

2.1

Translation: Now, when [his] posture is steady, the disciplined yogi whose diet is good and measured should practise breath control in the way taught by [his] teacher.

Sources:

Testimonia:

Haṭharatnāvalī 3.78

atha prāṇāyāmaḥ-
athāsane dṛḍhe yogī vaśī hitamitāśanaḥ |
gurūpaḍiṣṭamārgeṇa prāṇāyāmān samabhyaset ||

Haṭhatattvakaumudī 36.1

atha nāḍīsuddhiḥ-
tathā coktaṃ yogacandrikāyām-
athāsane dṛḍhībhūte vaśī hitamitāśanaḥ |
gurūpaḍiṣṭamārgeṇa prāṇāyāmān samabhyaset ||

Commentary: The *Jyotsnā* (2.1) has the plural *prāṇāyāmān*, which is supported by some manuscripts of the β, γ and ε groups. The plural is possible here as it could refer to the different techniques of retention (*kumbhaka*) taught later in the chapter. This is how Brahmānanda understands it (*prāṇāyāmān vakṣyamāṇān*). The variation between singular and plural recurs through this chapter, and we have followed the α readings, which make good sense. In this case, since the verse is introducing the topic of breath control, the more general sense of the singular is appropriate.

2.2

Translation: When the wind moves, everything moves and, when it is still, everything is still, so the yogi attains motionlessness through restraining the breath.

Sources:

Vivekamārtaṇḍa 71

cale vāte calaṃ sarvaṃ niścale niścalaṃ tathā |
yogī sthāṇutvam āpnoti tato vāyunibandhanāt ||
71d vāyunibandhanāt] VT; vāyuṃ nibandhayet A, vāyuṃ nirundhayet G

Cf. *Amanaska* 2.92

citte calati saṃsāro 'cale mokṣaḥ prajāyate |
tasmāc cittam sthirikuryād audāsīnyaparāyaṇaḥ ||

Testimonia:*Haṭharatnāvalī* 3.79

cale vāte calaṃ cittam niṣcale niṣcalaṃ tathā |
yogī sthāṇutvam āpnoti tato vāyum nirundhayet ||

Yogacintāmaṇi f. 17r

tathā ca skandapurāṇe–
cale vāte calaṃ cittam niṣcalaṃ niṣcale tathā |
yogī sthāṇutvam āpnoti tato vāyum nirodhayet ||

Commentary: In the second verse quarter, most of the α , β and γ manuscripts have *drḍhabandhanaṃ* instead of the reading we have adopted, *niṣcalaṃ tathā*, which is supported by some β , δ and η manuscripts, and also the source text (i.e. the *Vivekamārtaṇḍa*) and testimonia. The reading *drḍhabandhanaṃ* appears to be a dittographical error and does not make sense when read with either *sarvaṃ* (α) or *cittam* (γ).

As noted by Brahmānanda, in addition to its primary meaning of immobility, *sthāṇutvam* can also mean the state of being Śiva, for whom Sthāṇu is another name.

In the fourth verse quarter, most witnesses have something similar to either *vāyum nibandhayet* and *vāyum nirodhayet*, which are likely to have arisen through confusion with 2.3d. The reading we have adopted (*vāyunibandhanāt*) makes better sense with the finite verb in the second verse quarter.

2.3

Translation: As long as breath is found in the body, there is said to be life. Its leaving is death, so one should restrain the breath.

Sources:*Vivekamārtaṇḍa* 72

yāvad vāyuh sthito dehe tāvaj jīvitam ucyate |
maraṇam tasya niḥkrāntau tato vāyum nirodhayet ||
72a sthito] sthīro A 72b jīvitam] VAGBGPT; jīvanam GLGPk 72c niṣkrāntau] VTA;
niḥkrāntam GBGP, niṣkrāntis GLGPk 72d vāyum nirodhayet] T; vāyunibandhanāt V,
vāyum nibandhayet ATvI, vāyum nirundhayet G

Cf. *Mrgendratāntra* 1.11.20cd–22ab

vyāpārād yasya ceṣṭante śārīrāḥ pañca vāyavaḥ ||
prāṇāpānād ayas te tu bhinnā vṛtter na vastutaḥ |
vṛttiṃ leśān nigadato bharadvāja nibodha me ||

vṛttiḥ praṇayanam nāma yat taj jīvanam ucyate |

Testimonia:

Haṭharatnāvalī 3.80

yāvad vāyuḥ sthito dehe tāvaj jīvitam ucyate |
maraṇam tasya niṣkrāntis tato vāyuḥ nirodhayet ||

Yuktabhavadēva 11.150

yāvad vāyuḥ sthito dehe tāvad deham na muñcati |
maraṇam tasya niṣkrāntis tato vāyuḥ nirundhayet ||

Commentary:

We believe that *nirundhayet* was probably the original reading and that it was changed to the more correct form of *nirodhayet* and, in some cases, confused with the final verse quarter of the previous verse and changed to *nibandhanāt* (α) or *nibandhayet* (β).

2.4

Translation: When the channels are full of impurities, the breath does not go into the middle. How would the state beyond mind occur? How would perfection of the body arise?

Testimonia:

Haṭharatnāvalī 3.81

malākulāsu nāḍīṣu māruto naiva madhyagaḥ |
katham syād unmanībhāvaḥ kāyasiddhiḥ katham bhavet ||

2.5

Translation: Only when the entire impure network of channels is cleansed is the yogi able to control the breath.

Sources:

Vivekamartāṇḍa 76

suddhim eti yadā sarvaṃ nāḍīcakram malākulam |
tadaiva jāyate yogī prāṇasaṃgrahaṇe kṣamaḥ ||

Testimonia:

Yogacintāmaṇi f. 90r

skandapurāṇe—
suddhim eti yadā sarvaṃ nāḍīcakram malākulam |

tadaiva jāyate yogī kṣamaḥ prāṇanibandhane ||

Yuktabhavedeva 7.11

śuddhim eti yadā sarvaṃ nāḍīcakraṃ malākulam |
tadaiva jāyate yogī prāṇasaṃgrahaṇe kṣamaḥ ||

Commentary:

2.6

Translation: Therefore [the yogi] should regularly practise breath [retention] with a resolute mind, so that the Suṣumnā is in good condition and the impurities dry up.

Sources:

Cf. *Gorakṣaśataka* 73cd–74ab

prāṇābhyāsaḥ tataḥ kāryo nityaṃ sattvāsthayā dhiyā |
suṣumnāṃ layate cittaṃ na ca vāyuḥ pradhāvati ||

Testimonia:

Yogakarnikā 58 (attr. to the *Haṭhapradīpa*)

prāṇāyāmaṃ tataḥ kuryān nityaṃ sāttvikayā dhiyā |
suṣumnā cāntarālāsthā malāḥ śoṣaṃ prayānti ca ||

Commentary:

Metre: Anuṣṭubh (c: ma-vipulā)

2.7

Translation: Seated in the lotus pose, the yogi should fill himself up with air via the moon [channel], hold it for as long as he can, then expel it through the sun [channel].

Sources:

Vivekamārtaṇḍa 77

baddhapadmāsano yogī prāṇaṃ candreṇa pūrayet |
dhārayitvā yathāśakti bhūyaḥ sūryeṇa recayet ||
77c yathāśakti] GT; yathāśaktiā VA 77d bhūyaḥ] VAG; punaḥ T

Testimonia:

Haṭharatnāvalī 3.84ab

baddhapadmāsano yogī prāṇaṃ candreṇa pūrayet |

Yuktabhavadēva 7.12

baddhapadmāsano yogī prāṇaṃ candreṇa pūrayet |
dhārayitvā yathāśakti bhūyaḥ sūryeṇa recayet ||

2.8

Translation: And, drawing the breath through the sun [channel], he should gradually fill the abdomen. Having performed the retention as prescribed, he should then exhale through the moon [channel].

Sources:

Vivekamārtaṇḍa 79

prāṇaṃ sūryeṇa cākṣya pūrayed udaraṃ śanaiḥ |
vidhivat kuṃbhakaṃ kṛtvā punaś candreṇa recayet ||

Testimonia:

Haṭharatnāvalī 3.84cd–85ab

prāṇaṃ sūryeṇa cākṣya pūrayed udaraṃ śanaiḥ |
vidhivat kuṃbhakaṃ kṛtvā punaś candreṇa recayet||

Yukabhavadēva 7.14

prāṇaṃ sūryeṇa cākṣya pūrayed udaraṃ śanaiḥ |
kumbhayitvā vidhānena bhūyaś candreṇa recayet ||

2.9

Translation: [The yogi] should inhale through the [channel] by which he has exhaled and hold [the breath] without discomfort. And then he should exhale through the other [channel] slowly, not quickly.

Sources:

Cf. *Dattātreyayogaśāstra* 61

yathāśaktyāvirodhena tataḥ kuryāc ca kuṃbham |
punaś tyajet piṅgalayā śanair eva na vegataḥ ||

Testimonia:

Haṭharatnāvalī 3.85cd

yena tyajet tenāpūrya dhārayed avirodhataḥ ||
85d avirodhataḥ] anirodhataḥ P

Commentary: The meaning of *avirodhataḥ* (‘without harm/discomfort’) makes better sense in this context than *anirodhataḥ* (‘without cessation’). One might try to construe *anirodhataḥ* as ‘without stopping the breath,’ but verse 2.7 clearly states that the breath should be held as long as possible (*yathāśakti*). According

to the apparatus of the critical edition of the *Haṭharatnāvalī*, *avirodhataḥ* is well-attested for the parallel hemistich. Furthermore, *avirodhata* is attested, as well as *virodhahīna*, in a passage of the *Haṭhatattvakaumudī* (36.6–9) that appears to have been loosely based on *Haṭhapradīpikā* 2.7–9:

prāṇāyāme padmapīṭhe svadakṣāṃ-
guṣṭhenādau sanniruddhyendunāḍim |
vāyum nātidrāk śanair nātiyuktyā
vyākṛṣyordhvaṃ pūrayet svodarānte ||
yathā svaśaktyā laghu dhārayitvā
nāḍyā tataḥ piṅgalayā virecayet |
virodhahīnaṃ viratitamadhyam
hrdā sthireṇābhyasanaṃ muniś caret ||
yena tyajet tena virodhahīnaṃ
dhṛtvā purānyena virecayec chanaiḥ |
yānty evaṃ abhyāsaratasya puṃsaḥ
sthitim svalakṣye calacittavṛttayaḥ ||
yathāśaktyākṛṣya khagaṃ pūrayed udaram śanaiḥ |
yathāśaktyā dhṛtaṃ paścād recayed avirodhataḥ ||

Metre: Anuṣṭubh (a: ra-vipulā)

2.10

Translation: If [the yogi] breathes in through *Idā*, he should then exhale the restrained [breath] through the other [channel, i.e. *Piṅgalā*]. He should inhale through *Piṅgalā*, hold the breath sufficiently long and release it through the left [channel]. The channels of ascetics meditating on the two orbs of the sun and moon using this method are purified after three months.

Sources:

Vivekamārtaṇḍa 81

prāṇam ced idayā pibet niyamitaṃ bhūyo 'nyayā recayet
pītvā piṅgalayā samīraṇam alaṃ baddhvā tyajed vāmāyā |
sūryācandramasor anena vidhinā bimbadvayaṃ dhyāyatām
śuddhā nāḍigaṇā bhavanti yaminā māsatrāyād ūrdhvataḥ ||

Testimonia:

Yogacintāmaṇi f. 90v

haṭhayoge 'pi—
prāṇam ced idayā piben niyamito bhūyo 'nyayā recayet
pītvā piṅgalayā samīraṇam atho baddhvā tyajed vāmāyā |

sūryācandramasor anena vidhinā bimbadvayaṃ dhyāyatām
śuddhā nāḍigaṇā bhavanti yamināṃ māsatrāyād ūrdhvataḥ ||

Haṭharatnāvalī 3.86

prāṇaṃ ced idāyā piben niyamitaṃ bhūyo 'nyayā recayet
pītvā piṅgalayā samīraṇaṃ atho baddhvā tyajed vāmayā |
sūryācandramasor anena vidhinā bimbadvayaṃ dhyāyatām
śuddhā nāḍigaṇā bhavanti yamināṃ māsatrāyād ūrdhvataḥ ||

Yuktabhavadeva 7.16 (attr. to Gorakṣanātha)

prāṇaṃ ced idāyā pibet parimitaṃ bhūyo 'nyayā recayet
pītvā piṅgalayā samīraṇaṃ amalāṃ baddhvā tyajed vāmayā |
sūryācandramasor anena vidhinā bimbadvayaṃ dhyāyatām
śuddhā nāḍigaṇā bhavanti yamināṃ māsatrāyād ūrdhvataḥ ||

Commentary:

Metre: Śārdūlavikrīḍita

2.11

Translation: [The yogi] should gently practise [twenty] retentions four times [a day], at sunrise, midday, sunset and midnight, making a total of eighty.

Testimonia:

Haṭharatnāvalī 3.87

prātar madhyadine sāyam ardharātre ca kumbhakān ||
śanair aśītiparyantaṃ caturvāraṃ samabhyaset ||

Yogacintāmaṇi f. 90v (attr. to the *Haṭhayoga*)

prātar madhyaṃ dine sāyam ardharātre ca kumbhakān ||
śanair aśītiparyantaṃ caturvāraṃ samabhyaset ||

Commentary: This verse is summarizing the following passage in the *Dattātreya yogaśāstra* (63cd–65ab):

evaṃ prātaḥ samāsīnaḥ kuryād viṃśati kumbhakān || 63 ||
evaṃ madhyāhnasamaye kuryād viṃśati kumbhakān |
evaṃ sāyaṃ prakurvīta punar viṃśati kumbhakān || 64 ||
evaṃ evārdharātre 'pi kuryād viṃśati kumbhakān |

Without reference to the *Dattātreya yogaśāstra*, the meaning of the second half of the verse is ambiguous because it could be understood as saying up to eighty retentions four times a day. In his *Jyotsnā* (2.11), Brahmananda understands it this way, and takes *śanaiḥ* to mean 'gradually' building up to the eighty retentions.

However the parallel verses in the *Dattātreyayogasāstra* make it clear that twenty retentions (*kumbhaka*) are to be practised four times a day.

2.12

Translation: In the lesser cessation of the breath sweating arises, in the middle [cessation], shaking, and in the highest [the yogi] repeatedly rises up in the lotus pose.

Sources:

Cf. *Vivekamārtaṇḍa* 87

adhame ca ghano gharmah kampo bhavati madhyame |
uttiṣṭhaty uttame deho baddhapadmāsano muhuḥ ||

87c uttiṣṭhaty uttame deho] T; uttiṣṭhaty uttamo deho V, uttame nu guṇam āpnoti A,
uttame sthāṇum āpnoti GB, uttame sthānam āpnoti GL, uttiṣṭhamty uttame prāṇā GP
87d baddhapadmāsano muhuḥ] VT; tato vāyu nibandhayet A, tato vāyuṃ nirundhayet
GBGL, vaddhapadmāsane muhuḥ GP

Testimonia:

Haṭharatnāvalī 3.88

kanīyasi bhavet svedaḥ kampo bhavati madhyame |
uttiṣṭhaty uttame prāṇarodhe padmāsane muhuḥ ||

Yogacintāmaṇi 90v (attr. to the *Haṭhayoga*)

kanīyasi bhavet svedaḥ kampo bhavati madhyame |
uttiṣṭhaty uttame prāṇarodhe padmāsanasthitaḥ ||

Commentary: The manuscript readings diverge greatly in the second hemistich. In the third verse quarter, all of the manuscripts have *prāṇa* in some form (instead of *deha* in the *Vivekamārtaṇḍa*). α and some of the β , ε and η manuscripts seem to be stating that it is *padmāsana* that rises up again and again in the highest stage of holding the breath (*uttiṣṭhaty uttame prāṇarodhe padmāsanaṃ muhuḥ*). We have adopted a similar reading but with *padmāsane* (β_2 , δ_1 and δ_3 , and η_2) because it makes better sense that the yogi rises up while seated in lotus pose. Another version is seen in η_2 (and others), which appears to say that the breaths rise up again and again when one is seated in the lotus pose (*uttiṣṭhanty uttame prāṇā baddhe padmāsane muhuḥ*). However, the verse is about the external signs that might arise in *prāṇāyāma* rather than internal processes. Such confusion has arisen because the verse was taken from the *Vivekamārtaṇḍa* without its context, which is a classification of different levels of *prāṇāyāma*, so Svātmārāma needed to include *prāṇarodhe* meaning *prāṇāyāma* in order for the different adjectives to have something with which to agree, and he did so despite the infelicity of

prāṇarodhe crossing the *pāda* break.

2.13

Translation: [The yogi] should rub the limbs with the sweat produced through exertion. As a result the body becomes firm and lithe.

Sources:

Cf. *Dattātreyayogaśāstra* 75

prasvedo jāyate pūrvaṃ mardanaṃ tena kārayet |
tato 'tidhāraṇād vāyoḥ krameṇaiva śanaiḥ śanaiḥ ||

Testimonia:

Haṭharatnāvalī 3.89

jaleṇa śramajātena aṅgamardanaṃ ācāret |
dṛḍhataḥ laghutā cāpi tathā gātrasya jāyate || 3.89 ||

Cf. *Śivasamhitā* 3.46

svedaḥ saṃjāyate dehe yoginaḥ prathamodyame |
yadā saṃjāyate svedo mardanaṃ kārayet sudhīḥ |
anyathā vīgrahe dhātur naṣṭo bhavati yoginaḥ ||

Yogacintāmaṇi 90v (attr. to the *Haṭhayoga*)

jaleṇa śramajātena gātramardanaṃ ācāret |
dṛḍhataḥ laghutā cāpi tena gātrasya jāyate ||

Commentary: *Śivasamhitā* 3.46 adds that if this practice is not done, the body's constituents (*dhātus*) are lost.

2.14

Translation: At the beginning of the practice, food with milk and ghee is recommended. After that, when the practice has become well established, there is no need to adopt such regulations.

Sources:

Śivasamhitā 3.43

abhyāsakāle prathamam kuryāt kṣīrājyabhojanam
tato 'bhyāse sthīrībhūte na tādr̥ṇṇiyamagrahaḥ 3.43

Testimonia:

Haṭharatnāvalī 1.24

abhyāsakāle prathamē śastaṃ kṣīrādibhojanam |
tato 'bhyāse dṛḍhībhūte na tāvan niyamagrahaḥ ||

Yuktabhavadēva 4.27 (attr. to the *Śivayoga*)

abhyāśakāle prathame śastaṃ kṣīrādibhojanam |
tato 'bhyāse dṛḍhibhūte na tādṛṇniyamāgrahaḥ ||

Commentary:

Metre: Anuṣṭubh (a: bha-vipulā)

2.15

Translation: Just as a lion, an elephant [or] a tiger is tamed gradually, so the breath is cultivated [gradually], otherwise it kills the practitioner.

Sources:

Vivekamārtaṇḍa 101

yathā siṃho gajo vyāghro bhaved vaśyaḥ śanaiḥ śanaiḥ |
anyathā hanti yantāraṃ tathā vāyur asevitaḥ ||

Testimonia:

Haṭharatnāvalī 3.90

yathā siṃho gajo vyāghro bhaved vaśyaḥ śanaiḥ śanaiḥ |
tathaiva sevito vāyur bhaved vaśyaḥ śanaiḥ śanaiḥ ||

Yuktabhavadēva 7.28 (attr. to Gorakṣanātha)

yathā siṃho gajo vyāghro bhaved vaśyaḥ śanaiḥ śanaiḥ |
tathaiva sevito vāyur bhaved vaśyaḥ śanaiḥ śanaiḥ ||

Commentary: The second hemistich of this verse has been rewritten to express the same idea (and simile) as that found in *Vivekamārtaṇḍa* 101, but the author of the *Vivekamārtaṇḍa* expresses it more clearly.

2.16

Translation: All diseases are destroyed by correct *prāṇāyāma*. As a result of incorrect practice any disease may arise.

Sources:

Vivekamārtaṇḍa 99

prāṇāyāmena yuktena sarvarogakṣayo bhavet |
ayuktābhyāsayogena sarvarogasamudbhavaḥ ||

Testimonia:

Haṭharatnāvalī 3.90

prāṇāyāmena yuktena sarvarogakṣayo bhavet |

ayuktābhyāsayogena sarvarogasamudbhavaḥ ||
Yogacintāmaṇi 91v–92r (attr. to the *Skandapurāṇa*)
 prāṇyāmena yuktena sarvavyādhikṣayo bhavet |
 ayuktābhyāsayogena sarvavyādhisamudbhavaḥ ||
Yuktabhavadeva 7.26 (attr. to Gorakṣanātha)
 prāṇyāmena yuktena sarvarogasya saṃkṣayaḥ |
 ayuktābhyāsayogena sarvarogasya sambhavaḥ ||

2.17

Translation: Hiccups, wheezing, cough, pains in the head, ears and eyes: various diseases arise as a result of the breath going awry.

Sources:

Vivekamārtaṇḍa 100

hikkā śvāsaś ca kāsaś ca śiraḥkarṇākṣivedanā |
 bhavanti vividhā doṣāḥ pavanasya vyatikramāt ||

Testimonia:

Haṭharatnāvalī 3.92

hikkā śvāsaś ca kāsaś ca śiraḥkarṇākṣivedanāḥ |
 bhavanti vividhā rogāḥ pavanasya vyatikramāt ||

Yogacintāmaṇi 92r (attr. to the *Skandapurāṇa*)

hikkā śvāsaś ca kāsaś ca śiraḥkarṇākṣivedanāḥ |
 bhavanti vividhā rogāḥ pavanasya vyatikramāt ||

Yuktabhavadeva 7.27 (attr. to Gorakṣanātha)

hikkā śvāsaś tathā kāsaḥ śiraḥkarṇākṣivedanā |
 bhavanti vividhā rogāḥ pavanasya vyatikramāt ||

Commentary: This verse has parallels in verses on the illnesses caused by incorrect breathing in earlier Śaiva works, two examples of which are:

Śivadharmottara 10.124cd–125

hikkāśvāsapraṭiśyāyaḥ karṇadantākṣivedanāḥ ||
 mūkatā jaḍatā kāsaḥ śīrorogaḥ śramakṣaraḥ |
 ityevamādayo doṣā jāyante vyutkrameṇa tu ||

Dharmaputrikā 10.265–266ab

kaphakoṣṭhe yadā vāyur granthir bhūtvāvatiṣṭhate |
 hrīlāsahikkikāśvāsaśiraḥśūlādayo rujāḥ ||

jāyante dhātuvaiṣamyāt tadā kuryāt pratikriyām |

2.18

Translation: [The yogi] should exhale correctly, inhale correctly and hold the breath correctly. He thus becomes purified.

Sources:

Vivekamārtaṇḍa 102

yuktaṃ yuktaṃ tyajed vāyuṃ yuktaṃ yuktaṃ ca pūrayet |
yuktaṃ yuktaṃ ca badhniyād evaṃ siddhim avāpnuyāt ||

Testimonia:

Haṭharatnāvalī 3.93

yuktaṃ yuktaṃ tyajed vāyuṃ yuktaṃ yuktaṃ prapūrayet |
yuktaṃ yuktaṃ ca badhniyād evaṃ siddhim avāpnuyāt ||

Yogacintāmaṇi 92v (attr. to the *Skandapurāṇa*)

yuktaṃ yuktaṃ tyajed vāyuṃ yuktaṃ yuktaṃ ca pūrayet |
yuktaṃ yuktaṃ ca badhniyād itthaṃ siddhyati yogavit ||

Yuktabhavadēva 7.29 (attr. to Gorakṣanātha)

yuktaṃ yuktaṃ tyajed vāyuṃ yuktaṃ yuktaṃ tu pūrayet |
yuktaṃ yuktaṃ tu badhniyād evaṃ siddhim avāpnuyāt ||

2.19

Translation: When the channels are pure, external signs occur. Leanness and lustre of the body are certain to arise.

Sources:

Cf. *Dattātreyayogaśāstra* 67cd–69ab

yadā tu nāḍīsuddhiḥ syāt tadā cihnāni bāhyataḥ ||
jāyante yogino dehe tāni vakṣyāmy aśeṣataḥ |
śārīralaghutā dīptir jaṭharāgnivivardhanam ||
kṛṣatvaṃ ca śārīrasya tadā jāyeta niścitam |

Testimonia:

Haṭharatnāvalī 3.94

yadā tu nāḍīsuddhiḥ syāt tadā cihnāni bāhyataḥ |
kāyasya kṛṣatā kāntir jāyate tasya niścitam ||

Yogacintāmaṇi 90v (attr. to the *Hathayoga*)

yadā nāḍivīśuddhiḥ syāt tadā cintānirākṛtā |
kāyasya kṛṣatā kāntis tadā jāyeta niścitam ||

Commentary: The idea that *prāṇāyāma* is done to purify the channels (*nāḍī*) can be found in discussions of *prāṇāyāma* in early Śaiva tantras. For example, the *Nayasūtra* of the *Niśvāsātattvasaṃhitā* (4.110) and the *Svacchandatantra* (7.294cd–7.295ab) specifically refer to purifying the channels by inhaling through the left nostril and exhaling through the right, as stated in the latter:

apasavyena pūryeta savyenaiva virecayet |
nāḍīsaṃśodhanaṃ caitan mokṣamārgapathasya ca ||

Metre: Anuṣṭubh (a: ma-vipulā)

2.20

Translation: The ability to hold the breath as long as one desires, stimulation of the [digestive] fire, manifestation of the inner sound [and] freedom from disease occur as a result of purifying the channels.

Sources:

Vivekamārtaṇḍa 101

yatheṣṭaṃ dhāraṇaṃ vāyor analasya pradīpanam |
nāḍābhivyaktir ārogyaṃ jāyate nāḍīśodhanāt ||

Testimonia:

Haṭharatnāvalī 3.95

yatheṣṭaṃ dhāraṇaṃ vāyor analasya pradīpanam |
nāḍābhivyaktir ārogyaṃ jāyate nāḍīśodhanāt ||

Yogacintāmaṇi 90v (attr. to the *Skandapurāṇa*)

yatheṣṭaṃ dhāraṇaṃ vāyor analasya pradīpanam |
nāḍābhivyaktir ārogyaṃ bhaven nāḍivīśodhanāt ||

Yuktabhavadēva 7.17 (attr. to Gorakṣanātha)

yatheṣṭaṃ dhāraṇaṃ vāyor analasya pradīpanam |
nāḍābhivyaktir ārogyaṃ jāyate nāḍīśodhanāt ||

Commentary: Similar signs (*cihna*) arising from the purification of the channels are mentioned in the *Vasiṣṭhasaṃhitā* (2.68–69) and subsequent works related to it:

nāḍīśuddhim avāpnoti pṛthak cihnopalakṣitām |
śarīralaghutā dīptir jaṭharāgnivivardhanam ||
nāḍābhivyaktir ity etac cihnaṃ tacchuddhisūcakam |

yāvad etāni sampaśyet tāvad evaṃ samācaret ||

2.21

Translation: The person who has an excess of fat and phlegm should first practise the six therapeutic interventions, but anyone else, because their humours are in balance, should not practise them.

Sources:

Testimonia:

Yogacintāmaṇi 8v (attr. to Ātmārāma)

medaḥśleṣmanivṛtyarthaṃ śaṭkarmāṇi samācaret |
anyathā nācaret tāni doṣāṇāṃ samatā yataḥ ||

Yuktabhavadēva 7.147 (attr. to the *Haṭhapradīpikā*)

medaślemādisampūrṇaḥ śaṭkarmāṇi samācaret |
anyas tu nācaret tāni doṣāṇāṃ samabhāgikaḥ ||

Commentary: Manuscripts of the delta group, as well as η_2 and ϵ_3 , also have the valid readings of *medaḥśleṣmādināśārthaṃ* and *anyathā* in the first and third verse quarters, respectively. This version of the verse states that one should practise the six therapeutic interventions to remove fat, phlegm and the like, otherwise one should not practise them when the humours are in balance. However, the *pūrvam* ('first'), which is attested in two α manuscripts, as well as manuscripts of the β and γ groups, fits the context of these interventions being preliminary practices for *prāṇāyāma*.

2.22

Translation: *Dhauti, basti, neti, trāṭaka, naulī* and *kapālabhātī*. These are said to be the six [therapeutic] techniques.

Sources:

Testimonia:

Haṭharatnāvalī 1.27

haṭhapradīpikāyām-
dhautir bastis tathā netis trāṭakaṃ naulikaṃ tathā |
kapālabhrāntir etāni śaṭkarmāṇi pracakṣate ||

Yogacintāmaṇi 71r (attr. to the *Haṭhapradīpikā*)

atha ṣaṭkarmāṇi | haṭhapradīpikāyām ||
 dhauti basti tathā neti trāṭakam naulikam tathā |
 kapālabhātī caitāni ṣaṭkarmāṇi pracakṣate ||

Yuktabhavadēva 7.148 (attr. to the *Haṭhapradīpikā*)

dhautir bastiś ca netiś ca trāṭakam naulikam tathā |
 kapālabhātī caitāni ṣaṭkarmāṇi pracakṣate ||

Commentary: Manuscripts across all the groups contain many different spellings of the names of these techniques. As well as the requirements of the metre, the spellings we have favoured take into account the occurrences of each name in subsequent verses.

Metre: Anuṣṭubh (c: ma-vipulā)

2.23

Translation: This set of six techniques should be kept secret. Bringing about purification of the body [and] bestowing various good qualities, it is worshipped by the best yogis.

Sources:

Testimonia:

Haṭharatnāvalī 1.28

karmāṣṭakam idaṃ gopyaṃ ghaṭaśodhanakāraṅgam |
 kasya cin naiva vaktavyaṃ kulastrisuratam yathā ||

Yogacintāmaṇi 71r (attr. to the *Haṭhapradīpikā*)

karmaṣaṭkam idaṃ gopyaṃ ghaṭaśodhanakāraṅgam |
 vicitraṅṇasaṃdhāyī pūjyate yogipuṃgavaiḥ ||

Yuktabhavadēva 7.149 (attr. to the *Haṭhapradīpikā*)

karmaṣaṭkam idaṃ gopyaṃ ghaṭaśodhanakāraṅgam |
 vicitraṅṇasandhāyī kriyate yogibhiḥ sadā ||

Commentary:

2.24

Translation: Among them is dhauti:

[The yogi] should slowly swallow a moistened cloth four finger-breadths in width and then draw it out. This ejection [of it] from the mouth is the dhauti technique.

Testimonia:*Haṭharatnāvalī* 1.37–38ab

atha dhautiḥ–
 viṃśaddhastapramāṇena dhautavastraṃ sudīrghitam |
 caturaṅgulavistāraṃ siktaṃ caiva śanaiḥ graset ||
 tataḥ pratyāharec caitad abhyāsād dhautir ucyate |

Yogacintāmaṇi f. 71r (attr. to the *Haṭhapradīpikā*)

atha dhauti |
 caturaṅgulavistāraṃ siktaṃ vastraṃ śanair graset |
 punaḥ pratyāhared etad abhyāsād dhautikarmavit ||

Yuktabhavadēva 7.150 (attr. to the *Haṭhapradīpikā*)

caturaṅgulavistāraṃ siktaṃ vastraṃ śanair graset |
 tataḥ pratyāharec caitad ākṣālaṃ dhautikarma tat ||

Cf. *Satkarmasaṅgraha* 56–57

atha dhauti |
 mṛdulaṃ dhavalaṃ śuddhaṃ caturaṅgulavistṛtaṃ |
 tithihastamitāyāmaṃ dhautivastrasya lakṣaṇam ||
 toyasiktaṃ grased vastraṃ ghrāṇābhyām vāyum utsrjan |
 śanaiḥ sanais tu sakalaṃ punaḥ pratyāharec chanaiḥ |
 dhautikarmedam ākhyātaṃ yatra gaṅgādhidaivatam ||

Commentary: The manuscripts contain many different readings for the fourth *pāda*. α_3 and η_1 have the term *udgāraṃ*, which rarely occurs in yoga texts. The basic meaning of *udgāra* is the act of discharging something from the mouth, which fits the context of *dhauti* in so far as the cloth swallowed into the stomach is drawn back out through the mouth. Some of the other readings, such as *uditam*, *utthānam*, etc., appear to be mistakes or patches that arose possibly because *udgāra* is not normally neuter but masculine.

Many manuscripts have added verse quarters on the length of the cloth (*hastapañcadaśena tu*) and doing the practice according to the guru’s teachings (*gurūpaḍiṣṭa-mārgena*). These additional comments are absent in the α , γ and ε groups. Furthermore, the compound *hastapañcadaśena* does not seem to fit the syntax of the sentence. The other addition, on the guru’s teaching, is a cliché that is probably being used here as a verse filler.

2.25

Translation: Coughing, wheezing, splenitis and skin diseases, as well as the

twenty phlegmatic diseases, are sure to disappear through the power of the dhauti technique.

Sources:

Testimonia:

Haṭharatnāvalī 1.39

kāsaśvāsaplihakusṭhaṃ kapharogāś ca viṃśatiḥ |
dhautikarmaprabhāvena dhāvanti eva na saṃśayaḥ ||

Yogacintāmaṇi f. 71r (attr. to the *Haṭhapradīpikā*)

kāsaśvāsaplihakusṭhaṃ kapharogāś ca vidradhiḥ |
dhautikarmaprabhāvena prayānti eva na saṃśayaḥ ||

Yuktabhavadeva 7.151 (attr. to the *Haṭhapradīpikā*)

plihā śvāsaś ca kuṣṭhaṃ ca kapharogāś ca viṃśatiḥ |
dhautikarmaprabhāvena gacchanti eva na saṃśayaḥ ||

Cf. *Satkarmasaṅgraha* 58

kāsaśvāsaplihakusṭhādināśam
vahnēr māndyaṃ viṃśatiḥ śleṣarogān |
dūrīkuryāt karṇabādhir tam uccair
dhautikarma praditaṃ śaṅkareṇa ||

Commentary: The verb *dhāvanti* is a play on words, using a different root *dhāv*, “run”, from that of *dhauti*, which is derived from *dhāv*, “purify”.

Twenty phlegmatic diseases are enumerated in the *Carakasaṃhitā*, *sūtrasthāna* 20.17, a chapter on major diseases (*mahāroga*).

Metre: Anuṣṭubh (a: ra-vipulā)

2.26

Translation: Now the *basti* technique.

Squatting in water up to the navel with a reed inserted in the anus, [the yogi] should contract the perineal region (*ādhāra*^o). The [resultant] flushing is the *basti* technique.

Sources:

Testimonia:

Haṭharatnāvalī 1.45–47

nābhidaghne jale sthitvā pāyunāle sthitāṅgulih |

cakrimārgēṇa jaṭharaṃ pāyunālena pūrayet ||
 vicitrakaraṇīm kṛtvā nirbhītaḥ recayeḥ jalam |
 yāvad balaṃ prapūryaiva kṣaṇaṃ sthitvā virecayet ||
 ghaṭītrayaṃ na bhoktavyaṃ bastim abhyasatā dhruvam |
 nivātabhūmau santiṣṭhed vaśī hitamitāśanaḥ ||

Yogacintāmaṇi f. 71r (attr. to the *Haṭhapradīpikā*)

atha vastī |
 nābhidaghne jale pāyunyaṣṭānālotkaṭāśanaḥ |
 ādhārākūñcanaṃ kuryād abhyāsād vastikarmavit ||

Yuktabhavadēva 7.152 (attr. to the *Haṭhapradīpikā*)

nābhidaghne jale pāyau nyastaṣṭānālotkaṭāśanaḥ |
 ādhārā kūñcanaṃ kuryāt kṣālaṇaṃ bastikarma tat ||

Cf. *Satkarmaśaṅgraha* 132

naulikriyāsusampannas tyaktamūtramalaḥ sudhīḥ |
 jānudaghne jale kuryād bastim bastividhānavit ||

Commentary: The reading *pakhālaṃ* that we have adopted in the fourth *pāda* is found in β_ω and α_1 and reflects vernacular usage as found in the old Hindi *Aṣṭāṅgayoga* of Caranādāsa (6.71ab). Some other witnesses have the Sanskritised form *prakṣālaṃ*, which is very rare in Sanskrit sources, while others have the more common *kṣālaṇaṃ*.

2.27

Translation: By the power of the basti technique, swelling, splenitis, stomach disorders and all diseases arising from wind, bile and phlegm are removed.

Testimonia:

Haṭharatnāvalī 1.48

gulmaplihodaraṃ vāpi vātapittakaphādikam |
 bastikarmaprabhāvena dhāvanty eva saṃśayaḥ ||

Yogacintāmaṇi 71r (attr. to the *Haṭhapradīpikā*)

gulmodaraṃ cāpi vātaplihapittakaphodbhavāḥ |
 vastikarmaprabhāvena bādhyante sakalāmayāḥ ||

Yuktabhavadēva 7.153 (attr. to the *Haṭhapradīpikā*)

gulmaplihodaraṃ cāpi vātapittakaphodbhavāḥ |
 bastikarmaprabhāvena naśyanti sakalāmayāḥ ||

Cf. *Satkarmaśaṅgraha* 135, 140–141

yāvan malā vinaśyanti vātapittakaphodhbhāvāḥ |
 trivāraṃ vā caturvāraṃ kṛtvā bastim virecayet ||
 mahojasvī mahajjyotir jaṭharāgnipradīpanam |
 gulmaplihodarādīnāṃ nāśanam sukhavardhanam ||
 vātapittakaphottānāṃ doṣāṇāṃ nāśanam param |
 kuṣṭhānāṃ nāśanam cāpi bastisiddhe prajāyate ||

Commentary: We have assumed that the compound *gulmaplihodara* is referring generally to swelling (*gulma*), spleen disorders (*plihan*) and stomach diseases (*udara*). However, the terms *gulma* and *plihodara* can be understood as more specific diseases. In *Suśrutasaṃhitā*, *uttaratantra* 42.4, *gulma* is defined as a movable or immovable round lump (*granthi*) that might arise between the heart and lower abdomen (*basti*) and might grow or shrink:

hrdbastyorantare granthiḥ saṃcārī yadi vā 'calah |
 cayāpacayavān vṛttaḥ sa gulma iti kīrtitaḥ ||

The compound *plihodara* is the name of a specific disease, which is defined in the *Suśrutasaṃhitā* (*nidānasthāna* 7.14–15) as enlargement of the spleen (*plihābhivṛddhi*) so *gulmaplihodara* might be referring more specifically to abdominal lumps and splenomegaly.

2.28

Translation: When practised repeatedly, the water enema (*jalabasti*) technique bestows clarity of the bodily constituents, senses and mind, radiance, [and] stimulation of the digestive fire, and removes [excessive] accumulation of all humours.

Testimonia:

Haṭharatnāvalī 1.49

dhātvindriyāntaḥkaraṇaprasādam
 dadyāc ca kāntiṃ dahanapradīptim |
 aśeṣadoṣopacayaṃ nihanyād
 abhyasyamānaṃ jalabastikarma ||

Yogacintāmaṇi 71r (attr. to the *Haṭhapradīpikā*)

dhātvindriyāntaḥkaraṇaprasādam
 dadhyāc ca kāntiṃ dahanapradīptim |
 aśeṣadoṣopacayaṃ nihanyād
 abhyasyamānaṃ jalavastikarma ||

Yuktabhavadeva 7.154 (attr. to the *Haṭhapradīpikā*)

dhātvindrintaḥ karaṇaprabodham

dadāti kāntiṃ dahanapradīptim |
 aśeṣadoṣopacayaṃ nihanyād
 abhyasyamānaṃ jalavastikarma ||

Cf. *Satkarmasaṅgraha* 139–140ab

tiṣṭhed vaśi mitāhāraḥ sarvāṅgaṃ tena śudhyati |
 dhātuvindriyāntaḥkaraṇaprasādo dehalāghavam ||
 mahojasvī mahajjyotir jaṭharāgnipradīpanam |

Metre: Upajāti

2.29

Translation: Raising the *apāna* wind into the oesophagus (*kaṇṭhanāle*) and ejecting the contents of the stomach from the windpipe, which has been brought under control by cumulative practice, is called the elephant technique by experts in Haṭha.

Sources:

Testimonia:

Haṭharatnāvalī 1.51

udaragatapadārtham udvamanti
 pavanam apānam udīrya kaṇṭhanāle |
 kramaparcayatas tu vāyumārga
 gajakaraṇīti nigadyate haṭhajñaiḥ || 1.51 ||

Yuktabhavadēva 7.154 (attr. to the *Haṭhapradīpikā*)

udaragatapadārtham udvamanti
 pavanamapānam udīrya kaṇṭhanāle |
 kramaparcayavaśyavāyumārgā
 gajakaraṇīti nigadyate haṭhajñaiḥ ||

Haṭhatattvakaumudī 8.8

udaragatapadārthān udvamed eva nityam
 pavanagamanamārgāt kaṇṭhanālapraveśāt ||
 kramaparcayavaśyaṃ syāc ca gargādayo hi
 gajakaraṇam itiha prahur āryā munīndrāḥ ||

Cf. *Satkarmasaṅgraha* 108–109

atha gajakaraṇī
 śuddham toyam nārikelodbhavam vā
 pītvakāṇṭham dugdhamiśram jalam vā |

vāraṃ vāraṃ māṇibandhaṃ tu kurvan
 nodgāreṇa prakṣiped bhūmibhāge ||
 eṣā proktā kaphapittāmayeṣu
 medoghnīva kariṇī hastipūrvā ||

Commentary: Some manuscripts, including η_2 and β_ω , have an alternative reading for the third verse quarter that appears to be explaining the name of the practice. In other words, it is called the elephant technique ‘because the speed of the breath is like that of water [propelled] by elephants’ (*karibhir iva jalasya vāyuvagāt*). The syntax of this reading is not so easy to construe with the rest of the verse, which suggests that it was not original. The reading we have adopted (i.e., *kramaparicayavaśya...*) is attested by manuscripts of the most important groups (α_1 and α_2 , β_2 , the γ group, etc.) and the same witnesses preserve *mārga* (rather than *vega*).

Metre: Puṣpitāgrā

2.30

Translation: Now *neti*.

[The yogi] should insert a very smooth thread one handspan [in length] into the nasal passage and take it out through the mouth. This is called *neti* by the Siddhas.

Testimonia:

Cf. *Haṭharatnāvalī* 1.40–41

atha netikarma–
 ākhupucchākāranibhaṃ sūtraṃ susnigdhanirmītam |
 ṣaḍvitastimitaṃ sūtraṃ netisūtrasya lakṣaṇam || 1.40 ||
 nāsānāle praviśyainam mukhān nirgamayet kramāt |
 sūtrasyāntaṃ prabaddhvā tu bhrāmayen nāsānālayoḥ |

Yogacintāmaṇi 71r–71v (attr. to the *Haṭhapradīpikā*)

atha netī |
 sūtraṃ vitastisusnigdhaṃ nāsānāle praveśayet |
 mukhān nirgamayet sā hi netī siddhair nigadyate ||

Yuktabhavadeva 7.156 (attr. to the *Haṭhapradīpikā*)

sūtraṃ vitastisusnigdhaṃ nāsānāle praveśayet |
 mukhān nirgamayed eṣa netīḥ siddhair nigadyate ||

Cf. *Satkarmasaṅgraha* 67

atha netī
 mṛdu ślakṣṇaṃ sitaṃ sūtraṃ nāsānāle praveśayet |

mukhān nirgamayed dasrau cintayen netikā smṛtā ||

Commentary: According to Turner’s Comparative and Etymological Dictionary (1966: 427, entry 7588), the word *netī* in Hindi refers to the cord of a churning stick and is cognate with the Sanskrit *netra*. The action of pulling the cord of a churning stick is similar to the way the thread can be pulled back and forth, from side to side, through the nostril and mouth.

The reading we have adopted in the third verse quarter (*mukhān nirgamayec caṣā*) is well attested but may not be original because the first hemistich has a finite verb and the *eṣā* must be construed with *netiḥ* in the fourth verse quarter. The alternative reading *mukhanirgamanād eva* (η_1 and η_2) may be original but is difficult to construe and *mukhān nirgamayet* makes better sense in terms of describing the final part of the practice.

2.31

Translation: [The technique] with a small thread purifies the skull, bestows divine sight and quickly cures a multitude of diseases that arise above the jaw.

Testimonia:

Haṭharatnāvalī 1.42

kapālaśodhinī kāryā divyadr̥ṣṭipradāyini | [caiva -P]
jatrūrdhvajātarogaghni jāyate netir uttamā || 1.42 ||

Yogacintāmaṇi 71v (attr. to the *Haṭhapradīpikā*)

kapālaśodhanī caiva divyadr̥ṣṭipradīpinī |
jatrūrdhvajātarogaughān jarayatya āśu netivit ||

Yuktabhavadēva 7.156 (attr. to the *Haṭhapradīpikā*)

kapālaśodhinī caiva divyadr̥ṣṭipradāyini |
jatrūrdhvajātarogādyaiḥ jayatyeva suniścitam ||

Commentary: We have adopted the reading *caiva* in the first verse quarter, which is attested by manuscripts of the β , γ and δ groups and is easy to construe. The α manuscripts have *kaṇṭhā* and *vaṭyā*, which may derive from *kaṇṭhyā* (ε_1), but none of these readings makes sense here. η_1 and η_2 have *kāryā*, which is unnecessary because of the main verb in the final verse quarter.

Most witnesses, including the *Jyotsnā*, read *jatrūrdhva*° in the third verse quarter, which is generally understood as ‘above the collar bones’ or, as Brahmānanda says, the area above the shoulder joints (*jatruṇoḥ skandhasandhyor ūrdhvam uparibhāge*). On problems concerning the interpretation of *jatru*, see Meulenbeld 1974: 465. We have adopted the reading of α , *hanūrdhva*°, ‘above the jaw’, which makes

good sense in the context of *neti* because it is supposed to cleanse the skull (*kapāla*) or, in other words, the head.

Different readings exist for the last verse quarter. η_1 has *jayati sã tu sũtrikã*, which is unmetrical, but the word *sũtrikã* may have been original because it explains the problematic readings that arose in the other witnesses when attempts were made to replace *sũtrikã* with *neti*. The variants with *netivit* seem implausible because of the epithets in the first hemistich, which require a feminine noun to be understood as the subject of the sentence. The reading *netir āśu nihanti ca* looks like a patch that was adopted later in the transmission. The reading we have conjectured *jayaty āśu tu sũtrikã* retains *sũtrikã* and corrects the metrical fault of η_1 by adopting *jataty āśu*, which is well attested across the stemma.

2.32

Translation: Now *trāṭaka*:

[The yogi] should concentrate and look at a small focal point with a fixed gaze until tears fall. The experts consider this to be *trāṭaka*.

Testimonia:

Haṭharatnāvalī 1.54

atha trāṭakam-
nirikṣya niścaladṛśā sūkṣmalakṣyaṃ samāhitaḥ |
āśrusampātaparyantam ācāryais trāṭakam smṛtam ||

Yogacintāmaṇi 71v (attr. to the *Haṭhapradīpikā*)

atha trāṭakam |
nirikṣen niścaladṛśā sūkṣmalakṣyaṃ samāhitaḥ |
āśruprapātaparyantam āryais tat trāṭakam matam ||

Yuktabhavadēva 7.158 (attr. to the *Haṭhapradīpikā*)

atha trāṭakam |
vikṣeta niścaladṛśā sulakṣyaṃ ca samāhitaḥ |
āśrusampātaparyantam ācāryais trāṭakam smṛtam ||

Cf. *Satkarmasaṅgraha* 40cd–41ab

atha trāṭakam
sūkṣmalakṣye dṛśau sthāpya nirnimeṣaś ciraṃ bhavet |
āśrusampātaparyantam karma trāṭakam īritam ||

Metre: Anuṣṭubh (a: na-vipulā)

2.33

Translation: It is the destroyer of eye diseases and the door [shutting out] sloth and so forth. Trāṭaka should be carefully concealed like a chest of gold.

Testimonia:

Haṭharatnāvalī 1.55

sphoṭanam netrarogānām tandrādīnām kapāṭakam |
prayatnāt trāṭakam gopyam yathā ratnasupeṭakam ||

Yogacintāmaṇi 71v (attr. to the *Haṭhapradīpikā*)

moṭanam netrarogānām tandrādīnām kapāṭakam |
etac ca trāṭakam gopyam yathā hāṭakapeṭakam ||

Yuktabhavadēva 6.159 (attr. to the *Haṭhapradīpikā*)

moṭakam sarvarogānām tandrādīnām kapāṭanam |
yatnatas trāṭakam gopyam yathā hāṭakapeṭakam ||

Cf. *Satkarmasaṅgraha* 41cd–42ab

atha trāṭakam
vaṅglāvikaraṇasthe 'sminn antarjyotiḥ prakāśyate |
netrarogās tathā tandrā naśyantīty āha dhūrjatiḥ ||

Commentary: The witnesses have many different readings for the first word of this verse. The α manuscripts are split between *modaka* (α_1), *mocaka* and *mohana*. Of these, *modaka* is the most likely, if it is understood as a medicinal pill. However this meaning is rare, even in medical literature, as *modaka* is generally used to refer to a small sweet. We have adopted *moṭakam*, which is attested by η_1 and δ_2 , as well as the *Yuktabhavadēva*. We understand it to mean “destroyer.” Bohtlingk and Roth (s.v.) and Monier-Williams (s.v.) give medicinal pill as a possible meaning of *moṭaka* (cf. *modaka*) but it appears that this is mainly an inference drawn only from this verse, where the pill is merely a comparison. Several witnesses have *sphoṭanam* (‘destroying’), which is also possible.

The reading *kapāṭakam* in the second verse quarter is found in most of the witnesses and testimonia and we have adopted it accordingly. The context indicates that it means “shutter” (in the sense of shutting out something), but we have not found any parallel usages of it in this sense.

2.34

Translation: Now *naulī*:

With the shoulders lowered, [the yogi] should rotate the stomach to the left and right with the speed of a rapid whirlpool. This is called *naulī* by people from

Gauḍa.

Testimonia:

Haṭharatnāvalī 1.34

atha nauliḥ–
amandāvartavegena tundaṃ savyāpasavyataḥ |
natāṃso bhrāmaved eṣā nauliḥ gauḍaiḥ praśasyate ||

Yogacintāmaṇi 71v (attr. to the *Haṭhapradīpikā*)

atha naulī
amandāvartavegena tundaṃ savyāpasavyayoh |
natāṃso bhrāmaved eṣā naulī yoge pracakṣate ||

Yuktabhavadēva 6.162 (attr. to the *Haṭhapradīpikā*)

atha naulī
amandāvartavegena tundaṃ savyāpasavyataḥ |
natāṃso bhrāmaved eṣā naulir gauḍaiḥ praśasyate ||

Cf. *Satkarmasaṅgraha* 110cd–111

atha naulī
amandāvartavegena jaṭharaṃ dakṣavāmayoh |
cālayec cāmbhunā proktaṃ tatra lakṣmyadhidevatā |
bāhyanaulir iyaṃ proktā jaṭharānaladipinī ||

Commentary: It is worth noting that α_1 has *laulī* (instead of *naulī*) as the name of this practice in verses 2.34–35 and *laulikaṃ* in 2.22. The vast majority of manuscripts, including α_2 , and the most important testimonia support *naulī* or *nauliḥ* but the names *laulika* and *laulikī* do occur in some more recent works, such as the *Haṭhayogasaṃhitā* (p. 4), *Gheraṇḍasaṃhitā* (1.12), *Yogasārasaṅgraha* (pp. 54–55) and *Yogakarnikā* (p. 56).

[Mahant Bālyogī Rām Bālak Dās performing nauli at Dīrghēśvar Mahādev, U.P., in 2012.](#)

The reading *gauḍaiḥ* is found in only one collated manuscript (η_2) but it is close to the readings of two α manuscripts, *gaulaiḥ* (α_1) and *golaiḥ* (α_3), and is also attested by the *Haṭharatnāvalī* and *Yuktabhavadēva*. This version of the verse, which is likely original, suggests that it was thought that the name *naulī* came from the region known today as Bengal. The reading *gauḍaiḥ* explains many of the mistakes in other manuscripts, such as *gaulaiḥ*, *maulaiḥ*, etc.

2.35

Translation: Naulī brings about stimulation of the fire in the stomach, [good] digestion and the like, always brings bliss, and makes all humoural disorders and

diseases wither away. This nauli is the best of all Haṭha techniques.

Sources:

Testimonia:

Haṭharatnāvalī 1.35

tundāgnisandīpanapācanādisandīpikānandakarī sadaiva |
aśeṣadoṣāmayaśoṣaṇī ca haṭhakriyāmaulir iyaṃ ca nauliḥ ||

Yogacintāmaṇi 71v (attr. to the *Haṭhapradīpikā*)

mandāgnisaṃdīpanapācanāgnisaṃdhāyikānandakarī tathaiva |
aśeṣadoṣāmayaśoṣiṇī ca haṭhakriyāmaulir iyaṃ hi nauliḥ ||

Yuktabhavadēva 7.163 (attr. to the *Haṭhapradīpikā*)

mandāgnisandīpanapācanādisandhāvanānandakarī sadaiva |
aśeṣadoṣāmayaśoṣaṇīyaṃ haṭhakriyāmaulir iyaṃ hi nauliḥ ||

Haṭhatattvakaumudī 8.12

mandāgnisandīpanapācanādisandhāyikānandakarī sadaiva |
aśeṣadoṣopacayaśoṣaṇīva haṭhakriyā 'sau jayatiha nauliḥ ||

Commentary: α_1 and α_2, β_2 , and ε_1 have *tundāgni*^o in the first verse quarter. This reading is also supported by all of the manuscripts collated for the published edition of the *Haṭharatnāvalī*. The compound *tundāgni* is rare in Sanskrit literature but it was likely used here because the term *tunda* appears in the previous verse, which explains how nauli is done. The compound *tundāgni* seems synonymous with *udarāgni*, *jaṭharāgni*, *śarīrāgni*, etc., which are commonly used in yoga texts to refer to the body's digestive fire. The alternative reading *mandāgni*^o ('sluggish fire') is reasonably common in contexts of stimulating poor digestion, and may have been introduced early in the transmission to replace the more unusual *tundāgni*^o.

Most witnesses and the testimonia have *maulir iyaṃ* in the fourth verse quarter, which expresses the idea that nauli was thought to be the best of the *ṣaṭkarma*, and the assonance of *nauli* and *mauli* may have been intended. The alternative reading of *mūlam iyaṃ* in η_1 and ε_1 would suggest that *nauli* is necessary for the other practices, which does not seem to be the case because, according to *Haṭhapradīpikā* 2.21, the *ṣaṭkarma* are more like therapeutic interventions.

Metre: Upajāti

2.36

Translation: Now kapālabhātī:

Rapid inhalation and exhalation like the bellows of a blacksmith is called kapālabhāti, the skull bellows. It dries up imbalances of phlegm.

Testimonia:

Haṭharatnāvalī 1.56

atha kapālabhastrikā-
bhastrival lohakārāṇām recapūrasusambhramau |
kapālabhastri vikhyātā sarvarogaviśoṣaṇī ||

Yogacintāmaṇi 71v (attr. to the *Haṭhapradīpikā*)

atha kapālabhāti |
bhastreva lohakārāṇām recapūrau sasambhramau |
kapālabhāti vikhyātā kaphadoṣaviśoṣiṇī ||

Yuktabhavadēva 7.163 (attr. to the *Haṭhapradīpikā*)

atha kapālabhātīḥ |
bhastrāval lohakārāṇām recapūrau sasambhramau |
kapālabhātī vikhyātā kaphadoṣaviśoṣiṇī ||

Cf. *Satkarmasaṅgraha* 50cd–51

atha bhastrā
lohakārasya bhastreva recapūrau tu vegataḥ ||
punaḥ punaḥ prakurvīta sthīramūrdhnā prayatnataḥ |
sthīrabhastreti ca khyāta yoginām siddhidāyakā ||

Commentary: The word *bhāti* is derived from *bhastri* (Turner 1966: 537, entry 9424).

η₂ and other manuscripts have *kuryāt savyāpasavyataḥ* ('left and right') instead of *recapūrau sasambhramau*. Although one might infer that *savyāpasavyataḥ* is referring to performing the skull bellows breathing alternately through the left and right nostrils, it appears to be a secondary reading because there is no indication of what is moving to the left and right. Such a method of alternate nostril breathing is explained as a variation of kapālabhāti in the *Haṭhayogasamhitā* (p. 14):

īḍayā pūrayed vāyum recayet piṅgalākhyayā |
piṅgalayā pūrayitvā punaś candreṇa recayet |
pūrakam recakam kṛtvā vegena na tu cālayet ||

In the second verse quarter, the α manuscripts have *susambhramau* ('great speed') instead of the reading we have adopted *sasambhramau* ('fast'). The syntax requires *sasambhramau* because it is an adjectival compound that must agree with *recapūrau* ('the exhalation and inhalation').

Metre: Anuṣṭubh (c: ma-vipulā)

2.37

Translation: The person whose excess weight, phlegm, fat, impurities and the like have been removed by the six techniques should then perform breath-control. It succeeds without effort.

Testimonia:

Haṭharatnāvalī 1.60

karmāṣṭabhir gatasthaulyaṃ kaphamedomalādikam |
prāṇāyāmaṃ tataḥ kuryād anāyāsena siddhyati ||

Yogacintāmaṇi f. 8v

tathā cātmārāmaḥ
ṣaṭkarmanirgatasthaulyakaphamedogadādikaḥ |
prāṇāyāmaṃ tataḥ kuryād anāyāsena siddhyati ||

Yuktabhavadēva 7.165 (attr. to the *Haṭhapradīpikā*)

ṣaṭkarmabhir gatasthaulyaṃ kaphamedomalātigaḥ |
prāṇāyāmaṃ tataḥ kuryād anāyāsena siddhyati ||

2.38

Translation: Some teachers say that all impurities are dried up by means of breath-controls alone and do not recommend any other practice.

Testimonia:

Yogacintāmaṇi ff. 8v–9r (attr. to Ātmārāma)

prāṇāyāmair eva sarvaiḥ praśuṣyanti malā yataḥ iti |
ācāryāṇaṃ tu keṣāṃ cid anya krama na saṃmatam iti ||

Yuktabhavadēva 7.166 (attr. to the *Haṭhapradīpikā*)

prāṇāyāmair eva sarve praśuṣyanti malā iti |
ācāryāṇaṃ tu keṣāṃ cid anyat karma na sammatam ||

Commentary: The plural of *prāṇāyāma*, which we have translated here as ‘breath-controls’, probably refers to practising multiple repetitions of breath retentions with alternate nostril breathing.

Many witnesses lower on the stemma have *malāśaya* (instead of *malā api* or *malā iti*) in the second verse quarter but this usually has the more specific meaning of bowels or bladder and so seems inappropriate in a general statement. The witnesses that have *malāśaya* also have the verb *pra+śudh*, which connotes that the

place where the impurities accumulate is cleaned (rather than the impurities themselves).

Metre: Anuṣṭubh (a: ra-vipulā)

2.39

Translation: Even Brahmā and the other gods became devoted to breath practice through fear of death, so one should perform breath practice.

Testimonia:

Haṭharatnāvalī 3.82

brahmādayo 'pi tridaśāḥ pavanābhyāsatatparāḥ |
abhūvan mṛtyurahitā tasmāt pavanam abhyaset ||

Haṭhatattvakaumudī 8.19

brahmādayo 'pi tridaśāḥ pavanābhyāsatatparāḥ |
tena siddhiṃ gatā yoge tasmāt pavanam abhyaset ||

Commentary: This verse has been rewritten in η_2 and the delta group of manuscripts. η_2 's reading attempts, somewhat unsuccessfully, to connect this verse more directly to the *ṣaṭkarma*:

ṣaṭkarmayogam āpnoti pavanābhyāsatatparāḥ |
sumanaskāntako bhavya[s] tasmāt pavanam abhyaset ||

Different versions of this verse occur in η_2 and ϵ_3 . Neither of these appear to be original as the compound *sumanaskāntaka* ('dying with the mind active?') is rather odd. The δ group of manuscripts has another reading for the third quarter (*tena siddhiṃ gatās te ca*), which puts a more positive spin on the verse in as much as one should practise *prāṇāyāma* because through it the gods attained perfection.

Metre: Anuṣṭubh (a: bha-vipulā; c: na-vipulā)

2.40

Translation: So long as the breath is bound in the body, so long as the mind is without support, so long as the gaze is on the middle of the brow, where is the fear of death?

Sources:

Vivekamārtaṇḍa 73

yāvad baddho marud dehe tāvac cittam nirāśrayam |
yāvad vīkṣā bhruvor madhye tāvat kālabhayaṃ kutaḥ ||

vikṣā] T; dṛṣṭir cett.

Testimonia:

Yogacintāmaṇi f. 92r (attr. to the Skandapurāṇa)

yāvad baddho marud dehe yāvad vṛttau nirāśrayam |
yāvad dṛṣṭir bhruvor madhye tāvat kālābhayaṃ kutaḥ ||

Yuktābhavadeva 7.8 (attr. to Gorakṣanātha)

yāvad baddho marud dehe yāvac cittam nirāmayam |
yāvad dṛṣṭir bhruvor madhye tāvat kālābhayaṃ kutaḥ ||

Commentary: We have adopted the reading *vikṣā* in the third verse quarter, which is an emendation of α_1 and α_2 's *vikṣed*. The verb *vikṣed* is likely an error as the *yāvat* clauses appear to have been written as nominal phrases. The reading *vikṣā* occurs in the same verse of the six-chapter version of the *Vivekamārtaṇḍa* (siglum T), which sometimes preserves old readings of that text.

2.41

Translation: When the network of channels has been purified by breath-controls as prescribed, the breath pierces the mouth of Suṣumnā and enters it with ease.

Testimonia:

Haṭharatnāvalī 2.2

vidhivat prāṇasaṃyāmaiḥ nāḍīcakre viśodhite |
suṣumnāavadanaṃ bhitvā sukhād viśati mārutaḥ ||

Yogacintāmaṇi f. 18r

haṭhapradīpikāyām—
vividhaiḥ prāṇasaṃyāmaiḥ nāḍīcakre viśodhite |
suṣumnāavadanaṃ bhitvā sukhād viśati mārutaḥ ||

Commentary: The compound *prāṇasaṃyāmaiḥ* ('breath-controls') should be understood here as a synonym for *prāṇāyāmaiḥ* as found in 2.38 (on which see the note on this verse).

2.42

Translation: When the breath moves in the middle, stillness of the mind arises. The mind's becoming very still is the 'mind beyond mind' (*manonmanī*) state.

Testimonia:

Haṭharatnāvalī 2.3

mārute madhyame jāte manaḥsthairyam prajāyate |

manasaḥ susthirībhāvaḥ saivāvasthā manonmanī ||
Yogacintāmaṇi f. 18a (attr. to *Haṭhapradīpikā*)
 mārute madhyasaṃcāre manaḥsthairyaṃ prajāyate |
 yo manaḥsusthirībhāvaḥ saivāvasthā manonmanī ||

2.43

Translation: In order to achieve that, he who knows [their] methods should perform various retentions. As a result of the practice of the various retentions, [the yogi] obtains various results.

Testimonia:

Haṭharatnāvalī 2.4

tatsiddhaye vidhānajñāḥ sadā kurvīta kumbhakān |
 vicitrakumbhakābhyāsād vicitrāṃ siddhim āpnuyāt ||
Yuktabhavadeva 7.92 (attr. to the *Yājñavalkyagītā*)
 tatsiddhaye vidhānajñās citrān kurvanti kumbhakān |
 vicitrakumbhakābhyāsād vicitrāṃ siddhim āpnuyāt ||

Commentary: The majority of witnesses, including α_2 , have a plural subject (*vidhānajñāḥ*) and verb (*kurvanti*) in the first hemistich. We have adopted the singular, which is attested by α_1 , α_3 and manuscripts of the *Haṭharatnāvalī*, because it corresponds with the singular subject of the second hemistich.

2.44

Translation: Sūryabhedana, ujjāyī, śītkā, śītalī, bhastrikā, bhrāmarī, mūrccā and plāvanī: these are the eight kumbhakas.

Sources:

Testimonia:

Haṭharatnāvalī 2.6

sūryabhedanam ujjayī tathā śītkāśītalī |
 bhastrikā bhrāmarī mūrccā kevalāś caṣṭa kumbhakāḥ ||
Yogalakṣaṇāvalī f. 32r (attrib. to the *Haṭhapradīpikā*)
 sūryabhedanam ujjayī tathā śītkā ca śītalī |
 bhastrikā bhrāmarī mūrccā kevalāś caṣṭa kumbhakāḥ ||

Yogacintāmaṇi f. 101r

haṭhayoge—
sūryabhedanam ujjāyī tathā sītkaśīṭalī |
bhastrikā bhramarī mūrccā sahitam cāṣṭa kumbhakāḥ ||

Yuktabhavadeva 7.93 (attr. to the *Haṭhapradīpikā*)

sūryabhedanam ujjāyī sītkaśīṭalī tathā |
bhastrikā bhramarī mūrccā kevalāś cāṣṭa kumbhakāḥ ||

Commentary: In the fourth verse quarter, only some manuscripts of the ε and γ groups have the adopted reading *plāvanīty aṣṭa*. The name *plāvanī* is necessary in this list because most manuscript groups, including α, and the testimonia contain a verse on *plāvinīkumbhaka* as one of the eight *kumbhakas*. The alternative reading *kevalī/kevalāś*, which is supported by the α group and other manuscripts, appears to be a mistake because it is not consistent with the idea of *kevalakumbhaka* standing outside the category of *sahitakumbhaka*, as stated in 2.72–75. These witnesses are among those which include a verse on *plāvinī* later in the chapter.

2.45

Translation: At the end of the inhalation, the lock called *jālandhara* is to be performed, while at the end of the retention and beginning of the exhalation, *uḍḍiyāna* is to be performed.

Sources:

Gorakṣaśataka 62ab

pūrakānte tu kartavyo bandho jālandharābhidhaḥ |

Gorakṣaśataka 58ab

kumbhakānte recakādaḥ kartavyo uḍḍiyānābhidhaḥ |

Testimonia:

Haṭharatnāvalī 2.7

pūrakānte tu kartavyo bandho jālandharābhidhaḥ |
kumbhakānte recakādaḥ kartavyas tūḍḍiyānakāḥ ||

Yogacintāmaṇi f. 80r (attr. to the *Yogabīja*)

pūrakānte tu kartavyo bandho jālandharābhidhaḥ |
kumbhakānte recakādaḥ kartavyas tūḍḍiyānakāḥ ||

Yuktabhavadeva 7.94 (attrib. to the *Haṭhapradīpikā*)

pūrakānte ca kartavyo bandho jālandharābhidhaḥ |
kumbhakānte recakādaḥ kartavyas tūḍḍiyānakāḥ ||

Commentary: The term *uḍḍiyāṇa* is spelt various ways among manuscripts of the *Haṭhapradīpikā* and other texts. Generally speaking, the α group have *uḍḍiyāṇa*, β *uḍḍiyāṇa*, γ and δ *uḍḍiyāṇa* and the *Jyotsnā uḍḍiyāṇa*. Other spellings, such as *uḍyāṇa* and *uḍiyāṇa*, also occur. We have adopted the spelling of α except in cases where the metre of a verse requires otherwise, as in 2.45d (*uḍḍiyāṇakaḥ*). As noted by Sanderson (2007: 265), diverse spellings of the place by the same name occur, including Uḍḍiyāṇa, Oḍḍiyāṇa, U/Oḍiyāṇa, U/Oḍyāṇa, or U/Oḍḍayana.

Metre: Anuṣṭubh (c: ra-vipulā)

2.46

Translation: By quickly contracting the lower region when the throat has been constricted and stretching back the middle [of the body] the breath goes into the channel of Brahman.

Sources:

Gorakṣaśataka 62cd–63ab

adhastāt kuñcanenaiva kaṇṭhasaṃkocane kṛte |
madhye paścimatāṇena syāt prāṇo brahmanāḍigaḥ ||

Testimonia:

Haṭharatnāvalī 2.8

adhastāt kuñcanenāśu kaṇṭhasaṃkocane kṛte |
madhye paścimatāṇena syāt prāṇo brahmanāḍigaḥ ||

Yogacintāmaṇī f.80r (attr. to the *Yogabīja*)

adhas tv ākuñcanenāśu kaṇṭhasaṃkocanena ca |
madhye paścimatāṇena syāt prāṇo brahmanāḍigaḥ ||

Yogabīja 110 (southern recension)

adhastāt kuñcanenāśu kaṇṭhasaṃkocane kṛte |
madhye paścimatāṇena syāt prāṇo brahmanāḍigaḥ ||

Yuktabhavadēva 7.95 (attr. to the *Haṭhapradīpikā*)

adhastāt kuñcanenāśu kaṇṭhasaṃkocane kṛte |
madhye paścimatāṇena syāt prāṇo madhyānāḍigaḥ ||

Haṭhatattvakaumudī 15.25–27

adhastāt kuñcanenaiva kaṇṭhasaṃkocanena ca |
madhye paścimatāṇena syāt prāṇo brahmarandhragāḥ ||
prāṇaḥ prāṇavāyuhḥ brahmarandhragāḥ suśumnāpathacārī syāt | mad-
hyago bhavet |

Commentary: As is clear in the source text, the *Gorakṣaśataka*, the three techniques alluded to here are *mūlabandha*, *jālandharabandha* and *uḍḍiyānabandha* respectively (on which see chapter three).

The stem form *brahma* is found in various compounds in the text. We understand it to refer to Brahman, the absolute, in all instances other than *brahmagranthi*, where we take it to mean the deity Brahmā. See Mallinson 2007:205 n.240.

2.47

Translation: The yogi should raise up *apānavāyu* and lead *prāṇa* down from the throat. Freed from ageing, he becomes sixteen years old.

Testimonia:

Haṭharatnāvalī 2.9

apānam ūrdhvam utthāpya prāṇam kaṇṭhād adho nayet |
yogī jarāvimuktaḥ syāt ṣoḍaśo vayasā bhavet ||

Yogacintāmaṇi f. 80r (attr. to the *Yogabīja*)

apānam ūrdhvam utthāpya prāṇam kaṇṭhād adho nayet |
yogī jarāvimuktaḥ san vayasā ṣoḍaśo bhavet ||

Yuktabhavadēva 7.96 (attr. to the *Haṭhapradīpikā*)

apānam ūrdhvam utthāpya prāṇam kaṇṭhād adho nayet |
yogī jarāvinirmuktaḥ ṣoḍaśo vayasā bhavet ||

2.48

Translation: Now, piercing the sun—

The yogi should sit in *vajrāsana* on a comfortable mat, slowly draw in external air through the right nostril, [...]

Sources:

Cf. *Gorakṣaśataka* 33–34ab

pavitre nātyuccanīce hy āsane sukhade śubhe |
baddhvā vajrāsanaṃ kṛtvā sarasvatyāś ca cālanam ||
dakṣaṇāḍyāṃ samākṛṣya bahiṣṭhaṃ pavanaṃ śanaiḥ |

Testimonia:

Yogalakṣaṇāvalī f. 32r (attrib. to the *Haṭhapradīpikā*)

baddhavajrāsano dakṣaṇāḍyākṛṣyānilaṃ śanaiḥ |

Yogacintāmaṇi f. 101v (attr. to the *Yogabīja*)

āsane sukhade yogī baddhavajrāsanas tataḥ |

dakṣanāḍyā samākṛṣya bahiḥsthaṃ pavanaṃ śanaḥ ||
Yuktabhavadēva 7.98 (attr. to the *Haṭhapradīpikā*)
 āsane sukhade yogi baddhvā padmāsaṇaṃ tataḥ |
 dakṣanāḍyā samākṛṣya bahiḥsthaṃ pavanaṃ śanaḥ ||

Commentary:

2.49

Translation: and hold the breath as far as the tips of the hair and nails until cessation [of the breath]. The wise man should then exhale the breath slowly through the left nostril.

Testimonia:

Yogalakṣaṇāvalī f. 32r (attrib. to the *Haṭhapradīpikā*)

ā nakhāgrālakāgrāntaṃ kumbhayitvā yathāsukhaṃ |
 savyanāḍyā tato mandaṃ recayet pavanaṃ sudhīḥ ||

Yogacintāmaṇi f. 101v (attr. to the *Yogabīja*)

ā keśāgraṃ nakhāgraṃ ca śirodhāvadhi kumbhakam |
 tataḥ śanaḥ savyanāḍyā recayet pavanaṃ sudhīḥ ||

Yuktabhavadēva 7.99 (attr. to the *Haṭhapradīpikā*)

ā keśād ā nakhāgrāc ca nirodhāvadhi kumbhayet |
 tataḥ śanaḥ savyanāḍyā recayet pavanaṃ sudhīḥ ||

Commentary:

An antecedent to the idea of *prāṇāyāma* affecting the whole body (i.e., as far as the tips of the hair and nails) occurs in the *Baudhāyanadharmasūtra* (4.1.23):

[The yogi] who is constantly engaged [in practice] should repeat breath retentions again and again. Extreme heat burns as far as the tips of the hair and nails.

āvartayet sadā yuktaḥ prāṇāyāmān punaḥ punaḥ |
 ā keśāntān nakhāgrāc ca tapas tapyata uttamam ||

The meaning of *nirodhāvadhi* is not entirely clear, but all sources and the *Jyotsnā* (2.49) agree on this reading. The original reading may well have been *virodhāvadhi*, “until it is uncomfortable”, which makes better sense but we have decided not to emend accordingly. The problem with *nirodhāvadhi* is that to practise *kumbhaka* “up to cessation *nirodha*” seems to suggest that cessation is not that of the physical breath, which by definition ceases in *kumbhaka*, but of the vital wind (*prāṇa*) within the body. By citing a verse from an unnamed text, Brahmānanda

seems to understand this verse as saying that the breath should very carefully (*atiprayatnena*) be held as far as the extremities of the body so that it does not damage the body by exiting through the hair follicles:

When the breath has been stopped forcefully, it flows out through the hair follicles. This destroys the body and also causes skin diseases and the like.

haṭhān niruddhaḥ prāṇo 'yaṁ romakūpeṣu niḥsaret |
dehaṁ vidārayaty eṣa kuṣṭhādi janayaty api ||

Metre: Anuṣṭubh (c: ra-vipulā)

2.50

Translation: This purifies the skull, cures [imbalances] of the wind humour [and] gets rid of diseases caused by worms [so] should be done repeatedly. It is called the piercing of the sun.

Sources:

Gorakṣaśataka 35–36ab

kapāśodhane vāpi recayet pavanaṁ sudhīḥ |
tundasya vātadoṣaghnaḥ kṛmidoṣaṁ nihanti ca ||
punaḥ punar idaṁ kāryaṁ sūryābhedam udāhṛtam |

Testimonia:

Haṭharatnāvalī 2.11cd–12

kapālaṁ śodhanaṁ cāpi recayet pavanaṁ śanaiḥ ||
kapālaṁ ... śanaiḥ] kapāśodhanaṁ vātadoṣaghnaṁ kṛmināśanaṁ
N,n1,n4.
ālasyaṁ vātadoṣaghnaṁ kṛmikīṭaṁ nihanti ca |
punaḥ punar idaṁ kāryaṁ sūryabhedākhyakumbhakam ||

Yogalakṣaṇāvalī f. 32r (attrib. to the *Haṭhapradīpikā*)

kapāśodhanaṁ caitad vātaghnaṁ kṛmidoṣanut ||

Yogacintāmaṇi f. 101v (attr. to the *Yogabīja*)

kapāśodhanaṁ vātadoṣaghnaṁ kṛmidoṣahṛt |
punaḥ punar idaṁ kuryāt sūryabhedanam uttamam ||

Yuktabhavadēva 7.100 (attr. to the *Haṭhapradīpikā*)

kapāśodhanaṁ vātadoṣaghnaṁ kṛmidoṣaham |
punaḥ punar idaṁ kāryaṁ sūryabhedam udāhṛtam ||

Commentary: The compound *sūryabhedā* is metri causa, as the name given in

2.44 and the heading of 2.48 is *sūryabhedana*. Some witnesses, such as the delta group and V₁₉, have attempted to reinstate the name *sūryabhedana*.

Both °*doṣaham* and °*doṣahṛt* are well attested and possible. We have favoured the former because the α reading (*doṣajam*) appears to be a corruption of it.

2.51

Translation: Now ujġāyī:

[The yogi] should close the mouth and gradually draw in the breath through the nostrils so that it comes into contact [with the region] from the throat to the chest and makes a sound.

Sources:

Gorakṣaśataka 36c–37b

mukhaṃ saṃyamya nāḍibhyāṃ ākṛṣya pavanaṃ śanaiḥ |
yathā lagati kaṇṭhāt tu hṛdayāvadhi sasvanam ||
kaṇṭhāt tu] kaṇṭhaṃ tu T

Testimonia:

Haṭharatnāvalī 2.13

mukhaṃ saṃyamya nāḍibhyāṃ ākṛṣya pavanaṃ śanaiḥ |
yathā lagati hṛtkaṇṭhaṃ hṛdayāvadhi svasvanaḥ ||
hṛtkaṇṭhaṃ] hṛtkaṇṭhe N, n1, n4, J

Yogalakṣaṇāvalī f. 32r (attrib. to the *Haṭhapradīpikā*)

mukhaṃ saṃyamya nāsābhyāṃ ākṛṣya pavanaṃ śanaiḥ |
yathā lagati kaṇṭhe suḥ hṛdayāvadhi sasvanam ||

Yogacintāmaṇi f. 101v (attr. to the *Yogabīja*)

mukhaṃ saṃyamya nāḍibhyāṃ ākṛṣya pavanaṃ punaḥ |
yathā lagati hṛtkaṇṭhād dhṛdayāvadhi sasvanaḥ ||

Yuktabhavadēva 7.101 (attr. to the *Haṭhapradīpikā*)

mukhaṃ niyamya nāḍibhyāṃ ākṛṣya pavanaṃ śanaiḥ |
yathā lagati kaṇṭhāt tu hṛdayāvadhi pūraṇam ||

Cf. *Haṭhatattvakaumudī* 10.7

athojjāyī kumbhakaḥ
āsyam saṃyamya nāsāpuṭayugasuṣirābhyāṃ samākṛṣya vāyum
mandam mandam yathāsau lagati galataṭād āhṛdantaḥ saśabdaḥ |
ruddhvā keśān nakhāgrāvadhi pavanam amuṃ recayed vāmanāḍyā
proktojjāyīti kumbhaḥ kaphagadadalano dipti kṛjġāṭharāgne ||

Commentary: The use of *lagati* without a locative or direct object (as found in the source text, the *Gorakṣaśataka*) is supported by the paraphrase of the verse in the *Haṭhatattvakaumudī* (10.7). Most witnesses (including α) have *kaṇṭhāt tu hrdayāvadhī*, which we have understood in the sense of a locative as it specifies the place within the body where the contact occurs.

2.52

Translation: As before, he should hold the breath and then exhale through Iḍā. [Because] it cures disorders caused by phlegm in the throat and increases the body's fire, [...]

Sources:

Gorakṣaśataka 37c–38b

pūrvavat kumbhayet prāṇam recayed iḍayā tataḥ |
śīrṣotthitānalāharam galaśleşmaharam param ||

Testimonia:

Haṭharatnāvalī 2.14

pūrvavat kumbhayet prāṇam recayed iḍayā tataḥ |
gale śleşmaharam proktaṁ dehānalavivardhanam ||

Yogalakṣaṇāvalī f. 32r (attrib. to the *Haṭhapradīpikā*)

pūrvavat kumbhayet prāṇān iḍayā recayet tataḥ |
śleşmadoṣaharam caitad dhāturogavināśanam ||

Yogacintāmaṇi f. 102r (attr. to the *Yogabīja*)

pūrvavat kumbhayet prāṇam recayed iḍayā tataḥ |
śleşmadoṣaharam kaṇṭhe dehānalavivardhanam ||

Yuktabhavadēva 7.102 (attr. to the *Haṭhapradīpikā*)

pūrvavat kumbhayet prāṇān recayed iḍayā tataḥ |
śleşmoṣaharam dehānaladīptipravardhanam ||

Commentary: In the second hemistich of this verse, many of the readings in the oldest manuscripts, such as *dehād analadīptivardhanam* (V₁), *dehānaladīptivardhanam* (J₁₀) and *dehe* [']*naladīptivardhanam* (P₂₈), are unlikely to be original because both the source and testimonia indicate that *Ujjāyī* is supposed to remove phlegm from the throat. These versions may have arisen from attempts to remove *kaṇṭhe* in the third *pāda*, which was thought to be hanging. It appears that *kaṇṭhe dehānalavardhanam* is the better reading and it is well attested among the manuscripts (including α).

2.53

Translation: [and] cures diseases in the bodily constituents inside the network of channels, the retention called *ujjāyī* should be done when [the yogi] is moving or remaining still.

Sources:

Gorakṣaśataka 38

nāḍījalodarādhātugatadoṣavināśanam |
gacchataḥ tiṣṭhataḥ kāryam ujjāyākhyam ca kumbhakam ||

Testimonia:

Haṭharatnāvalī 2.15

nāḍījalodarādhātugatadoṣavināśanam |
nāḍījalodarādhātu°] nāḍījalodaradhātu° J,P; nāḍījalodaram dhātu° N,
n1, n4
gacchatā tiṣṭhatā kāryam ujjāyākhyam hi kumbhakam ||

Yogalakṣaṇāvalī f. 32r (attrib. to the *Haṭhapradīpikā*)

dehānaloddīptikaram jalodaravighātakṛt |
gacchatā tiṣṭhatā kāryaś cojjāyākhyas tu kumbhakaḥ ||

Yogacintāmaṇi f. 102r (attr. to the *Yogabīja*)

nāḍījalodaradhātugatadoṣavināśanam |
gacchataḥ tiṣṭhataḥ kāryam ujjāyākhyam ca kumbhakam ||

Yuktabhavadēva 7.103 (attr. to the *Haṭhapradīpikā*)

nāḍījalodarādhātugatadoṣanivāraṇam |
gacchatā tiṣṭhatā kāryam ujjākhyam kumbhakam tv idam ||

Commentary: Nearly all the manuscripts have *nāḍījalodara°*, which does not make sense in this context because *jalodara* is the disease ascites and °*gata*° requires a location. This problem is also present in the transmission of the source text for the verse, the *Gorakṣaśataka*. A solution can be found in some of the manuscripts of the *Haṭharatnāvalī*, which read *nāḍījalodarā°* (‘in the network of channels and stomach’). The other problem is °*darādhātu*°. In spite of Brahmānanda’s efforts to explain it as °*dara*, *ā*, and *dhātu*°, the *ā* before *dhātu*° appears to have been inserted metri causa. We have adopted *nāḍījalodare* (‘inside the network of channels’), which is close to V₃ and J₁₀ (*nāḍījalodare*). It is likely that °*jālodare* was changed to °*jalodara* in the transmission because of confusion with the disease of a similar name.

For the idea of *doṣas* being in *dhātus* see *Tantrāloka* 28.283cd, where worldly concepts are said to arise from it (*dhātudoṣāc ca saṃsārasaṃskārās te ...*), but it is also

the source of physical disorders (*dhātudoṣakṛtaṃ mūrccā* ĪPV on 2.15).

The name *ujjāyī* may be a Prakrit form from *uddhmāyī* from the verb *ud-dhmā*, “to blow out”. We thank Diwakar Acharya for this suggestion.

2.54

Translation: Now *sītkā*—

[The yogi] should continuously make *sīt* sound in the mouth and flare his nostrils. By practising in this way he becomes a second god of love.

Sources:

Cf. *Kaulajñānanirṇaya* 14.54

cittan dadyāt tu vaktreṇa nāse dadyād vijṛmbhikā[m] |
vācāsiddhir bhavaty eva kāmadevo 'paraḥ priyaḥ ||

Cf. *Jñānasāra* 2.13

hikkā dadyāt sadā vaktre prāyaś caiva vijṛmbhikām |
evam abhyasyamānas tu kāmadevo dvitīyakaḥ ||

Prāṇatoṣiṇī (part 6) p. 851 (citing the *Jñānasāra*)

hikkām dadyāt sadā vaktre ghrāṇaṇ caiva vijṛmbhate |
evam abhyāsayogena kāmadevo dvitīyakaḥ ||

Testimonia:

Haṭharatnāvalī 2.16

sītkām kuryāt tathā vaktre ghrāṇenaiva visarjayet |
evam abhyāsayogena kāmadevo dvitīyakaḥ || 2.16 ||

Yogalakṣaṇāvalī f. 32r (attrib. to the *Haṭhapradīpikā*)

sītkām dadyāt sadā vaktre ghrāṇe caiva vijṛmbhitām |
evam abhyasato na kṣuttrṭ cālasyaḍi jāyate ||

Yogacintāmaṇi f. 101v (attr. to the *Haṭhayoga*)

sītkām kuryāt tathā vaktre ghrāṇenaiva visarjayet |
evam abhyāsayogena kāmadevo dvitīyakaḥ ||

Yuktabhavadēva 7.104 (attr. to the *Haṭhapradīpikā*)

sītkām dadyāt sadā vaktre ghrāṇe caiva vijṛmbhikām |
evam abhyāsayogena kāmadevo dvitīyakaḥ ||

Commentary:

There is division between *sītkām* and *sītkām* in all the manuscript groups of the *Haṭhapradīpikā* (note that the likely reading in the source texts was *hikkām*). The

result of becoming a second god of love may be connected with the sound *sīt*, which is said to be made during sex in the *Kāmasūtra* (2.7.4–19).

This verse's source texts are from Kaula tantric milieus and this is reflected in the result of becoming one with the circle of yoginis described in the next verse.

2.55

Translation: He joins the circle of yoginis and brings about creation and destruction. Neither hunger nor thirst [nor] sleep nor indolence arise [for him].

Sources:

Cf. *Kaulajñānanirṇaya* 7.18ab

yoginīgaṇasāmānyā sṛṣṭisaṃhārakāraḥ |

Jñānasāra 2.13cd–14ab

yoginīgaṇasāmānyaḥ sṛṣṭisaṃhārakāraḥ ||
na kṣudhā na ca tṛṇnidrā naiva murchā prajāyate |

Testimonia:

Haṭharatnāvalī 2.17

yoginīcakrasaṃsevyāḥ sṛṣṭisaṃhārakāraḥ |
na kṣudhā na tṛṣṇā nidrā naivāśyaṃ prajāyate ||

Yogacintāmaṇi f. 101v (attr. to the *Haṭhayoga*)

yoginīcakrasaṃsevyāḥ sṛṣṭisaṃhārakāraḥ |
na kṣudhā na tṛṣṇā nidrā tandrāśyaṃ na jāyate ||

Yuktabhavadeva 7.105 (attr. to the *Haṭhapradīpikā*)

yoginīcakrasāmānyaḥ sṛṣṭisthityantakāraḥ |
na kṣudhā na tṛṣṇā nidrā nāśya ca prajāyate ||

2.56

Translation: His body is as he wishes, and he is free from all misfortune. By means of this technique, he truly becomes a lord of yogis in the world.

Sources:

Jñānasāra 2.14cd–15ab

bhavet svacchandadehas tu sarvopadravavarjitāḥ ||
anena vidhinā devī yogīndro bhūmimaṇḍale |

Śivasamhitā 3.94

anenaiva vidhānena yogīndro 'vanimaṇḍale |

bhavet svacchandacārī ca sarvāpatparivarjitaḥ ||

Testimonia:

Haṭharatnāvalī 2.18

bhavet svacchandadehas tu sarvopadravavarjitaḥ |
anena vidhinā satyaṃ yogīndro bhāti bhūtale ||
°dehas tu] °dehaḥ syāt P; °dehasyāt T,t1

Yogacintāmaṇi f. 101v (attr. to the *Haṭhayoga*)

bhavet svachandadehas tu sarvopadravavarjitaḥ |
anena vidhinā yas tu yogīndro bhūmimaṇḍale ||

Yuktabhavadēva 7.106 (attr. to the *Haṭhapradīpikā*)

bhavet svacchandadehaś ca sarvopadravavarjitaḥ |
anena vidhinā satyaṃ yogīndro bhuvimaṇḍale ||

Commentary: The aiśa compound *bhuvimaṇḍale*, which is attested at *Mañjuśrīmūlakalpa* 45.221, is likely the original reading here. The word *bhuvi* as the first member of a compound is attested elsewhere. The alternative *bhūmi*° is well-attested and so the change may have happened early in the transmission.

2.57

Translation: And the very same has been taught [as follows]:

He who continuously takes in the breath through the tongue and the root of the palate has all his diseases cured in half a year.

Sources:

Kauljñānanirṇaya 6.19

rasanātālumūle tu kṛtvā vāyuṃ pibec chanaiḥ |
ṣaṇmāsād abhyased devi mahārōgaiḥ pramucyate ||

Vivekamārtanḍa 120

rasanātālumūlena yaḥ prāṇam anilaṃ pibet |
abdārdhena bhavet tasya sarvarogaparikṣayaḥ ||

Śivasamhitā 3.80

rasanām tālumūle yaḥ sthāpayitvā vipaścitaḥ |
pibet prāṇanilaṃ tasya rogāṇām saṃkṣayo bhavet ||

Testimonia:

Yogacintāmaṇi f. 101v (attr. to the *Haṭhayoga*)

rasanātāluyogena yaḥ prāṇam satataṃ pibet |
abdārdhena bhavet tasya sarvarogaparikṣayaḥ ||

Yuktabhavadeva 7.107 (attr. to Gorakṣanātha)

etad evoktaṃ gorakṣanāthena-
 rasanātālumūlena yaḥ prāṇaṃ satataṃ pibete |
 abdārdhena bhavet tasya sarvarogaparikṣayaḥ ||

Cf. *Ānandakanda* 1.20.137

jihvayā tālumūlena prāṇaṃ yaḥ pibati priye |
 tasya ṣaṇmāsataḥ sarve rogā naśyanti yoginaḥ ||

Commentary: Verse 2.57 seems to be describing an alternative method of *sītka kumbhaka*. The introductory phrase *evam eva uktaṃ ca* suggests that the teaching in this verse is consistent with what preceded it. However, the first version of *sītka* appears to be done at the front of the mouth (*vaktra*), whereas the next version is done at the back of the mouth (see below).

The compound *rasanātālumūlena* is difficult to understand. In his *Haṭhasaṅketa-candrikā* (f. 79r–79v), Sundaradeva says that the external air strikes the root of the tongue and palate and the upper part of the uvula (*atra muhū (mūhū codex) rasanātālumūlāhataṃ ghaṇṭikordhvaḥāgāhataṃ bahiḥsthavāyuyam vidhāya pibed ity arthah*), which could make the sound *sīt*. More helpful are the remarks of the commentator of the *Yogataranṅinī* (2.39). He says that a hole or cavity (*vivara*) is made by the root of the palate with the help of the tongue. The yogi breathes through it (*evam rasanātālumūlena rasanā jihvā tatsahāyabhūtātālumūlena kṛtaṃ yad vivaraṃ, tena kṛtvā yaḥ yogī prāṇam anilaṃ prāṇavāyuyam pibet pūrayet, tasya yogino 'bdārdhena ṣaṇmāsena sarvarogāṇām nāśaḥ kṣayo bhavet*).

The idea of breathing through a hole between the root of the palate and tongue might have been intended by the parallel reading of the *Yogacintāmaṇi*: *rasanā-tālu-yogena* ('by joining the tongue and palate'). We have thus translated *rasanā-tālumūlena* as 'through the tongue and root of the palate'. It could also imply that the tongue is turned up and back to touch the root of the palate to make a hole that one breathes through (when the breath is taken in through the mouth). The *Kumbhakapaddhati* (137ab) states this more clearly:

[The yogi] turns the tongue upwards and takes in the breath while making a *sīt* sound.
 rasanām unmukhikṛtya sītkāraṃ kurvatā marut |

A similar practice is also described in *Śivasamhitā* 3.80:

When the wise [yogi] places the tongue at the root of the palate and takes in the Prāṇa breath, his diseases are cured.
 rasanām tālumūle yaḥ sthāpayitvā vipāścitaḥ |
 pibet prāṇanilaṃ tasya rogāṇām saṃkṣayo bhavet ||

2.58

Translation: Now śitalī:

The wise man should draw in air through the tongue and after retaining the breath as before gradually exhale through the nostrils .

Sources:

Gorakṣaśataka 39cd–40ab

jihvayā vāyum ākṛṣya pūrvavat kuṃbhakād anu |
śanais tu ghrāṇarandhrābhyāṃ recayed anilaṃ sudhīḥ ||

Cf. *Vivekamārtaṇḍa* 139

kākacañcuvad āsyena śitalaṃ salilaṃ pibet |
prāṇaṃ prāṇavidhānājño yogī bhavati nirjaraḥ ||

Testimonia:

Haṭharatnāvalī 2.19

jihvayā vāyum ākṛṣya pūrvavat kuṃbhakād anu |
śanair aśītiparyantaṃ recayed anilaṃ sudhīḥ ||

Yogacintāmaṇi f. 102v (attr. to the *Yogabīja*)

jihvayā vāyum ākṛṣya pūrvavat kuṃbhakād anu |
śanais tu ghrāṇarandhrābhyāṃ recayed anilaṃ suddhīḥ ||

Yuktabhavadēva 7.108 (attr. to Gorakṣanātha)

jihvayā vāyum ākṛṣya pūrvavat kuṃbhakād anu |
śanais tu ghrāṇarandhrābhyāṃ recayed anilaṃ sudhīḥ ||

Cf. *Ānandakanda* 1.20.135–136ab

kākacañcuvad āsyaṃ ca kṛtvā vāyum sasūtkṛtam |
ādāya nāsārandhreṇa punas taṃ śvasanaṃ tyajet ||
śitalīkaraṇākhyo 'yaṃ yogas tu jvarapittahṛt |

2.59

Translation: This retention called śitalī cures diseases such as swelling and enlargement of the spleen, fever, [excess] bile, hunger and thirst.

Sources:

Gorakṣaśataka 41

gulmaṇḍādikā doṣāḥ kṣayaṃ yānti pittaṃ jvaraṃ |
viṣāṇi śitalī nāma kuṃbhako 'yaṃ nihanti ca ||

Testimonia:

Haṭharatnāvalī 2.20

gulmaplihodaram doṣaṃ jvarapittakṣudhātṛṣāḥ |
 viṣāṇi śītalī nāma kumbhako 'yaṃ nihanti ca ||
 °ṛṣāḥ] °ṛṣā J,n1; °ṛṣāḥ T,t1

Yogacintāmaṇi ms. L, f. 70r

gulmaplihodaram cāpi vātapittam kṣudhām ṛṣām |
 viṣāṇi śītalī nāma kumbhako vinihanti ca ||

Yuktabhavadeva 7.109 (attr. to Gorakṣanātha)

gulmapliḥādikān doṣān jvaram pittaṃ kṣudhām ṛṣām |
 anyāṃś ca śītalī nāma kumbhako 'yaṃ nihanti hi ||

Commentary: An antecedent to a cooling practice involving the tongue can be found in the *Kaulajñānanirṇaya* (6.23–24), which mentions a point between the two front teeth that is cool to touch with the tongue:

There is a point located between the two ‘royal teeth’ (*rājadanta*). One should know this to be [the place of] nectar that destroys wrinkles and grey hair. Putting the tongue in the place cool to the touch, the wise man becomes free of wrinkles and grey hair and devoid of all diseases.
 dvaurājadantamadhyasthaṃ bindurūpaṃ vyavasthitam |
 amṛtaṃ taṃ vijānīyād valīpalitanāśanam ||
 śītalasparśasaṃsthāne rasanāṃ kṛtvā tu buddhimān |
 valīpalitanirmuktaḥ sarvavyādhivivarjitaḥ ||

We wish to thank Shaman Hatley for the reference and translation.

2.60

Translation: Now bhastrikā:

If [the yogi] places the soles of both feet on the thighs, the lotus pose, which destroys all bad deeds, duly arises.

Sources:

Gorakṣaśataka 14

ūrvor upari ced dhatte ubhe pādāle tathā |
 padmāsanam bhavet samyak sarvapāpaprāṇāśanam ||

Testimonia:

Yogacintāmaṇi f. 102r (attr. to the *Yogabīja*)

bhastrikā

ūrvor upari saṁsthāpya ubhe pādatale tathā |
padmāsanam bhavet samyak sarvapāpaprāṇāśanam ||

Yuktabhavadēva 7.110 (attr. to Gorakṣanātha)

atha bhastrikā
ūrvor upari cādhatte ubhe pādatale tathā |
padmāsanam bhavet samyak sarvapāpaprāṇāśanam ||

2.61

Translation: Having correctly adopted the lotus pose, with his neck and torso straight the wise man should close the mouth and forcefully exhale the breath through the nose

Sources:

Gorakṣaśataka 41cd–42ab

tataḥ padmāsanam baddhvā samagrīvodaraḥ sudhīḥ |
mukhaṁ saṁyamya yatnena prāṇam ghrāṇena recayet ||

Testimonia:

Yogacintāmaṇi f. 102r (attr. to the *Yogabīja*)

samyak padmāsanam badhvā samagrīvodaraḥ sudhīḥ |
mukhaṁ saṁyamya yatnena prāṇam ghrāṇena recayet ||

Yuktabhavadēva 7.111 (attr. to Gorakṣanātha)

samyak padmāsanam baddhvā samagrīvodaraḥ śanaiḥ |
mukhaṁ saṁyamya yatnena prāṇam ghrāṇena recayet ||

2.62

Translation: in such a way that it comes into contact with the chest, throat and skull, making a sound. He should then quickly inhale a small amount of breath as far as the heart lotus.

Sources:

Gorakṣaśataka 42cd–43ab

yathā lagati kaṇṭhāt tu kapāle sasvanam tataḥ |
vegena pūrayet kiṁ cit hr̥tpadmāvadhi mārutam ||

Testimonia:

Yogacintāmaṇi f. 102r (attr. to the *Yogabīja*)

yathā lagati hr̥tkaṇṭhe kapālāvadhi pūrayet |
vegena pūrayet samyag hr̥tpadmāvadhi mārutam ||

Yuktabhavadeva 7.112 (attr. to Gorakṣanātha)

yathā lagati hṛtkaṇṭhakapāleṣu ca sasvanam |
vegena pūrayet kiñ cit hṛtpadmāvadhi mārutam ||

Commentary:

Most witnesses have *hṛtkaṇṭhe*, which we have understand as a dual accusative. One would expect *kapāla* also to be in the accusative, but we have understood it as a locative sg. with *sasvanam*.

2.63

Translation: He should then exhale and inhale in that way over and over again. In the very same way as blacksmiths' bellows are operated forcefully, [...]

Sources:

Gorakṣaśataka 43cd–44ab

punar virecayet tadvat pūrayec ca punaḥ punaḥ |
yathaiva lohakārāṇāṃ bhastrā vegena cālyate ||

Testimonia:

Haṭharatnāvalī 2.22ab

yathaiva lohakārāṇāṃ bhastrī vegena cālyate |
bhastrī] bhastrā n4

Yogacintāmaṇi f. 102r (attr. to the *Yogabīja*)

punar virecayet tadvat pūrayitvā punaḥ punaḥ |
yathaiva lohakārāṇāṃ bhastrā vegena cālyate ||

Yuktabhavadeva 7.113 (attr. to Gorakṣanātha)

punar virecayet tadvat pūrayec ca punaḥ punaḥ |
yathaiva lohakārāṇāṃ bhastrā vegena cālyate || 113 ||

2.64

Translation: [...] the wise man should move the breath in his body. When fatigue arises in the body he should inhale through the sun [channel]

Sources:

Gorakṣaśataka 44cd–45ab

tathaiva svaśarīrasthaṃ cālayet pavanaṃ sudhiḥ |
yadā śramo bhaved dehe tadā sūryeṇa pūrayet |

Testimonia:*Haṭharatnāvalī* 2.22cd–23ab

tathaiva svaśarīrasthaṃ cālayet pavanam sudhīḥ ||
yathā śramo bhaved dehe tathā sūryeṇa pūrayet |

Yogacintāmaṇi f. 102r (attr. to the *Yogabīja*)

tathaiva svaśarīrasthaś cālyate pavano dhiyā |
yathā śramo bhaved dehe tathā vegena pūrayet ||

Yuktabhavadēva 7.114 (attr. to Gorakṣanātha)

tathaiva svaśarīrasthaṃ cālayet pavanam dhiyā |
yadā śramo bhaved dehe tadā sūryeṇa recayet ||

Commentary: Most of the witnesses (including α) have *dhiyā* at the end of the second verse quarter, but the manuscripts of the source text and the *Haṭharatnāvalī* have *sudhīḥ*. Since the subject of the simile is *bhastrā*, one would expect the subject of *cālayet*, which must be different, to be stated (as is the case with *sudhīḥ*).

2.65

Translation: in such a way that the abdomen is filled by the breath, and hold the nose quickly [and] firmly without using the middle and index fingers.

Sources:*Gorakṣasāṭaka* 45cd–46ab

yathodaram bhavet pūrṇam pavanena tathā laghu |
dhārayan nāsikā madhyātarjanībhyāṃ vinā dṛḍham |

Testimonia:*Haṭharatnāvalī* 2.23cd–24ab

yathodaram bhavet pūrṇam pavanena tathā laghu ||
dhārayen nāsikāṃ madhyātarjanībhyāṃ vinā dṛḍham |

23c madhyā] madhye N,n1,n3,n4,J,T,t1

Yogacintāmaṇi f. 102r (attr. to the *Yogabīja*)

yathodaram bhavet pūrṇam pavanena tathā laghu |
dhārayen nāsikāṃ madhyatarjanībhyāṃ vinā dṛḍham ||

Yuktabhavadēva 7.115 (attr. to Gorakṣanātha)

yathodaram bhavet pūrṇam pavanena tathā laghu |
dhārayen nāsikāmadhye tarjanībhyāṃ vinā dṛḍham ||

Commentary: Only two of the collated witnesses (J₇, V₁₅) have *madhyātarjanīb-*

hyām ('with the middle and index fingers') and this reading is not well attested by the manuscripts of the source text and testimonia. To hold the nose without the middle and index fingers is consistent with the way alternate nostril breathing is done in modern yoga (e.g., Iyengar 1991: 443–444). However, the reading of many manuscripts suggests that the nose was held by all the fingers of both hands, except the index fingers (*nāsikāmadhye tarjanībhyām vinā*), which seems highly impracticable, or that the nose was held by only the index fingers of both hands (*nāsikāmadhye tarjanībhyām tathā*). It is likely that scribes changed *madhyātarjanībhyām* to *madhye tarjanībhyām* or *madhyam tarjanībhyām* because of the *pāda* break.

2.66

Translation: [The yogi] should hold the breath as before then exhale through *Idā*. [Because] it removes [imbalances] in wind, bile and phlegm, increases the body's fire, [...]

Sources:

Gorakṣaśataka 46cd–47ab

kumbhakaṃ pūrvavat kṛtvā recayed iḍayānilam ||
kaṇṭhotthitānalaharam śarīrāgnivivardhanam |

Testimonia:

Haṭharatnāvalī 2.24cd–25ab

kumbhakaṃ pūrvavat kṛtvā recayed iḍayānilam ||
vātapittaśleṣmaharam śarīrāgnivivardhanam |

Yogacintāmaṇi f. 102r (attr. to the *Yogabīja*)

kumbhakaṃ pūrvavat kṛtvā recayed iḍayā tataḥ |
vātapittaśleṣmaharam śarīrāgnivivardhanam ||

Yuktabhavadēva 7.116 (attr. to Gorakṣanātha)

kumbhakaṃ pūrvavat kṛtvā recayed iḍayā śanaiḥ |
vātapittaśleṣmaharam śarīrāgnivivardhanam ||

Metre: Anuṣṭubh (c: bha-vipulā)

2.67

Translation: it is an auspicious thunderbolt that awakens Kuṇḍalinī, destroys bad deeds, bestows happiness, and destroys the blockage of phlegm, etc., situated at the mouth of the central channel, [...]

Sources:*Gorakṣaśataka* 47cd–48ab

kuṇḍalībodhakam vajraṃ pāpaghnam śubhadam sukham |
brahmanādīmukhāntaḥsthakaphādyargalanāśanam ||

Testimonia:*Haṭharatnāvalī* 2.25cd

brahmanādīmukhe saṁsthakaphādyargalanāśanam |

Yogacintāmaṇi f. 102r (attr. to the *Yogabīja*)

kuṇḍalībodhanam kuryāt pāpaghnam sukhadam śubham |
brahmanādīmukhe saṁstham kapāṭārgalanāśanam ||

Yuktabhavadēva 7.117 (attr. to Gorakṣanātha)

kuṇḍalībodhanam sarvadoṣagham sukhadam śubham |
brahmanādīmukhāntasthakaphādyargalanāśanam ||

Commentary: The reading *vajraṃ* in the first verse quarter is an emendation based on the manuscripts of the *Gorakṣaśataka*, the source text for this verse. Some manuscripts of the *Haṭhapradīpikā* have readings close to *vajraṃ*, such as *vipra* (V₁, P₁₅) and *vakra* (G11), which suggest that *vajraṃ* was changed at an early stage of the transmission. The α group have *cakraṃ*, which could be understood as a weapon (i.e., the discus often associated with Viṣṇu), but such a meaning would be rather unusual in yoga texts, where the term *cakra* is used so frequently in contexts of the yogic body.

2.68

Translation: [and] pierces the three knots that have arisen from the three *guṇas*, it is particularly important to perform this retention called ‘the bellows’.

Sources:*Gorakṣaśataka* 48cd–49ab

guṇatrayasamudbhūtagranthitrayavibhedakam |
viśeṣeṇaiva kartavyaṃ bhastrākhyam kumbhakam tv idam ||

Testimonia:*Haṭharatnāvalī* 2.25cd

viśeṣeṇaiva kartavyaṃ bhastrākhyam kumbhakam tv idam ||

Yogacintāmaṇi f. 102r–102v (attr. to the *Yogabīja*)

samyaggātrasamudbhūtagranthitrayavibhedanam |
viśeṣeṇaiva kartavyaṃ bhastrākhyam kumbhakam tv idam ||

Yuktabhavadeva 7.118 (attr. to Gorakṣanātha)

samyaggātrasamudbhūtagranthitrayavibhedanam |
viśeṣeṇaiva karttavyaṃ bhastrākhyam kumbhakaṃ tv idam ||

Haṭhasaṅketacandrikā f. 80v (attr. to Gorakṣanātha)

guṇatrayasamudbhūtagranthitrayavibhedakam |
viśeṣeṇaiva karttavyaṃ bhastrākhyam kumbhakaṃ svayam ||

Commentary: In the first verse quarter, nearly all of the manuscripts, including the α group, have °gātrasamudbhūta° (‘arisen in the limbs/body’), which is rather meaningless here since the three knots are in the central channel. It is probable that *samyaggātra*° is a corruption of *guṇatraya*°, which is attested by the manuscripts of the source text, the *Gorakṣaśataka*, two of the available manuscripts of the *Haṭhapradīpikā* (N₂₁, Bo1) and the *Haṭhasaṅketacandrikā*. In the *Gorakṣaśataka*, it is stated clearly that each of the knots arise from one of the three *guṇas*: *brahmagranthi* from *rajas* (78cd), *viṣṇugranthi* from *sattva* (79cd) and *rudragranthi* from *tamas* (80cd). When the verses on *bhastrā* were extracted from the *Gorakṣaśataka* without the context of the knots and *guṇas*, the meaning of *guṇatrayasamudbhūtagranthitraya*° (‘the three knots that have arisen from the three *guṇas*’) was lost early in the transmission of the *Haṭhapradīpikā*.

2.69

Translation: Now bhrāmarī:

Forcibly loud inhalation with the sound of a male bee; very slow exhalation with the sound of a female bee: as a result of practising thus, there arises in the minds of the best yogis a certain blissful stupefaction.

Testimonia:

Haṭharatnāvalī 2.26

atha bhrāmarī—
vegodghoṣaṃ pūrakaṃ bhr̥ṅganādaṃ
bhr̥ṅginādaṃ recakaṃ mandamandaṃ |
yogīndrāṇāṃ nityam abhyāsayogāc
citta jāta kā cid ānandalīlā ||
līlā]°mūrcchā N,n1,n2,n3,n4,J,T,t1

Yogacintāmaṇi f. 101v (attr. to the *Haṭhayoga*)

bhrāmarī—
vegodghoṣaṃ pūrakaṃ bhr̥ṅganādaṃ
bhr̥ṅginādaṃ recakaṃ mandamandaṃ |

yogīndrāṇām nityam abhyāsayogāc
cittē jātā kācid ānandalilā ||

Yuktabhavadēva 7.119 (attr. to Gorakṣanātha)

atha bhrāmarī—
vegodghoṣaṃ pūraḥ bhr̥ṅganādaṃ
recakaṃ mandamandaṃ |
yogīndrāṇāmevamabhyāsayogāc
cittē jātā kācid ānandalilā ||

Yogaprakāśikā 4.59 (ten-chapter *Haṭhapradīpikā*)

bhrāmarīkumbhakaṃ lakṣayaty atheti | vegena sañjāta udghoṣo yas-
min pūraḥ taṃ bhr̥ṅganādatulyaṃ bhr̥ṅginādatulyaṃ recakaṃ kuryād
ānandalileti |

Haṭhasaṅketacandrikā f. 80v

vegākṛṣṭiṃ pūraḥ bhr̥ṅganādaṃ
bhaṅginādaṃ recakaṃ mandaṃ mandaṃ |
yogīndrāṇām evam abhyāsayogac
cittē jātā kācid ānandamūrchā ||
vegodghoṣaṃ iti vā pāṭhaḥ |

Cf. *Kumbhakaṇṭha* 169

alīśabdāyutaṃ vegāt pūrayet kumbhāyeta tataḥ |
sālīśabdāc chanai rekāt bhrāmarīkumbhako muneḥ ||
ānandalilāṃ kurute bhrāmarīkumbhako muneḥ || 169 ||

Cf. *Gheraṇḍasāhitā* 7.10–11

anilaṃ mandavegena bhrāmarīkumbhakaṃ caret |
mandaṃ mandaṃ recayed vāyūṃ bhr̥ṅganādaṃ tato bhavet || 7.10 ||
antaḥsthaṃ bhrāmarīnādaṃ śrutvā tatra mano nayet |
samādhir jāyate tatra ānandaḥ so 'ham ity ataḥ || 7.11 ||

Commentary: In the first two *pādas* we are understanding the usually masculine *pūraḥ* and *recaka* to be neuter nominatives. When explaining this verse, Brahmananda (*Jyotsnā* 2.68) supplies the gerund *kṛtvā* with *pūraḥ* and *kuryāt* with *recakaṃ*, but it is unlikely that the author intended this.

The compound *vegodghoṣaṃ* (close to *vegoghoṣaṃ* in α_1) is rather unusual. We have understood it according to the commentator Bālakṛṣṇa's gloss: 'an inhalation in which sound is produced by force' (*vegena sañjāta udghoṣo yasmin pūraḥ*).

Witnesses of the γ and δ branches of the stemma, and Brahmananda, have *ānandalilā* instead of *ānandamūrchā*, perhaps in order to avoid the repetition of *mūrchā*,

which is also found in the following verse.

Metre: Śālinī

2.70

Translation: Now mūrchā:

At the end of inhalation [the yogi] should tightly apply the Jālandhara [lock] and exhale slowly. This fainting of the mind, which is called *mūrchanā*, gives pleasure.

Sources:

Haṭharatnāvalī 2.27

atha mūrccā—
pūrakānte gāḍhataram baddhva jālandharam śanaiḥ |
recayen mūrccanākhyo 'yaṃ manomūrccāsukhapradā ||

Yogacintāmaṇi f. 101v (attr. to the *Haṭhayoga*)

mūrccā—
pūrakānte gāḍhataram bandho jālandharaḥ śanaiḥ |
recayen mūrchanākhyo 'yaṃ manomūrccāsukhapradā ||

Yuktabhavadēva 7.120 (attr. to Gorakṣanātha)

atha mūrccā—
pūrakānte gāḍhataram baddhvā jālandharam śanaiḥ ||
recayen mūrccanākhyeyaṃ manomūrccāsukhapradā || 120 ||

Kumbhakaṇṭhādhātī 170

āpūrya kumbhitam prāṇam baddhvā jālandharam śanaiḥ |
recayen mūrccanākumbho manomūrccāsukhapradā ||

Commentary: The Jālandhara lock is explained at 3.67–70.

Metre: Anuṣṭubh (a: bha-vipulā)

2.71

Translation: Now plāvanī:

With his abdomen completely filled with the wind of eructation, which has been turned inwards, [the yogi] floats easily even in deep water, like a lotus leaf.

Testimonia:

Yuktabhavadēva 7.121 (attr. to Gorakṣanātha)

antaḥpravarttitādhāramārutāpūritodaraḥ |

payasy agādhe 'pi sukhāt plavate padmapatravat ||
 ayam eva plāvinī kumbhako'pi |

Cf. *Kumbhakapaddhati* 171

yatheṣṭaṃ pūrayed vāyuṃ baddhe jālandhare dṛdhe |
 hṛdi dhṛtvā jale suptvā plāvinīkumbhako bhavet || 171 ||

Yogaprakāśikā 4.61 (Ten-chapter *Haṭhapradīpikā*)

plāvanīkumbhakaṃ lakṣayati antar iti |
 antaḥsañcāritenāpānavāyunā pūritam udaraṃ yasyeti vighrahaḥ |

Commentary: The heading *atha plāvanī* is not found in α_1 (which follows the description with *plāvanīkumbhakaṃ*), but we have adopted it to be consistent with the other *kumbhaka* descriptions.

We have understood *udgāramāruta* to refer to the breath of eructation, i.e. the nāga breath as described in e.g. *Vivekamārtanḍa* 36.

V₁₉, P₂₈, the *Yogacintāmaṇi* and the *Haṭharatnāvalī* omit this verse and accordingly do not mention *plāvinī* in verse 2.44, substituting it with *kevala*.

Metre: Anuṣṭubh (c: bha-vipulā)

2.72

Translation: Now *kevalakumbhaka*:

Breath control is said to be threefold, with exhalation, inhalation, and retention. Retention is considered to be twofold: *sahita* and *kevala*.

Sources:

Gorakṣasāta 29

prāṇas ca dehaḥ vāyur āyāmaḥ kumbhakaḥ smṛtaḥ |
 sa eva dvididhaḥ proktaḥ sahitaḥ kevalas tathā ||

Vasiṣṭhasaṃhitā 3.2cd

prāṇāyāmas tribhiḥ prokto recapūrakakumbhakaiḥ || 2 ||

Testimonia:

Yogalakṣaṇāvalī f. 32r (attrib. to the *Haṭhapradīpikā*)

prāṇāyāmas tridhā prokto recapūrakakumbhakaiḥ |
 bahir virocanaṃ vāyor udarād recakaḥ smṛtaḥ ||
 bāhyād āpūraṇaṃ vāyor udare pūrakāḥ smṛtaḥ |
 saṃpūrṇakumbhavād vāyor dhāraṇaṃ kumbhako bhavet |
 sahitaḥ kevalas ceti kumbhako dvididho mataḥ ||

Yuktabhavadēva 7.122 (attr. to Gorakṣanātha)

atha kevalaḥ
 prāṇāyāmas tridhā prokto recapūrakakumbhakaiḥ |
 sahitaḥ kevalaś ceti kumbhako dvidvidho mataḥ ||

Commentary: The import of the name *sahita*, “accompanied”, is that *kumbhaka* is accompanied by inhalation and exhalation, and of *kevala*, “isolated”, that it is not.

2.73

Translation: The [breath retention] that [the yogi] performs with exhalation and inhalation is *sahita*. He should practice *sahita* until *kevala* is perfected.

Sources:

Vasiṣṭhasaṃhitā 3.28

virecyāpūrya yaṃ kuryāt sa vai sahitakumbhakaḥ
 sahitaṃ kevalaṃ cātha kumbhakaṃ nityam abhyaset ||
 yāvat kevalasiddhiḥ syāt tāvat sahitam abhyaset |
 28a virecyāpūrya] recyavāpūrya yat la, ārecyāpūrya yaḥ śa

Yogayājñavalkya 6.31cd–32

recya cāpūrya yaḥ kuryāt sa vai sahitakumbhakaḥ ||
 sahitaṃ kevalaṃ cātha kumbhakaṃ nityam abhyaset |
 yāvat kevalasiddhiḥ syāt tāvat sahitam abhyaset ||

Cf. *Dattātreyayogaśāstra* 66ab

sahito recapūrābhyāṃ tasmāt sahitakumbhakaḥ |

Cf. *Goraḥśasataka* 30ab

yāvat kevalasiddhiḥ syāt tāvat sahitam abhyaset |

Testimonia:

Yogacintāmaṇi f. 96v (attr. to Yājñavalkya)

sahitaṃ kevalaṃ vātha kumbhakaṃ nityam abhyaset |
 yāvat kevalasiddhis syāt tāvat sahitam abhyaset ||

Yuktabhavadeva 7.123 (attr. to Gorakṣanātha)

recya vā pūrakāḥ kāryaḥ śanaiḥ sahitakumbhakaḥ |
 yāvat kevalasiddhiḥ syāt sahitam tāvad abhyaset ||

Commentary: We have adopted the *Vasiṣṭhasaṃhitā*’s reading, which is very close to that of δ_1 (*ārecyāpūrya yat kuryāt*) and δ_3 (*ārecyāpūrya yaḥ kuryāt*) and similar to α_2 (*recapūrya y[a]t kāryaḥ*). It is the only one that makes sense of 2.73ab. It appears that the relative pronoun dropped out of the first verse quarter

early in the transmission of the *Haṭhapradīpikā* and scribes have tried in various unsuccessful ways to restore some sense.

Cf. Marcinowska-Rosól & Sellmer 2021, p. 102f.

2.74

Translation: Holding the breath comfortably without exhalation and inhalation is *kevalakumbhaka*. This is said to be [the true] breath control.

Sources:

Vasiṣṭhasaṃhitā 3.27

recanaṃ pūraṇaṃ muktvā sukhaṃ yad vāyudhāraṇaṃ |
prāṇāyāmo 'yam ity uktaḥ sa vai kevalakumbhakaḥ ||

Yogayājñavalkya 6.30cd–6.31ab

recakaṃ pūraṇaṃ muktvā sukhaṃ yad vāyudhāraṇaṃ |
prāṇāyāmo 'yam ity uktaḥ sa vai kevalakumbhakaḥ ||

Testimonia:

Haṭharatnāvalī 2.28

atha kevalaḥ—
recakaṃ pūraṇaṃ muktvā sukhaṃ yad vāyudhāraṇaṃ |
prāṇāyāmo 'yam ity uktaḥ sa vai kevalakumbhakaḥ ||

Yogacintāmaṇi f. 94v (attr. to 'tājñāḥ')

recakaṃ pūraṇaṃ muktvā yat sukhaṃ vāyudhāraṇaṃ |
prāṇāyāmo 'yam ity uktaḥ sa vai kevalakumbhakaḥ ||

Yuktabhavadēva 7.124 (attr. to Gorakṣanātha)

recakaṃ pūraṇaṃ muktvā yad vāyudhāraṇaṃ |
prāṇāyāmo 'yam ity uktaḥ sa vai kevalakumbhakaḥ ||

Commentary: On this verse, see Marcinkowska-Rosól and Sellmer 2020: 102–105.

2.75

Translation: When breath retention is mastered on its own, without exhalation and inhalation, nothing in the three worlds is impossible for [the yogi].

Sources:

Dattātreyayogaśāstra 74

kevale kumbhake siddhe recapūrakavarjite |

na tasya durlabhaṃ kiṃ cit triṣu lokeṣu vidyate ||

Vasiṣṭhasaṃhitā 3.30

kevale kumbhake siddhe recapūraṇavarjite |
na tasya durlabhaṃ kiṃ cit triṣu lokeṣu vidyate ||

Testimonia:

Haṭharatnāvalī 2.29

kevale kumbhake siddhe recapūrakavarjite |
na tasya durlabhaṃ kiṃ cit triṣu lokeṣu vidyate ||

Yogacintāmaṇi f. 97r (attr. to Yājñavalkya)

kevale kumbhake siddhe recapūraṇavarjite |
na tasya durlabhaṃ kiṃ cit triṣu lokeṣu vidyate ||

Yuktabhavadēva 7.125 (attr. to Gorakṣanātha)

kevale kumbhake siddhe recapūrakavarjite |
na tasya durlabhaṃ kiṃcit triṣu lokeṣu vidyate ||

2.76

Translation: He who is capable of *kevalakumbhaka* undoubtedly attains [the ability to] hold the breath as long as he wants and the state of Rājayoga.

Testimonia:

Haṭharatnāvalī 2.30

śaktaḥ kevalakumbhena yatheṣṭaṃ vāyudhāraṇam |
etādṛśo rājayogo kathito nātra saṃśayaḥ ||

Yuktabhavadēva 7.126 (attr. to Gorakṣanātha)

śaktaḥ kevalakumbhena yatheṣṭaṃ vāyudhāraṇam |
rājayogapadaṃ samyak labhate nātra saṃśayaḥ ||

Haṭhatattvakaumudī 44.59

haṭhapradīpikāyām—
śaktaḥ kevalakumbhena yatheṣṭaṃ vāyudhāraṇe |
rājayogapadaṃ caiva labhate nātra saṃśayaḥ || 59 ||

2.77

Translation: Rājayoga does not succeed without Haṭha nor Haṭha without Rājayoga so one should practise them both together until [the] niṣpatti [stage].

Sources:*Śivasamhitā* 5.222

haṭhaṃ vinā rājayogo rājayogaṃ vinā haṭhaḥ |
na sidhyati tato yugmaṃ āniṣpatteḥ samabhyaset
[middle hemistich not in mss. I, III, IV, VII, IX, X, XII, XIV–XVI]
tasmāt pravartate yogī haṭhe sadgurumārgataḥ ||

Testimonia:*Haṭharatnāvalī* 1.19

haṭhaṃ vinā rājayogo rājayogaṃ vinā haṭhaḥ |
vyāptiḥ syād avinābhūtā śrīrājahaṭhayogayoḥ ||

Yogacintāmaṇi f. 21r (attr. to the *Haṭhapradīpikā*)

haṭhapradīpikāyām
haṭhaṃ vinā rājayogo rājayogaṃ vinā haṭhaḥ |
na sidhyati tato yugmaṃ manīṣy etau samabhyaset |
haṭhaṃ vinā rājayogaṃ rājayogaṃ vinā haṭhaṃ |
ye vai caranti tām manye prayāsaphalavarjitān iti ||

Yuktabhavadēva 7.127 (attr. to Gorakṣanātha)

haṭhaṃ vinā rājayogo rājayogaṃ vinā haṭhaḥ |
na sidhyati tato yugmaṃ āniṣpatteḥ samācāret ||

Commentary: On the niṣpatti stage see 4.23–25.**Metre:** Anuṣṭubh (a: ra-vipulā)**2.78****Translation:** At the end of exhaling the retained breath, [the yogi] should make the mind supportless. By practising in this way he reaches the state of Rājayoga.**Testimonia:***Yuktabhavadēva* 7.128 (attr. to Gorakṣanātha)

kumbhitaḥ prāṇarecānte kuryyāc cittam nirāmayam ||
evamabhyāsayogena rājayogapadam vrajet || 128 ||

Haṭhatattvakaumudī 44.60 (attr. to the *Haṭhapradīpikā*)

kumbhitaḥ prāṇarecānte kuryyāc cittam nirāśrayam |
evamabhyāsayogena rājayogaṃ labhet punaḥ || 60 ||
nirāśrayaṃ saṃkalparahitam ||

Yogaprakāśikā 4.67 (Ten-chapter *Haṭhapradīpikā*)

tad eva visadayati kumbhakam iti || kevalakumbhakābhyāsenā cittam

dagdhaparnavat nirvāsanam bhavātītyarthaḥ || anyad vyākhyātam ||
67 ||

Commentary: The reading *kumbhitaḥ*, which is attested by α_1 and the testimonia, does not make sense here because the subject must be the yogi (*prāṇaḥ* would be unmetrical). In other texts, the word *kumbhita* is used to qualify the breath and means ‘retained’ (e.g., *Yogabīja* 94, *Kumbhakapaddhati* 127, *Yuktabhavadēva* 8.32, etc.).

2.79

Translation: As a result of retaining the breath, Kuṇḍalinī awakens; as a result of the awakening of Kuṇḍalinī, Suṣumṇā becomes free of blockages and success in Haṭha arises.

Testimonia:

Yogacintāmaṇi f. 97a (attr. to the *Haṭhayoga*)

kumbhakāt kuṇḍalibodhaḥ kuṇḍalibodhato bhavet |
anargalaḥ suṣumṇānto haṭhasiddhiś ca jāyate ||
anargalaḥ] L, antargataḥ N

Yuktabhavadēva 7.129 (attr. to Gorakṣanātha)

kumbhakāt kuṇḍalibodhaḥ kuṇḍalibodhato bhavet |
anargalā suṣumṇā ca haṭhasiddhiś ca jāyate ||

Haṭhatattvakaumudī 44.61

kumbhakāt kuṇḍalibodhaḥ kuṇḍalibodhato bhavet |
anargalā suṣumṇā ca haṭhasiddhiḥ prajāyate || iti ||
kumbhakaprāṇāyāmāt bodho jāgaraṇam | suṣumṇā anargalā bādhakarāhitā
bhavati | tato yogasiddhir bhavati iti ||

2.80

Translation: Thinness of the body, clear complexion, clarity of the inner sound, bright eyes, freedom from disease, mastery of semen, stimulation of the [body’s] fire and purification of the channels are the signs of success in Haṭha.

Testimonia:

Haṭharatnāvalī 1.59

vapuḥkṛśatvaṃ vadane prasannatā
nādaspuṭatvaṃ nayane ca nirmale |
arogatā bindujayo ’gnidīpanam
nāḍīṣu śuddhir haṭhasiddhilakṣaṇam ||

Yogacintāmaṇi f. 111v (attr. to the *Haṭhapradīpikā*)

vapuḥkṛśatvaṃ vadane prasannatā
 nādasphuṭatvaṃ nayane sunirmale |
 arogitā bindujayo 'gnidīpanaṃ
 nāḍivīsuddhir haṭhasiddhilakṣaṇaṃ ||

Yuktabhavadēva 7.129 (attr. to Gorakṣanātha)

vapuḥkṛśatvaṃ vadane prasannatā
 nādasphuṭatvaṃ nayane ca nirmale |
 arogaṭā bindujayo 'gnidīpanaṃ
 nāḍivīsuddhir haṭhasiddhilakṣaṇaṃ ||

Metre: Vaṃśamālā