

Introduction to Hatha Pradipika/ Hatha Yoga Pradipika

Author - **Yogi Svatmaram**

Written Around - 14/15th century A.D.

No. of Limbs - **4**

No. of Chapters - 4 (mostly)

1	Asana	15
2	Kumbhaka (Pranayama) Shat Kriya	8 Kumbhaka + Nadi Shodhan + Keval Kumbhaka 6 + 1
3	Mudra	10
4	Nadanusandhan	

What is Hatha Yoga?

“Hatha Yoga is a flexible combination of specific techniques that help develop every aspect of the individual: physical, emotional, intellectual and spiritual. It is a scientific system that integrates the various branches of yoga and brings about a harmonious development of the individual. Regular practice of yoga helps achieve a body of optimum health and strength, senses under control, a mind well disciplined, clear and calm, an intellect as sharp as razor, a strong will, a heart full of unconditional love and compassion, an ego as pure as a crystal, and a life filled with supreme peace and joy.” - Swami Satchidananda

‘Ha’ represents “sun energy” and ‘Tha’ represents “moon energy”. Hatha Yoga is the balancing of these two energy system in the human being.

Ha	Sun	Pingala	Right	Yamuna	Male	Hot	Pranic
Tha	Moon	Ida	Left	Ganga	Female	Cold	Manasik

Lineage of Hatha Yoga:

ADINATH → MATSYENDRANATH → GORAKSHANATH →→ SVATMARAM

First few Shlokas (verses) of Hatha Yoga Pradipika:

श्रीआदिनाथाय^१ नमोऽस्तु तस्मै येनोपदिष्टा हठयोगविद्या ।
विभ्राजते^२ प्रोन्नतराजयोगमारोढुमिच्छोरधिरोहिणीव ॥१॥

Meaning- I bow to the Almighty who taught the lore of Hatha Yoga, which is held in high esteem as if it were a flight of steps for him (the aspirant) who looks forward to climbing the highest peak of Rajayoga (i.e. Samadhi).

भ्रान्त्या^५ बहुमतध्वान्ते^{५-१} राजयोगमजानताम्^{५-२} ।
हठप्रदीपिकां धत्ते स्वात्मारामः कृपाकरः^६ ॥३॥

Meaning- Bewildered by the darkness of multiple views & therefore, not finding the right path and for those not acquainted with rajayoga, hathapradipika which throws light upon Hathayoga, is being presented by the benevolent svatmaram (for the sake of attainment of Rajayoga)

अशेषतापतप्तानां^{१७} समाश्रयमठो हठः ।
अशेषयोगयुक्तानामाधारकमठो^{१८} हठः ॥१०॥

Meaning- Hathayoga is sheltering monastery for those who are afflicted by endless suffering (and also) this hathayoga is a sheltering object like a tortoise for those who are engaged in practicing numerous types of yoga.

Sadhak & Badhak Tattva

Sadhak Tattva

(facilatory factors)

1. Utshah (Enthusiasm)
2. Sahas (Courage)
3. Dhairya (Patience)
4. Tattvajnana (Right knowledge)
5. Nischaya (Determination)
6. Janasangh Parityag
(Abandoning too much public contact)

Badhak Tattva

(obstructing factors)

1. Atyahaar (Over eating)
2. Prayasa (Exertion)
3. Prajalpa (Too much talking)
4. Niyamagraha (Too much adherence to rule)
5. Jansangha (Too much socializing)
6. Laulya (Fickleness of mind)

उत्साहात् साहसाद्धैर्यात्तत्त्वज्ञानाच्च^{२८-१} निश्चयात्^{२८-२} ।
जनसंगपरित्यागात्^{२८-३} षड्भिर्योगः^{२९} प्रसिद्ध्यति ॥१६॥*
अत्याहारः^{२७} प्रयासश्च प्रजल्पोनियमाग्रहः^{२८} ।
जनसंगश्च लौल्यं च षड्भिर्योगो विनश्यति ॥१५॥

ASANA

हठस्य प्रथमाङ्गत्वादासनं पूर्वमुच्यते ।
कुर्यात्तदासनं^{२९-१} स्थैर्यमारोग्यं चाङ्गलाघवम्^{२९-२} ॥१७॥

Meaning- By virtue of being very first limb of Hathayoga, asana is being described first of all. Practice of asana bestows ‘**Sthairyam**’ (stability) , ‘**Arogyam**’ (good health) and ‘**Angalaghavam**’ (lightness of the body)

15 Asanas described by Svatmaram

1. Svastikasana
2. Gomukhasana
3. Virasana
4. Kurmasana
5. Kukkutasana
6. Uttankurmasana
7. Dhanurasana
8. Matsyendrasana
9. Paschimottanasana
10. Mayurasana
11. Savasana

12. Siddhasana

13. Padmasana

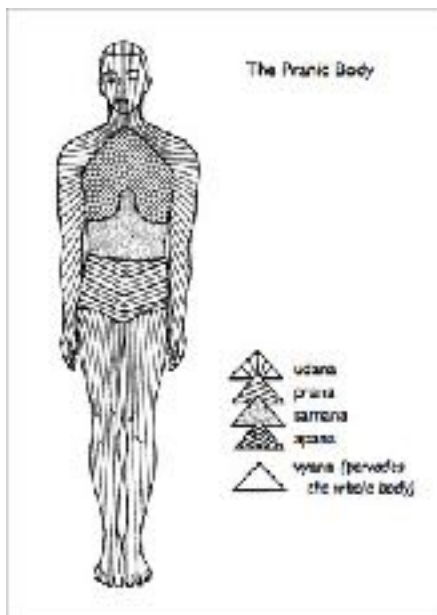
14. Simhasana

15. Bhadrasana

KUMBHAKA (Pranayama)

Prana- Life force / Vital energy

Ayama- Expansion/ Extension



Panch Prana

1. Prana
2. Apana
3. Samana
4. Udana
5. Vyana

3 most important Nadis (Energy channels) out of 72,000 are:

1. Ida (Left Nostril)
2. Pingala (Right Nostril)
3. Sushumna (Central Nadi)

अथासने दृढे^१ योगी वशी हितमिताशनः ।

गुरुपदिष्टमार्गेण^२ प्राणायामान् समभ्यसेत्^३ ॥१॥

Meaning- After getting stablished in Asana the Yogi, with (his senses under) control and eating moderate agreeable food, should properly practice Pranayama as advised by the guru.

चले वाते चलं चित्तं निश्चले निश्चलं भवेत्^४ ।

योगी स्थाणुत्वमाप्नोति ततो वायुं निरोधयेत्^५ ॥२॥

Meaning- If respiration is operative; the mind is also unstable, (so also) if respiration is stabilized, mind also becomes stable. The Yogi attains motionlessness of the mind. Therefore, the respiration should be restrained.

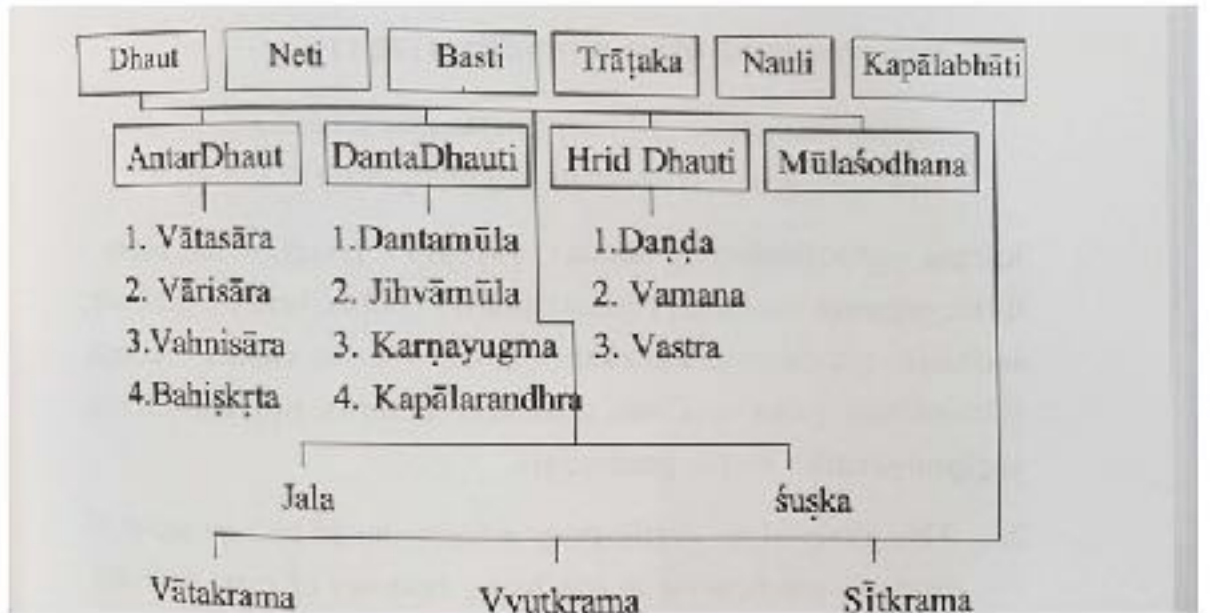
Preparation of Kumbhaka practice

Impurities from the Nadis (Energy channels should be removed). This can be done by Nadi shodhan pranayama practice.

Those who have excess of fat & Phlegm should undergo the practice of six cleansing processes before taking up the practice of nadi shodhan. Others are not required to practice these purificatory processes because of tri doshas being in equilibrium.

Shat Karma/ Shat Kriya

1. Dhauti 2. Basti 3. Neti 4. Trataka 5. Nauli 6. Kapalabhati



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प्राणायामेन^{३६} युक्तेन सर्वरोगक्षयो^{३७} भवेत् ।

अयुक्ताभ्यासयोगेन सर्वरोगसमुद्भवः^{३८} ॥३६॥

Meaning- By proper practice of Pranayama all diseases are annihilated. Improper practice of Pranayama (on the other hand) gives rise to all sorts of diseases.

Ashta Kumbhaka

1. Surya bhedan
2. Ujjayi
3. Sheetkari
4. Sheetali
5. Bhastrika
6. Bhramari
7. Murcha
8. Plavani

Keval Kumbhaka

Is the Kumbhaka which can be performed by an adept yogi at will and for any duration of time without there being any emphasis on inhalation or exhalation prior to the Kumbhaka.

MUDRA

“Mudam anandam dadati iti mudra” that which provides delight or joy is mudra.

10 mudras are described in Hatha Pradipika. These are destroyer of old-age & death. They bestow extra ordinary eight supernatural powers.

1. Mahamudra
2. Mahabandha
3. Mahavedha
4. **Khechari**
5. Uddiyana
6. Mulabandha
7. Jaladharbandha
8. Viparitakarani
9. Vajroli
10. Shaktichalan

Kundalini awakening

NADANUSANDHANA

Nada - sound

Types: Ahat & Anahat

Kundalini awakening → Higher Perception

1. Arambha awastha
2. Ghata awastha
3. Parichay awastha
4. Nishpati awastha

Gross sound (like thunder) → Soft sound (Like Veena)

Raja Yoga = Samadhi = Unmani = Manonmani