c** *puṭadvayam* cett.] *jaṃghāyutaadvayam* γ_1 **samākramya** cett.] *samākṛṣya* $\alpha_2\gamma_2\delta_3$
ākṛṣya γ_1 *atikramya* χ **27d** *vāyuh* $\beta_2\gamma_2\Delta\eta_1\eta_2\chi$] *vāyu* $\alpha_1\beta_1\beta_\omega\gamma_1\epsilon_2\epsilon_3$ **satvaram** $\alpha_1\alpha_2\epsilon_2\eta_2$
 γ_2] *yogindra* γ_1 **28a** *sambandho* $\epsilon_2\chi$] *sambandhā* $\beta_\omega\eta_1$ *sambandhāj* $\alpha_1\alpha_2\beta_2\Gamma\eta_2$ *saṃdhānam*
 $\Delta\epsilon_3$ **28b** *cāmṛtāya vai* $\alpha_1\beta_1\chi$] *cāmṛtāyate* $\beta_2\Gamma\epsilon_2\epsilon_3$ *vāmṛtāyate* Δ *cāmṛtāye vaiḥ* η_1 *ca mṛtāya*
vai β_ω *ca mṛturjayaḥ* η_2 **28c** *mṛtāvasthā* cett.] *mṛtāmasthā* γ_1 **samutpannā** cett.] *om.*
 γ_1 **28d** *mṛtyubhayam kutaḥ* $\alpha_1\beta_2\beta_\omega\gamma_2\Delta\epsilon_2$] *vāyum* *virecayet* $\epsilon_3\eta_1\eta_2\chi$ *vāyum* *nirundhayet*
kumbhakena γ_1

महावेधोऽयमभ्यासान्महासिद्धिप्रदायकः ।
वलीपलितवेप॑घ्नः सेव्यते साधकोत्तमैः ॥ 3.29

एतत्त्रयं महागुह्यं जरामृत्युविनाशनम् ।
वह्निवृद्धिकरं चैव अणिमादिगुणप्रदम् ॥ 3.30

अष्टधा क्रियते चैतद्यामे यामे दिने दिने ।
पुण्यसंभारसम्भावि पापौघभिदुरं सदा ॥ 3.31

सम्यक्शिक्षावतामेव स्वल्पं प्रथमसाधने ।
वह्निस्त्रीपथसेवानामादौ वर्जनमादिशेत् ॥⁸ (cd om. χ)⁹ 3.32

अथ खेचरी ।

नासनं सिद्धसदृशं न कुम्भं केवलोपमम् ।
न खेचरीसमा मुद्रा न नादसदृशो लयः ॥ (Ω) [= 1.43] 3.32*1

29a mahāvedho cett.] mahābandho ε_3 **abhyāsān** $\alpha_1\beta_2\beta_\omega\gamma_2\delta_2\delta_3\eta_2\chi$] abhyāsāt γ_1 anabhyāsān δ_1 abhyāso η_1 abhyasto $\varepsilon_2\varepsilon_3$ **29b** mahā cett.] sarva γ_1 **29c** vali cett.] valita *unm.* η_2 vali $\gamma_1\eta_1$ **palita** cett.] palita γ_2 **vepa** χ] vedha $\alpha_1\beta_2\beta_\omega\Gamma\varepsilon_2\varepsilon_3\eta_1$ vega Δ bandha η_2 **ghnaḥ** cett.] ghnām $\alpha_1\beta_\omega$ ghna γ_1 **29d** sādhakottamaiḥ cett.] sādhakottamam β_ω **30a** etat trayam mahā cett.] mahāmudrātrayam ε_3 mahāmudrātrayatram *unm.* η_1 **guhyam** $\alpha_1\beta_2\beta_\omega\Gamma\varepsilon_2\varepsilon_3\eta_1\chi$] guptam Δ mudrā η_2 **30b** vināśanam cett.] vināśinī η_2 **30c** caiva $\alpha_1\beta_2\Gamma$] caivam $\beta_\omega\varepsilon_2\varepsilon_3\eta_2$ caiva hy χ caitad Δ viśvam η_1 **30d** guṇa cett.] gaṇa ε_2 **pradam** cett.] pradi γ_1 **31a** caitad $\alpha_1\beta_2$] caiva $\Delta\varepsilon_2\chi$ caivam $\beta_1\Gamma$ caikam $\beta_\omega\eta_1\eta_2$ caika ε_3 **31b** yāme yāme cett.] yāmayāme ε_3 yāmam yamām η_1 **31c** puṇya cett.] puṇyam ε_3 sarva η_2 **sambhāra** $\alpha_1\gamma_2\Delta\varepsilon_2\chi$] sahāra β_ω saṃcāra $\eta_1\eta_2$ saṃsāra ε_3 saṃdhāna β_2 *om.* γ_1 **sambhāvi** $\beta_\omega\Gamma\varepsilon_2$] sambhāvi $\alpha_1\alpha_2$ sabhāvi η_1 saṃdhāvi η_2 saṃdhāvi $\beta_2\varepsilon_3\chi$ saṃpādi Δ **31d** pāpaugha cett.] pāprogha γ_2 padhau _ dhava γ_1 **32a** śikṣāvatām cett.] śikṣāvatā β_2 śiṣyāvatām $\alpha_2\varepsilon_2$ jijñāsātām η_2 **eva** $\alpha_2\beta_1\Gamma\Delta\varepsilon_3$] evam $\alpha_1\beta_\omega\varepsilon_2\eta_1\eta_2\chi$ bhavyam β_2 **32b** sādhanam $\alpha_2\beta_2\gamma_1\Delta\varepsilon_2\varepsilon_3\eta_1$] sādhanaiḥ α_1 sādhanam $\beta_\omega\gamma_2\eta_2\chi$ **32c** sevānām cett.] sevācanām ε_2 sevānām η_2 sevānam η_1 sevenam γ_1 *om.* χ **32d** ādiśet $\alpha_1\alpha_2\beta_2\varepsilon_2\varepsilon_3\eta_1$] ādṛśyet β_ω ācāret $\Gamma\Delta\eta_2$ *om.* χ **33** atha cett.] *om.* $\Gamma\delta_2$ **32*1b** kumbham *em.*] kumbha $\beta_\omega\varepsilon_\omega\eta_\omega$ kuṃbhaka δ_ω **kevalopamam** *em.*] kevalokanam $\beta_\omega\eta_\omega$ sadṛśo nilaḥ ε_ω samonilaḥ δ_ω

⁸ Γ adds here: महासुद्रा महाबन्धो महावेधश्च नित्यशः । एतत्त्रयं प्रयत्नेन चतुर्वारं करोति यः । षण्मासाभ्यन्तरे मृत्युं जयत्येव न संशयः ॥ (= Śivasamhitā xx)

⁹ χ has this line just before 1.61.

छेदनचालनदोहैः कलां क्रमेण प्रवर्धयेत्तावत् ।
सा यावद्भूमध्यं स्पृशति तदा खेचरीसिद्धिः ॥¹⁰

3.33

सुहीपत्तनिभं शस्त्रं सुतीक्ष्णं स्निग्धनिर्मलम् ।
समादाय ततस्तेन रोममात्रं समुच्छिदेत् ॥ (ε₃Ωχ)

3.33*1

कृत्वा सैन्धवपथ्यादिचूर्णिताभ्यां प्रघर्षयेत् ।
पुनः सप्तदिने प्राप्ते रोममात्रं समुच्छिदेत् ॥ (ε₃Ωχ)

3.33*2

एवं क्रमेण षण्मासं नित्ययुक्तं समाचरेत् ।
षण्मासाद्रसनामूलशराबन्धं विनश्यति ॥ (ε₃Ωχ)

3.33*3

अथ वागीश्वरीधाम शिरो वस्त्रेण वेष्टयेत् ।
शनैरुत्कर्षयेद्योगी कालवेलाविधानवित् ॥ (Ω)

3.33*4

33a chedana α₂β_ωγ₁δ₁δ₃δ_ωε₃η₁χ] chedanam η₂ε_ωη_ω chedanais β₂ khedana δ₂ vedana ε₂ rasanā γ₂ damaged α₁ **cālanadohaih** γ₂Δδ_ωε₂ε₃η₁χ] cālajadohaih γ₁ cālanam doham ε_ω cālanam dohaih α₂ cālanam dohau β_ωη₂η_ω cālanair dāsyai β₂ damaged α₁ **kalām** β₂γ₂ε₂η₁χ] kalam γ₁ kalāh α₁ε_ω kalā α₂β_ωη_ω kāla η₂ jihvām Δδ_ω krameṇa ε₃ **krameṇa** α₁β₂β_ωε₂η₁η₂η_ωε_ω] kramaṇa α₂ krameṇātha χ jihvām ε₃ tu Γ vai Δ om. δ_ω **pravardhayet** α₂ε₃η₁η₂] samvardhayet Γδ_ω vardhayet α₁β₂β_ωΔε₂ε_ωη_ωχ **tāvat** α₂β₂γ₂Δδ_ωε₂ε₃χ] tāt η₂ om. α₁β_ωγ₁η₁ε_ωη_ω **33b sā yāvad** α₁α₂β₂ε₃η₁η₂χ] yāvad iyaṃ ΓΔδ_ω yāvad β_ωε_ωη_ω sā ε₂ **bhrūmadhyam** cett.] bhrūmadhya δ₁η₁ spr̥ṣati ε_ω **spr̥ṣati** cett.] spar̥ṣati γ₁ visati α₂ viśa α₁ bhrūmadhyam ε_ω **tadā khecarisiddhiḥ** Γδ₃δ_ωε₃η₂χ] tadānim khecarisiddhiḥ (tadāni α₂β₂) α₁α₂β₂β_ωη_ω tadānim hi khecarisiddhiḥ ε₂ tadāni siddhiḥ η₁ tadā sidhyati khecarī ε_ω tadā khecarī bhavati δ₁ **33*1a snuhi** δ_ωχ] snuhi ε₃ε_ωη_ω śnuhi β_ω **33*1d samucchidet** β_ωε_ω] samucchinet ε₃η_ωχ samucchiṃdyāt δ_ω **33*2a kṛtvā** ε₃Ω] tataḥ χ **saindhavapathyādi** β_ωε_ωη_ωδ_ω] saindhavapathyābhyam χ saindhavapakṣyādi ε₃ **33*2c punaḥ** ε₃β_ωη_ωδ_ωχ] tataḥ ε_ω **33*2d samucchidet** β_ωε_ωη_ω] samucchinet χ punaḥ chidet ε₃ samutthiyāt δ_ω **33*3a śaṇmāsam** β_ωε_ωδ_ωχ] śaṇmāse η_ω śaṇmāsān ε₃ **33*3b nitya** β_ωδ_ωε₃ε_ω] nityam χ netya η_ω **yuktaḥ** β_ωε₃ε_ωη_ω] yuktaḥ χ muktaḥ δ_ω **33*3c śaṇmāsād** Ωχ] śaṇmāse ε₃ **mūla** β_ωε_ωη_ωδ_ωχ] mūlam ε₃ **33*3d śarābandham** β_ω] śarābandham δ_ω śarābadho η_ω śarābandhaḥ ε₃χ sirābandho ε_ω **vinaśyati** Ω] praṇaśyati ε₃χ **33*4d vidhānavit** β_ωδ_ω] vidhānataḥ ε_ωη_ω

¹⁰ The metre is Āryā.

ΓΔ (Upagiti): छेदनचालनदोहैः कलां तु संवर्धयेत्तावत् । यावदियं भूमध्यं स्पृशति तदा खेचरीसिद्धिः ॥
ε₂ε₃ (Giti?): छेदनचालनदोहैः कलां क्रमेण (प्र)वर्धयेत्तावत् । सा यावद्भूमध्यं स्पृशति तदानीं हि खेचरीसिद्धिः ॥
β_ω (Anuṣṭubh): छेदनं चालनं दोहौ कलाक्रमेण वर्धयेत् । यावद्भूमध्यं स्पृशति तदानीं खेचरीसिद्धिः (ः) ॥

वितस्तिप्रमितं दैर्घ्यं विस्तारं चतुरङ्गुलम् । मृदुलं धवलं प्रोक्तं वेष्टिताम्बरलक्षणम् ॥ (Ω) [= 3.111]	3.33*5
पुनः षण्मासमात्रेण पुनः संकर्षणात्प्रिये । भ्रूमध्यावधि वर्धेत तिर्यक्कर्णबिलावधि ॥ (Ω)	3.33*6
अधस्ताच्चिबुकं मूलं प्रयाति क्रमकारिता । क्रोशादूर्ध्वं च क्रमति तिर्यक्संख्यावधि प्रिये ॥ (Ω)	3.33*7
पुनः संवत्सरोद्देवि द्वितीया चैव लीलया । ब्रह्मरन्धान्तमावृत्य तिष्ठेत्परमवन्दिते ॥ (Ω)	3.33*8
स्वतालुमूलं संघृष्य सप्तवासरमात्मनि । स्वगुरूक्तप्रकारेण मलं सर्वं विशोषयेत् ॥ (Ω)	3.33*9
अङ्गुल्यग्रेण संघृष्य जिह्वां तत्र निवेशयेत् । शनैः शनैर्मस्तकाच्च महावज्रकपाटभित्ति ॥ (Ω)	3.33*10
पूर्वबीजयुतां विद्यां व्याख्यातामतिदुर्लभाम् । अस्याः षडङ्गं कुर्वीत तया षट्क्रभिन्नया ॥ (Ω)	3.33*11
खे निरस्तसकलक्रियाक्रमे या चितिश्वरति शाश्वतोदये । सा शिवत्वसमवायकारिणी खेचरी च भवखेदहारिणी ॥ (Ω)	3.33*12
क्रमेणैव प्रकर्तव्याभ्यासेन वरवर्णिनि । युगपद्यतते तस्य शरीरं विलयं व्रजेत् ॥ (Ω)	3.33*13

33*5a pramitaṃ β_ωε_ωδ_ω] pratima η_ω **dairghyam** β_ωη_ω] dairghye ε_ωδ_δ dairghya δ_δ **33*5b** vistāraṃ β_ωη_ωδ_ω] vistāre ε_ω **33*5d** veṣṭitāmbara β_ωη_ωδ_ω] veṣṭitādhāra ε_ω **33*7a** cibukaṃ mūlaṃ ε_ωη_ωδ_ω] cibukamūla β_ω **33*7b** kramakāritā β_ωδ_ω] kramakāritāḥ ε_ω tramakārikā η_ω **33*7c** ca β_ωη_ωδ_ω] om. ε_ω **kramati** β_ωη_ω] krāmati δ_ω kramati ε_ω **33*7d** saṃkhyā β_ωδ_ω] saṃsthā ε_ωη_ω **33*8c** randhrāntam β_ωε_ωδ_ω] raṇḍhram tam η_ω **33*8d** tiṣṭhet β_ωε_ωδ_ω] viṣṭaitet η_ω **paramavandite** β_ωε_ωδ_ω] paramavidite η_ω **33*11a** bīja ε_ωη_ω] vīya β_ω vīrya δ_ω **33*11b** vyākhyātām ati β_ωη_ωδ_ω] vikhyātām api ε_ω **33*11c** ṣaḍaṇ-gaṃ β_ωε_ωδ_ω] ṣaḍaṇhva η_ω **33*12a** nirasta β_ωδ_ω] cirasta η_ω lirasta ε_ω **33*12b** yā citiś carati em. (cf. Yoginīhṛdaya)] yācitas carati η_ω yā cittaś carati β_ω °ṇa cittaś carati δ_ω cittam ācarati ε_ω **33*12c** samavāya β_ωε_ωη_ω] samavāyi δ_ω **kāriṇī** ε_ωη_ωδ_ω] kariṇī β_ω **33*12d** ca bhava β_ωη_ω] {{ca}} bhavati δ_ω bhavati ε_ω **33*13a** prakartavyā β_ωε_ωη_ω] pravartavyā δ_ω **33*13b** varṇini β_ωε_ωη_ω] varṇini δ_ω **33*13c** yatate β_ωη_ωδ_δ] yatete δ_δ utpadyate ε_ω **ta-sya** β_ωη_ωδ_ω] samyak ε_ω

तस्माच्छनैः शनैः कार्योऽभ्यासो न युगपत्प्रिये ।

एवं वर्षत्रयं कृत्वा ब्रह्मद्वारं विशेद्भुवम् ॥ (Ω)

3.33*14

सद्वक्राणि विभिद्य शक्तिभुजर्गी प्रोत्थाप्य मूलस्थितां

भित्त्वा ग्रन्थित्रयं च पश्चिमशिराप्राकाररूपं महत् ।

नीत्वा प्राणमतः शिरोबिलमलं निर्मथ्य चित्तेन तत्

लिङ्गं यः पिबतीन्दुमण्डलगलन्मुक्तः स साक्षाच्छिवः ॥ (Ω)

3.33*15

नित्यं यस्तूर्ध्वजिह्वो यदि पिबति पुमान्सप्तधाराभृतौघं

सुस्वादं शीतलाङ्गं दुरितभयहरं क्षुत्पिपासानिवारि ।

पिण्डस्थैर्यं हि तस्माद्भवति मृतपथा मृत्युरोगाद्भवन्ति

दौर्भाग्यं याति नाशं प्रसरति सकलं याति कालं भ्रमित्वा ॥ (Ω)

3.33*16

तीक्ष्णकं हरते व्याधिं कटुकं कुष्ठनाशनम् ।

घृतस्वादूपमं चैव अमरत्वं लभेद्भुवम् ॥ (Ω)

3.33*17

मधुस्वादूपमं चैव शास्त्रमुद्गिरते बहु ।

लङ्घुषण्डकपाद्यानि पक्वान्नि अनेकशः ॥ (Ω)

3.33*18

दिव्यकल्पं रमेन्नित्यं उत्कृष्टो जायते ध्रुवम् ।

तन्मयत्वमवाप्नोति कोशकारीव कीटकः ॥ (Ω)

3.33*19

33*14b 'bhyāso na β_ωδ_ω] bhyāsena ε_ωη_ω **priye** β_ωη_ωδ_ω] kriye ε_ω **33*14c evaṃ** ε_ωη_ωδ_ω] eva β_ω **33*14d viśed** ε_ωδ_ω] vaśed η_ω biśe β_ω **33*15a vibhidya** β_ωη_ωδ_ω] vibhedyā ε_ω **bhujagīm** ε_ωδ_ω] bhujamgi β_ω bhujamgīm η_ω **protthāpya** β_ωε_ωη_ω] protthāya δ_ω **33*15b śirā** β_ωη_ωδ_ω] śirām ε_ω **rūpaṃ** β_ωη_ωδ_ω] rūpām ε_ω **33*15c tat** β_ωε_ω] tal η_ωδ_ω **33*15d pibati** ε_ωδ_ω] pibate β_ωη_ω **muktaḥ sa śākṣācchivaḥ** β_ωε_ω] muktaś ca śākṣācchivaḥ δ_ω muktaḥ kṣamāddhivaḥ η_ω **33*16a yas tūrdhva** β_ωε_ωη_ω] yasphūrja δ_ω **jihvo yadi** ε_ω] jihvo-gradī β_ω jihvāgrayā δ_ω jihvā yadi η_ω **taugmaṃ** β_ωε_ω] tauṣaṃ η_ω tauccaṃ δ_ω **33*16b susvādaṃ** β_ωε_ωη_ω] su[kha]daṃ δ_ω **33*16c mṛtapathā** ε_ωη_ω] mṛtayathā β_ω mṛtaṃ yathā δ_ω **rogād** β_ωδ_ω] rogod ε_ω śeśād η_ω **bhavanti** β_ωη_ω] bhavati δ_ω bhavaṃtu ε_ω **33*16d daurbhāgyaṃ** ε_ωδ_ω] daurbhyāgyaṃ β_ωη_ω **kālaṃ** β_ωη_ω] kālo ε_ωδ_ω **33*17a tikṣṇakaṃ** ε_ωδ_ω] tikṣṇake β_ω tikṣṇako η_ω **harate** β_ωη_ωδ_ω] harati ε_ω **33*17b kaṭukaṃ kuṣṭhanāśanam** β_ωδ_ω] kaṭutvaṃ kuṣṭhanāśanam ε_ω kaṭukuṭivinaśanam η_ω **33*17c ghrta** β_ωε_ωδ_ω] dhṛtvā η_ω **33*17d labhed** β_ωε_ω] labhate η_ωδ_ω **33*18b udgirate** β_ωε_ωη_ω] udgirati δ_ω **bahu** ε_ωη_ωδ_ω] bahuḥ β_ω **33*18c laḍḍu** ε_ω] laḍu β_ωη_ωδ_ω **ṣaṇḍakapādyāni** β_ωη_ω] khaṇḍakapādyāni δ_ω piṇḍakakhādyāni ε_ω **33*18d pakvānnāni** β_ωη_ωδ_ω] pakvānyanmāny ε_ω **33*19a kalpaṃ** β_ωη_ωδ_ω] kalpai ε_ω **ramen** cett.] racen ε_ω kṛḍen δ_ω **33*19d kośakāriva** δ_ω] kauśakāriva β_ω kośakāri ca ε_ω kauṣṭakāriva η_ω

कपालकुहरे जिह्वा प्रविष्टा विपरीतगा ।
भ्रुवोरन्तर्गता दृष्टिमुद्रा भवति खेचरी ॥¹¹ 3.34

कलां पराङ्मुखीं कृत्वा त्रिपथे परिवर्तयेत् ।
सा भवेत्खेचरी मुद्रा व्योमचक्रं तदुच्यते ।
रसनामूर्ध्वगां कृत्वा¹² क्षणार्धं यदि तिष्ठति ।
क्षणेन मुच्यते योगी व्याधिमृत्युजरादिभिः ॥ (om. α₁) 3.35

न रोगो मरणं तस्य न निद्रा न क्षुधा तृषा ।
न च मूर्छा भवेत्तस्य यो मुद्रां वेत्ति खेचरीम् ॥¹³ 3.36

पीड्यते न स रोगेण लिप्यते न च कर्मणा ।
बाध्यते न च कालेन यो मुद्रां वेत्ति खेचरीम् ॥ (α₁α₂α₃β₂β_ωη₁η₂χ) 3.36*1

चित्तं चरति खे यस्माज्जिह्वा चरति खे गता ।
तेनैषा खेचरी नाम मुद्रा सिद्धैर्नमस्कृता ॥ (om. γ₁) [= 4.25*4] 3.37

34b praviṣṭā viparitagā cett.] pra+++++ α₁ **34c** antargatā cett.] antagatā α₁ madhye
gatā β₂ **drṣṭir** cett.] drṣṭi α₁γ₁ε₃ **34d** khecarī cett.] carī η₁ **35a** kālām cett.] kalā
γ₁ kālām η₂ **parāṇmukhīm** β₁δ₁δ₂ε₂ε₃η₁χ] parāṇmukhī β_ωΓδ₃η₂ avāṇmukhī β₂ **kṛtvā**
β₂β_ωΔε₂ε₃η₁χ] kṛtya η₂ nītvā Γ **35b** tripathe β_ωΔε₃χ] tripatham ε₂ tripatha β₂ **pari-**
vartayet ε₃] parivarjayet β₂β_ωδ₁ε₂ parivardhayet δ₂δ₃ pariyojayet χ **35c** sā β₂Δε₂ε₃χ] sa
β_ω **bhavet khecarī** β₂β_ωδ₂δ₃ε₂ε₃χ] bhat ṣecarī δ₁ **35f** yadi cett.] api η₂χ **35g** kṣaṇena
β_ωγ₂ε₂ε₃η₁η₂] kṣaṇe [ca] γ₁ viṣayair Δ viṣair vi° β₂ **yogī** cett.] om. γ₂
35h vyādhi cett.] vyādhijanma γ₂ **36a** rogo cett.] roga η₁ rogān η₂ **tasya** cett.] tandrā χ
36b kṣudhā trṣā cett.] kṣudhā nandaṭ δ₃ trṣā kṣudhā (ṭṛkhā δ₁) β₂δ₁ **36c** ca cett.] bhra β_ω
om. δ₃ **bhavet** cett.] bhavet η₂ tu bhavet δ₃ **tasya** cett.] ta+ α₁ **36d** yo mudrām vetti
cett.] damaged α₁ **khecarīm** γ₂δ₁δ₂ε₂ε₃η₁η₂χ] khecarī α₁β₂β_ωγ₁δ₃ **36*1a** piḍyate α₁β₁χ]
bādhyate β₂β_ωη₂ chādyate η₁ **sa** β_ωη₁η₂χ] ca α₁α₂α₃β₁β₂ **36*1b** lipyate na ca α₃χ] lipyate
na sa β₂β_ωη₁η₂ na ca lipyati α₂β₁ na ca lipyata α₁ **36*1c** bādhyate α₁β₁β_ωη₁η₂χ] khādyate
β₂ **ca** α₁α₂α₃β₁] sa β₂β_ωη₁η₂χ **36*1d** yo mudrām vetti α₁β₁β₂β_ωη₂χ] yasya mudrāsti η₁
khecarīm α₁η₂χ] khecarī β₁β₂β_ωη₁ **37a** cittam cett.] citte δ₁ ci+ α₁ **carati** khe cett.]
damaged α₁ **yasmāj** cett.] yasyā β_ω+āj α₁ **37c** tenaiṣā α₁β₁ε₃χ] tenaiṣa β_ωε₂η₁η₂
teneyam β₂γ₂Δ **nāma** α₁β₁ε₃χ] mudrā cett. **37d** mudrā α₁β₁ε₃χ] sarva β₂β_ωγ₂Δε₂η₁η₂

¹¹ χ has this verse at the very beginning of the Khecarī-section.

¹² The Pādas in grey scale are not found in Γη₁η₂, but in β₂β_ωΔε₂ε₃χ. α₁ omits the whole verse.
α₂α₃ have this verse without the grey-scaled part.

¹³ In γ₂ this verse is found after 3.37.

खेचर्या मुद्रितं येन विवरं लम्बिकोर्ध्वतः ।

तस्य न क्षरते बिन्दुः कामिन्याश्लेषितस्य च ॥

3.38

चलितोऽपि यदा बिन्दुः संप्राप्तोयोनिमण्डलम् ।

व्रजत्यूर्ध्वं हतः शक्त्या[#] निबद्धो योनिमुद्रया ॥¹⁴

3.39

($\beta_{\omega}\eta_2$ have 3.42 *indhanāni* here.)

कपालकुहरे जिह्वा कलासंधानमुद्रया । ($\alpha_1\beta_2\beta_{\omega}\Gamma\epsilon_2\epsilon_3$)

3.39*1

ऊर्ध्वजिह्वः स्थितो भूत्वा सोमपानं करोति यः ।

मासार्धेन न संदेहो मृत्युं जयति योगवित् ॥

3.40

नित्यं सोमकलापूर्णं शरीरं यस्य योगिनः ।

तक्षकेणापि दष्टस्य विषं तस्य न सर्पति ॥¹⁵ (om. $\alpha_1\alpha_2$)

3.41

38a *khecaryā* cett.] *khecaryām* β_{ω} **38b** *vivaram* cett.] *viviram* δ_2 *vicaran/ram* $\beta_2\eta_1$ **lam-**
bikordhvataḥ cett.] *lampikordhvataḥ* $\delta_2\delta_3$ *damaged* α_1 **38c** *tasya na* $\beta_2\beta_{\omega}\gamma_1\epsilon_2\epsilon_3\eta_1\eta_2$] + [s]ya
na α_1 na *tasya* $\gamma_2\Delta\chi$ **38d** *śleṣitasya* cett.] *liṅgitasya* $\Gamma\delta_2$ *liṅgitena* β_2 **39a** *calito* cett.]
calitā γ_1 *calate* δ_1 *calato* α_1 **39b** *saṃprāpto* $\alpha_1\beta_2\delta_2\delta_3\epsilon_2\epsilon_3\eta_1\chi$] *saṃprāptaś* $\beta_{\omega}\Gamma\delta_1\eta_2$ **yon-**
imaṇḍalam $\alpha_2\epsilon_3\eta_1\chi$] *yogimaṇḍalam* α_1 *yonimaṇḍalam* ϵ_2 *vahnimaṇḍalam* β_2 *cāgnimaṇḍalam*
 $\beta_{\omega}\eta_2$ *ca hutāśanam* $\Gamma\delta_1$ *pi hutāśanam* $\delta_2\delta_3$ **39c** *vrajaty* cett.] *vṛjamty* α_1 *jajaty* γ_1 *vrajan* δ_3
ūrdhvam cett.] *pūrvam* δ_3 *ū* + α_1 **hataḥ śaktyā** *em.* (cf. VM)] *hṛtaḥ śaktyā* χ *hatāchantkā* γ_1
haṭhāc chaktyā $\beta_2\beta_{\omega}\gamma_2\epsilon_2\epsilon_3\eta_1\eta_2$ *haṭhāt saktyā* α_2 *hi tacchaktyā* $\delta_2\delta_3$ *hi tadbhuktyā* δ_1 *damaged* α_1
39d *nibaddho* $\alpha_2\alpha_3\beta_2\epsilon_2\epsilon_3\chi$] *nibadhno* η_1 *niruddho* $\Gamma\delta_2\delta_3$ *nirodho* $\beta_{\omega}\eta_2$ *viruddhe* δ_1 *damaged* α_1
yoni $\alpha_1\beta_2\Gamma\Delta\epsilon_2\epsilon_3\eta_1\chi$] *yoga* $\beta_1\beta_{\omega}\eta_2$ **39*1b** *kalā* $\beta_{\omega}\epsilon_3$] *kāla* $\Gamma\epsilon_2$ *kālā* α_1 *kṛtvā* β_2 **saṃd-**
hāna $\alpha_1\beta_2\beta_{\omega}\epsilon_3$] *saṃdhāra* ϵ_2 *saṃhāra* Γ *mudrayā* $\alpha_1\Gamma\epsilon_2\epsilon_3$] *varjitā* β_{ω} **40a** *ūrdhva* cett.]
ūrdhvam ϵ_2 **jihvaḥ** $\gamma_2\delta_1\delta_3\chi$] *jihva* γ_1 *jihvā* $\alpha_1\beta_2\beta_{\omega}\delta_2\epsilon_2\epsilon_3\eta_1\eta_2$ **sthito** $\alpha_1\alpha_2\beta_{\omega}\eta_2$] *sthīro*
 $\beta_1\beta_2\Gamma\Delta\epsilon_3\eta_1\chi$ *sito* ϵ_2 **40b** *karoti yaḥ* cett.] *karoti saḥ* β_2 *karo* + α_1 **40c** *māsārdhena na*
cett.] *māsārdhena* *tu* β_2 *damaged* α_1 **41a** *pūrṇam* cett.] *pūrṇa* $\gamma_1\epsilon_2$ *pūrṇe* η_2 **41b** *yo-*
ginaḥ $\beta_2\Gamma\Delta\epsilon_2\chi$] *yoginam* β_{ω} *dehinaḥ* $\epsilon_3\eta_1\eta_2$ **41c** *daśtasya* $\beta_2\gamma_2\delta_1\epsilon_3\eta_2\chi$] *dṛṣṭasya* $\beta_{\omega}\gamma_1\eta_1$
daṃṣṭrasya ϵ_2 *dagdhasya* $\delta_2\delta_3$ **41d** *sarpati* cett.] *sparṣati* β_{ω} *pīḍyate* γ_1

¹⁴ β_2 has this verse between 3.41ab and cd.

¹⁵ β_{ω} adds here: तस्मादिदं प्रकुर्वीत नित्ययुक्तः समाहितः.

- इन्धनानि यथा वह्निस्तैलवर्ति च दीपकः ।
तथा सोमकलापूर्णं देही देहं न मुञ्चति ॥¹⁶ 3.42
- गोमांसं भक्षयेन्नित्यं पिबेदमरवारुणीम् ।
कुलीनं तमहं मन्ये इतरे कुलघातकाः ॥ 3.43
- गोशब्देनोदिता जिह्वा तत्प्रवेशो हि तालुनि ।
गोमांसभक्षणं तत्तु महापातकनाशनम् ॥ 3.44
- जिह्वाप्रवेशसंभूतवह्निनोत्पादितः खलु ।
चन्द्रात्स्त्रवति यः सारः सा स्यादमरवारुणी ॥ (om. $\eta_1 \epsilon_3$)¹⁷ 3.45

42a indhanāni cett.] yindhanāni β_ω yathā cett.] om. δ_2 **42b** tailavartim $\beta_\omega \delta_1 \delta_2 \epsilon_3 \chi$] tailavarti $\alpha_1 \delta_3 \epsilon_2$ tailavarti $\beta_2 \Gamma \eta_2$ tailāvṛtti η_1 ca cett.] va η_1 **dīpakah** cett.] dīpikah η_1 **42c** soma cett.] sarva ϵ_2 **pūrṇam** cett.] pūrṇa η_2 pūrṇo $\gamma_2 \epsilon_2$ **42d** dehī deham cett.] deham dehī $\beta_2 \epsilon_3$ damaged α_1 na muñcati $\Gamma \Delta \epsilon_2 \eta_1 \chi$] na mucyati η_2 na mucyati ϵ_3 na mucyate $\beta_2 \beta_\omega$ +++ ti α_1 **43a** gomāmsam cett.] gomāmsa $\gamma_2 \delta_1 \eta_2$ **43b** amara cett.] amṛta δ_3 **vāruṇim** cett.] vāruṇi $\beta_\omega \epsilon_2 \epsilon_3$ **43c** tam cett.] tum γ_2 manye cett.] manya χ vidyām β_ω vimdyām η_2 **43d** itare $\alpha_1 \beta_2 \beta_\omega \eta_2 \chi$] tv itare $\epsilon_3 \eta_1$ cetare ϵ_2 netarān $\Gamma \Delta$ **kulaghātakāḥ** cett.] kulaghātakān $\Gamma \Delta$ kuṣvaghātakāḥ α_1 **44a** noditā jihvā cett.] nāditā jihvā γ_1 damaged α_1 **44b** tatpraveśo cett.] + [t]praveśo α_1 hi cett.] di γ_1 **tāluni** cett.] tāluniṃ η_2 **44c** māmsa cett.] māmsam $\epsilon_2 \epsilon_3 \eta_1$ māsam γ_1 **bhakṣaṇam** cett.] bhakṣaṇe α_1 **tat tu** $\alpha_1 \beta_1 \beta_\omega \gamma_2 \Delta \eta_1 \eta_2 \chi$] _rttu γ_1 tac ca ϵ_3 caitat ϵ_2 hy etan β_2 **44b** vahninotpāditaḥ $\gamma_2 \delta_2 \epsilon_2 \chi$] °ditam δ_1 °ditā $\beta_2 \delta_3$ °di+ α_1 vahninonnāpitā β_ω vahninottāpito η_2 vahnir utpāditaḥ γ_1 **khalu** $\alpha_2 \Gamma \Delta \epsilon_2 \chi$] darām $\beta_\omega \eta_2$ surāḥ β_2 damaged α_1 **44c** candrāt sravati $\beta_2 \beta_\omega \Gamma \delta_2 \epsilon_2 \eta_2 \chi$] candraḥ sravati δ_3 candrā dravati δ_1 +++ + [t]i α_1 **yaḥ sārāḥ** $\gamma_2 \delta_1 \delta_2 \eta_2 \chi$] yaḥ sārā γ_1 yat sārām $\alpha_1 \beta_2 \epsilon_2$ yaḥ sārām tasmād idam [m]akurvita nityayuktaḥ samāhitaḥ (the same hemistich is inserted after 3.42) β_ω yaḥ samyak δ_3 **44d** sā cett.] sa δ_2 **amaravāruṇi** cett.] amṛavāruṇi η_2

¹⁶ $\Gamma \Delta$ add here: रसनां वेशयेदूर्ध्वं पिबेत्तत्सावितं जलम्

¹⁷ In η_1 the second half is added in the margin sec. m.: तस्मा[त्स]रति य[त्सा]रं सा स्यादमरवारुणी.

मूर्ध्नेः षोडशपञ्चपद्मगलितं प्राणादवासं हठा-
 दूर्ध्वास्यो रसनां नियम्य विवरे शक्तिं परां चिन्तयेत् ।
 उत्कल्लोलकलाजलं च विमलं धारामृतं[#] यः पिबेत्
 निर्दोषः स मृणालकोमलतनुर्योगी चिरं जीवति ॥¹⁸

3.46

चुम्बन्ती यदि लम्बिकाग्रमनिशं जिह्वा रसस्यन्दिनी
 सक्षारा कटुकाथ दुग्धसदृशी मध्वाज्यतुल्याथवा ।
 व्याधीनां हरणं जरान्तकरणं शास्त्रागमोद्गीरणं
 तस्य स्यादमरत्वमष्टगुणवत्सिद्धाङ्गनाकर्षणम् ॥

3.47

एकं सृष्टिमयं बीजं एका मुद्रा च खेचरी ।
 एको देवो निरालम्ब एकावस्था मनोन्मनी ॥ [= 4.44*1]

3.48

46a mürdhnah $\beta_{\omega}\Delta\epsilon_3\chi$] mürdhneh η_2 mürddhūh γ_2 mürddham $\alpha_2\epsilon_2$ mürddhvaḥ α_1 mürddha
 η_1 bhürddhaḥ γ_1 ürdhvaṃ β_2 **pattrapadma** $\alpha_2\delta_2\delta_3\epsilon_3\chi$] padmapattra $\alpha_1\beta_2\beta_{\omega}\gamma_2\delta_1\eta_1\eta_2$ patrap-
 atra ϵ_2 om. γ_1 **haṭhād** cett.] haṭhām β_{ω} **46b ürdhvāsyo** cett.] ürdhvoso γ_1 ürdhvoso δ_3
 varddhāso β_{ω} **rasanām** cett.] rasanā ϵ_2 ramanā γ_1 **niyāmya** $\alpha_1\beta_2\gamma_2\Delta\epsilon_3\chi$] niyasya $\gamma_1\epsilon_2$
 ca yāmya η_1 vidhāya $\beta_{\omega}\eta_2$ **vivare** cett.] vicare γ_1 vivaraṃ Δ vidhivat β_2 **śaktiṃ** cett.]
 śaktiḥ γ_2 **cintayet** cett.] cintayat γ_1 cintayan $\delta_2\delta_3\chi$ **46c utkallola** $\alpha_1\beta_2\beta_{\omega}\delta_3\epsilon_2\epsilon_3\eta_1\chi$] uttakallola
 η_2 tatkalola $\gamma_2\delta_1$ tatkalola δ_2 taptalola γ_1 **kalājalām** $\alpha_1\beta_2\Gamma\Delta\epsilon_2\epsilon_3\eta_1\chi$] jalāku-
 lām $\beta_{\omega}\eta_2$ **ca** $\alpha_1\beta_2\gamma_2\Delta\epsilon_2\eta_1\chi$] su $\beta_{\omega}\eta_2$ ya γ_1 om. ϵ_3 **dhārāmṛtaṃ** cett.] dhārāmayaṃ
 χ **46d nirdoṣaḥ sa** cett.] nirdoṣaṃ sa η_1 nirdoṣo 'sya ϵ_2 nirvyādhiḥ sa χ **komala** cett.]
 komale γ_1 **tanur** $\alpha_2\beta_2\beta_{\omega}\gamma_2\Delta\eta_2$] tanu γ_1 vapur $\alpha_1\beta_1\epsilon_2\epsilon_3\eta_1\chi$ **47a cumbanti** cett.] vipitiṃ
 γ_1 **lambikāgram anīṣaṃ jihvā** cett.] lampikāgram anīṣaṃ jihvā $\delta_2\delta_3$ **rasa** cett.] śiraḥ $\beta_{\omega}\eta_2$
47b sakṣārā cett.] sakṣārā $\alpha_1\delta_1\epsilon_2$ sakṣāra η_2 **kaṭukātha** $\alpha_1\alpha_2$] kaṭukāmla $\gamma_2\Delta\epsilon_3\chi$ vaṭukāmla
 γ_1 kaṭukāsa η_1 kaṭukādyā $\beta_{\omega}\eta_2$ kaṭutikta ϵ_2 kaṭutyakta β_2 **dugdha** cett.] dugdham γ_2 du γ_1
sadr̥śi cett.] sādṛśi δ_1 sadṛśiṃ γ_2 sadṛśā $\alpha_1\alpha_2\eta_1$ lavaṇā $\epsilon_2\epsilon_3$ **madhvājya** cett.] madhvādyā
 $\beta_{\omega}\eta_2$ vaddhājya ϵ_2 **tulyā** cett.] tulyām β_{ω} tulyaṃ η_2 **thavā** $\alpha_2\Gamma\Delta$] tathā $\alpha_1\beta_2\beta_{\omega}\epsilon_2\eta_1\eta_2\chi$
 savā ϵ_3 **47c jarāntakaraṇaṃ** cett.] jvarāntakaraṇaṃ $\delta_1\delta_2$ jvarāntahkaraṇaṃ δ_3 jarāpraśa-
 manaṃ β_2 **śāstrāgamodgīraṇaṃ** $\beta_2\beta_{\omega}\gamma_2\epsilon_3\eta_2$] śāstrāgamodgīraṇaṃ η_1 śāstrāgamodīraṇaṃ
 $\alpha_1\chi$ śāstrapramodīraṇaṃ γ_1 śāstrāgamoddhāraṇaṃ $\Delta\epsilon_2$ **47d tasya syād** cett.] tasyād γ_1
amaratvam cett.] amarakṣam γ_1 aramatvam β_{ω} iha siddhir Δ **guṇavat** $\alpha_1\alpha_2\beta_1\eta_1$] guṇā-
 vat ϵ_3 guṇitaṃ $\beta_2\beta_{\omega}\Gamma\delta_1\epsilon_2\eta_2\chi$ guṇitā $\delta_2\delta_3$ **siddhāṅganā** $\alpha_2\beta_1\beta_2\delta_2\delta_3\eta_1\epsilon_2\epsilon_3\eta_2\chi$] siddhāṅgaṇā
 $\alpha_1\beta_{\omega}\gamma_1\delta_1$ siddhāṅgānā γ_2 **karṣaṇaṃ** cett.] karṣaṇā γ_1 **48a ekaṃ** cett.] eka δ_3 evaṃ γ_1
sṛṣṭi cett.] ṛṣṭi ϵ_2 **mayam** cett.] midam β_2 layam ϵ_2 **48b ca** cett.] tu $\delta_3\epsilon_2$ **48c devo**
 cett.] devā γ_1 nirā α_1 **nirālamba** $\beta_{\omega}\eta_1\chi$] nirālambaś $\gamma_2\Delta$ nirāśambaś γ_1 nirālamba $\alpha_2\beta_2\epsilon_2\epsilon_3$
 nirālambaṃ η_2 'lambo deva α_1 **48d ekā** $\alpha_1\beta_2\beta_{\omega}\epsilon_2\eta_1\eta_2\chi$] caikā Δ cakā γ_1 caiśā γ_2 hy ekā $\alpha_2\epsilon_3$

¹⁸ χ has a different verse order from here.

सुषिरं ज्ञानजनकं पञ्चस्रोतःसमन्वितम् ।

तिष्ठते खेचरी मुद्रा तस्मिन्शून्ये निरञ्जने ॥ $(\beta_{\omega}\eta_2\chi)$ [= 4.25*2]

3.48*1

पाताले यद्विशति सुषिरं मेरुमूले तदस्ति

तत्त्वं चैतत्प्रवदति सुधीस्तन्मुखं निम्नगानाम् ।

चन्द्रात्सारः खवति¹⁹ वपुषस्तेन मृत्युर्नराणां

तं बध्नीयात्सुकरणमुद्रा नान्यथा कायसिद्धिः ॥[#]_(om. $\alpha_1\Delta$)²⁰ [= 4.25]

3.49

मूलबन्धः²¹ ॥

पार्ष्णिभागेन संपीड्य योनिमाकुञ्चयेद्बुद्धम् ।

अपानमूर्ध्वमाकृष्य मूलबन्धोऽयमुच्यते ॥

3.50

अधोगतिमपानं वै ऊर्ध्वगं कुरुते बलात् ।

आकुञ्चनेन तं प्राहुर्मूलबन्धं तु योगिनः ॥

3.51

48*1a $\text{suṣiraṃ } \chi$] $\text{sukhiraṃ } \eta_2$ $\text{suciraṃ } \beta_{\omega}$ **48*1b** $\text{srotaḥ } \eta_2\chi$] $\text{srotaḥ } \beta_{\omega}$ **48*1c** $\text{tiṣṭhate } \chi$] $\text{tiṣṭhamti } \beta_{\omega}$ $\text{tiṣṭhamti } \eta_2$ **49a** $\text{pātāle yad viśati } \Gamma$] $\text{pātālād yad viśati } \beta_2$ $\text{pātāle yadvitaya } \epsilon_4$ $\text{pātāle yadvitanta } \epsilon_3$ $\text{pātāle yadinaya } \epsilon_2$ $\text{pātāle yadvita } \eta_1$ $\text{yat prāleyaṃ cāpihita } \beta_{\omega}$ $\text{yat prāleyaṃ pihita } \alpha_2$ $\text{yat prāleya pihita } \eta_2$ $\text{yat prāleyaṃ prahita } \chi$ **suṣiraṃ** $\epsilon_3\epsilon_4\chi$] $\text{suṣiraṃ } \beta_2$ $\text{sukhiraṃ } \beta_{\omega}\Gamma\eta_2$ $\text{sukhire } \alpha_2$ $\text{sukhiraṃ } \epsilon_2$ $\text{stu[v]imam/me } \eta_1$ **mūle tad asti** β_2] $\text{mūle yad asti } \gamma_2$ $\text{mūle yad asti } \alpha_2$ $\text{mūle tad asmin } \epsilon_2\epsilon_3\epsilon_4$ $\text{mūle pakṣasti } \gamma_1$ $\text{mūlad } \eta_1$ $\text{mūrdhhyataḥṭhyaṃ } \beta_{\omega}$ $\text{mūrdhni sthitam } \eta_2$ $\text{mūrdhāntarastham } \chi$ **49b** $\text{tattvaṃ caitat } \beta_2$] $\text{tadvac caitat } \Gamma\epsilon_2$ $\text{tadvac caitā } \epsilon_4$ $\text{taddac caitat } \epsilon_3$ $\text{tasmimṣ tattvaṃ } \beta_{\omega}\eta_2\chi$ $\text{tasmitvaṃ } \alpha_2$ $\text{asmi[m]s tatvaṃ yat } \eta_1$ **sudhis** $\text{cett.}]$ $\text{sudhi } \epsilon_4$ $\text{sudhās } \gamma_1$ **tan mukhaṃ** $\text{cett.}]$ $\text{tat sukhaṃ } \beta_2$ **nimnagānām** $\text{cett.}]$ $\text{niṣagmanām } \gamma_1$ **49c** $\text{candrāt sārāḥ $\text{cett.}]$ $\text{candrasāro } \eta_1$ $\text{candrā sārāḥ } \epsilon_3$ $\text{candrāt sārām } \alpha_2\beta_2$ $\text{candraḥ sārāḥ } \epsilon_2$ **sravati/sravati** $\text{cett.}]$ $\text{grasati } \beta_1$ $\text{rapati } \gamma_1$ $\text{[sra]vamṭyai } \eta_1$ **vapuṣas** $\text{cett.}]$ $\text{vapuṣe } \eta_2$ $\text{vapayaṣe } \beta_{\omega}$ $\text{vapuṣā } \beta_2$ $\text{om. } \epsilon_3$ **mṛtyur** $\text{cett.}]$ $\text{mṛtyun } \beta_{\omega}\eta_2$ $\text{om. } \epsilon_3$ **49d** $\text{taṃ$ $\text{cett.}]$ $\text{tad } \chi$ **badhniyāt** $\text{cett.}]$ $\text{cha } \gamma_1$ $\text{yāt } \gamma_1$ $\text{om. } \epsilon_3$ **sukaraṇamṛdā** $\alpha_2\beta_2\epsilon_4$] $\text{pakaraṇamṛdā } \epsilon_2$ $\text{kakaraṇam amṛtaṃ } \eta_1$ $\text{sukaraṇam atho } \beta_{\omega}\eta_2$ $\text{sukaraṇam adho } \chi$ $\text{sukhakaram atho } \gamma_2$ $\text{sukhakaraṇam artho } \gamma_1$ $\text{om. } \epsilon_3$ **nānyathā** $\text{cett.}]$ $\text{nāmāthā } \gamma_1$ $\text{om. } \epsilon_3$ **kāya** $\beta_2\beta_{\omega}\Gamma\epsilon_2\eta_2\chi$] $\text{kārya } \alpha_2\eta_1\epsilon_4$ $\text{om. } \epsilon_3$ **50** $\text{mūlabandhaḥ } \gamma_2\Delta$] $\text{atha mūlabandhaḥ } \alpha_1\beta_2\beta_{\omega}\epsilon_2\eta_1\eta_2\chi$ $\text{atha mūle bandhaḥ } \delta_3$ $\text{om. } \gamma_1\epsilon_4$ **50a** pārṣṇi $\text{cett.}]$ $\text{pādima } \gamma_1$ **50b** ākuñcayed $\text{cett.}]$ $\text{ākumcaned } \alpha_1$ $\text{ākum } \gamma_1$ **gudam** $\text{cett.}]$ $\text{dṛḍham } \eta_1\eta_2$ $\text{om. } \gamma_1$ **50d** 'yam ucyate $\text{cett.}]$ $\text{'yam iritaḥ } \delta_2$ $\text{'yam iṣyate } \beta_2\beta_{\omega}$ $\text{mayiṣyate } \alpha_1$ $\text{'bhidhiyate } \chi$ **51a** $\text{adhogatim } \beta_1$ β_2 $\beta_{\omega}\epsilon_4\eta_1\chi$] $\text{adhogatam } \alpha_1\Gamma\Delta\epsilon_2\eta_2$ **apānaṃ vai** $\alpha_1\beta_2\Gamma\epsilon_2\epsilon_4\eta_2$] $\text{apānaṃ vā } \chi$ $\text{apānaṃ ca } \beta_{\omega}$ $\text{apānaṃ tu } \Delta$ $\text{apānaivam } \eta_1$ **51b** ūrdhvagaṃ $\text{cett.}]$ $\text{mūrdhagaṃ } \alpha_1$ $\text{vidyūrdhagaṃ } \beta_{\omega}$ **balāt** $\alpha_1\beta_2\beta_{\omega}\epsilon_4\eta_1\eta_2\chi$] $\text{hathāt } \Gamma\Delta\epsilon_2$ **51c** ākuñcanaena $\text{cett.}]$ $\text{ākuñcya tena } \eta_2$ **taṃ** $\text{cett.}]$ $\text{ta } \delta_1$ $\text{te } \delta_2$ $\text{tu } \beta_2$ **prāhur** $\text{cett.}]$ $\text{grāhyaṃ } \epsilon_2\epsilon_4$ **51d** mūlabandhaṃ $\text{cett.}]$ $\text{mūlabandho } \eta_2$ $\text{tu } \beta_1\beta_2\Gamma\Delta$] $\text{hi } \alpha_1\beta_{\omega}\epsilon_2\epsilon_4\eta_1\eta_2\chi$$

¹⁹ ϵ_3 jumps to Jālandharabandha (3.67) from here. For the lost part (3.50–66) <??> is used instead.

²⁰ β_1 β_2 has this verse immediately after 3.38, $\alpha_1\Delta$ in Ch. 4 (4.25), and $\Gamma\alpha_2\alpha_3$ in both Ch. 3 and 4.

²¹ $\beta_{\omega}\chi$ have the Mūlabandha section after the Uḍḍiyāna. Cf. 3.6.

गुदं पाष्ण्या तु संपीड्य वायुमाकुञ्चयेद्वलात् ।
वारं वारं यथा चोर्ध्वं समायाति समीरणः ॥

3.52

प्राणापानौ नादबिन्दू मूलबन्धेन चैकताम् ।
गत्वा योगस्य संसिद्धिं यच्छतो नात्र संशयः ॥

3.53

अपानप्राणयोरैक्यं क्षयो मूत्रपुरीषयोः ।
युवा भवति वृद्धोऽपि सततं मूलबन्धनात् ॥²²

3.54

अपाने चोर्ध्वगे जाते संप्राप्ते वह्निमण्डलं ।
तदानलशिखा दीर्घा वर्धते वायुनाहता ॥

3.55

ततो यातौ[#] वह्न्यपानौ प्राणमुष्ण स्वरूपकम् ।
तेनात्यन्तप्रदीप्तस्तु ज्वलनो देहजस्तथा ॥

3.56

52a *gudam* cett.] gulpha ε_2 pārṣṇi° β_2 pārṣṇyā tu $\alpha_1\beta_\omega\Delta\eta_2\chi$] pārṣṇi tu γ_2 pādarmyām tu γ_1 pārṣṇyā ca $\varepsilon_2\varepsilon_4\eta_1$ °nā gudam β_2 **sampiḍya** cett.] āpiḍya β_2 **52b** *vāyum* ā° $\alpha_1\beta_2\beta_\omega\Gamma\eta_1\eta_2\chi$] vāyunā $\varepsilon_2\varepsilon_4$ yonim ā° Δ **balāt** cett.] balat γ_2 **52c** *yathā* $\alpha_1\beta_2\beta_\omega\varepsilon_2\varepsilon_4\eta_1\eta_2\chi$] tathā $\Gamma\Delta$ **53a** *nāḍabindū* cett.] nāḍabindu $\alpha_1\alpha_2\beta_\omega\varepsilon_2\eta_2$ **53b** *caikatām* cett.] caikatā $\beta_2\varepsilon_2$ cakataṃ γ_1 caikataḥ β_ω **53c** *samsiddhiṃ* $\alpha_1\beta_2\beta_\omega\gamma_2\delta_1\delta_2\varepsilon_4\eta_1\chi$] samsiddhir $\alpha_2\gamma_1\delta_3\varepsilon_2$ samsiddhyaiḥ η_2 **53d** *yacchato* $\alpha_2\beta_\omega\chi$] yakṣyato β_2 yichato α_1 gacchato $\Delta\varepsilon_2$ gacchate γ_2 gacchatā γ_1 gacchata° ε_4 prāpnoty e° η_1 pamāta η_2 **nātra** cett.] °sya na ε_4 °va na η_1 tra na η_2 **54a** °yor aikyaṃ cett.] °yor aikya γ_1 °yor aikye η_2 °yoś caikyam δ_2 °yor aikyāt ε_4 **54b** *kṣayo* cett.] kṣayān $\gamma_1\varepsilon_4$ **54d** *bandhanāt* cett.] bandhataḥ δ_1 **55a** *apāne* cett.] apāna χ apānam $\beta_\omega\gamma_2$ **cordhvage jāte** cett.] cordhvage yāte δ_1 cordhvam āpāte η_2 ūrdhvage jāte χ **55b** *samprāpte* $\beta_1\beta_2\Gamma\Delta\varepsilon_2$] samyāte β_ω prayāte $\alpha_1\alpha_2\varepsilon_4\eta_1\eta_2\chi$ **vahnimaṇḍalam** $\alpha_1\beta_\omega\chi$] vahnimaṇḍale $\beta_2\Gamma\Delta\varepsilon_2\varepsilon_4\eta_1$ nāb-himaṇḍalam η_2 **55c** *tadānala* cett.] tadānale ε_2 tathānala η_1 tathānala $\delta_3\eta_2$ **55d** *vardhate vāyunāhatā* $\alpha_1\beta_2\beta_\omega\Gamma\varepsilon_2$] barmdhane vāyunāhatā Δ kriyate vāyunāhatāḥ η_2 jāyate vāyunāhatā χ vāyunā vardhate hatā ε_4 vāyunā preritā tathā η_1 **56a** *tato* cett.] yātā η_1 **yātau** β_2] yāt-tau α_2 yāto $\eta_1\chi$ yāte η_2 yāmau α_1 jātau $\gamma_2\Delta\varepsilon_4$ jātā γ_1 jāto β_ω vahnim ε_2 **vahnyapānau** $\gamma_2\Delta\varepsilon_4\eta_1\chi$] vahniapānau α_1 vahniyonau η_2 bāhyapānau β_2 barmdhapānau γ_1 vardhapānai β_ω apānai ca ε_2 **56b** *prāṇam uṣṇa* $\alpha_3\beta_2\varepsilon_2\varepsilon_4\chi$] prāṇam uṣma $\beta_\omega\gamma_2$ prāṇamura γ_1 prāṇamukta $\delta_1\delta_3$ prāṇamuktam δ_2 prāṇamūla $\alpha_1\alpha_2\eta_1\eta_2$ **svarūpakam** cett.] svarūpakah η_2 svarūpakau η_1 svarūpavat δ_3 **56c** *tenātyanta* $\Gamma\Delta\eta_1\chi$] tenātyantam α_1 tenābhyanta β_ω tenābhyantaḥ η_2 tenāyamna β_2 tatotyantam ε_4 tailābhyamtaḥ ε_2 **pradiptas tu** cett.] pradipas tu $\varepsilon_4\eta_1$ pradipāsau ε_2 **56d** *jvalano dehajas tathā* cett.] jvalato dehataḥ tadā β_2 kuto dehaḥśayas tadā η_2

²² γ_1 adds the following verse here: बन्धमूलं येन तेन तेन विघ्नां निवारितः । अजरामरतां याति यथा पद्ममुखो हरः ॥

तेन कुण्डलिनी सुप्ता संतप्ता संप्रबुध्यते ।
दण्डाहता भुजङ्गीव निश्चस्य* ऋजुतां व्रजेत् ॥

3.57

बिलं प्रविष्टेव ततो ब्रह्मनाड्यन्तरं व्रजेत् । (ab om. Δ)
तस्मान्नित्यं मूलबन्धः कर्तव्यो योगिभिः सदा ॥

3.58

अथ उड्डियानबन्धः ।

बद्धो येन सुषुम्णायां प्राणस्तुड्डीयते यतः ।
तस्मादुड्डियानख्यो*ऽयं योगिभिः समुदाहृतः ॥

3.59

उड्डीनं कुरुते यस्मादविश्रान्तं महाखगः ।
उड्डियानं तदेव स्यात्तत्र* बन्धो विधीयते ॥

3.60

उदरे पश्चिमं तानं* नाभेरूर्ध्वं च कारयेत् ।
उड्डियानो ह्यसौ बन्धो मृत्युमातङ्गकेसरी ॥ (cd om. β_ω)

3.61

57b samtaptā α₁β₂β_ωΓε₄η₁η₂χ] satatam Δε₂ **samprabudhyate** α₁β₂Γε₄η₂χ] samprabudhyati η₁ sa prabudhyate β_ω sā prabuddhyate δ₂ sā prabodhyate δ₃ samprabodhyate ε₂ sänubodhyate δ₁ **57d niśvasya** α₁β₁ε₄χ] viśvasya β_ωη₁η₂ niścayam δ₂ niścayād δ₃ niścitam Γδ₁ε₂ **rjutām vrajet** cett.] rujutām vrjet α₁ rijutām iyāt η₂ **58a praviṣṭeva** α₁Γδ₁ε₂ε₄η₁χ] praviṣṭe ca β₂ praviṣṭam ca β_ω praviṣṭas ca η₂ om. Δ **tato** cett.] to γ₁ om. Δ **58b brahma** cett.] tha_ γ₁ om. Δ **nādyantaram** cett.] nādyāntaram β₂ε₄ nādyantare η₂ om. Δ **58c tasmān** cett.] tato δ₂ **n nityam** cett.] nityo ε₂ **59 atha uḍḍiyānabandhaḥ** γ₁] atha uḍḍiyānam bandhaḥ η₂ atha uḍḍiyānabandhaḥ ε₂ atha uḍḍiyānabandhaḥ χ uḍḍiyānabandhaḥ δ₂ uḍḍiyānam bandhaḥ γ₂ athoḍḍiyānam α₁ athoḍḍiyānam β_ω athoḍḍiyānam β₂ athoḍḍiyānabandhaḥ δ₃ athoḍḍiyānabandhaḥ η₁ om. δ₁ε₄ **59a baddho** α₁β₂β_ωγ₂δ₁δ₂χ] bandho δ₃ε₂ ūrdhvo η₁η₂ ūrdhvā ε₄ vidrā γ₁ **yena suṣuṃpnāyam** cett.] kṣitah suṣuṃpnāyah η₂ **59b prāṇas** cett.] prāṇam β₂ε₂η₁ **tūḍḍiyate** α₁γ₂δ₁ε₄η₂χ] tūḍḍiyate β_ω tudyate γ₁ tūḍḍiyate δ₂ tūyate δ₃ uḍḍiyate ε₂ uḍiyate β₂ uḍyate η₁ **yataḥ** cett.] punaḥ δ₃ **59c tasmād** cett.] tasmātu γ₂ tasmāc ca η₂ **uḍḍiyānākhyo m.c.** δ₁δ₃χ] uḍḍiyānākhyo γ₂η₂ uḍḍiyānākhyo η₁ uddiyānākhyo γ₁ uḍḍiyānākhyo ε₂ uḍḍiyānākhye α₁ε₄ uḍiyānākhye β_ω uḍiyānākhyam β₂ uḍḍiyamāno δ₂ **'yam** cett.] sau δ₂ tad β₂ om. η₂ **59d samudāhṛtaḥ** cett.] samudāhṛtam β₂β_ωε₂ **60a uḍḍīnam** Δχ] uḍḍīnam β_ω uḍyānam β₂ε₄ uḍyānam α₁γ₂ uḍḍiyānam γ₁η₂ uḍḍiyānam η₁ uḍḍiyānam ε₂ **kurute** cett.] kṛyate γ₂ kṛte ε₂ **60b aviśrāntam** β₂β_ωΔε₂η₁η₂χ] aviśrānta α₁α₂β₁ aviśrānto γ₂ε₄ aviśrāntā γ₁ **60c uḍḍiyānam** Γη₂] uḍḍiyānam Δε₄χ uḍḍiyānam α₁ε₂η₁ uḍiyānam β_ω uḍiyānam β₂ **eva** cett.] evaḥ δ₁ evaḥ ε₂ **60d tatra** α₁β₂β_ωΓε₂ε₄η₁χ] kṣetra η₂ mūla Δ **vidhiyate** α₂β₂γ₂ε₄] 'bhidhiyate cett. nigadyate γ₁ **61a udare** cett.] udarāt β_ω **pāścimam** α₂β₂γ₂δ₃η₁χ] pāścima α₁γ₁η₂ pāścime β_ωδ₁δ₂ε₂ε₄ **tānam** β₂Γδ₁δ₃ε₄η₁η₂χ] tānam α₁α₂δ₂ε₂ bhāge β_ω **61b ūrdhvaḥ** cett.] ūrdhve η₂ **ca** cett.] tu ε₂η₂ **61c uḍḍiyāno** Γδ₁η₂] uḍḍiyāno δ₂δ₃ε₄χ uḍḍiyāno η₁ uḍḍiyāno α₁ε₂ uḍiyāno β₂ om. β_ω **asau** α₁β₂Γε₂ε₄η₁η₂χ] asam δ₃ ayaḥ δ₁δ₂ om. β_ω **61d kesarī** cett.] khecarī ε₄ om. β_ω

उड्डियानं तु सहजं गुरुणा कथितं सदा[#] ।
अभ्यसेदस्ततन्द्रस्तु[#] वृद्धोऽपि तरुणो भवेत् ॥ 3.62

नाभेरूर्ध्वमधश्चापि तानं कुर्यात्प्रयत्नतः ।
षण्मासमभ्यसन्मृत्युं जयत्येव न संशयः ॥ 3.63

सति वज्रासने पादौ[#] कराभ्यां धारयेद्दृढम् ।
गुल्फदेशसमीपे च[#] कन्दं तत्र प्रपीडयत् ॥²³ 3.64

पश्चिमं तानमुदरे कारयेद्दृढये गले[#] ।
शनैः शनैर्यथा प्राणस्तुन्दसंधिं न गच्छति[#] ॥ (om. χ) 3.65

सर्वेषामेव बन्धानामुत्तमो ह्युड्डियानकः ।
उड्डियाने दृढे बन्धे मुक्तिः स्वाभाविकी भवेत् ॥ 3.66

62a uḍḍiyānaṃ $\Gamma\delta_1\eta_2$] uḍḍiyānaṃ $\alpha_2\eta_1$ uḍḍiyānaṃ $\delta_2\delta_3\epsilon_4\chi$ uḍḍiyānaṃ $\alpha_1\epsilon_2$ uḍḍiyānaṃ β_2 uḍḍiyānaṃ β_ω **sahajaṃ** cett.] yaḥ sahate γ_2 **62b gurunā** cett.] gurūnāṃ β_ω **sadā** $\alpha_1\alpha_2\beta_2\beta_\omega\epsilon_2\epsilon_4\eta_1\eta_2\chi$] yathā $\Gamma\Delta$ **62c abhyased/-set** cett.] abhyāsen γ_1 abhyāsyed α_2 abhyāsāt β_ω abhyāsa° β_2 **astatandras tu** α_2] astatandras tu α_1 asya tamtrasya ϵ_2 asya tamtram tu ϵ_4 tad atandras tu $\gamma_2\Delta$ na tamdras tu γ_1 °taḥ svatantras tu β_2 yo hy atandras η_1 satatam yas tu $\beta_\omega\eta_2\chi$ **62d vṛddho** cett.] vṛddhā γ_1 **taruṇo bhavet** $\alpha_1\alpha_2\beta_1\beta_\omega\epsilon_2\eta_1\eta_2$] taruṇāyate $\beta_2\Gamma\Delta\epsilon_4\chi$ **63a ante nābher add.** pāthāntaram β_2 **nābher** cett.] nābhed γ_2 **adhaś cāpi** cett.] adho vāpi Δ adhaḥkāya η_1 avasthāpya β_2 **63b tānaṃ** $\beta_2\Gamma\Delta\epsilon_4\eta_2\chi$] tānaṃ $\beta_1\beta_\omega\epsilon_2\eta_1$ tāpyaṃ α_1 **prayatnataḥ** cett.] ca yatnataḥ η_2 **63c śaṇmāsam** cett.] yogī sam° $\eta_1\eta_2$ **abhyasan** $\alpha_1\beta_1\Gamma\eta_2$] abhyasen $\beta_\omega\delta_2\delta_3\epsilon_2\epsilon_4\eta_1\chi$ abhyaseni δ_1 ca samabhyān β_2 **63d jayaty eva na saṃśayaḥ** cett.] mūlaṃ jayaty asaṃśayaḥ β_2 **64a vajrāsane** cett.] vajrāsanaṃ γ_1 vajrāsanaṃ α_1 **64b karābhyāṃ dhārayed dṛḍham** (dhārayad η_2) cett.] karābhyā dhārayaṃ dṛḍham η_1 karābhyāṃ kāraye dṛḍham α_1 karā_ sandhāraye dṛḍhe γ_1 **64c deśa** cett.] deśe ϵ_2 deśaṃ α_1 **samīpe ca** $\alpha_1\beta_2\beta_\omega\Gamma\epsilon_4\eta_1\eta_2\chi$] samīpaṃ ca $\delta_2\delta_3\epsilon_2$ samīpaṃ tu δ_1 **64d kandaṃ** cett.] kamdham δ_1 skandaṃ δ_3 **tatra** $\beta_2\Gamma\Delta\epsilon_2\epsilon_4\chi$] tacca $\beta_\omega\eta_2$ tava α_1 tasya η_1 **prapīdayet** $\beta_2\Gamma\Delta\epsilon_2\epsilon_4\chi$] prapīdayate $\alpha_1\beta_\omega\eta_1\eta_2$ **65a paścimaṃ tānaṃ** cett.] paścimaṃ tānaṃ $\beta_1\eta_1$ paścimatānaṃ $\alpha_1\beta_\omega$ **udare** $\alpha_1\beta_2\beta_\omega\gamma_2\Delta\epsilon_4$] udara γ_1 udaraṃ ϵ_2 upari $\eta_1\eta_2$ **65b kārayed** cett.] pīdayed η_2 **dhṛdaye gale** $\alpha_1\beta_2\beta_\omega\gamma_2\epsilon_4\eta_1\eta_2$] dhṛdaye gataiḥ γ_1 udare hṛdi δ_1 cibukaṃ hṛdi δ_3 cibukaṃ hṛdā δ_2 vṛddhidam śanaiḥ ϵ_2 **65c śanair yathā** cett.] śanair [yato] ϵ_4 om. γ_1 **prāṇas** $\alpha_1\beta_\omega\Delta\eta_1$] prāṇas Γ prāṇaṃ $\beta_2\epsilon_2\epsilon_4$ prāṇo η_2 **65d tunda** $\alpha_1\beta_2\gamma_2\delta_1\delta_2\epsilon_2$] tuda $\beta_\omega\eta_1$ tamda γ_1 tadā δ_3 nādi η_2 ūrddhva ϵ_4 **saṃdhiṃ** $\alpha_1\beta_1\Gamma\delta_1\delta_3\epsilon_4\eta_1$] saṃdhi $\beta_\omega\epsilon_2\eta_2$ siṃddhiṃ δ_2 siddhiṃ β_2 **na** $\alpha_1\beta_2\beta_\omega\Gamma\epsilon_2\epsilon_4\eta_1$] ca Δ ni° η_2 **66b uttamo** cett.] uttamaṃ ϵ_2 **hy uḍḍiyānakah** $\Gamma\Delta\epsilon_4\eta_2\chi$] hy uḍḍiyānakah η_1 hy uḍḍiyānakah α_1 hy uḍḍiyānakam ϵ_2 hy uḍḍiyānakah β_2 hy uḍḍiyānakah β_ω **66c uḍḍiyāne** $\Gamma\delta_1\eta_2\chi$] uḍḍiyāne $\delta_2\delta_3\epsilon_4$ uḍḍiyāne $\alpha_1\epsilon_2$ uḍḍiyāne η_1 uḍḍiyāne β_2 uḍḍiyāne β_ω **dṛḍhe** cett.] kṛte $\Gamma\Delta$ **bandhe** cett.] baddhe β_2 **66d muktiḥ** $\alpha_1\beta_1\beta_\omega\epsilon_2\epsilon_4\eta_2\chi$] muktiṃ η_1 mūlaṃ $\beta_2\Gamma\Delta$ **svābhāvikī** $\alpha_1\beta_1\beta_\omega\epsilon_2\epsilon_4\chi$] svābhāvakī η_2 svābhāvikaṃ $\beta_2\Delta\eta_1$ svābhāvikaṃ γ_2 bhāvikaṃ γ_1

²³ In χ this verse appears much later as 3.114 in the printed edition.

अथ जालन्धरबन्धः ।

कण्ठमाकुञ्च्य हृदये स्थापयेच्चिबुकं दृढम् । [ε₃ resumes]

बन्धो जालन्धराख्योऽयं अमृताव्ययकारकः ॥

3.67

बध्नाति हि शिराजालमधोगामि नभोजलम् ।

ततो जालन्धरो बन्धः कण्ठदुःखौघनाशनः ॥

3.68

जालन्धरे कृते बन्धे कण्ठसंकोचलक्षणे ।

न पीयूषं पतत्यग्नौ न च वायुः प्रधावति ॥

3.69

कण्ठसंकोचनेनैव द्वे नाड्यौ स्तम्भयेदृढं ।

मध्यचक्रमिदं ज्ञेयं षोडशाधारबन्धनम् ॥ (cd om. η₁)

3.70

बन्धत्रयमिदं श्रेष्ठं महासिद्धैर्निषेवितम् ।

सर्वेषां हठतन्त्राणां साधनं योगिनो विदुः ॥ (om. Δ)²⁴

3.71

67 atha jālandharabandhaḥ β₂δ₃ε₄η₁η₂χ] jālandharabandhaḥ γ₂δ₂ atha nāsaṃdharabandhaḥ γ₁ atha jālaṃdharibandhaḥ ε₂ atha jālaṃdharah α₁ atha jālaṃdharam β_ω om. δ₁ **67b** cibukam dṛḍham β₂γ₂χ] dṛḍham icchayā β₁β_ωΔη₁η₂ dṛḍham icchayā α₁ dṛḍham icchayet ε₂ dṛḍhaniś-cayāt ε₃ om. γ₁ **67d** amṛtāvayyakāraḥ ε₃] amṛtāvayyakāraḥ β₁β_ωε₂ amṛtāvapakāraḥ α₁ amṛtākṣayakāraḥ δ₁ amṛtākṣayakāraḥ δ₃ amṛtākṣarakāraḥ δ₂ mṛtyor mṛtyuḥ paro mataḥ (mṛtaḥ γ₁) Γ mṛtyumātamaṅgakesarī β₂ jarāmṛtyuvinaśakaḥ η₁η₂χ **68a** badhnāti hi α₁β₂β_ωε₂ε₃η₁η₂χ] badhnāti ha γ₁ badhnātiha Δ badhnātiḥ γ₂ śīrā (sirā χ) β₂γ₂δ₁η₂χ] śīro β_ωγ₁δ₂δ₃ε₂ε₃η₁ śīlā α₁ jālam cett.] jālām β_ω **68b** adhogāmi α₁β₂γ₂Δε₂ε₃η₂χ] adhogāmi γ₁ madhyegāmi β_ω nādhāyāti η₁ **68d** kaṇṭha α₁β₂β_ωγ₂ε₂ε₃χ] kaṇṭhe γ₁Δη₁η₂ duḥkhaugha cett.] **69c** pataty cett.] prayāty δ₁ kṣaraty γ₁ **69d** pradhāvati α₁β₂β_ωΓε₂ε₃η₂] prakupyati Δη₁χ **70a** saṃkocanenaiva cett.] saṃkocane dehe η₁ **70b** dve nāḍyau α₁β₁γ₂Δε₃η₂χ] dvau nāḍyau ε₂ γ₂pc dvināḍyau β₂ _nā_ γ₁ nāḍyau ca η₁ gap β_ω stambhayed α₁β₂ε₃η₁η₂χ] stambhite ΓΔε₂ gap β_ω dṛḍham α₁α₂η₁η₂χ] dhruvam β₁Γδ₁δ₃ε₂ dhruve δ₂ dhruvam ε₃ dhuram β₂ gap β_ω **70c** madhyacakraṃ α₁β₂γ₂Δε₂ε₃χ] madhyakram γ₁ madhye cakram β_ω madhyam cakram η₂ om. η₁ jñeyam cett.] ya γ₁ om. η₁ **71b** mahāsid-dhair α₁γ₂ε₂] mahāsiddhaiḥ η₁η₂χ mahāsiddhe γ₁ mahāsiddhi α₂α₃β₂ε₃ mahāsiha β_ω niṣevi-tam α₁α₃β₂β_ωΓΔε₂] ca sevitaṃ η₁η₂χ prajāyate α₂ pradāyakam ε₃ **71c** haṭha α₁α₂β₂β_ωγ₂χ] yoga γ₁ε₂ε₃η₁η₂ **71d** sādhanam cett.] sāranaṃ γ₁

²⁴ In χ this verse is found after 3.74.

अधस्तात्कुञ्चनेनाशु कण्ठसंकोचने कृते ।

मध्ये पश्चिमतानेन स्यात्प्राणो ब्रह्मनाडिगः ॥ ($\Gamma\eta_1\eta_2$)²⁵ [= 2.46]

3.72

मूलस्थानं समाकुञ्च्य उड्डियानं तु कारयेत् । (ab om. $\Delta\eta_2$)

इडां च पिङ्गलां बद्धा वाहयेत्पश्चिमं पथम् ॥ (cd om. η_2)

3.73

अनेनैव विधानेन सेवयेत्पवनो लयम् ।

ततो न जायते मृत्युर्जरारोगादिकं तथा ॥

3.74

अथ विपरीतकरणी ।

यत्किञ्चित् खवते चन्द्राद् अमृतं दिव्यरूपि च ।

तत्सर्वं ग्रसते सूर्यस् तेन पिण्डं विनाशि च ॥ (om. $\alpha_1\epsilon_3\eta_1\eta_2$)²⁶

3.75

तत्रास्ति करणं दिव्यं सूर्यस्य मुखबन्धनम्[#] ।

गुरुपदेशतो ज्ञेयं न तु शास्त्रार्थकोटिभिः ॥ (om. $\alpha_1\epsilon_3\eta_1\eta_2$)

3.76

72a kuñcanenaśu $\eta_1\eta_2$] kuñcanenaiva Γ **72b** samkocane kṛte $\eta_1\eta_2$] samkocanena ca Γ
72c madhye η_1] madhya $\Gamma\eta_2$ **73a** samākuñcya $\alpha_1\beta_2\beta_\omega\epsilon_3\eta_1\chi$] samākṛṣya $\Gamma\epsilon_2$ om. $\Delta\eta_2$
73b uḍḍiyānaṁ $\Gamma\epsilon_3\chi$] uḍḍiyānaṁ η_1 uḍḍiyānaṁ $\alpha_1\epsilon_2$ uḍḍiyānaṁ β_2 uḍḍiyānaṁ β_ω om. $\Delta\eta_2$
73c idāṁ ca piṅgalāṁ $\beta_\omega\gamma_2\Delta\epsilon_3\chi$] idā ca piṅgalā $\alpha_1\beta_2\gamma_1\epsilon_2$ idāpiṅgalāṁ η_1 om. η_2 **baddhvā**
 cett.] baddhā ϵ_2 om. η_2 **73d** paścimaṁ $\alpha_2\beta_2\Gamma\Delta\epsilon_2\eta_1$] paścimāṁ β_ω paścimā $\alpha_1\epsilon_3$ om. η_2
 paścime χ **patham** cett.] pathi χ om. η_2 **74a** anenaiva vidhānena cett.] brahmasthā-
 nasthito rodhaḥ η_2 **74b** sevayet $\alpha_1\beta_2\beta_\omega\delta_1\delta_3$] [s]e[vay]e[t] δ_2 vaśayet ϵ_2 prayāti $\Gamma\epsilon_3\eta_1\eta_2\chi$
pavano layam $\beta_\omega\gamma_2\epsilon_3\eta_1\eta_2\chi$] pavano laṅgaṁ γ_1 pavanālayam $\alpha_1\alpha_2\beta_2\delta_2\epsilon_2$ pavanānalam δ_3 paścimā-
 nalam δ_1 **74c** mṛtyur $\alpha_1\beta_2\beta_\omega\gamma_2\delta_3\epsilon_2\epsilon_3\eta_1\eta_2\chi$] mṛtyu $\delta_1\delta_2$ mṛtyuṁ γ_1 **74d** jarārogādikaṁ
 $\Gamma\delta_2\delta_3\epsilon_2\eta_1\chi$] jarārogādikā $\alpha_2\beta_2\beta_\omega$ jarārogādikas α_1 jarāmohādikaṁ ϵ_3 jvaro rogādikas δ_1 nāsyā
 jarādikaṁ η_2 **tathā** cett.] vyathā α_2 kathā $\beta_2\beta_\omega$ tadā α_1 **75** atha $\alpha_1\beta_2\beta_\omega\gamma_1\delta_3\epsilon_2\epsilon_3\eta_1\eta_2$] om.
 $\gamma_2\Delta\chi$ **viparītakaraṇi** $\beta_2\beta_\omega\Gamma\delta_2\epsilon_3\eta_1\eta_2$] viparītakaraṇiṁ α_1 viparītakaraṇaṁ ϵ_2 viparītakaṁ δ_3
 om. $\delta_1\chi$ **75a** sravate $\beta_2\beta_\omega\gamma_2\Delta\epsilon_2\chi$] sravanaṁ γ_1 om. $\alpha_1\epsilon_3\eta_1\eta_2$ **candrād** $\beta_2\gamma_2\Delta\chi$] can-
 dra β_ω caṁdrāṁ ϵ_2 ceda«m» γ_1 om. $\alpha_1\epsilon_3\eta_1\eta_2$ **75b** divyarūpi ca $\Gamma\Delta$] divyarūpiṇaṁ ϵ_2
 divyarūpiṇaḥ $\beta_2\chi$ divyarūpagāḥ β_ω om. $\alpha_1\epsilon_3\eta_1\eta_2$ **75c** sūryas $\beta_2\beta_\omega\Gamma\Delta\chi$] roho ϵ_2 om. $\alpha_1\epsilon_3\eta_1\eta_2$
75d piṇḍaṁ $\beta_2\beta_\omega\gamma_2\Delta\epsilon_2$] piḍaṁ γ_1 piṇḍo χ om. $\alpha_1\epsilon_3\eta_1\eta_2$ **vināsi** ca $\Gamma\delta_2\delta_3\epsilon_2$] vinasyati δ_1
 jarāyutaṁ $\beta_2\beta_\omega$ jarāyutaḥ χ om. $\alpha_1\epsilon_3\eta_1\eta_2$ **76a** tatrāsti $\beta_2\beta_\omega\Gamma\delta_1\delta_3\epsilon_2\chi$] tato sti δ_2 om. $\alpha_1\epsilon_3\eta_1\eta_2$
76b bandhanam cett.] vañcanam χ om. $\alpha_1\epsilon_3\eta_1\eta_2$ **76c** jñeyam $\beta_2\beta_\omega\gamma_2\Delta\epsilon_2\chi$] _yaṁ γ_1 om.
 $\alpha_1\epsilon_3\eta_1\eta_2$ **76d** na tu $\beta_2\beta_\omega\gamma_2\Delta\epsilon_2\chi$] rtu γ_1 om. $\alpha_1\epsilon_3\eta_1\eta_2$

²⁵ $\alpha_1\beta_2\beta_\omega\epsilon_2\epsilon_3\chi$ have this verse in chp. 2. $\Gamma\eta_1\eta_2$ have this in both chapters. Δ does not have it at all.

²⁶ A has this pair of verses in Ch. 4: यत्किञ्चित्खवते चन्द्रादमृतं दिव्यरूपिणः । तत्सर्वं ग्रसते सूर्यस्तेन पिण्डं जरायुतं ॥
 तत्रास्ति करणं दिव्यं सूर्यस्य परिवन्धनं । गुरुपदेशतो ज्ञेयं न तु शास्त्रार्थकोटिभिः ॥

ऊर्ध्वं नाभिरधस्तालुरुर्ध्वं भानुरधः शशी ।
करणी विपरीताख्या गुरुवाक्येन लभ्यते ॥ (cd om. $\beta_2\delta_1\delta_2\varepsilon_2\eta_2$) 3.77

करणी विपरीताख्या सर्वव्याधिविनाशिनी । (ab om. $\delta_3\chi$)
नित्यमभ्यासयुक्तस्य जठराग्निविवर्धनी ॥ 3.78

आहारो बहुलस्तस्य संपाद्यः साधकस्य तु ।
अल्पाहारो यदि भवेदग्निर्देहं दहेत्क्षणात् ॥ 3.79

अधःशिराश्चोर्ध्वपादः क्षणं स्यात्प्रथमे दिने ।
क्षणाच्च किञ्चिदधिकमभ्यसेच्च दिने दिने ॥ (cd om. δ_1) 3.80

वलिश्च पलितं चैव षण्मासोर्ध्वं न दृश्यते ।
याममात्रं तु यो नित्यमभ्यसेत्स तु कालजित् ॥ 3.81

अत्रत्या वज्रोली ग्रन्थान्ते लिखिता । क्रमप्राप्ताप्यत्र त्यक्ता । असाधारणप्राण्यनुष्ठे
यत्वात्तस्याः । (Δ)²⁷

77a ūrdhvaṃ nābhir cett.] ūrdhvanābhor γ_1 ūrdhvanābher χ ūrdhvaṃ nābher β_2 ad-
has tāluṃ $\beta_2\beta_\omega\delta_1\varepsilon_2\varepsilon_3\eta_2$] adhas tālu $\alpha_1\gamma_2\delta_2\eta_1$ adhas tālum δ_3 asāluktar γ_1 adhas tālor χ
77b ūrdhvaṃ cett.] ūrdhva $\gamma_1\delta_1$ ūrdhvo η_1 **77c** karaṇī viparītākhyā $\alpha_1\Gamma\delta_3\eta_1\chi$] karaṇaṃ
viparītākhyam $\beta_\omega\varepsilon_3$ om. $\beta_2\delta_1\delta_2\varepsilon_2\eta_2$ **77d** labhyate $\alpha_1\beta_\omega\gamma_1\varepsilon_3\eta_1\chi$] gamyate $\gamma_2\delta_3$ om. $\beta_2\delta_1\delta_2\varepsilon_2\eta_2$
78a viparītākhyā cett.] viparītākhyam β_2 viparītākṣaṃ ε_2 om. $\delta_3\chi$ **78b** vināśinī cett.]
vināśanī ε_2 vināśanaṃ $\beta_2\beta_\omega$ om. $\delta_3\chi$ **78d** vivardhanī $\alpha_1\gamma_2\varepsilon_2\varepsilon_3\eta_1$] vivardhinī $\gamma_1\Delta\eta_2\chi$ vi-
vardhanaṃ $\beta_2\beta_\omega$ **79b** tu cett.] ca $\gamma_1\delta_2\chi$ **79c** alpāhāro $\alpha_1\beta_2\beta_\omega\eta_1\eta_2\chi$] anāhāro $\Gamma\delta_1\delta_3\varepsilon_2\varepsilon_3$
anāhāre δ_2 **yadi bhaved** cett.] nirāhāraḥ η_2 **79d** agnir dehaṃ $\alpha_1\beta_\omega\Delta\varepsilon_3$] agnidehaṃ $\beta_1\Gamma\varepsilon_2$
dehaṃ agnir η_1 agnidāho β_2 agnir daha° χ kṣudhālasya η_2 **dahet** cett.] haret $\beta_1\varepsilon_3$ bhavet β_2
°ti tat χ vaśe η_2 **kṣaṇāt** cett.] kramāt α_1 tataḥ γ_2 bhavet η_2 **80a** śirās cordhva $\beta_2\chi$] śirās
cordhva $\alpha_1\beta_\omega\delta_1\varepsilon_2\varepsilon_3\eta_1\eta_2$ śirā ūrdhva $\gamma_2\delta_2$ śirā ūrdhva γ_1 śirā ūrdhva δ_3 **pādaḥ** $\alpha_1\beta_2\Gamma\Delta\varepsilon_3\chi$]
pāda $\beta_\omega\varepsilon_2$ pādaḥ $\eta_1\eta_2$ **80b** kṣaṇaṃ syāt cett.] kṣīṇaṃ syāt δ_1 lakṣaṇaṃ η_2 **80c** kṣaṇāc
ca $\alpha_1\beta_2\beta_\omega\varepsilon_3\eta_1\eta_2\chi$] kṣaṇāt tu Γ kṣaṇārdhaṃ $\delta_3\varepsilon_2$ kṣaṇārdhe δ_2 om. δ_1 **adhikam** cett.] apika
 γ_1 om. δ_1 **80d** abhyasec ca cett.] abhyasetva γ_2 bhyarccayec ca γ_1 om. δ_1 **81a** valīś ca
 $\alpha_1\beta_2\beta_\omega\eta_1$] valitaṃ $\gamma_1\Delta\varepsilon_2\varepsilon_3\eta_2\chi$ calitaṃ γ_2 **palitaṃ** cett.] palitaś β_2 **81b** ṣaṇmāsordhvaṃ
na χ] ṣaṇmāsārdhān na $\alpha_1\beta_2\varepsilon_3$ ṣaṇmāsārdhaṃ na β_ω ṣaṇmāsārdhena $\Gamma\Delta$ ṣaṇmāsārdhe ca ε_2
ṣaṇmāsāt tu na $\eta_1\eta_2$ **drśyate** $\alpha_1\beta_2\beta_\omega\varepsilon_3\eta_1\eta_2\chi$] naśyati $\Gamma\Delta\varepsilon_2$ **81c** yāmamātraṃ tu cett.]
yāmamātraṃ ca ε_3 yo māsatraya δ_3 māsatrayaṃ tu η_2 **nityam** cett.] gñibhyam γ_1 **81d** ab-
hyaset cett.] aset δ_1 **tu** cett.] su γ_2 ca ε_2 **kālajit** cett.] kālavit ε_2 **82** granthānte
likhitā δ_1] granthāntare likhitā vartate δ_2 granthāntare tu likhitāsīt δ_3 **kramaprāptāpy atra**
tyaktā $\delta_2\delta_3$] om. δ_1 **asādhāraṇa** δ_2] asādhāraṇaṃ δ_1 asāraṇa δ_3

²⁷ In Δ the Vajroli section is found at the end of the work.

अथ वज्रोली ।²⁸

स्वेच्छया वर्तमानोऽपि योगोक्तैर्नियमैर्विना ।
वज्रोलीं यो विजानाति स योगी सिद्धिभाजनम् ॥ 3.82

तत्र वस्तुद्वयं वक्ष्ये दुर्लभं यस्य कस्य चित् ।
क्षीरं चैकं द्वितीयं तु नारी च वशवर्तिनी ॥ 3.83

मेहनेन शनैः सम्यगूर्ध्वाकुञ्चनमभ्यसेत् ।
पुरुषो वापि नारी वा वज्रोलीसिद्धिमाप्नुयात् ॥ 3.84

यत्नतः शरनालेन फूत्कारं वज्रकन्दरे ।
शनैः शनैः प्रकुर्वीत वायुसंचारकारणात् ॥ (om. γ_1) 3.85

नार्या भगे पतद्विन्दुमभ्यासेनोर्ध्वमाहरेत् ।
चलितं च स्वकं बिन्दुमूर्ध्वमाकृष्य रक्षयेत् ॥ (cd om. Δ) 3.86

82b yogoktair $\beta_2\beta_\omega\gamma_2\delta_1\eta_1\eta_2\chi$] yogoktair γ_1 yogoktar ϵ_2 yogokta $\alpha_2\epsilon_3$ yogoktam α_1 niyamair δ_3 niyamair vinā cett.] vividhais tathā δ_3 **82c vajrolīm yo** $\beta_2\delta_1\epsilon_3\eta_1\eta_2\chi$] vajroli yo $\beta_\omega\Gamma\delta_3\epsilon_2$ vajrālī yo α_1 vijānāti cett.] bhijānāti Γ **82d siddhibhājanam** cett.] 'bhājanah γ_1 siddhimān bhavet η_2 **83a vastu** cett.] castu α_1 bheda ϵ_2 **vakṣ(y)e** cett.] manye γ_2 api γ_1 **83b cit** cett.] tu ϵ_3 **83c caikam** $\alpha_1\beta_1\beta_\omega\delta_1\delta_3\epsilon_2\epsilon_3\eta_1\chi$] caiva η_2 ekam $\beta_2\Gamma$ **83d ca** cett.] tu δ_3 **84a mehanena** $\alpha_1\beta_2\gamma_2\epsilon_2\epsilon_3\chi$] mehanaiva γ_1 mohanena δ_1 mohanenā δ_3 medhrena β_ω medhrena $unm.$ η_1 mahānibham η_2 śanaiḥ cett.] sadā δ_1 **84b ūrdhvākuñcanam** $\alpha_1\beta_2\beta_\omega\gamma_1\delta_1\delta_3\epsilon_2\epsilon_3\chi$] ūrdhva kiṃcanam γ_2 kṛtvā kuñcanam η_2 gudākuñcanam η_1 **84c vāpi nārī vā** cett.] vāpi vā nārī δ_3 'py atha vā nārī χ **84d vajroli** $\alpha_1\beta_2\beta_\omega\gamma_1\delta_3\epsilon_2\epsilon_3\eta_2\chi$] vajrolīm $\delta_1\eta_1$ vajrolīḥ γ_2 siddhim āpnuyāt cett.] siddhibhājanam γ_2 siddhibhājanah γ_1 **85a yatnataḥ** $\alpha_1\beta_1\beta_\omega\delta_1\epsilon_2\epsilon_3\chi$] prayatnataḥ $\gamma_2\eta_1\eta_2$ prayatnāt β_2 śaranālena $\alpha_1\beta_2\beta_\omega\delta_1\delta_3$] śalanolena ϵ_2 śatanārīṇām ϵ_3 śastanālena χ śironāle $\gamma_2\eta_1\eta_2$ **85b phūtkāram** $\alpha_1\delta_3\epsilon_2\eta_1\chi$] phutkāram β_ω pūtkāram $\delta_1\epsilon_3$ phūtkārah $\gamma_2\eta_2$ sphūtkāram β_2 **vajra** cett.] kambu $\gamma_2\eta_2$ **kandare** $\beta_2\beta_\omega\epsilon_2\epsilon_3\chi$] kandhare $\alpha_1\gamma_2\delta_1\delta_3\eta_1\eta_2$ **85c śanaiḥ** cett.] śanah η_2 prakurvīta cett.] prakurvaṃti $\beta_2\eta_2$ **86a nāryā** $\beta_2\Gamma\delta_1\delta_3\epsilon_2\epsilon_3$] nārī $\alpha_2\chi$ mār्या α_1 bhāryā $\beta_\omega\eta_1\eta_2$ **bhage** cett.] bhāge α_1 **patad** cett.] pated γ_2 ca tad ϵ_2 **bindum** $\alpha_1\beta_2\Gamma\delta_1\delta_3\epsilon_2\epsilon_3\chi$] bindhuḥm β_ω bindur $\eta_1\eta_2$ **86b āharet** cett.] āruhet δ_3 **86c ca svakam** $\alpha_1\alpha_2$] tu svakam $\beta_1\beta_2\Gamma\epsilon_2$ tu sukaṃ β_ω ca nijaṃ $\epsilon_3\chi$ patitaṃ η_1 calitaṃ η_2 om. $\delta_1\delta_3$ **86d ūrdhvam ākr̥ṣya rakṣayet** cett.] ūrdhvam ākr̥ + + + α_1 ūrdhvam āhṛtya rakṣayet ϵ_3 abhyāsenordhvam āharet ϵ_2 om. $\delta_1\delta_3$

²⁸ In $\beta_2\eta_2$ this header is found after *vinā* of the next line.

- एवं तु रक्षयेद् बिन्दुं मृत्युं जयति योगवित् । [3.87–3.113a lost α_1]
 मरणं बिन्दुपातेन जीवितं बिन्दुधारणात् ॥ (cd om. δ_1) 3.87
- सुगन्धि योगिनो देहं जायते बिन्दुधारणात् ¹²⁹ (ab om. $\delta_3\eta_1\eta_2$)
 यावद्विन्दुः स्थिरो देहे तावन्मृत्युभयं कुतः ॥ 3.88
- चित्तायत्तं नृणां शुक्रं शुक्रायत्तं हि जीवितम् ।
 तस्माच्छुक्रं मनश्चैव रक्षणीयं प्रयत्नतः ॥ 3.89
- ऋतुमत्या रजोऽप्येवं स्त्रिया[#] बिन्दुं च रक्षयेत् ।
 मेद्रेणाकर्षयेद्धूर्वं सम्यगभ्यासयोगतः ॥ 3.90
- अयं योगः पुण्यवतां धन्यानां तत्त्वशालिनाम् । (ab om. $\alpha_2 \alpha_3$)
 निर्मत्सरानां सिध्येत न तु मत्सरशालिनाम् ॥ (cd om. $\alpha_2 \alpha_3 \delta_3$)³⁰ 3.91

87a tu rakṣayed $\alpha_2\alpha_3\beta_2\beta_\omega\Gamma\epsilon_2$] samrakṣayed $\delta_1\delta_3\chi$ surakṣayed ϵ_3 rakṣati yo $\eta_1\eta_2$ **87c** bindu
 cett.] vida ϵ_2 om. δ_1 **87d** jīvitam cett.] jīvanam $\beta_2\gamma_2\chi$ jī γ_1 om. δ_1 bindudhāraṇāt cett.]
 bindurakṣaṇāt ϵ_3 om. $\gamma_1\delta_1$ **88a** sugandhi $\alpha_2\beta_1\beta_2\beta_\omega\Gamma\delta_1\epsilon_3$] sugandho $\epsilon_2\chi$ om. $\delta_3\eta_1\eta_2$ **deham**
 $\alpha_2\beta_1\beta_\omega$] dehe $\delta_1\epsilon_3\chi$ deho $\beta_2\Gamma\epsilon_2$ om. $\delta_3\eta_1\eta_2$ **88b** dhāraṇāt $\beta_\omega\gamma_1\gamma_2\delta_1\epsilon_2\chi$] rakṣaṇāt $\beta_2\epsilon_3$ om.
 $\delta_3\eta_1\eta_2$ **88c** binduḥ $\gamma_1\delta_3\eta_2\chi$] bindu $\beta_1\beta_2\beta_\omega\gamma_2\delta_1\epsilon_2\epsilon_3\eta_1$ **sthīro** $\alpha_2\Gamma\delta_1\epsilon_2\eta_1\eta_2\chi$] sthīto $\beta_1\beta_2$
 $\beta_\omega\delta_3\epsilon_3$ **dehe** cett.] deho Γ **88d** mṛtyubhayam kutaḥ $\alpha_3\beta_1\beta_2\beta_\omega\delta_1\delta_3\eta_1\eta_2$] kālabhayam
 kutaḥ $\alpha_2\Gamma\epsilon_2\chi$ jīvanam ucyate ϵ_3 **89a** cittāyattam cett.] cittamattam γ_1 manomayam α_2 man-
 odhīnam $\beta_1\beta_2\beta_\omega$ **śukram** cett.] śuklam β_ω **89b** śukrāyattam cett.] śuklāyatam β_ω śukrād-
 hīnam $\beta_1\beta_2$ **hi** $\beta_1\beta_\omega\epsilon_2\eta_1\eta_2$] tu $\alpha_2\beta_2\Gamma\delta_1$ ca $\delta_3\epsilon_3\chi$ **jīvitam** cett.] jīvanam $\beta_2\gamma_2$ **89c** manaś
 cett.] rajaś η_2 rakṣa° δ_3 **caiva** cett.] caivam η_1 °ñiyam δ_3 **89d** rakṣaṇīyam cett.] yogibhiś
 ca δ_3 **90a** ṛtumatyā $\beta_2\beta_\omega\Gamma\epsilon_2\epsilon_3\chi$] bindumadhye $\delta_1\delta_3\eta_1\eta_2$ 'py evam $\beta_2\Gamma\delta_1\delta_3\epsilon_2\epsilon_3\eta_1\chi$] the-
 vam β_ω py eva η_2 **90b** striyā Γ] bijam $\delta_1\epsilon_2\epsilon_3\eta_1\eta_2$ vīryam α_2 jīvam δ_3 nijam χ jayam β_ω
 bindum β_2 **bindum** cett.] bindu $\beta_\omega\eta_2$ rakṣe β_2 **ca** cett.] tu $\beta_2\epsilon_2\eta_1$ pra° δ_3 **rakṣayet**
 cett.] rakṣayan β_ω tamnnayet δ_1 °pālayet δ_3 yogavit β_2 **90c** medhṛeṇā cett.] medhṛeṇa $\delta_1\delta_3\epsilon_3$
 medhṛā γ_1 medhṛām ā η_2 **karṣayed** cett.] karṣayad β_ω kuṃcayed η_2 **90d** yogataḥ $\Gamma\delta_1\delta_3\eta_1$]
 yogavān $\alpha_3\beta_1\beta_\omega\epsilon_2\epsilon_3$ yogavit $\eta_2\chi$ pāṭavāt $\alpha_2\beta_2$ **91b** dhanyānām cett.] dhīrānām χ śālinām
 $\beta_1\beta_2\gamma_2\delta_1\delta_3\epsilon_3\eta_1$] śālinām $\beta_\omega\epsilon_2$ sattinām γ_1 darśinām $\eta_2\chi$ **91c** sidhyeta $\beta_1\beta_\omega\gamma_1\delta_1\epsilon_2\epsilon_3\eta_1$]
 siddheta γ_2 vai sidhyen (but sidhyeta in mss?) χ siddhet η_2 siddhānām β_2 **91d** śālinām
 $\beta_1\beta_2\beta_\omega\Gamma\delta_1\epsilon_3\eta_1\chi$] śālinām ϵ_2 śīlinām η_2

²⁹ ϵ_3 has this hemistich after the first half of the next verse.

³⁰ In ϵ_3 Pāda b and d are transposed; χ has this verse at the end of the Sahajoli section.

अथ सहजोली । (Y₂η₂χ)

सहजोली चामरोली वज्रोल्या एव भेदतः ।

जलेषु[#] भस्म निक्षिप्य दग्धगोमयसम्भवं ॥ (cd om. α₂ α₃β₁β₂β_ωγ₁)

3.92

वज्रोलीमैथुनादूर्ध्वं स्त्रीपुंसोः स्वाङ्गलेपनम् ।

आसीनयोः सुखेनैव मुक्तव्यापारयोः क्षणम् ॥

3.93

सहजोलिरियं प्रोक्ता श्रद्धेया योगिभिः सदा ।

अयं शुभकरो योगो भोगे भुक्तेऽपि मुक्तिदः ॥ (cd om. α₂ α₃γ₁) [cf. 3.101*1cd]

3.94

अथ अमरोली । (Y₂Δε₃η₂χ)

पित्तोल्बणत्वात्प्रथमाम्बुधारां

विहाय निःसारतयान्त्यधाराम् ।

निषेव्यते शीतलमध्यधारा

कापालिकैः खण्डमतैरमर्याः ॥ (om. γ₁)³¹

3.95

92 atha sahajoli Y₂η₂] atha sahajoliḥ χ **92a sahajoli** α₂β₂δ₁δ₃η₁η₂] sahajoliś β_ωΓε₂ε₃χ **cā-**
maroli α₂β₂δ₁δ₃] cāmaroli β_ωε₂ cāmarolir ε₃χ vāmaroli η₂ cāmaroli ca η₁ cāmaroliś ca Γ
92b vajrolyā cett.] vajrolyante δ₁δ₃ vajroli β₂ **eva bhedataḥ** α₂β₂β_ωΓε₂ε₃η₁] ekabhedataḥ η₂
bheda ekataḥ χ prakīrtitā δ₁ pracodyate δ₃ **92c jaleṣu bhasma** Y₂δ₁ε₂ε₃η₁η₂] jale subhasma
χ jale bhasmani δ₃ **nikṣipya** δ₁δ₃ε₂ε₃η₁η₂χ] niḥkṣipya Y₂ **92d dagdha** Y₂δ₁δ₃ε₃η₁η₂χ]
dagdham ε₂ **sambhavam** Y₂δ₁ε₂ε₃η₁η₂χ] sambhave δ₃ **93a vajrolimaithunād** cett.] va-
jrolimithunād ε₃ **93b pumsoḥ** Y₂ε₂η₁η₂χ] pumso α₂β_ω pumsā Y₁ pumsau ε₃ pumsoś
β₂δ₁δ₃ **svāṅga** α₂Γε₂ε₃η₁η₂χ] svāṅgu β_ω cāṅga β₂δ₁δ₃ **93c āsinayoḥ** cett.] anenaiva ε₃
sukhenaiva cett.] mukhenaiva η₂ **93d vyāpārayoḥ** β₂Γδ₃ε₃η₁χ] vyāpārayo ε₂η₂ vyāpāramo
β_ω vyāpārāla° δ₁ **kṣaṇam** β₂β_ωδ₁δ₃ε₂ε₃η₁η₂] kṣaṇāt Γχ **94a sahajolir** β_ωY₁ε₂ε₃χ] saha-
joli β₂Y₂δ₃η₁η₂ sahajolir α₂β₁δ₁ **94b śraddheyā** β₁β_ωχ] śraddheyā α₂ α₃β₂δ₁δ₃η₁ sādhyeyā η₂
siddhaye ε₃ sevyate Γε₂ **94d bhoge** β₁β_ωY₂ε₃η₂] bhoga β₂ε₂η₁χ yoga δ₃ gap δ₁ **bhukte**
β_ωY₂ε₃η₂] yukte β₁ yukto χ mukte ε₂ mukti δ₁δ₃η₁ yoge β₂ **'pi muktidaḥ** β₁β₂β_ωY₂ε₂ε₃η₂χ]
vimuktidaḥ δ₃η₁ pradāyakaḥ δ₁ **95 atha amaroli** Y₂η₂] athāmaroli χ athāmaroli ε₃ tatrāmaroli
δ₁δ₃ **95a pittolbanatvāt** β_ωδ₁δ₃ε₃η₁χ] pītvā aṇut β₂ virttanatvādyat ε₂ viḥāya nityām η₂ vi-
hāya niv ..ḥ Y₂ **prathamāmbu** δ₃η₁χ] prathamām ca β₂ε₂ε₃η₂ prathamām ca Y₂ prathamām vi
β_ω prathamām unṁ. δ₁ **dhārām** cett.] om. δ₁ **95b niḥsāratayāntya** δ₁ε₃η₁η₂χ] niḥsārat-
apāṁsu β₂ niḥsārabhayāntya δ₃ niḥsāralayāntya Y₂ niḥsārayāntya β_ω niḥsmāratayāntya ε₂
95c niṣevyate cett.] niṣevite β₂ niḥsevyate η₁ nikhyevyate β_ω **dhārā** β_ωε₂ε₃η₂χ] dhārām
β₂Y₂δ₃η₁ dhārāḥ δ₁ **95d kāpālikaiḥ** β_ωδ₁δ₃ε₂] kapālikaiḥ Y₂ε₃η₁η₂ kapālakaiḥ β₂ kāpālike χ
khaṇḍamatair β₂β_ωη₁] khaṇḍamatair ε₂ khaṇḍamate ε₃χ kamṭhamatḥair δ₁δ₃ kuṁṭhamatair
Y₂η₂ **amaryāḥ** δ₁δ₃ε₂] amaryā β₂ aryā β_ω amedhyā η₂ amedhya η₁ amedhyām Y₂ 'maroli χ
'maroli ε₃

³¹ Y₂ seems to have supplied this verse and the next one from a ms belonging to the ε-group.

अमरीं यत्पिबेन्नित्यं नस्यं कुर्वन्[#] दिने दिने ।

वज्रोलीं चाभ्यसेत्सेयममरोलीति कथ्यते ॥³² (om. γ_1)

3.96

पुंसो बिन्दुं समाकृष्य सम्यग्भ्यासपाटवात् ।

यदि नारी रजो रक्षेद्रजोल्या सा हि योगिनी ॥ (om. $\alpha_2 \alpha_3$)

3.97

तस्याः किञ्चिद्रजो नाशं न गच्छति न संशयः ।

तस्याः शरीरे नादस्तु बिन्दुतामेव गच्छति ॥ (om. $\alpha_2 \alpha_3$) (cd om. γ_2)

3.98

स बिन्दुस्तद्रजश्चैव एकीभूय स्वदेहजम्[#] ।

वज्रोल्याभ्यासयोगेन सर्वसिद्धिः प्रजायते ॥ (om. $\alpha_2 \alpha_3$)

3.99

रक्षेदाकुञ्चनेनोर्ध्वं या रजः सा हि योगिनी । ($\alpha_2 \gamma_2 \eta_2 \chi$)³³

अतीतानागतं वेत्ति खेचरी च भवेद्भुवम् ॥

3.100

96a amarīm $\gamma_2 \delta_1 \delta_3 \eta_2 \chi$] amarī $\beta_\omega \epsilon_2 \epsilon_3 \eta_1$ amarīm β_2 yat em.] yah $\beta_2 \beta_\omega \delta_1 \delta_3 \epsilon_2 \epsilon_3 \eta_1 \chi$ yo $\gamma_2 \eta_2$ **piben** cett.] piban δ_3 **96b nasyam kurvan** $\beta_2 \beta_\omega \delta_1 \chi$] naśyam kurvan $\alpha_3 \epsilon_2 \epsilon_3$ na samkurvan δ_3 nasyam kuryād $\alpha_2 \eta_1$ tasya kuryā γ_2 tastham kuryād η_2 **96c vajrolīm cā** $\delta_1 \delta_3$] vajroli cā $\beta_\omega \epsilon_2 \epsilon_3 \eta_1$ vajrolīm a $\gamma_2 \eta_2 \chi$ vajroli ka β_2 **bhyaset seyam** β_ω] bhyasec ceyam $\delta_1 \delta_3 \epsilon_3$ bhyasec ceya ϵ_2 bhyasen nityam η_1 bhyaset satve γ_2 bhyasec chattve η_2 bhyaset samyak χ thyate seyam β_2 **96d amaroliti** cett.] sāmāroliti χ amarolīm tu ϵ_3 **kathyate** cett.] kalpayet ϵ_3 kasyate η_2 **97a pumso** $\gamma_1 \delta_1 \delta_3 \epsilon_2 \epsilon_3 \eta_2 \chi$] pumsor $\beta_2 \gamma_2$ pumsām $\beta_\omega \eta_1$ **bindum** cett.] bindu $\beta_\omega \epsilon_2 \epsilon_3 \eta_2$ **samākṛṣya** Γ] samākuñcyā cett. **97b pātavāt** $\beta_2 \delta_1 \delta_3 \epsilon_3 \chi$] pātavān $\beta_\omega \Gamma \epsilon_2 \eta_2$ pāravān η_1 **97d vajrolyā** $\beta_1 \beta_\omega \gamma_2 \epsilon_2 \eta_1 \chi$] vajrolyām δ_1 vajrolyā δ_3 vajroli β_2 vajroli ϵ_3 samyoge η_2 om. (3.97d–3.101*1a om. prob. by eye-skip) γ_1 **sā hi** β_ω] saha $\beta_1 \beta_2 \gamma_2 \epsilon_2$ sāpi $\delta_1 \epsilon_3 \eta_1 \chi$ syāpi δ_3 cāpi η_2 om. γ_1 **98c tasyāḥ** $\beta_2 \delta_1 \delta_3 \epsilon_3 \eta_1 \eta_2 \chi$] yasyāḥ ϵ_2 asyāḥ β_ω om. Γ **śarīre** cett.] śarīra $\delta_3 \epsilon_3$ om. Γ **nādas tu** $\beta_2 \beta_\omega \delta_3 \epsilon_2 \epsilon_3 \eta_1$] nādas tat η_2 nādātmā δ_1 nādaś ca χ om. Γ **98d bindutām eva** $\beta_\omega \delta_1 \delta_3 \epsilon_2 \epsilon_3 \eta_1 \chi$] bindus tam eva η_2 vyamjatām eva β_2 om. Γ **99b ekī** cett.] hy ekī δ_3 om. γ_1 **bhūya** $\beta_2 \beta_\omega \gamma_2 \delta_1 \delta_3 \epsilon_3 \chi$] bhūyah $\epsilon_2 \eta_2$ bhūtaḥ η_1 bhūta β_1 om. γ_1 **svadehajam** δ_3] svadehajam δ_1 svadehajaiḥ $\beta_2 \eta_2$ svadehajau $\beta_1 \beta_\omega \gamma_2 \epsilon_2 \epsilon_3 \eta_1$ svadehagau χ om. γ_1 **99c vajrolyā** $\beta_2 \beta_\omega \epsilon_2 \epsilon_3 \eta_1 \eta_2$] vajrolyā $\gamma_2 \delta_1 \delta_3 \chi$ om. γ_1 **99d siddhiḥ** $\delta_3 \eta_2$] siddhi $\beta_\omega \eta_1$ siddhiḥ $\beta_1 \beta_2 \gamma_2 \delta_1 \epsilon_2 \epsilon_3 \chi$ om. γ_1 **prajāyate** $\beta_\omega \eta_1 \eta_2$] prakurvate $\gamma_2 \delta_1 \delta_3$ prakurvataḥ $\beta_1 \epsilon_2 \epsilon_3$ prayacchataḥ χ prayacchati β_2 om. γ_1 **100a rakṣed ākuñcanenordhvam** em.] rakṣed ākumbhanonordham α_2 rakṣed ākuñcanād ūrdhvam χ mehenākuñcanād ūrdhvam γ_2 meḍhrām ākumpanād ūrdhvam η_2 **100b yā rajaḥ sā hi yoginī** χ] yā rajaḥ saha yoginī α_2 rajasāpi hi yogināḥ $\gamma_2 \eta_2$ **100c atitānāgatam** cett.] atitānāgate β_2 atitānāgatiḥ ϵ_3 atitānām gatiḥ ϵ_2 om. γ_1 **100d khecarī ca** cett.] khecarī (one syllable missing) δ_1 khecarīm la° δ_3 khecaraś ca η_2 om. γ_1 **bhaved dhruvam** cett.] °bhate dhruvam δ_3 prajāyate γ_2 om. γ_1

³² In χ the verse 3.122 is found after this

³³ γ_2 has this hemistich between 3.96 and 3.97.

देहसिद्धिं च लभते वज्रोत्यभ्यासयोगतः ।

अयं शुभकरो योगो भोगे भुक्तेऽपि मुक्तिदः ॥ [cd in $\alpha_3\alpha_4\chi$; cf. 3.94cd]

3.101

तस्मादयं साधकाय भोगे भुक्तेऽपि मुक्तिदः[#] ॥ (ab om. $\alpha_2\alpha_3\Gamma\chi$)

तस्मात्पुण्यवतामेव अयं योगः प्रसिध्यति ॥³⁴ (cd om. $\alpha_2\alpha_3\chi$)

3.101*1

अथ शक्तिचालनम् ।

कुटिलाङ्गी कुण्डलिनी भुजङ्गी शक्तिरीश्वरी ।

कुण्डल्यरुन्धती चेति शब्दाः पर्यायवाचकाः ॥ (om. $\alpha_2\alpha_3$)

3.102

उद्धाटयेत्कपाटं तु यथा कुञ्चिकया हठात् ।

कुण्डलिन्या तथा योगी मोक्षद्वारं विभेदयेत् ॥³⁵ (om. $\alpha_2\alpha_3$)

3.103

येन मार्गेण गन्तव्यं ब्रह्मस्थानं निरामयम् ।

मुखेनाच्छाद्य तद्वारं प्रसुप्ता परमेश्वरी ॥ (om. $\alpha_2\alpha_3$)

3.104

101a ca cett.] tu η_1 om. γ_1 **labhate** cett.] labhyeta β_2 om. γ_1 **101b vajrolyabhyāsa** $\gamma_2\delta_1\delta_3\chi$] vajrolyābhyāsa $\beta_2\beta_\omega\gamma_1\epsilon_2\epsilon_3\eta_1\eta_2$ **101c subhakaro** $\alpha_3\alpha_4$] puṇyakaro χ **101d bhoge bhukte'pi muktidaḥ** χ] bhāvamukthivimukthidaḥ α_3 bhyāsyayuktasya muktida α_4 **101*1a tasmād ayaṁ** $\delta_1\delta_3\epsilon_2\epsilon_3\eta_1\eta_2$] yasmād ayaṁ $\beta_1\beta_2\beta_\omega$ **sādhakāya** $\beta_1\beta_2\beta_\omega\delta_1\delta_3\epsilon_2\epsilon_3$] sādhaḥko'yaṁ η_1 sādhaḥkānāṁ η_2 **101*1b bhoge** $\beta_1\beta_\omega\eta_2$] bhoga $\beta_2\delta_3\epsilon_2\epsilon_3\eta_1$ yoga δ_1 **bhukte** β_1] bhukti β_ω $\delta_1\text{pc?}$ mukte ϵ_2 mukti $\delta_1\delta_3\eta_1\eta_2$ yukto ϵ_3 yoge β_2 **'pi muktidaḥ** $\beta_1\beta_2\beta_\omega\epsilon_2\epsilon_3$] vimuktidaḥ $\delta_1\delta_3\eta_1\eta_2$ **101*1c eva** $\beta_2\Gamma\eta_2$] evam $\beta_1\beta_\omega\delta_1\delta_3\epsilon_2\epsilon_3\eta_1$ **101*1d ayaṁ yogah** $\beta_1\beta_2\beta_\omega\Gamma\epsilon_2\epsilon_3\eta_1$] eṣa yogah $\delta_1\delta_3$ yogo'yaṁ η_2 **prasidhyati** $\beta_1\beta_2\beta_\omega\Gamma\delta_1\delta_3\epsilon_2\epsilon_3\eta_1$] samprasidhyati η_2 **102 atha** $\beta_2\beta_\omega\epsilon_2\eta_1\eta_2\chi$] om. $\Gamma\Delta\epsilon_3$ **śakticālanam** $\beta_2\beta_\omega\gamma_2\Delta\epsilon_2\eta_1\chi$] śaktiyānaṁ γ_1 śakti η_2 om. ϵ_3 **102a kuṭilāṅgī** $\beta_2\beta_\omega\Delta\eta_1\eta_2\chi$] kuṇḍalāṅgī $\gamma_2\epsilon_2\epsilon_3$ kundaliḡī γ_1 **102b śaktir īśvarī** $\beta_2\beta_\omega\gamma_2\epsilon_2\epsilon_3\eta_1\eta_2\chi$] śaktir aiśvarī $\delta_1\delta_2$ śaktir asvarī γ_1 śaktivardhinī δ_3 **102c kuṇḍaly** $\beta_2\beta_\omega\Gamma\epsilon_2\epsilon_3\eta_1\eta_2\chi$] kuṭily Δ **arundhatī** cett.] ā[ku]ṁḍali η_1 āceti ruṁ^o η_2 **ceti** $\beta_1\eta_1$] veti β_ω vati ϵ_2 caiva ϵ_3 caite $\beta_2\chi$ devī $\Gamma\delta_1\delta_3$ divī δ_2 dhamṭi η_2 **102d śabdāḥ paryāyavācakāḥ** cett.] śabdāḥ paryāyavācakāḥ $\delta_1\delta_3$ **103a udghāṭayet** cett.] udghāṭayati ϵ_2 **kapāṭaṁ** cett.] kapālaṁ δ_3 **tu** cett.] om. ϵ_2 **103b kuñcikayā** cett.] kaṁcukayā β_2 **103d vibhedayet** cett.] prabhedayet γ_1 nirodhayet γ_2 **104a mārgēṇa** $\beta_2\beta_\omega\epsilon_2\epsilon_3\eta_1\eta_2\chi$] dvāreṇa $\Gamma\Delta$ **104c ācchādyā** cett.] āksādyā/ājñādyā δ_1 āvādyā ϵ_2 **tadvāraṁ** $\gamma_1\delta_3\eta_2$] tadvāraṁ $\beta_\omega\gamma_2\epsilon_2\epsilon_3\eta_1\chi$ taṁ dvāraṁ β_2 nadvāraṁ δ_1 tedvāraṁ δ_2

³⁴ γ_1 has a sub-colophon marking the end of Chap. 3 after this verse (the 100th!). Chap. 4 contains only 29 verses, which are the remaining verses of the usual Chap. 3. Chap. 5 corresponds to the usual Chap. 4.

³⁵ This verse and the next one are transposed in ϵ_2 .

- कन्दोर्ध्वं कुण्डली शक्तिः सुप्ता मोक्षाय योगिनाम् ।
बन्धनाय च मूढानां यस्तां वेत्ति स योगवित् ॥ (om. $\alpha_2 \alpha_3$) 3.105
- अम्भोधिशैलद्वीपानामाधारः शेषकुण्डली । (ab om. $\alpha_2 \alpha_3 \chi$)
अशेषयोगतन्त्राणामाधारः कुण्डली तथा ॥ (cd om. $\alpha_2 \alpha_3 \eta_1 \chi$) [cf. 3.1] 3.106
- कुण्डली कुटिलाकारा सर्पवत्परिकीर्तिता ।
सा शक्तिश्चालिता येन स मुक्तो नात्र संशयः ॥ (om. $\alpha_2 \alpha_3$) [= 4.77*1] 3.107
- गङ्गायमुनयोर्मध्ये बालरण्डा तपस्विनी ।
बलात्कारेण गृहीयात्तद्विष्णोः परमं पदम् ॥ 3.108
- इडा भगवती गङ्गा पिङ्गला यमुना नदी ।
इडापिङ्गलयोर्मध्ये बालरण्डा सरस्वती ॥ ($\beta_2 \beta_\omega \gamma_2 \eta_1 \eta_2 \chi$) 3.108*1
- पुच्छं प्रगृह्य भुजर्गीं सुप्तामुद्रोदयेदभीः ।
निद्रां विहाय सा ऋज्वी ऊर्ध्वमुत्तिष्ठते हठात् ॥ 3.109

105a kandordhvam $\Gamma \varepsilon_2 \varepsilon_3$] kandordhve (kandho* δ_{1ac}) $\delta_1 \delta_3 \eta_1 \eta_2 \chi$ kandorddha β_ω kamthorddham β_2 kuṇḍovvo δ_2 **śaktiḥ/śaktir** cett.] śakti β_ω **105b suptā** $\beta_2 \beta_\omega \varepsilon_3 \eta_1 \eta_2 \chi$] buddhā $\Gamma \delta_2 \varepsilon_2$ baddhā $\delta_1 \delta_3$ **105c mūḍhānām** cett.] mūrkhāṇām γ_2 **106a ambhodhi** cett.] om. $\alpha_2 \alpha_3 \chi$ **śailadvīpānām** $\beta_\omega \Gamma \varepsilon_3 \eta_1 \eta_2$] śailordvagānām β_2 plauladvīpānām ε_2 dvīpaśailānām Δ om. $\alpha_2 \alpha_3 \chi$ **106b ādhāraḥ** cett.] ādharah γ_2 ādhāraṁ ε_2 om. $\alpha_2 \alpha_3 \chi$ **106c tantrāṇām** cett.] jagatām η_2 om. $\alpha_2 \alpha_3 \eta_1 \chi$ **106d kuṇḍalī tathā** cett.] kuṇḍalī yathā δ_1 śeṣakuṇḍalī ε_3 om. $\alpha_2 \alpha_3 \eta_1 \chi$ **107a kuṭilākārā** $\beta_\omega \Gamma \Delta \varepsilon_2 \chi$] kuṇḍilākārā ε_3 kuṇḍalākārā η_1 kuṭilākārī η_2 **108b bālarandā** cett.] bālarandām χ **tapasvinī** cett.] tapaśvinī ε_2 tapaścānī δ_1 tapasvinim χ sarasvatī $\beta_1 \beta_2$ **108*1d sarasvatī** $\beta_2 \beta_\omega \gamma_2 \eta_1 \eta_2$] ca kuṇḍalī χ **109a pucchaṁ** cett.] pucche $\delta_2 \eta_2 \chi$ **pragrhya** $\beta_2 \beta_\omega \Gamma \Delta \varepsilon_2 \eta_2 \chi$] nigrhya ε_3 grhya η_1 **bhujagīm** $\beta_2 \gamma_2 \Delta$] bhujamgī $\beta_\omega \gamma_1$ bhujamgīm η_2 bhujamgīva η_1 *illeg.* ε_2 **109b udbodhayed** $\beta_2 \beta_\omega \gamma_2 \delta_1 \delta_2 \varepsilon_3 \eta_2$] udbodhayec $\eta_1 \chi$ uddyotayed δ_3 udrodhyamed γ_1 *illeg.* ε_2 **abhiḥ** $\beta_1 \Gamma$] abhiḥ ε_3 api Δ ca tām $\beta_\omega \eta_1 \eta_2 \chi$ balāt β_2 *illeg.* ε_2 **109c rjvi** cett.] rjvīm γ_2 rujvī β_ω rajvī ε_2 śaktir χ **109d ūrdhvam/ūrdham** $\delta_2 \delta_3 \varepsilon_3 \eta_1 \eta_2 \chi$] urddham γ_1 mūrdham $\beta_2 \beta_\omega \delta_1$ kurddham ε_2 **uttiṣṭhate** cett.] ākṛṣyate ε_2 **hathāt** cett.] kṣaṇāt β_2

परिस्थिता चैव फणावती सा
 प्रातश्च सायं प्रहरार्धमात्रं ।
 प्रपूर्य सूर्यात्परिधानयुक्त्या
 प्रगृह्य नित्यं परिचालनीया ॥[#](om. α_2 α_3)

3.110

वितस्तिप्रमितं दीर्घं विस्तारे चतुरङ्गुलम् ।
 मृदुलं धवलं प्रोक्तं वेष्टनाम्बरलक्षणम् ॥ [= 3.33*5] (om. α_2 α_3)

3.111

³⁶वज्रासनस्थितो योगी चालयित्वा तु कुण्डलीम् ।
 कुर्यादनन्तरं भर्त्सी कुण्डलीमाशु बोधयेत् ॥

3.112

भानोराकुञ्चनं कुर्यात्कुण्डलीं चालयेत्ततः ।
 मृत्युवक्रगतस्यापि तस्य मृत्युभयं कुतः ॥

3.113

110a *paristhitā caiva* $\beta_2\Gamma\Delta\epsilon_2$] *paristhitasyaiva* ϵ_3 *paristhitā* [sai]va η_1 *pr̥stisthitasyaiva* β_ω *avasthitasya* η_2 *avasthitā caiva* χ **110b** *prātaś ca sāyaṃ* cett.] *prātaś* tu *sāyaṃ* ϵ_3 *sāyaṃ* ca *prātaḥ* δ_2 **110c** *prapūrya* cett.] *prapūrvva* γ_1 *prasūrya* η_1 *prasārya* $\beta_2\eta_2$ *sūryāt* $\beta_1\beta_\omega\Gamma\epsilon_2\epsilon_3\eta_1\chi$] *sauryā* δ_1 *saudhā* δ_3 *sācāryya* β_2 *tesau* δ_2 *ryāṣṇut* η_2 **110d** *nityaṃ paricālanīyā* $\beta_2\chi$] *niryāt paricālanīyā* $\beta_1\beta_\omega$ *niryāt paricālanīyāt* ϵ_2 *niryātya paricālanīyā* *unm.* ϵ_3 *niyāt** *pavicālinī sā* γ_1 *niryāty avicālinī sā* $\gamma_2\Delta$ *teyā paricālanīy[ai]* η_1 *paricālanīyā* η_2 **111a** *vitastipramitaṃ dīrghaṃ* $\beta_2\Gamma\Delta\eta_2$] *vitastipramitaṃ dairghyaṃ* $\beta_\omega\epsilon_2$ *vitastipramita-dairghyaṃ* $\epsilon_3\eta_1$ *ūrdhvaṃ vitastimātraṃ tu* χ **111b** *vistāre* $\gamma_2\epsilon_2$] *vistāraṃ* $\beta_2\beta_\omega\gamma_1\Delta\epsilon_3\eta_1\eta_2\chi$ **111c** *mṛḍulaṃ* cett.] *mṛlaṃ* δ_1 **111d** *dhavaṃ* cett.] *pavaṇaṃ* δ_3 **111e** *veṣṭanāmbara* $\epsilon_3\eta_1\eta_2$] *veṣṭanāṃvala* γ_2 *vaṣṭanāṃcara* $\gamma_1\epsilon_2$ *vaṣṭanāmba* β_2 *vaṣṭanāṃ* ϵ_2 *veṣṭatāṃvara* β_ω *veṣṭitāmbara* χ *veṣṭanādhāra* Δ **112a** *vajrāsana* cett.] *vajrāsane* $\beta_2\chi$ **112b** *tu* $\beta_2\beta_\omega\Gamma\Delta\epsilon_2$] *ca* $\epsilon_3\eta_2\chi$ *om.* η_1 **112c** *ante kuryād add.* *sūryabhedāt* $\gamma_1\delta_2\delta_3$ (as header δ_3) *kuryād* $\beta_2\beta_\omega\eta_1\eta_2\chi$] *sūryād* $\Gamma\delta_1\delta_3\epsilon_2\epsilon_3$ *tathā* δ_2 **112d** *anantaraṃ* cett.] *vanara* γ_1 *sūryāt* δ_2 **112e** *bhastrīm* $\epsilon_3\eta_2$] *bhastrī* $\gamma_1\Delta$ *bhasrī* γ_2 *bhastrī* $\beta_\omega\epsilon_2$ *bhastrāṃ* $\beta_2\chi$ *illeg.* η_1 *om.* δ_2 **112f** *kuṇḍalīm āśu bodhayet* cett.] *om.* δ_2 **113a** *bhānor* cett.] *om.* δ_2 **113b** *ākuñcanaṃ kuryāt* cett.] *ākuñcanaṃ pu(?)ryāt* δ_1 *ākumcanaivaṃ* η_1 *ākuñcanenaiva* η_2 *om.* δ_2 **113c** *cālayet* cett.] *bodhayet* α_1 **113d** *tataḥ* cett.] *tadā* η_2 **113e** *mṛtyu* cett.] *mṛtyor* η_2 **113f** *vaktra* cett.] *vaktraṃ* β_ω

³⁶ χ has 3.64 before this verse.

- नासादक्षिणमार्गवाहिपवनो प्राणेऽतिदीर्घाकृते
चन्द्राम्भःपरिपूरितामृततनुः प्राग्घण्टिकायास्तथा ।
सिञ्चन्कालविशालवह्निवशगान्धूरन्ध्रनाडीगणां-
स्तत्कायं कुरुते पुनर्नवतरं जीर्णद्रुमस्कन्धवत् ॥^{#(om. α₁)³⁷} 3.114
- कुण्डलीं चालयित्वा तु कुर्याद्ब्रह्मीं विशेषतः ।
एवमभ्यस्यतो नित्यं यमिनः शङ्कते यमः ॥ (om. α₁) 3.115
- तदाभ्यसेत्सूर्यभेदमुज्जायीं चापि शीतलीम् ।
एवमभ्यासयुक्तस्य यमस्तु यमिनः कुतः ॥ (om. α₁χ) 3.116
- सुहूर्तद्वयपर्यन्तं निर्भरं चालनादसौ ।
ऊर्ध्वमाकृष्यते किञ्चित् सुषुम्णागतकुण्डली ॥ (cd om. Δ) 3.117

114a dakṣiṇamārgavāhi β_ωΓε₂ε₃η₂χ] dakṣiṇavāhimārga β₂ dakṣiṇavartmavāhi δ₂δ₃ paścimavart-
mavāhi δ₁ da...ṇa[vā]..mārgena η₁ **pavano** β₂γ₂Δ] pavanot ε₃ pavanāt β₁β_ωε₂η₁η₂χ pa-
vana γ₁ **prāṇe** γ₁] prāṇo β₁β_ωε₂ε₃η₁η₂χ ghrāṇe β₂γ₂δ₂δ₃ ghrāṇo δ₁ **'tidirghikṛte** em.]
'tidirghikṛtaś β_ωδ₂ε₃η₁χ 'tidirghikṛteś γ₂ tidirghākṛtiś ε₂η₂ tidirghākṛtaś γ₁ tirghikṛtiś ('kṛtaś pc?)
δ₁ na dirghikṛtaḥ β₂ ca dirghikṛtaś δ₃ **114b candrāmbhaḥ** β₂ε₃η₁η₂] candrāmbhaḥ Γχ can-
drāṃtaḥ Δ camdrāṃgāt β_ω camdrād[vā] ε₂ **paripūrītāmṛtatanuḥ** β₂Γε₂η₂χ] paripūrītāmṛ-
tatanuḥ ε₃ paripūrītāmṛtyutanuḥ β_ω paripūrītā..... η₁ paripūrya pūrītatanuḥ Δ **prāg** cett.]
prā β₂δ₁ **tathā** β₂β_ωγ₁δ₁δ₂ε₂η₂] tataḥ δ₃χ tadā γ₂ sadā ε₃ *illeg.* η₁ **114c siñcan** em.
(= Amaraughasāśana)] chindan ε₂ε₃ chinna β_ωη₂ chittvā χ chaṃdaḥ β₂ bhindan γ₂Δ bhidan γ₁
illeg. η₁ **vahni** cett.] pāsa ε₃ om. γ₁ **vaśagān** β_ωγ₂δ₂η₁] vaśagāt η₂ vaśagā δ₁δ₃ε₃ vaśanān
ε₂ vaśagaṃ χ pavanān β₂ **bhrū** cett.] bhū ε₃ tū γ₁ bhr̥m β_ω prāg η₂ **gaṇān/gaṇāms** cett.]
gaṇāt η₂ gataṃ χ **114d tat** β₂ε₂ε₃η₂χ] tam β₁β_ωΓΔη₁ **jirṇa** β₂β_ωγ₂δ₁δ₂] jirṇaṃ δ₃ε₂
chinna η₂χ chinnaṃ ε₃ kṛta η₁ bhasma γ₁ **115a 'tvā tu** γ₂Δε₂χ] 'tvacca γ₁ 'tvātha β₂ε₃η₂
'tvādhaḥ β_ω *illeg.* η₁ **115b kuryād bhastrīm** δ₂δ₃ε₃η₁] kuryād bhastrī β_ωδ₁ε₂ kuryād bhastrām
η₂ bhasrī kuryād Γ bhastrām kuryād β₂χ **115c abhyasyato** η₂χ] abhyasyatā β_ω abhyasato δ₃ε₃
abhyasato β₂Γδ₁δ₂ε₂... syat. η₁ **115d yaminaḥ śaṅkate yamaḥ** cett.] yamino yamabhiḥ ku-
taḥ χ **116a tadābhyaset** β_ωΓδ₂ε₂η₁] tadābhyasyet η₂ tad abhyaset β₂δ₁ε₃ tam abhyaset δ₃
sūryabhedam cett.] sūryabhede ε₃ sūryabijam δ₃ **116b ujjāyīm** β₂β_ωΓδ₂δ₃η₁η₂] ujjāi ε₂
ujjāyām ε₃ ujrākhyām δ₁ **cāpi** cett.] vāpi ε₃ [vā].. η₁ api δ₁ **116c yukṭasya** cett.] yogena
η₂ **116d yamas tu** ΓΔ] śramas tu ε₃ śamino ε₂η₁ śamano β₂β_ωη₂ **yaminaḥ** cett.] yaminaṃ
β_ω **117b nirbharaṃ** ΓΔ] nirbhayaś α₁β₂β_ωε₃ nirbhayaṃś ε₂ nirbhayaṃ η₁η₂χ **calanād**
asau α₁β₂β_ωΓε₂ε₃η₁χ] calanād asau Δ vā diśodiśa η₂ **117c ākr̥ṣyate** cett.] ākr̥te ε₃ om.
Δ **117d suṣumṇāgatakuṇḍalī** β₂Γε₃] suṣumṇā kuṇḍaligatā α₂ε₂ suṣumṇā kuṇḍaligataḥ α₁
suṣumṇāṃ kuṇḍaligatām β₁ suṣumṇāṃ kuṇḍalī gatā β_ω suṣumṇāyām samudgatā χ suṣumṇāyāḥ
samuddhṛtaḥ η₂ om. Δη₁

³⁷ In χ this verse is found after 3.121 together with the next one and has no commentary.

- तेन कुण्डलिनी तस्याः सुषुम्णायाः समुद्धृता ।
जहाति तस्मात्प्राणोऽयं सुषुम्णां व्रजति स्वतः ॥ (om. Δ) 3.118
- तस्मात्संचालयेन्नित्यं शब्दगर्भा^{*}मरुन्धतीम् ।
तस्याः संचालनेनैव योगी रोगैः प्रमुच्यते ॥ (om. Δ) 3.119
- येन संचालिता शक्तिः स योगी सिद्धिभाजनम् ।
किमत्र बहुनोक्तेन कालं जयति लीलया ॥ (om. Δ) 3.120
- ब्रह्मचर्यरतस्यैव नित्यं हितमिताशिनः ।
मण्डलाद् दृश्यते सिद्धिः कुण्डल्यभ्यासयोगतः ॥ (om. α₁) 3.121
- अभ्यासनिःसृतां चान्द्रीं विभूत्या सह मिश्रयेत् ।
तद्धारणं तूत्तमाङ्गे दिव्यदृष्टिप्रदायकम् ॥ (om. Δ_χ)³⁸ 3.122

118a tena kuṇḍalinī tasyāḥ α₁β₂β_ωΓε₂ε₃η₂χ] om. η₁ **118b** samuddhṛtā β_ωΓε₂ε₃η₁η₂] samudbhutā α₁ mukhaṁ dhruvam β₁β₂χ **118c** jahāti cett.] na yāti η₂ **118d** svataḥ ε₃η₁χ] svanaḥ α₁β₁β_ωε₂ svayam β₂Γ niścalaḥ η₂ **119a** tasmāt α₁β₂β_ωΥ₂ε₂ε₃η₁η₂χ] kas- māt γ₁ **119b** śabdagarbhāḥ β₂β_ω] śabdagaṁdhāḥ α₁ śambhugarbhāḥ Γε₂ε₃ sukhasuptām χ suśasuptām η₂ illeg. η₁ **arundhatīm** cett.] sarasvatīm β₂ **119c** tasyāḥ α₁β₂β_ωε₃χ] ta- syāḥ η₂ yasyāḥ Γε₂ [ya].. η₁ **saṁcālanenaiva** α₁β₂β_ωχ] saṁcālanenāśu Γε₃ saṁcālayenāśu ε₂η₂ lanen. ... η₁ **119d** rogaiḥ/rogair α₁β₂Υ₂ε₂ε₃η₁χ] [r]. .air γ₁ rogoḥ β_ω rogāt η₂ **pramucyate** α₁β₂β_ωη₁η₂χ] vimucyate Γε₂ε₃ **120a** saṁcālītā β₂β_ωΥ₁ε₃η₁η₂χ] saṁcalitā ε₂ saṁcalatā α₁ sa cālītā γ₂ **120b** siddhi α₁β₂β_ωε₂ε₃η₁η₂χ] mukti Γ **bhājanam** cett.] bhā- janaḥ β₂ ..janaḥ η₁ **120d** jayati cett.] vrajati η₂ **121a** brahmacaryaratasyaiva Δη₁χ] brahmacarye ca tasyaiva γ₂ brahmacatasyaiva γ₁ brahmacaryarataś caiva ε₂ brahmacaryavrata- syaiva β_ωε₃ brahmacaryavratam β₂ brahmadharmaratasyaiva η₂ **121b** hitamitāśinaḥ γ₂δ₃χ] hitamitāśanaḥ β_ωΥ₁δ₁ε₂ hitamitāśanam β₂ hitamitāśanaḥ ε₃ mitahitāśinaḥ (*śanaḥ δ_{2pc}) δ₂η₂ illeg. η₁ **121c** maṇḍalād β₂Υ₂δ₂δ₃ε₂ε₃χ] maṇḍalā β_ωΥ₁η₂ maṇḍali δ₁ illeg. η₁ **121d** kuṇḍalya β₂Υ₂ε₃χ] kuṇḍalyā β_ωδ₁δ₃ε₂η₂ kuṇḍalā δ₂ kuṇḍali γ₁ illeg. η₁ **yogataḥ** β₂ΓΔη₁η₂] yogi- naḥ β_ωε₂ε₃χ **122a** abhyāsa α₁β₂β_ωΓε₂ε₃η₁] abhyāsān χ abhyāsā η₂ **niḥśrītām** β₂β_ωε₃χ] niḥśrītā η₁ niḥśrītām η₂ niśrītā α₁ niḥśrītām ε₂ sahitām Γ **cāndrīm** α₁β₂ε₂η₂χ] cāndrī β_ωε₃η₁ candram Γ **122b** miśrayet ε₂ε₃η₁η₂χ] miśritām β₂β_ω miśritam α₁ micchayet γ₁ murchayet γ₂ **122c** taddhāraṇam β₂ε₂ε₃] taddhāraṇā Γ tadvāraṇam β_ω tad[v/dh].... η₁ tad dhārayed α₁ tāṁ dhārayed η₂ dhārayed χ **tūttamāṅge** β₂β_ωε₂ε₃] cottamāṅge γ₂ cottamāṅga γ₁ ut- tamāṅge α₁η₂ uttamāṅgeṣu χ illeg. η₁ **122d** divya cett.] dirgha α₃β₂β_ω **dr̥ṣṭipradāyakaṁ** α₁β₂β_ωε₂ε₃η₁] dr̥ṣṭipradāyiniṁ Γ dr̥ṣṭipradāyiniṁ η₂ dr̥ṣṭiḥ prajāyate η₁

³⁸ χ has this verse in the Vajrolī section, immediately after 3.96.

द्वासप्ततिसहस्राणां नाडीनां मलशोधने ।

कुतः प्रक्षालनोपायः कुण्डल्यभ्यासतो विना ॥ (om. $\alpha_1\beta_\omega$)

3.123

इति शक्तिचालनम् । ($\epsilon_2\epsilon_3\eta_1\eta_2$)

इति मुद्रा दश प्रोक्ता आदिनाथेन शम्भुना ।

एकैका तासु यमिनां महासिद्धिप्रदायिनी ॥³⁹

3.124

राजयोगं विना पृथ्वी राजयोगं विना निशा ।

राजयोगं विना मुद्रा विचित्रापि न राजते ॥

3.125

मारुतस्य विधिं सर्वं मनोयुक्तं समभ्यसेत् ।

इतरत्र न कर्तव्या मनोवृत्तिर्मनीषिणा ॥

3.126

खिलापि[#] मध्यमा नाडी द्वाभ्यासेन योगिनाम् ।

आसनप्राणसंयाममुद्राभिः सरला भवेत् ॥

3.127

123a dvā $\gamma_1\delta_1\delta_3\chi$] dvi $\beta_2\gamma_2\delta_2\epsilon_2\epsilon_3\eta_1\eta_2$ **123b** śodhane $\eta_2\chi$] śodhanam $\beta_2\Gamma\Delta\epsilon_2\epsilon_3\eta_1$ **123c** ku-
taḥ $\Delta\epsilon_3\chi$] kṛta ϵ_2 gudaḥ γ_2 guda $\eta_1\eta_2$ aṃtaḥ β_2 om. γ_1 **prakṣālanopāyaḥ** $\gamma_2\Delta\epsilon_3\eta_2\chi$]
“pāyam $\epsilon_2\eta_1$ prakṣālano vāyuh β_2 om. γ_1 **123d** kuṇḍalyabhyāsato vinā γ_2] kuṇḍalyāb-
hyāsato vinā $\gamma_1\Delta$ kuṇḍalyabhyāsanād rte $\beta_2\epsilon_2\epsilon_3$ kuṇḍalyabhyasanād rte χ kuṇḍalyabhyāsa isyate
 η_2 ku ... [bhyā] ..[mā] ... η_1 **124a** daśa cett.] dabhā α_1 nava Δ **124c** ekaikā tāsu $\alpha_1\delta_2\delta_3\chi$]
ekaikatāsu ϵ_2 ekaiva tāsu δ_1 ekaikāpi su° *unm.* Γ karaṇe sarva ϵ_3 kāraṇe sarva η_2 kāraṇam sarva
 $\beta_2\beta_\omega$ ka ... sarva η_1 **yaminām** $\alpha_1\Gamma\Delta\epsilon_2\chi$] siddhānām $\epsilon_3\eta_1\eta_2$ siddhinām $\beta_2\beta_\omega$ **124d** mahāsid-
dhipradāyini $\alpha_1\Gamma\Delta\epsilon_2\chi$] ekaikāpi kṣamaiva sā $\beta_2\beta_\omega\epsilon_3\eta_1\eta_2$ (η_1 partly illegible) **125a** prthvī cett.]
prthvīm η_2 siddhi ϵ_3 vṛddhir ϵ_2 **125b** niśā cett.] niśam η_2 nyathā γ_1 **125d** rājate cett.] śob-
hate $\beta_2\chi$ **126a** mārutasya vidhiṃ cett.] mārutābhyasanam $\epsilon_3\eta_1\eta_2$ **sarvaṃ** cett.] sarvām β_2
sarve α_1 siddhiṃ $\delta_2\delta_3$ kiṃcin η_2 **126b** samabhyaset cett.] samācāret $\eta_1\eta_2$ **126d** maṇiṣiṇā
 $\alpha_1\beta_2\Gamma\delta_1\epsilon_3\eta_2\chi$] maṇiṣiṇām $\beta_\omega\delta_2\delta_3\epsilon_2$..[ni] ..n. η_1 **127a** khilāpi $\alpha_1\beta_2\beta_\omega\gamma_2\Delta$] sthirāpi γ_1 calāpi
 $\epsilon_2\epsilon_3$ iyaṃ tu χ vināpi $\eta_1\eta_2$ **madhyamā** cett.] madhyamām η_2 *illeg.* η_1 **nāḍī** cett.] ..ḍim
 η_1 **127b** yoginām cett.] yoginā β_2 yoginaṃ β_ω yoginaḥ η_2 **127c** āsana $\alpha_1\beta_2\beta_\omega\delta_1\delta_2\eta_2\chi$]
āsanam $\Gamma\delta_3\epsilon_2\epsilon_3\eta_1$ **saṃyāma** $\alpha_1\gamma_1\epsilon_2\epsilon_3\eta_1\chi$] saṃyama β_ω saṃyāmair $\beta_2\delta_2\delta_3$ saṃyāmai $\gamma_2\delta_1$
saṃyamair η_2 **127d** saralā cett.] na calā δ_1 sabalā ϵ_3 śavalā ϵ_2

³⁹ Verse order of χ : 3.127 → 3.128 → 3.125 → 3.126 → 3.124

उपासने विनिद्राणां राजयोगः समुद्रकः ।[#]

रुद्राणी सा परा मुद्रा भद्रां सिद्धिं प्रयच्छति ॥ (om. ϵ_2)

3.128

उपदेशं हि मुद्राणां यो धत्ते सांप्रदायिकम् ।

स एवास्तु गुरुः स्वामी साक्षादीश्वर एव सः ॥ (om. α_1)

3.129

तस्य वाक्यपरो भूत्वा योऽभ्यस्यति समाहितः ।

अणिमादिगुणैश्वर्यं जायते कालवञ्चनम् ॥ (om. $\alpha_1\eta_1$)

3.130

इति स्वात्मारामयोगीन्द्रविरचितायां हठप्रदीपिकायां तृतीयोपदेशः ॥ ३ ॥

128a upāsane α_1] upāsanaṃ Γ upāsana $\delta_1\delta_3$ tathāsana δ_2 abhyāse.. η_1 abhyāseṣu $\beta_2\beta_\omega\epsilon_3$ abhyāseṇa η_2 abhyāse tu χ **vinidrāṇām** cett.] hi mudrāṇām η_2 **128b rājayogaḥ** $\Gamma\Delta$] rājayoga $\alpha_1\alpha_2\alpha_3$ anuddhṛta η_1 anuddhata ϵ_3 anudbhūta β_2 anudruta β_1 manudṛta β_ω mano dhṛtvā χ tad udeti η_2 **samudrakah** γ_2] samudravat $\alpha_1\alpha_3$ samudbhavān α_2 samūcakah γ_1 samāh-nakah δ_1 samahnakah δ_3 samāhakah δ_2 samādhinām $\beta_2\epsilon_3\eta_1$ samādhinā $\eta_2\chi$ samādhiṣu $\beta_1\beta_\omega$ **128c rudrāṇi** $\alpha_1\beta_2\beta_\omega\Gamma\Delta\epsilon_3\chi$] mudrāṇām $\eta_1\eta_2$ **sā** $\Gamma\Delta$] cā $\alpha_1\beta_2\beta_\omega\epsilon_3\eta_1\eta_2$ vā χ **128d bhadraṃ** cett.] bhavām γ_1 sadā α_1 **prayacchati** cett.] prayakṣati δ_1 **129a upadeśam** cett.] upadeśe η_1 upadeśo ϵ_2 **129b dhatte** $\beta_2\beta_\omega\gamma_2\Delta\epsilon_2\eta_2$] datte $\epsilon_3\chi$ darte γ_1 ..[tte] η_1 **sāṃpradāyikam** $\beta_1\beta_\omega\Delta\eta_1\eta_2\chi$] *yikām ϵ_3 *yikah Γ *yakam ϵ_2 sāṃpradāyakah β_2 **129c evāstu** $\beta_1\gamma_2\Delta\epsilon_2\eta_1$] evastu β_ω eva śrī $\epsilon_3\eta_2\chi$ evavāca γ_1 vāstava β_2 **129d eva** cett.] eṣa ϵ_2 saḥ cett.] ca γ_1 **130a bhūtvā** $\Gamma\Delta\epsilon_3\chi$] nityam $\beta_2\beta_\omega\epsilon_2\eta_2$ **130b yo'bhyasyati** $\Delta\epsilon_3$] yo bhyasati β_2 yo bhyaset su* γ_1 yo bhyaseta γ_2 yo bhyasena ϵ_2 yomabhyaset β_ω athābhyāsa η_2 mudrābhyāse χ **130c guṇaiś-varyam** cett.] guṇaiḥ sārḍham $\epsilon_3\chi$ **130d jāyate** cett.] labhate $\eta_2\chi$ **vañcanam** $\Delta\chi$] vañcanāt Γ vañcakah $\beta_2\beta_\omega\epsilon_2\epsilon_3\eta_2$ **col** iti svātmārāma $\gamma_1\eta_1$] iti śrīsvātmārāma β_ω ti śrīsadgu-rusvātmārāma α_1 ity ātmārāma η_2 iti śrīśahajānaṃdasamptānaciptāmaṇisvātmārāma (ciptāmaṇinā ϵ_3) $\gamma_2\epsilon_2\epsilon_3$ iti $\beta_2\Delta$ **yogindra** $\beta_\omega\Gamma\eta_2$] yogemdra α_1 yoginā $\epsilon_2\epsilon_3\eta_1$ om. $\beta_2\Delta$ **viracitāyām** $\alpha_1\beta_\omega\Gamma\epsilon_2\epsilon_3\eta_1\eta_2$] om. $\beta_2\Delta$ **haṭhapradipikāyām** $\alpha_1\beta_\omega\gamma_2\delta_3\epsilon_2\epsilon_3\eta_1\eta_2$] śrīhaṭhapradipikāyām $\beta_2\delta_2$ haṭhayaogavidyāyām δ_1 om. γ_1 **ante tṛtiyo*** add. mudrāvidhānam ϵ_3 **tṛtiyopadeśaḥ** $\alpha_1\beta_2\beta_\omega\gamma_2\epsilon_2\epsilon_3$] tṛtiya upadeśaḥ δ_1 tṛtiyoyam upadeśaḥ $\delta_2\delta_3$ tṛtiyo dhyāyah $\eta_1\eta_2$ caturthopadeśa γ_1 (cf. fn. ³⁴)

List of Sigla

α_1	N3	Gr1	one folio is missing (3.87–3.113a)
α_2	J5	Gr1	consulted sporadically
α_3	G4	Gr1	consulted sporadically
$\alpha_2 \alpha_3$		Gr1	reconstruction of Gr1 from α_2 and α_3 where α_1 is missing
β_1	P11	Gr4b	consulted only when the reading of β_2 is unusual from the stemmatic point of view
β_2	C6	Gr4b	contaminated with Gr3?
β_ω	V3	Gr6b	
γ_1	N23	Gr2	
γ_2	J7	Gr2	
δ_1	V19	Gr3	
δ_2	K3	Gr3	the Vajroli section is lost
δ_3	C7	Gr3	one folio is missing (3.11d–3.19c)
δ_ω	J6	Gr6a	collated only for 3.32*1–33*19
ε_1	P15	Gr4c	lost after 3.13a
ε_2	N19	Gr4c	
ε_3	V15	Gr4c	3.49c–3.67 omitted; contaminated with Gr3?
ε_4	J11	Gr4c	collated only for 3.49–66 as substitute for ε_3
ε_ω	N26	Gr6c	collated only for 3.32*1–33*19
η_1	V1	Gr4d	
η_2	J10	Gr4d	
η_ω	N9	Gr6d	collated only for 3.32*1–33*19
χ	Jy0	Gr4a	Brahmānanda's version, based on the edition 1972