

*Prāṇāyāma* (II)—three-fold: its utility; a mode of penance.<sup>1</sup> one of the constituents of Maheśvara yoga; *ety.*, the control of *Prāṇa* or wind; three ways are distinguished; *mandha*, *madhya* and *uttama*; the *Pramāṇa* of *Prāṇāyāma* is 12 *mātras*; *manda* is of 12 *mātras* as also *udghātā*; *madhyama* is twice *udghātā* or 24 *mātras*; *uttama* is three *udghātās* or 36 *mātras*; *uttama* produces *sveda*, *kampa* and *viṣāda*; *Prāṇa* is like the cruel wild animal which if tamed becomes soft; if approached direct by yoga, *prāṇa* becomes disciplined in course of time; having controlled the *vāyu* one can live as he pleases; there is no sin in his body; *Prāṇāyāma* is equal to all penances and fruits of *yajña*; all doṣas become burnt as it were by this practice.<sup>2</sup> fruits of; *śānti*, *praśānti*, *dīpti*, and *Prasāda*,<sup>3</sup> practice of:—draw in *aum*, pray to sun and moon, and sit in *svastika* or *padma* posture; half-shut eyes; look at the tip of the nose a little raising the head, neck and the body; hence *tamas* and *rajas* look on *satva*; attaining this yoga, *pratyāhāra* to be begun, *mātra*—*nimiṣonmeṣa*—12 *mātras*.<sup>4</sup>

<sup>1</sup> Bhā. IV. 8. 44; 23. 8; Br. III. 22. 74; M. 227. 37. <sup>2</sup> Vā. 10. 78-92. <sup>3</sup> Ib. 11. 4; 18. 17-19. <sup>4</sup> Ib. 11. 12-29; 22. 19; 110. 13.

*Prāṇinas*—the Saptāṅgas of kings; wife, purohita, senāni, charioteer, minister, horse and elephant.

Br. II. 29. 76; Vā. 57. 70.

*Prāta* (I)—a son of Puṣpārṇa and Prabhā.

Bhā. IV. 13. 13.

*Prāta* (II)—morning; born of Dhātri and Rākā.

Bhā. VI. 18. 3.

*Prātā* (III)—a Rākṣasa with the sun in *Āvaṇi* and *Purattaṣi* (Sep.-Oct.).

Vā. 52. 10.