

- श्रीआदिनाथाय नमोऽस्तु तस्मै
येनोपदिष्टा हठयोगविद्या ।
विराजते प्रोन्नतराजसौध-
मारोढुमिच्छोरधिरोहिणीव ॥ (om. $\alpha_2 \epsilon_1$) 1.1
- प्रणम्य श्रीगुरुं नाथं स्वात्मारामेण योगिना ।
केवलं राजयोगाय हठविद्योपदिश्यते ॥ (om. ϵ_1) 1.2
- भ्रान्त्या बहुमतध्वान्ते राजमार्गमजानताम् ।
हठप्रदीपिकां धत्ते स्वात्मारामः कृपाकरः ॥ (om. ϵ_1) 1.3
- हठविद्यां हि मत्स्येन्द्रगोरक्षाद्या विजानते ।
स्वात्मारामोऽथवा योगी जानीते तत्प्रसादतः ॥ (om. ϵ_1) 1.4
- श्रीआदिनाथमत्स्येन्द्रशाबरानन्दभैरवाः ।
चौरङ्गीमीनगोरक्षविरूपाक्षबिलेशयाः ॥ (om. ϵ_1) 1.5

1a śrīadināthāya cett.] anādināthāya ζ_1 ādiśanāthāya η_1 **1c virājate** cett.] vibhrājate $\beta_2 \chi$
rājasaudham cett.] «rāja»saudham α_1 rājayogam $\alpha_3 \beta_\omega \eta_2 \chi$ **1d āroḍhum** cett.] ārūḍham ζ_1
rohiṇīva cett.] rohiṇī ca γ_1 rohiṇe ca β_1 roha eva β_ω **2b yoginā** cett.] dhīmataḥ $\delta_1 \delta_2 \zeta_3$
2d haṭhavidyo cett.] haṭhayogo η_2 **3a bhrāntyā** cett.] bhrāntvā $\beta_\omega \delta_1 \delta_2$ bhrāntā $\alpha_1 \zeta_1$
matadhvānte cett.] matadhvāntai $\beta_2 \gamma_1$ matam dhīmāt α_2 manam dhāṃti β_1 matam bhrāntam
 η_1 **3b mārgam** $\alpha_1 \alpha_3 \beta_1 \gamma_1$] yogam cett. **ajānatām** cett.] ajānataḥ $\delta_1 \delta_2 \zeta_3$ **3c dhatte** cett.]
datte $\beta_1 \beta_2$ kurve δ_2 **3d svātmārāmaḥ** cett.] svātmārāma $\beta_1 \beta_\omega$ svātmārāme γ_1 **kṛpākaraḥ**
cett.] kṛpāparaḥ δ_1 kṛtāpara α_2 kṣamākaraḥ η_2 prakāśyate β_ω **4a haṭhavidyām** cett.] °vidyā
 $\alpha_2 \gamma_1 \eta_1$ °vidyo α_1 **matsyendra** cett.] tachandra γ_1 **4b gorakṣādyā vijānate** cett. incl. α_3
gorakṣādyā virājate α_1 gorakṣādiṣu rājate α_2 **4c svātmārāmo** cett.] svātmārāmas α_3 ātmārāmo
 $\delta_1 \delta_2 \zeta_1$ **4d 'thavā** cett.] tathā α_3 mahā ζ_1 **jānīte** cett.] jānaṃte β_ω **prasādataḥ** cett.]
prasidati α_2 **5a śrīadinātha** cett.] ādināthādi $\eta_1 \eta_2$ **5b śābarā** $\alpha_1 \beta_2 \gamma_1 \eta_2 \chi$] śābarā $\alpha_2 \eta_1$ śāradā
 $\beta_1 \delta_1 \delta_2$ śāgarā β_ω sāgarā $\zeta_1 \zeta_3$ **bhairavāḥ** cett.] bhairavaḥ $\alpha_1 \alpha_2$ **5c cauraṅgi** cett.] cauraṅgi
 δ_2 coraṃgi $\alpha_2 \zeta_1$ saraṃgi α_3 **mina** cett.] mena ζ_1 megha α_3 śina δ_1 pāna α_2 **5d virūpākṣa**
cett.] virūpākṣaḥ $\alpha_1 \delta_1$ vairūpākṣa ζ_1 **bileśayāḥ** cett. incl. α_3] baleśayāḥ ζ_1 vileśayāḥ β_1
savālikaḥ $\alpha_1^c \alpha_2 \delta_1$ savālmikaḥ α_1^c

- मन्थानभैरवो योगी सिद्धबुद्धश्च कन्थडिः ।
 गोरण्टकः सुरानन्दः सिद्धपादश्च चर्पटिः ॥ (cd om. $\delta_1\delta_2$) (om. ε_1) 1.6
- काणेरी पूज्यपादश्च नित्यनाथो निरञ्जनः ।
 कपाली बिन्दुनाथश्च काकचण्डीश्वराह्वयः ॥ (om. ε_1) 1.7
- अल्लमप्रभुदेवश्च घोडाचोली च टिण्टिणिः ।
 भालुकिर्नागबोधश्च खण्डकापालिकस्तथा ॥ (om. ε_1) 1.8
- इत्यादयो महासिद्धा हठयोगप्रभावतः ।
 खण्डयित्वा कालदण्डं ब्रह्माण्डेषु चरन्ति ते ॥ (om. ε_1) 1.9

6a *manthāna* cett.] manthāra δ_2 manthāno χ **bhairavo** cett.] bhairavā γ_1 **6b** *siddha* cett.] siddhi α_2 siddhir χ śuddha $\beta_2\eta_2$ suddha η_1 **buddhaś ca** cett.incl. α_3] buddhiś ca $\alpha_1\alpha_2\beta_2\beta_\omega$ **kanthaḍiḥ** $\delta_1\delta_2\chi$] kanthaḍi $\alpha_2B\zeta_3$ kanthaḍiḥ γ_1 kanthaliḥ ζ_1 kanthali $\alpha_1\eta_1$ kaṁḍali α_3 kandalī η_2 **6c** *goraṇṭakaḥ* em.] goraṇṭaka $\alpha_1\alpha_2$ gorakṣakas α_3 koraṇṭakaḥ $\beta_2\gamma_1\zeta_1\chi$ koraṁḍakaḥ ζ_3 karaṁṭaka β_1 pauraṇṭakaḥ $\beta_\omega\eta_1\eta_2$ om. $\delta_1\delta_2$ **surānandaḥ** cett.] surānanda $\alpha_2\beta_1\beta_\omega$ sadānaṁḍa α_3 kṣurānaṁḍa α_1 om. $\delta_1\delta_2$ **6d** *siddhapādaś ca* cett.] śrīpādaś caiva ζ_3 om. $\delta_1\delta_2$ **carpaṭiḥ** $\gamma_1\zeta_3\eta_2\chi$] carpaṭi $\alpha_1\beta_1\beta_\omega$ carpaṭi $\beta_2\eta_1$ sarpaṭi α_3 paryaṭi α_2 karpaṭiḥ ζ_1 om. $\delta_1\delta_2$ **7a** *kāṇeri* em.] kāṇeri $\alpha_2\beta_2\gamma_1\eta_1$ kāṇeri α_1 kāṇeriḥ ζ_1 ka[n]e.. α_3 kāṇeriḥ ζ_3 kāṇeri $\beta_\omega\eta_2\chi$ kariṇi δ_1 karaṇi δ_2 kāroṭiḥ β_1 **pūjya** cett.] pūrya η_1 pūrva $\zeta_1\eta_2$ pūla α_2 **7b** *nityanātho* cett.] dhvaninātho η_2 bilvanātho $\delta_1\delta_2$ **7d** *caṇḍīśvarāhvayaḥ* $\beta_2\gamma_1\zeta_1\zeta_3\eta_1\chi$] caṇḍīśvarādayaḥ $\beta_\omega\delta_1\delta_2\eta_2$ caṁḍīśvaro gayah α_3 caṁḍēśvaro gayah α_1 caṁḍīśvaro gajah α_2 caṁḍīśvaro mayah β_1 **8a** *allama* α_3] alama α_1 allamaḥ $\beta_\omega\zeta_1\eta_1\eta_2$ allāmaḥ χ allumaḥ α_2 allasaḥ β_1 allasaḥ γ_1 alasaḥ β_2 amelleḥ ζ_3 suksamaḥ $\delta_1\delta_2$ **8b** *ghoḍācoli* $\alpha_2\beta_1\beta_\omega\zeta_3\chi$] ghoḍācūli $\alpha_3\gamma_1$ ghoḍācūli α_1 goḍācūli β_2 ghoṭācoli δ_1 ghorācoli $\delta_2\eta_1\eta_2$ _gacoli ζ_1 **ca** cett.] ci α_3 sa δ_1 gha δ_2 **ṭiṇṭiṇiḥ** $\alpha_1\delta_2\chi$] ṭiṇṭiṇiḥ γ_1 ṭiṁṭiṇiḥ δ_1 ṭiṁṭiṇi β_1 ṭiṁṭani«h» β_2 ṭiṇṭiṇi $\eta_1\eta_2$ ṭiṁcaṇi α_2 ciṁciṇi β_ω ciṁciṇiḥ ζ_3 caṁcaṇiḥ ζ_1 caṁḍilāḥ α_3 **8c** *bhālukir* β_1] bhāluki α_1 bhāluki $\beta_2\eta_1\eta_2$ bhānukin γ_1 bhānuki χ tāluki α_2 vālukir $\delta_1\delta_2$ vāsuki α_3 vāsukir $\beta_\omega\zeta_1$ vāsukir ζ_3 **nāgābodhaś ca** $\alpha_3\beta_\omega\gamma_1\eta_1\eta_2$] nāgābodhiś ca $\beta_1\zeta_1\zeta_3$ nāgarodhaś ca $\delta_1\delta_2$ nāgadevaś ca β_2 namioḍḍiśa α_1 nāma tuṁḍiśa α_2 nāradevaś ca χ **8d** *khaṇḍakāpālikas* $\alpha_3\beta_1\beta_\omega\delta_2\eta_2$] khaṁḍaṁ kāpālikas $\gamma_1\eta_1$ khaṇḍaḥ kāpālikas $\zeta_3\chi$ khaṁḍikaḥ pālikas β_2 kaṁḍhaḥ kāpālikas ζ_1 caṁḍikāpālikas δ_1 siddhaḥ kāpālikas $\alpha_1\alpha_2$ **9b** *prabhāvataḥ* cett.] prasādataḥ $B\gamma_1$ **9c** *kāla* cett.] kāra α_1 kā β_1 **9d** *brahmāṇḍeṣu* $\alpha_1\alpha_2\beta_1\delta_1\zeta_3$] brahmāṇḍe tu β_ω brahmāṇḍe vi° $\alpha_3\beta_2\gamma_1\delta_2\eta_1\eta_2\chi$ brahmāṇḍaṁ vi° ζ_1

संसारतापतप्तानां समाश्रयमठो हठः ।

अशेषयोगजगतामाधारकमठो हठः ॥ (cd om. A)

1.10

हठविद्या परं गोप्या योगिनां सिद्धिभिच्छताम् ।

भवेद्वीर्यवती गुप्ता निर्वीर्या तु प्रकाशिता ॥

1.11

सुराज्ये धार्मिके देशे सुभिक्षे निरुपद्रवे ।¹

एकान्तमठिकामध्ये स्थातव्यं हठयोगिना ॥

1.12

अल्पद्वारमरन्ध्रगर्तपिटकं नाल्युच्चनीचायतं

सम्यग्गोमयसान्द्रलिप्तममलं निःशेषबाधोज्झितम् ।

बाह्ये मण्डपवेदिकूपरुचिरं प्राकारसंवेष्टितं

प्रोक्तं योगमठस्य लक्षणमिदं सिद्धैर्हठाभ्यासिभिः ॥

1.13

10a *samsāratāpa* cett.] *samsāraśrama* β_ω *samsāraśrama* η₂ *aśeṣatāpa* β₂χ **10b** *samāśraya* cett.] *samāśrayo* η₁ *āśrayo'yam* β_ωη₂ *samagrapra°* α₁ **maṭho haṭhaḥ** β₂γ₁δ₂ζ₁χ] *maṭho* ṭhahaḥ ε₁ *mato haṭhaḥ* δ₁ *mato (tho below) ha..* α₃ *maho haṭhaḥ* α₂β₁ *mahāmaṭhaḥ* ζ₃ *haṭho maṭhaḥ* η₁ *haṭho mataḥ* β_ωη₂ *thamo haṭhaḥ* α₁ **10c** *aśeṣa* cett.] *samasta* ζ₁ *om. A* **jagatām** γ₁δ₁δ₂ε₁ζ₁ζ₃η₂] *jagatīm* η₁ *jāyunām* β₁ *yuktānām* β₂β_ωχ *om. A* **10d** *ādhāra* cett.] *ādhāraḥ* β_ωδ₁η₂ *ādhārai* δ₂ *om. A* **kamaṭho haṭhaḥ** cett.] *kahaṭho maṭhaḥ* η₁ *om. A* **11a** *gopyā* cett.] *gopyam* α₂β_ω *yogo* β₁ **yoginām** cett.] *yoginām* β_ω *yoginā* δ₁δ₂ζ₁χ **11b** *icchatām* Aβ_ωγ₁ε₁ζ₃η₁η₂] *icchatā* β₁β₂δ₂ζ₁χ *icchitā* δ₁ **11d** *nirvirya* cett.] *nirvija* δ₁ *nirvāryā* η₂ **tu** cett.incl.α₃] *ca* α₁δ₁ζ₃ *sā* ζ₁ **12a** *surājye* cett.] *svarājye* δ₂ *surāṣṭre* β₁ **12b** *nirupadrave* cett.] *kṣemabhadrade* ζ₁ **12c** *ekānta* cett.] *ekānte* α₂β_ωε₁η₁η₂χ **12d** *yoginā* cett.] *yoginām* α₁α₃ε₁ *yogibhiḥ* α₂ **13a** *alpadvāram arandhra* cett.] *ākalpadvā«ra»raṁdhra* γ₁ *alpadvāram aruṁ«dha»* ζ₁ **piṭakam** α₁β₁ζ₁ζ₃] *piṭanam* α₃ *paṭikam* β₂ *piṭhikam* γ₁ *piṭhiram* δ₂^{pc} *piṭharam* δ₁δ₂^{ac} *viṭakam* α₂ε₁ *viṭapam* β_ωη₂ *vivaram* χ *sahitam* η₁ **nīcā** cett.] *nitā* α^{pc} *noccā* β_ω *naṁcā* γ₁ **yataṁ** cett.] *yitam* δ₂η₂ *yutam* β₁η₁ *vṛtam* ζ₃ **13b** *sāndra* cett.] *sādra* β_ωη₂ *sāpra* α₁ *lipta* ζ₁ **liptam amalāṁ** α₃β₂γ₁δ₁δ₂η₂χ] *liptavimalam* α₁α₂β₁β_ωε₁ζ₃ *liptamavilam* η₁ *sāndravimalam* ζ₁ **niḥṣeṣa** cett.] *nirdoṣa* α₁η₂ **bādhohjhitam** β_ωε₁ζ₁η₁η₂] *bodhohjhitam* α₃ *bādhārjjitam* β₁ *vātojjhitam* β₂ *jantūjjhitam* γ₁δ₁δ₂ζ₃χ] *jamṭūṣṇitam* α₂ *jyamtyūpsitam* α₁ **13c** *vedikūpa* cett.] *vedakopa* β₁ε₁ *kūpavedi* ζ₃ **ruciram** α₁α₂β_{γ₁ζ₃χ] *racitam* δ₁δ₂ζ₁η₁η₂ *ricitam* ε₁}

¹ χ has धनुःप्रमाणपर्यन्तं शिलाग्निलवर्जिते between the hemistiches.

एवंविधे मटे स्थित्वा सर्वचिन्ताविवर्जितः ।
गुरूपदिष्टमार्गेण योगमेव सदाभ्यसेत् ॥

1.14

अत्याहारः प्रयासश्च प्रजल्पोऽनियमग्रहः ।
जनसङ्गश्च लौल्यं च षड्विर्योगो विनश्यति ॥

1.15

उत्साहात्साहसाद्वैर्यात् संतोषात्तत्त्वदर्शनात् ।
जनसङ्गपरित्यागात् षड्विर्योगः प्रसिध्यति ॥

1.16

अहिंसा सत्यमस्तेयं ब्रह्मचर्यं क्षमा धृतिः ।
दयार्जवं मिताहारः शौचं चैव यमा दश ॥ (Ω)

1.16*1

तपः संतोषमास्तिक्यं दानमीश्वरपूजनम् ।
सिद्धान्तश्रवणं चैव हीर्मतिश्च जपो हुतम् ॥ (Ω)

1.16*2

14b vivarjitaḥ cett.] vivarjite β₁ζ₁ **14c** gurūpadiṣṭa cett.] gurūpadeṣṭa ε₁ gurūpadeṣa β₂ **14d** yogam eva cett.] yogam evaṃ α₂ζ₁η₁η₂ yogamārgaṃ β_ω **sadābhyaset** α₁^cα₃β₁β₂δ₁δ₂ζ₃χ] samabhyaset α₁^cα₂β_ωγ₁ε₁ζ₁η₁η₂ **15a** atyāhāraḥ β₂γ₁δ₂ε₁η₁η₂χ] atyāhāra α₂β₁ζ₃ alpāhāra δ₁ alpāhāro α₁ ātmāhāraḥ β_ω natyāhāsaḥ ζ₁ a[t].++ α₃ **prayāsaś ca** cett.] prayāsaś cā δ₁ prayāsasya α₂ pravāsaś ca α₁γ₁ *illeg.* α₃ **15b** 'niyama cett.] 'niyamā ζ₃ nama ζ₁ **15c** janasaṅgaś ca cett.] janasaṃgaṃ ca β₂ janasaṃkara ζ₁ **15d** yogo vinaśyati cett.] yogā vinaśyati γ₁ yogaś ca naśyati η₂ yogah praṇaśyati η₁ **16a** utsāhāt/n cett.] utsāha α₂β_ω utsāho α₃ **sāhasād** γ₁δ₁δ₂χ] niścayād α₁β_ωβ₁ε₁ζ₁ζ₃η₁η₂ niścayā α₂ niścalo α₃ niyamād β₂ **dhairyāt** cett.] dhairyā α₁α₂β_ω dhairyam α₃ vairyāt η₁η₂ **16b** saṃtoṣāt tattvadarśanāt ε₁] tattvajñānāc ca darśanāt α₁β₁β_ωζ₁ζ₃η₁η₂ tattvajñānārthadarśanāt α₂ tattvajñānārthadarśanaṃ α₃ tattvajñānāc ca niścayāt γ₁χ] tattvajñānād viniścayāt δ₁δ₂ tattvajñānaviniścayāt β₂ **16c** jana cett.] nija γ₁ **parityāgāt** cett.] parityāgāḥ α₃ **16d** yogaḥ prasidhyati cett.] yogas tu sidhyati η₁η₂ yogo prasidhyati α₂δ₁ **16*1c** dayārjavam ζ_ω] dayārjava β_ωη_ω devārcaṇaṃ δ_ω **16*2c** siddhānta δ_ωζ_ωη_ω] siddhāntaṃ β_ω **16*2d** hrīr matīś ca δ_ω^pc] hrī matīś ca β_ωδ_ω^{ac}ζ_ω hrī mati ca η_ω **japo** β_ωδ_ωη_ω] japā ζ_ω

अथासनानि । (५₁५₃)

हठस्य प्रथमाङ्गत्वादासनं पूर्वमुच्यते ।

तत्कुर्यादासनं स्थैर्यमारोग्यं चाङ्गपाटवम् ॥²

1.17

वसिष्ठाद्यैश्च मुनिभिर्मत्स्येन्द्राद्यैश्च योगिभिः ।

अङ्गीकृतान्यासनानि कथ्यन्ते कानिचिन्मया ॥³ [1.18–28 lost α₁]

1.18 – α₁

जानूर्वोरन्तरे सम्यक् कृत्वा पादतले उभे ।

ऋजुकायः समासीनः स्वस्तिकं तत्प्रचक्षते ॥ [found before 1.17 in ζ₁]

1.19 – α₁

सव्ये दक्षिणगुल्फं तु पृष्ठपार्श्वे नियोजयेत् ।

दक्षिणेऽपि तथा सव्यं गोमुखं गोमुखं यथा ॥ (om. ζ₁)

1.20 – α₁

heading: *athāsanāni* ζ₁] «atha» āsanāni ζ₃ **17c tat kuryād** cett.incl.α₃] ta kuryād α₂ na kuryād α₁ kuryāt tad η₂χ **āsanam sthairyam** α₂α₃β₁γ₁δ₂ε₁η₁χ] āsanasthairyam α₁β₂β_ωδ₁ζ₁ āsane sthairyam ζ₃ āsanam tasmād η₂ **17d pāṭavam** Aβ₁β_ωε₁ζ₁η₁η₂] lāghavam β₂γ₁δ₁δ₂ζ₃χ **18d kathyante** cett.] likhyante η₁ vakṣyante δ₁δ₂ **19a jānūrvor** cett.] jāmtūrvo δ₁ **antare** cett.] antaram γ₁ζ₁ **samyak** cett.] deśe ε₁ **19b ubhe** cett.] śubhe γ₁ **19c rjukāyaḥ** cett.] rjukāya α₂γ₁^fη₁ rjuḥ kāya β_ω **samāsinaḥ** cett.] samāsinam β_ω **19d tat** cett.] tam α₃ ca α₂γ₁ **20a dakṣiṇa** cett.] dakṣaṇa β_ω dakṣa α₂ **20b prṣṭha** cett.] prṣṭhi β₂ **niyojayet** cett.] tu yojayet β₁ **20c 'pi** cett.] ca γ₁δ₂ tu δ₁ **savyam** cett.] savye η₁ samyak α₃ **20d gomukhaṃ** cett.] gomukhe δ₂ **gomukhaṃ yathā** α₃δ₁δ₂ε₁ζ₃η₁η₂] gomukhaṃ tathā β_ω gomukhaṃ bhavet α₂ gomukhākṛti χ gomukhākṛtiḥ β₁β₂γ₁

² 1.17–18 are transposed in δ₁δ₂ζ₃.

³ ε₁ has two additional verses here: स्वस्तिकं गोमुखं पद्मं कूर्मसुत्तानकूर्मकं । कुक्कुटाख्यं च मत्स्येन्द्रं धनुरासनमेव च ॥ तथा पश्चिमतार्णं च मयूरं सिद्धसंज्ञकं । सिंहं भद्रं बद्धपद्ममित्याद्यं बहुधासनं ॥

एकं पादमथैकस्मिन्विन्यस्योरुणि संस्थितम् ।
इतरस्मिंस्तथा चोरं वीरासनमितीरितम् ॥

1.21 - α_1

गुदं निष्पीड्य गुल्फाभ्यां व्युत्क्रमेण समाहितः ।
कूर्मासनं भवेदेतदिति योगविदो विदुः ॥

1.22 - α_1

पद्मासनं सुसंस्थाप्य जानूर्वोरन्तरे करौ ।
निवेश्य भूमौ संस्थाप्य व्योमस्थः कुक्कुटासनम् ॥

1.23 - α_1

कुक्कुटासनबन्धस्थो[#] दोभ्यां संबध्य कन्धराम् ।
शेते कूर्मवदुत्तान एतदुत्तानकूर्मकम् ॥

1.24 - α_1

पादाङ्गुष्ठौ तु पाणिभ्यां गृहीत्वा श्रवणावधि ।
धनुराकर्षणं कृत्वा धनुरासनमुच्यते ॥

1.25 - α_1

21a ekam cett.] eka $\delta_1\zeta_3$ **athaikasmin** $\alpha_3\eta_1$] tathaikasmin $\alpha_2B\gamma_1\epsilon_1\zeta_1\zeta_3\eta_2\chi$ yathaikasmin $\delta_1\delta_2$ **21b vinyasyorūṇi saṁsthitam** $\beta_\omega\eta_1\eta_2$] vinyasyorūṇi saṁsthitah ϵ_1 niveśyorūṇi saṁsthi-
tam α_3 vinyased ūruṇi sthitam $\beta_1\gamma_1$ vinyased ūruṇi sthitah β_2 vinyased ūruṇi sthiram χ vinyaser
upari sthitam α_2 vinyased ūru saṁsthitam $\delta_1\delta_2\zeta_2\zeta_3$ vinyasorasi saṁsthitah ζ_1 **21c itarasmimś**
tathā cett.] itarasmimn adhaś α_3 **coruṁ** cett.] coru $\alpha_2\beta_1$ corū α_3 corau $\beta_2\epsilon_1$ cairuṁ ζ_1
coktam δ_2 ce.. δ_1 **21d virāsanam** cett.] patmāsanam ϵ_1 **itīritam** cett.] iti smṛtam $\alpha_2\delta_2$
udāhṛtam $\alpha_3\epsilon_1$ **22a niṣpīḍya** $\alpha_3\eta_2$] niṣpīḍya ϵ_1 niyamya $\alpha_2\beta_1\delta_1\delta_2$ nirudhya $\beta_2\gamma_1\chi$ nibadhya
 $\zeta_1\zeta_3\eta_1$ nibaddhi β_ω **22b samāhitah** cett.] samāhitam β_ω samādhinā α_2 **22c kūrmasanam**
cett.] yogāsanam $\beta_1\beta_2\gamma_1$ **22d iti** cett.] sarve β_2 **23a su** $\alpha_3B\gamma_1\delta_1\epsilon_1$] tu $\delta_2\zeta_1\zeta_3\eta_1\eta_2\chi$
stu α_2 **saṁsthāpya** cett.] saṁyojya $\delta_1\delta_2$ **23d vyomasthaḥ** cett.] °sthām $\beta_1\beta_2\gamma_1\chi$
°sthā α_2 **kukkuṭāsanam** $\alpha_3\gamma_1\delta_1\delta_2\epsilon_1\zeta_1\zeta_3\chi$] kurk(k)uṭāsanam $\alpha_2\beta_1\beta_\omega\eta_1\eta_2$ kukuṭāsanam β_2
kukkuṭāsanah $\alpha_3\epsilon_1$ **24a kukkuṭā** $\alpha_3\gamma_1\delta_1\delta_2\epsilon_1\zeta_1\zeta_3\chi$] kurk(k)uṭā $\alpha_2\beta_1\beta_\omega\eta_1\eta_2$ kukuṭā β_2 **band-**
hastho $\alpha_2\alpha_3B\gamma_1\delta_1\delta_2\epsilon_1\zeta_1\zeta_3\chi$] madhyastho η_2 vat kṛtvā η_1 **24b saṁbadhya** cett.] saṁbamdha
 $\alpha_2\alpha_3$ saṁveṣṭa γ_1 saṁhṛtya β_2 **kandharām** cett.] kandharam $\alpha_3\beta_\omega\delta_1\epsilon_1$ kandaram ζ_1
24c śete $\alpha_2\epsilon_1\zeta_1\zeta_3\eta_1\eta_2$] śene β_ω sthite α_3 sthitah $\beta_1\gamma_1$ sthitvā β_2 bhavet $\delta_1\delta_2\chi$ **kūrmavad** cett.]
°cad β_1 °rad β_ω **uttāna** $\alpha_2\beta_1\beta_\omega\gamma_1\eta_2\chi$] uttānam $\alpha_3\beta_2\delta_1\delta_2\epsilon_1\zeta_1\zeta_3\eta_1$ **24d kūrmaḥ** cett.]
pūrvakam ζ_1 **25a tu** cett.] ca $\delta_1\delta_2$ **pāṇibhyām** cett.] bāhubhyām $\eta_1\eta_2$ **25b śraṇā-**
vadhi cett.] śraṇāvadhiḥ $\alpha_2\beta_1\beta_2$ śraṇāvadhiṁ η_1 śraṇāvidhi β_ω **25c *karṣanam kṛtvā**
(karkhaṇam δ_1 $\delta_1\delta_2$] karṣanam kṛṣṭam α_3 karṣanaḥ kṛṣṭam η_1 karṣāṇākṛṣṭam $\alpha_2\beta_2\epsilon_1\zeta_1\zeta_3$ karṣanāt
kṛṣṭam (kaṣṭam β_ω) $\beta_1\beta_\omega\gamma_1$ karṣanam kuryād $\eta_2\chi$ **25d ucyate** $\alpha_2B\gamma_1\eta_1\eta_2\chi$] iritam $\alpha_3\delta_1\delta_2\epsilon_1\zeta_1\zeta_3$

वामोरुमूलार्पितदक्षपादं
जानोर्बहिर्वेष्टितदक्षदोष्णा ।
प्रगृह्य तिष्ठेत्परिवर्तिताङ्गः
श्रीमत्स्यनाथोदितमासनं स्यात् ॥

1.26 – α₁

मत्स्येन्द्रपीठं जरठप्रचण्ड-
पिचण्डरुङ्गण्डलखण्डनास्त्रम् ।
अभ्यासतः कुण्डलिनीप्रबोधं
दण्डस्थिरत्वं च ददाति पुंसाम् ॥

1.27 – α₁

प्रसार्य पादौ भुवि दण्डरूपौ
दोभ्यां पदाग्रद्वितयं गृहीत्वा ।
जानूपरिन्यस्तललाटदेशो
वसेदिदं पश्चिमाणमाहुः ॥

1.28 – α₁

26a dakṣapādam cett.] dakṣapāda β₁β₂ dakṣapādo α₃ dakṣapādaυ α₂ **26b jānor** γ₁η₁η₂χ] jānaur β_ω jānvor α₂α₃β₁β₂δ₁δ₂ε₁ζ₁ζ₃ **bahirveṣṭita** cett.] bahi«ḥsam»ṣṭhita γ₁ **dakṣadoṣṇā** α₂β₂δ₁δ₂ε₁] dakṣadorṣṇā β₁ dakṣadorbhyām γ₁ vāmapādam β_ωη₁η₂χ vāmadoṣṇā α₃ζ₃ vāmadoṣṇi ζ₁ **26c parivartitaṅgaḥ** cett.] pariveṣṭitāṅga α₂ parimarditaṅgaḥ δ₁δ₂ paribharjitāṅgaḥ ε₁ **26d śrīmatṣyanātho** cett.] śrīmatṣyadinātho β_ω matsyemdranātho α₃ **27a pīṭham** cett.] pīṭho β₂ vīraṃ η₁ vīra ζ₁ **jarāṭha em.**] jāṭhara cett. jvalana β_ω vīra ζ₁ **pracaṇḍa** α₂α₃β₁ε₁] pracaṇḍam ζ₁ζ₃η₁ pravuddham γ₁ pravuddhau δ₁δ₂ pravṛddha η₂ prabodham β₂ pradiptam β_ω pradiptim χ **27b picaṇḍa** α₂α₃ζ₁] vicaṇḍa β₁ε₁ viccaṇḍa η₁ pracaṇḍa β₂β_ωγ₁δ₁δ₂η₂χ **om.** ζ₃ (inserts khaṇḍaḍa between ruṇmaṇḍala and khaṇḍanāstram instead) **ruṇ-/rugmaṇḍala** α₂α₃Bδ₁δ₂ε₁ζ₃η₂χ] rūrmaṇḍala η₁ rugmaṇḍana γ₁ ruk(!)māṇḍana ζ₁ **khaṇḍanāstram** cett.] khaṇḍanāmam γ₁ khaṇḍalāsyam δ₁ khaṇḍitāstram δ₂ **27d daṇḍa** cett.] candra η₂χ kāya ζ₃ **sthīratvaṃ** cett.] sthītatvaṃ δ₁ **ca dadāti** cett.] dadāti α₂γ^{pc} pradadāti γ^{pc}δ₁ vidadhāti δ₂ ca karoti α₃ **28b dorbhyām** cett.] dvābhyām β_ωη₂ **padāgra** cett.incl.α₃] padāgryau α₂ karābhyām β_ωη₂ ca pāda δ₁δ₂ **28c deśo** cett.] deśe β^{pc}β_ω deśaḥ α₃β^{pc} **28d vased** α₂Bγ₁ε₁ζ₁η₁χ] 'bhyased δ₁δ₂ bhaved ζ₃ paśyed α₃ d (two syllables omitted) η₂ **tānam āhuḥ** α₂α₃ε₁] tānam āhuḥ Bγ₁δ₁δ₂η₂χ tāṇabandhaḥ ζ₁η₁ tāṇabandhaḥ ζ₃

इति पश्चिमताणमासनाग्र्यं
पवनं पश्चिमवाहिनं करोति ।
उदयं जठरानलस्य कुर्या-
दुदरे काश्यमरोगतां च पुंसाम् ॥

1.29

धरामवष्टभ्य करस्थलाभ्यां
तत्कूर्परस्थापितनाभिपार्श्वः ।
उच्चासनो दण्डवदुत्थितः खे
मयूरमेतत्प्रवदन्ति पीठम् ॥

1.30

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

1.31

29a tāṇam $\alpha_2\alpha_3\epsilon_1\zeta_1\eta_1$] tāṇam cett. tāyām α_1 āsanāgryam $\alpha_1\beta_2\beta_\omega\delta_2\epsilon_1\zeta_3\eta_1\chi$] āsanāgram β_1 āsanāśāgryam η_2 āsanākhyam $\delta_1\zeta_1$ āsanam $\alpha_2\alpha_3$ āyanam γ_1 **29b paścima** cett.] paścimā δ_1 **vāhinam** cett. incl. α_3] vāhanam $\alpha_1\beta_\omega\zeta_1$ vahena α_2 **29c udayam** cett.] udaram $\alpha_3\beta_1$ **jāṭharā-** **nalasya** cett.] jāṭharānilasya δ_1 **29d kārśyam** cett.] kāryam γ_1 kṛśyam β_ω **arogatām** $A\beta_1\beta_2\zeta_1\zeta_3\eta_1^h\chi$] alogatām γ_1 arogitām $\delta_1\eta_1^{ac}\eta_2$ arogiṇam δ_2 arogyatām β_ω **30a karasthalāb-** **hyām** $\alpha_3\epsilon_1\zeta_1$] karadvayābhyām $\alpha_1\alpha_2\zeta_3$ karadvayena $B\gamma_1\eta_1\eta_2\chi$ punaḥ karābhyām δ_1 puraḥ karāb- **hyām** δ_2 **30b kūrpara** $\beta_1\beta_2\zeta_1\zeta_3\eta_1\eta_2\chi$] kurpara $\alpha_1\beta_\omega\gamma_1$ karpāra α_2 korpara ϵ_1 kurpare $\delta_1\delta_2$ **pārśvaḥ** cett.] pārśve $\alpha_2\beta_\omega\delta_1\delta_2$ **30c uccāsano** cett.] uccāsanā α_1 uccāsane ζ_3 taccāsanam $\delta_1\delta_2$ **daṇḍavad** cett.] daṇḍa i° α_3 **utthitaḥ khe** $\beta_1\gamma_1\delta_1\delta_2\epsilon_1\zeta_3\eta_1\eta_2\chi$] utthitaḥ kham ζ_1 ucchitaḥ \searrow α_2 utthitaś cet α_1 ucchritaś ca β_2 uthitasya β_ω ^votthitāmgo α_3 **30d mayūram** $\alpha_1\alpha_3\beta_1\beta_\omega\epsilon_1\eta_1\chi$] māyūram $\alpha_2\beta_2\gamma_1\delta_1\delta_2\zeta_1\zeta_3\eta_2$ **pīṭham** cett.] pāṭham α_2 pāthām β_1 santaḥ $\delta_1\delta_2$ **31a rogān** **āsu** cett.] rogān asu β_ω rogān śvāsa ζ_1 rogāśca α_2 doṣān āsu η_2 **gulmo** cett.] gulpho γ_1 gulphau α_1 **31b abhibhavati ca** $\alpha_3\delta_1\delta_2\epsilon_1\zeta_1\eta_1\eta_2\chi$] abhibhavati $\alpha_1\zeta_3$ abhavati ca γ_1 abhavati β_ω na bhavati bhava β_1 na hi bhavati ca β_2 (n)ibhibhavati vadi ca α_2 **31c bahukadaśanabhuktaṃ** cett.] bahuḷam api ca bhuktaṃ α_3 **bhasma** cett.] tac ca δ_1 **aśeṣam** cett.] aśeṣo η_1 vicitraṃ ϵ_1 avitraṃ β_1 isutraṃ ζ_1 om. β_2 **31d jāṭharāgniṃ** cett.] jāṭharāgram ζ_1 vaḍavājñim β_ω **jārayet** cett.] jīrayet α_1 jīryate α_3 jvālayet η_2

उत्तानं शववद्धूमौ शयनं तु शवासनम् ।
सर्वासनश्रान्तिहरं चित्तविश्रान्तिसाधनम् ॥

1.32

चतुराशीत्यासनानि शिवेन कथितानि तु ।
तेभ्यश्चतुष्कमादाय सारभूतं ब्रवीम्यहम् ॥

1.33

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

1.34

तत्र सिद्धासनम् । (om. $\beta_1 \delta_1 \delta_2 \epsilon_1 \zeta_1 \zeta_3 \eta_1$)

योनिस्थानकमङ्गिमूलघटितं कृत्वा दृढं विन्यसे-
न्मेद्रे पादमथैकमेकहृदयो[#] धृत्वा समं विग्रहम् ।
स्थाणुः संयमितेन्द्रियोऽचलदृशा पश्यन् भ्रुवोरन्तरं
चैतन्नोक्षकपाटभेदजनकं सिद्धासनं प्रोच्यते ॥

1.35

32a *uttānaṃ* cett.] *uttāna* A $\beta_1 \beta_2 \gamma_1 \eta_2$ **32b** *śayanaṃ tu śavāsanam* AB $\gamma_1 \epsilon_1 \zeta_1 \eta_1$] *śayanaṃ*
ca *śavāsanam* $\delta_2 \zeta_3 \eta_2$ *śayanaṃ* tat *śavāsanam* χ *śavāsanam* idam *smṛtam* δ_1 **32c** *sarvāśana*
 $\alpha_2 \alpha_3 \beta_1 \beta_2 \gamma_1 \epsilon_1 \zeta_1 \eta_1 \eta_2$] *savāsana* β_ω *śavāsanam* $\alpha_1 \delta_1 \delta_2 \zeta_3 \chi$ *śrānti* cett.] *śrama* $\epsilon_1 \zeta_3$ *gati*
 α_2 **32d** *viśrānti* cett.] *vikrānti* δ_2 *sādhanaṃ* $\alpha_1 \alpha_2 B \gamma_1 \delta_1 \epsilon_1 \zeta_1$] *kāraṇam* $\alpha_3 \delta_2 \zeta_3 \eta_1 \eta_2 \chi$
33a *caturāśītyāsanāni* cett.] *caturāśītyāsanāni* $\gamma_1 \epsilon_1$ *caturāśītyāsanabhyā* β_1 **33b** *śivena*
kathitāni cett.] *sarvāṇi* *kathitāni* ζ_1 *kathitāni* *śivena* β_2 *om.* β_1 **tu** $\alpha_1 \alpha_3 \beta_2 \beta_\omega \epsilon_1 \zeta_1 \zeta_3 \eta_1 \eta_2$] *vai*
 $\gamma_1 \delta_1 \delta_2$ ca $\alpha_2 \chi$ *om.* β_1 **33c** *tebhyaś catuṣkam ādāya* cett.] *tebhyaś* *catu* $_m$ *ādāya* ζ_1
caturāsanam β_1 **33d** *bravīmy aham* cett.] *om.* β_1 **34a** *padmaṃ tathā* cett.] *padmaṃ* *yathā*
 β_ω *patmāsanam* ϵ_1 *bhadraṃ* *tathā* δ_1 **siṃhaṃ** $\alpha_2 \alpha_3 \beta_2 \beta_\omega \gamma_1 \epsilon_1 \eta_1 \eta_2 \chi$] *sihaṃ* α_1 *saimhaṃ* $\zeta_1 \zeta_3$
svasti β_1 *padmaṃ* δ_1 *bhadraṃ* δ_2 **34b** *bhadraṃ* cett.] *siṃhaṃ* $\delta_1 \delta_2$ **ceti** $\beta_1 \beta_2 \gamma_1 \delta_1 \delta_2 \eta_2 \chi$] *ce* .. α_3 *caiva* $\alpha_1 \alpha_2 \eta_1$ *caitac* $\beta_\omega \epsilon_1 \zeta_1$ *cātha* ζ_3 **catuṣṭayam** cett.] *catuṣṭakam* ζ_3 **34c** *tatrāpi ca*
sakhe $\alpha_1 \alpha_2 B \gamma_1 \epsilon_1$] *tatrāpi* ca *sukhe* $\eta_1 \eta_2 \chi$ *tatrāpi* ca *sukham* ζ_3 *tatrāpi* *sarveṣāṃ* α_3 *tathāpi* *bhadraṃ*
ca $\delta_1 \delta_2$ *tatra* *viśeṣeṇa* ζ_1 **34d** *tiṣṭha* $\alpha_1 \alpha_2 B \gamma_1 \epsilon_1$] *tiṣṭhat* ζ_3 *tiṣṭhet* $\alpha_3 \delta_1 \delta_2 \eta_1 \eta_2 \chi$ *śreṣṭhaṃ* ζ_1
siddhāsane cett.] *siddhāsanam* α_3 *siṃhāsane* δ_1 *padmāsanam* ζ_1 **sadā** cett.] *tadā* α_3 **head-**
ing: tatra siddhāsanam $\alpha_1 \alpha_3 \beta_2 \eta_2 \chi$] *atha* *siddhāsanam* $\alpha_2 \gamma_1$ **35a** *sthānaka* $\alpha_3 \beta_\omega \epsilon_1 \zeta_1 \zeta_3 \eta_1 \eta_2 \chi$] *dvāra*
 $\alpha_1 \alpha_2 \beta_1 \beta_2 \gamma_1 \delta_1 \delta_2$ **m aṅghrimūla** cett.] *m aṅghrimūla* δ_1 *mūlamaṅghri* η_2 **ghaṭitam**
cett.] *puṭakam* ζ_1 **ṛḍhaṃ** cett.] *dhruvam* $\zeta_1 \zeta_3$ **35b** *me(n)dhre* cett.] *medhram* $\alpha_2 \beta_1$
medhre γ_1 *madhye* δ_1 **ekahrdayo** (cf. VM) *em.*] *ekahrdaye* $\alpha_1 \gamma_1 \epsilon_1 \zeta_1$ *eka* +++ α_3 *eva* *hr-*
daye $\alpha_2 \beta_1 \delta_1 \zeta_3 \eta_2 \chi$ *eva* *niyatam* $\beta_2 \beta_\omega \delta_2$ *āsyahrdaye* η_1 **dhṛtvā** cett.] *kṛtvā* $\beta_2 \beta_\omega \delta_2 \chi$ **samam**
cett.] *hanuṃ* χ **vigraham** cett.] *susthiram* χ **35c** *paśyan* $\alpha_1 B \epsilon_1 \eta_1 \eta_2$] *paśyad* γ_1 *paśyed*
 $\alpha_3 \delta_1 \delta_2 \zeta_1 \zeta_3 \chi$ *pārśve* α_2 **35d** *caitan* $\alpha_2 B \gamma_1 \epsilon_1 \eta_2$] *caitanya* α_1 *ceto* α_3 *etan* $\delta_1 \delta_2 \zeta_1 \zeta_3 \eta_1$ *hy* *etan* χ
janakam cett.] *jananam* $\alpha_2 \zeta_1$

मतान्तरे तु ।

मेद्रादुपरि विन्यस्य सव्यगुल्फं तथोपरि ।
गुल्फान्तरं च निक्षिप्य सिद्धासनमिदं भवेत् ॥

1.36

पूर्वोक्तमेव मत्संमतम् । (om. $\beta_{\omega}\delta_1\delta_2\eta_1\eta_2\chi$)

एतत्सिद्धासनं प्राहुरन्ये वज्रासनं विदुः ।
मुक्तासनं वदन्त्येके प्राहुर्गुप्तासनं परे ॥

1.37

यमेष्विव मिताहारमहिंसां नियमेष्विव ।[#]
मुख्यं सर्वासनेष्वेकं सिद्धाः सिद्धासनं विदुः ॥ [1.38–46 lost α_1]

1.38 – α_1

चतुराशीतिपीठेषु सिद्धमेव सदा भजेत् ।
द्वासप्ततिसहस्रेषु सुषुम्णामिव नाडिषु ॥

1.39 – α_1

heading: matāntare tu $\alpha_1\beta_2\gamma_1\epsilon_1\eta_2\chi$] matāntare $\alpha_3\beta_1\beta_{\omega}\zeta_1\zeta_3\eta_1$ matāntaram α_2 matsamptare ζ_2 matsyendraḥ | matāntaram tu δ_1 etan matsyendramataṁ matāntare tu δ_2 **36a vinyasya** cett.] nikṣipya $\alpha_1\alpha_3\beta_1\beta_{\omega}$ niḥkṣipya η_2 **36b savya** AB $\gamma_1\epsilon_1\zeta_1\eta_2$] savyaṁ $\zeta_3\chi$ savyaṁ tu *unm.* η_1 vāma $\delta_1\delta_2$ **36c ca** cett.] tu η_1 **nikṣipya** cett.] niḥkṣipya η_2 vikṣipya α_2 vinyasya δ_1 **36d idam** cett.] iti δ_2 **ending:** pūrvoktam eva $\alpha_1\alpha_2\beta_1\beta_2\gamma_1\epsilon_1\zeta_1\zeta_2\zeta_3$] pūrvam evoktam etan α_3 **matsammatam** ζ_2] matsamaṁtaṁ α_1 tatsammatam ϵ_1 sammatam β_1 matsyamatam $\alpha_3\zeta_1\zeta_3$ matsyendramatam $\alpha_2\beta_2\gamma_1$ **37a etat** cett.] esmin α_2 iti δ_2 kecit δ_1 **37b r** anye cett.] anyathā α_1 **37c muktāsanam** cett.incl. α_3] muktāsanam δ_1 guptāsanam $\alpha_1\alpha_2$ vadanty eke cett.] vadanty anye $\delta_1\delta_2\epsilon_1$ **37d guptāsanam** cett.incl. α_3] muktāsanam $\alpha_1\alpha_2$ **38a yameṣv iva** cett.] yameṣv eva $\eta_1\eta_2$ yameṣu ca β_2 **mitāhāram** cett.] mitāhāra $\beta_{\omega}\eta_1$ mitāhārah η_2 **38b ahimsām** $\beta_2\delta_1\delta_2\zeta_3\chi$] nahimsām γ_1 ahimsā $\alpha_2\alpha_3\beta_1\beta_{\omega}\epsilon_1\zeta_1\eta_1\eta_2$ **niyameṣv iva** cett.] niyameṣu ca $\beta_2\eta_1$ **38c ekam** cett.] eke $\delta_2\zeta_3$ evaṁ δ_1 eva α_2 **38d siddhāḥ siddhāsanam viduḥ** cett.] siddham si[ddh]. viduḥ α_3 etat siddhāsanam viduḥ β_2 siddhāsanam idam viduḥ δ_1 *om.* δ_2 **39a caturāṣītipīṭheṣu** cett.] catura° $\gamma_1\chi$ *om.* δ_2 **39b siddham eva** cett.] siddhāsanam $\delta_1\delta_2$ **sadā bhajet** ϵ_1] sadā bhavet α_2 sadā paṭhet α_3 sadābhyaset cett. **39c dvāsapṭati** cett.] dvīsapṭati $\alpha_3\zeta_3$ **sahasreṣu** cett.] sahasrāsu ζ_3 sahasrāṇām χ **39d suṣumṇām** $\alpha_3\beta_1\beta_2\delta_1\delta_2\zeta_3\eta_2$] sukhumṇām γ_1 suṣumṇā $\alpha_2\zeta_1\eta_1$ mnām ϵ_1 nāḍinām $\beta_{\omega}\chi$ **iva nāḍiṣu** $\alpha_3\beta_1\beta_2\gamma_1\delta_1\delta_2\epsilon_1\zeta_1\zeta_3$] iva nāḍikā η_1 eva nāḍiṣu η_2 ca nāḍiṣu α_2 malaśodhanam $\beta_{\omega}\chi$

आत्मध्यायी मिताहारी यावद्वादशवत्सरम् । सदा सिद्धासनाभ्यासाद्योगी निष्पत्तिमाप्नुयात् । श्रमदैर्बहुभिः पीठैः किं स्यात्सिद्धासने सति# ॥	1.40 - α_1
प्राणानिले सावधानं बद्धे केवलकुम्भके । उत्पद्यते निरायासात्स्वयमेवोन्मनी यथा ॥ (d om. β_2)	1.41 - α_1
तथैकस्मिन्नेव दृढं बद्धे सिद्धासने सदा । (ab om. $\beta_2\zeta_1\zeta_2$) बन्धत्रयमनायासात्स्वयमेवोपजायते ॥ (c om. β_2)	1.42 - α_1
नासनं सिद्धसदृशं न कुम्भः केवलोपमः । न खेचरीसमा मुद्रा न नादसदृशो लयः ॥ (om. β_ω) ⁴	1.43 - α_1

40a ātmadhyāyī cett.] ātmādhyāyī ζ_3 ātmadhyāna α_2 **mitāhārī** cett.] mitāhāro $\delta_1\delta_2\zeta_1$
40c °bhyāsād cett.] °bhyāsā $\alpha_2\zeta_1$ °bhyāse α_3 °bhyānād δ_1 **40d yogī** cett.] yoge α_3 yoga ζ_3
niṣpattim āpnuyāt cett. incl. α_3] niṣpattim avāpnuyāt *unm.* η_2 siddhim avāpnuyāt $\alpha_2\beta_\omega$ **40e śra-**
madair bahubhiḥ $\alpha_2\alpha_3\beta_1\beta_2\gamma_1\epsilon_1$] śramādaḥ bahubhiḥ η_1 samastair bahubhiḥ ζ_1 samastabahubhiḥ
 ζ_3 śramadairghyādibhiḥ $\delta_1\delta_2$ kim ādyair bahubhiḥ $\beta_\omega\eta_2$ kim anyair bahubhiḥ χ **40f kiṃ syāt**
 $\alpha_2\beta_2\gamma_1\delta_1\delta_2\zeta_3$] kim vā α_3 sadā $\beta_\omega\epsilon_1\eta_1\eta_2$ kim sadā β_1 yadā ζ_1 siddhe χ **siddhāsane sati** cett.]
siddhāsane satya β_ω siddhāsane sthite $\beta_2\gamma_1$ siddhisādhanaḥ β_1 **41a prāṇānile** cett.] prāṇānale
 β_ω **sāvadhānaṃ** $\alpha_2\alpha_3\beta_1\gamma_1\delta_2\epsilon_1\zeta_1\eta_1\eta_2$] °ne $\beta_2\beta_\omega\delta_1\chi$ °no ζ_3 **41b baddhe** cett.] baṃdhe β_ω
baṃdhaḥ ζ_1 badha β_1 baddhvai γ_1 siddh. α_3 yuṃye α_2 **kevalakumbhake** $\delta_1\delta_2\epsilon_1\zeta_3\eta_1\eta_2\chi$] ke-
valakumbhakaḥ $\alpha_2\alpha_3\beta_1\beta_\omega\zeta_1$ kevalakumbhataḥ $\beta_2\gamma_1$ **41c utpadyate** cett.] utpadyante $\delta_2\beta_\omega\eta_1$
41d svayam evonmani cett.] om. (eye-skip) β_2 **yathā** cett.] pathaḥ ϵ_1 tathā η_1 kalā χ om. β_2
42a tathaika $\alpha_2\alpha_3\beta_1\beta_\omega\epsilon_1\eta_1\eta_2\chi$] athaika $\gamma_1\delta_1\delta_2\zeta_3$ **dṛḍham** $\alpha_2\alpha_3\beta_1\beta_\omega\delta_1\delta_2\epsilon_1$] dṛḍhe $\zeta_3\eta_1\eta_2\chi$
dṛḍhe γ_1 **42b baddhe** cett.] baddha $\beta_1\gamma_1$ **siddhāsane** cett.] siddhāsane δ_1 padmāsana
 β_1 **sadā** cett.] tadā γ_1 sati χ **43a nāsanam siddhasadṛṣam** cett.] nāsanam siddhasadanam
 ζ_1 na cāsanam siddhasamam $\eta_1\eta_2$ **43b kumbhaḥ kevalopamaḥ** cett.] kuṃbhako balopeta β_1
kumbhasadṛṣo'nilaḥ $\eta_1\eta_2$ **43d nāda** cett.] nādaḥ $\beta_1\eta_1$ nādāt α_3

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

अथ पद्मासनम् ।

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

1.44 - α_1

मतान्तरे ।

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

1.45 - α_1

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

1.46 - α_1

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

1.47

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

heading: *atha padmāsanam* cett.] *tathā padmāsanam* η_1 *padmāsanam* $\beta_1\delta_1$ *om.* ζ_1
44a *dakṣiṇam* cett.] *dakṣaṇam* $\alpha_2\beta_\omega$ *vidakṣiṇam* δ_1 *ca* cett.] *hi* $\beta_2\gamma_1\delta_1\delta_2$ *om.* α_3 *tathā*
cett.] *tato* β_ω **44b** *yāmyo* $\alpha_2\alpha_3\beta_1\beta_\omega\epsilon_1\zeta_1\eta_1$] *dakṣo* $\beta_2\gamma_1\delta_1\delta_2\zeta_3\chi$ *jānvo* η_2 *paścimena vid-*
hinā cett.] *tasya bandhanavidhau* β_ω *dhṛtvā* cett.] *vṛttā* α_2 *prṣṭe* β_ω **44c** *aṅguṣṭhau*
cett.] *aṅguṣṭho* γ_1 *aṅguṣṭhe* ϵ_1 *hṛdaye* cett.] *hṛdayam* $\alpha_3\epsilon_1$ *ālokayed* cett.] *ālokayan*
 ϵ_1 **44d** *vighātakāri* *em.*] *vighātakāra* α_2 *vivātakāri* β_1 *vināśakāri* $\alpha_3\epsilon_1\zeta_1\zeta_3\eta_1\eta_2\chi$ *vināśakāya* β_2
vināsanam *unm.* β_ω *vināsam āśu* γ_1 *vikāranāśa°* $\delta_1\delta_2$ *yaminām* cett.] *nāmimam* α_2 *janakam* γ_1
°nakaram $\delta_1\delta_2$ **heading:** *matāntare* $\alpha_2\alpha_3\beta_1\beta_\omega\zeta_2\eta_1\chi$] *matāntaram* γ_1 *matāntara* ζ_3 *matāntare*
tu $\beta_2\delta_2\epsilon_1\zeta_1\eta_2$ *matabhede* δ_1 **45b** *prayatnataḥ* cett.] *vidhānataḥ* δ_1 **45c** *tathottānau* cett.]
tathauttānau $\alpha_2\delta_1\eta_2$ **45d** *pāṇi* cett.] *pāṇim* $\beta_2\eta_2$ *tato dṛśau* cett.] *tato dṛśai* β_ω *tato dṛśe*
 α_2 *tu tādṛśau* $\delta_1\delta_2$ **46a** *nāsāgre* cett.] *nāsagre* δ_1 *vinyased* cett.] *vinyasya* β_ω *rāja*
 $\alpha_2\alpha_3\beta_1\gamma_1\delta_1\delta_2\eta_2\chi$] *rājan* ϵ_1 *rājā* ζ_1 *dṛṣṭim* $\zeta_3\eta_1$ *dṛṣṭi* β_ω *lac.* β_2 **46b** *mūlam* cett.] *mūle* $\beta_2\delta_1\delta_2\chi$
ca $\alpha_2\alpha_3\beta_\omega\delta_1\delta_2\epsilon_1\zeta_3\eta_1\eta_2$] *tu* $\beta_1\beta_2\gamma_1\zeta_1\chi$ **46c** *uttabhya* $\alpha_2\gamma_1\zeta_1\eta_2$] *uttambhya* $B\delta_1\delta_2\zeta_3\eta_1\chi$ *un-*
namya ϵ_1 *vakṣasy* $\alpha_2\alpha_3\beta_1\beta_2\gamma_1\delta_1\delta_2\epsilon_1\zeta_1\chi$] *caḥ* ζ_3 *vakṣam* η_1 *vakṣa* $\beta_\omega\eta_2$ **46d** *āsthāpya*
 $\delta_1\delta_2\epsilon_1$ (cf. DYS)] *utthāpya* $\gamma_1\chi$ *utthāya* β_2 *otthāpyot* ζ_1 *otthāpyot* $\alpha_2\beta_1$ *sthāpayet*
 $\beta_\omega\eta_1\eta_2$ *ākṣya* α_3 **47a** *proktaṃ* cett.] *praktaṃ* δ_1 **47d** *dhīmatā labhyate* cett.] *dhīmatā*
labhate α_2 *dhīmatāṃ labhyate* $\alpha_3\beta_2$ *dhīmatāṃ labhate* γ_2 *labhyate dhīmatā* $\zeta_1\zeta_3$ *bhuvi* cett.]
matih α_2 **ending:** *paścād uktam eva* (evā α_1) $\alpha_1\alpha_2\beta_2\gamma_1\epsilon_1$] *paścād uktam* $\beta_\omega\delta_1\delta_2\eta_1\eta_2$ *idam api*
 $\zeta_1\zeta_2\zeta_3$ *matsammatam* $\alpha_1\zeta_2$] *tatsammatam* ϵ_1 *matsyamamatam* $\beta_\omega\zeta_1\zeta_3\eta_1\eta_2$ *matsyendramatam*
 $\beta_2\gamma_1\delta_1\delta_2$ *matsimdraḥ* α_2

कृत्वा संपुटितौ करौ दृढतरं बद्धा तु पद्मासनं
गाढं वक्षसि संनिधाय चिबुकं ध्यानं च तच्चेतसि[#] ।
वारं वारमपानमूर्ध्वमनिलं प्रोच्चालयनपूरितं[#]
मुच्चन्प्राणमुपैति बोधमतुलं शक्तिप्रभावान्नरः[#] ॥ (om. β₁)

1.48

पद्मासनस्थितो योगी नाडीद्वारेषु पूरयेत् ।
मारुतो म्रियते यस्य[#] स मुक्तो नात्र संशयः ॥

1.49

अथ सिंहासनम् ।

गुल्फौ च वृषणस्याधः सीवन्याः पार्श्वयोः क्षिपेत् ।
दक्षिणे सव्यगुल्फं तु दक्षगुल्फं तु सव्यके ॥

1.50

हस्तौ च जान्वोः संस्थाप्य स्वाङ्गुलीः संप्रसार्य च ।
व्यात्तवक्रो निरीक्षेत नासाग्रं सुसमाहितः[#] ॥

1.51

48a kṛtvā cett.] dhrtvā δ₁δ₂ **karau** cett.] om. γ₁ **tu** cett.] ca δ₁δ₂ tha α₃ **48b** samnid-
hāya cett.] samvidhāya η₁η₂ nidhāya α₁α₃ **dhyānam** cett.] dhyāyaṃś χ **ca tac** cett.] tataś
η₁ **cetasi** cett.] cepsitaṃ η₂ **48c** proccālayan ε₁] proccāla + α₃ proccārayaṃ α₁ procāraṇ
α₂ proccārayet γ₁ζ₃ procārayet β_ω protsālayan η₁ protsārayan β₂δ₂ζ₁χ protsārayet δ₁ prollāsayan
η₂ **pūritaṃ** cett.] pūrayan δ₁η₁ pūrayet δ₂ **48d** muñcan prāṇam upaiti (upeti α₁) cett.]
mumcet prāṇam upaiti α₃ muñcat prāṇam upaiti β_ωη₂ muccamta prāṇapumsaiti α₂ nyañcan prāṇam
upaiti χ prāṇam muñcati yāti δ₁δ₂ **prabhāvān naraḥ** cett.] prabhāvād ataḥ η₂ prabhāvodayāt
δ₁δ₂ **49a** padmāsana cett.] padmāsane α₃η₂χ **49b** dvāreṣu cett.] dvāreṇa β_ωχ **pūrayet**
α₁α₂Bγ₁δ₁δ₂ε₂ζ₁η₁] pūrayan α₃ε₁ζ₃η₂ pūritaṃ χ **49c** māruto ζ₁] mārutaṃ cett. **mriyate**
yasya em.] mriyate yas tu α₁α₃ε₁ζ₁ māraved yas tu α₂ dhārayed yas tu δ₁δ₂ζ₃χ dhriyate yas
tu ε₂ nayate yas tu β₁β₂ niyataṃ yas tu γ₁ pīvyate yas tu β_ω pīyate yas tu η₁ yas tu pibati η₂
49d mukto cett.] śakto α₂ **heading: atha siṃhāsanaṃ** cett.] atha siṃhāna α₁ siṃhāsanaṃ
β₁ siṃhāsana yathā δ₁ atha siddhāsan(!) α₂ **50a** ca cett.] tu ζ₃ **50b** sīvanyāḥ (sivā° α₁)
cett.] sīvinyāḥ β₁ζ₁ simanyāḥ δ₁δ₂ **50c** dakṣiṇe cett.] dakṣiṇaṃ β₁ε₁ dakṣaṇe β_ω dakṣe
α₂ **gulphaṃ tu** cett.] gulphaṃ ca δ₁δ₂ gulpheṣu β₁ gulphena ε₁ **50d** dakṣagulphaṃ cett.]
dakṣiṇena ε₁ **tu** cett.] ca δ₁δ₂η₁ ta° ε₁ **savyake** cett.] savyakam β₁ guhyake δ₁ °thetaraṃ
ε₁ **51a** ca jānvoḥ Bγ₁] ca jāhno α₁ ca jānu α₃ jānyo α₂ jānvoś ca δ₁δ₂ jānvoḥ su° ε₁ tu jānvoḥ
ζ₁ζ₃η₁χ tu jānunauḥ η₂ **saṃsthāpya** cett.] sthāpya η₂ **51b** svāṅguliḥ α₁β₁β_ωζ₃η₁η₂χ]
svāṅguli α₃β₂γ₁ε₁ζ₁ svāṅguliṃ α₁ saṅguli α₂ aṅguliḥ δ₁ aṅguli δ₂ **saṃprasārya** cett.]
yaṃ prasārmya γ₁ **51c** vyātta cett.] vyāta β_ω vyālā δ₁ **vaktro** cett.] vaktrau ζ₁ vakro
β_ω **nirīkṣeta** cett.] nirīkṣet β_ω nirīkṣeta η₂ nirīkṣeya γ₁ nikṣipet α₃ **51d** nāsāgraṃ cett.]
nāsāgra β_ωγ₁η₂ nāsāgre η₁ **susamāhitaḥ** β₁δ₁δ₂ε₁ζ₁ζ₃χ] stusamāhitaḥ γ₁ tu samāhitaḥ α₁α₂
susamāhitaṃ α₃β₂ nyastalocanaḥ η₁η₂ nyastalocanaṃ β_ω

सिंहासनं भवेदेतत्पूजितं योगिभिः सदा ।
बन्धत्रितयसंधानं कुरुते चासनोत्तमम्[#] ॥

1.52

अथ भद्रासनम् । (om. $\alpha_1\alpha_2\beta_1\zeta_1\zeta_3$)

गुल्फौ च वृषणस्याधः सीवन्याः पार्श्वयोः क्षिपेत् । [= 1.50ab] (ab om. $\zeta_1\beta_\omega$)
सव्यगुल्फं तथा सव्ये दक्षगुल्फं तु दक्षिणे । ($\beta_2\gamma_1\chi$)
पार्श्वपादौ च पाणिभ्यां दृढं बद्धा सुनिश्चलम् ॥

1.53

भद्रासनं भवेदेतत्सर्वव्याधिविषापहम् ।
गोरक्षासनमित्याहुरिदं वै सिद्धयोगिनः ॥

1.54

⁵एवमासनबन्धेषु योगीन्द्रो विजितश्रमः ।
अथाभ्यसेन्नाडिशुद्धिं मुद्रादिपवनक्रियाम् ॥

1.55

52a etat cett.] evaṃ γ_1 **52b** yogibhiḥ sadā cett.] munipuṅgavaiḥ $\delta_1\delta_2$ yogipuṅgavaiḥ χ **52c** tritaya AB $\epsilon_1\zeta_1\eta_2\chi$] tṛtiya η_1 trayasya $\gamma_1\delta_1\delta_2\zeta_3$ **saṃdhānam** cett.] saṃdhāyī ζ_1 **52d** kurute cett.] sevate ζ_1 **cāsanottamam** cett.] vāsanottamam $\alpha_1\beta_1\eta_1$ sādhanottamam η_2 **heading:** atha bhadraśanam $\beta_2\beta_\omega\gamma_1\delta_2\epsilon_1\eta_1\eta_2\chi$] (written between 1.52ab and cd) α_3 atha bhadraṃ δ_1 om. $\alpha_1\alpha_2\beta_1\zeta_1\zeta_3$ **53a** ca cett.] tu $\alpha_2\alpha_3\epsilon_1$ **53b** sīvanyāḥ $\alpha_1\alpha_2\beta_2\gamma_1\epsilon_1\zeta_3\eta_1\eta_2\chi$] sīvinyāḥ β_1 sīmanyāḥ $\delta_1\delta_2$ sebhanyāḥ α_3 om. $\beta_\omega\zeta_1$ **53d** tu $\gamma_1\chi$] ca β_2 **53e** pārśva $\alpha_1\alpha_2B\gamma_1\epsilon_1\eta_1\eta_2\chi$] pārśve $\delta_1\delta_2\zeta_3$ pārśvau ζ_1 **53f** baddhvā cett.] baddhaṃ δ_1 **suniścalam** $\alpha_3\beta_1\beta_2\delta_2\zeta_3\eta_1\eta_2\chi$] suniścalāḥ $\alpha_1\epsilon_1$ suniścayam α_2 tsuniścalam β_ω stuniścalam γ_1 tu niścalam ζ_1 suniścitam δ_1 **54b** viśāpahaṃ AB $\beta_1\beta_\omega\epsilon_1\eta_2$] vināśanam $\beta_2\gamma_1\delta_1\delta_2\zeta_1\zeta_3\chi$ {{vināśanam}}viśāpahaṃ η_1 **54d** idaṃ cett.] evaṃ γ_1 **vai siddhayoginaḥ** cett.] te siddhayoginaḥ β_1 siddhāś ca yoginaḥ β_2 **55a** evaṃ āsana cett.] pavanāśana ζ_1 **55b** yogīndro cett.] yogēndro ζ_1 **vijitāśramaḥ** A $\beta_1\delta_2\epsilon_1\zeta_1\zeta_3$] vijitāḥ śramaḥ γ_1 vijiteśramaḥ δ_1 vijitāśramāṃ β_ω vigatāśramaḥ $\beta_2\eta_1\eta_2\chi$ **55c** athābhyāsen $\beta_1\beta_2\gamma_1\delta_1\delta_2\eta_2$] athābhyāsen $\alpha_2\epsilon_1$ athābhy[ā]s. α_3 athābhyāse ζ_1 athābhyāse ζ_3 athābhyāsaṃ β_ω athābhyā.e η_1 abhyāsen χ abhyāse α_1 **nāḍi** $\alpha_1\alpha_3B\gamma_1\delta_1\delta_2\epsilon_1\zeta_3\eta_1$] nāḍi *unm.* η_2 nāḍi/ḍi (with two vowel signs) ζ_1 nā α_2 nādikā χ **śuddhiṃ** $\beta_1\beta_\omega\delta_1\delta_2\epsilon_1\zeta_3\eta_2\chi$] śuddhiḥ $\beta_2\gamma_1$ śvaddhiṃ η_1 śuddhiḥ syān $\alpha_1\alpha_2$ śu ζ_1 **55d** mudrādi cett.] mudrayā δ_2 subaddhvā δ_1 **kriyām** cett.] kriyāḥ $\alpha_1\epsilon_1\zeta_1\zeta_3$ kriyā $\alpha_2\beta_\omega\gamma_1$

⁵ α_1 has a kind of dittography here (cf. 1.56ab): असनं कुंभकं चित्रं मुद्राख्यं करणं भवेत् ।

क्रियायुक्तस्य सिद्धिः स्यादक्रियस्य कथं भवेत् ।

न शास्त्रपाठमात्रेण योगसिद्धिः प्रजायते ॥ ($\beta_2\beta_\omega\eta_2\chi$)⁶

1.55*1

न वेषधारणं सिद्धेः कारणं न च तत्कथा ।

क्रियैव कारणं सिद्धेः सत्यमेतन्न संशयः ।

शिश्रोदरस्तायेह न देया वेषधारिणः ॥ ($\beta_2\beta_\omega\eta_2\chi$)

1.55*2

मयि बोधाम्बुधौ स्वच्छे तुच्छोऽयं विश्वबुद्बुदः ।

प्रलीन उदितो वेति विकल्पपटलः कुतः ॥ ($\delta_1\delta_2$)

1.55*3

श्रुतिप्रतीतिः स्वगुरुप्रतीतिः

स्वात्मप्रतीतिर्मनसोऽपि रोधः ।

एतानि सर्वाणि समुच्चितानि

मतानि धीरैरिह साधनानि ॥ ($\delta_1\delta_2$)

1.55*4

55*2a *veṣadhāraṇaṃ* $\beta_2\eta_2\chi$] *veṣādhāraṇīṃyo* β_ω **siddheḥ** $\beta_2\eta_2\chi$] *siddhi* β_ω **55*2b** *na ca* $\beta_2\eta_2\chi$] *ca* β_ω **tatkathā** $\beta_2\beta_\omega\chi$] *tatkathāḥ* η_2 **55*2c** *siddheḥ* $\eta_2\chi$] *siddhi* β_ω *siddham* β_2 **55*2d** *etan* $\eta_2\chi$] *eva* β_2 *eva* *tat* β_ω **55*2e** *śiśnodara* $\beta_2\beta_\omega\eta_2$] *om.* χ **ratāyeha** η_2] *ratāyena* β_ω *ratāya..* β_2 *om.* χ **55*2f** *na* $\beta_2\beta_\omega\eta_2$] *om.* χ **deyā** *em.*] *deyo* $\beta_2\beta_\omega$ *dayo* η_2 *om.* χ **veṣa** $\beta_2\eta_2$] *viṣa* β_ω *om.* χ **dhāriṇaḥ** $\beta_\omega\eta_2$] *dhāriṇe* β_2 *om.* χ **55*3a** *mayi* δ_2] *miyi* δ_1 **bodhāmbudhau** δ_2] *bodhoṃbudhau* δ_1 **55*3b** *budbudah* δ_1] *budbudah* δ_2 **55*3c** *pralīna* δ_1] *pralīne* δ_2 **55*4a** *pratitih* δ_2] *prītaḥ* δ_1 **55*4b** *'pi rodhaḥ* *em.*] *'pi* *bodhaḥ* $\delta_1\delta_2$ **55*4c** *samuccitāni* δ_1] *samuddhṛtāni* δ_2

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

आसनं कुम्भकं चित्रं[#] मुद्राख्यं करणं तथा[#] ।

अथ नादानुसंधानमभ्यासानुक्रमो हठे ॥ (om. η_1)

1.56

ब्रह्मचारी मिताहारी योगी योगपरायणः ।

अब्दादूर्ध्वं भवेत्सिद्धो नात्र कार्या विचारणा ॥

1.57

सुस्निग्धमधुराहारश्चतुर्थांशविवर्जितः ।

भुज्यते शिवसंप्रीत्यै मिताहारः स उच्यते ॥

1.58

कद्वसूतीक्ष्णलवणोष्णहरीतशाक-

सौवीरतैलतिलसर्षपमत्स्यमद्यम् ।

आजादिमांसदधितक्रकुलत्थकोल-

पिण्याकहिङ्गुलशुनाद्यमपथ्यमाहुः ॥

1.59

56a kumbhakam cett.] kumbhakaś $\beta_\omega \varepsilon_1 \eta_2$ **citraṃ** cett.] citra $\gamma_1 \zeta_1$ citro ε_1 **56b mu-**
drākhyam $\alpha_1 \alpha_3 \beta_1 \beta_2 \delta_1 \delta_2 \varepsilon_1 \zeta_1 \zeta_3 \chi$] mudrāśyaṃ γ_1 mudrādi $\alpha_2 \beta_\omega \eta_2$ **karaṇam tathā** cett.]
karaṇādikaṃ α_3 karaṇāni ca η_2 pavanakriyā $\alpha_2 \beta_\omega$ **56d °m abhyāsā°** cett.] m abhyāsya $\beta_2 \delta_1$
syābhyāsā β_ω **°nukramo haṭhe** $\alpha_2 \beta_2 \beta_\omega \gamma_1 \varepsilon_1 \zeta_3 \eta_2 \chi$] °nukramo haṭhaḥ $\alpha_1 \beta_1$ °nukramo haṭho ζ_1
°dukrame haṭhe α_3 °nukrameṇa tu $\delta_1 \delta_2$ **57a mitāhāri** cett.] mitāhāro $\delta_1 \delta_2 \varepsilon_1$ **57b yogī**
A $\beta_1 \delta_1 \delta_2 \varepsilon_1 \zeta_1 \eta_1$] tyāgī $\beta_2 \beta_\omega \gamma_1 \zeta_3 \eta_2 \chi$ **57c siddho** cett.] siddhir α_1 siddhi $\alpha_2 \alpha_3 \beta_1$ siddhin
 η_2 **57d kāryā** cett.] kārya $\beta_\omega \gamma_1^c$ kāryo β_2 **vicāraṇā** cett.] vicāraṇāt η_2 vicāraṇe β_2
58a āharaś cett.] āhāra $\alpha_1 \alpha_2 \beta_1 \beta_2$ āhāra«ḥ» η_1 āhāraḥ η_2 āhāraṃ β_ω **58b caturthāṃśa**
cett.] caturthāśā γ_1 **vivarjitaḥ** cett.] vivarjita β_1 vivarjitam β_ω **58c śivasamprityai** cett.]
śivasampritya η_1 yama ca prokto α_2 **58d mitāhāraḥ** cett.] mitāhāri γ_1 **sa ucyate** cett.]
samucyate $\beta_\omega \eta_1$ **59a kaṭvāmla** cett.] kaṭvāmla $\beta_\omega \eta_1$ kaṭkāṃmla α_2 **tikṣṇa** cett.] tikta
 $\alpha_3 \delta_1$ **harita** $\alpha_1 \alpha_3 \delta_1 \delta_2 \varepsilon_1 \zeta_1 \eta_1 \eta_2 \chi$] hārita $\alpha_2 \zeta_3$ harita $\beta_2 \beta_\omega \gamma_1$ hārahārita β_1 **śāka** cett.] śākam
 $\beta_\omega \eta_1$ **59b tila** cett.] *illeg.* η_1 *om.* $\beta_2 \gamma_1$ **sarṣapa** cett.] sarpiṣa β_1 **matsyamadyam**
 $\beta_\omega \delta_1 \zeta_3 \eta_2$] matsyamadhyam δ_2 matsyamadyāḥ ζ_1 machyamadyā α_1 tsyamagham η_1 madyamat-
syān $\alpha_3 \beta_2 \gamma_1 \chi$ madyamatsyāḥ $\beta_1 \varepsilon_1$ madyamatsā α_2 **59c ājādi** *m.c.* $\zeta_1 \chi$] ajādi $\beta_1 \gamma_1 \zeta_3$ ajāvi
 $\delta_2 \varepsilon_1 \eta_2$ ajāvi $\beta_\omega \delta_1 \eta_1$ ājivi α_1 ajādhi α_2 ajavya β_2 **māṃsa** cett.] māsaṃ η_1 māmsam ζ_3 **ku-**
lattha $\alpha_1 \beta_2 \gamma_1 \delta_2 \zeta_1 \zeta_3 \eta_2 \chi$] kulastha ε_1 kulatha $\beta_\omega \delta_1$ kalatha β_1 kulatthya η_1 kulittha α_2 kuluddha
 α_3 **kola** $\alpha_1 \alpha_2 \beta \delta_1 \delta_2 \varepsilon_1 \zeta_3 \chi$] kela ζ_1 kodra $\alpha_3 \eta_2$ koṣṇā η_1 kāla γ_1 **59d piṇyāka** cett.] panyaka
 β_1 piṇyāka α_2 pinnāka β_ω *om.* γ_1 **laśunā-/lasunādyam** cett.] lasanādyam α_2 liśunādyam ε_1
laśanādyam ζ_1 laśunādy β_1 **apathyam** cett.] avarppam β_1

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

1.60

तथा हि गोरक्षवचनम् । (om. $\delta_1\delta_2\zeta_1\zeta_3$)

वर्जयेद्दुर्जनप्रान्तं वह्निस्त्रीपथसेवनम् ।
प्रातःस्नानोपवासादिकायक्लेशविधिं तथा ॥

1.61

गोधूमशालिलवषष्टिकशोभनात्रं
क्षीराज्यमण्डनवनीतसितामधूनि ।
शुण्ठीपटोलकफलादि च पञ्चशाकं
मुद्गादि दिव्यमुदकं[#] च यमीन्द्रपथ्यम्[#] ॥

1.62

60a vidyāt $\alpha_2\gamma_1\delta_1\epsilon_1\chi$] vidyā ζ_1 vimdyāt $\alpha_1\alpha_3B\delta_2\zeta_3\eta_1\eta_2$ **punar apy** cett.] punar $\alpha_3\delta_1\delta_2\zeta_1$ punar asy⁷ χ **uṣṇīkṛtaṃ** $\gamma_1\epsilon_1\zeta_1\zeta_3\eta_1\eta_2\chi$] uṣṇīkṛta α_3 uṣṇī α_1 ullikṛtaṃ α_2 uṣṇumkṛtaṃ β_1 asvikṛtaṃ β_2 uṣṇakṛtaṃ β_ω °oṣṇīkṛtaṃ χ uṣṇībhūtaṃ $\delta_1\delta_2$ **rūkṣam** cett.] rūkṣa η_1 aprami-
taṃ $\delta_1\delta_2$ **60b atilavaṇaṃ amlaprṛktaṃ** em.] atilavaṇāmlaprṛktaṃ γ_1 atilavaṇādyapṛantaṃ
 α_1 atilavaṇādyaptataptaṃ α_2 atilavaṇādyam proktaṃ ϵ_1 atilavaṇaṃ amlayuktaṃ χ atilavaṇā-
mlayuktaṃ β_2 atilavaṇādiyuktaṃ $\beta_1\zeta_3$ atilavaṇādiṣṭayuktaṃ ζ_1 atilavaṇaka[[t]]prayukta α_3
atilavaṇādyuṣṇataṃ η_1 atilavaṇaṃ tilapiṇḍa η_2 atilavaṇaṃ tilaṃ piṇḍa β_ω atilavaṇasavapalala δ_1
atilavaṇāsavapalalaṃ δ_2 **kadaśana** cett.] kadaśanaṃ $\beta_\omega\epsilon_1\eta_2$ **śākotkaṭaṃ** cett.] śākātkata
 β_ω śōkātkata η_1 śākokṣadaṃ γ_1 **duṣṭam** $\alpha_2\beta_2\gamma_1\zeta_1\zeta_3\eta_1$] duṣṭī β_1 duṣṇaṃ α_1 dṛṣṭaṃ α_3 ruṣṭaṃ
 ϵ_1 varjyam $\delta_1\delta_2\chi$ varjjaṃ η_2 varjitaṃ β_ω **heading:** found between 1.61–62 α_3 om. $\delta_1\delta_2\zeta_1\zeta_3\chi$
tathā hi $\alpha_3B\gamma_1\chi$] tathā $\alpha_1\alpha_2\eta_1\eta_2$ *post gorakṣavacanam add.* tailāmlalavaṇāni timtrīṇi ś[o]kaṃ
śad... nime α_3 tailāmlaloṇitīnikālikābhāi(?) η_1 **61a durjana** cett.] durjanaṃ β_2 tarjana η_1
prāntaṃ $\alpha_1\alpha_3\beta_1\zeta_1\chi$] prāntaṃ $\epsilon_1\eta_1$ prāptaṃ α_2 prāpte β_2 pritiṃ $\gamma_1\delta_1\delta_2\zeta_3\eta_2$ priti β_ω **61b vah-**
nistrī cett.] vāstrī δ_1 **patha** cett.] pathya $\alpha_2\beta_\omega$ pathi χ madhu δ_1 **61c prātaḥ** cett.]
prāta $\alpha_1\alpha_2\delta_1\epsilon_1\eta_1\eta_2$ **61d kleśavidhiṃ** $\alpha_1\alpha_3\beta_2\beta_\omega\gamma_1\epsilon_1\zeta_1\zeta_3\chi$] kleśavidhis $\alpha_2\beta_1$ kleśādikaṃ $\delta_1\eta_1\eta_2$
kleśādhikaṃ δ_2 **tathā** cett.] yathā δ_1 **62a godhūma** cett.] godhūmā δ_1 **yava** cett.] java
 $\alpha_2\beta_2\delta_1\eta_1$ **śāṣṭika** $\beta_1\beta_\omega\delta_1\delta_2\zeta_3\eta_1\eta_2$] śāṣṭika $\beta_2\epsilon_1\chi$ śāṣṭika α_1 śākdhikr(?) α_2 māṣikaṃ γ_1
piṣṭika α_3 piṣṭaka ζ_1 **śobhanānnaṃ** cett.] śobhanānna $\beta_\omega\gamma_1$ śobhanānnāni η_1 **62b maṇḍa**
 $\alpha_1\alpha_2\beta_1\beta_2\gamma_1\delta_1\delta_2\epsilon_1$] khaṇḍa $\alpha_3\zeta_1\zeta_3\eta_2\chi$ ṣaṇḍa $\beta_\omega\eta_1$ **navanīta** cett.] navanīti $\alpha_2\eta_1$ va«na»nīta
 γ_1 **sītā** cett.] sītā η_1 sudhā ζ_1 **62c śuṇṭhī** cett.] kuṇṭhī ϵ_1 **paṭolaka** cett.] paṭolika
 $\zeta_1\eta_1$ paṭola η_2 **phalādi ca** B] phalādika $\alpha_3\gamma_1\delta_1\delta_2\zeta_1\chi$ phalādi«ka» α_1 phalādi α_2 phalādiṣu ζ_3
phalāni ca ϵ_1 phalakādi ca η_2 phipalādika η_1 **pañcaśakaṃ** cett.] pacyaśakaṃ α_1 śākabhuktaṃ
 η_2 **62d mudgādi** cett.] mudgā $\alpha_1\beta_\omega\zeta_3$ mu_{di} β_2 **divyam** cett.] cālpam δ_1 **ca** cett.]
hri(?) ζ_1 om. $\beta_1\beta_\omega$ **yamindra** A $\beta_2\beta_\omega\epsilon_1\zeta_1\eta_2\chi$] yatindra γ_1 yavatiṃdra β_1 munindra $\delta_1\delta_2\zeta_3\eta_1$

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

क्षीरपर्णी च जीवन्ती मत्स्याक्षी च पुनर्नवा ।
मेघनादश्च पञ्चैते शाकनाम प्रकीर्तिता (sic) ॥ (β_ωδ_ωζ₃ζ_ω) 1.62*1

सर्वशाकमचाक्षुष्यं चाक्षुष्यम् शाकपञ्चकं ।
जीवन्ती वास्तु मत्स्याक्षी मेघनादः पुनर्नवा ॥ (γ₁) 1.62*2

मृष्टं[#] सुमधुरं स्निग्धं गव्यं धातुप्रपोषणम् ।
मनोऽभिलषितं योग्यं योगी भोजनमाचरेत् ॥ 1.63

युवा वृद्धोऽतिवृद्धो वा व्याधितो दुर्बलोऽपि वा ।
अभ्यासात्सिद्धिमाप्नोति सर्वयोगेष्वतन्द्रितः ॥ 1.64

पीठानि कुम्भकाश्चित्रा दिव्यानि करणानि च ।
सर्वोऽपि च हठाभ्यासो राजयोगफलावधि ॥ 1.65

इति श्रीस्वात्मारामयोगीन्द्रविरचितायां हठप्रदीपिकायां प्रथमोपदेशः ॥ १ ॥

62*1a kṣīraparṇī ζ_ωζ₃] kṣīraparṇī β_ωδ_ω jīvanti ζ₃] jaivanti β_ωδ_ω jaimanti ζ_ω **62*1b** mat-syākṣī δ_ωζ₃ζ_ω] matsāṣī β_ω **62*1c** meghanādaś ca ζ₃] meghanādāti β_ωδ_ω meghanādi ca ζ_ω pañcaite cett.] pañcāitāḥ ζ_ω **62*1d** śākanāma prakīrtitā β_ωδ_ω] pañcaśākaḥ prakīrtitāḥ (*kāḥ *tāḥ ζ₃^c) ζ₃ śākanāmnāḥ prakīrtitāḥ ζ_ω **62*2b** cākṣuṣyam em.] cakṣapyaṃ γ₁ **63a** mṛṣṭam α₁α₃ε₁ζ₃η₁] miṣṭam α₂Bγ₁ζ₁ iṣṭam δ₁η₂ puṣṭam χ uṣṇam δ₂ **sumadhuraṃ** cett.] sumadhu α₁ samudhuraṃ α₂ samadhuraṃ β_ωδ₁ζ₃ **prapoṣaṇam** cett.] prapoṣakaṃ ζ₃ **63b** 'bhilāṣitaṃ cett.] bhilakṣitaṃ β₁γ₁ bhilāṣitaṃ η₁ bhiliṣitaṃ α₁ bhilakṣitaṃ α₃ bhivāṃchitaṃ α₂ **yogyam** Aβ₁γ₁δ₁δ₂ε₁ζ₃η₂χ] yonyaṃ β_ω bhojyaṃ ζ₁η₁ divyaṃ β₂ **bhojanam** cett.] bhojanasam η₂ **64a** vṛddho'tivṛddho cett.] vṛddho py avṛddho δ₂ bhavatu vṛddo α₃ε₁ **64b** durbalō'pi vā cett.] durbalas tathā β₂η₂ **64d** sarvayogeśv atandritaḥ cett.] sarvayogeṣu tamdritaḥ β_ω sarvayogeṣu tamtrita α₂ sarvaṃ yogi yatendriyaḥ η₁ **65a** pīṭhāni cett.] pīṭhādi δ₁δ₂ **kumbhakāś** cett.] kumbhikāś α₂β₁ kumbhakaś β_ωζ₃^cη₂ **citrā** cett.] citro ε₁ citra β₁ citraṃ η₂ **65b** di-vyāni cett.] mudrādi η₁η₂ **65c** sarvo'pi ca α₁β₂ε₁ζ₁ζ₃η₁] sarvā pi ca α₂ sarve pi ca β₁ sarvo pi α₃ sarvo pi hi δ₁δ₂ sarve py ayaṃ γ₁ sarvāṇy api β_ωη₂χ **bhyāso** Aβ₂β_ωγ₁ε₁ζ₃] bhyāse η₁η₂χ bhyāśad β₁δ₁δ₂ bhyā ζ₁ **65d** phalāvadhi α₁α₂β₁ζ₁ζ₃η₁^cη₂χ] phalāvadhiḥ α₃β₂β_ωγ₁ pathāvadhiḥ ε₁ yugāvadhi η₁^c prasiddhaye δ₁δ₂ **colophon:** śrīsvātmārāma α₂α₃B] svāt-mārāma α₁γ₁ζ₁ζ₃η₁ ātmārāma η₂ śrīśahajānadasaṃtānacimṭāmanisvātmārāma χ om. δ₁δ₂ε₁ **yogindra** α₃β₁β₂γ₁ζ₁ζ₃η₁η₂χ] yogendra β_ω mahāyogemdra α₁ om. α₂δ₁δ₂ε₁ **viracitāyaṃ** cett.] om. δ₁δ₂ε₁ **ante prathamō**^o **add.** āsanayogo nāma δ₂ζ₃ āsanavidhikathanam nāma χ **prathamopadeśaḥ** cett.] prathama upadeśaḥ β₂ζ₃η₂ prathamō'dhyāyaḥ η₁

List of Sigla

α_1	N3	2 folios missing in Ch. 1 (1.18–28, 38–46)
α_2	J5	
α_3	G4	damaged; collated only when available
β_1	P11	
β_2	C6	
β_ω	V3	
γ_1	N23	
δ_1	V19	
δ_2	E2	
ε_1	G11	
ζ_1	P15	
ζ_2	N19	consulted sporadically
ζ_3	V15	influenced by Gr3
η_1	V1	
η_2	J10	
χ	Jyo	Brahmānanda's version, based on the edition 1972