

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

1a athāsane cett.] athāsāna γ_1 athābhyāseṇa δ_3 haṭhāsane η_1 **ḍṛḍhe** $\alpha_1\alpha_2\beta_2\gamma_2\epsilon_3\eta_2\chi$] **ḍṛḍho** $\beta_1\beta_\omega\eta_1$ **ḍṛḍha** γ_1 **ḍṛḍham** Δ **dahe** ϵ_1 **1b vaśi** cett.] vajri ϵ_1 **hitamitāśanaḥ** cett.] hitasikāśanaḥ γ_1 mitahitāśanaḥ δ_2 bhūtamitāśanaḥ ϵ_1 **1c gurūpadiṣṭa** cett.] gurūpadeśa $\beta_2\Delta$ **1d prāṇāyāmaṃ** $\alpha_1\alpha_3\Delta\eta_1$] prāṇāyāmān $\beta_1\beta_2\gamma_2\epsilon_1\epsilon_3\chi$ prāṇāyāmī γ_1 prāṇāyāmo β_ω yogamārgam η_2 **samabhyaset** cett.] sadābhyaset Δ samācāret ϵ_3 **2a vāte** cett.] citte β_ω **calaṃ** cett.] calat β_ω calet ϵ_1 cale $\alpha_1\beta_2$ **sarvaṃ** $\alpha_1\alpha_3\beta_\omega\epsilon_1\epsilon_3\eta_1$] cittam $\beta_1\beta_2\Gamma\Delta\eta_2\chi$ **2b niścalaṃ tathā** $\beta_\omega\Delta\eta_2$] niścalaṃ bhavet $\epsilon_3\chi$ ḍṛḍhabaṃdhanam $\alpha_1\alpha_3\beta_1\beta_2\Gamma\epsilon_1\eta_1$ **2c sthānūtvam** cett.] sthānūtvam γ_1 sthānatvam δ_3 sthānatvam $\beta_2\epsilon_1$ **2d vāyu** $\alpha_3\beta_1\beta_\omega\epsilon_1$] vāyup $\alpha_1\beta_2\Gamma\delta_1\delta_3\epsilon_3\eta_1\eta_2\chi$ *om.* δ_2 **nibandhanāt** $\alpha_1\alpha_3\beta_\omega\epsilon_1$] nibandhayet $\beta_1\eta_1$ nirundhayet η_2 nirūdhayet γ_1 nirodhayet $\beta_2\gamma_2\Delta\epsilon_3\chi$ **3a vāyuh** $\gamma_2\delta_3\epsilon_1\eta_1\chi$] vāyu $\alpha_1\alpha_3\beta_1$ β_2 $\beta_\omega\gamma_1\delta_1\delta_2\epsilon_3\eta_2$ **3b jīvitam** $\alpha_2\beta_\omega\gamma_2\Delta\epsilon_1\eta_2$] jītavim α_1 jīvitim β_1 jīvitvam ϵ_3 jīvanam $\beta_2\gamma_1\eta_1\chi$ **3c niṣkrāntis** cett.] niṣkrānti $\beta_1\beta_\omega$ niḥkrāntam α_1 niṣkrānto η_2 **3d tato** cett.] tasmād η_2 **nirundhayet** $\alpha_2\gamma_1\eta_2$] nirodhayet $\gamma_2\Delta\epsilon_3\chi$ nibandhayet $\alpha_3\beta_1$ β_2 $\beta_\omega\epsilon_1\eta_1$ nibandhanāt α_1 **4a malākulāsu** cett.] mālākusuma η_1 **4d kāyasiddhiḥ** $\alpha_1\alpha_3\beta_2\beta_\omega\epsilon_3\eta_1$] kāyasiddhiḥ Γ kāryasiddhiḥ $\beta_1\Delta\epsilon_1\eta_2\chi$ **5a śuddhim eti** cett.] śuddhimati γ_1 śuddham eti β_2 **yadā** cett.] yathā β_ω sadā η_1 **5b cakram** cett.] cakra $\beta_2\beta_\omega\gamma_1\epsilon_1$ **malākulam** cett.] manākulam ϵ_1 **5c tadaiva** cett.] tadeva $\alpha_1\alpha_3\epsilon_3$ **5d saṃgrahaṇe** cett.] saṃgrahaṇa $\alpha_3\eta_1$ saṃrodhane $\delta_1\delta_3$ saṃrodhana δ_2 **6a prāṇābhyāsaṃ** cett.] prāṇāyāmam $\delta_1\delta_3\chi$ *illeg.* δ_2 **6c yathā** cett.] yāsthā α_1 yadā α_3 atha δ_2 **suṣūmnā susvasthā** (‘mnā) $\alpha_2\alpha_3$] suṣūmnā susvasthā α_1 suṣūmnāṃ susvasthā β_ω suṣūmṇa sustakcya β_1 suṣūmnā susnigdā (‘gdha ϵ_3) $\epsilon_3\eta_1$ suṣūmnāḥ snigdā ϵ_1 suṣūmnāpārśvasthā $\beta_2\Gamma$ suṣūmnāntarasthā Δ sukham avasthāya η_2 suṣūmnānādisthā χ **6d malāḥ śoṣaṃ** $\Gamma\delta_2\delta_3\epsilon_1\eta_1\eta_2$] malāś coṣam α_3 malā śoṣam $\alpha_1\beta_2\delta_1$ malaśoṣam ϵ_3 malāt soṣam β_ω malāḥ śuddhim χ nirmalā bhava^a β_1 **prayānti ca** cett.] ^ati śodhitā β_1

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

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

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

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

प्रातर्मध्यन्दिने सायमर्धरात्रे च कुम्भकान् ।
शनैरशीतिपर्यन्तं चतुर्वारं समभ्यसेत् ॥¹ 2.11

7a padmāsano cett.] padmāsane ε₃ padmāsana γ₁ **7b pūrayet** cett.] dhārayet δ₁ recayet β₂ **7c śaktyā** α₁ε₁ε₃] śakti β₁γ₂δ₁δ₂η₁χ śaktiḥ α₂β₂β_ωγ₁ śaktim δ₃ yuktyā η₂ **7d punaḥ** α₁α₂β₁ β₂ β_ωΓΔ] bhūyah α₃ε₁ε₃η₁η₂χ **8a cākṛṣya** cett.] vāsthavya γ₁ **8b udaram** cett.] udayam α₃ udare η₁η₂ **8c vidhivat** cett.] vividham β₁ vidhidṛk β₂ **kṛtvā** cett.] kuryāt Δ **9a tyajet** cett.] tyaje α₁γ₂ yetayet γ₁ **tena pītvā** β₂Γχ] tenāpūrya α₂Δη₂ tena pūrya α₁β_ωε₁η₁ tena pūrvaṃ β₁ε₃ **9b avirodhataḥ** ε₃] anirodhataḥ α₁β₁ β₂ β_ωγ₂Δη₁η₂ anirodhitaḥ ε₁ anirodhanataḥ γ₁ atirodhataḥ χ **9c recayec ca** cett.] recayeta ε₁ recayatvā γ₂ pūrayec ca δ₃ **9d śanair eva na vegataḥ** cett.] śanairacavanegataṃ γ₁ śanaiḥ pavanam ekataḥ Δε₃ **10a ced idayā** cett.] ced idiyā β₂ ceḍiyā α₁ caṇḍiyā γ₁ ceḍikayā ε₃ **piben** cett.] piban α₃ **niyamitaṃ** cett.] parimitaṃ β_ω nimitaṃ γ₁ **bhūyo** cett.] bhūyā β_ω 'nyayā cett.] nyathā β₁β_ωγ₁δ₁δ₃η₁ **recayet** cett.] _yet γ₁ **10b samīraṇam atho** cett.] samīraṇam alam α₁ samīraṇajalam β₁ **baddhvā tyajed vāmāyā** cett.] baddhvāñjaleḍ vāmāyā δ₃ badhvāsanaḥ sarvadā β₂ **10c sūryācandramasor a** cett.] gap β₂ **anena vidhinā** cett.] aṇena vidhinā β_ω ane vidhinā γ₁ ane δ₁ gap β₂ **bimbadvayam dhyāyatām** α₁δ₂δ₃η₂] *tā δ₁ *taḥ β_ω bhyāsam samātanvatām/tā/taṃ α₂α₃ε₁ε₃ bhyā samātanvatām η₁ bhyāsā samāsatvayāt β₁ bhyāsam sadātanvatām β₂Γχ **10d nāḍigaṇā** cett.] nāḍigaṇā ε₁ **māsaratrayād** cett.] māsadvayād δ₁ **illeg.** δ₂ **11a prātar madhyandine** cett.] prātaḥ sāyam ca β₂ **sāyam ardha** cett.] sāyam madhya β₁γ₂ε₁ soyamadhyā γ₁ madhyāhne β₂ **11b rātre ca** cett.] rātra ca γ₁ rātrau ca ε₁ε₃ nīsithe caiva β₂ **kumbhakān** cett.] kumbhakāt β_ωγ₁ kumbhakam δ₂ **11c aśīti** cett.] amibhi δ₁ **paryantaṃ** cett.] paryante α₁

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

कनीयसि भवेत्स्वेदः कम्पो भवति मध्यमे । उत्तिष्ठत्युत्तमे प्राणरोधे पद्मासने मुहुः# ॥	2.12
जलेन श्रमजातेन गात्रमर्दनमाचरेत् । दृढता लघुता चापि तेन गात्रस्य जायते ॥	2.13
अभ्यासकाले प्रथमे शस्तं क्षीराज्यभोजनम् । ततोऽभ्यासे दृढीभूते न तादृङ्गियमग्रहः ॥	2.14
यथा सिंहो गजो व्याघ्रो भवेद्वृश्चयः शनैः शनैः । तथैव सेवितो वायुरन्यथा हन्ति साधकम् ॥	2.15
प्राणायामेन युक्तेन सर्वरोगक्षयो भवेत् । अयुक्ताभ्यासयोगेन सर्वरोगसमुद्भवः ॥	2.16
हिक्का श्वासश्च कासश्च शिरःकर्णाक्षिवेदनाः । भवन्ति विविधा दोषाः पवनस्य व्यतिक्रमात् ॥	2.17

12a kaniyasi bhavet $\alpha_3\beta_2\Gamma\Delta\epsilon_3\chi$] kaniyasi bhavet $\alpha_1\beta_1$ kaniyase bhavet $\epsilon_1\eta_1$ adhame jāyate η_2 adhyame jāyate β_ω **svedaḥ** cett.] svadaḥ α_1 svedaḥ η_1 bhedaḥ α_3 **12c uttiṣṭhaty** cett.] uttiṣṭhamity η_2 uttānam β_2 uttame χ **uttame** cett.] cottame β_2 sthānam \tilde{a}° χ **prāṇa** $\alpha_1\beta_2\beta_\omega\Gamma\delta_2\delta_3\epsilon_1\epsilon_3$] prāṇam $\beta_1\eta_1$ prāṇā $\alpha_3\eta_2$ prāṇām δ_1 °pnoti χ **12d rodhe** $\alpha_1\beta_1\beta_2\gamma_2\Delta\epsilon_1\epsilon_3$] rodheḥ η_1 rodhi α_3 rāvai γ_1 baddhe $\beta_\omega\eta_2$ tato χ **padmāsane** $\beta_2\delta_1\delta_3\eta_2$] padmāsano Γ padmāsana δ_2 padmāsanam $\alpha_1\alpha_2\alpha_3\beta_1\beta_\omega\epsilon_1\epsilon_3\eta_1$ vāyūṃ nibam° χ **muhuh** $\alpha_1\alpha_3\beta_1$ β_2 $\beta_\omega\Gamma\epsilon_1\epsilon_3\eta_2$] .uhuh η_1 sthite Δ °dhayet χ **13a śrama** cett.] śrava β_ω **13c cāpi** $\beta_\omega\gamma_2\delta_2\delta_3\epsilon_1\epsilon_3\eta_2$] vāpi $\alpha_3\gamma_1\beta_1\delta_1\eta_1$ yāti α_1 caiva $\beta_2\chi$ nena α_2 **14a abhyāsakāle prathame** cett.] abhyāsakāle prathamam $\beta_2\Delta\epsilon_3$ **14b kṣīrājya** cett.] kṣīrāṇna α_1 **14c °bhyāse** cett.] bhyāsaiḥ ϵ_1 bhyāsa η_1 **ḍṛḍhībhūte** $\alpha_1\beta_1$ β_2 $\beta_\omega\Gamma\Delta\chi$] sthirībhūte $\epsilon_1\epsilon_3\eta_1\eta_2$ **14d tādrñ** cett.] tathā $\beta_2\Gamma$ **niyama** cett.] °niyama γ_1 niyamo η_2 **grahaḥ** cett.] śramaḥ η_1 **15** found between 2.9 and 2.10 β_2 **15b vaśyaḥ** cett.] vaśyam $\beta_2\Gamma\epsilon_1$ **15c tathaiva** cett.] tathāva° β_1 **sevito** cett.] veṣito α_3 samcito $\delta_2\delta_3$ °rodhito β_1 **15d hanti** cett.] hr̥di γ_1 **16b kṣayo bhavet** cett.] parikṣayaḥ $\delta_2\delta_3$ **16d roga** cett.] vyādhi Δ *illeg.* η_1 **samudbhavaḥ** cett.] parikṣayaḥ δ_1 **17a śvāsaś ca kāsaś ca** cett.] «śvāsasa» kāsas ca β_2 śvāsas tathā kāsas $\delta_1\delta_2$ kāsas tathā śvāsas δ_3 **17b śīraḥkarnākṣi** cett.] śīraḥkarnākṣa $\beta_1\delta_3$ jvaraḥ karnākṣi $\epsilon_1\epsilon_3$ karṇanāsākṣi δ_1 **vedanāḥ** cett.] vedanaḥ α_1 vedanā $\beta_2\beta_\omega\delta_3$ **17c doṣāḥ** $\alpha_1\Gamma\epsilon_1\epsilon_3\eta_1$] doṣā β_1 β_2 $\beta_\omega\delta_1$ dāśā η_2 rogāḥ $\delta_2\delta_3\chi$ **17d vyatikramāt** cett.] prakopanāt δ_1 prakopatāḥ χ

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

18 transposed with the next verse β_2 **18b** *pūrayet* cett.] *sevayet* η_2 **18c** *ca* cett.] *om.* β_ω **18d** *evam* cett.] *ittham* Δ **śuddhim avāpnuyāt** $\alpha_1 \alpha_3 \beta_1 \varepsilon_1 \eta_1$] *siddhim avāpnuyāt* $\beta_2 \beta_\omega \Gamma \varepsilon_3 \eta_2 \chi$ *sidhyati yogavit* Δ **19a** *tu nāḍīśuddhiḥ* cett.] *tu nāḍī śuddhā* β_2 *nāḍivīśuddhiḥ* Δ **19b** *tadā* cett.] *tathā* χ **cihnāni bāhyataḥ** cett.] *cittam nirākulam* Δ **19c** *kṛṣātā* cett.] *kṛṣātām* β_ω *kṛtā* α_1 *kriyate* η_2 *illeg.* η_1 **kāntis** cett.] *illeg.* η_1 **19d** *tathā* cett.] *tadā* χ **niścitam** cett.] *niścītā* α_1 *niścālam* η_1 **20a** *yatheṣṭam* cett.] *yatheṣṭa* $\alpha_1 \beta_\omega \Gamma$ **dhāraṇam** cett.] *dhāraṇo* γ_1 **vāyor** cett.] *vāyur* β_ω **20b** *anālyasya* cett.] *anālyasya* $\beta_\omega \eta_2$ *anāsyā* δ_1 **20d** *nāḍi* cett.] *nāḍi* *unm.* $\beta_\omega \eta_2$ **śodhanāt** cett.] *śoṣanāt* γ_1 *śodhane* $\eta_1 \eta_2$ **21a** *medaḥ* cett.] *meda* $\alpha_1 \beta_\omega \chi$ *medā* γ_1 **śleśmādhikāḥ pūrvam** $\alpha_1 \beta_1 \beta_2 \beta_\omega \Gamma \delta_2 \chi$] *śoṣādikam pūrvam* η_1 *śleśmādināśārtham* η_2 *śleśmanivṛt(t)iyartham* $\delta_1 \delta_3 \varepsilon_3$ **21c** *anyas tu* $\alpha_1 \alpha_3 \beta_1 \beta_2 \beta_\omega \gamma_2 \eta_1 \chi$] *anyathā* $\Delta \varepsilon_3 \eta_2$ *abhyastā* γ_1 **21d** *samabhāvataḥ* $\alpha_1 \beta_1 \beta_\omega \varepsilon_3 \eta_2 \chi$] *samabhāgataḥ* $\beta_2 \gamma_1$ *samabhyāgataḥ* γ_2 *samatāyataḥ* Δ *apy* *abhāvataḥ* η_1 **22a** *dhautir* $\beta_2 \beta_\omega \Gamma \varepsilon_1 \chi$] *dhauti* $\alpha_1 \alpha_2 \beta_1 \Delta \varepsilon_3 \eta_2$ *dhauti* η_1 **bastis/vastis** $\beta_2 \beta_\omega \Gamma \chi$] *vasti* $\alpha_2 \beta_1 \eta_1$ *vastir* α_1 *vastiḥ* $\alpha_3 \eta_2$ *vasti* $\Delta \varepsilon_3$ *bastya* ε_1 **tathā netis** $\beta_2 \Gamma \chi$] *tathā nitis* β_1 *tathā neti* η_1 *tathā neti* $\beta_\omega \delta_1 \delta_2$ *tathā niti* δ_3 *niti caiva* α_1 *nitaiḥ caiva* α_2 *neti ceti* ε_3 *nyatī ceti* ε_1 *ca nitiḥ ca* α_3 *ca netiḥ ca* η_2 **22b** *trāṭakam* cett.] *trāṭikam* ε_3 *trāṭanam* ε_1 *trāṭanam* β_1 *trōṭakam* $\alpha_3 \gamma_1$ *trōṭakī* δ_1 **naulikam** $\alpha_3 \delta_2 \delta_3 \eta_1 \eta_2 \chi$] *laulikam* α_1 *nauli* α_2 *naulikā* $\beta_1 \beta_2 \beta_\omega \Gamma$ *naulikī* δ_1 *nakuli* ε_1 *nākuli* ε_3 **22c** *bhāti* $\beta_2 \beta_\omega \gamma_2 \delta_2 \delta_3$] *bhāti* $\alpha_1 \alpha_2 \beta_1 \varepsilon_1 \varepsilon_3 \eta_1$ *bhātiḥ* $\alpha_3 \gamma_1 \chi$ *bhāthī* η_2 *bhāvī* δ_1 **caitāni** cett.] *dhijñeyā* δ_1 **22d** *pracakṣate* cett.] *samācāret* $\beta_2 \delta_3$ **23a** *karmaṣaṭkam idaṃ* cett.] *ṣaṭkakarmam idaṃ* β_2 *ṣaṭkarmmam idaṃ* η_2 **gopyam** cett.] *proktam* δ_2 **23b** *kārakam* cett.] *kāraṇam* $\alpha_1 \delta_1$ **23c** *sandhāyi* $\gamma_2 \beta_1 \varepsilon_1 \varepsilon_3 \chi$] *sandhāyi* $\alpha_1 \beta_\omega \gamma_1 \eta_1 \eta_2$ *saṃdhāyā* α_3 *saṃdhāya* β_2 *saṃdhoyi* δ_1 *saṃjñopi* δ_3 *karmopi* δ_2 **23d** *yogi* cett.] *yoga* ε_1 *muni* $\delta_2 \delta_3$

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

चतुरङ्गुलविस्तारं² सिक्तं वस्त्रं शनैर्गसेत् ।
ततः प्रत्याहरेच्चैतदुद्गारं[#] धौतिकर्म तत् ॥ 2.24

कासश्वासप्लीहकुष्ठं कफरोगाश्च विंशतिः ।
धौतिकर्मप्रभावेन धावन्त्येव[#] न संशयः ॥ 2.25

अथ बस्तिकर्म । (om. δ_1)

नाभिद्वे जले पायुन्यस्तनालोत्कटासनः ।
आधाराकुञ्चनं कुर्यात् पखालं बस्तिकर्म तत् ॥ 2.26

गुल्मप्लीहोदरं चापि वातपित्तकफोद्भवाः ।
बस्तिकर्मप्रभावेन वार्यन्ते सकलामयाः ॥ 2.27

24 tatra $\alpha_1 \alpha_2 \alpha_3 \beta_1 \beta_2 \Gamma \eta_1 \chi$] atha $\beta_\omega \delta_3 \eta_2$ atha tatra ε_3 ādau δ_2 **dhautiḥ** $\eta_1 \eta_2 \chi$] dhauti $\alpha_1 \alpha_2 \beta_1 \beta_\omega \Gamma \delta_2 \delta_3 \varepsilon_3$ dhautikā β_2 **24a caturāṅgula** cett.] caturāṅguli δ_2 caturāṅgula η_2 cat-
uramḥ δ_1 + + + gula α_1 **vistāram** cett.] vistīram ε_3 **24b siktam** cett.] sitam $\delta_2 \delta_3$ sita
 ε_3 śaktam ε_1 sveta β_1 **24c tataḥ** cett.] punaḥ $\Delta \chi$ **pratyāharec/ḥared** cett.] ḥārec β_ω
ḥaram η_1 **caitad** cett.] etad $\alpha_1 \Delta$ **24d udgāram** $\alpha_3 \eta_1$] uditam $\varepsilon_3 \eta_2 \chi$ utthānam Γ ukhālātā
unm. β_ω uśālam $\alpha_2 \varepsilon_1$ husvāla α_1 duḥkhahām β_1 prakṣālyam β_2 abhyāsād $\delta_2 \delta_3$ abhyāsa δ_1 **tat**
 $\alpha_3 \beta_1 \beta_2 \Gamma \varepsilon_3 \eta_1 \chi$] *taḥ β_ω *krt $\alpha_1 \varepsilon_1 \eta_2$ *vit Δ **25a kāsāśvāsa** cett.] śvāsaḥ kāśaḥ η_2 **pliha**
cett.] plihā η_1 **kuṣṭham** $\alpha_1 \alpha_3 \beta_1 \beta_\omega \Delta \varepsilon_3 \eta_2 \chi$] kuṣṭha $\beta_2 \Gamma \varepsilon_1 \eta_1$ **25b kapha** cett.] śleśmā ε_1
rogāś ca cett.] rogaś ca $\alpha_3 \delta_3$ rogāmś ca γ_1 **viṃśatiḥ** cett.] viṃśati $\beta_1 \beta_\omega \gamma_2$ vidradhiḥ $\delta_2 \delta_3$
dvagṛjah α_3 **25c dhauti** cett.] dhauti $\alpha_1 \beta_1 \beta_\omega \Delta$ dhauta ε_3 **prabhāvena** cett.] prasādēna
 β_2 **25d dhāvanty eva** $\alpha_3 \beta_\omega \varepsilon_1$] dhāvaṃte ca α_2 dhāvaty eva η_1 bhavanty eva α_1 prayānty eva
 $\beta_1 \beta_2 \Gamma \Delta \chi$ śudhyanty eva η_2 naśyante nā° ε_3 **na** cett.] *tra ε_3 **26 atha** cett.] om. $\delta_1 \delta_2$
bastikarma (vasti°) $\alpha_1 \beta_1 \Gamma \eta_1$] vastikarmaḥ α_3 vastikarma $\beta_2 \varepsilon_3$ bastinikarma ε_1 vasti $\beta_\omega \eta_2$ vasti
 $\delta_2 \delta_3$ vastiḥ χ om. δ_1 **26a daghne** $\Delta \varepsilon_3 \eta_2$] daghna $\beta_1 \beta_2 \beta_\omega \Gamma \varepsilon_1 \chi$ dagdha $\alpha_1 \eta_1$ magma α_3 **pāyu**
 $\alpha_1 \beta_\omega \Gamma \delta_1 \eta_1 \eta_2$] pāya β_1 pāyum β_2 pāyur $\varepsilon_1 \delta_3$ pāyau χ vāyu $\delta_2 \varepsilon_3$ vāyum α_3 **26b nyastanālo**
cett.] nyastālo ε_3 **26c ādhārā** cett.] ādhāra $\alpha_3 \beta_2 \varepsilon_1$ apānā ε_3 **26d pakhālam** β_ω] pakhālam
 α_1 paśālam α_2 pāśalam ε_1 prakṣālam $\beta_1 \gamma_1$ prakṣālā α_3 prakhyātām γ_2 prakṣāled β_2 kṣālanam
 $\varepsilon_3 \eta_1 \eta_2 \chi$ apānād Δ **bastikarma tat** cett.] bastikarma «ta»t γ_2 vastikarmavit $\delta_1 \delta_2$ __ vastivit
 δ_3 **27b bhavāḥ** cett.] bhavaḥ $\alpha_1 \delta_3$ bhavam $\beta_\omega \eta_2$ **27c basti** cett.] vasti β_ω **27d vāryante**
 $\alpha_1 \alpha_3 \beta_1 \beta_2 \Gamma \Delta$] dhāryante ε_1 śīryante ε_3 kṣīryante $\beta_\omega \eta_2 \chi$ jāyate η_1 **sakalāmayāḥ** cett.] sakalā
malāḥ $\beta_\omega \Gamma \eta_2$

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

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

2.28

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

2.29

अथ नेतिः[#] । (om. δ₁ε₁)

सूत्रं वितस्तिस्त्रिगुणं नासानाले प्रवेशयेत् ।
मुखाच्चिर्गमयेच्चैषा[#] नेतिः सिद्धैर्निगद्यते ॥

2.30

28a °ntaḥkaraṇa cett.] ntaḥkaraṇam β₁γ₁δ₃ε₃⁸ mttamkaruṇa α₃ **prasādam** cett.] prasādanam δ₁ prasādaram β₁ **28b kāntim** cett.] kānti β₁β_ω kābhiṃ γ₁ **pradiptim** cett.] pradiptam β_ωε₁ pradipti β₁ praptam α₃ pradipanam δ₁ **28c doṣopacayaṃ** cett.] doṣāpacayaṃ β₁β_ω doṣaprabhavaṃ δ₁ **28d abhyasya** cett.] abhyāsa ṛ₁ abhyasa δ₂ **jala** cett.] ja ṛ₂ **karma** cett.] om. δ₁ **29** found after 2.25 β_ωε₁ε₃ṛ₁ṛ₂ found after 2.38 χ om. δ₁δ₂ **29a udvamanti** α₁β₁β_ω] udvamanti χ udvamante ε₁ε₃ udvavantī ṛ₂ udvahantī Γ_{ṛ₁} udvahanti β₂ udbhavanti α₃ **29b nāle** cett.] nālet β_ω jāle β₁ **29c kramapariṇayaśāya** α₁β₁β₂Γ_{ṛ₁}χ] kramapariṇitavaśya ε₃ kramapariṇitavaśya ε₁ karibhir iva jalasya β_ωṛ₂ **vāyumārgād** α₃] vāyumārgā α₁ vāyumārgo ε₃ vāyuh|go ε₁ vāyuryo ṛ₁ vāyuvagāt β_ωṛ₂ nādi/nāḍīmārgā β₁β₂γ₂ nāḍicakrā χ mārga γ₁ **29d gajakaraṇīti** γ₂ε₃ṛ₁χ] gajakaraṇi_ γ₁ gajakaraṇīti α₃ gajakaraṇīti β₂ najakaraṇīti β₁ gajakaraṇīti ε₁ jalakaraṇīti ṛ₂ jalagajakaraṇi β_ω **30 atha** cett.] om. δ₂ **netiḥ** γ₂χ] neti ṛ₁ neti β_ωγ₁δ₂ nitiḥ α₁ niti α₂δ₃ niti α₃β₁ netikarma β₂ netikarma ε₃ṛ₂ om. δ₁ε₁ **30a susnigdham** cett.] sustabdhām α₁α₂β₁ samstabdhiṃ α₃ **30b nāsānāle** cett. (nāsā^a γ₁ṛ₂)] nāsānābhe ṛ₁ **30c mukhān nirgamayec** α₁β_ωΔχ] mukhā nirgamayec γ₂ε₁ mukham nirgamayeś α₃ mukhe nirgamayec β₁β₂ mukhaś ca nirgamec γ₁ mukhān nirgamanād ε₃ mukhanirgamanād ṛ₁ṛ₂ **caiśā** cett.] sā hi δ₂δ₃ sāpi δ₁ eva ṛ₁ṛ₂ **30d netiḥ** γ₂ṛ₂χ] neti β_ωδ₁δ₂ε₃ neti β₂γ₁ṛ₁ niti δ₃ niti α₁α₂β₁ niti ε₁ **siddhair** cett.] siddher ε₁ siddhir γ₁ siddhau ε₃ śuddhair β₁

कपालशोधनी चैव दिव्यदृष्टिप्रदायिनी ।
हनूर्ध्वजातरोगौघं जयत्याशु ससूत्रिका ॥

2.31

अथ त्राटकम् । (om. δ_1)

निरीक्षेत्रिश्चलदशा सूक्ष्मलक्ष्यं समाहितः ।
अश्रुसंपातपर्यन्तमाचार्यैस्त्राटकं मतं ॥

2.32

मोटकं[#] नेत्ररोगाणां तन्द्रादीनां कपाटकम्[#] ।
यत्नतस्त्राटकं गोप्यं यथा हाटकपेटकम् ॥

2.33

अथ नौली । (om. δ_1)

अमन्दावर्तवेगेन तुन्दं[#] सव्यापसव्यतः ।
नतांसो भ्रामयेदेषा नौलीलोकैः गौडैः प्रशस्यते ॥

2.34

31a śodhanī cett.] śodhinī $\beta_2\chi$ śodhanā η_2 śodhanam δ_3 **caiva** $\beta_2\Gamma\Delta\chi$] kamṭhyā $\alpha_3\epsilon_1$ kamṭhād ϵ_3 kamṭhā α_2 kamṭhām β_1 vatyā α_1 kavyā β_ω kāryā $\eta_1\eta_2$ **31b** pradāyini cett.] pradāyani γ_1 **31c** hanūrdhva $\alpha_1\alpha_2$] jatrūrdhva $\beta_1\beta_2\epsilon_1\chi$ jatrūrdhvam β_ω jantūrdhva ϵ_3 jatūrdhvam γ_2 ja_ddha γ_1 jānūrdhva $\Delta\eta_1$ yattūrdhva η_2 kamṭhordhvam α_3 **rogaugham** $\alpha_1\alpha_3\beta_1$ β_2 $\beta_\omega\Gamma\epsilon_3\chi$] rogaugha η_1 rogaughā η_2 rogaughān Δ rogaghnām ϵ_1 **31d** jayaty āśu sasūtrikā em.] jayati sā tu sūtrikā η_1 jayety āśu satī niti α_1 jāyaty āśu śatir nitiḥ α_2 jayaty āśu satī neti γ_2 janayaty āśu satī nati β_1 jayabhyāśca satī nati γ_1 jayaty āśum niti satī ϵ_1 jayaty āśu sunetikā β_2 jayaty āśu sa netivit (niti $\delta_2\delta_3$) Δ neti jayati satvaram ϵ_3 + + + + [ja]yamti ca α_3 netir āśu nihanti ca $\beta_\omega\eta_2\chi$ **32** atha cett.] a ϵ_1 om. δ_1 **trāṭakam** cett.] trāṭam η_1 troṭakam α_3 ttrayakam γ_2 om. δ_1 **32a** nirikṣen cett.] nirikṣye ϵ_1 nirikṣya η_2 **niścala** cett.] niścalā γ_1 nirmala δ_1 **drṣā** cett.] drṣtyā η_2 **32b** sūkṣma cett.] sūkṣmam $\delta_1\epsilon_3\eta_2$ **lakṣyam** $\alpha_3\Delta\eta_2\chi$] lakṣam β_1 β_2 $\beta_\omega\Gamma\epsilon_3$ lakṣa $\alpha_1\eta_1$ lakṣmam ϵ_1 **32d** ācāryais cett.] āryais *unm.* γ_2 āryais tu $\delta_2\delta_3$ ācāret η_1 toṭakam δ_1 **trāṭakam matam** $\alpha_1\alpha_2\beta_1\delta_2\delta_3$] trāṭakam smṛtam $\alpha_3\beta_2\beta_\omega\Gamma\eta_1\eta_2\chi$ troṭakam smṛtam ϵ_1 trāṭikam smṛtam ϵ_3 yoginām matam δ_1 **33a** moṭakam $\delta_2\eta_1$] meṭakam β_1 moṭanam δ_3 modakam α_1 mocakam $\alpha_2\epsilon_1\epsilon_3$ mocanam $\Gamma\chi$ movanam α_3 toṭakam δ_1 trāṭakam β_2 sphoṭanam $\beta_\omega\eta_2$ **netrarogāṇām** cett.] netrarogam ca β_1 **33b** tandrādinām cett.] tandrādinām $\beta_\omega\gamma_1$ tamdrādinām α_3 tamdrādin β_1 tandrāṇām ca η_2 nidrādinām δ_3 netrādinām δ_2 **kapāṭakam** cett.] kavāṭakam $\alpha_1\alpha_3$ ca pāṭakam ϵ_3 ca pāṭavam ϵ_1 ca pāṭanam δ_1 gapāṭa[ka]m η_1 **33c** yatnatas cett.] prayatnāt $\beta_\omega\eta_2$ prayatnatas *unm.* η_1 etac ca Δ **33d** trāṭakam cett.] toṭakam δ_1 tuṭakam ϵ_1 **34** nauli $\alpha_2\beta_2\beta_\omega\gamma_2\eta_1$] noli β_1 naurī γ_1 nauliḥ $\alpha_3\chi$ naukuli ϵ_1 nākuli δ_2 lauli α_1 nili δ_3 naulikarmma ϵ_3 neulikarmma η_2 om. δ_1 **34a** amandā cett.] amandya γ_2 āmandā $\alpha_3\beta_\omega\epsilon_3$ amanda η_1 **varta** cett.] vatta $\alpha_3\epsilon_1$ cakra η_1 **vegena** cett.] yogena δ_3 **34b** tundam $\beta_1\beta_\omega\gamma_2\epsilon_3\chi$] tundum γ_1 tundat η_2 tumḍam $\alpha_3\epsilon_1$ tudam $\alpha_1\alpha_2\beta_2$ tunde $\delta_2\delta_3$ tulyam δ_1 gudam η_1 **savyataḥ** cett.] savyayoh Δ

तुन्दाग्रिसंदीपनपाचनादि#-

सन्धाधिकानन्दकरी सदैव ।

अशेषदोषामयशोषणी# च

हठक्रियामौलिरियं च# नौली ॥

2.35

अथ कपालभाती । (om. δ_1)

भस्त्रावल्लोहकारस्य रेचपूरौ ससंभ्रमौ ।

कपालभाती विख्याता कफदोषविशोषिणी ॥ (om. ϵ_1)

2.36

षट्कर्मभिर्गतस्थौल्यकफमेदोमलादिकः ।

प्राणायामं ततः कुर्यादनायासेन सिध्यति ॥

2.37

34c natāṃso or natāṃso $\alpha_2\beta_1\gamma_2\Delta\epsilon_1\eta_1\chi$] natāso α_1 natāṃśur β_2 naśnātso γ_1 satāṃso β_ω śataśo $\epsilon_3\eta_2$ **bhramayed** $\beta_2\gamma_2\delta_2\epsilon_3\eta_1\eta_2\chi$] bhramayed $\alpha_1\alpha_3\beta_\omega\delta_3\epsilon_1$ trabhaved β_1 bhyasayed δ_1 bhāmāyad γ_1 **eṣā** cett.] doṣāḥ β_1 oṣā ϵ_3 **34d nauli** cett. (α_2)] noli β_1 nauliḥ χ nili α_3 lauli α_1 loke η_1 **gauḍaiḥ** $\beta_1\gamma_2$] gauḍiḥ γ_1 gauḷaiḥ $\alpha_1\beta_2\eta_2$ golaiḥ α_3 gauḷi η_1 gauḷiḥ ϵ_1 mauḷaiḥ β_ω nauli α_2 siddhaiḥ χ yogē $\delta_1\delta_2\epsilon_3$ yogāḥ δ_3 **prāśasyate** cett.] pracakṣate Δ pradṛśyate ϵ_3

35a tundāgni em.] tumḍāgni $\beta_2\epsilon_1$ tumḍāṣṭi α_1 tumḍdaṣṭi α_2 mandāgni $\alpha_3\beta_1\beta_\omega\Gamma\Delta\epsilon_3\eta_1\eta_2\chi$ **pā-**
canādi $\alpha_1\beta_2\beta_\omega\gamma_2\delta_1\epsilon_3\chi$] pāvanādi $\gamma_1\eta_1$ pāvakādi η_2 pācanāni ϵ_1 pācanāni β_1 pācanāgniḥ δ_2
pāvanāgniḥ δ_3 **35b sandhāyikā** $\beta_2\Gamma\delta_1\chi$] sandhāyikā $\alpha_1\beta_1\beta_\omega\epsilon_3\eta_1\eta_2$ sandhādihikā δ_2 samḍ-
hānakā α_3 sandādhikā δ_3 samḍāyikā ϵ_1 **sadaiva** cett.] tathaiva Δ **35c doṣāmaya** cett.]
doṣāmala $\beta_\omega\eta_1\eta_2$ **śoṣaṇi** cett.] śoṣiṇi $\delta_1\eta_1$ śodhaṇi γ_1 śodhini γ_2 **ca** cett.] va $\delta_3\eta_1\eta_2$
yā γ_1 **35d maulir iyaṃ** ca $\alpha_1\alpha_3\beta_1\beta_2\Gamma\chi$] maulir iyaṃ hi $\Delta\epsilon_3$ mūlam iyaṃ hi $\epsilon_1\eta_1$ sau jayatiha
 η_2 jayatiha β_ω **nauli** β_1 β_2 $\beta_\omega\gamma_1\Delta\eta_1\eta_2$] nauliḥ $\gamma_2\epsilon_1\chi$ mauli α_2 lauli α_1 lauḷiḥ ϵ_3 tauḷiḥ α_3
36 atha $\alpha_1\alpha_3\beta_1$ β_2 $\beta_\omega\Gamma\delta_3\epsilon_1\eta_1\chi$] om. $\delta_1\delta_2\epsilon_3\eta_2$ **kapālabhāti** $\beta_2\Gamma\delta_3\eta_1$] kapālabhātiḥ β_1 kapālab-
hāti $\alpha_1\epsilon_1$ kapālabhāuti δ_2 kapālabhātiḥ $\alpha_3\chi$ kapālabhātikarma ϵ_3 kapālabhāthikarma η_2 bhāthi β_ω
om. δ_1 **36a bhastrāval** $\alpha_1\gamma_2\epsilon_2\epsilon_3\chi$] bhastrāhaval γ_1 bhastrāva β_ω bhastrā ca β_1 bhastrava $\beta_2\Delta$
bhastrīva α_3 [bha]strarīva η_1 lohakārasya η_2 **lohakārasya** cett.] lohakāraś ca α_3 lohakārāṇaṃ
 Δ bhastrīvat η_2 **36b recapūrau** cett.] recapūro α_1 recapūra η_1 recapūraiḥ δ_2 kuryāt savyāḥ η_2
sasambhramau $\beta_2\beta_1\Gamma\delta_1\delta_3\chi$] susambhramau $\alpha_1\alpha_2\alpha_3\beta_\omega\epsilon_2\epsilon_3\eta_1$ susambhramaiḥ δ_2 'pasavyataḥ η_2
36c bhāti β_1 β_2 $\beta_\omega\gamma_2\Delta\eta_1$] bhāti $\alpha_1\gamma_1$ bhātir $\alpha_3\epsilon_2\epsilon_3\chi$ bhāthi η_2 **vikhyātā** cett.] vikhyāto
 α_3 vijñeyā δ_1 ity eṣā $\epsilon_2\epsilon_3$ **36d kaphadoṣa** $\alpha_1\alpha_3\beta_1\beta_2\Gamma\epsilon_2\epsilon_3\eta_1\chi$] kaphaśoṣa Δ kaphāmaya $\beta_\omega\eta_2$
viśoṣiṇi $\alpha_1\epsilon_2\eta_1$] viśoṣaṇi $\alpha_3\beta_\omega\Gamma\epsilon_3\eta_2\chi$ viśoṣaṇā β_1 viśodhini β_2 visarpiṇi Δ **37a śaṭkarmabhir**
gata $\alpha_1\beta_2\beta_\omega\Gamma\epsilon_1\eta_2$] śaṭkarmabhir gataṃ γ_2 śaṭkarmābhigata β_1 śaṭkarmanirgata $\Delta\epsilon_3\eta_1\chi$ śaṭkar-
manirgatā α_3 **sthaulya** cett.] sthaulyaṃ $\beta_1\eta_1\eta_2$ sthaulyaḥ γ_2 sālyā α_3 **37b medo** cett.]
bhedo $\delta_3\eta_1$ doṣa χ **malādhikāḥ** $\alpha_1\beta_2\beta_\omega\epsilon_1\epsilon_3\chi$] malādhikāḥ δ_2 malādhikāḥ β_1 malādhikāḥ $\alpha_3\delta_1$
calādhikāḥ δ_3 balādhikāḥ η_2 malādhike η_1 malodgitaḥ γ_1 malojitaḥ γ_2 **37d sidhyati** cett.]
śudhyati $\alpha_1\beta_\omega\delta_1$ **38a prāṇāyāmair eva** cett.] prāṇāyāmena vai $\epsilon_1\epsilon_3\eta_1$ prāṇāyāmair sukhāt
 η_2 **sarve** cett.] sarvaiḥ $\alpha_3\delta_2\delta_3$ **38b praśuṣyanti** cett.] praśukhyanti δ_1 praśuddhyati η_2
malā iti $\alpha_1\beta_1\beta_2\Gamma\delta_2\delta_3\chi$] malā api $\delta_1\epsilon_1\epsilon_3$ malāṃnapi η_1 malāśayā β_ω malāśayaḥ η_2 matoda iti α_3
38c tu cett.] ca ϵ_3 **38d anyat karma** cett.] anyakarma $\alpha_1\gamma_1\delta_2\delta_3$

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

2.38

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

39c *abhüvann antaka* $\alpha_1\alpha_3\beta_1\beta_2\beta_\omega\gamma_2\epsilon_1\chi$] *abhavan taṃtaka* γ_1 *sumanaskāntako* η_2 *samanaskānta* η_1 *bhayāt* $\alpha_1\alpha_3\beta_1\beta_2\beta_\omega\Gamma\epsilon_1\chi$] *bhayānt* η_1 *bhavyas* η_2 **39d** *pavanam* $\alpha_1\alpha_3\beta_1\beta_2\beta_\omega\Gamma\epsilon_1\eta_2\chi$] *praṇavam* η_1 **40b** *yāvac cittaṃ* cett.] *tāvac cittaṃ* $\delta_2\delta_3\epsilon_3\eta_1$ *nirāśrayam* cett.] *nirāmayam* Δ *nirākulaṃ* χ **40c** *yāvad/yāvat* cett.] *jāvat* η_2 *yāt* ϵ_1 *yā* δ_1 **vikṣā** (cf. VM v.l.) *em.*] *vikṣaṃ* α_3 *vikṣed* $\alpha_1\alpha_2$ *dikṣe* γ_2 *ikṣ(y)et* $\beta_1\beta_2$ *icched* γ_1 *drṣṭir* $\Delta\chi$ *paśyed* $\beta_\omega\epsilon_1\epsilon_3\eta_1\eta_2$ **madhye** cett.] *madhyam* $\alpha_1\beta_1\gamma_2\eta_2$ **40d** *kāla* cett.] *kālaṃ* η_1 *mṛtyu* δ_3 **41a** *saṃyāmair* cett.] *saṃyamye* η_2 *saṃyame* β_ω **41b** *nāḍi* cett.] *nāḍi* $\alpha_1\alpha_3\beta_\omega$ *nārī* β_2 **cakre** cett.] *cakro* γ_2 *cakraṃ* ϵ_1 *krīva* γ_1 **viśodhite** cett.] *viśodhayet* α_3 **41d** *sukhād* cett.] *mukhād* $\Delta\eta_1$ **42a** *māroute* cett.] *māruto* $\alpha_3\beta_2\delta_1$ *maruto* δ_2 **saṃcāre** cett.] *saṃcārān* α_3 **42c** *susthiribhāvaḥ* cett.] *susthitā bhāvaḥ* γ_1 *sthiribhāva* β_2 **42d** *saivāvasthā manonmanī* cett.] *saiṣā*^o $\beta_2\Delta$ γ_2 ditto. *saivāvasthomanmanī* *matā* β_1 **43a** *tatsiddhaye* cett.] *tatsiddhayo* ϵ_1 *tatsādhana* β_2 **vidhānājñāś** $\alpha_1\alpha_3\beta_1$] *vidhānājñāś* $\Gamma\epsilon_1\epsilon_3\chi$ *vidhānājñā* $\beta_\omega\eta_1$ *vidhānājñā* $\delta_2\delta_3\eta_2$ *vidhijñās* *tu* β_2 *om.*(up to śītākāra in the next verse) δ_1 **43b** *citrān* cett.] *viśān* δ_2 *viśat* δ_3 *om.* δ_1 **kurvita** $\alpha_3\beta_1\delta_2\delta_3$] *kurvati* $\gamma_1\eta_2^c$ *kurvanti* cett. *avita* α_1 *om.* δ_1 **43c** *vicitrakumbhakābhyāsād* cett.] *kumbhakābhyāsāvicitrāṃ* γ_1 *om.* Δ **43d** *vicitrāṃ siddhim āpnuyāt* cett.] *vicitrāṇim āpnuyāt* η_1 *yogisiddhim āpnuyāt* γ_1 *om.* Δ

³ η_2 has instead: षट्क्रमयोगमाप्नोति पवनाभ्यासतत्परः.

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

⁵ ϵ_3 adds here: ब्रह्ममयोऽपि नामोति पवनाभ्यासतत्परः । समनस्कोन्तकभयं तस्मात्पवनमभ्यसेत् ॥ Cf. 2.39.

सूर्यभेदनमुज्जायी तथा सीत्का च शीतली ।

भस्त्रिका भ्रामरी मूर्छा⁶ प्लावनीत्यष्ट कुम्भकाः ॥

2.44

पूरकान्ते तु कर्तव्यो बन्धो जालन्धराभिधः ।

कुम्भकान्ते रेचकादौ कर्तव्यस्तूडियानकः ॥

2.45

अधस्तात्कुञ्चनेनाशु कण्ठसंकोचने कृते ।

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

2.46

अपानमूर्ध्वमुत्थाप्य[#] प्राणं कण्ठादधो नयेत् ।

योगी जराविमुक्तः सन् षोडशो वयसा⁶ भवेत् ॥

2.47

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

आसने सुखदे योगी बद्धा वज्रासनं ततः ।

दक्षनाड्या समाकृष्य बहिःस्थं पवनं शनैः ॥

2.48

44a ante sūryabhedanam add. atha kumbhakabhedāḥ χ **44b** tathā sītka ca śitalī $\alpha_1\alpha_3$ (sītka) tathā sīt-/sīt-kāraśitalī cett. tathā sīt-kāraśitalā $\epsilon_1\beta_1$ sīt-kārī śitalī tathā χ **44c** bhastrikā cett.] bhastrī ca δ_1 **bhrāmari** $\beta_\omega\gamma_1\delta_2\delta_3\epsilon_3\eta_1\chi$] bhrāmārī $\alpha_1\alpha_3\beta_1\beta_2\gamma_2\delta_1\epsilon_1\eta_2$ **44d** plāvanī $\beta_1\gamma_2\epsilon_1\epsilon_3$] plāvinī χ prāvati γ_1 pratvanī β_2 kevalāś $\alpha_1\beta_\omega\eta_2$ kevalī η_1 ke«va»lā⁶ α_3 sahitās Δ °ty aṣṭa $\beta_1\beta_2\Gamma\epsilon_1\epsilon_3\chi$] cāṣṭa $\alpha_1\beta_\omega\Delta\eta_1\eta_2$ °ny aṣṭa α_3 **kumbhakāḥ** cett.] kumbhakaḥ γ_1 kumbhikā β_1 kumbhakā β_ω kumbhakān η_1 **45b** bhidhaḥ cett.] vidhaḥ $\delta_1\delta_2$ **45c** recakādau cett.] cakā-dau η_1 **45d** kartavyas cett.] kartavyaṃs η_2 tū⁶ cett.] tu $\alpha_1\beta_2\beta_\omega$ ta γ_1 °ḍḍiyānakah $\gamma_2\delta_1\delta_3\eta_2\chi$] ḍḍiyānakah $\alpha_3\beta_1\beta_\omega\epsilon_1\eta_1$ ḍiyānakah $\beta_2\delta_2\epsilon_3$ ḍiyānakah α_1 hiyānakah γ_1 **46a** adhaṣṭāt $\alpha_3\beta_2\eta_1\eta_2\chi$] adhaṣṭā $\alpha_1\beta_1\beta_\omega$ adhasta γ_1 adhaṣṭhāt $\gamma_2\epsilon_1$ adhaṣṭvāt ϵ_3 **kuñcanenāsu** cett.] kuñcanenāsum β_2 kuñjakenāsu ϵ_1 kuñbhakenāsaṃ α_3 **46c** madhye $\alpha_1\alpha_3\beta_1\beta_2\gamma_2\epsilon_1\epsilon_3\eta_1\chi$] madhya $\beta_\omega\gamma_1\eta_2$ **tānena** cett.] tāṇena $\alpha_1\alpha_3\beta_\omega\eta_1$ tāṇa ϵ_1 **46d** syāt cett.] sthāt ϵ_1 **brahma** cett.] madhya β_ω **nāḍigaḥ** cett.] nāḍigataḥ ϵ_1 nāḍikāṃ β_2 nābhirāt γ_1 **47a** utthāpya cett.] uddāpya α_3 āsthāpya $\delta_1\eta_1$ **47b** kaṇṭhād adho cett.] kaṇṭhe tathom α_3 **nayet** cett.] nayat γ_1 nayan $\alpha_1\epsilon_1$ jayet ϵ_3 **47c** vimuktaḥ san $\alpha_1\alpha_3\beta_1$ β_2 $\beta_\omega\gamma_2\delta_1\delta_2\chi$] viyuktaḥ san γ_1 vimuktaḥ sa ϵ_1 vimuktaḥ saḥ ϵ_3 vimuktaḥ syāt δ_3 vimuktaś ca η_2 bhimuktaś ca η_1 **47d** ṣoḍaśo vayasā cett.] ṣoḍaśo vayasī β_1 ṣoḍaśābdavayā $\delta_2\delta_3\chi$ ṣoḍaśābdavayo η_2 **48** tatra $\alpha_1\alpha_3\beta_1\beta_2\Gamma$] atha $\beta_\omega\eta_1\eta_2$ atha tatra ϵ_3 om. $\delta_1\delta_3\epsilon_1\chi$ **sūryabhedanam** cett.] sūryabhedanī γ_1 sūryabhedī β_1 om. $\delta_1\delta_3\chi$ **48a** āsane sukhade yogī cett.] āsane sukhadaṃ yogī α_3 āsane sukhado yogī β_ω athāsane sukhād eva η_2 **48b** baddhvā cett.] baddhā $\beta_\omega\eta_2$ bhaddrām α_3 **vajrāsanam** cett.] visanam ϵ_1 mudrāsamaṃ $\beta_\omega\eta_2$ caivāsanaṃ χ **tataḥ** cett.] sudhī ϵ_1 **48c** nāḍyā cett.] nāḍyāḥ γ_1 nāḍyāṃ $\epsilon_1\epsilon_3$ **48d** bahiḥsthāṃ cett.] basthaṃ ca β_1

⁶ Three folios are missing in δ_2 after व (up to 3.1c).

आ केशाग्रान्खाग्रान् निरोधावधि कुम्भयेत्* ।

49a ā keśāgrān $\beta_{\omega}\eta_2$] ā keśāgrā $\alpha_1\alpha_2$ ā keśāgra ϵ_1 ā keśād ā $\beta_2\Gamma\chi$ ā keśāsā β_1 ā keśac ca ϵ_3 ā keśam ā α_3 ā keśāgram $\delta_1\delta_3\eta_1$ **nakhāgrāc ca** $\beta_1\beta_2\Gamma\epsilon_3\eta_2\chi$] nakhāgrās ca α_1 nakhāvaṇva α_2 nakhāgram ca $\alpha_3\beta_{\omega}\delta_1\delta_3\epsilon_1$ nakhā... η_1 **49b nirodhāvadhi** $\alpha_1\alpha_3\beta_1\beta_2\beta_{\omega}\gamma_1\epsilon_3\eta_2\chi$] nirodhāvidhi γ_2 nirovadhi ϵ_1 niruddh[o]vadhi η_1 śirodhyavadhi $\delta_1\delta_3$ **kumbhayet** cett.] kumbhayan α_1 kumbhakān δ_1 kumbhakam δ_3 **49c tataḥ** cett.] om. γ_1 **nādyā** cett.] nādyā ca η_2 **49d sudhiḥ** $\alpha_3\beta_2\Gamma\epsilon_1\epsilon_3\eta_1$] sudhi $\alpha_1\beta_1$ śuddhi β_{ω} śanaiḥ $\eta_2\chi$ punaḥ $\delta_1\delta_3$ **50a śodhanam** cett.] śodha δ_1 **50b doṣaghaṇam** cett.] doghnam β_{ω} śoṣaghaṇam ϵ_1 **doṣaham** $\beta_1\beta_{\omega}\epsilon_1\epsilon_3$] doṣajam $\alpha_1\alpha_2$ doṣahr̥t $\beta_2\Gamma\delta_1\delta_3\chi$ toharam η_1 nāśanam η_2 **50c kāryam** $\alpha_1\beta_1\beta_2\epsilon_1\epsilon_3\eta_1\chi$] kārya β_{ω} kuryāt $\Gamma\delta_1\delta_3$ sūrya η_2 **50d sūryabhedam udāhṛtam** $\alpha_1\alpha_3\beta_1\beta_2\beta_{\omega}\epsilon_3\eta_1$] sūryabhedanam udāhṛtam *unm.* ϵ_1 sūryabhedanam uttamam $\Gamma\delta_1\delta_3\chi$ bhedanam samudāhṛtam η_2 **51 athojjāyī** $\alpha_1\beta_1\beta_2\epsilon_3\eta_1\chi$] atha ujjāyī $\alpha_3\beta_{\omega}\epsilon_1\eta_2$ ujjāyī $\Gamma\delta_3$ ujjādi δ_1 **51a samyamyā** cett.] samnamya η_1 samkocca α_3 **nāḍibhyām** $\beta_2\Gamma\delta_3\epsilon_3\chi$] nāḍibhyām $\alpha_1\beta_1$ nāsābhyām $\alpha_3\beta_{\omega}\delta_1\epsilon_1\eta_1\eta_2$ **51b śanaiḥ** cett.] tataḥ δ_1 punaḥ δ_3 **51c yathā** cett.] yadā $\eta_1\eta_2$ **lagati** cett.] lagatu β_2 galati ϵ_3 ragati γ_1 **kanthāt tu** $\alpha_1\beta_1\beta_2\delta_3\epsilon_1\epsilon_3\eta_2\chi$] kanthe tu Γ kanthāntar δ_1 kanthāntam β_{ω} kanthādim α_3 hṛtkaṇthe η_1 **51d hr̥dayāvadhī** cett.] hr̥tpadmāvadhī $\beta_2\eta_2$ **sasvanam** cett.] sasvanī β_1 sausanam η_1 śodhanam η_2 niḥsvanam β_2 **52a pūrvavat** cett.] pūrve ca γ_1 pūrvatu β_2 **kumbhayet** cett.] kumbhayan $\delta_1\delta_3$ **prāṇam** $\alpha_1\beta_1\beta_2\beta_{\omega}\Gamma\delta_1\chi$] prāṇāt η_1 prāṇān $\delta_3\epsilon_1\epsilon_3\eta_2$ **52b recayed** *īdayā* cett.] recayedīyā δ_1 **tataḥ** cett.] tratat γ_2 tathā χ **52c śleṣma** cett.] śleṣmā η_2 śreṣmā γ_1 śleṣā β_2 **kanthe** cett.] kaṇṭha δ_1 dehād η_1 dehām ϵ_1 dehā η_2 **52d dehānala-vivardhanam** cett.] dehānale vivardhanam α_1 dāvānalavivardhanam β_{ω} analadiptivardhanam η_1 analam dipavardhanam ϵ_1 °naladiptivivardhanam $\alpha_3\eta_2$ **53a jālodare** *em.*] jālodare $\beta_{\omega}\eta_2$ jālodaro α_1 jālodarā $\beta_1\epsilon_1\eta_1\chi$ jālalodarā α_2 jālodarī γ_2 jālodara β_2 jālodaram $\gamma_1\delta_1\delta_3\epsilon_3$ jālamdaram α_3 **dhātu** cett.] dhātum (dhautam pe) α_3 gātra δ_3 **53b gatadoṣa** $\alpha_1\beta_1\beta_2\beta_{\omega}\gamma_2\chi$] gadadoṣa α_2 gatadoṣā γ_1 gatadoṣam η_2 gataroga $\epsilon_1\eta_1$ galaroga α_3 śataroga ϵ_3 śatadoṣa $\delta_1\delta_3$ **53c gacchataḥ** $\alpha_1\alpha_3\beta_1\beta_2\beta_{\omega}\delta_1\delta_3\epsilon_1\eta_1$] gacchataḥ tiṣṭhatā $\Gamma\epsilon_3\eta_2\chi$ **kāryam** cett.] kāryam α_1 kāya ϵ_1 **53d ujjāy(y)ākhyam tu** cett.] urjīarvākhyam tu β_1 ujjāyahravya γ_1 ujjā{h}yyākhyāyat tu α_3 kuru vikhyāta $\beta_{\omega}\eta_2$ **kumbhakam** cett.] kumbhakaḥ β_{ω}

54 atha cett.] om. $\Gamma\delta_1$ **sītkā** ϵ_1] sītkā α_1 sītakā η_1 sītkarāḥ γ_1 sītkarāḥ α_3 sītkāra $\beta_{\omega}\gamma_2$ sītkāram β_2 sītkārā δ_3 sītkārī $\alpha_2\epsilon_3\chi$ sītakarākarma η_2 śighrā β_1 om. δ_1 **54a sīt-/sītkām** $\alpha_1\alpha_3\beta_1\beta_2\gamma_2\delta_3\epsilon_3\chi$] satkāṁ ϵ_1 sītkīm δ_1 dhītkām(?) γ_1 kumbham $\beta_{\omega}\eta_2$ om. η_1 **dadyāt** $\alpha_1\alpha_3\beta_1\epsilon_1\epsilon_3\eta_1$] kuryāt $\beta_2\beta_{\omega}\Gamma\delta_1\delta_3\eta_2\chi$ **sadā** $\alpha_1\alpha_3\beta_1\beta_{\omega}\epsilon_1\epsilon_3\eta_1\eta_2$] tathā $\beta_2\Gamma\delta_1\delta_3\chi$ **vaktre** cett.] vaktrāt η_2 dakre γ_1 **54b ghrāṇe caiva** $\alpha_1\beta_1\beta_2\beta_{\omega}\eta_1$] ghrāṇe cātha $\epsilon_1\epsilon_3$ ghrāṇenaiva $\alpha_3\gamma_2\delta_1\delta_3\eta_2\chi$ prāṇenaiva γ_1 **vijr̥mbhikā** $\alpha_1\beta_1\beta_2\epsilon_3\eta_1\chi$] vijr̥mbhikā δ_1 vijr̥mbhikam γ_1 vijambhikām γ_2 vijambhakām ϵ_1 vijr̥mbhitām α_3 vijr̥mbhitam $\beta_{\omega}\eta_2$ visarjayet δ_3 **54c evam abhyāsa** cett.] evam abhyāsam η_1 **yogena** cett.] yoge tu η_2 **55a cakrasāmānyaḥ** $\alpha_1\alpha_3\beta_1$] cakrasāmānya $\beta_{\omega}\epsilon_1$ cakrasamānyaḥ χ cakram āsādyā $\eta_1\eta_2$ cakrasevyas tu $\beta_2\Gamma\delta_1\delta_3\epsilon_3$ **55d naivālasyaṁ** cett.] niṁdrālasyaṁ β_1 **prajāyate** $\alpha_1\alpha_3\beta_2\beta_{\omega}\Gamma\delta_1\delta_3\eta_1\chi$] tu jāyate $\epsilon_1\epsilon_3$ tu jāyete η_2 na jāyate β_1 **56a svacchanda** cett.] sattvam ca χ **dehaś ca** $\alpha_1\alpha_2\beta_2\beta_{\omega}\epsilon_1\epsilon_3\eta_2$] dehas tu $\Gamma\delta_1\delta_3$ dehasya $\alpha_3\chi$ dehastha β_1 deham ca η_1 **56b varjitāḥ** cett.] vivarjitāḥ β_{ω} **56c satyaṁ** $A\beta_2\beta_{\omega}\eta_1\eta_2\chi$] nityam $\beta_1\epsilon_1\epsilon_3$ yas tu $\Gamma\delta_1\delta_3$ **56d yogindro** cett.] yogindro β_{ω} yogemdro ϵ_1 **bhuvi** $\alpha_3\beta_1\beta_2\beta_{\omega}\eta_1\eta_2$] bhūmi $\alpha_1\alpha_2\gamma_2\delta_1\delta_3\epsilon_1\epsilon_3\chi$ muni γ_1 **57 evam eva uktaṁ ca** $\alpha_1\eta_1$] evam eva uktaṁ ϵ_1 evam eva tad uktaṁ β_1 uktaṁ ca η_2 uktaṁ β_{ω} evam evoktaṁ gorakṣakaḥ (evam evoktaṁ ca *dittography*) α_3 gorakṣenaivam evoktaṁ ϵ_3 om. α_2 **57a mūlena** cett.] yogena $\beta_2\Gamma$ **57b prāṇam** cett.] prāṇa $\beta_{\omega}\eta_2$ prāṇāḥ γ_1 **57c abdārdhena** cett. (α_2)] abdor(d)dhena $\alpha_1\alpha_3$ abardārdhe β_1 **57d sarvarogaparikṣayaḥ** cett.] °parikṣayaḥ η_1 sarvāngasusthirakriyam η_2

ततः शनैः सव्यनाड्या रेचयेत्पवनं सुधीः ॥

2.49

कपालशोधनं वातदोषघ्नं कृमिदोषहम् ।

पुनः पुनरिदं कार्यं सूर्यभेदमुदाहृतं ॥

2.50

अथोज्जायी ।

मुखं संयम्य नाडीभ्यामाकृष्य पवनं शनैः ।

यथा लगति कण्ठात्तु हृदयावधि सस्वनम् ॥

2.51

पूर्ववत्कुम्भयेत्प्राणं रेचयेदिडया ततः ।

श्लेष्मदोषहरं कण्ठे देहानलविवर्धनम् ॥

2.52

नाडीजालोदरे# धातुगतदोषविनाशनम् ।

गच्छतस्तिष्ठतः कार्यं उज्जाय्याख्यं तु कुम्भकम् ॥

2.53

अथ सीत्का[#] । (om. δ_1)

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

2.54

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

2.55

भवेत्स्वच्छन्ददेहश्च सर्वोपद्रववर्जितः ।
अनेन विधिना सत्यं योगीन्द्रो भुविमण्डले ॥

2.56

⁷एवमेव उक्तं च । (om. $\beta_2\Gamma\Delta\chi$)

रसनातालुमूलेन[#] यः प्राणं सततं पिबेत् ।
अब्दार्धेन भवेत्तस्य सर्वरोगपरिक्षयः ॥ (om. χ)

2.57

58 *atha* cett.] *tathā* η_2 *om.* $\Gamma\delta_1$ *śītalī* cett.] *om.* δ_1 **58a** *jihvayā* cett.] *jihvāyā* δ_3 *jihvāyām* α_3 *jihvā* η_1 **ākṛṣya** cett.] *āpūrya* δ_3 **58b** *pūrvavat* cett.] *pūrvam* *ca* η_2 **kumbhakād** *anu* $\beta_2\gamma_2\delta_1\delta_3\epsilon_1\epsilon_3$] *kumbhanād* *anu* $\alpha_1\alpha_2\beta_1$ *kumbhakādane* γ_1 *kumbhasāadhanam* $\beta_\omega\eta_1\eta_2$ *kumb-* *hayet* *tataḥ* α_3 **58c** *śanais tu* cett.] *śanaiḥ* *su* ϵ_3 *śanakair* χ **ghrāṇa** cett.] *prāṇa* $\delta_3\eta_2$ **58d** *anilaṃ* cett.] *pavanaṃ* χ **sudhiḥ** $\beta_2\gamma_2\delta_1\delta_3\chi$] *sudhī* $\alpha_1\alpha_2\beta_1\beta_\omega\gamma_1$ *śanaiḥ* $\alpha_3\epsilon_1\eta_1\eta_2$ *tataḥ* ϵ_3 **59a** *plihādikān* $\alpha_1\alpha_3\beta_1\beta_2\beta_\omega\chi$] *plihodaraṃ* $\Gamma\delta_1\delta_3$ *plihodarān* $\epsilon_1\epsilon_3$ *śleṣmādayo* η_2 *śleṣmādikā* η_1 *doṣān* $\alpha_1\alpha_3\beta_1\beta_2\beta_\omega\epsilon_3$] *doṣā* $\eta_1\eta_2$ *rogān* $\epsilon_1\chi$ *cāpi* $\Gamma\delta_3$ *vāpi* δ_1 **59b** *jvaraṃ* $\beta_1\beta_2\gamma_2\delta_1\delta_3\epsilon_1\chi$] *jvalaṃ* $\alpha_1\gamma_1$ *jvara* $\beta_\omega\epsilon_3\eta_2$ *jvarā* η_1 *jvarān* α_3 **pittaṃ** $\alpha_1\alpha_3\beta_1\beta_2\Gamma\epsilon_1\epsilon_3\chi$] *pitta* $\beta_\omega\eta_1\eta_2$ *cāpi* $\delta_1\delta_3$ **kṣudhāṃ** $\alpha_3\beta_1\beta_2\delta_1\delta_3\chi$] *kṣudhā* $\alpha_1\beta_\omega\Gamma\eta_1\eta_2$ *kṣayaṃ* ϵ_1 *kṣaya* ϵ_3 **trṣāṃ** cett.] *trṣā* $\beta_\omega\eta_1\eta_2$ **59c** *viśāpi* $\alpha_1\alpha_3\beta_1\Gamma\epsilon_1\epsilon_3\chi$] *etāni* $\beta_\omega\delta_1\eta_1\eta_2$ *nāśini* β_2 *vidhivac* $\delta_1\delta_3$ **59d** *kumbhako'yaṃ* cett.] *kumbhakoyā* δ_3 *kumbhakeyā* δ_1 *kumbhikeyaṃ* χ *kumbhako* α_1 **nihanti** cett.] *niranti* δ_3 *niranta*° δ_1 **ca** $\alpha_1\alpha_2\beta_1\beta_2\beta_\omega\Gamma\delta_3\eta_2$] *hi* $\alpha_3\epsilon_1\epsilon_3\eta_1\chi$ ° *raṃ* δ_1 **60** *atha* cett.] *om.* $\Gamma\delta_1$ **bhastrikā** cett.] *bhastrikā* $\gamma_1\delta_3$ *bhasrikā* γ_2 *om.* δ_1 **60a** *ced dhatte* $\alpha_1\alpha_2\epsilon_1$] *vai* *dhatte* $\beta_\omega\eta_2$ *veddhamte* β_1 *saṃdhatte* $\alpha_3\eta_1$ *saṃsthāpya* $\beta_2\Gamma\delta_1\delta_3\epsilon_3\chi$ **60b** *ubhe* cett.] *śubhe* χ *yathā* α_3 **tathā** cett.] *yadā* $\alpha_1\alpha_2$ *sadā* β_ω *ubhe* $\alpha_3\chi$ **60c** *samyak* cett.] *satya* α_3 *tasya* δ_3 *etat* $\beta_2\chi$ **61b** *sama* cett.] *same* η_1 ° *odaraḥ* *sudhiḥ* cett.]° *odaraṃ* *sudhī* $\alpha_1\beta_1$ ° *odara* *śudhī* β_ω **61c** *mukhaṃ* cett.] *sukhaṃ* γ_1 **saṃyamya** cett.] *saṃjamyā* δ_1 **61d** *prāṇaṃ* cett.] *ghrāṇaṃ* δ_1 **recayet** cett.] *pūrayet* α_3

⁷ $\epsilon_3\eta_2$ add here: रसनातालुयोगेन (ϵ_3 ; सत्वामूलेन रन्ध्रेण η_2) यः प्राणं सततं पिबेत् । स भवेत्सर्वसिद्धिनां भाजनं नात्र संशयः ॥

अथ शीतली । (om. δ_1)

जिह्वया वायुमाकृष्य पूर्ववत्कुम्भकादनु[#] ।

शनैस्तु घ्राणरन्ध्राभ्यां रेचयेदनिलं सुधीः ॥

2.58

गुल्मप्लीहादिकान्दोषान् ज्वरं पित्तं क्षुधां तृषां ।

विषाणि शीतली नाम कुम्भकोऽयं निहन्ति च ॥

2.59

अथ भस्त्रिका । (om. δ_1)

ऊर्वोरुपरि चेद्धत्ते उभे पादतले तथा ।

पद्मासनं भवेत्सम्यक्सर्वपापप्रणाशनम् ॥

2.60

सम्यक्पद्मासनं बद्धा समग्रीवोदरः सुधीः ।

मुखं संयम्य यत्नेन प्राणं घ्राणेन रेचयेत् ॥⁸

2.61

62a *yathā* cett.] *yadā* $\beta_\omega \delta_1 \eta_1 \eta_2$ **lagati** cett.] *galati* ϵ_3 **hr̥tkan̥ṭha** $\alpha_1 \alpha_2 \beta_1 \beta_2 \epsilon_1$] *hr̥tkan̥ṭham* γ_1 *hr̥tkan̥ṭhe* cett. (α_3) **62b** *kapāle* $\alpha_1 \alpha_3 \epsilon_1 \eta_1$] *kapāla* $\gamma_1 \eta_2$ *kapālā*° $\beta_2 \gamma_2 \delta_1 \delta_3 \epsilon_3 \chi$ *kapole* β_ω *kapolaṃ* β_1 **saśvanam̐ tataḥ** (cf. GŚ) $\beta_1 \epsilon_1$] *saśvanam̐ tataḥ* α_2 *śvasanam̐ tataḥ* α_1 *svāsanam̐ tataḥ* β_ω *nisvanam̐ tataḥ* α_3 *ca samantataḥ* η_1 *syarśanam̐ tataḥ* η_2 °*vadhi saśvanam̐* $\Gamma \chi$ °*vadhi niḥsvanam̐* β_2 °*vadhi pūrayet* $\delta_1 \delta_3 \epsilon_3$ **62c** *kimcit* cett.] *samyak* $\Gamma \delta_1 \delta_3$ *cāpi* χ **62d** *hr̥t* cett.] *syāt* δ_1 **mārutam̐** cett.] *mārutaḥ* β_ω *kevalam̐* ϵ_3 **63a** *virecayet* cett.] *virecanam̐* β_ω **63b** *pūrayec ca* $\alpha_1 \alpha_3 \beta_1 \beta_2 \beta_\omega \eta_2 \chi$] *pūrayed vā* $\epsilon_1 \epsilon_3 \eta_1$ *pūrayitvā* $\Gamma \delta_3$ *pūraiṭvā* δ_1 **punaḥ punaḥ** cett.] *punaḥ* δ_3 **63c** *kārāṇam̐* cett.] *kāreṇa* $\eta_1 \chi$ **64a** *stham̐* cett.] *sthaś* δ_1 **64b** *cālayet* $\alpha_1 \alpha_3 \beta_1 \beta_2 \beta_\omega \epsilon_1 \epsilon_3 \eta_1 \chi$] *cāyet* η_2 *cālyate* $\Gamma \delta_1 \delta_3$ **sudhiḥ** *em.* (cf. P27, GŚ)] *dhiyā* cett. *śanaiḥ* η_2 *sthali* β_ω **64c** *yadā* cett.] *yathā* $\alpha_3 \delta_1 \delta_3$ *tathā* ϵ_1 **śramo** cett.] *kramo* ϵ_1 **64d** *tadā* cett.] *tathā* $\alpha_3 \delta_1 \delta_3 \eta_1$ **pūrayet** cett.] *recayet* ϵ_3 **65a** *yathodaram̐* $\alpha_1 \beta_1 \beta_2 \Gamma \delta_1 \delta_3 \chi$] *yadodaram̐* α_3 *athodaram̐* $\beta_\omega \epsilon_1 \epsilon_3 \eta_1 \eta_2$ **bhavet** cett.] *labhet* α_1 *yadā* $\epsilon_1 \epsilon_3$ **65b** *pavanena* cett.] *anilena* χ **tathā** cett.] *tadā* $\alpha_3 \epsilon_1$ *yathā* $\beta_1 \eta_1$ **laghu** cett.] *laghuḥ* $\beta_\omega \eta_2$ **65c** *dhārayen* cett.] *dhāvayen* ϵ_1 *dhārayan* $\gamma_1 \eta_1$ **nāsikāṃ** $\beta_1 \beta_\omega \chi$] *nāmikāṃ* γ_2 *nāsikā* cett. **madhyā** $\gamma_2 \epsilon_3 \chi$] *madhyāṃ* ϵ_1 *madhyam̐* $\alpha_1 \alpha_2$ *madhya* β_1 *madhye* $\beta_2 \beta_\omega \gamma_1 \eta_1 \eta_2$ *madhyāt* δ_3 *mādhyāt* δ_1 **65d** *tarjanibhyām̐* cett.] *tarjanabhyām̐* γ_1 *aṅgulibhyām̐* $\eta_1 \eta_2$ **vinā** cett.] *tathā* η_2 **66a** *kumbhakam̐ pūrvavat* cett.] *kumbhakam̐ pūrakam̐* $\alpha_1 \eta_1 \eta_2$ *vidhivat* *kumbhakam̐* χ **66b** *īdayānilam̐* $\alpha_1 \alpha_3 \beta_1 \beta_2 \gamma_2 \epsilon_3 \eta_2 \chi$] *īdayānikam̐* γ_1 *ekayānilam̐* $\epsilon_1 \eta_1$ *īdayānalam̐* β_ω *īdayā* *tataḥ* $\delta_1 \delta_3$ **66d** *vivardhanam̐* cett.] *pravardhanam̐* η_1 *vivajitam̐* δ_1

⁸ η_2 adds here: अथैव स्वशरीरस्थं चालयेत्पवनं स्थली (cf. 2.64ab with the reading of β_ω स्थली for धिया).

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

2.62

पुनर्विरेचयेत्तद्वत्पूरयेच्च पुनः पुनः ।
यथैव लोहकाराणां भस्त्रा वेगेन चाल्यते ॥

2.63

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

2.64

यथोदरं भवेत्पूर्णं पवनेन तथा लघु ।
धारयेन्नासिकां मध्यातर्जनीभ्यां* विना दृढम् ॥

2.65

कुम्भकं पूर्ववत्कृत्वा रेचयेदिडयानिलम् ।
वातपित्तश्लेष्महरं शरीराग्निविवर्धनम् ॥

2.66

67a bodhakam $\alpha_1\alpha_3\varepsilon_1\varepsilon_3\eta_1\chi$] bodhakah $\beta_\omega\eta_2$ bodhanam $\beta_1\beta_2\Gamma\delta_1\delta_3$ **vajram** (cf. GŚ) *em.*] cakram $\alpha_1\alpha_2$ cakra β_1 [va]ktram α_3 vipra $\varepsilon_1\eta_1$ sarva ε_3 kṣipram χ kuryāt $\Gamma\delta_1\delta_3$ karttur β_2 kumbho $\beta_\omega\eta_2$ **67b pāpaghnam** $\gamma_2\delta_1\delta_3$] pāpapuṃ γ_1 pavanam χ bhāvaghnam $\alpha_1\alpha_3\beta_1\varepsilon_1$ bhavaghnam $\beta_2\eta_1$ doṣaghnam ε_3 rogaghnaḥ $\beta_\omega\eta_2$ **sukhadam** cett.] sukhadaḥ $\beta_\omega\eta_2$ **śubham** cett.] śubhaḥ $\beta_\omega\eta_2$ hitam χ tathā δ_1 **67c mukhe samstha** $\alpha_3\beta_1\beta_\omega\varepsilon_3\eta_1\chi$] mukhe samsthaḥ η_2 mukhe samstham $\alpha_1\beta_2\delta_3\varepsilon_1$ sukhe samstham δ_1 mukhamtastha γ_1 mukhāmtatstha γ_2 **67d kaphādyargala** cett.] kapātārgala β_1 kapātergala η_1 kaphaughagala β_2 kaphāvāta α_3 **nāśanam** cett.] nāśanaḥ η_2 **68a guṇatraya** *em.*] samyaggātra cett. samyaggātre $\delta_1\delta_3$ samyagbhastrā η_2 samyagantaḥ β_2 **samudbhūta** β_1 β_2 $\beta_\omega\gamma_1\varepsilon_1\chi$] samudbhūtam $\alpha_1\alpha_3\gamma_2\delta_1\delta_3\varepsilon_3\eta_1$ samudbhūto η_2 **68b vibhedakam** cett.] vibhedanam $\alpha_3\beta_2$ vibhedakah η_2 **68d tv idam** $\alpha_1\beta_1$ β_2 $\beta_\omega\gamma_2\delta_3\chi$] svidam γ_1 svayam $\varepsilon_1\varepsilon_3$ param δ_1 *om.* $\eta_1\eta_2$ **69 atha** cett.] *om.* $\Gamma\delta_1$ **bhrāmari** cett.] bhrāmari $\alpha_1\beta_1\beta_2\gamma_2\eta_2$ *om.* δ_1 **69a vegodghoṣam** $\alpha_3\beta_1\beta_2\gamma_2$] vegodghokham δ_1 vegoghoṣam α_1 vegodveṣam $\delta_3\varepsilon_1$ vegādghoṣam $\eta_2\chi$ vegāghoṣam β_ω vegair ghoṣam η_1 vegāgho γ_1 vegākṛṣṭam ε_3 **pūrakam** cett.] pūrayet η_2 **bhṛṅganādam** cett.] bṛṅginādam α_3 mandamandam δ_1 *om.* γ_1 **69b recakam** cett.] recayet η_2 **mandamandam** cett.] mandam $\alpha_1\beta_1$ **69c yogindrāṇam** cett.] yogendrāṇam $\alpha_1\varepsilon_1$ **evam abhyāsa** cett.] nityam abhyāsa $\gamma_2\delta_3$ nityabhyāsa γ_1 **yogāc** cett.] yogās η_2 yogā β_ω yogī sā β_1 **69d jātā** cett.] yātā δ_1 jāte η_1 jāto β_ω **kācid** cett.] kvacid ε_1 cid β_ω **lilā** $\beta_2\Gamma\delta_1\delta_3\chi$] mūrchā $\alpha_1\alpha_2\alpha_3\beta_1\beta_\omega\varepsilon_1\varepsilon_3\eta_1\eta_2$ **70 mūrchā** $\alpha_1\beta_1$ β_2 $\beta_\omega\Gamma\delta_3\chi$] mūrchākumbhakah ε_3 mūrchanākumbhakam $\varepsilon_1\eta_1\eta_2$ *om.* δ_1 **70a gāḍhataram** $\Gamma\delta_1\varepsilon_3\eta_1\chi$] gāḍhataram α_2 ghaṭataram β_2 bāḍhataram α_3 vāmḍhataram α_1 dṛḍhataram δ_3 bahutaram $\beta_\omega\eta_2$ dṛḍham badhvā β_1 **70b baddhvā** cett.] baṃdham β_1 baṃdho $\delta_1\delta_3$ **jālandharam** cett.] jālandhare γ_1 jālandharaḥ $\delta_1\delta_3$ **70c khyeyam** $\alpha_1\beta_1$ β_2 $\beta_\omega\Gamma\delta_3\varepsilon_3\chi$] khyo'yam $\alpha_3\delta_1\eta_1$ stho'yam η_2 **70d pradā** $\alpha_1\beta_1\beta_2\gamma_2\delta_1\delta_3\varepsilon_3\chi$] pradaḥ $\alpha_3\beta_\omega\eta_2$ pradam η_1 prajā γ_1

कुण्डलीबोधकं वज्रं* पापघ्नं सुखदं शुभम् ।
ब्रह्मनाडीमुखे संस्थकफाद्यर्गलनाशनम् ॥

2.67

गुणत्रयसमुद्भूत*ग्रन्थित्रयविभेदकम् ।
विशेषेणैव कर्तव्यं भस्त्रारव्यं कुम्भकं त्विदम् ॥ (cd om. $\eta_1 \eta_2$)

2.68

अथ भ्रामरी । (om. δ_1)

वेगोद्धोषं* पूरकं भृङ्गनादं
भृङ्गीनादं रेचकं मन्दमन्दम् ।
योगीन्द्राणामेवमभ्यासयोगा-
च्चित्ते जाता काचिदानन्दलीला ॥

2.69

अथ मूर्छा । (om. δ_1)

पूरकान्ते गाढतरं बद्धा जालन्धरं शनैः ।
रेचयेन्मूर्छानाख्येयं मनोमूर्छासुखप्रदा ॥ (om. $\varepsilon_1 \varepsilon_2$)

2.70

71 plāvanī $\beta_1 \beta_2$] plāvinī χ plāvanikumbhakaḥ ε_3 **71a antaḥ** cett.] atah γ_2 aṃta β_1 anna ε_1 atha η_1 **pravartitodgāra** $\alpha_1 \beta_1 \beta_2 \gamma_2 \varepsilon_1$] pravartitādgāra γ_1 pravartitodāra χ pravartitodhāra β_ω pravartitādhāra $\varepsilon_3 \eta_2$ pravartitādhāraṃ α_3 prakṛtitodāra η_1 **71b mārutā** cett.] māruti γ_1 mārute η_1 māruta β_ω marudā α_3 **71c payasy agādhe'pi sukhāt** $\alpha_1 \beta_1 \beta_2 \varepsilon_1 \chi$] payasy agādhe ti sukhāt ε_3 payasy agādhe pi sukhāṃ γ_2 yadyasyagādhe pi sukhāṃ γ_1 payasvī gādha pī kṣāt η_1 sāksāt payasy agādhe pi $\beta_\omega \eta_2$ **71d plavate** $\alpha_1 \beta_1 \beta_2 \varepsilon_1 \varepsilon_3 \eta_1 \chi$] plavato $\beta_\omega \eta_2$ labhate Γ **padma** cett.] yapa γ_1 **patravat** cett.] vat sadā ε_3 **72 iti** $\varepsilon_1 \varepsilon_2$] om. α_1 **kevalakumbhakam** $\alpha_1 \alpha_2 \beta_1 \beta_2 \varepsilon_1 \eta_1$] kevalakumbhaka β_ω kevalakumbhakaḥ $\alpha_3 \eta_2$ kevalaḥ ε_3 sahitaḥ Γ sahitaṃ δ_3 om. $\delta_1 \chi$ **72a prāṇāyāmas** cett. (α_3)] prāṇāyāmās $\gamma_1 \eta_1$ prāṇāyāma α_1 **prokto** cett. (α_3)] proktā $\alpha_1 \gamma_1 \eta_1$ **72b reca** cett.] recaka $\beta_\omega \gamma_2 \eta_2$ **pūraka** cett.] kumbhaka δ_1 **kumbhakaiḥ** cett.] kumbhakaḥ η_1 kumbhakau Γ pūrakaiḥ δ_1 **72c sahitaḥ** cett.] sajātaṃ α_3 **kevalaś ceti** cett.] kevalaṃ ceti $\alpha_3 \eta_1$ kevalastreti γ_2 kevalaś caiva β_2 **72d dvididho** cett.] dvididhā $\alpha_3 \varepsilon_2 \eta_1$ dvinidho δ_1 **73a virecyāpūrya yat kuryāt** em. (cf. VS)] ārecyāpūrya yat kuryāt δ_1 ārecyāpūrya yaḥ kuryāt δ_3 recayet pūrakaṃ kuryāt $\Gamma \varepsilon_2$ recakaṃ pūrakaṃ kuryāt $\alpha_3 \varepsilon_3$ recakaḥ pūrakaḥ kāryaṃ β_ω recakaḥ pūrakaṃ kāryaṃ η_1 recakaḥ pūrakaḥ kārya η_2 recakaḥ pūrvavat kāryaḥ α_1 reco vā pūrakaḥ kāryaḥ β_1 recāpūryayet kāryaḥ α_2 virecyā pūrakaḥ kāryaḥ β_2 om. $\varepsilon_1 \chi$ **73b sa vai** $\alpha_1 \delta_1 \delta_3 \eta_1$] savyai ε_2 sa=r>vvai η_2 śanaiḥ $\beta_1 \beta_2 \beta_\omega \Gamma \varepsilon_3$ om. $\varepsilon_1 \chi$ **sahitakumbhakaḥ** cett.] sahitakumbhakaiḥ β_1 saṃyatakumbhakaḥ ε_3 om. $\varepsilon_1 \chi$ **73c siddhiḥ** cett.] śuddhiḥ $\delta_1 \eta_2$ **73d tāvat sahitaṃ** $\alpha_3 \beta_1 \beta_2 \beta_\omega \Gamma \delta_1 \delta_3 \eta_1$] tāvat sahitasam η_2 sahitaṃ tāvad $\alpha_1 \varepsilon_1 \varepsilon_2 \varepsilon_3 \chi$ **74a pūrakaṃ** cett.] kumbhakaṃ β_2 **muktvā** $\alpha_2 \alpha_3 \beta_1 \beta_2 \varepsilon_1 \varepsilon_3 \eta_1 \eta_2 \chi$] muktaṃ β_ω tyaktvā $\alpha_1 \Gamma \delta_1 \delta_3$ **74b sukhāṃ** cett.] mukhaṃ $\gamma_1 \delta_3$ sukhād $\eta_1 \eta_2$ **yad vāyudhāraṇam** cett.] yad vāyudhāraṇāt δ_3 vāyunirodhanam $\eta_1 \eta_2$ saṃdhāya dhāraṇāṃ ε_1 **74d sa vai** cett.] sarvaiḥ ε_1 sarve α_1 sacet α_3 **kumbhakaḥ** cett.] kumbhaka $\alpha_1 \beta_\omega$ kumbhakaṃ β_1 kumbhataḥ γ_1

केवले कुम्भके सिद्धे रेचपूरकवर्जिते । न तस्य दुर्लभं किञ्चित्पि लोकेषु विद्यते ॥	2.75
शक्तः केवलकुम्भेन यथेष्टं वायुधारणम् । राजयोगपदं चैव लभते नात्र संशयः ॥	2.76
हठं विना राजयोगो राजयोगं विना हठः । न सिध्यति ततो युग्ममा निष्पत्तेः समभ्यसेत् ॥	2.77
कुम्भितप्राणरेचान्ते [#] कुर्याच्चित्तं निराश्रयम् । एवमभ्यासयोगेन राजयोगपदं व्रजेत् ॥ (cd om. δ_1)	2.78
कुम्भकाद्धर्धते वायुस्ततोऽग्निश्च प्रवर्धते । बुद्धा कुण्डलिनी तस्मात्सैव द्वारं प्रयच्छति ॥ (Γ)	2.78*1
कुम्भकात्कुण्डलीबोधः कुण्डलीबोधतो भवेत् । अनर्गला सुषुम्णा च हठसिद्धिश्च जायते ॥	2.79

80a vadane cett.] vane η_1 vadana $\beta_1\delta_1$ **80b nāda** cett.] nādaḥ β_ω nāde δ_3 **nayane** cett.] ca nayane γ_1 **sunirmale** $\beta_2\beta_\omega\Gamma\delta_1\delta_3\chi$] ca nirmale $\alpha_1\alpha_3\varepsilon_1\varepsilon_3\eta_1\eta_2$ sucanirmmale β_1 **80c ārogyatā** $\alpha_1\alpha_3\beta_1\beta_\omega\eta_1\eta_2\chi$] arogyatā β_2 arogitā $\gamma_1\delta_1\delta_3$ ārogitā γ_2 arogatā $\varepsilon_1\chi$ ārogaṭā ε_3 **dīpanam** cett.] dipakam η_1 **80d nāḍivīsuddhir** $\beta_2\Gamma\delta_1\delta_3\varepsilon_3\chi$] nāḍīsu śuddhi $\beta_1\beta_\omega\varepsilon_1\eta_2$ nāḍīsu siddhir $\alpha_1\eta_1$ **siddhi** cett.] siddha α_1 yoga η_1 **col śrīsvātmārāmayogīndra** $\beta_\omega\gamma_1\varepsilon_3$] śrīsadgurusvātmārāmayogendra α_1 svātmārāmayogendra ε_1 ātmārāmayogīndra η_2 svātmārāma η_1 śrīśahajānandasantānacintāmaṇi-svātmārāmayogīndra γ_2 iti śrīsvā° (sic!) β_1 om. $\beta_2\delta_1\delta_3\chi$ **virac-itāyām** cett.] om. $\beta_2\delta_1\delta_3\chi$ **haṭha** cett.] śrīhaṭha δ_3 ha° (sic!) β_1 ante **dvitīyo°** add. haṭhakarmasādhano nāma ε_3 **dvitīyopadeśaḥ** $\alpha_1\alpha_3\beta_1\beta_\omega\Gamma\delta_3\varepsilon_3\chi$] dvitīya upadeśaḥ ε_1 dvitīyo yam upadeśaḥ δ_1 upadeśaḥ β_2 dvitīyodhyāyaḥ $\eta_1\eta_2$

वपुःकृशत्वं वदने प्रसन्नता
 नादस्फुटत्वं नयने सुनिर्मले ।
 आरोग्यता बिन्दुजयोऽग्निदीपनं
 नाडीविशुद्धिर्हृत्सिद्धिलक्षणम् ॥

2.80

इति श्रीस्वात्मारामयोगीन्द्रविरचितायां हठप्रदीपिकायां द्वितीयोपदेशः ॥

* * *

List of Sigla

α_1	N3	
α_2	J5	not fully collated
α_3	G4	damaged; collated when only available
β_1	P11	
β_2	C6	
β_ω	V3	
γ_1	N23	
γ_2	J7	
δ_1	V19	
δ_2	K3	2.48–3.1 lost
δ_3	C7	
ε_1	P15	
ε_2	N19	collated in 2.36, 72–73 where ε_1 is missing
ε_3	V15	
η_1	V1	
η_2	J10	
χ	Jyo	Brahmānanda's version, based on the edition 1972