श्रीआदिनाथाय नमोऽस्तु तस्मै
येनोपदिष्टा हठयोगविद्या ।
विराजते प्रोन्नतराजसौध-
मारोढुमिच्छोरधिरोहिणीव ॥ (om. α₂) [1.1–33 lost δ₂]   1.1 – δ₂

प्रणम्य श्रीगुरुं नाथं स्वात्मारामेण योगिना ।
केवलं राजयोगाय हठविद्योपदिश्यते ॥   1.2 – δ₂

भ्रान्त्या बहुमतध्वान्ते राजमार्गमजानताम् ।
हठप्रदीपिकां धत्ते स्वात्मारामः कृपाकरः ॥   1.3 – δ₂

हठविद्यां हि मत्स्येन्द्रगोरक्षाद्या विजानते ।
स्वात्मारामोऽथवा योगी जानीते तत्प्रसादतः ॥   1.4 – δ₂

श्रीआदिनाथमत्स्येन्द्रशाबरानन्दभैरवाः ।
चौरङ्गीमीनगोरक्षविरूपाक्षबिलेशयाः ॥   1.5 – δ₂

1a śrīādināthāya cett.] anādināthāya ε₁ ādīśanāthāya η₁   **1c virājate** cett.] vibhrājate β₂χ
rājasaudham cett.] «rāja»saudham α₁ rājayogam α₃β_ωη₂χ   **1d āroḍhum** cett.] ārūḍham ε₁
rohiṇīva cett.] rohiṇī ca γ₁ rohiṇe ca β₁ roha eva β_ω   **2b yoginā** cett.] dhīmatā δ₁δ₃ε₃
2d haṭhavidyo cett.] haṭhayogo η₂   **3a bhrāntyā** cett.] bhrāntvā β_ωδ₁δ₃ bhrāntā α₁ε₁
matadhvānte cett.] matadhvāntai β₂γ₁ mataṃ dhīmāt α₂ manaṃ dhāṃti β₁ mataṃ bhrāntaṃ
η₁   **3b mārgam** α₁α₃β₁γ₁] yogam cett.   **ajānatām** cett.] ajānataḥ δ₁δ₃ε₃   **3c dhatte** cett.]
datte β₁β₂   **3d svātmārāmaḥ** cett.] svātmārāma β₁β_ω svātmārame γ₁   **kṛpākaraḥ** cett.]
kṛpāparaḥ δ₁δ₃ kṛtāpara α₂ prakāśyate β_ωη₂   **4a haṭhavidyāṃ** cett.] °vidyā α₂γ₁η₁ °vidyo α₁
matsyendra cett.] tachaṃdra γ₁   **4b gorakṣādyā vijānate** cett. incl. α₃] gorakṣādyā virājate
α₁ gorakṣādiṣu rājate α₂   **4c svātmārāmo** cett.] svātmārāmas α₃ ātmārāmo δ₁ε₁   **4d 'thavā**
cett.] tathā α₃ yathā δ₃ mahā ε₁   **jānīte** cett.] jānaṃte β_ω   **prasādataḥ** cett.] prasīdati
α₂   **5a śrīādinātha** cett.] ādināthādi η₁η₂   **5b śābarā** α₁β₂γ₁η₂χ] śabarā α₂η₁ śāradā β₁δ₁δ₃
śāgarā β_ω sāgarā ε₁ε₃   **bhairavāḥ** cett.] bhairavaḥ α₁α₂   **5c cauraṅgī** cett.] coraṃgī α₂ε₁
saraṃgi α₃   **mīna** cett.] mena ε₁ megha α₃ śīna δ₁ pāna α₂   **5d virūpākṣa** cett.] virūpākṣaḥ
α₁δ₁ virūpākhya δ₃ vairūpākṣa ε₁   **bileśayāḥ** cett. incl. α₃] baleśayāḥ ε₁ vileśyayaḥ β₁ savālikaḥ
α₁^{pc}α₂δ₁ savālmikaḥ α₁^{ac}

मन्थानभैरवो योगी सिद्धबुद्धश्च कन्थडिः ।
गोरण्टकः सुरानन्दः सिद्धपादश्च चर्पटिः ॥ (cd om. δ₁)[1]　　　1.6　– δ₂

काणेरी पूज्यपादश्च नित्यनाथो निरञ्जनः ।
कपाली बिन्दुनाथश्च काकचण्डीश्वराह्वयः ॥　　　1.7　– δ₂

अल्लमप्रभुदेवश्च घोडाचोली च टिण्टिणी ।
भालुकी नागबोधश्च खण्डकापालिकस्तथा ॥　　　1.8　– δ₂

इत्यादयो महासिद्धा हठयोगप्रभावतः ।
खण्डयित्वा कालदण्डं ब्रह्माण्डेषु चरन्ति ते ॥　　　1.9　– δ₂

6a manthāna cett.] manthāno χ　**bhairavo** cett.] bhairavā γ₁　**6b siddha** cett.] siddhi α₂ siddhir χ śuddha β₂η₂ suddha η₁　**buddhaś ca** cett. incl. α₃] buddhiś ca α₁α₂β₂β_ω pādaś ca δ₃　**kanthaḍiḥ** δ₁δ₃χ] kanthaḍī α₂Bε₃ kanthaḍiḥ γ₁ kanthaliḥ ε₁ kanthalī α₁η₁ kaṃḍali α₃ kandalī η₂　**6c goraṇṭakaḥ** em.] goraṃṭaka α₁α₂ gorakṣakas α₃ koraṇṭakaḥ β₂γ₁ε₁χ koraṃḍakaḥ ε₃ karaṃṭaka β₁ pauraṇṭakaḥ β_ωδ₃η₁η₂ om. δ₁　**surānandaḥ** cett.] surānanda α₂β₁β_ω sadānaṃda α₃ kṣurānaṃda α₁ om. δ₁　**6d siddhapādaś ca** cett.] śrīpādaś caiva ε₃ om. δ₁　**carpaṭiḥ** γ₁ε₃η₂χ] carpaṭi α₁β₁β_ω carpaṭī β₂δ₃η₁ sarpaṭi α₃ paryaṭī α₂ karpaṭiḥ ε₁ om. δ₁　**7a kāṇerī** em.] kaṇerī α₂β₂γ₁η₁ kaṇeri α₁ kaṇeriḥ ε₁ ka[ṇ]e .. α₃ kāṇeriḥ ε₃ kāṇerī β_ωη₂χ kariṇī δ₁ karaṇī δ₃ kāroṭiḥ β₁　**pūjya** cett.] pūrya η₁ pūrva ε₁η₂ pūla α₂　**7b nityanātho** cett.] dhvaninātho η₂ bilvanātho δ₁δ₃　**7c kapālī** cett.] kapāsī δ₃　**7d caṇḍīśvarāhvayaḥ** β₂γ₁ε₁ε₃η₁χ] caṇḍīśvarādayaḥ β_ωδ₁δ₃η₂ caṃḍīśvaro gayaḥ α₃ caṃdeśvaro gayaḥ α₁ caṃḍīśvaro gajaḥ α₂ caṃḍīśvaro mayaḥ β₁　**8a allama** α₃] alama α₁ allamaḥ β_ωε₁η₁η₂χ allumaḥ α₂ allasa β₁ allasaḥ γ₁ alasaḥ β₂ amelleḥ ε₃ sukṣamaḥ δ₁δ₃　**8b ghoḍācolī** α₂β₁β_ωε₃χ] ghoḍācūlī α₃γ₁ ghoḍāculī α₁ goḍācūlī β₂ ghoṭācolī δ₁δ₃ ghorācolī η₁η₂ _ gacolī ε₁　**ca** cett.] ci α₃ sa δ₁ gha δ₃　**ṭiṇṭiṇī** η₁η₂] ṭiṃṭiṇiḥ α₁χ ṭiṃṭiṇi β₁ ṭīṭiṇiḥ γ₁ ṭiṃṭaṇī«ḥ» β₂ ṭiṃṭiṇiḥ δ₁ ṭimbhiniḥ δ₃ ṭīṃcaṇī α₂ ciṃciṇī β_ω ciṃciṇiḥ ε₃ caṃcaṇiḥ ε₁ caṃḍilaḥ α₃　**8c bhālukī** β₂η₁η₂] bhāluki α₁ bhālukir β₁ bhānukin γ₁ bhānukī χ tālukī α₂ vālukir δ₁δ₃ vāsuki α₃ vāsukir β_ωε₁ vāsukīr ε₃　**nāgabodhaś ca** α₃β_ωγ₁δ₃η₁η₂] nāgabodhiś ca β₁ε₁ε₃ nāgarodhaś ca δ₁ nāgadevaś ca β₂ namioddīśa α₁ nāma tuṃḍīśa α₂ nāradevaś ca χ　**8d khaṇḍakāpālikas** α₃β₁β_ωη₂] khaṃḍaṃ kāpālikas γ₁η₁ khaṇḍaḥ kāpālikas ε₃χ khaṃḍikaḥ pālikas β₂ kaṃḍhaḥ kāpālikas ε₁ caṇḍakāpālikas δ₃ caṃḍīkāpālikas δ₁ siddhaḥ kāpālikas α₁α₂　**9b prabhāvataḥ** cett.] prasādataḥ Bγ₁　**9c kāla** cett.] kāra α₁ kā β₁　**9d brahmāṇḍeṣu** α₁α₂β₁δ₁ε₃] brahmāṇḍe tu β_ω brahmāṇḍe vi° α₃β₂γ₁δ₃η₁η₂χ brahmāṇḍaṃ vi° ε₁

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[1] Usually omitted in δ₁δ₃. δ₃ seems to have supplied this hemistich from a ms of another branch.

संसारतापतप्तानां समाश्रयमठो हठः ।
अशेषयोगजगतामाधारकमठो हठः ॥ (cd om. A)　　　　　　　　1.10 – δ₂

हठविद्या परं गोप्या योगिनां सिद्धिमिच्छताम् ।
भवेद्वीर्यवती गुप्ता निर्वीर्या तु प्रकाशिता ॥　　　　　　　　1.11 – δ₂

सुराज्ये धार्मिके देशे सुभिक्षे निरुपद्रवे ।²
एकान्तमठिकामध्ये स्थातव्यं हठयोगिना ॥　　　　　　　　1.12 – δ₂

अल्पद्वारमरन्ध्रगर्तपिटकं नात्युच्चनीचायतं
सम्यग्गोमयसान्द्रलिप्तममलं निःशेषबाधोज्झितम् ।
बाह्ये मण्डपवेदिकूपरुचिरं प्राकारसंवेष्टितं
प्रोक्तं योगमठस्य लक्षणमिदं सिद्धैर्हठाभ्यासिभिः ॥　　　　1.13 – δ₂

10a saṃsāratāpa cett.] saṃsārāśrama β_ω saṃsāraśrama η₂ aśeṣatāpa β₂χ　　**10b samāśraya**
cett.] samāśrayo η₁ āśrayo'yaṃ β_ωη₂ samagrapra° α₁　　**maṭho haṭhaḥ** β₂γ₁δ₃ε₁χ] mato haṭhaḥ
δ₁ mato (ṭho below) ha .. α₃ maho haṭhaḥ α₂β₁ mahāmaṭhaḥ ε₃ haṭho maṭhaḥ η₁ haṭho mataḥ β_ωη₂
°thamo haṭhaḥ α₁　　**10c aśeṣa** cett.] samasta ε₁ *om.* A　　**jagatām** γ₁δ₁δ₃ε₁ε₃η₂] jagatīm η₁
jāyunām β₁ yuktānām β₂β_ωχ *om.* A　　**10d ādhāra** cett.] ādhāraḥ β_ωδ₁δ₃η₂ *om.* A　　**kamaṭho**
haṭhaḥ cett.] kahaṭho maṭhaḥ η₁ *om.* A　　**11a gopyā** cett.] gopyaṃ α₂β_ω yogo β₁　　**yoginām**
cett.] yoginām β_ω yoginā δ₁δ₃ε₁χ　　**11b icchatām** Aβ_ωγ₁ε₃η₁η₂] icchatā β₁β₂δ₃ε₁χ icchitā δ₁
11d nirvīryā cett.] nirvījā δ₁ nirvāryā η₂　　**tu** cett. incl. α₃] ca α₁δ₁ε₃ sā ε₁　　**12a surājye**
cett.] surāṣṭre β₁　　**12b nirupadrave** cett.] kṣemabhadrade ε₁　　**12c ekānta** cett.] ekānte
α₂β_ωη₁η₂χ　　**12d yoginā** cett.] yoginām α₁α₃ yogibhiḥ α₂　　**13a alpadvāram arandhra** cett.]
ākalpadvā«ra»raṃdhra γ₁ alpadvāram aruṃ«dha» ε₁　　**piṭakaṃ** α₁β₁ε₁ε₃] piṭanaṃ α₃ paṭikaṃ
β₂ piṭhikaṃ γ₁ piṭhiraṃ δ₃ piṭharaṃ δ₁ viṭakaṃ α₂ viṭapaṃ β_ωη₂ vivaraṃ χ sahitaṃ η₁
nīcā cett.] nītā α₁^pc noccā β_ω naṃcā γ₁　　**yataṃ** cett.] yitaṃ η₂ yutaṃ β₁η₁ vṛtaṃ ε₃
13b sāndra cett.] sārdra β_ωη₂ sāpra α₁ lipta ε₁　　**liptam amalaṃ** α₃β₂γ₁δ₁η₂χ] liptavimalaṃ
α₁α₂β₁β_ωδ₃ε₃ liptamavilaṃ η₁ sāndravimalaṃ ε₁　　**niḥśeṣa** cett.] nirdoṣa α₁η₂　　**bādhojjhitam**
β_ωε₁η₁η₂] bodhojhitam α₃ bādhārjjitam β₁ vātojjhitam β₂ jantūjjhitam γ₁δ₁δ₃ε₃χ jaṃtūṣṇitaṃ
α₂ jyaṃtyūpsitaṃ α₁　　**13c vedikūpa** cett.] vedakopa β₁ kūpavedi ε₃　　**ruciraṃ** α₁α₂Bγ₁ε₃χ]
racitaṃ δ₁δ₃ε₁η₁η₂

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²　χ has धनुःप्रमाणपर्यन्तं शिलाग्निजलवर्जिते between the hemistiches.

एवंविधे मठे स्थित्वा सर्वचिन्ताविवर्जितः ।
गुरूपदिष्टमार्गेण योगमेव समभ्यसेत् ॥　　　　　　　　　　1.14 – δ_2

अत्याहारः प्रयासश्च प्रजल्पोऽनियमग्रहः ।
जनसङ्गश्च लौल्यं च षड्भिर्योगो विनश्यति ॥　　　　　　　1.15 – δ_2

उत्साहात्साहसाद्धैर्यात्तत्त्वज्ञानाच्च निश्चयात् ।
जनसङ्गपरित्यागात् षड्भिर्योगः प्रसिध्यति ॥　　　　　　　1.16 – δ_2

अहिंसा सत्यमस्तेयं ब्रह्मचर्यं क्षमा धृतिः ।
दयार्जवं मिताहारः शौचं चैव यमा दश ॥ ($\beta_\omega \delta_3$)　　　1.16*1

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

14b vivarjitaḥ cett.] vivarjite $\beta_1\varepsilon_1$　　**14c gurūpadiṣṭa** cett.] gurūpadeśa β_2　　**14d yogam eva** cett.] yogam evaṃ $\alpha_2\varepsilon_1\eta_1\eta_2$ yogamārgaṃ β_ω　　**samabhyaset** $\alpha_1^{pc}\alpha_2\beta_\omega\gamma_1\varepsilon_1\eta_1\eta_2\chi$] sadāb-hyaset $\alpha_1^{ac}\alpha_3\beta_1\beta_2\delta_1\delta_3\varepsilon_3$　　**15a atyāhāraḥ** $\beta_2\gamma_1\delta_3\eta_1\eta_2\chi$] atyāhāra $\alpha_2\beta_1\varepsilon_3$ alpāhāra δ_1 alpāhāro α_1 ātmāhāraḥ β_ω natyāhāsaḥ ε_1 a[t]. + + α_3　　**prayāsaś ca** cett.] prayāsaś cā δ_1 prayāsasya α_2 pravāsaś ca $\alpha_1\gamma_1$ *illeg.* α_3　　**15b 'niyama** cett.] niyamā ε_3 nama ε_1　　**15c janasaṅgaś ca** cett.] janasaṃgaṃ ca β_2 janasaṃkara ε_1　　**15d yogo vinaśyati** cett.] yogā vinaśyati γ_1 yogaś ca naśy-ati η_2 yogaḥ praṇaśyati η_1　　**16a utsāhāt/n** cett.] utsāha $\alpha_2\beta_\omega$ utsāho α_3　　**sāhasād** $\gamma_1\delta_1\delta_3\chi$] niścayād $\alpha_1\beta_\omega\beta_1\varepsilon_1\varepsilon_3\eta_1\eta_2$ niścayā α_2 niścalo α_3 niyamād β_2　　**dhairyāt** cett.] dhairya $\alpha_1\alpha_2\beta_\omega$ dhairyaṃ α_3 vairyāt $\eta_1\eta_2$　　**16b jñānāc ca niścayāt** $\gamma_1\chi$] jñānād viniścayāt δ_1 jñānaviniścayāt $\beta_2\delta_3$ jñānāc ca darśanāt $\alpha_1\beta_1\beta_\omega\varepsilon_1\varepsilon_3\eta_1\eta_2$ jñānārthadarśanāt α_2 jñānārthadarśanaṃ α_3　　**16c jana** cett.] nija γ_1　　**parityāgāt** cett.] parityāgāḥ α_3　　**16d yogaḥ prasidhyati** cett.] yogas tu sidhyati $\eta_1\eta_2$ yogo prasidhyati $\alpha_2\delta_1$　　**16*1c dayārjavaṃ** δ_3] dayārjava β_ω　　**16*2c siddhānta** *em.*] siddhāntaṃ β_ω

अथासनानि । (ε₁ε₃)

हठस्य प्रथमाङ्गत्वादासनं पूर्वमुच्यते ।
तत्कुर्यादासनं स्थैर्यमारोग्यं चाङ्गपाटवम् ॥³   1.17 – δ₂

वसिष्ठाद्यैश्च मुनिभिर्मत्स्येन्द्राद्यैश्च योगिभिः ।
अङ्गीकृतान्यासनानि कथ्यन्ते कानिचिन्मया ॥ [1.18–28 lost α₁]   1.18 – α₁δ₂

जानूर्वोरन्तरे सम्यक्कृत्वा पादतले उभे ।
ऋजुकायः समासीनः स्वस्तिकं तत्प्रचक्षते ॥ [found before 1.17 in ε₁]   1.19 – α₁δ₂

सव्ये दक्षिणगुल्फं तु पृष्ठपार्श्वे नियोजयेत् ।
दक्षिणेऽपि तथा सव्यं गोमुखं गोमुखं यथा ॥ (om. ε₁)   1.20 – α₁δ₂

heading: athāsanāni ε₁] «atha» āsanāni ε₃   **17c tat kuryād** cett. incl. α₃] ta kuryād α₂ na kuryād α₁ kuryāt tad η₂χ   **āsanaṃ sthairyam** α₂α₃β₁γ₁δ₃η₁χ] āsanasthairyam α₁β₂β_ωδ₁ε₁ āsane sthairyaṃ ε₃ āsanaṃ tasmād η₂   **17d pāṭavam** Aβ₁β_ωε₁η₁η₂] lāghavaṃ β₂γ₁δ₁δ₃ε₃χ **18d kathyante** cett.] likhyante η₁ vakṣyante δ₁δ₃   **19a jānūrvor** cett.] jaṃtūrvo δ₁   **antare** cett.] antaraṃ γ₁ε₁   **19b ubhe** cett.] śubhe γ₁   **19c ṛjukāyaḥ** cett.] rjukāya α₂γ₁^{ac}η₁ rjuḥ kāya β_ω   **samāsīnaḥ** cett.] samāsīnaṃ β_ω   **19d tat** cett.] taṃ α₃ ca α₂γ₁   **20a dakṣiṇa** cett.] dakṣaṇa β_ω dakṣa α₂   **gulphaṃ** cett.] gulphe δ₃ε₂   **20b pṛṣṭha** cett.] pṛṣṭhi β₂ savya ε₂   **niyojayet** cett.] tu yojayet β₁   **20c 'pi** cett.] ca γ₁ tu δ₁δ₃   **savyaṃ** cett.] savye η₁ samyak α₃   **20d gomukhaṃ** cett.] gomukhe δ₃   **gomukhaṃ yathā** α₃δ₁δ₃ε₂ε₃η₁η₂] gomukhaṃ tathā β_ω gomukhaṃ bhavet α₂ gomukhākṛti χ gomukhākṛtiḥ β₁β₂γ₁

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

एकं पादमथैकस्मिन्विन्यस्योरुणि संस्थितम् ।
इतरस्मिंस्तथा चोरुं वीरासनमितीरितम् ॥   1.21 − $\alpha_1\delta_2$

गुदं निरुध्य गुल्फाभ्यां व्युत्क्रमेण समाहितः ।
कूर्मासनं भवेदेतदिति योगविदो विदुः ॥   1.22 − $\alpha_1\delta_2$

पद्मासनं सुसंस्थाप्य जानूर्वोरन्तरे करौ ।
निवेश्य भूमौ संस्थाप्य व्योमस्थः कुक्कुटासनम् ॥ [1.23c−29d lost δ_3]   1.23 − $\alpha_1\delta_2\delta_3$

कुक्कुटासनबन्धस्थो# दोर्भ्यां संबध्य कन्धराम् ।
शेते कूर्मवदुत्तान एतदुत्तानकूर्मकम् ॥   1.24 − $\alpha_1\delta_2\delta_3$

पादाङ्गुष्ठौ तु पाणिभ्यां गृहीत्वा श्रवणावधि ।
धनुराकर्षणं कृत्वा धनुरासनमुच्यते ॥   1.25 − $\alpha_1\delta_2\delta_3$

21a ekaṃ cett.] eka $\delta_1\delta_3\varepsilon_3$ **athaikasmin** $\alpha_3\eta_1$] tathaikasmin α_2B$\gamma_1\varepsilon_1\varepsilon_3\eta_2\chi$ yathaikasmi $\delta_1\delta_3$ **21b vinyasyoruṇi saṃsthitam** $\beta_\omega\eta_1\eta_2$] niveśyorūṇi saṃsthitam α_3 vinyased ūruṇi sthitaṃ $\beta_1\gamma_1\chi$ vinyased ūruṇi sthitaḥ β_2 vinyaser upari sthitam α_2 vinyased ūru saṃsthitam $\delta_1\delta_3\varepsilon_2\varepsilon_3$ vinasyorasi saṃsthitaḥ ε_1 **21c itarasmiṃs tathā** cett.] itarasminn adhaś α_3 **coruṃ** cett.] coru $\alpha_2\beta_1$ corū α_3 corau β_2 cairuṃ ε_1 ce .. δ_1 **21d itīritam** cett.] iti smṛtam α_2 udāhṛtaṃ α_3 **22a nirudhya** $\beta_2\gamma_1\chi$] nibadhya $\varepsilon_3\eta_1$ nabadhya ε_1 nibaddhi β_ω niyamya $\alpha_2\beta_1\delta_1\delta_3$ niṣpīḍya $\alpha_3\eta_2$ **22b samāhitaḥ** cett.] samāhitaṃ β_ω samādhinā α_2 **22c kūrmāsanaṃ** cett.] yogāsanaṃ $\beta_1\beta_2\gamma_1$ **22d iti** cett.] sarve β_2 **23a su** α_3B$\gamma_1\delta_1$] tu $\delta_3\varepsilon_1\varepsilon_3\eta_1\eta_2\chi$ stu α_2 **saṃsthāpya** cett.] samyojya $\delta_1\delta_3$ **23d vyomasthaḥ** cett.] °sthaṃ $\beta_1\beta_2\gamma_1\chi$ °sthā α_2 **kukkuṭā** $\alpha_3\gamma_1\delta_1\varepsilon_1\varepsilon_3\chi$] kurk(k)uṭā $\alpha_2\beta_1\beta_\omega\eta_1\eta_2$ kukuṭā β_2 **24a kukkuṭā** $\alpha_3\gamma_1\delta_1\varepsilon_1\varepsilon_3\chi$] kurk(k)uṭā $\alpha_2\beta_1\beta_\omega\eta_1\eta_2$ kukuṭā β_2 **bandhastho** $\alpha_2\alpha_3$B$\gamma_1\delta_1\varepsilon_1\varepsilon_3\chi$] madhyastho η_2 vat kṛtvā η_1 **24b saṃbadhya** cett.] saṃbaṃdha $\alpha_2\alpha_3$ saṃveṣṭa γ_1 saṃhṛtya β_2 **kandharām** cett.] kandharam $\alpha_3\beta_\omega\delta_1$ kandaraṃ ε_1 **24c śete** $\alpha_2\varepsilon_1\varepsilon_3\eta_1\eta_2$] śene β_ω sthite α_3 sthitaḥ $\beta_1\gamma_1$ sthitvā β_2 bhavet $\delta_1\chi$ **kūrmavad** cett.] °cad β_1 °rad β_ω **uttāna** $\alpha_2\beta_1\beta_\omega\gamma_1\eta_2\chi$] uttānam $\alpha_3\beta_2\delta_1\varepsilon_1\varepsilon_3\eta_1$ **24d kūrmakam** cett.] pūrvakam ε_1 **25a tu** cett.] ca δ_1 **pāṇibhyāṃ** cett.] bāhubhyāṃ $\eta_1\eta_2$ **25b śravaṇāvadhi** cett.] śravaṇāvadhiḥ $\alpha_2\beta_1\beta_2$ śravaṇāvadhiṃ η_1 śravaṇāvidhi β_ω **25c karṣaṇaṃ kṛtvā** (karkhaṇaṃ) δ_1] karṣaṇaṃ kṛṣṭaṃ α_3 karṣaṇaḥ kṛṣṭaṃ η_1 karṣaṇākṛṣṭaṃ $\alpha_2\beta_2\varepsilon_1\varepsilon_3$ karṣaṇāt kṛṣṭaṃ (kaṣṭaṃ β_ω) $\beta_1\beta_\omega\gamma_1$ karṣaṇaṃ kuryād $\eta_2\chi$ **25d ucyate** α_2B$\gamma_1\eta_1\eta_2\chi$] īritam $\alpha_3\delta_1\varepsilon_1\varepsilon_3$

वामोरुमूलार्पितदक्षपादं
जानोर्बहिर्वेष्टितदक्षदोष्णा ।
प्रगृह्य तिष्ठेत्परिवर्तिताङ्गः
श्रीमत्स्यनाथोदितमासनं स्यात् ॥

1.26 – $\alpha_1 \delta_2 \delta_3$

मत्स्येन्द्रपीठं जठरप्रवृद्ध#-
प्रचण्डरुङ्मण्डलखण्डनास्त्रम् ।
अभ्यासतः कुण्डलिनीप्रबोधं
दण्ड#स्थिरत्वं च ददाति पुंसाम् ॥

1.27 – $\alpha_1 \delta_2 \delta_3$

प्रसार्य पादौ भुवि दण्डरूपौ
दोर्भ्यां पदाग्रद्वितयं# गृहीत्वा ।
जानूपरिन्यस्तललाटदेशो
वसेदिदं पश्चिमताणमाहुः ॥

1.28 – $\alpha_1 \delta_2 \delta_3$

26a dakṣapādaṃ cett.] dakṣapāda $\beta_1\beta_2$ dakṣapādo α_3 dakṣapādau α_2 **26b jānor** $\gamma_1\eta_1\eta_2\chi$] jānaur β_ω jānvor $\alpha_2\alpha_3\beta_1\beta_2\delta_1\varepsilon_1\varepsilon_3$ **bahirveṣṭita** cett.] bahi«ḥsaṃ»ṣṭhita γ_1 **dakṣadoṣṇā** $\alpha_2\beta_2\delta_1$] dakṣadorṣṇā β_1 dakṣadorbhyāṃ γ_1 vāmapādam $\beta_\omega\eta_1\eta_2\chi$ vāmadoṣṇā $\alpha_3\varepsilon_2\varepsilon_3$ vāmadoṣṇi ε_1 **26c parivartitāṅgaḥ** cett.] pariveṣṭitāṃga α_2 parimarditāṅgaḥ δ_1 **26d śrīmatsyanātho** cett.] śrīmatsyadināho β_ω matsyeṃdranātho α_3 **27a pīṭhaṃ** cett.] pīṭho β_2 vīraṃ η_1 vīra ε_1 **jaṭhara** cett.] jvalana β_ω vīra ε_1 **pravṛddha** η_2] pravuddhaṃ γ_1 pravuddhau δ_1 prabodhaṃ β_2 pracaṇḍaṃ $\varepsilon_1\varepsilon_3\eta_1$ pracaṇḍa $\alpha_2\alpha_3\beta_1$ pradiptaṃ β_ω pradīptiṃ χ **27b pracaṇḍa** $\beta_2\beta_\omega\gamma_1\eta_1\eta_2\chi$] picaṇḍa $\alpha_2\alpha_3\varepsilon_1$ vicaṃḍa β_1 viccaṇḍa η_1 *om.* ε_3 (inserts khaṃḍala between ruṅmaṇḍala and khaṇḍanāstram instead) **ruṅ-/rugmaṇḍala** $\alpha_2\alpha_3 B\delta_1\varepsilon_3\eta_2\chi$] rūrmaṇḍala η_1 rugmaṃḍana γ_1 ruk(!)māṃḍana ε_1 **khaṇḍanāstram** cett.] khaṇḍanāmaṃ γ_1 khaṇḍalāsyam δ_1 **27d daṇḍa** cett.] candra $\eta_2^{ac}\chi$ kāya ε_3 **sthiratvaṃ** cett.] sthitatvaṃ δ_1 **ca dadāti** cett.] dadāti $\alpha_2\gamma_1^{ac}$ pradadāti $\gamma_1^{pc}\delta_1$ ca karoti α_3 **28b dorbhyāṃ** cett.] dvābhyāṃ $\beta_\omega\eta_2$ **padāgra** cett. incl. α_3] padāgryau α_2 karābhyāṃ $\beta_\omega\eta_2$ ca pāda δ_1 **28c deśo** cett.] deśe $\beta_3^{ac}\beta_\omega$ deśaḥ $\alpha_3\beta_3^{pc}$ **28d vased** $\alpha_2 B\gamma_1\varepsilon_1\eta_1\chi$] 'bhyased δ_1 bhaved ε_3 paśyed α_3 d (two syllables omitted) η_2 **tāṇam** $\alpha_2\alpha_3\eta_1$] tānam cett. tāṇa ε_1 **āhuḥ** cett.] baṃdhaḥ $\varepsilon_3\eta_1$ baṃdhaṃ ε_1

इति पश्चिमताणमासनाग्र्यं
पवनं पश्चिमवाहिनं करोति ।
उदयं जठरानलस्य कुर्या-
दुदरे कार्श्यमरोगतां च पुंसाम् ॥ 1.29 – $\delta_2\delta_3$

धरामवष्टभ्य करस्थलाभ्यां
तत्कूर्परस्थापितनाभिपार्श्वः ।
उच्चासनो दण्डवदुत्थितः खे
मायूरमेतत्प्रवदन्ति पीठम् ॥ 1.30 – δ_2

हरति सकलरोगानाशु गुल्मोदरादी-
नभिभवति च दोषानासनं श्रीमयूरम् ।
बहुकदशनभुक्तं भस्म कुर्यादशेषं
जनयति जठराग्निं जारयेत्कालकूटम् ॥ 1.31 – δ_2

29a tāṇam $\alpha_2\alpha_3\varepsilon_1\eta_1$] tānam cett. tāyām α_1 **āsanāgryaṃ** $\alpha_1\beta_2\beta_\omega\varepsilon_3\eta_1\chi$] āsanāgraṃ β_1 āsanāśāgryaṃ η_2 āsanākhyaṃ $\delta_1\varepsilon_1$ āsanaṃ $\alpha_2\alpha_3$ āyanaṃ γ_1 **29b paścima** cett.] paścimā δ_1 **vāhinaṃ** cett. incl. α_3] vāhanam $\alpha_1\beta_\omega\varepsilon_1$ vahena α_2 **29c udayaṃ** cett.] udaraṃ $\alpha_3\beta_1$ **jaṭharānalasya** cett.] jaṭharānilasya δ_1 **29d kārśyam** cett.] kāryam γ_1 kṛśyam β_ω **arogatāṃ** A$\beta_1\beta_2\varepsilon_1\varepsilon_3\eta_1^{pc}\chi$] alogatāṃ γ_1 arogitāṃ $\delta_1\eta_1^{ac}\eta_2$ arogyatāṃ β_ω **30a karasthalābhyāṃ** $\alpha_3\varepsilon_1$] karadvayābhyāṃ $\alpha_1\alpha_2\varepsilon_3$ karadvayena B$\gamma_1\eta_1\eta_2\chi$ punaḥ karābhyāṃ δ_1 puraḥ karābhyāṃ δ_3 **30b kūrpara** $\beta_1\beta_2\varepsilon_1\varepsilon_3\eta_1\eta_2\chi$] kurpara $\alpha_1\beta_\omega\gamma_1$ karpara α_2 kurpare $\delta_1\delta_3$ **pārśvaḥ** cett.] pārśve $\alpha_2\beta_\omega\delta_1\delta_3$ **30c uccāsano** cett.] uccāsanā α_1 uccāsane δ_3 taccāsanaṃ δ_1 **daṇḍavad** cett.] daṃḍa i° α_3 **utthitaḥ khe** $\beta_1\gamma_1\delta_1\delta_3\varepsilon_3\eta_1\eta_2\chi$] utthitaḥ khaṃ ε_1 ucchitaḥ ṣe α_2 utthitaś cet α_1 ucchritaś ca β_2 uthitasya β_ω °votthitāṃgo α_3 **30d māyūram** $\alpha_2\beta_2\gamma_1\delta_1\delta_3\varepsilon_1\varepsilon_3\eta_2$] mayūram $\alpha_1\alpha_3\beta_1\beta_\omega\eta_1\chi$ **pīṭham** cett.] pāṭhaṃ α_2 pāṭhāṃ β_1 santaḥ $\delta_1\delta_3$ **31a rogān āśu** cett.] rogān asu β_ω rogān śvāsa ε_1 rogāśca α_2 doṣān āśu η_2 **gulmo** cett.] gulpho γ_1 gulphau α_1 **31b abhibhavati ca** $\alpha_3\delta_1\delta_3\varepsilon_1\eta_1\eta_2\chi$] abhibhavati $\alpha_1\varepsilon_3$ 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.] bahulam api ca bhuktaṃ α_3 **bhasma** cett.] tac ca δ_1 **aśeṣaṃ** cett.] aśeṣo η_1 avitraṃ β_1 iśutraṃ ε_1 *om.* β_2 **31d jaṭharāgniṃ** cett.] jaṭharāgraṃ ε_1 vaḍavājñīṃ β_ω **jārayet** cett.] jīrayet α_1 jiryate α_3 jvālayet η_2

8

उत्तानं शववद्भूमौ शयनं तु शवासनम् ।
सर्वासनश्रान्तिहरं चित्तविश्रान्तिसाधनम् ॥ 1.32 – δ₂

चतुराशीत्यासनानि शिवेन कथितानि तु ।
तेभ्यश्चतुष्कमादाय सारभूतं ब्रवीम्यहम् ॥ 1.33 – δ₂

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

तत्र सिद्धासनम् । (om. β₁Δε₁ε₃η₁χ)

योनिस्थानकमङ्घ्रिमूलघटितं कृत्वा दृढं विन्यसे-
न्मेढ्रे पादमथैकमेकहृदयो[#] धृत्वा समं विग्रहम् ।
स्थाणुः संयमितेन्द्रियोऽचलदृशा पश्यन् भ्रुवोरन्तरं
चैतन्मोक्षकपाटभेदजनकं सिद्धासनं प्रोच्यते ॥ 1.35

32a uttānaṃ cett.] uttāna Aβ₁β₂γ₁η₂ **32b śayanaṃ tu śavāsanam** ABγ₁ε₁η₁] śayanaṃ ca śavāsanam ε₃η₂ śayanaṃ tat śavāsanam χ śavāsanam idaṃ smṛtam δ₁δ₃ **32c sarvāsana** α₂α₃β₁β₂γ₁ε₁η₁η₂] savāsana β_ω śavāsanaṃ α₁δ₁δ₃ε₃χ **śrānti** cett.] śrama ε₃ gati α₂ **32d sādhanam** α₁α₂Bγ₁δ₁ε₁] kārakam α₃δ₃ε₃η₁η₂χ **33a caturāśītyāsanāni** cett.] caturāśi-tyāsanebhya β₁ **33b śivena kathitāni** cett.] sarvāṇi kathitāni ε₁ kathitāni śivena β₂ *om.* β₁ **tu** α₁α₃β₂β_ωε₁ε₃η₁η₂] vai γ₁δ₁δ₃ ca α₂χ *om.* β₁ **33c tebhyaś catuṣkam ādāya** cett.] tebhyaś catu _ m ādāya ε₁ caturāsanaṃ β₁ **33d bravīmy aham** cett.] *om.* β₁ **34a padmaṃ** cett.] bhadraṃ δ₁ **tathā** cett.] yathā β_ω **siṃhaṃ** α₂α₃β₂β_ωγ₁η₁η₂χ] sīhaṃ α₁ saiṃhaṃ ε₁ε₃ svasti β₁ padmaṃ δ₁ bhadraṃ δ₃ **34b bhadraṃ** cett.] siṃhaṃ δ₁δ₃ **ceti** β₁β₂γ₁δ₁δ₃η₂χ] ce .. α₃ caiva α₁α₂η₁ caitac β_ωε₁ cātha ε₃ **catuṣṭayam** cett.] catuṣkakaṃ ε₃ **34c tatrāpi ca sakhe** α₁α₂Bγ₁] tatrāpi ca sukhe η₁η₂χ tatrāpi ca sukham ε₃ tatrāpi sarveṣāṃ α₃ tathāpi bhadraṃ [ca] Δ (δ₂ हस्थे रेअदिन् 'तथापि च सखेऽ तोओ) tatra viśeṣeṇa ε₁ **34d tiṣṭha** α₁α₂Bγ₁] tiṣṭhat ε₃ tiṣṭhet α₃Δη₁η₂χ śreṣṭhaṃ ε₁ **siddhāsane** cett.] siddhāsanam α₃ siṃhāsane δ₁ padmāsanam ε₁ **sadā** cett.] tadā α₃ **heading: tatra siddhāsanam** α₁α₃β₂η₂] atha siddhāsanam α₂γ₁ **35a sthānaka** α₃β_ωε₁ε₃η₁η₂χ] dvāraka α₁α₂β₁β₂γ₁Δ °**m aṅghrimūla** cett.] m aṅghrimūlā δ₁ mūlāṅghri η₂ **ghaṭitaṃ** cett.] puṭakaṃ ε₁ **dṛḍhaṃ** cett.] dhruvaṃ ε₁ε₃ **35b meḍhre** cett.] meḍhraṃ α₂β₁ medhre γ₁ madhye δ₁ **ekahṛdayo** *em.*] ekahṛdaye α₁γ₁ε₁ eka + + + α₃ eva hṛdaye α₂β₁Δε₃η₂χ eva niyataṃ β₂β_ω āsyahṛdaye η₁ **dhṛtvā** cett.] kṛtvā β₂β_ωχ **samaṃ** cett.] hanuṃ χ **vigraham** cett.] susthiraṃ χ **35c paśyan** α₁Bδ₃η₁η₂] paśyad γ₁ paśyed α₃δ₁δ₂ε₁ε₃χ pārśve α₂ **35d caitan** α₂Bγ₁η₂] caitanya α₁ ceto α₃ etan Δε₁ε₃η₁ hy etan χ **janakaṃ** cett.] jananaṃ α₂δ₂ε₁

मतान्तरे तु ।

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

पूर्वोक्तमेव मत्संमतम् । (om. $\beta_\omega \Delta \eta_1 \eta_2 \chi$)

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 $-\alpha_1$

चतुराशीतिपीठेषु सिद्धमेव सदाभ्यसेत् ।
द्वासप्ततिसहस्रेषु सुषुम्णामिव नाडिषु# ॥ 1.39 $-\alpha_1$

heading: matāntare tu $\alpha_1\beta_2\gamma_1\eta_2\chi$] matāntare $\alpha_3\beta_1\beta_\omega\varepsilon_1\varepsilon_3\eta_1$ matāṃtaraṃ α_2 matsaṃtare ε_2 matsyendraḥ | matāntaram tu δ_1 etan matsyendramataṃ matāntare tu $\delta_2\delta_3$ **36a vinyasya** cett.] nikṣipya $\alpha_1\alpha_3\beta_1\beta_\omega$ niḥkṣipya η_2 **36b savya** AB$\gamma_1\varepsilon_1\eta_2$] savyaṃ $\varepsilon_3\chi$ savyaṃ tu *unm.* η_1 vāma Δ **36c ca** cett.] tu η_1 **nikṣipya** cett.] niḥkṣipya η_2 vikṣipya α_2 vinyasya δ_1 **ending: pūrvoktam eva** $\alpha_1\alpha_2\beta_1\beta_2\gamma_1\varepsilon_1\varepsilon_2\varepsilon_3$] pūrvam evoktam etan α_3 **matsaṃmatam** ε_2] matsamaṃtaṃ α_1 saṃmataṃ β_1 matsyamataṃ $\alpha_3\varepsilon_1\varepsilon_3$ matsyendramatam $\alpha_2\beta_2\gamma_1$ **37a etat** cett.] esmin α_2 iti $\delta_2\delta_3$ kecit δ_1 **37b r anye** cett.] anyathā α_1 **37c muktāsanaṃ** cett. incl. α_3] muktvāsanam δ_1 guptāsanam $\alpha_1\alpha_2$ **vadanty eke** cett.] vadanty anye $\delta_1\delta_2$ vidur anye δ_3 **37d guptāsanaṃ** 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 $\beta_\omega\eta_1$ mitāhāraḥ η_2 **38b ahiṃsāṃ** $\beta_2\delta_1\delta_2\varepsilon_3\chi$] nahiṃsām γ_1 ahiṃsā $\alpha_2\alpha_3\beta_1\beta_\omega\delta_3\varepsilon_1\eta_1\eta_2$ **niyameṣv iva** cett.] niyameṣu ca $\beta_2\eta_1$ **38c ekaṃ** cett.] eke ε_3 evaṃ δ_1 eva α_2 **38d siddhāḥ siddhāsanaṃ** cett.] siddhaṃ si[ddh]. α_3 etat siddhāsanaṃ β_2 siddhāsanam idaṃ Δ **39b siddham eva sadābhyaset** cett.] siddhim eva sadā bhavet α_2 siddham eva sadā paṭhet α_3 siddhāsanaṃ sadābhyaset $\delta_1\delta_3$ abhyaset siddhāsanaṃ sadā δ_2 **39c dvāsaptati** cett.] dvisaptati $\alpha_3\varepsilon_3$ **sahasreṣu** cett.] sahasrāsu ε_3 sahasrāṇāṃ χ **39d suṣumṇāṃ** $\alpha_3\beta_1\beta_2\Delta\varepsilon_3\eta_2$] sukhumṇām γ_1 suṣumṇā $\alpha_2\varepsilon_1\eta_1$ nāḍīnāṃ $\beta_\omega\chi$ **iva nāḍiṣu** $\alpha_3\beta_1\beta_2\gamma_1\Delta\varepsilon_1\varepsilon_3$] iva nāḍikā η_1 eva nāḍiṣu η_2 ca nāḍiṣu α_2 malaśodhanam $\beta_\omega\chi$

आत्मध्यायी मिताहारी यावद्द्वादशवत्सरम् ।
सदा सिद्धासनाभ्यासाद्योगी निष्पत्तिमाप्नुयात् ।
श्रमदैर्बहुभिः पीठैः किं स्यात्सिद्धासने सति# ॥   1.40 – α₁

प्राणानिले सावधानं बद्धे केवलकुम्भके ।
उत्पद्यते निरायासात्स्वयमेवोन्मनी यथा ॥ (d om. β₂) [1.41c–47d lost δ₃]   1.41 – α₁

तथैकस्मिन्नेव दृढं बद्धे सिद्धासने सदा । (ab om. β₂ε₁ε₂)
बन्धत्रयमनायासात्स्वयमेवोपजायते ॥ (c om. β₂)   1.42 – α₁δ₃

नासनं सिद्धसदृशं न कुम्भः केवलोपमः ।
न खेचरीसमा मुद्रा न नादसदृशो लयः ॥ (om. β_ω)⁴   1.43 – α₁δ₃

40a ātmadhyāyī cett.] ātmādhyāyī ε₃ ātmadhyāna α₂   **mitāhārī** cett.] mitāhāro Δε₁
40c °bhyāsād cett.] °bhyāsā α₂ε₁ °bhyāse α₃ °bhyānād δ₁   **40d yogī** cett.] yoge α₃ yoga ε₃
niṣpattim āpnuyāt cett. incl. α₃] niṣpattim avāpnuyāt *unm.* η₂ siddhim avāpnuyāt α₂β_ω   **40e śra-
madair bahubhiḥ** α₂α₃β₁β₂γ₁] śramādau bahubhiḥ η₁ samastair bahubhiḥ ε₁ samastabahubhiḥ
ε₃ śramadairghyādibhiḥ Δ kim ādyair bahubhiḥ β_ωη₂ kim anyair bahubhiḥ χ   **40f kiṃ syāt**
α₂β₂γ₁Δε₃] kiṃ vā α₃ sadā β_ωη₁η₂ kiṃ sadā β₁ yadā ε₁ siddhe χ   **siddhāsane sati** cett.]
siddhāsane satya β_ω siddhāsane sthite β₂γ₁ siddhisādhanaiḥ β₁   **41a prāṇānile** cett.] prāṇānale
β_ω   **sāvadhānaṃ** α₂α₃β₁γ₁δ₂ε₁η₁η₂] °na δ₃ °ne β₂β_ωδ₁χ °no ε₃   **41b baddhe** cett.] baṃdhe
β_ω baṃdhaḥ ε₁ badha β₁ baddhvai γ₁ siddh. α₃ yuṃye α₂   **kevalakumbhake** Δε₃η₁η₂χ] ke-
valakumbhakaḥ α₂α₃β₁β_ωε₁ kevalakumbhataḥ β₂γ₁   **41c utpadyate** cett.] utpadyaṃte β₂β_ωη₁
41d svayam evonmanī cett.] *om.* (eye-skip) β₂   **yathā** cett.] tathā η₁ kalā χ *om.* β₂
42a tathaika α₂α₃β₁β_ωη₁η₂χ] athaika γ₁δ₁δ₂ε₃   **dṛḍhaṃ** α₂α₃β₁β_ωδ₁δ₂] dṛḍhe ε₃η₁η₂χ dṛḍhe
γ₁   **42b baddhe** cett.] baddha β₁γ₁   **siddhāsane** cett.] siṃhāsane δ₁ padmāsana β₁
sadā cett.] tadā γ₁ sati χ   **43a nāsanaṃ siddhasadṛśaṃ** α₂α₃β₁β₂γ₁δ₁δ₂ε₃χ] nāsanaṃ sid-
dhasadanaṃ ε₁ na cāsanaṃ siddhasamam η₁η₂   **43b kumbhaḥ kevalopamaḥ** α₂β₂γ₁δ₁δ₂ε₁ε₃χ]
kuṃbhako balopeta β₁ kumbhasadṛśo'nilaḥ η₁η₂   **43d nāda** cett.] nādaḥ β₁η₁ nādāt α₃

⁴ In β_ω this verse is omitted here and found at the beginning of the Khecarī section in Chapter 3:
नासनं सिद्धसदृशं न कुंभ 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 – $\alpha_1\delta_3$

मतान्तरे ।

उत्तानौ चरणौ कृत्वा ऊरुसंस्थौ प्रयत्नतः ।
ऊरुमध्ये तथोत्तानौ पाणी कृत्वा ततो दृशौ ॥   1.45 – $\alpha_1\delta_3$

नासाग्रे विन्यसेद्राजदन्तमूलं च जिह्वया ।
उत्तभ्य चिबुकं वक्षस्यास्थाप्य# पवनं शनैः ॥   1.46 – $\alpha_1\delta_3$

इदं पद्मासनं प्रोक्तं सर्वव्याधिविनाशनम् ।
दुर्लभं येन केनापि धीमता लभ्यते भुवि ॥   1.47 – δ_3

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

heading: atha padmāsanam cett.] tathā padmāsanam η_1 padmāsanam $\beta_1\delta_1$ *om.* ε_1 **44a dakṣiṇaṃ** cett.] dakṣaṇaṃ $\alpha_2\beta_\omega$ vidakṣiṇaṃ δ_1 **ca** cett.] hi $\beta_2\gamma_1\delta_1\delta_2$ *om.* α_3 **tathā** cett.] tato β_ω **44b yāmyo** $\alpha_2\alpha_3\beta_1\beta_\omega\varepsilon_1\eta_1$] dakso $\beta_2\gamma_1\delta_1\delta_2\varepsilon_3\chi$ jānvo η_2 **paścimena vidhinā** cett.] tasya bandhanavidhau β_ω **dhṛtvā** cett.] vṛttā α_2 pṛṣṭe β_ω **44d vighātakāri** *em.*] vighātakāra α_2 vivātakāri β_1 vināśakāri $\alpha_3\varepsilon_1\varepsilon_3\eta_1\eta_2\chi$ vināśakāya β_2 vināsanaṃ *unm.* β_ω vināśam āśu γ_1 vikāranāśa° $\delta_1\delta_2$ **yamināṃ** cett.] ṇāmimaṃ α_2 janakaṃ γ_1 °nakaraṃ $\delta_1\delta_2$ **heading: matāntare** $\alpha_2\alpha_3\beta_1\beta_\omega\varepsilon_1\eta_1\chi$] matāntaraṃ γ_1 matāntara ε_3 matāntare tu $\beta_2\delta_2\varepsilon_1\eta_2$ matabhede δ_1 **45b prayatnataḥ** cett.] vidhānataḥ δ_1 **45c tathottānau** cett.] tathauttānau $\alpha_2\delta_1\eta_1^{ac}$ **45d 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** $\alpha_2\alpha_3\beta_1\gamma_1\delta_1\delta_2\eta_2\chi$] rājā ε_1 dṛṣṭiṃ $\varepsilon_3\eta_1$ dṛṣṭī β_ω *lac.* β_2 **46b mūlaṃ** $\alpha_2\alpha_3\beta_1\beta_\omega\gamma_1\varepsilon_1\varepsilon_3\eta_1\eta_2$] mūle $\beta_2\delta_1\delta_2\chi$ **ca** $\alpha_2\alpha_3\beta_\omega\delta_1\delta_2\varepsilon_3\eta_1\eta_2$] tu $\beta_1\beta_2\gamma_1\varepsilon_1\chi$ **46c uttabhya** $\alpha_2\gamma_1\varepsilon_1\eta_2$] uttambhya B$\delta_1\delta_2\varepsilon_3\eta_1\chi$ **cibukaṃ** cett.] cubukaṃ $\alpha_3\beta_1\varepsilon_3$ **vakṣasy** $\alpha_2\alpha_3\beta_1\beta_2\gamma_1\delta_1\delta_2\varepsilon_1\chi$] cakṣasy ε_3 vakṣaṃ η_1 vakṣa $\beta_\omega\eta_2$ **46d āsthāpya** $\delta_1\delta_2$ (cf. DYŚ)] utthāpya $\gamma_1\chi$ utthāya β_2 utthāyot ε_1 otthāpya ε_3 osthāpyot $\alpha_2\beta_1$ sthāpayet $\beta_\omega\eta_1\eta_2$ ākṛṣya 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 $\varepsilon_1\varepsilon_3$ **bhuvi** cett.] matiḥ α_2 **ending: paścād uktam eva** (evā α_1) $\alpha_1\alpha_2\beta_2\gamma_1$] paścād uktaṃ $\beta_\omega\delta_1\delta_3\eta_1\eta_2$ etat paścād uktaṃ δ_2 idam api $\varepsilon_1\varepsilon_2\varepsilon_3$ **matsaṃmatam** $\alpha_1\varepsilon_2$] matsyamatam $\beta_\omega\varepsilon_1\varepsilon_3\eta_1\eta_2$ matsyendramatam $\beta_2\gamma_1\Delta$ matsiṃdraḥ α_2

कृत्वा संपुटितौ करौ दृढतरं बद्ध्वा तु पद्मासनं
गाढं वक्षसि संनिधाय चिबुकं ध्यानं च तच्चेतसि# ।
वारं वारमपानमूर्ध्वमनिलं प्रोच्चालयन् पूरितं#
मुञ्चन्प्राणमुपैति बोधमतुलं शक्तिप्रभावान्नरः# ॥ (om. β₁)   1.48

पद्मासनस्थितो योगी नाडीद्वारेषु पूरयन् ।
मारुतं धारयेद्यस्तु# स मुक्तो नात्र संशयः ॥   1.49

अथ सिंहासनम् ।

गुल्फौ च वृषणस्याधः सीवन्याः पार्श्वयोः क्षिपेत् ।
दक्षिणे सव्यगुल्फं तु दक्षगुल्फं तु सव्यके ॥ (cd om. δ₃) [eye-skip?]   1.50

हस्तौ च जान्वोः संस्थाप्य स्वाङ्गुलीः संप्रसार्य च ।
व्यात्तवक्रो निरीक्षेत नासाग्रं सुसमाहितः# ॥ (om. δ₃)   1.51

48a kṛtvā cett.] dhṛtvā Δ   **karau** cett.] *om.* γ₁   **tu** cett.] ca Δ tha α₃   **48b saṃnidhāya** cett.] saṃvidhāya η₁η₂ nidhāya α₁α₃   **dhyānaṃ** cett.] dhyāyaṃś χ   **ca tac** cett.] tataś η₁ **cetasi** cett.] cepsitaṃ η₂   **48c proccālayan** em.] proccāla + α₃ proccārayaṃn α₁ procāraran α₂ proccārayet γ₁ε₃ procārayet β_ω protsālayan η₁ protsārayan β₂δ₂ε₁χ protsārayet δ₁δ₃ prollāsayan η₂   **pūritaṃ** cett.] pūrayan δ₁η₁ pūrayet δ₂δ₃   **48d muñcan prāṇam upaiti** (upeti α₁) cett.] muṃcet prāṇam upaiti α₃ muñcat prāṇam upaiti β_ωη₂ muccaṃta prāṇapuṃsaiti α₂ prāṇaṃ muñcati yāti Δ   **prabhāvān naraḥ** cett.] prabhāvād ataḥ η₂ prabhāvodayāt Δ   **49a padmāsana** cett.] padmāsane α₃η₂χ   **49b dvāreṣu** cett.] dvāreṇa β_ωχ   **pūrayan** α₃ε₃η₂] pūrayet α₁α₂Bγ₁Δε₁η₁ pūritaṃ χ   **49c mārutaṃ** cett.] māruto ε₁   **dhārayed yas tu** Δε₃χ] mārayed yas tu α₂ niyataṃ yas tu γ₁ nayate yas tu β₁β₂ pīyate yas tu η₁ pīvyate yas tu β_ω yas tu pibati η₂ mriyate yas tu α₁α₃ε₁ mārayed yas tu α₂   **49d mukto** cett.] śakto α₂   **heading: atha siṃhāsanam** cett.]   atha sīṃhāna α₁ siṃhāsanam β₁ siṃhāsana yathā δ₁ atha siddhāsan(!) α₂   **50a ca** cett.] tu ε₃   **50b sīvanyāḥ** (sīvā° α₁) cett.] sīvinyāḥ β₁ε₁ sīmanyāḥ Δ   **50c dakṣiṇe** cett.] dakṣiṇaṃ β₁ dakṣaṇe β_ω dakṣe α₂   **savyagulphaṃ tu** cett.] °gulphaṃ ca δ₁δ₂ °gulpheṣu β₁   **50d dakṣagulphaṃ** cett.] vāme caivā° δ₂   **tu** cett.] ca δ₁η₁ °pi δ₂   **savyake** cett.] savyakam β₁δ₂ guhyake δ₁   **51a ca jānvoḥ** Bγ₁] ca jāhno α₁ ca jānu α₃ tu jānvoḥ ε₁ε₃η₁χ tu jānunoḥ η₂ jānyo α₂ jānvóś ca δ₁δ₂   **saṃsthāpya** cett.] sthāpya η₂   **51b svāṅguliḥ** °liṃḥ (α₁) α₁β₁β_ωε₃η₁η₂χ] svāṅgulī α₃β₂γ₁ε₁ saṃgulī α₂ aṅgulīḥ δ₁ hy aṅgulīḥ δ₂   **saṃprasārya** cett.] yaṃ prasārmya γ₁   **51c vyātta** cett.] vyāta β_ω vyālā δ₁   **vaktro** cett.] vaktrau ε₁ vakro β_ω   **nirīkṣeta** cett.] nirīkṣet β_ω nirīkṣyeta η₂ nirīkṣeya γ₁ nikṣipet α₃   **51d nāsāgraṃ** cett.] nāsāgra β_ωγ₁η₂ nāsāgre η₁   **susamāhitaḥ** β₁δ₁δ₂ε₁ε₃χ] stusamāhitaḥ γ₁ tu samāhitaḥ α₁α₂ susamāhitaṃ α₃β₂ nyastalocanaḥ η₁η₂ nyastalocanaṃ β_ω

सिंहासनं भवेदेतत्पूजितं योगिभिः सदा ।
बन्धत्रितयसंधानं कुरुते चासनोत्तमम्# ॥ (om. δ₃)   1.52

अथ भद्रासनम् । (om. α₁α₂β₁δ₃ε₁ε₃)⁵

गुल्फौ च वृषणस्याधः सीवन्याः पार्ष्वयोः क्षिपेत् । [= 1.50ab] (ab om. δ₃ε₁β_ω)
सव्यगुल्कं तथा सव्ये दक्षगुल्कं तु दक्षिणे । (β₂γ₁χ)
पार्ष्वपादौ च पाणिभ्यां दृढं बद्धा सुनिश्चलम् ॥   1.53

भद्रासनं भवेदेतत्सर्वव्याधिविषापहम्# ।
गोरक्षासनमित्याहुरिदं वै सिद्धयोगिनः ॥   1.54

इत्यासनानि । (δ₂)

⁶एवमासनबन्धेषु योगीन्द्रो विजितश्रमः ।
अथाभ्यसेन्नाडिशुद्धिं मुद्रादिपवनक्रियाम् ॥   1.55

52a etat cett.] evaṃ γ₁   **52b yogibhiḥ sadā** cett.] munipuṅgavaiḥ δ₁δ₂ yogipuṅgavaiḥ χ
52c tritaya ABε₁η₂χ] tritīya η₁ trayasya γ₁δ₁δ₂ε₃   **saṃdhānam** cett.] saṃdhāyi ε₁   **52d kurute** cett.] sevate ε₁   **cāsanottamam** α₂α₃β₂β_ωγ₁δ₁δ₂ε₁ε₃χ] vāsanottamam α₁β₁η₁ sādhanottamam η₂   **heading: atha bhadrāsanam** α₃β₂β_ωγ₁δ₂η₁η₂χ] atha bhadraṃ δ₁ *om.* α₁α₂β₁δ₃ε₁ε₃
53a ca cett.] tu α₂α₃   **53b sīvanyāḥ** α₁α₂β₂γ₁ε₃η₁η₂χ] sīvinyāḥ β₁ sīmanyāḥ δ₁δ₂ sebhanyāḥ α₃ *om.* β_ωε₁   **53d dakṣa** β₂γ₁] dakṣe χ   **tu** γ₁χ] ca β₂   **53e pārśva** α₁α₂Bγ₁η₁η₂χ] pārśve Δε₃ pārśvau ε₁   **53f baddhvā** cett.] baddhaṃ δ₁   **suniścalam** α₃β₁β₂ε₃η₁η₂χ] suniścalaḥ α₁ suniścayam α₂δ₂δ₃ tsuniścalaṃ β_ω stuniścalaṃ γ₁ tu niścalam ε₁ suniścitam δ₁   **54b viṣāpaham** ABβ₁β_ωη₁^pcη₂ (η₁^pc by the first hand)] vināśanam β₂γ₁Δε₁ε₃η₁^acχ   **54d idaṃ** cett.] evaṃ γ₁
vai siddhayoginaḥ cett.] te siddhayoginaḥ β₁ siddhāś ca yoginaḥ β₂   **55a evam āsana** cett.]
pavanāsana ε₁   **55b yogīndro** cett.] yogeṃdro ε₁   **vijitaśramaḥ** ABδ₁δ₂δ₃ε₁ε₃] vijitaḥ śramaḥ γ₁ vijiteśramaḥ δ₁ vijitaśramāṃ β₂β_ω vigataśramaḥ β₂η₁η₂χ   **55c athābhyasen** β₁β₂γ₁Δη₂]
athābhyāsen α₂ athābhy[ā]s. α₃ athābhyase ε₁ athābhyāse ε₃ athābhyāsaṃ β_ω athābhyā[g]e η₁
abhyasen χ abhyāse α₁   **nāḍi** α₁α₃Bγ₁Δε₃η₁] nāḍī *unm.* η₂ nāḍi/ḍī (with two vowel signs) ε₁
nā α₂ nāḍikā χ   **śuddhiṃ** β₁β_ωΔε₃η₂χ] śuddhi β₂γ₁ śvaddhiṃ η₁ śuddhiḥ syān α₁α₂ ṣu ε₁
55d mudrādi cett.] mudrayā δ₂δ₃ subaddhvā δ₁   **kriyām** cett.] kriyāḥ α₁ε₁ε₃ kriyā α₂β_ωγ₁

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⁵ α₃ has this heading between 1.52ab and cd!

⁶ α₁ has a kind of dittography here (cf. 1.56ab): असनं कुंभकं चित्रं मुद्राख्यं करणं भवेत् ।

क्रियायुक्तस्य सिद्धिः स्यादक्रियस्य कथं भवेत् ।
न शास्त्रपाठमात्रेण योगसिद्धिः प्रजायते ॥ $(\beta_2\beta_\omega\eta_2\chi)^7$ 1.55*1

न वेषधारणं सिद्धेः कारणं न च तत्कथा ।
क्रियैव कारणं सिद्धेः सत्यमेतन्न संशयः ।
शिश्नोदररतायेह न देया वेषधारिणः ॥ $(\beta_2\beta_\omega\eta_2\chi)$ 1.55*2

मयि बोधाम्बुधौ स्वच्छे तुच्छोऽयं विश्वबुद्बुदः ।
प्रलीन उदितो वेति विकल्पपटलः कुतः ॥ $(\triangle)$ 1.55*3

श्रुतिप्रतीतिः स्वगुरुप्रतीतिः
स्वात्मप्रतीतिर्मनसोऽपि रोधः ।
एतानि सर्वाणि समुच्चितानि
मतानि धीरैरिह साधनानि ॥ $(\triangle)$ 1.55*4

55*2a veṣadhāraṇaṃ $\beta_2\eta_2\chi$] veṣṭadhāriṇyo 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 siddhaṃ 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** $\delta_2\delta_3$] miyi δ_1 **bodhāmbudhau** $\delta_2\delta_3$] bodhoṃbudhau δ_1 **55*3b tuccho'yaṃ** $\delta_1\delta_2$] tuccho yo δ_3 **55*4a pratītiḥ** $\delta_2\delta_3$] prītaḥ δ_1 **55*4b 'pi rodhaḥ** *em.*] 'pi bodhaḥ $\triangle$ **55*4c samuccitāni** δ_1] samuddhṛtāni $\delta_2\delta_3$

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^{7} 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

कट्वम्लतीक्ष्णलवणोष्णहरीत शाक-
सौवीरतैलतिलसर्षपमत्स्यमद्यम् ।
आजादिमांसदधितक्रकुलत्थकोल-
पिण्याकहिङ्गुलशुनाद्यमपथ्यमाहुः ॥　　　　　　1.59

56a kumbhakaṃ cett.] kumbhakaś $\beta_\omega\eta_2$　**citraṃ** cett.] citra $\gamma_1\varepsilon_1$　**56b mudrākhyaṃ** $\alpha_1\alpha_3\beta_1\beta_2\Delta\varepsilon_1\varepsilon_3\chi$] mudrāśyaṃ γ_1 mudrādi $\alpha_2\beta_\omega\eta_2$　**karaṇaṃ tathā** cett.] karaṇādikaṃ α_3 karaṇāni ca η_2 pavanakriyā $\alpha_2\beta_\omega$　**56d °m abhyāsā°** cett.] m abhyāsyā $\beta_2\delta_1$ syābhyāsā β_ω　**°nukramo haṭhe** $\alpha_2\beta_2\beta_\omega\gamma_1\varepsilon_3\eta_2\chi$] °nukramo haṭhaḥ $\alpha_1\beta_1$ °nukramo haṭho ε_1 °dukrame haṭhe α_3 °nukrameṇa tu Δ　**57a mitāhārī** cett.] mitāhāro δ_1　**57b yogī** A$\beta_1\Delta\varepsilon_1\eta_1$] tyāgī $\beta_2\beta_\omega\gamma_1\varepsilon_3\eta_2\chi$　**parāyaṇaḥ** cett.] parākramaḥ (corrected to °yaṇaḥ) δ_2　**57c siddho** cett.] siddhir $\alpha_1\delta_3$ siddhi $\alpha_2\alpha_3\beta_1$ siddhīn η_2　**57d kāryā** cett.] kārya $\beta_\omega\gamma_1^{ac}$ kāryo β_2　**vicāraṇā** cett.] vicāraṇāt η_2 vicāraṇe β_2　**58a āhāraś** cett.] āhāra $\alpha_1\alpha_2\beta_1\beta_2$ āhāraṃ β_ω　**58b caturthāṃśa** cett.] caturthāśā γ_1　**vivarjitaḥ** cett.] vivarjita β_1 vivarjitam β_ω　**58c śivasaṃprītyai** cett.] śivasampritya η_1 yama ca prokto α_2　**58d mitāhāraḥ** cett.] mitāhārī γ_1　**sa ucyate** cett.] samucyate $\beta_\omega\eta_1$　**59a kaṭvamla** cett.] kaṭvāmla $\beta_\omega\eta_1$ kaṭkāṃmla α_2　**tīkṣṇalavaṇoṣṇa** cett.] tiktalavaṇoṣṇa $\alpha_3\delta_1$　**harita** $\alpha_1\alpha_3\Delta\varepsilon_1\eta_1\eta_2\chi$] hārīta $\alpha_2\varepsilon_3$ harita $\beta_2\beta_\omega\gamma_1$ hārahārīta β_1　**śāka** A$\beta_1\beta_2\gamma_1\Delta\varepsilon_1\varepsilon_3\chi$] śākaṃ $\beta_\omega\eta_1$ sāka η_2　**59b tila** cett.] *illeg.* η_1 *om.* $\beta_2\gamma_1$　**sarṣapa** cett.] sarpiṣa β_1　**matsyamadyam** $\beta_\omega\Delta\varepsilon_3\eta_2$] matsyamadyāḥ ε_1 machyamadyā α_1 tsyamaghaṃ η_1 madyamatsyān $\alpha_3\beta_2\gamma_1\chi$ madyamāṃtsyāḥ β_1 madyamatsā α_2　**59c ājādi** *m.c.* $\varepsilon_1\chi$] ājādi $\beta_1\gamma_1\varepsilon_3$ ājāvi η_2 ājāvi $\beta_\omega\Delta\eta_1$ ājīvi α_1 ajādhi α_2 ajavya β_2　**māṃsadadhi** cett.] māṃsaṃ dadhi ε_3　**kulattha** $\alpha_1\beta_2\gamma_1\delta_2\varepsilon_1\varepsilon_3\eta_2\chi$] kulatha $\beta_\omega\delta_1$ kalatha β_1 kulatthya η_1 kulittha α_2 kuluttha δ_3 kuluddha α_3　**kola** $\alpha_1\alpha_2$B$\delta_1\delta_3\varepsilon_3\chi$] kaula δ_2 kela ε_1 kodra $\alpha_3\eta_2$ koṣṇā η_1 kāla γ_1　**59d piṇyāka** cett.] paṇyaka β_1 pinyāka α_2 pinnāka β_ω *om.* γ_1　**laśunā-/lasunādyam** cett.] lasanādyam α_2 laśanādyam ε_1 laśunādy β_1 laśunādim δ_3　**apathyam** cett.] avarppam β_1 asūram δ_3

भोजनमहितं विद्यात्पुनरप्युष्णीकृतं रूक्षम् ।
अतिलवणमम्लपृक्तं[#] कदशनशाकोत्कटं दुष्टम्[#] ॥ 1.60

तथा हि गोरक्षवचनम् । (om. Δε₁ε₃)

⁸वर्जयेद्दुर्जनप्रान्तं वह्निस्त्रीपथसेवनम् ।
प्रातःस्नानोपवासादिकायक्लेशविधिं तथा ॥ 1.61

गोधूमशालियवषष्टिकशोभनान्नं
क्षीराज्यमण्डनवनीतसितामधूनि ।
शुण्ठीपटोलकफलादि च पञ्चशाकं
मुद्गादि दिव्यमुदकं[#] च यमीन्द्रपथ्यम्[#] ॥ 1.62

60a vidyāt α₂γ₁δ₁χ] vidyā δ₃ε₁η₁ viṃdyāt α₁α₃Bδ₂ε₃η₂ **punar apy** cett.] punar α₃Δε₁ **uṣṇīkṛtaṃ** γ₁ε₁ε₃η₁η₂χ] uṣṇikṛta α₃ uṣṇi α₁ ullīkṛtaṃ α₂ uṣṇuṃktaṃta β₁ uśnakrataṃ β_ω asvīkṛtaṃ β₂ uṣṇībhūtam Δ **rūkṣam** cett.] rūkṣa η₁ apramitaṃ δ₁δ₂ apratihataṃ δ₃ **60b atilavaṇam amlapṛktaṃ** *em.*] atilavaṇāmlapṛktaṃ γ₁ atilavaṇādyaprantaṃ α₁ atilavaṇādyaptataptam α₂ atilavaṇam amlayuktaṃ χ atilavaṇāmlayuktaṃ β₂ atilavaṇādyuktaṃ β₁ε₃ atilavaṇādiprayuktaṃ ε₁ atilavaṇaka[tu]prayukta α₃ atilavaṇādyuṣṇataṃ η₁ atilavaṇaṃ tilapiṇḍa η₂ atilavaṇaṃ tilaṃ piṇḍa β_ω atilavaṇasavapalala δ₁ atilavaṇasavapalalaṃ δ₂ atilavaṇāsavapalalaṃ δ₃ **kadaśana** cett.] kadaśanam β_ωη₂ **śākotkaṭaṃ** cett.] śākātkaṭa β_ω śokātkaṭa η₁ śākokṣadaṃ γ₁ **duṣṭam** α₂β₂γ₁ε₁ε₃] duṣṭī β₁ duṣṇaṃ α₁ dṛṣṭaṃ α₃ varjyam Δχ varjjaṃ η₂ varjitaṃ β_ω *illeg.* η₁ **heading:** found between 1.61–62 α₃ *om.* Δε₁ε₃χ **tathā hi** α₃Bγ₁χ] tathā α₁α₂η₁η₂ *post* **gorakṣavacanam** *add.* tailāmlalavaṇāni tiṃtriṇi ś[o]kaṃ śad...nime α₃ tailāmlāloṇītīnikālikābhāi(?) η₁ **61a durjana** cett.] durjanaṃ β₂ tarjana η₁ **prāntaṃ** α₁α₃β₁ε₁χ] prātaṃ η₁ prāptaṃ α₂ prāpte β₂ prītiṃ γ₁Δε₃η₂ prīti β_ω **61b vahnistrī** cett.] vastrī δ₁ **patha** cett.] pathya α₂β_ω pathi χ madhu δ₁ **61c prātaḥ** cett.] prāta α₁α₂δ₁η₁η₂ **61d kleśavidhiṃ** α₁α₃β₂β_ωγ₁ε₁ε₃χ] kleśavidhis α₂β₁ kleśādikaṃ Δη₁η₂ **tathā** cett.] yathā δ₁ **62a godhūma** cett.] godhūmā δ₁ **yava** cett.] java α₂β₂δ₁η₁ **ṣaṣṭika** β₁β_ωΔε₃η₁η₂] śāṣṭika β₂χ śāṣṭika α₁ śākdhikṛ(?) α₂ māṣikaṃ γ₁ piṣṭika α₃ piṣṭaka ε₁ **śobhanānnaṃ** cett.] śobhanānna β_ωγ₁ śobhanānnānī η₁ **62b maṇḍa** α₁α₂β₁β₂γ₁Δ] khaṇḍa α₃ε₁ε₃η₂χ ṣaṃḍa β_ωη₁ **nīta** cett.] nīti α₂η₁ **sitā** cett.] śītā η₁ sudhā ε₁ **62c paṭolaka** cett.] paṭolika ε₁η₁ paṭola η₂ **phalādi ca** B] phalādiṣu ε₃ phalādika α₃γ₁δ₁δ₂ε₁χ phalādi«ka» α₁ phalādi α₂ phalādi.. δ₃ phalakādi ca η₂ phalakādika η₁ **pañcaśākaṃ** cett.] pacyaśākaṃ α₁ śākabhuktaṃ η₂ **62d mudgādi** cett.] mudgā α₁β_ωε₃ mu _ di β₂ **divyam** cett.] cālpam δ₁δ₃ **ca** cett.] hri(?) ε₁ *om.* β₁β_ω **yamīndra** Aβ₂β_ωε₁η₂χ] yatīndra γ₁ yavatīṃdra β₁ munīndra Δε₃η₁

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⁸ χ adds here: वह्निस्त्रीपथिसेवनामादौ वर्जनमाचरेत् (cf. HP 3.32cd; Amaraugha (short recension) 35)

सर्वशाकमचाक्षुष्यं चाक्षुष्यं शाकपञ्चकं ।
जीवन्ती वास्तु मत्स्याक्षी मेघनादः पुनर्नवा ॥ (γ₁)　　　　　　　　　1.62*1

क्षीरपर्णी च जीवन्ती मत्स्याक्षी च पुनर्नवा ।
मेघनादश्च पञ्चैते शाकनाम प्रकीर्तिता (sic) ॥ (β_ω ε₃)　　　　　　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*1b cākṣuṣyaṃ *em.*] cakṣapyam γ₁　　**62*2a kṣīraparṇī** ε₃] kṣīravarṇī β_ω　　**jīvantī** ε₃] jaivantī β_ω　　**62*2b matsyākṣī** ε₃] matsāsī β_ω　　**62*2c meghanādaś ca** ε₃] meghanādīti β_ω　　**62*2d śākanāma prakīrtitā** β_ω] pañcaśākaḥ prakīrtitaḥ (°kāḥ °tāḥ ε₃^{pc}) ε₃　　**63a mṛṣṭaṃ** α₁α₃ε₃η₁] miṣṭaṃ α₂Bγ₁ε₁ iṣṭaṃ δ₁η₂ puṣṭaṃ χ uṣṇaṃ δ₂δ₃　　**sumadhuraṃ** cett.] sumadhu α₁ samudhuraṃ α₂ samadhuraṃ β_ωδ₁ε₃　　**prapoṣaṇam** cett.] prapoṣakam δ₃ε₃　　**63b 'bhilaṣitaṃ** cett.] bhilakhitaṃ β₁γ₁ bhilāṣitaṃ η₁ bhiliṣitaṃ α₁ bhilakṣitaṃ α₃ bhivāṃchitaṃ α₂　　**yogyaṃ** Aβ₁γ₁Δε₃η₂χ] yonyaṃ β_ω bhojyaṃ ε₁η₁ divyaṃ β₂　　**bhojanam** cett.] bhojanasam η₂　　**64a vṛddho'tivṛddho** cett.] vṛddho 'pi vṛddho δ₂δ₃ bhavatu vṛddo α₃　　**64b durbalo'pi vā** cett.] durbalas tathā β₂η₂　　**64d sarvayogeṣv atandritaḥ** cett.] sarvo yogeṣv atandritaḥ δ₂ sarvayogeṣu taṃdritaḥ β_ω sarvayogeṣu taṃtrītā α₂ sarvaṃ yogī yateṃdriyaḥ η₁　　**65a pīṭhāni** cett.] pīṭhādi Δ　　**kumbhakāś** cett.] kuṃbhikāś α₂β₁ kumbhakaś β_ωε₃^{ac}η₂　　**citrā** cett.] citra β₁ citraṃ η₂　　**65b divyāni** cett.] mudrādi η₁η₂　　**65c sarvo'pi ca** α₁β₂ε₁ε₃η₁] sarvā pi ca α₂ sarve pi ca β₁ sarvo pi α₃ sarvo pi hi Δ sarve py ayaṃ γ₁ sarvāṇy api β_ωη₂χ　　**bhyāso** Aβ₂β_ωγ₁ε₃] bhyāse η₁η₂χ bhyāsād β₁Δ bhyā ε₁　　**65d phalāvadhi** α₁α₂β₁ε₁ε₃η₁^{pc}η₂χ] phalāvadhiḥ α₃β₂β_ωγ₁ yugāvadhi η₁^{ac} prasiddhaye Δ　　**colophon: śrīsvātmārāma** α₂α₃B] svātmārāma α₁γ₁ε₁ε₃η₁ ātmārāma η₂ śrīsahajānadasaṃtānaciṃtāmaṇisvātmārāma χ *om.* Δ　　**yogīndra** α₃β₁β₂γ₁ε₁ε₃η₁η₂χ] yogendra β_ω mahāyogeṃdra α₁ *om.* α₂Δ　　**viracitāyāṃ** cett.] *om.* Δ　　**haṭha** cett.] śrīhaṭha δ₃ *ante* **prathamo°** *add.* āsanayogo nāma ε₃ āsanavidhikathanaṃ nāma χ　　**prathamopadeśaḥ** cett.] prathama upadeśaḥ β₂ε₃η₂ prathamo'dhyāyaḥ η₁ prathamo .. + δ₃

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	K3	the first folios missing (1.1−33)
δ_3	C7	2 folios missing in Ch. 1 (1.23c−29d, 41c−47b)
ε_1	P15	
ε_2	N19	consulted sporadically
ε_3	V15	influenced by Gr3
η_1	V1	
η_2	J10	
χ	Jyo	Brahmānanda's version, based on the edition 1972