

- 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<sub>1</sub> athābhyāsena δ<sub>3</sub> haṭhāsane η<sub>1</sub> **dr̥dhe** α<sub>1</sub>β<sub>2</sub>γ<sub>2</sub>ε<sub>3</sub>η<sub>2</sub>χ] dr̥dha β<sub>ω</sub>η<sub>1</sub> dr̥dha γ<sub>1</sub> dr̥dham Δ dahe ε<sub>1</sub> **1b** vaśī cett.] vajrī ε<sub>1</sub> **hitamitāśanaḥ** cett.] hitasikāśanaḥ γ<sub>1</sub> mitahitāśanaḥ δ<sub>2</sub> bhūtamitāśanaḥ ε<sub>1</sub> **1c** diṣṭa cett.] deśa β<sub>2</sub>Δ **1d** prāṇāyāmaṃ α<sub>1</sub>Δη<sub>1</sub>] prāṇāyāmo β<sub>ω</sub> prāṇāyāmi γ<sub>1</sub> prāṇāyāmān β<sub>1</sub>β<sub>2</sub>γ<sub>2</sub>ε<sub>1</sub>ε<sub>3</sub>χ yogamārgaṃ η<sub>2</sub> **samabhyaset** cett.] sadābhyaset Δ samācāret ε<sub>3</sub> **2a** vāte cett.] citte β<sub>ω</sub> **calaṃ** cett.] calat β<sub>ω</sub> calet ε<sub>1</sub> cale α<sub>1</sub>β<sub>2</sub> **sarvaṃ** α<sub>1</sub>β<sub>ω</sub>ε<sub>1</sub>ε<sub>3</sub>η<sub>1</sub>] cittaṃ β<sub>2</sub>ΓΔη<sub>2</sub>χ **2b** niścalaṃ tathā β<sub>ω</sub>Δη<sub>2</sub>] niścalaṃ bhavet ε<sub>3</sub>χ dr̥dhabaṃdhanam α<sub>1</sub>α<sub>2</sub>β<sub>1</sub>β<sub>2</sub>Γε<sub>1</sub>η<sub>1</sub> **2c** sthāṇu cett.] sthānu γ<sub>1</sub> sthāna δ<sub>3</sub> sthāna β<sub>2</sub>ε<sub>1</sub> **2d** vāyu β<sub>ω</sub>ε<sub>1</sub>] vāyum α<sub>1</sub>β<sub>2</sub>Γδ<sub>1</sub>δ<sub>3</sub>ε<sub>3</sub>η<sub>1</sub>η<sub>2</sub>χ om. δ<sub>2</sub> **nibandhanāt** α<sub>1</sub>β<sub>ω</sub>ε<sub>1</sub>] nibandhayet β<sub>1</sub>η<sub>1</sub> nirundhayet η<sub>2</sub> nirūdhayet γ<sub>1</sub> nirodhayet β<sub>2</sub>γ<sub>2</sub>Δε<sub>3</sub>χ **3a** vāyuḥ γ<sub>2</sub>δ<sub>3</sub>ε<sub>1</sub>η<sub>1</sub>χ] vāyu α<sub>1</sub>β<sub>2</sub>β<sub>ω</sub>γ<sub>1</sub>δ<sub>1</sub>δ<sub>2</sub>ε<sub>3</sub>η<sub>2</sub> **3b** jīvitam α<sub>2</sub>β<sub>ω</sub>γ<sub>2</sub>Δε<sub>1</sub>η<sub>2</sub>] jītavim α<sub>1</sub> jīvitvam ε<sub>3</sub> jīvanam β<sub>2</sub>γ<sub>1</sub>η<sub>1</sub>χ **3c** niśkrāntis cett.] niśkrānti β<sub>ω</sub> niḥkrāntam α<sub>1</sub> niśkrānto η<sub>2</sub> **3d** tato cett.] tas-mād η<sub>2</sub> **nirundhayet** α<sub>2</sub>γ<sub>1</sub>η<sub>2</sub>] nirodhayet γ<sub>2</sub>Δε<sub>3</sub>χ nibandhayet α<sub>3</sub>β<sub>2</sub>β<sub>ω</sub>ε<sub>1</sub>η<sub>1</sub> nibaṃdhanāt α<sub>1</sub> **4a** malākulāsu cett.] mālākusuma η<sub>1</sub> **4d** kāyasiddhiḥ α<sub>1</sub>β<sub>2</sub>β<sub>ω</sub>ε<sub>3</sub>η<sub>1</sub>] kāyaśuddhiḥ Γ kāryasiddhiḥ Δε<sub>1</sub>η<sub>2</sub>χ **5a** śuddhim eti cett.] śuddhimati γ<sub>1</sub> śuddham eti β<sub>2</sub> **yadā** cett.] yathā β<sub>ω</sub> sadā η<sub>1</sub> **5b** cakram cett.] cakra β<sub>2</sub>β<sub>ω</sub>γ<sub>1</sub>ε<sub>1</sub> **malākulam** cett.] manākulam ε<sub>1</sub> **5c** tadaiva cett.] tadeva α<sub>1</sub>ε<sub>3</sub> **5d** saṃgrahaṇe cett.] saṃgrahaṇa η<sub>1</sub> saṃrodhane δ<sub>1</sub>δ<sub>3</sub> saṃrodhana δ<sub>2</sub> **6a** prāṇābhyāsaṃ cett.] prāṇāyāmaṃ δ<sub>1</sub>δ<sub>3</sub>χ illeg. δ<sub>2</sub> **6c** yathā cett.] yāsthā α<sub>1</sub> atha δ<sub>2</sub> **suṣumnā susvasthā** (°mnā) α<sub>2</sub>α<sub>3</sub>] suṣumnā susvasthā α<sub>1</sub> suṣumnāṃ susvasthā β<sub>ω</sub> suṣumnā sus-nigdhā (°gdha ε<sub>3</sub>) ε<sub>3</sub>γ<sub>1</sub> suṣumnāḥ snigdhā ε<sub>1</sub> suṣumnāpārśvasthā β<sub>2</sub>Γ suṣumnāntarasthā Δ sukhāṃ avasthāya η<sub>2</sub> suṣumnānāḍisthā χ **6d** malāḥ śoṣaṃ Γδ<sub>2</sub>δ<sub>3</sub>ε<sub>1</sub>η<sub>1</sub>η<sub>2</sub>] malā śoṣaṃ α<sub>1</sub>β<sub>2</sub>δ<sub>1</sub> malaśoṣaṃ ε<sub>3</sub> malat śoṣaṃ β<sub>ω</sub> malāḥ śuddhiṃ χ

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 ॥<sup>1</sup> 2.11

**7a padmāsano** cett.] padmāsane ε<sub>3</sub> padmāsana γ<sub>1</sub> **7b pūrayet** cett.] dhārayet δ<sub>1</sub> recayet β<sub>2</sub> **7c śaktyā** α<sub>1</sub>ε<sub>1</sub>ε<sub>3</sub>] śakti γ<sub>2</sub>δ<sub>1</sub>δ<sub>2</sub>η<sub>1</sub>χ śaktim δ<sub>3</sub> śaktih α<sub>2</sub>β<sub>2</sub>β<sub>ω</sub>γ<sub>1</sub> yuktyā η<sub>2</sub> **7d punaḥ** α<sub>1</sub>α<sub>2</sub>β<sub>2</sub>β<sub>ω</sub>ΓΔ] bhūyāḥ α<sub>3</sub>ε<sub>1</sub>ε<sub>3</sub>η<sub>1</sub>η<sub>2</sub> **8a cākṛṣya** cett.] vāsthavya γ<sub>1</sub> **8b udaram** cett.] udare η<sub>1</sub>η<sub>2</sub> **8c vidhivat** cett.] vidhidrk β<sub>2</sub> kṛtvā cett.] kuryāt Δ **9a tyajet** cett.] tyaje α<sub>1</sub>γ<sub>2</sub> yetayet γ<sub>1</sub> **tena pītvā** β<sub>2</sub>Γχ] tenāpūrya α<sub>2</sub>Δη<sub>2</sub> tena pūrya α<sub>1</sub>β<sub>ω</sub>ε<sub>1</sub>η<sub>1</sub> tena pūrvam β<sub>1</sub>ε<sub>3</sub> **9b anirodhataḥ** ε<sub>3</sub>] anirodhataḥ α<sub>1</sub>β<sub>2</sub>β<sub>ω</sub>γ<sub>2</sub>Δη<sub>1</sub>η<sub>2</sub> anirodhitāḥ ε<sub>1</sub> anirodhanataḥ γ<sub>1</sub> atirodhataḥ χ **9c recayec ca** cett.] recayeta ε<sub>1</sub> recayatvā γ<sub>2</sub> pūrayec ca δ<sub>3</sub> **9d śanair eva na vegataḥ** cett.] śanairacavanegataḥ γ<sub>1</sub> śanaiḥ pavanam ekataḥ Δε<sub>3</sub> **10a ced idāyā** cett.] ced idiyā β<sub>2</sub> cediyā α<sub>1</sub> caṇḍiyā γ<sub>1</sub> ceḍikayā ε<sub>3</sub> **niyamitaḥ** cett.] parimitaḥ β<sub>ω</sub> nimitaḥ γ<sub>1</sub> **bhūyo** cett.] bhūyā β<sub>ω</sub> 'nyayā cett.] nyathā β<sub>ω</sub>γ<sub>1</sub>δ<sub>1</sub>δ<sub>3</sub>η<sub>1</sub> **recayet** cett.] \_yet γ<sub>1</sub> **10b atho** cett.] alaḥ α<sub>1</sub> **baddhvā tyajed vāmāyā** cett.] baddhvāñjaleḍ vāmāyā δ<sub>3</sub> badhvāsanaḥ sarvadā β<sub>2</sub> **10c sūryācandramasor a** cett.] gap β<sub>2</sub> **anena vidhinā** cett.] anena vidhinā β<sub>ω</sub> ane vidhinā γ<sub>1</sub> ane δ<sub>1</sub> gap β<sub>2</sub> **bimbadvayam dhyāyatām** α<sub>1</sub>δ<sub>2</sub>δ<sub>3</sub>η<sub>2</sub>] \*tā δ<sub>1</sub> \*taḥ β<sub>ω</sub> bhyāsam samātanvatām α<sub>2</sub>α<sub>3</sub>ε<sub>1</sub>ε<sub>3</sub> bhyāsamātanvatām η<sub>1</sub> bhyāsam sadātanvatām β<sub>2</sub>Γχ **10d nādigāṇā** cett.] nādigāṇā β<sub>2</sub> nādiguṇā ε<sub>1</sub> **māsatrayād** cett.] māsadvyād δ<sub>1</sub> illeg. δ<sub>2</sub> **11a prātar madhyandine** cett.] prātaḥ sāyam ca β<sub>2</sub> **sāyam ardha** cett.] sāyam madhya β<sub>1</sub>γ<sub>2</sub>ε<sub>1</sub> soyamadhya γ<sub>1</sub> madhyāhne β<sub>2</sub> **11b rātre ca** cett.] rātra ca γ<sub>1</sub> rātrau ca ε<sub>1</sub>ε<sub>3</sub> niśithe caiva β<sub>2</sub> **kumbhakān** cett.] kumbhakāt β<sub>ω</sub>γ<sub>1</sub> kumbhakam δ<sub>2</sub> **11c aśiti** cett.] amibhi δ<sub>1</sub> **paryantaḥ** cett.] paryante α<sub>1</sub>

<sup>1</sup> Δ adds here: इडया पिव षोडशभिः पवनं । कुरु षष्टिचतुष्टयमंतगतं (δ<sub>1</sub>; -मन्तरगम् δ<sub>2</sub>δ<sub>3</sub>) । त्यज पिङ्गलया शनैः शनैः । 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 भवेद्वश्यः 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** kanīyasi bhavet  $\beta_2\Gamma\Delta\epsilon_3\chi$ ] kanīyasi bhavet  $\alpha_1$  kanīyase bhavet  $\epsilon_1\eta_1$  adhame jāyate  $\eta_2$  adhyame jāyate  $\beta_\omega$  **svedaḥ** cett.] svadaḥ  $\alpha_1$  svedaḥ  $\eta_1$  **12c** uttiṣṭhaty cett.] uttiṣṭhamty  $\eta_2$  uttānam  $\beta_2$  uttame  $\chi$  **uttame** cett.] cottame  $\beta_2$  sthānam ā°  $\chi$  **prāṇa**  $\alpha_1\beta_2\beta_\omega\Gamma\delta_2\delta_3\epsilon_1\epsilon_3$ ] prāṇam  $\eta_1$  prāṇam  $\delta_1$  prāṇa  $\eta_2$  °pnoti  $\chi$  **12d** rodhe  $\alpha_1\beta_2\gamma_2\Delta\epsilon_1\epsilon_3$ ] rodheḥ  $\eta_1$  rāvai  $\gamma_1$  baddhe  $\beta_\omega\eta_2$  tato  $\chi$  **padmāsane**  $\beta_2\delta_1\delta_3\eta_2$ ] padmāsana  $\Gamma$  padmāsana  $\delta_2$  padmāsanaḥ  $\alpha_1\alpha_2\alpha_3\beta_1\beta_\omega\epsilon_1\epsilon_3\eta_1$  vāyum nibam°  $\chi$  **muhuh**  $\alpha_1\beta_2\beta_\omega\Gamma\epsilon_1\epsilon_3\eta_2$ ] .uhuh  $\eta_1$  sthite  $\Delta$  °dhayet  $\chi$  **13a** śrama cett.] śrava  $\beta_\omega$  **13c** cāpi  $\beta_\omega\gamma_2\delta_2\delta_3\epsilon_1\epsilon_3\eta_2$ ] vāpi  $\gamma_1\delta_1\eta_1$  caiva  $\beta_2\chi$  yāti  $\alpha_1$  **14a** abhyāsakāle prathame cett.] abhyāsakāle prathamam  $\beta_2\Delta\epsilon_3$  **14b** kṣīrājya cett.] kṣīranna  $\alpha_1$  **14c** °bhyāse cett.] bhyāsaiḥ  $\epsilon_1$  bhyāsa  $\eta_1$  **dr̥ḍhibhūte**  $\alpha_1\beta_2\beta_\omega\Gamma\Delta\chi$ ] sthiribhūte  $\epsilon_1\epsilon_3\eta_1\eta_2$  **14d** tādṛṇ cett.] tathā  $\beta_2\Gamma$  **niyama** cett.] °niyama  $\gamma_1$  niyamo  $\eta_2$  **grahaḥ** cett.] śramah  $\eta_1$  **15** found between 2.9 and 2.10  $\beta_2$  **15b** bhaved vaśyaḥ cett.] bhaved vaśyam  $\beta_2\Gamma\epsilon_1$  **15c** sevito cett.] samcito  $\delta_2\delta_3$  **15d** hanti cett.] hr̥di  $\gamma_1$  **16b** kṣayo bhavet cett.] parikṣayaḥ  $\delta_2\delta_3$  **16d** roga cett.] vyādhi  $\Delta$  *illeg.*  $\eta_1$  **samudbhavaḥ** cett.] parikṣayaḥ  $\delta_1$  **17a** śvāsas ca kāsas ca cett.] «svāsasa» kāsas ca  $\beta_2$  śvāsas tathā kāsah  $\delta_1\delta_2$  kāsas tathā śvāsah  $\delta_3$  **17b** śīraḥkarnākṣi cett.] śīraḥkarnākṣa  $\beta_1\delta_3$  jvaraḥ karnākṣi  $\epsilon_1\epsilon_3$  karnanāsākṣi  $\delta_1$  **vedanāḥ** cett.] vedanaḥ  $\alpha_1$  vedana  $\beta_2\beta_\omega\delta_3$  **17c** doṣāḥ  $\alpha_1\Gamma\epsilon_1\epsilon_3\eta_1$ ] doṣaḥ  $\beta_2\beta_\omega\delta_1$  dāṣa  $\eta_2$  rogāḥ  $\delta_2\delta_3\chi$  **17d** vyatikramāt cett.] prakopanāt  $\delta_1$  prakopataḥ  $\chi$

- युक्तं युक्तं त्यजेद्वायुं युक्तं युक्तं च पूरयेत् ।  
युक्तं युक्तं च बध्नीयादेवं शुद्धिमवामुयात् ॥ 2.18
- यदा तु नाडीशुद्धिः स्यात् तदा चिह्नानि बाह्यतः ।  
कायस्य कृशता<sup>#</sup> कान्तिस्तथा जायेत निश्चितम् ॥ 2.19
- यथेष्टं धारणं वायोरनलस्य प्रदीपनम् ।  
नादाभिव्यक्तिरारोग्यं जायते नाडिशोधनात् ॥ (om.  $\epsilon_1 \epsilon_2$ ) 2.20
- मेदःश्लेष्माधिकः पूर्व<sup>#</sup> षट्कर्माणि समाचरेत् ।  
अन्यस्तु नाचरेत्तानि दोषाणां समभावतः<sup>#</sup> ॥ (om.  $\epsilon_1 \epsilon_2$ ) 2.21
- धौतिर्बस्तिस्तथा नेतिस्त्राटकं नौलिकं तथा ।  
कपालभाती चैतानि षट्कर्माणि प्रचक्षते ॥ 2.22
- कर्मषट्कमिदं गोप्यं घटशोधनकारकम् ।  
विचित्रगुणसन्धायि<sup>#</sup> पूज्यते योगिपुङ्गवैः ॥ 2.23

**18** transposed with the next verse  $\beta_2$  **18b** *pūrayet* cett.] sevayet  $\eta_2$  **18c** *ca* cett.] *om.*  $\beta_\omega$  **18d** *evam* cett.] *ittham*  $\Delta$  *śuddhim avāpnuyāt*  $\alpha_1 \epsilon_1 \eta_1$ ] *siddhim avāpnuyāt* cett. *sidhyati* *yogavit*  $\Delta$  **19a** *tu nāḍīśuddhiḥ* cett.] *tu nāḍī śuddhā*  $\beta_2$  *nāḍivīśuddhiḥ*  $\Delta$  **19b** *tadā* cett.] *tathā*  $\chi$  *cihnāni bāhyataḥ* cett.] *cittam nirākulam*  $\Delta$  **19c** *kṛṣatā* cett.] *kṛṣatām*  $\beta_\omega$  *kṛtā*  $\alpha_1$  *kriyate*  $\eta_2$  *illeg.*  $\eta_1$  *kāntis* cett.] *illeg.*  $\eta_1$  **19d** *tathā* cett.] *tadā*  $\chi$  *niścitam* cett.] *niścītā*  $\alpha_1$  *niścālam*  $\eta_1$  **20a** *yatheṣṭam* cett.] *yatheṣṭa*  $\alpha_1 \beta_\omega \Gamma$  *dhāraṇam* cett.] *dhāraṇa*  $\gamma_1$  *vāyor* cett.] *vāyur*  $\beta_\omega$  **20b** *analsaya* cett.] *analsaya*  $\beta_\omega \eta_2$  *aṇasya*  $\delta_1$  **20d** *nāḍi* cett.] *nāḍi unṁ.*  $\beta_\omega \eta_2$  *śodhanāt* cett.] *śoṣanāt*  $\gamma_1$  *śodhane*  $\eta_1 \eta_2$  **21a** *medaḥ* cett.] *meda*  $\alpha_1 \beta_\omega \chi$  *medā*  $\gamma_1$  *śleśmādhikāḥ pūrvaṁ*  $\alpha_1 \beta_2 \beta_\omega \Gamma \delta_2 \chi$ ] *śoṣādikam pūrvaṁ*  $\eta_1$  *śleśmādināśārtham*  $\eta_2$  *śleśmanivṛt(t)artham*  $\delta_1 \delta_3 \epsilon_3$  **21c** *anyas tu*  $\alpha_1 \beta_2 \beta_\omega \gamma_2 \delta_2 \eta_1 \chi$ ] *anyathā*  $\Delta \epsilon_3 \eta_2$  *abhyastā*  $\gamma_1$  **21d** *samabhāvataḥ*  $\alpha_1 \beta_1 \beta_\omega \epsilon_3 \eta_2 \chi$ ] *samabhāgataḥ*  $\beta_2 \gamma_1$  *samabhyāgataḥ*  $\gamma_2$  *saṁatāyataḥ*  $\Delta$  *apy* *abhāvataḥ*  $\eta_1$  **22a** *dhautir*  $\beta_2 \beta_\omega \Gamma \epsilon_1 \chi$ ] *dhauti*  $\alpha_1 \alpha_2 \Delta \epsilon_3 \eta_2$  *dhauti*  $\eta_1$  *bastis/vastis*  $\beta_2 \beta_\omega \Gamma \chi$ ] *vasti*  $\alpha_2 \eta_1$  *vastir*  $\alpha_1$  *vastis*  $\alpha_3 \eta_2$  *vasti*  $\Delta \epsilon_3$  *bastya*  $\epsilon_1$  **tathā netis**  $\beta_2 \Gamma \chi$ ] *tathā nitis*  $\beta_1$  *tathā neti*  $\eta_1$  *tathā neti*  $\beta_\omega \delta_1 \delta_2$  *tathā niti*  $\delta_3$  *niti caiva*  $\alpha_1$  *nitaiś caiva*  $\alpha_2$  *neti ceti*  $\epsilon_3$  *nyati ceti*  $\epsilon_1$  *ca nitiś ca*  $\alpha_3$  *ca netiś ca*  $\eta_2$  **22b** *trāṭakam*  $\alpha_1 \beta_2 \beta_\omega \gamma_2 \delta_2 \delta_3 \eta_1 \eta_2 \chi$ ] *trāṭanam*  $\epsilon_1$  *trāṭikam*  $\epsilon_3$  *troṭakam*  $\alpha_3 \gamma_1$  *toṭaki*  $\delta_1$  *naulikam*  $\delta_2 \delta_3 \eta_1 \eta_2 \chi$ ] *laulikam*  $\alpha_1$  *nauli*  $\alpha_2$  *naulikā*  $\beta_1 \beta_2 \beta_\omega \Gamma$  *nauliki*  $\delta_1$  *nakuli*  $\epsilon_1$  *nākuli*  $\epsilon_3$  **22c** *bhāti*  $\beta_2 \beta_\omega \gamma_2 \delta_2 \delta_3$ ] *bhāti*  $\alpha_1 \alpha_2 \epsilon_1 \epsilon_3 \eta_1$  *bhātis*  $\alpha_3 \gamma_1 \chi$  *bhāthi*  $\eta_2$  *bhāvī*  $\delta_1$  **caitāni** cett.] *dhijñeyā*  $\delta_1$  **22d** *pracaṣṭate* cett.] *samācaret*  $\beta_2 \delta_3$  **23a** *karmaṣaṭkām idam* cett.] *ṣaṭkakarmam idam*  $\beta_2$  *ṣaṭkarmmam idam*  $\eta_2$  **gopyam** cett.] *proktaṁ*  $\delta_2$  **23b** *kārakam* cett.] *kāraṇam*  $\alpha_1 \delta_1$  **23c** *sandhāyi*  $\gamma_2 \epsilon_1 \epsilon_3 \chi$ ] *sandhāyī*  $\alpha_1 \beta_\omega \gamma_1 \eta_1 \eta_2$  *saṁdhāya*  $\beta_2$  *saṁdhoyi*  $\delta_1$  *saṁjñopi*  $\delta_3$  *karmopi*  $\delta_2$  **23d** *yogi* cett.] *yoga*  $\epsilon_1$  *muni*  $\delta_2 \delta_3$

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

चतुरङ्गुलविस्तारं<sup>2</sup> सिक्तं वस्त्रं शनैर्गसेत् ।  
ततः प्रत्याहरेच्चैतदुद्गारं<sup>#</sup> धौतिकर्म तत् ॥ 2.24

कासश्वासप्लीहकुष्ठं कफरोगाश्च विंशतिः ।  
धौतिकर्मप्रभावेन धावन्त्येव<sup>#</sup> न संशयः ॥ 2.25

अथ बस्तिकर्म । (om.  $\delta_1$ )

नाभिद्वे जले पायुन्यस्तनालोत्कटासनः ।  
आधाराकुञ्चनं कुर्यात् पखालं बस्तिकर्म तत् ॥ 2.26

गुल्मप्लीहोदरं चापि वातपित्तकफोद्भवाः ।  
बस्तिकर्मप्रभावेन वार्यन्ते सकलामयाः ॥ 2.27

**24 tatra**  $\alpha_1 \alpha_2 \beta_2 \Gamma \eta_1 \chi$ ] atha  $\beta_\omega \delta_3 \eta_2$  atha tatra  $\varepsilon_3$  ādau  $\delta_2$  **dhautiḥ**  $\eta_1 \eta_2 \chi$ ] dhauti  $\alpha_1 \alpha_2 \beta_\omega \Gamma \delta_2 \delta_3 \varepsilon_3$  dhautikā  $\beta_2$  **24a caturāṅgula** cett.] caturāṅguli  $\delta_2$  caturāṅgula  $\eta_2$  caturāṅgula  $\delta_1$  ++ + gula  $\alpha_1$  **vistāraṁ** cett.] vistiraṅgaṁ  $\varepsilon_3$  **24b siktaṁ** cett.] sitaṁ  $\delta_2 \delta_3$  sita  $\varepsilon_3$  śaktaṁ  $\varepsilon_1$  **24c tataḥ** cett.] punaḥ  $\Delta \chi$  **pratyāharec**/\*hared cett.] \*hārec  $\beta_\omega$  \*haraṁ  $\eta_1$  **caitad** cett.] etad  $\alpha_1 \Delta$  **24d udgāraṁ**  $\alpha_3 \eta_1$ ] uditāṁ  $\varepsilon_3 \eta_2 \chi$  utthānaṁ  $\Gamma$  ukhālātā *unm.*  $\beta_\omega$  uśālaṁ  $\alpha_2 \varepsilon_1$  husvāla  $\alpha_1$  prakṣālyāṁ  $\beta_2$  abhyāsād  $\delta_2 \delta_3$  abhyāsa  $\delta_1$  **tat**  $\beta_2 \Gamma \varepsilon_3 \eta_1 \chi$ ] \*taḥ  $\beta_\omega$  \*kṛt  $\alpha_1 \varepsilon_1 \eta_2$  \*vit  $\Delta$  **25a kāsaśvāsa** cett.] śvāsaḥ kāsaḥ  $\eta_2$  **pliha** cett.] plihā  $\eta_1$  **kuṣṭhaṁ**  $\alpha_1 \beta_\omega \Delta \varepsilon_3 \eta_2 \chi$ ] kuṣṭha  $\beta_2 \Gamma \varepsilon_1 \eta_1$  **25b kapha** cett.] śleṣmā  $\varepsilon_1$  **rogāś ca** cett.] rogaś ca  $\delta_3$  rogāś ca  $\gamma_1$  **viṁśatiḥ** cett.] viṁśati  $\beta_\omega \gamma_2$  vidradhiḥ  $\delta_2 \delta_3$  **25c dhauti** cett.] dhauti  $\alpha_1 \beta_\omega \Delta$  dhauta  $\varepsilon_3$  **prabhāvena** cett.] prasādena  $\beta_2$  **25d dhāvāntya eva**  $\alpha_3 \beta_\omega \varepsilon_1$ ] dhāvānte ca  $\alpha_2$  dhāvaty eva  $\eta_1$  bhavāntya eva  $\alpha_1$  prayāntya eva  $\beta_1 \beta_2 \Gamma \Delta \chi$  śudhyāntya eva  $\eta_2$  naśyante nā\*  $\varepsilon_3$  **na** cett.] \*tra  $\varepsilon_3$  **26 atha** cett.] *om.*  $\delta_1 \delta_2$  **bastikarma** (vasti\*)  $\alpha_1 \Gamma \eta_1$ ] vastikarma  $\beta_2 \varepsilon_3$  bastinikarma  $\varepsilon_1$  vasti  $\delta_2 \delta_3$  basti or vasti  $\beta_\omega \eta_2$  vastiḥ  $\chi$  *om.*  $\delta_1$  **26a daghne**  $\Delta \varepsilon_3 \eta_2$ ] daghna  $\beta_2 \beta_\omega \Gamma \varepsilon_1 \chi$  dagdha  $\alpha_1 \eta_1$  **pāyau**  $\alpha_1 \beta_\omega \Gamma \delta_1 \eta_1 \eta_2$ ] pāyūṁ  $\beta_2$  pāyur  $\varepsilon_1 \delta_3$  pāyau  $\chi$  vāyau  $\delta_2 \varepsilon_3$  **26b nyastanālo** cett.] nyastālo  $\varepsilon_3$  **26c ādhārā** cett.] ādhāra  $\beta_2 \varepsilon_1$  apānā  $\varepsilon_3$  **26d pakhālāṁ**  $\beta_\omega$ ] pakhālāṁ  $\alpha_1$  paśālāṁ  $\alpha_2$  pāśālāṁ  $\varepsilon_1$  prakṣālāṁ  $\beta_1 \gamma_1$  prakṣālā  $\alpha_3$  prakhyātāṁ  $\gamma_2$  prakṣāled  $\beta_2$  kṣālanāṁ  $\varepsilon_3 \eta_1 \eta_2 \chi$  apānād  $\Delta$  **bastikarma tat** cett.] bastikarma «ta»t  $\gamma_2$  vastikarmavit  $\delta_1 \delta_2$  — vastivit  $\delta_3$  **27b bhavāḥ** cett.] bhavāḥ  $\alpha_1 \delta_3$  bhavaṁ  $\beta_\omega \eta_2$  **27c basti** cett.] vasti  $\beta_\omega$  **27d vāryante**  $\alpha_1 \beta_2 \Gamma \Delta$ ] dhāryante  $\varepsilon_1$  śiryante  $\varepsilon_3$  kṣīyante  $\beta_\omega \eta_2 \chi$  jāyate  $\eta_1$  **sakalāmayāḥ** cett.] sakalā malāḥ  $\beta_\omega \Gamma \eta_2$

<sup>2</sup>  $\beta_2 \beta_\omega \eta_2 \chi$  adds here: हस्तपञ्चदशेन तु (‘‘दशायतं  $\chi$ ) गुरुपदिष्टमार्गेण (गुरुपदेशं  $\beta_2$ ).

धात्विन्द्रियान्तःकरणप्रसादं  
दद्याच्च कान्तिं दहनप्रदीप्तिम् ।  
अशेषदोषोपचयं निहन्या-  
दभ्यस्यमानं जलबस्तिकर्म ॥<sup>#</sup>

2.28

उदरगतपदार्थमुद्वमन्ती  
पवनमपानमुदीर्य कण्ठनाले ।  
क्रमपरिचयवश्यवायुमार्गा-  
द्वजकरणीति निगद्यते हठज्ञैः ॥<sup>#</sup> (om. Δ)

2.29

अथ नेतिः<sup>#</sup> । (om. δ<sub>1</sub>ε<sub>1</sub>)

सूत्रं वितस्तिस्सुस्त्रिगंधं नासानाले प्रवेशयेत् ।  
मुखाच्चिर्गमयेच्चैषा<sup>#</sup> नेतिः सिद्धैर्निगद्यते ॥

2.30

कपालशोधनी चैव दिव्यदृष्टिप्रदायिनी ।  
हनूर्ध्वजातरोगौघं जयत्याशु ससूत्रिका ॥

2.31

**28a** karaṇa cett.] karaṇaṃ γ<sub>1</sub>δ<sub>3</sub>ε<sub>3</sub><sup>c</sup> **prasādaṃ** cett.] prasādanaṃ δ<sub>1</sub> **28b** kāntiṃ cett.] kānti β<sub>ω</sub> kābhīm γ<sub>1</sub> **pradiptim** cett.] pradiptaṃ ε<sub>1</sub> pradiptaṃ β<sub>ω</sub> pradipanaṃ δ<sub>1</sub> **28c** doṣopacayaṃ cett.] doṣāpacayaṃ β<sub>ω</sub> doṣaprabhavaṃ δ<sub>1</sub> **28d** abhyāsa cett.] abhyāsa γ<sub>1</sub> abhyāsa δ<sub>2</sub> **jala** cett.] ja η<sub>2</sub> **karma** cett.] om. δ<sub>1</sub> **29** found after 2.25 β<sub>ω</sub>ε<sub>1</sub>ε<sub>3</sub>η<sub>1</sub>η<sub>2</sub> found after 2.38 χ om. δ<sub>1</sub>δ<sub>2</sub> **29a** udvamanti α<sub>1</sub>β<sub>1</sub>β<sub>ω</sub>] udvamanti χ udvamante ε<sub>1</sub>ε<sub>3</sub> udvavanti η<sub>2</sub> udvahanti Γη<sub>1</sub> udvahanti β<sub>2</sub> **29b** nāle cett.] nālet β<sub>ω</sub> **29c** kramapariçayaṃ cett.] kramapariçitaṃ ε<sub>3</sub> kramapariçitavaṃ ε<sub>1</sub> karibhir iva jalasya β<sub>ω</sub>η<sub>2</sub> **vāyumārgād** em.] vāyumārgā α<sub>1</sub> vāyumārgo ε<sub>3</sub> vāyuh|go ε<sub>1</sub> vāyuryo η<sub>1</sub> nādimārgā β<sub>2</sub>γ<sub>2</sub> nādicakrā χ mārga γ<sub>1</sub> vāyuvagāt β<sub>ω</sub>η<sub>2</sub> **29d** gajakaraṇi γ<sub>2</sub>ε<sub>3</sub>η<sub>1</sub>χ] gajakaraṇi γ<sub>1</sub> gajakarniti α<sub>1</sub> gajakarṇi ε<sub>1</sub> gajakarṇi β<sub>2</sub> jalakarṇi η<sub>2</sub> jalagajakaraṇi β<sub>ω</sub> **30** atha cett.] om. δ<sub>2</sub> **netiḥ** γ<sub>2</sub>χ] neti η<sub>1</sub> neti β<sub>ω</sub>γ<sub>1</sub>δ<sub>2</sub> nitiḥ α<sub>1</sub> niti α<sub>2</sub>δ<sub>3</sub> niti α<sub>3</sub>β<sub>1</sub> netikarma β<sub>2</sub> netikarma ε<sub>3</sub>η<sub>2</sub> om. δ<sub>1</sub>ε<sub>1</sub> **30a** susnigdham cett.] sustabdhā α<sub>1</sub> **30b** nāsānāle cett. (nāśā γ<sub>1</sub>η<sub>2</sub>)] nāsānābhe η<sub>1</sub> **30c** mukhān nirgamayec α<sub>1</sub>β<sub>ω</sub>Δχ] mukhā nirgamayec γ<sub>2</sub>ε<sub>1</sub> mukhe nirgamayec β<sub>2</sub> mukhaś ca nirgamec γ<sub>1</sub> mukhān nirgamanād ε<sub>3</sub> mukhanirgamanād η<sub>1</sub>η<sub>2</sub> **caiśā** cett.] sā hi δ<sub>2</sub>δ<sub>3</sub> sāpi δ<sub>1</sub> eva η<sub>1</sub>η<sub>2</sub> **30d** netiḥ γ<sub>2</sub>η<sub>2</sub>χ] neti β<sub>ω</sub>δ<sub>1</sub>δ<sub>2</sub>ε<sub>3</sub> neti β<sub>2</sub>γ<sub>1</sub>η<sub>1</sub> niti δ<sub>3</sub> niti α<sub>1</sub>α<sub>2</sub>β<sub>1</sub> niti ε<sub>1</sub> **siddhair** cett.] siddher ε<sub>1</sub> siddhir γ<sub>1</sub> siddhau ε<sub>3</sub> **31a** śodhani cett.] śodhini β<sub>2</sub>χ śodhanā η<sub>2</sub> śodhanaṃ δ<sub>3</sub> **caiva** β<sub>2</sub>ΓΔχ] kaṃṭhyā ε<sub>1</sub> kaṃṭhād ε<sub>3</sub> kaṃṭhā α<sub>2</sub>α<sub>3</sub> vatyā α<sub>1</sub> kavyā β<sub>ω</sub> kāryā η<sub>1</sub>η<sub>2</sub> **31b** pradāyini cett.] pradāyani γ<sub>1</sub> **31c** hanūrdhva α<sub>1</sub>α<sub>2</sub>] jatrūrdhva β<sub>2</sub>ε<sub>1</sub>χ jatrūrdhva β<sub>ω</sub> jantūrdhva ε<sub>3</sub> jatūrdhva η<sub>2</sub> ja \_ddha γ<sub>1</sub> jānūrdhva Δη<sub>1</sub> yattūrdhva η<sub>2</sub> **rogaugham** α<sub>1</sub>β<sub>2</sub>β<sub>ω</sub>Γε<sub>3</sub>χ] rogaugha η<sub>1</sub> rogaughā η<sub>2</sub> rogaughān Δ rogaughnaṃ ε<sub>1</sub> **31d** jayaty āśu sasūtrikā em.] jayati sā tu sūtrikā η<sub>1</sub> jayety āśu sati niti α<sub>1</sub> jayaty āśu sati neti γ<sub>2</sub> jayabhyāśa sati nati γ<sub>1</sub> jayaty āśu niti sati ε<sub>1</sub> jayaty āśu sunetikā β<sub>2</sub> jayaty āśu sa netivit (niti δ<sub>2</sub>δ<sub>3</sub>) Δ neti jayati satvaram ε<sub>3</sub> netir āśu nihanti ca β<sub>ω</sub>η<sub>2</sub>χ

अथ त्राटकम् । (om.  $\delta_1$ )

निरीक्षेत्रिश्चलदृशा सूक्ष्मलक्ष्यं समाहितः ।

अश्रुसंपातपर्यन्तमाचार्यैस्त्राटकं मतं ॥

2.32

मोटकं<sup>#</sup> नेत्ररोगाणां तन्द्रादीनां कपाटकम्<sup>#</sup> ।

यत्तत्तस्त्राटकं गोप्यं यथा हाटकपेटकम् ॥

2.33

अथ नौली । (om.  $\delta_1$ )

अमन्दावर्तवेगेन तुन्दं<sup>#</sup> सव्यापसव्यतः ।

नतांसो भ्रामयेदेषा नौली गौडैः प्रशस्यते ॥

2.34

तुन्दाग्निसंदीपनपाचनादि<sup>#</sup>-

सन्धायिकानन्दकरी सदैव ।

अशेषदोषामयशोषणी<sup>#</sup> च

हठक्रियामौलिरियं च<sup>#</sup> नौली ॥

2.35

**32** *atha* cett.] a  $\epsilon_1$  om.  $\delta_1$  **trātākam**  $\alpha_1\beta_2\gamma_1\delta_2\delta_3\epsilon_1\epsilon_3\eta_2\chi$ ] trātaka  $\beta_\omega$  trātam  $\eta_1$  ttrayakam  $\gamma_2$  om.  $\delta_1$  **32a** *nirikṣen* cett.] *nirikṣye*  $\epsilon_1$  *nirikṣya*  $\eta_2$  **niścāla** cett.] niścālā  $\gamma_1$  nirmala  $\delta_1$  **dr̥ṣā** cett.] *dr̥ṣtyā*  $\eta_2$  **32b** *sūkṣma* cett.] *sūkṣmaṃ*  $\delta_1\epsilon_3\eta_2$  **lakṣyaṃ**  $\Delta\eta_2\chi$ ] *lakṣaṃ*  $\beta_2\beta_\omega\Gamma\epsilon_3$  *lakṣa*  $\alpha_1\eta_1$  *lakṣmaṃ*  $\epsilon_1$  **32d** *ācāryais* cett.] *āryais* *unm.*  $\gamma_2$  *āryais* *tu*  $\delta_2\delta_3$  *ācāret*  $\eta_1$  *toṭākam*  $\delta_1$  **trātākam** *matam*  $\alpha_1\alpha_2\beta_1\delta_2\delta_3$ ] *trātākam* *smṛtam*  $\beta_2\beta_\omega\Gamma\eta_1\eta_2\chi$  *trātīkam* *smṛtam*  $\epsilon_3$  *troṭākam* *smṛtam*  $\epsilon_1$  *yoginām* *matam*  $\delta_1$  **33a** *moṭākam*  $\delta_2\eta_1$ ] *metākam*  $\beta_1$  *moṭanam*  $\delta_3$  *modākam*  $\alpha_1$  *mocanam*  $\Gamma\chi$  *mocakam*  $\alpha_2\epsilon_1\epsilon_3$  *mohanam*  $\alpha_3$  *toṭākam*  $\delta_1$  *trātākam*  $\beta_2$  *sphoṭanam*  $\beta_\omega\eta_2$  **33b** *tandrādinām* cett.] *tandrādinām*  $\beta_\omega\gamma_1$  *tandrānām*  $\epsilon_2$  *nidrādinām*  $\delta_3$  *netrādinām*  $\delta_2$  **kapātākam** cett.] *kavātaka*  $\alpha_1$  *ca* *pātākam*  $\epsilon_3$  *ca* *pāṭavam*  $\epsilon_1$  *ca* *pāṭanam*  $\delta_1$  *gapāṭa*[ka]m  $\eta_1$  **33c** *yatnatas*  $\alpha_1\beta_2\Gamma\epsilon_1\epsilon_3\chi$ ] *prayatnāt*  $\beta_\omega\eta_2$  *prayatnatas* *unm.*  $\eta_1$  *etac* *ca*  $\Delta$  **33d** *trātākam* cett.] *toṭākam*  $\delta_1$  *tuṭākam*  $\epsilon_1$  **34** *nauli*  $\alpha_2\beta_2\beta_\omega\gamma_2\eta_1$ ] *naurī*  $\gamma_1$  *naulīh*  $\alpha_3\chi$  *naukuli*  $\epsilon_1$  *nākuli*  $\delta_2$  *laulī*  $\alpha_1$  *nīlī*  $\delta_3$  *naulikarmma*  $\epsilon_3$  *neulikarmma*  $\eta_2$  om.  $\delta_1$  **34a** *amandā* cett.] *amandya*  $\gamma_2$  *āmandā*  $\beta_\omega\epsilon_3$  *āmanda*  $\eta_1$  **varta** cett.] *vatta*  $\epsilon_1$  *cakra*  $\eta_1$  **vegena** cett.] *yogena*  $\delta_3$  **34b** *tundaṃ*  $\beta_\omega\gamma_2\epsilon_3\chi$ ] *tundum*  $\gamma_1$  *tundat*  $\eta_2$  *tuṃḍam*  $\epsilon_1$  *tudam*  $\alpha_1\beta_2$  *tunde*  $\delta_2\delta_3$  *tulyam*  $\delta_1$  *gudam*  $\eta_1$  **savyataḥ** cett.] *savyayoh*  $\Delta$  **34c** *natāṃśo* or *natāṃśo*  $\gamma_2\Delta\epsilon_1\eta_1\chi$ ] *natāso*  $\alpha_1$  *natāṃśur*  $\beta_2$  *naśnātso*  $\gamma_1$  *satāṃśo*  $\beta_\omega$  *śataśo*  $\epsilon_3\eta_2$  **bhramayed**  $\beta_2\gamma_2\delta_2\epsilon_3\eta_1\eta_2\chi$ ] *bhramayed*  $\alpha_1\beta_\omega\delta_3\epsilon_1$  *bhyasayed*  $\delta_1$  *bhāmāyad*  $\gamma_1$  **eṣā** cett.] *oṣā*  $\epsilon_3$  **34d** *naulī* cett.] *naulīh*  $\chi$  *laulī*  $\alpha_1$  *loke*  $\eta_1$  **gauḍaiḥ**  $\gamma_2$ ] *gauḍīh*  $\gamma_1$  *gaulaiḥ*  $\alpha_1\beta_2\eta_2$  *gaulī*  $\eta_1$  *gaulīh*  $\epsilon_1$  *maulaiḥ*  $\beta_\omega$  *siddhaiḥ*  $\chi$  *yoge*  $\delta_1\delta_2\epsilon_3$  *yogaḥ*  $\delta_3$  **praśasyate**  $\alpha_1\beta_2\beta_\omega\Gamma\epsilon_1\eta_1\eta_2\chi$ ] *pracakṣate*  $\Delta$  *pradr̥ṣyate*  $\epsilon_3$  **35a** *tundāgni* *em.*] *tuṃḍāgni*  $\beta_2\epsilon_1$  *tuṃḍāṣṭi*  $\alpha_1$  *tuṃḍāṣṭi*  $\alpha_2$  *mandāgni*  $\beta_\omega\Gamma\Delta\epsilon_3\eta_1\eta_2\chi$  **pācanādi**  $\alpha_1\beta_2\beta_\omega\gamma_2\delta_1\epsilon_3\chi$ ] *pāvanādi*  $\gamma_1\eta_1$  *pācanāni*  $\epsilon_1$  *pācanāgniḥ*  $\delta_2$  *pāvanāgniḥ*  $\delta_3$  *pāvakādi*  $\eta_2$  **35b** *sandhāyikā*  $\beta_2\Gamma\delta_1\chi$ ] *sandhāyākā*  $\alpha_1\beta_\omega\epsilon_3\eta_1\eta_2$  *sandhādhikā*  $\delta_2$  *sandādhikā*  $\delta_3$  *saṃdāyikā*  $\epsilon_1$  **sadaiva** cett.] *tathaiva*  $\Delta$  **35c** *doṣāmaya* cett.] *doṣāmala*  $\beta_\omega\eta_1\eta_2$  **śoṣaṇī**  $\alpha_1\beta_2\beta_\omega\delta_2\delta_3\epsilon_1\epsilon_3\eta_2\chi$ ] *śoṣiṇī*  $\delta_1\eta_1$  *śodhaṇī*  $\gamma_1$  *śodhini*  $\gamma_2$  **ca** cett.] *va*  $\delta_3\eta_1\eta_2$  *yā*  $\gamma_1$  **35d** *maulir iyaṃ* *ca*  $\alpha_1\beta_2\Gamma\chi$ ] *maulir iyaṃ* *hi*  $\Delta\epsilon_3$  *mūlam iyaṃ* *hi*  $\epsilon_1\eta_1$  *sau* *jayatiha*  $\eta_2$  *jayatiha*  $\beta_\omega$  **naulī**  $\beta_2\beta_\omega\gamma_1\Delta\eta_1\eta_2$ ] *naulīh*  $\gamma_2\epsilon_1\chi$  *laulī*  $\alpha_1$  *maulī*  $\alpha_2$  *laulīḥ* (lauḷīḥ)  $\epsilon_3$

अथ कपालभाती । (om.  $\delta_1$ )

भस्त्रावल्लोहकारस्य रेचपूरौ ससंभ्रमौ ।

कपालभाती विख्याता कफदोषविशोषिणी ॥ (om.  $\epsilon_1$ )

2.36

षट्कर्मभिर्गतस्थौल्यकफमेदोमलादिकः ।

प्राणायामं ततः कुर्यादनायासेन सिध्यति ॥

2.37

प्राणायामैरेव<sup>#</sup> सर्वे प्रशुष्यन्ति मला इति<sup>#</sup> ।

आचार्याणां तु केषांचिदन्यत्कर्म न संमतम् ॥

2.38

ब्रह्मादयोऽपि त्रिदशाः<sup>#</sup> पवनाभ्यासतत्पराः । (ab om.  $\eta_2$ )<sup>3</sup>

अभूवन्नन्तकभयात्<sup>#</sup> तस्मात्पवनमभ्यसेत् ॥ (cd om.  $\Delta\epsilon_3$ )<sup>4</sup>

2.39

यावद्बद्धो मरुदेहे यावच्चित्तं निराश्रयम्<sup>#</sup> ।

यावद्वीक्षा<sup>#</sup> भ्रुवोर्मध्ये तावत्कालभयं कुतः ॥<sup>5</sup>

2.40

**36 atha**  $\alpha_1\beta_2\beta_\omega\Gamma\delta_3\epsilon_1\eta_1\chi$ ] om.  $\delta_1\delta_2\epsilon_3\eta_2$  **kapālabhāti**  $\beta_2\Gamma\delta_3\eta_1$ ] kapālabhāti  $\alpha_1\epsilon_1$  kapālabhauṭi  $\delta_2$  kapālabhātiḥ  $\chi$  kapālabhāthikarma  $\epsilon_3$  kapālabhāthikarma  $\eta_2$  bhāthī  $\beta_\omega$  om.  $\delta_1$  **36a bhastrā-val**  $\alpha_1\gamma_2\epsilon_2\epsilon_3\chi$ ] bhastrāhaval  $\gamma_1$  bhastrāva  $\beta_\omega$  bhastreva  $\beta_2\Delta$  [bha]strariva  $\eta_1$  lohakārasya  $\eta_2$  **lohakārasya** cett.] lohakārāṇaṃ  $\Delta$  bhastrivat  $\eta_2$  **36b recapūrau** cett.] recapūro  $\alpha_1$  recapūra  $\eta_1$  recapūraiḥ  $\delta_2$  kuryāt savyā  $\eta_2$  **sasambhramau**  $\beta_2\beta_1\Gamma\delta_1\delta_3\chi$ ] susambhramau  $\alpha_1\alpha_2\beta_\omega\epsilon_2\epsilon_3\eta_1$  **susambhramaiḥ**  $\delta_2$  pasavyataḥ  $\eta_2$  **36c bhāti**  $\beta_2\beta_\omega\gamma_2\Delta\eta_1$ ] bhāti  $\alpha_1\gamma_1$  bhātir  $\epsilon_2\epsilon_3\chi$  bhāthī  $\eta_2$  **vikhyātā** cett.] vijñeyā  $\delta_1$  ity eṣā  $\epsilon_2\epsilon_3$  **36d kaphadoṣa**  $\alpha_1\beta_2\Gamma\epsilon_2\epsilon_3\eta_1\chi$ ] kaphaṣoṣa  $\Delta$  kaphā-maya  $\beta_\omega\eta_2$  **viśoṣiṇī**  $\alpha_1\epsilon_2\eta_1$ ] viśoṣaṇī  $\beta_\omega\Gamma\epsilon_3\eta_2\chi$  viśodhini  $\beta_2$  visarpiṇī  $\Delta$  **37a bhir gata**  $\alpha_1\beta_2\beta_\omega\Gamma\epsilon_1\eta_2$ ] bhir gataṃ  $\gamma_2$  nirgata  $\Delta\epsilon_3\eta_1\chi$  **sthaulya** cett.] sthaulyaṃ  $\eta_1\eta_2$  sthaulyaḥ  $\gamma_2$  **37b medo** cett.] bhedo  $\delta_3\eta_1$  doṣa  $\chi$  **malādikāḥ**  $\alpha_1\beta_2\beta_\omega\epsilon_1\epsilon_3\chi$ ] malādikāḥ  $\delta_2$  malādhikāḥ  $\delta_1$  calādhikāḥ  $\delta_3$  balādhikāḥ  $\eta_2$  malādhike  $\eta_1$  malodgitaḥ  $\gamma_1$  malojitaḥ  $\gamma_2$  **37d sidhyati** cett.] śudhyati  $\alpha_1\beta_\omega\delta_1$  **38a prāṇāyāmair eva**  $\alpha_1\beta_2\beta_\omega\Gamma\Delta\chi$ ] prāṇāyāmaiḥ sukhāt  $\eta_2$  prāṇāyāmena vai  $\epsilon_1\epsilon_3\eta_1$  **sarve** cett.] sarvaiḥ  $\delta_2\delta_3$  **38b praśuṣyanti** cett.] praśukhyanti  $\delta_1$  praśuddhyati  $\eta_2$  **malā iti**  $\alpha_1\beta_2\Gamma\delta_2\delta_3\chi$ ] malā api  $\delta_1\epsilon_1\epsilon_3$  malāṇnapi  $\eta_1$  malāśayaḥ  $\beta_\omega$  malāśayaḥ  $\eta_2$  **38c tu** cett.] ca  $\epsilon_3$  **38d anyat karma** cett.] anyakarma  $\alpha_1\gamma_1\delta_2\delta_3$  **39c abhūvann antaka**  $\alpha_1\beta_2\beta_\omega\gamma_2\epsilon_1\chi$ ] abhavan taṃtaka  $\gamma_1$  samanaskāntako  $\eta_2$  samanaskāntaka  $\eta_1$  **bhayāt**  $\alpha_1\beta_2\beta_\omega\Gamma\epsilon_1\chi$ ] bhayānt  $\eta_1$  bhavyas  $\eta_2$  **39d pavanam**  $\alpha_1\beta_2\beta_\omega\Gamma\epsilon_1\eta_2\chi$ ] prāṇavam  $\eta_1$  **40b yāvac cittam** cett.] tāvac cittam  $\delta_2\delta_3\epsilon_3\eta_1$  **nirāśrayam** cett.] nirāmayam  $\Delta$  nirākulaṃ  $\chi$  **40c yāvad/yāvat** cett.] jāvat  $\eta_2$  yāt  $\epsilon_1$  yā  $\delta_1$  **vikṣā** (cf. VM v.l.) em.] vikṣed  $\alpha_1\alpha_2$  dikṣe  $\gamma_2$  ikṣet  $\beta_2$  icched  $\gamma_1$  drṣtir  $\Delta\chi$  paśyed  $\beta_\omega\epsilon_1\epsilon_3\eta_1\eta_2$  **madhye** cett.] madhyaṃ  $\alpha_1\gamma_2\eta_2$  **40d kāla** cett.] kālāṃ  $\eta_1$  mṛtyu  $\delta_3$

<sup>3</sup>  $\eta_2$  has instead: षट्कर्मयोगमामोति पवनाभ्यासतत्परः.

<sup>4</sup>  $\Delta\epsilon_3$  have instead: तेन सिद्धिं गतास्ते च (तु  $\delta_3$ ) तस्मात्पवनमभ्यसेत्.

<sup>5</sup>  $\epsilon_3$  adds here: बह्ममयो पि नामोति पवनाभ्यासतत्परः । समनस्कोन्तकभयं तस्मात्पवनमभ्यसेत् ॥ Cf. 2.39.



विधिवत्प्राणसंयामैर्नाडीचक्रे विशोधिते । सुषुम्णावदनं भित्त्वा सुखाद्विशति मारुतः ॥	2.41
मारुते मध्यसंचारे मनःस्थैर्यं प्रजायते । यो मनःसुस्थिरीभावः सैवावस्था मनोन्मनी ॥	2.42
तत्सिद्धये विधानज्ञश्चित्रान्कुर्वीत कुम्भकान् । विचित्रकुम्भकाभ्यासाद्विचित्रां सिद्धिमाप्नुयात् ॥	2.43
सूर्यभेदनमुज्जायी तथा सीत्का च शीतली । भस्त्रिका भ्रामरी मूर्छा #प्लावनीत्यष्ट कुम्भकाः ॥	2.44
पूरकान्ते तु कर्तव्यो बन्धो जालन्धराभिधः । कुम्भकान्ते रेचकादौ कर्तव्यस्तूडियानकः ॥	2.45
अधस्तात्कुञ्चनेनाशु कण्ठसंकोचने कृते । मध्ये पश्चिमतानेन स्यात्प्राणो ब्रह्मनाडिगः ॥ <sup>#</sup> [= 3.72] (om. Δ)	2.46

**41a** samyāmair cett.] samyamyē ṛ<sub>2</sub> samyame β<sub>ω</sub> **41b** nāḍi cett.] nāḍi α<sub>1</sub>β<sub>ω</sub> nārī β<sub>2</sub> cakre cett.] cakro ṛ<sub>2</sub> cakram ε<sub>1</sub> krīva ṛ<sub>1</sub> **41d** sukhād cett.] mukhād Δṛ<sub>1</sub> **42a** mārute cett.] māruto β<sub>2</sub>δ<sub>1</sub> maruto δ<sub>2</sub> **42c** susthiribhāvaḥ cett.] susthitā bhāvaḥ ṛ<sub>1</sub> sthiribhāva β<sub>2</sub> **42d** saivā cett.] saisā β<sub>2</sub>Δ Ṛ<sub>2</sub>dittogr. **43a** tatsiddhaye cett.] tatsiddhayo ε<sub>1</sub> tatsādhana β<sub>2</sub> **vidhānājñās** α<sub>1</sub>] vidhānājñās Γε<sub>1</sub>ε<sub>3</sub>χ vidhānājñā β<sub>ω</sub>ṛ<sub>1</sub> vidhānājño δ<sub>2</sub>δ<sub>3</sub>ṛ<sub>2</sub> vidhijñās tu β<sub>2</sub> om. (up to śītkāra in the next verse) δ<sub>1</sub> **43b** citrān cett.] viśan δ<sub>2</sub> viśat δ<sub>3</sub> om. δ<sub>1</sub> **kurvita** δ<sub>2</sub>δ<sub>3</sub>] kurvati ṛ<sub>1</sub>ṛ<sub>2</sub><sup>8</sup> kurvanti cett. avita α<sub>1</sub> om. δ<sub>1</sub> **43c** vicitrakumbhakābhyāsād cett.] kumbhakābhyāsāvvicitrām ṛ<sub>1</sub> om. Δ **43d** vicitrām siddhim āpnuyāt cett.] vicitrāṇim āpnuyāt ṛ<sub>1</sub> yogisid-dhim āpnuyāt ṛ<sub>1</sub> om. Δ **44a** ante sūryabhedanam add. atha kumbhakabhedāḥ χ **44b** tathā sītka ca śīṭali α<sub>1</sub>α<sub>3</sub> (śītkā)] tathā sīt(śit)kāśīṭali cett. sītkaṛī śīṭali tathā χ **44c** bhastrikā cett.] bhastrī ca δ<sub>1</sub> **bhrāmari** β<sub>ω</sub>ṛ<sub>1</sub>δ<sub>2</sub>δ<sub>3</sub>ε<sub>3</sub>ṛ<sub>1</sub>χ] bhrāmari α<sub>1</sub>β<sub>2</sub>ṛ<sub>2</sub>δ<sub>1</sub>ε<sub>1</sub>ṛ<sub>2</sub> **44d** plāvanī ṛ<sub>2</sub>ε<sub>1</sub>ε<sub>3</sub>] plāv-ini χ prāvati ṛ<sub>1</sub> pratvanī β<sub>2</sub> kevalas α<sub>1</sub>β<sub>ω</sub>ṛ<sub>2</sub> kevali ṛ<sub>1</sub> sahitās Δ <sup>ty</sup> **aṣṭa** β<sub>2</sub>Γε<sub>1</sub>ε<sub>3</sub>χ] cāṣṭa α<sub>1</sub>β<sub>ω</sub>Δṛ<sub>1</sub>ṛ<sub>2</sub> **kumbhakāḥ** cett.] kumbhakāḥ ṛ<sub>1</sub> kumbhakā β<sub>ω</sub> kumbhakān ṛ<sub>1</sub> **45b** bhidhaḥ cett.] vidhaḥ δ<sub>1</sub>δ<sub>2</sub> **45c** recakādau cett.] cakādau ṛ<sub>1</sub> **45d** kartavyas cett.] kartavyaṃs ṛ<sub>2</sub> **tū** cett.] tu α<sub>1</sub>β<sub>2</sub>β<sub>ω</sub> ta ṛ<sub>1</sub> <sup>ddiyānakah</sup> ṛ<sub>2</sub>δ<sub>1</sub>δ<sub>3</sub>ṛ<sub>2</sub>χ] ddiyānakah β<sub>ω</sub>ε<sub>1</sub>ṛ<sub>1</sub> diyānakah β<sub>2</sub>δ<sub>2</sub>ε<sub>3</sub> diyānakah α<sub>1</sub> hiyānakah ṛ<sub>1</sub> **46a** adhastāt β<sub>2</sub>ṛ<sub>1</sub>ṛ<sub>2</sub>χ] adhastā α<sub>1</sub>β<sub>ω</sub> adhasta ṛ<sub>1</sub> adhasthāt ṛ<sub>2</sub>ε<sub>1</sub> adhastvāt ε<sub>3</sub> **kuñcanenāsu** cett.] kuñcanenāsum β<sub>2</sub> kuñjakenāsu ε<sub>1</sub> **46c** madhye α<sub>1</sub>β<sub>2</sub>ṛ<sub>2</sub>ε<sub>1</sub>ε<sub>3</sub>ṛ<sub>1</sub>χ] madhya β<sub>ω</sub>ṛ<sub>1</sub>ṛ<sub>2</sub> **tānena** cett.] tānena α<sub>1</sub>β<sub>ω</sub>ṛ<sub>1</sub> tāna ε<sub>1</sub> **46d** syāt cett.] sthāt ε<sub>1</sub> **brahma** cett.] madhya β<sub>ω</sub> **nāḍigaḥ** cett.] nāḍigataḥ ε<sub>1</sub> nāḍikām β<sub>2</sub> nābhīrāt ṛ<sub>1</sub>

अपानमूर्ध्वमुत्थाप्य\* प्राणं कण्ठादधो नयेत् ।  
योगी जराविमुक्तः सन् षोडशो वयसा<sup>6</sup> भवेत् ॥

2.47

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

आसने सुखदे योगी बद्धा वज्रासनं ततः ।  
दक्षनाड्या समाकृष्य बहिःस्थं पवनं शनैः ॥

2.48

आ केशाग्रान्नखाग्रान्च निरोधावधि कुम्भयेत्\* ।  
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

**47a** *utthāpya* cett.] āsthāpya  $\delta_1\eta_1$  **47b** *nayet* cett.] nayat  $\gamma_1$  nayan  $\alpha_1\epsilon_1$  jayet  $\epsilon_3$   
**47c** *vimuktaḥ san*  $\alpha_1\beta_2\beta_\omega\gamma_2\delta_1\delta_2\chi$ ] viyuktaḥ san  $\gamma_1$  vimuktaḥ sa  $\epsilon_1$  vimuktaḥ saḥ  $\epsilon_3$  vimuk-  
taḥ syāt  $\delta_3$  vimuktaḥ ca  $\eta_2$  bhimuktaḥ ca  $\eta_1$  **47d** *ṣoḍaśo vayasā* cett.] ṣoḍaśābdavayā  $\delta_2\delta_3$   
ṣoḍaśābdavayo  $\eta_2$  ṣoḍaśābdavayā  $\chi$  **48** *atha*  $\beta_\omega\eta_1\eta_2$ ] tatra  $\alpha_1\beta_2\Gamma$  atha tatra  $\epsilon_3$  om.  $\delta_1\delta_3\epsilon_1\chi$   
**sūryabhedanam** cett.] sūryabhedanī  $\gamma_1$  om.  $\delta_1\delta_3\chi$  **48a** *āsane sukhade yogī* cett.] āsane  
sukhado yogī  $\beta_\omega$  athāsane sukhād eva  $\eta_2$  **48b** *baddhvā* cett.] baddhā  $\beta_\omega\eta_2$  **vajrāsanam**  
cett.] viśanam  $\epsilon_1$  mudrāsamaṃ  $\beta_\omega\eta_2$  caivāsanam  $\chi$  **tataḥ** cett.] sudhī  $\epsilon_1$  **48c** *nāḍyā*  
cett.] nāḍyāḥ  $\gamma_1$  nāḍyām  $\epsilon_1\epsilon_3$  **49a** *ā keśāgrān*  $\beta_\omega\eta_2$ ] ā keśāgrā  $\alpha_1$  ā keśāgraṃ  $\delta_1\delta_3\eta_1$  ā  
keśāgra  $\epsilon_1$  ā keśāc ca  $\epsilon_3$  ā keśād ā  $\beta_2\Gamma\chi$  **nakhāgrāc**  $\beta_2\Gamma\epsilon_3\eta_2\chi$ ] nakhāgraṃ ca  $\beta_\omega\delta_1\delta_3\epsilon_1$   
nakhāgrāś ca  $\alpha_1$  nakhā...  $\eta_1$  **49b** *nirodhāvadhi*  $\alpha_1\beta_2\beta_\omega\gamma_1\epsilon_3\eta_2\chi$ ] nirodhāvidhī  $\gamma_2$  nirovadhi  
 $\epsilon_1$  niruddh[o]vadhi  $\eta_1$  śirodhyavadhi  $\delta_1\delta_3$  **kumbhayet** cett.] kuṃbhayan  $\alpha_1$  kumbhakān  
 $\delta_1$  kumbhakam  $\delta_3$  **49c** *tataḥ* cett.] om.  $\gamma_1$  **nāḍyā** cett.] nāḍyā ca  $\eta_2$  **49d** *sudhīḥ*  
 $\beta_2\Gamma\epsilon_1\epsilon_3\eta_1$ ] sudhī  $\alpha_1$  śuddhī  $\beta_\omega$  śanaiḥ  $\eta_2\chi$  punaḥ  $\delta_1\delta_3$  **50a** *śodhanam* cett.] śodha  $\delta_1$   
**50b** *doṣaghaṇam* cett.] doghnam  $\beta_\omega$  śoṣaghaṇam  $\epsilon_1$  **doṣaham**  $\beta_1\beta_\omega\epsilon_1\epsilon_3$ ] doṣajam  $\alpha_1\alpha_2$  doṣahṛt  
 $\beta_2\Gamma\delta_1\delta_3\chi$  toharam  $\eta_1$  nāśanam  $\eta_2$  **50c** *kāryam*  $\alpha_1\beta_2\epsilon_1\epsilon_3\eta_1\chi$ ] kārya  $\beta_\omega$  kuryāt  $\Gamma\delta_1\delta_3$  sūrya  $\eta_2$   
**50d** *sūryabhedam udāhṛtam*  $\alpha_1\beta_2\beta_\omega\epsilon_3\eta_1$ ] sūryabhedanam udāhṛtam *unm.*  $\epsilon_1$  sūryabhedanam ut-  
tamam  $\Gamma\delta_1\delta_3\chi$  bhedanam samudāhṛtam  $\eta_2$  **51** *athojjāyī*  $\alpha_1\beta_2\epsilon_3\eta_1\chi$ ] atha ujāyī  $\beta_\omega\epsilon_1\eta_2$  ujāyī  
 $\Gamma\delta_3$  ujāḍī  $\delta_1$  **51a** *saṃyamya* cett.] saṃnamya  $\eta_1$  **nāḍibhyām**  $\alpha_1\beta_2\Gamma\delta_3\epsilon_3\chi$ ] nāśābhyām  
 $\beta_\omega\delta_1\epsilon_1\eta_1\eta_2$  **51b** *śanaiḥ* cett.] tataḥ  $\delta_1$  punaḥ  $\delta_3$  **51c** *yathā* cett.] yadā  $\eta_1\eta_2$  **lagati**  
cett.] lagatu  $\beta_2$  galati  $\epsilon_3$  ragati  $\gamma_1$  **kaṇṭhāt tu**  $\alpha_1\beta_2\delta_3\epsilon_1\epsilon_3\eta_2\chi$ ] kaṇṭhe tu  $\Gamma$  kaṇṭhāntar  $\delta_1$   
kaṇṭhāntam  $\beta_\omega$  hṛtkaṇṭhe  $\eta_1$  **51d** *hṛdayāvadhi* cett.] hṛtpadmāvadhi  $\beta_2\eta_2$  **sasvanam** cett.]  
sausanam  $\eta_1$  śodhanam  $\eta_2$  niḥsvanam  $\beta_2$

<sup>6</sup> Three folios are missing in  $\delta_2$  after व (up to 3.1c).

पूर्ववत्कुम्भयेत्प्राणं रेचयेदिडया ततः ।  
 श्लेष्मदोषहरं कण्ठे देहानलविवर्धनम् ॥ 2.52

नाडीजालोदरे<sup>#</sup> धातुगतदोषविनाशनम् ।  
 गच्छतस्तिष्ठतः कार्यं उज्जाय्याख्यं तु कुम्भकम् ॥ 2.53

अथ सीत्का<sup>#</sup> । (om.  $\delta_1$ )

सीत्कां दद्यात्सदा वक्त्रे घ्राणे चैव विजृम्भिकाम् ।<sup>#</sup>  
 एवमभ्यासयोगेन कामदेवो द्वितीयकः ॥ 2.54

योगिनीचक्रसामान्यः<sup>#</sup> सृष्टिसंहारकारकः ।  
 न क्षुधा न तृषा निद्रा नैवालस्यं प्रजायते ॥ 2.55

भवेत्स्वच्छन्ददेहश्च सर्वोपद्रववर्जितः ।  
 अनेन विधिना सत्यं योगीन्द्रो भुविमण्डले ॥ 2.56

**52a** pūrvavat cett.] pūrve ca  $\gamma_1$  pūrvatu  $\beta_2$  kumbhayet cett.] kumbhayan  $\delta_1\delta_3$  prāṇam  $\alpha_1\beta_2\beta_\omega\Gamma\delta_1\chi$ ] prāṇāt  $\eta_1$  prāṇān  $\delta_3\epsilon_1\epsilon_3\eta_2$  **52b** recayed iḍayā cett.] recayediyā  $\delta_1$  tataḥ cett.] trātāt  $\gamma_2$  tathā  $\chi$  **52c** śleṣma cett.] śleṣmā  $\eta_2$  śreṣmā  $\gamma_1$  śleṣā  $\beta_2$  kaṇṭhe cett.] kaṇṭha  $\delta_1$  dehād  $\eta_1$  dehām  $\epsilon_1$  dehā  $\eta_2$  **52d** dehānalavivardhanam cett.] dehānale vivardhanam  $\alpha_1$  dāvānalavivardhanam  $\beta_\omega$  analadīptivardhanam  $\eta_1$  analam dipavardhanam  $\epsilon_1$  \*naladīptivivardhanam  $\eta_2$  **53a** jālodare em.] jalodare  $\beta_\omega\eta_2$  jalodaro  $\alpha_1$  jalodarā  $\beta_1\epsilon_1\eta_1\chi$  jalodarī  $\gamma_2$  jalodara  $\beta_2$  jalodaram  $\gamma_1\delta_1\delta_3\epsilon_3$  dhātu cett.] gātra  $\delta_3$  **53b** gatadoṣa  $\alpha_1\beta_2\beta_\omega\gamma_2\chi$ ] gatadoṣā  $\gamma_1$  gata-doṣam  $\eta_2$  gataroga  $\epsilon_1\eta_1$  śataroga  $\epsilon_3$  śatadoṣa  $\delta_1\delta_3$  **53c** gacchataḥ tiṣṭhataḥ  $\alpha_1\beta_2\beta_\omega\delta_1\delta_3\epsilon_1\eta_1$ ] gacchatā tiṣṭhatā  $\Gamma\epsilon_3\eta_2\chi$  kāryam cett.] kāryām  $\alpha_1$  kāya  $\epsilon_1$  **53d** ujñāy(y)ākhyam tu cett.] ujñāyāhravya  $\gamma_1$  kuru vikhyāta  $\beta_\omega\eta_2$  kumbhakam cett.] kumbhakah  $\beta_\omega$  **54** atha cett.] om.  $\Gamma\delta_1$  sitkā  $\epsilon_1$ ] sitkā  $\alpha_1$  sitakā  $\eta_1$  śitkārah  $\gamma_1$  sitkārah  $\alpha_3$  śitkāra  $\beta_\omega\gamma_2$  śitkāram  $\beta_2$  sitkāra  $\delta_3$  sitkāri  $\alpha_2\epsilon_3\chi$  śitakarākarma  $\eta_2$  om.  $\delta_1$  **54a** sit-/śitkām  $\alpha_1\beta_2\gamma_2\delta_3\epsilon_3\chi$ ] satkām  $\epsilon_1$  sitkim  $\delta_1$  dhitkām(?)  $\gamma_1$  kumbham  $\beta_\omega\eta_2$  om.  $\eta_1$  dadyāt  $\alpha_1\beta_1\epsilon_1\epsilon_3\eta_1$ ] kuryāt  $\beta_2\beta_\omega\Gamma\delta_1\delta_3\eta_2\chi$  sadā  $\alpha_1\beta_\omega\epsilon_1\epsilon_3\eta_1\eta_2$ ] tathā  $\beta_2\Gamma\delta_1\delta_3\chi$  vaktre cett.] vaktrāt  $\eta_2$  dakre  $\gamma_1$  **54b** ghrāṇe caiva  $\alpha_1\beta_2\beta_\omega\eta_1$ ] ghrāṇe cātha  $\epsilon_1\epsilon_3$  ghrāṇenaiva  $\gamma_2\delta_1\delta_3\eta_2\chi$  prāṇenaiva  $\gamma_1$  vijrmbhikām  $\alpha_1\beta_2\epsilon_3\eta_1\chi$ ] vijrmbhikā  $\delta_1$  vijrmbhikām  $\gamma_1$  vijambhikām  $\gamma_2$  vijambhikām  $\epsilon_1$  vijrmbhitaḥ  $\beta_\omega\eta_2$  visarjayet  $\delta_3$  **54c** evam abhyāsa cett.] evam abhyāsam  $\eta_1$  yogena cett.] **55a** cakrasāmānyaḥ  $\alpha_1\beta_1$ ] cakrasāmānya  $\beta_\omega\epsilon_1$  cakrasamānyaḥ  $\chi$  cakram āsādy  $\eta_1\eta_2$  cakrasevyas tu  $\beta_2\Gamma\delta_1\delta_3\epsilon_3$  **55d** prajāyate  $\alpha_1\beta_2\beta_\omega\Gamma\delta_1\delta_3\eta_1\chi$ ] tu jāyate  $\epsilon_1\epsilon_3$  tu jāyete  $\eta_2$  **56a** svacchanda cett.] sattvam ca  $\chi$  dehaś ca  $\alpha_1\alpha_2\beta_2\beta_\omega\epsilon_1\epsilon_3\eta_2$ ] dehas tu  $\Gamma\delta_1\delta_3$  dehasya  $\alpha_3\chi$  deham ca  $\eta_1$  **56b** varjitah cett.] vivarjitah  $\beta_\omega$  **56c** satyam  $\alpha_2\beta_\omega\eta_1\eta_2\chi$ ] nityam  $\beta_1\epsilon_1\epsilon_3$  yas tu  $\Gamma\delta_1\delta_3$  **56d** yogindro cett.] yogimdro  $\beta_\omega$  yogemdro  $\epsilon_1$  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  $\gamma_1$

एवमेव उक्तं च । ( $\alpha_1\beta_\omega\epsilon_1\epsilon_3\eta_1\eta_2$ )

रसनातालुमूलेन<sup>#</sup> यः प्राणं सततं पिबेत् ।

अब्दार्धेन भवेत्तस्य सर्वरोगपरिक्षयः ॥ (om.  $\chi$ )

2.57

अथ शीतली । (om.  $\delta_1$ )

जिह्वया वायुमाकृष्य पूर्ववत्कुम्भकादनु<sup>#</sup> ।

शनैस्तु घ्राणरन्ध्राभ्यां रेचयेदनिलं सुधीः ॥

2.58

गुल्मक्रीहादिकान्दोषान् ज्वरं पित्तं क्षुधां तृषां ।

विषाणि शीतली नाम कुम्भकोऽयं निहन्ति च ॥

2.59

अथ भस्त्रिका । (om.  $\delta_1$ )

ऊर्वोरुपरि चेद्धत्ते उभे पादतले तथा ।

पद्मासनं भवेत्सम्यक्सर्वपापप्रणाशनम् ॥

2.60

**57** *evam eva uktaṃ ca*  $\alpha_1\alpha_3\eta_1$ ] *evam eva uktaṃ*  $\epsilon_1$  *uktaṃ ca*  $\eta_2$  *uktaṃ*  $\beta_\omega$  *gorakṣeṇaivam* *evoktaṃ*  $\epsilon_3$  **57a** *mūlena* cett.] *yogena*  $\beta_2\Gamma$  **57b** *prāṇaṃ* cett.] *prāṇa*  $\beta_\omega\eta_2$  *prāṇāḥ*  $\gamma_1$  **57d** *sarvarogaparikṣayaḥ* cett.] *parikṣayaḥ*  $\eta_1$  *sarvāṃgasusthirakriyaṃ*  $\eta_2$  **58** *atha* cett.] *tathā*  $\eta_2$  *om.*  $\Gamma\delta_1$  **śītalī** cett.] *om.*  $\delta_1$  **58a** *jihvayā* cett.] *jihvāyā*  $\delta_3$  *jihvā*  $\eta_1$  **ākṛṣya** cett.] *āpūrya*  $\delta_3$  **58b** *pūrvavat* cett.] *pūrvam*  $\text{ca}$   $\eta_2$  **kumbhakād anu**  $\beta_2\gamma_2\delta_1\delta_3\epsilon_1\epsilon_3$ ] *kumbhanād anu*  $\alpha_1\alpha_2\beta_1$  *kumbhakādane*  $\gamma_1$  *kumbhasādhanaṃ*  $\beta_\omega\eta_1\eta_2$  **58c** *śanaḥ tu* cett.] *śanaḥ*  $\text{su}$   $\epsilon_3$  *śanakair*  $\chi$  **ghrāṇa** cett.] *prāṇa*  $\delta_3\eta_2$  **58d** *anilaṃ* cett.] *pavanaṃ*  $\chi$  **sudhiḥ**  $\alpha_1\beta_2\beta_\omega\Gamma\delta_1\delta_3\chi$ ] *śanaḥ*  $\epsilon_1\eta_1\eta_2$  *tataḥ*  $\epsilon_3$  **59a** *plihādikān*  $\alpha_1\beta_2\beta_\omega\chi$ ] *plihodaraṃ*  $\Gamma\delta_1\delta_3$  *plihodarān*  $\epsilon_1\epsilon_3$  *śleṣmādayo*  $\eta_2$  *śleṣmādikā*  $\eta_1$  **doṣān**  $\alpha_1\beta_2\beta_\omega\epsilon_3$ ] *doṣā*  $\eta_1\eta_2$  *rogān*  $\epsilon_1\chi$  *cāpi*  $\Gamma\delta_3$  *vāpi*  $\delta_1$  **59b** *jvaraṃ*  $\beta_2\gamma_2\delta_1\delta_3\epsilon_1\chi$ ] *jvalaṃ*  $\alpha_1\gamma_1$  *jvara*  $\beta_\omega\epsilon_3\eta_2$  *jvarā*  $\eta_1$  **pittaṃ**  $\alpha_1\beta_2\Gamma\epsilon_1\epsilon_3\chi$ ] *pitta*  $\beta_\omega\eta_1\eta_2$  *cāpi*  $\delta_1\delta_3$  **kṣudhāṃ**  $\beta_2\delta_1\delta_3\chi$ ] *kṣudhā*  $\alpha_1\beta_\omega\Gamma\eta_1\eta_2$  *kṣayaṃ*  $\epsilon_1$  *kṣaya*  $\epsilon_3$  **trṣāṃ** cett.] *trṣā*  $\beta_\omega\eta_1\eta_2$  **59c** *viśānī*  $\alpha_1\beta_1\Gamma\epsilon_1\epsilon_3\chi$ ] *etāni*  $\beta_\omega\delta_1\eta_1\eta_2$  *nāśīni*  $\beta_2$  *vidhivac*  $\delta_1\delta_3$  **59d** *kumbhako'yaṃ* cett.] *kumbhakoyā*  $\delta_3$  *kumbhakeyā*  $\delta_1$  *kumbhikeyaṃ*  $\chi$  *kumbhako*  $\alpha_1$  **nihanti** cett.] *niranti*  $\delta_3$  *niranta'*  $\delta_1$  **ca**  $\alpha_1\beta_2\beta_\omega\Gamma\delta_3\eta_2$ ] *hi*  $\epsilon_1\epsilon_3\eta_1\chi$  *ram*  $\delta_1$  **60** *atha* cett.] *om.*  $\Gamma\delta_1$  **bhastrikā** cett.] *bhastrikā*  $\gamma_1\delta_3$  *bhasrikā*  $\gamma_2$  *om.*  $\delta_1$  **60a** *ced dhatte*  $\alpha_1\alpha_2\epsilon_1$ ] *vai dhatte*  $\beta_\omega\eta_2$  *saṃdhatte*  $\eta_1$  *saṃsthāpya*  $\beta_2\Gamma\delta_1\delta_3\epsilon_3\chi$  **60b** *ubhe* cett.] *śubhe*  $\chi$  *tathā* cett.] *yadā*  $\alpha_1\alpha_2$  *sadā*  $\beta_\omega$  *ubhe*  $\chi$  **60c** *samyak* cett.] *tasya*  $\delta_3$  *etat*  $\beta_2\chi$

<sup>7</sup>  $\epsilon_3\eta_2$  add here: रसनातालुयोगेन ( $\epsilon_3$ ; सत्यामूलेन रन्ध्रेण  $\eta_2$ ) यः प्राणं सततं पिबेत् । स भवेत्सर्वसिद्धिनां भाजनं नात्र संशयः ॥

- सम्यक्पद्मासनं बद्धा समग्रीवोदरः सुधीः ।  
मुखं संयम्य यत्नेन प्राणं घ्राणेन रेचयेत् ॥<sup>8</sup> 2.61
- यथा लगति हृत्कण्ठकपाले सस्वनं ततः<sup>#</sup> ।  
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<sup>#</sup> विना दृढम् ॥ 2.65
- कुम्भकं पूर्ववत्कृत्वा रेचयेदिडयानिलम् ।  
वातपित्तश्लेष्महरं शरीराग्निविवर्धनम् ॥ 2.66

**61b sama** cett.] same  $\eta_1$  °odarah **sudhīḥ** cett.] °odaraṃ sudhī  $\alpha_1$  °odara śudhī  $\beta_\omega$   
**61c mukhaṃ** cett.] sukhāṃ  $\gamma_1$  **saṃyamya** cett.] saṃjamya  $\delta_1$  **61d prāṇaṃ** cett.] ghrāṇaṃ  
 $\delta_1$  **62a yathā** cett.] yadā  $\beta_\omega \delta_1 \eta_1 \eta_2$  **lagati** cett.] ghalati  $\varepsilon_3$  **hṛtkaṇṭha**  $\alpha_1 \alpha_2 \beta_1 \beta_2 \varepsilon_1$ ]  
hṛkaṇṭhaṃ  $\gamma_1$  hṛtkaṇṭhe cett. **62b kapāle**  $\alpha_1 \varepsilon_1 \eta_1$ ] kapāla  $\gamma_1 \eta_2$  kapālā°  $\beta_2 \gamma_2 \delta_1 \delta_3 \varepsilon_3 \chi$  kapole  
 $\beta_\omega$  **saśvanam tataḥ** (cf. GŚ)  $\beta_1 \varepsilon_1$ ] saśvanam tataḥ  $\alpha_2$  śvasanam tataḥ  $\alpha_1$  svāsanam tataḥ  $\beta_\omega$  ca  
samanatataḥ  $\eta_1$  syarśanam tataḥ  $\eta_2$  °vadhi saśvanam  $\Gamma \chi$  °vadhi niḥśvanam  $\beta_2$  °vadhi pūrayet  $\delta_1 \delta_3 \varepsilon_3$   
**62c kiñcit** cett.] samyak  $\Gamma \delta_1 \delta_3$  cāpi  $\chi$  **62d hṛt** cett.] syāt  $\delta_1$  **mārutam** cett.] mārutah  
 $\beta_\omega$  kevalam  $\varepsilon_3$  **63a virecayet** cett.] virecanam  $\beta_\omega$  **63b pūrayec ca**  $\alpha_1 \beta_2 \beta_\omega \eta_2 \chi$ ] pūrayed  
vā  $\varepsilon_1 \varepsilon_3 \eta_1$  pūrayitvā  $\Gamma \delta_3$  pūraitvā  $\delta_1$  **punaḥ punaḥ** cett.] punas tataḥ  $\delta_3$  **63c kārāṇām**  
cett.] kārēṇa  $\eta_1 \chi$  **64a sthaṃ** cett.] sthaś  $\delta_1$  **64b cālayet**  $\alpha_1 \beta_2 \beta_\omega \varepsilon_1 \varepsilon_3 \eta_1 \chi$ ] cāyet  $\eta_2$  cālyate  
 $\Gamma \delta_1 \delta_3$  **sudhīḥ** em. (cf. P27, GŚ)] dhiyā cett. śanaiḥ  $\eta_2$  sthali  $\beta_\omega$  **64c yadā** cett.] yathā  
 $\delta_1 \delta_3$  tathā  $\varepsilon_1$  **śramo** cett.] kramo  $\varepsilon_1$  **64d tadā** cett.] tathā  $\delta_1 \delta_3 \eta_1$  **pūrayet** cett.]  
recayet  $\varepsilon_3$  **65a yathodaram**  $\alpha_1 \beta_2 \Gamma \delta_1 \delta_3 \chi$ ] athodaram  $\beta_\omega \varepsilon_1 \varepsilon_3 \eta_1 \eta_2$  **bhavet** cett.] labhet  
 $\alpha_1$  yadā  $\varepsilon_1 \varepsilon_3$  **65b pavanena** cett.] anilena  $\chi$  **tathā** cett.] tadā  $\varepsilon_1$  yathā  $\eta_1$  **laghu**  
cett.] laghuḥ  $\beta_\omega \eta_2$  **65c dhārayen** cett.] dhāvayen  $\varepsilon_1$  dhārayan  $\gamma_1 \eta_1$  **nāsikāṃ**  $\beta_\omega \chi$ ]  
nāmikāṃ  $\gamma_2$  nāsikā cett. **madhyā**  $\gamma_2 \varepsilon_3 \chi$ ] mādhyāt  $\delta_1 \delta_3$  madhyām  $\varepsilon_1$  madhye  $\alpha_1$  madhye  
 $\beta_2 \beta_\omega \gamma_1 \eta_1 \eta_2$  **65d tarjanibhyām** cett.] tarjanabhyām  $\gamma_1$  aṅgulibhyām  $\eta_1 \eta_2$  **vinā** cett.] tathā  
 $\eta_2$  **66a kumbhakaṃ pūrvavat** cett.] kumbhakaṃ pūrakam  $\alpha_1 \eta_1 \eta_2$  vidhivat kumbhakaṃ  $\chi$   
**66b idāyānilam**  $\alpha_1 \beta_2 \gamma_2 \varepsilon_3 \eta_2 \chi$ ] idayānikam  $\gamma_1$  ekayānilam  $\varepsilon_1 \eta_1$  idāyānalam  $\beta_\omega$  idāyā tataḥ  $\delta_1 \delta_3$   
**66d vivardhanam** cett.] pravardhanam  $\eta_1$  vivajitam  $\delta_1$

<sup>8</sup>  $\eta_2$  adds here: अथैव स्वशरीरस्थं चालयेत्पवनं स्थली (cf. 2.64ab with the reading of  $\beta_\omega$  स्थली for धिया).

कुण्डलीबोधकं वज्रं<sup>#</sup> पापघ्नं सुखदं शुभम् ।  
ब्रह्मनाडीमुखे संस्थकफाद्यर्गलनाशनम् ॥

2.67

गुणत्रयसमुद्भूतं<sup>#</sup> ग्रन्थित्रयविभेदकम् ।  
विशेषेणैव कर्तव्यं भस्त्राख्यं कुम्भकं त्विदम् ॥ (cd om.  $\eta_1\eta_2$ )

2.68

अथ भ्रामरी । (om.  $\delta_1$ )

वेगोद्धोषं<sup>#</sup> पूरकं भृङ्गनादं  
भृङ्गीनादं रेचकं मन्दमन्दम् ।  
योगीन्द्राणामेवमभ्यासयोगा-  
चित्ते जाता काचिदानन्दलीला ॥

2.69

अथ मूर्छा । (om.  $\delta_1$ )

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

2.70

**67a bodhakam**  $\alpha_1\varepsilon_1\varepsilon_3\eta_1\chi$ ] bodhakah  $\beta_\omega\eta_2$  bodhanam  $\beta_2\Gamma\delta_1\delta_3$  **vajram** (cf. GS) *em.*] cakram  $\alpha_1\alpha_2$  cakra  $\beta_1$  [va]ktram  $\alpha_3$  vipra  $\varepsilon_1\eta_1$  sarva  $\varepsilon_3$  kṣipram  $\chi$  kuryāt  $\Gamma\delta_1\delta_3$  karttur  $\beta_2$  kumbho  $\beta_\omega\eta_2$  **67b pāpaghnam**  $\gamma_2\delta_1\delta_3$ ] pāpapum  $\gamma_1$  pavanam  $\chi$  bhāvaghnam  $\alpha_1\alpha_3\beta_1\varepsilon_1$  bhavaghnam  $\beta_2\eta_1$  doṣaghnam  $\varepsilon_3$  rogaghnaḥ  $\beta_\omega\eta_2$  **sukhadam** cett.] sukhadaḥ  $\beta_\omega\eta_2$  **śubham** cett.] śubhaḥ  $\beta_\omega\eta_2$  hitam  $\chi$  tathā  $\delta_1$  **67c mukhe samstha**  $\alpha_3\beta_\omega\varepsilon_3\eta_1\chi$ ] mukhe samsthaḥ  $\eta_2$  mukhe samstham  $\alpha_1\beta_2\delta_3\varepsilon_1$  sukhe samstham  $\delta_1$  mukhamtastha  $\gamma_1$  mukhāmtatstha  $\gamma_2$  **67d kaphād-yargala** cett.] kaphaughagala  $\beta_2$  kapātergala  $\eta_1$  **nāśanam** cett.] nāśanaḥ  $\eta_2$  **68a guṇatraya** *em.*] samyaggātra cett. samyaggātre  $\delta_1\delta_3$  samyagbhastrā  $\eta_2$  samyagantaḥ  $\beta_2$  **samudbhūta**  $\beta_2\beta_\omega\gamma_1\varepsilon_1\chi$ ] samudbhūtam  $\alpha_1\gamma_2\delta_1\delta_3\varepsilon_3\eta_1$  samudbhūto  $\eta_2$  **68b vibhedakam** cett.] vibhedanam  $\beta_2$  vibhedakah  $\eta_2$  **68d tv idam**  $\alpha_1\beta_2\beta_\omega\gamma_2\delta_3\chi$ ] svidam  $\gamma_1$  svayam  $\varepsilon_1\varepsilon_3$  param  $\delta_1$  *om.*  $\eta_1\eta_2$  **69 atha** cett.] *om.*  $\Gamma\delta_1$  **bhrāmari** cett.] bhramari  $\alpha_1\beta_2\gamma_2\eta_2$  *om.*  $\delta_1$  **69a vegodghoṣam**  $\beta_2\gamma_2$ ] vegodghokham  $\delta_1$  vegoghoṣam  $\alpha_1$  vegodveṣam  $\delta_3\varepsilon_1$  vegādghoṣam  $\eta_2\chi$  vegāghoṣam  $\beta_\omega$  vegair ghoṣam  $\eta_1$  vegāgho  $\gamma_1$  vegākṛṣṭam  $\varepsilon_3$  **pūrakam** cett.] pūrayet  $\eta_2$  **bhṛṅganādām** cett.] mandamandam  $\delta_1$  *om.*  $\gamma_1$  **69b recakam** cett.] recayet  $\eta_2$  **69c yogīndrāṇām** cett.] yogemdrāṇām  $\alpha_1\varepsilon_1$  **evam abhyāsa** cett.] nityam abhyāsa  $\gamma_2\delta_3$  nityabhyāsa  $\gamma_1$  **yogāc** cett.] yogāś  $\eta_2$  yogā  $\beta_\omega$  **69d jātā** cett.] yātā  $\delta_1$  jāte  $\eta_1$  jāto  $\beta_\omega$  **kācid** cett.] kvacid  $\varepsilon_1$  cid  $\beta_\omega$  **līlā**  $\beta_2\Gamma\delta_1\delta_3\chi$ ] mūrchā  $\alpha_1\alpha_2\beta_1\beta_\omega\varepsilon_1\varepsilon_3\eta_1\eta_2$  **70 mūrchā**  $\alpha_1\beta_2\beta_\omega\Gamma\delta_3\chi$ ] mūrchākumbhakah  $\varepsilon_3$  mūrchanākumbhakah  $\varepsilon_1\eta_1\eta_2$  *om.*  $\delta_1$  **70a gāḍhataram**  $\Gamma\delta_1\varepsilon_3\eta_1\chi$ ] ghaṭataram  $\beta_2$  ḍṛḍhataram  $\delta_3$  vāmḍhataram  $\alpha_1$  bahutaram  $\beta_\omega\eta_2$  **70b baddhvā** cett.] baṁdho  $\delta_1\delta_3$  **jālandharam** cett.] jālandhare  $\gamma_1$  jālandharaḥ  $\delta_1\delta_3$  **70c khyeyam**  $\alpha_1\beta_2\beta_\omega\Gamma\delta_3\varepsilon_3\chi$ ] khyo'yam  $\delta_1\eta_1$  stho'yam  $\eta_2$  **70d pradā**  $\alpha_1\beta_2\gamma_2\delta_1\delta_3\varepsilon_3\chi$ ] pradāḥ  $\beta_\omega\eta_2$  pradam  $\eta_1$  prajā  $\gamma_1$

अथ प्लावनी । ( $\beta_1\beta_2\varepsilon_3\chi$ )

अन्तःप्रवर्तितोद्गारमारुतापूरितोदरः ।

पयस्यगाधेऽपि सुखात् प्लवते पद्मपत्रवत् ॥ (om.  $\delta_1\delta_3$ ) 2.71

इति प्लावनीकुम्भकं । ( $\alpha_1\varepsilon_1\varepsilon_2$ )

अथ केवलकुम्भकम् । (om.  $\delta_1\chi$ )

प्राणायामस्त्रिधा प्रोक्तो रेचपूरककुम्भकैः ।

सहितः केवलश्चेति कुम्भको द्विविधो मतः ॥ (om.  $\varepsilon_1$ ) 2.72

विरेच्यापूर्य यत्कुर्यात् स वै सहितकुम्भकः ।<sup>#</sup> (ab om.  $\varepsilon_1\chi$ )

यावत्केवलसिद्धिः स्यात् तावत्सहितमभ्यसेत् ॥ 2.73

रेचकं पूरकं मुत्तवा सुखं यद्वायुधारणम् ।

प्राणायामोऽयमित्युक्तः स वै केवलकुम्भकः ॥ 2.74

**71 plāvanī** [ $\beta_1\beta_2$ ] plāvinī  $\chi$  plāvanikumbhakah  $\varepsilon_3$  **71a antaḥ** cett.] atah  $\gamma_2$  anna  $\varepsilon_1$  atha  $\eta_1$  **pravartitodgāra**  $\alpha_1\beta_2\gamma_2\varepsilon_1$ ] pravartitādgāra  $\gamma_1$  pravartitodāra  $\chi$  pravartitodhāra  $\beta_\omega$  pravartitād-  
hāra  $\varepsilon_3\eta_2$  prakṛtitodāra  $\eta_1$  **71b mārutā** cett.] māruti  $\gamma_1$  mārute  $\eta_1$  māruta  $\beta_\omega$  **71c payasy**  
**agādhe'pi sukhāt**  $\alpha_1\beta_2\varepsilon_1\chi$ ] payasy agādhe ti sukhāt  $\varepsilon_3$  payasy agādhe pi sukhām  $\gamma_2$  yadyasyagādhe  
pi sukhām  $\gamma_1$  payasvī gādha pī kṣāt  $\eta_1$  sāksāt payasy agādhe pi  $\beta_\omega\eta_2$  **71d plavate**  $\alpha_1\beta_2\varepsilon_1\varepsilon_3\eta_1\chi$ ]   
plavato  $\beta_\omega\eta_2$  labhate  $\Gamma$  **padma** cett.] yapa  $\gamma_1$  **patravat** cett.] vat sadā  $\varepsilon_3$  **72 iti**  $\varepsilon_1\varepsilon_2$ ]   
om.  $\alpha_1$  **kevalakumbhakam**  $\alpha_1\beta_2\varepsilon_1\eta_1$ ] kevalakumbhaka  $\beta_\omega$  kevalakumbhakah  $\eta_2$  kevalah  $\varepsilon_3$   
sahitah  $\Gamma$  sahitam  $\delta_3$  om.  $\delta_1\chi$  **72a prāṇāyāmas** cett.] prāṇāyāmās  $\gamma_1\eta_1$  prāṇāyāma  $\alpha_1$   
**prokto** cett.] proktā  $\alpha_1\gamma_1\eta_1$  **72b reca** cett.] recaka  $\beta_\omega\gamma_2\eta_2$  **pūraka** cett.] kumbhaka  
 $\delta_1$  **kumbhakaiḥ** cett.] kumbhakāḥ  $\eta_1$  kumbhakau  $\Gamma$  pūrakaiḥ  $\delta_1$  **72c kevalāś ceti** cett.]  
kevalam ceti  $\eta_1$  kevalastreti  $\gamma_2$  kevalāś caiva  $\beta_2$  **72d dvividho** cett.] dvividhā  $\varepsilon_2\eta_1$  dvinidho  
 $\delta_1$  **73a virecyāpūrya yat kuryāt** em. (cf. VS)] ārecyāpūrya yat kuryāt  $\delta_1$  ārecyāpūrya yah  
kuryāt  $\delta_3$  recayet pūrakam kuryāt  $\Gamma\varepsilon_2$  recakam pūrakam kuryāt  $\alpha_3\varepsilon_3$  recakah pūrakah kāryam  $\beta_\omega$   
recakah pūrakam kāryam  $\eta_1$  recakah pūrakah kārya  $\eta_2$  recakah pūrvavat kāryah  $\alpha_1$  reco vā pūrakah  
kāryah  $\beta_1$  virecyā pūrakah kāryah  $\beta_2$  om.  $\varepsilon_1\chi$  **73b sa vai**  $\alpha_1\delta_1\delta_3\eta_1$ ] savyai  $\varepsilon_2$  sa«r»vvai  $\eta_2$   
śanaiḥ  $\beta_2\beta_\omega\Gamma\varepsilon_3$  om.  $\varepsilon_1\chi$  **sahitakumbhakah** cett.] saṃyatakumbhakah  $\varepsilon_3$  om.  $\varepsilon_1\chi$  **73c sid-**  
**dhiḥ** cett.] śuddhiḥ  $\delta_1\eta_2$  **73d tāvat sahitam**  $\beta_2\beta_\omega\Gamma\delta_1\delta_3\eta_1$ ] tāvat sahitasam  $\eta_2$  sahitam tāvad  
 $\alpha_1\varepsilon_1\varepsilon_2\varepsilon_3\chi$  **74a pūrakam** cett.] kumbhakam  $\beta_2$  **muktvā**  $\alpha_2\beta_2\varepsilon_1\varepsilon_3\eta_1\eta_2\chi$ ] muktaṃ  $\beta_\omega$  tyak-  
tvā  $\alpha_1\Gamma\delta_1\delta_3$  **74b sukhām** cett.] mukham  $\gamma_1\delta_3$  sukhād  $\eta_1\eta_2$  **yad vāyudhāraṇam** cett.] yad  
vāyudhāraṇāt  $\delta_3$  vāyunirodhanam  $\eta_1\eta_2$  saṃdhāya dhāraṇām  $\varepsilon_1$  **74d sa vai** cett.] sarvaiḥ  $\varepsilon_1$   
sarve  $\alpha_1$  **kumbhakah** cett.] kumbhataḥ  $\gamma_1$

केवले कुम्भके सिद्धे रेचपूरकवर्जिते । न तस्य दुर्लभं किञ्चित्तिषु 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. $\delta_1$ )	2.78
कुम्भकाद्धर्धते वायुस्ततोऽग्निश्च प्रवर्धते । बुद्धा कुण्डलिनी तस्मात्सैव द्वारं प्रयच्छति ॥ ( $\Gamma$ )	2.78*1
कुम्भकात्कुण्डलीबोधः कुण्डलीबोधतो भवेत् । अनर्गला सुषुम्णा च हठसिद्धिश्च जायते ॥	2.79

**75a** kevale kumbhake cett.] kumbhake kevale  $\varepsilon_3$  kumbhakaḥ kevale  $\chi$  **siddhe** cett.] siddho  $\beta_\omega$  siddhi  $\eta_1$  **75b** reca cett.] recaḥ  $\gamma_2$  recaka  $\alpha_1\beta_\omega\eta_2$  **pūraka**  $\beta_2\Gamma\delta_1\delta_3\eta_2\chi$ ] pūra  $\alpha_1\beta_\omega\varepsilon_3\eta_1$  pūre  $\varepsilon_1$  **varjite**  $\alpha_1\beta_2\Gamma\delta_1\delta_3\eta_2\chi$ ] vivarjite  $\varepsilon_3\eta_1$  vivarjitam  $\beta_\omega$  vivarjayet  $\varepsilon_1$  **75c** durlabham cett.] durlabha  $\eta_1$  **75d** lokeṣu cett.] kālēṣu  $\eta_2$  **76a** śaktaḥ  $\alpha_1\beta_2\Gamma\varepsilon_3\eta_1\chi$ ] saktam  $\varepsilon_1$  śuddha  $\beta_\omega\delta_1\eta_2$  śuddhaḥ  $\delta_3$  **kevalakumbhena** cett.] kevale kumbhake  $\gamma_1$  **76b** yatheṣṭam cett.] yatheṣṭa  $\varepsilon_1$  yathoktam  $\delta_1\delta_3$  **dhāraṇam** cett.] dhāraṇe  $\alpha_1\varepsilon_3$  dhāraṇāt  $\varepsilon_1\chi$  **76c** yoga cett.] yogam  $\beta_\omega$  **padam** cett.] phalam  $\varepsilon_1$  **caiva**  $\alpha_1\beta_2\beta_\omega\delta_1\delta_3\varepsilon_1\varepsilon_3\eta_2$ ] caivam  $\eta_1$  cāpi  $\chi$  samyak  $\Gamma$  **76d** labhate cett.] labhyate  $\beta_2\varepsilon_1\eta_1\eta_2$  **77c** yugmam cett.] yogam  $\varepsilon_3$  **77d** ā niṣpatteḥ cett.] niṣpatteḥ  $\alpha_1$  anīṣpatti  $\gamma_2$  ubhayor api  $\varepsilon_3$  **samabhyaset** cett.] cābhyaset  $\varepsilon_3$  **78a** kumbhita  $\beta_1\varepsilon_1$ ] kumbhitaḥ  $\alpha_1\gamma_1\varepsilon_3$  kumbhataḥ  $\gamma_2$  kumbhata  $\beta_\omega$  kumbhaka  $\eta_2\chi$  kumbhakam  $\delta_1\delta_3$  kumbhakaḥ  $\eta_1$  tad etat  $\beta_2$  **recānte** cett.] .. cānte  $\eta_2$  rodhānte  $\chi$  **78b** nirāśrayam cett.] nirāmayam  $\beta_\omega\eta_2$  **78d** yoga cett.] yogam  $\beta_\omega\varepsilon_3$  om.  $\delta_1$  **padam** cett.] labhat  $\varepsilon_3$  om.  $\delta_1$  **vrajat**  $\alpha_1\beta_2\beta_\omega\eta_1\eta_2\chi$ ] labhet  $\Gamma\delta_3\varepsilon_1$  punaḥ  $\varepsilon_3$  om.  $\delta_1$  **78\*1b** pravardhate  $\gamma_1$ ] pavardhate  $\gamma_2$  **78\*1c** buddhā  $\gamma_2$ ] buddhvā  $\gamma_1$  **79** found before 2.77  $\chi$  **79a** kumbhakāt cett.] kumbhakān  $\alpha_1\eta_2$  **bodhaḥ** cett.] bodham  $\eta_1$  bodhau  $\gamma_1$  bodho  $\beta_\omega\varepsilon_3$  **79b** bodhato cett.] bodhito  $\eta_1$  **79c** anargalā cett.] anargala  $\varepsilon_1$  anirgalā  $\chi$  **suṣumṇā ca** cett.] sukhāmṇa ca  $\varepsilon_1$  suṣumṇāto  $\delta_3$  sukhumnāto  $\delta_1$  suṣumṇāyam  $\eta_1$  **79d** ante haṭhasiddhi add. viśed vāyus tato balāt  $\gamma_1$  **ca jāyate** cett.] prajāyate  $\beta_\omega\delta_3\varepsilon_1\varepsilon_3$



वपुःकृशत्वं वदने प्रसन्नता  
नादस्फुटत्वं नयने सुनिर्मले ।  
आरोग्यता बिन्दुजयोऽग्निदीपनं  
नाडीविशुद्धिर्हृत्सिद्धिलक्षणम् ॥

2.80

इति श्रीस्वात्मारामयोगीन्द्रविरचितायां हठप्रदीपिकायां द्वितीयोपदेशः ॥

\* \* \*

### List of Sigla

$\alpha_1$	N3	
$\alpha_2$	J5	not fully collated
$\alpha_3$	G4	not fully collated
$\beta_1$	P11	not fully collated
$\beta_2$	C6	
$\beta_\omega$	V3	
$\gamma_1$	N23	
$\gamma_2$	J7	
$\delta_1$	V19	
$\delta_2$	K3	2.48–3.1 lost
$\delta_3$	C7	
$\varepsilon_1$	P15	
$\varepsilon_2$	N19	collated in 2.36, 72–73 where $\varepsilon_1$ is missing
$\varepsilon_3$	V15	
$\eta_1$	V1	
$\eta_2$	J10	
$\chi$	Jyo	Brahmānanda's version, based on the edition 1972

**80a vadane** cett.] vane  $\eta_1$  vadana  $\delta_1$  **80b nāda** cett.] nādaḥ  $\beta_\omega$  nāde  $\delta_3$  **nayane** cett.]  
ca nayane  $\gamma_1$  **sunirmale** [ $\beta_2\beta_\omega\Gamma\delta_1\delta_3\chi$ ] ca nirmale  $\alpha_1\varepsilon_1\varepsilon_3\eta_1\eta_2$  **80c ārogyatā** [ $\alpha_1\beta_\omega\eta_1\eta_2\chi$ ]  
arogyatā  $\beta_2$  arogitā  $\gamma_1\delta_1\delta_3$  ārogitā  $\gamma_2$  arogatā  $\varepsilon_1\chi$  ārogatā  $\varepsilon_3$  **dīpanam** cett.] dīpakaṃ  $\eta_1$   
**80d nādivisuddhir** [ $\beta_2\Gamma\delta_1\delta_3\varepsilon_3\chi$ ] nāḍiṣu śuddhi  $\beta_1\beta_\omega\varepsilon_1\eta_2$  nāḍiṣu siddhir  $\alpha_1\eta_1$  **siddhi** cett.]  
siddha  $\alpha_1$  yoga  $\eta_1$  **col śrīsvātmārāmayogīndra** [ $\beta_\omega\gamma_1\varepsilon_3$ ] śrīsadgurusvātmārāmayogīndra  $\alpha_1$   
svātmārāmayogīndra  $\varepsilon_1$  ātmārāmayogīndra  $\eta_2$  svātmārāma  $\eta_1$  śrīśahajānandasantānacintāmaṇi-  
svātmārāmayogīndra  $\gamma_2$  *om.* [ $\beta_2\delta_1\delta_3\chi$ ] **viracitāyām** cett.] *om.* [ $\beta_2\delta_1\delta_3\chi$ ] **haṭha** cett.] śrīhaṭha  
 $\delta_3$  *ante dvitīyo* *add.* haṭhakarmasādhano nāma  $\varepsilon_3$  **dvitīyopadeśaḥ** [ $\alpha_1\beta_\omega\Gamma\delta_3\varepsilon_3\chi$ ] dvitīya  
upadeśaḥ  $\varepsilon_1$  dvitīyo yam upadeśaḥ  $\delta_1$  upadeśaḥ  $\beta_2$  dvitīyodhyāyaḥ  $\eta_1\eta_2$