

prathamah samādhipādaḥ .

atha yogānuśāsanamḥ .. 1..

yogaścittavṛttinirodhaḥ .. 2..

tadā draṣṭuḥ svarūpe'vasthānamḥ .. 3..

vṛttisārūpyamḥ itaratra .. 4..

vṛttayaḥ pañcatayyaḥ kliṣṭā akliṣṭāḥ .. 5..

pramāṇaviparyayavikalpanidrāsmṛtayaḥ .. 6..

pratyakśānumānāgamāḥ pramāṇāni .. 7..

viparyayo mithyājñānamḥ atadrūpapraṭiṣṭhamḥ .. 8..

śabdajñānānupātī vastuśūnyo vikalpaḥ .. 9..

abhāvapratyayālabhanā vṛttirnidrā .. 10..

anubhūta viśayaśampramoṣaḥ smṛtiḥ .. 11..

abhyāsavairāgyābhyāṃ tannirodhaḥ .. 12..

tatra sthītau yatno'bhyāsaḥ .. 13..

sa tu dīrghakālanairantaryasatkārāsevito dṛḍhabhūmiḥ .. 14..

dṛṣṭānuśravikaviśayavitrṣṇasya vaśīkārasamjñā vairāgyamḥ .. 15..

tatparam puruṣakhyāterguṇavaitrṣṇyamḥ .. 16..

vitarkavicārānandāsmitārūpānugamāḥ samprajñātaḥ .. 17..

virāmapratyayābhyāsapūrvah saṃskāraśeṣo'nyah .. 18..

bhavapratyayo videhaprakṛtilayānāmḥ .. 19..

śraddhāvīryasmṛtisamādhiprajñāpūrvaka itareṣāmḥ .. 20..

tīvrasaṃvegānāmḥ āsannaḥ .. 21..

mṛdumadhyādhimātratvāḥ tato'pi viśeṣah .. 22..

īśvarapraṇidhānādḥ vā .. 23..

kleśakarmavipākāśayairaparāmṛṣṭah puruṣaviśeṣa īśvarah .. 24..

tatra niratiśayaṃ sarvajñtvabījamḥ .. 25..

sa pūrveṣāmḥ api guruḥ kālenānavacchedāḥ .. 26..

tasya vācakah praṇavaḥ .. 27..

tajjapastadarthabhāvanamḥ .. 28..

tataḥ pratyakcetanādhighamo'pyantarāyābhāvaśca .. 29..

vyādhistyānasamśayapramādālasyāvīratibhrāntidarśanālabdhabhūmikatv  
ānavasthitatvāni cittavikṣepāste'ntarāyāḥ .. 30..

duḥkhadaurmanasyāṅgamejayatvaśvāsaprasvāsā vikṣepasahabhuvah ..  
31..

tatpratiśedhārthamḥ ekatattvābhyāsaḥ .. 32..

maitrīkaruṇāmuditopekśaṇām sukhaduḥkhaḥapūṇyāpūṇyaviṣayāṇām

bhāvanātaścittaprasādanamḥ .. 33..

pracchardanavidhāraṇābhyāṃ vā prāṇasya .. 34..

viṣayavatī vā pravṛttirutpannā manasaḥ sthitinibandhinī .. 35..

viśokā vā jyotiṣmatī .. 36..

vītarāgaviṣayaṃ vā cittamaḥ .. 37..

svapnanidrājñānāmbanāṃ vā .. 38..

yathābhimatadhyānādḥ vā .. 39..

paramāṇu paramamahattvānto'sya vaśīkāraḥ .. 40..

kṣīṇavṛtterabhijātasyeva maṇergrahīṭṛgrahaṇagrāhyeṣu  
tatsthatadañjanatāsamāpattiḥ .. 41..

tatra śabdārthajñānavikalpaiḥ saṃkīrṇā savitarkā samāpattiḥ .. 42..

smṛtipariśuddhau svarūpaśūnyevārthamātranirbhāsā nirvitarkā .. 43..

etayaiva savicārā nirvicārā ca sūksmaviṣayā vyākhyātā .. 44..

sūksmaviṣayatvaṃ cālīṅgaparyavasānamḥ .. 45..

tā eva sabījaḥ samādhiḥ .. 46..

nirvicāravaiśāradye'dhyātmaprasādaḥ .. 47..

rtambharā tatra prajñā .. 48..

śrutānumānaprajñābhyāṃ anyaviṣayā viśeṣārthatvāḥ .. 49..

tajjah saṃskāro nyasaṃskārapratibandhī .. 50..

tasyāpi nirodhe sarvanirodhānḥ nirbījah samādhiḥ .. 51..

iti patañjaliviracite yogasūtre prathamah samādhipādaḥ .

### **dvitīyah sādhanapādaḥ .**

tapahsvādhyāyeśvarapraṇidhānāni kriyāyogaḥ .. 1..

samādhibhāvanārthaḥ kleśatanūkaraṇārthaśca .. 2..

avidyāsmītārāgadveṣābhiniveśāḥ kleśāḥ .. 3..

avidyā kṣetramḥ uttareṣāṃ prasuptatanuvicchinmodārāṇāṃḥ .. 4..

anityāśuciduḥkhānātmasu nityaśucisukhātmakhyātiravidyā .. 5..

ḍṛgdarśanaśaktyorekātmatevāsmitā .. 6..

sukhānuśayī rāgaḥ .. 7..

duḥkhānuśayī dveṣaḥ .. 8..

svarasavāhī viduṣo'pi tathārūḍho bhiniveśaḥ .. 9..

te pratiprasavaheyāḥ sūkṣmāḥ .. 10..

dhyānaheyāstadvṛttayaḥ .. 11..

kleśamūlaḥ karmāśayo ḍṛṣṭāḍṛṣṭajanmavedanīyaḥ .. 12..

sati mūle tadvipāko jātyāyurbhogāḥ .. 13..

te hlādaparītāpaphalāḥ puṇyāpuṇyahetutvāḥ .. 14..

pariṇāmatāpasamskāraduḥkhaiguṇavṛttivirodhāc ca duḥkhamḥ eva  
sarvaṃ vivekinaḥ

.. 15..

heyam duḥkhamḥ anāgatamḥ .. 16..

draṣṭṛdr̥śyayoḥ saṃyogo heyahetuḥ .. 17..

prakāśakriyāsthitiśīlam bhūtendriyātmakaṃ bhogāpavargārtham  
dr̥śyamḥ .. 18..

viśeṣāviśeṣaliṅgamātrāliṅgāni guṇaparvāṇi .. 19..

draṣṭā dr̥śimātraḥ śuddho'pi pratyayānupaśyaḥ .. 20..

tadārtha eva dr̥śyasyātmā .. 21..

kṛtārtham prati naṣṭamḥ apyanaṣṭam tadanyasādhāraṇatvāḥ .. 22..

svasvāmīśaktyoḥ svarūpopalabdhihetuḥ saṃyogaḥ .. 23..

tasya heturavidyā .. 24..

tadabhāvāḥ saṃyogābhāvo hānaṃ. tadḥdr̥śeḥ kaivalyamḥ .. 25..

vivekakhyātiraviplavā hānopāyaḥ .. 26..

tasya saptadhā prāntabhūmiḥ prajñā .. 27..

yogāṅgānuṣṭhānādḥ aśuddhikśaye jñānadīptirā vivekakhyāteḥ .. 28..

yamaniyamāsanaprāṇāyāmapratyāhāradhāraṇādhyānasamādhayo'stāva  
aṅgāni .. 29..

ahiṃsāsatyāsteyabrahmacaryāparigrahā yamāḥ .. 30..

jātideśakālasamayānavacchinnāḥ sārvaḥaumā mahāvratamḥ .. 31..

śaucasaṃtoṣatapaḥsvādhyāyeśvarapraṇidhānāni niyamāḥ .. 32..

vitarkabādhane pratipakśabhāvanamḥ .. 33..

vitarkā hiṃsādayaḥ kṛtakāritānumoditā  
lobhakrodhamohapūrvakāmṛdumadhyādhimātrā

duḥkhājñānānantaphalā iti pratipakśabhāvanamḥ .. 34..

ahiṃsāpratiṣṭhāyāṃ tatsannidhau vairatyāgaḥ .. 35..

satyapraṭiṣṭhāyāṃ kriyāphalāśrayatvamḥ .. 36..

asteyapraṭiṣṭhāyāṃ sarvaratnopasthānamḥ .. 37..

brahmacaryapraṭiṣṭhāyāṃ vīryalābhaḥ .. 38..

aparigrahasthairye janmakathamtāsambodhaḥ .. 39..

śaucāṭṭh svāṅgajugupsā parairasaṃsargaḥ .. 40..

sattvaśuddhisauṃmanasyaikāgrhyendriyajayātmadarśanayogyatvānica ..  
41..

saṃtoṣādḥ anuttamaḥ sukhālābhaḥ .. 42..

kāyendriyasiddhiraśuddhikśayāṭṭ tapasaḥ .. 43..

svādhyāyādḥ iṣṭadevatāsamprayogaḥ .. 44..

samādhisiddhirīśvarapraṇidhānāṭṭ .. 45..

sthiraśukhaṃ āśanaṃ .. 46..

prayatnaśaithilyānantasamāpattibhyaṃ .. 47..

tato dvandvānabhighāṭṭaḥ .. 48..

tasmiṇḥ sati śvāśapraśvāśayorgatvicchedaḥ prāṇāyāmaḥ .. 49..

bāhyābhyantarastambhavṛttiḥ deśakāśaśaṃkhyābhiḥ  
paridṛṣṭo dīrghaśūkśmaḥ .. 50..

bāhyābhyantaraviśayaśākśepī caturthaḥ .. 51..

tataḥ kśīyate prakāśāvaraṇaṃ .. 52..

dhāraṇāśu ca yogyatā manasaḥ .. 53..

śvasvaśviśayaśaṃprayoge cittayaś śvaśrūpānukāśaś ivendriyāṇāṃ  
pratyāhāraḥ .. 54..

tataḥ paramā vaśyatendriyāṇāṃ .. 55..

iti paśaṅjaliviraścite yogasūtre dvitīyaḥ śādhanapādaḥ .

ṭṛtīyaḥ vibhūtipādaḥ .

deśaśbandhaścittayaś dhāraṇā .. 1..

tatra pratyayaikatānatā dhyānamḥ .. 2..

tadḥ evārthamātranirbhāsaṃ svarūpaśūnyamḥ iva samādhiḥ .. 3..

trayamḥ ekatra saṃyamah .. 4..

tajjayāṭḥ prajñā"lokaḥ .. 5..

tasya bhūmiṣu viniyogaḥ .. 6..

trayamḥ antaraṅgaṃ pūrvebhyaḥ .. 7..

tadḥ api bahiraṅgaṃ nirbījasya .. 8..

vyutthānanirodhasaṃskārayorabhibhavaprādurbhāvau

nirodhakśaṇacittānvayo nirodhapaṇiṇāmaḥ .. 9..

tasya praśāntavāhitā saṃskārāṭḥ .. 10..

sarvārthataikāgratayoḥ kśayodayau cittasya samādhipaṇiṇāmaḥ .. 11..

tataḥ punaḥ śāntoditau tulyapratyayau cittasyaikāgratāpaṇiṇāmaḥ .. 12..

etena bhūtendriyeṣu dharmalakśaṇāvasthāpaṇiṇāmā vyākhyātāḥ .. 13..

śāntoditāvyapadeśyadharmānupātī dharmī .. 14..

kramānyatvaṃ paṇiṇāmānyatve hetuḥ .. 15..

paṇiṇāmatrayasaṃyamādḥ atītānāgatajñānamḥ .. 16..

śabdārthapratyayānāmḥ itaretarādhyāsāṭḥ saṃkaraḥ.  
tatpravibhāgasamyamāṭḥ



sarvabhūtarutajñānamḥ .. 17..

saṃskārasākśatkaraṇāṭḥ pūrvajātijñānamḥ .. 18..

pratyayasya paracittajñānamḥ .. 19..

na ca tatḥ sālambanaṃ tasyāviṣayībhūtatvāṭḥ .. 20..

kāyarūpasamyamāṭḥ tadgrāhyaśaktistambhe  
cakṣuḥprakāśāsamprayoge'ntardhānamḥ ..

21..

etena śabdādyantardhānamuktamḥ .. 22..

sopakramaṃ nirupakramaṃ ca karma. tatsamyamādḥ aparāntajñānam  
ariṣṭebhyo vā ..

23 ..

maitryādiṣu balāni .. 24..

baleṣu hastibalādīni .. 25..

pravṛtṭyālokanyāsāṭḥ sūksmavyavahitaviprakṛṣṭajñānamḥ .. 26..

bhuvanajñānam sūrye samyamāṭḥ .. 27..

candre tāravyūhajñānamḥ .. 28..

dhruve tadgatijñānamḥ .. 29..

nābhicakre kāyavyūhajñānamḥ .. 30..

kaṅṭhakūpe kśutpipāsānivṛttiḥ .. 31..

kūrmanāḍyāṃ sthairyamḥ .. 32..

mūrdhajyotiṣi siddhadarśanamḥ .. 33..

prātibhādḥ vā sarvamḥ .. 34..

hṛdaye cittasaṃvith .. 35..

sattvapuruṣayoratyantāsamkīrṇayoḥ pratyayāviśeṣo bhogaḥ  
parārthatvāṭḥ

svārthasaṃyamāṭḥ puruṣajñānamḥ .. 36..

tataḥ prātibhaśrāvaṇavedanādarśāsvādavārtā jāyante .. 37..

te samādhāv upasargā. vyutthāne siddhayaḥ .. 38..

bandhakāraṇāśaithilyāṭḥ pracārasaṃvedanāc ca cittasya  
paraśarīrāveśaḥ .. 39

..

udānajayājjalapaṅkakaṅṭakādiṣvasaṅga utkrāntiśca .. 40..

samānajayāṭḥ prajvalanamḥ .. 41..

śrotrākāśayoḥ saṃbandhasaṃyamādḥ divyaṃ śrotramḥ .. 42..

kāyākāśayoḥ saṃbandhasaṃyamāl  
laghutūlasamāpatteścākāśagamanamḥ .. 43..

bahirakalpitā vṛttirmahāvidehā. tataḥ prakāśāvaraṇakśayaḥ .. 44..

sthūlasvarūpasūksmānvayārthavattvasaṃyamādḥbhūtajayaḥ .. 45..

tato'ṇimādiprādurbhāvaḥ kāyasam̐pathḥ taddharmānabhighātaśca .. 46..

rūpalāvaṇyabalavajrasam̐hananatvāni kāyasam̐pathḥ .. 47..

grahaṇasvarūpāsmitānvayārthavattvasaṃyamādḥ indriyajayaḥ .. 48..

tato manojavitvaṃ vikaraṇabhāvaḥ pradhānajayaśca .. 49..

sattvapuruṣānyatākhyātimātrasya sarvabhāvādhiṣṭhātṛtvaṃ  
sarvajñātṛtvaṃ ca ..

50..

tadvairāgyādapi doṣabījakśaye kaivalyam̐ .. 51..

sthānyupanimantraṇe saṅgasmayākaraṇaṃ punaḥ aniṣṭaprasaṅgāṭḥ .. 52..

kṣaṇatatkramayoḥ saṃyamādavivekajaṃ jñānam̐ .. 53..

jātilakṣaṇadeśairanyatā'navacchedāṭḥ tulyayostataḥ pratipattiḥ .. 54..

tāraḥ sarvaviṣayaṃ sarvathāviṣayam̐ akramaṃ ceti vivekajaṃ  
jñānam̐ .. 55..

sattvapuruṣayoḥ śuddhisāmye kaivalyam̐ iti .. 56..

iti patañjaliviracite yogasūtre tṛtīyo vibhūtipādaḥ

caturthaḥ kaivalyapādaḥ .

janmauṣadhimantratapaḥsamādhijāḥ siddhayaḥ .. 1..

jātyantarapariṇāmaḥ prakṛtyāpūrāṭḥ .. 2..

nimittamḥ aprayojakaḥ prakṛtīnām. varaṇabhedastu tataḥ kṣetrikavath ..  
3..

nirmānacittānyasmitāmātrāṭḥ .. 4..

pravṛttibhede prayojakaḥ cittamḥ ekamḥ anekeṣāmḥ .. 5..

tatra dhyānajaḥ anāśayamḥ .. 6..

karmāśuklākṛṣṇaḥ yoginaḥ trividhamḥ itareṣāmḥ .. 7..

tatastadvipākānugūṇānāmḥ evābhivyaktirvāsanānāmḥ .. 8..

jātideśakālavayahitānāmḥ apyānantaryam smṛtisamskārayoḥ  
ekarūpatvāṭḥ .. 9..

tāsāmḥ anāditvaḥ cāśiṣo nityatvāṭḥ .. 10..

hetuphalāśrayālambanaiḥ samgrhītatvādḥ eṣāmḥ abhāve tadabhāvaḥ ..  
11..

atītānāgataḥ svarūpato'styadhvabhedādḥ dharmāṇāmḥ .. 12..

te vyaktasūkṣmā guṇātmānaḥ .. 13..

pariṇāmaikatvādḥ vastutattvamḥ .. 14..

vastusāmye cittabhedāṭḥ tayorvibhaktaḥ panthāḥ .. 15..

na caikacittatantram vastu tadḥ apramāṇakaḥ tadā kiṃ syāṭḥ .. 16..

taduparāgāpekṣatvāṭḥ cittasya vastu jñātājñātamḥ .. 17..

sadā jñātāścittavṛttayastatprabhoḥ puruṣasyāpariṇāmitvāḥ .. 18..

na tathā svābhāsaṃdrśyatvāḥ .. 19..

ekasamaye cobhayānavadhāraṇaṃ .. 20..

cittāntaradrśye buddhibuddheratiprasaṅgaḥ smṛtiṣaṃkaraśca .. 21..

cīterapratiṣaṃkramāyāstadākārāpattau svabuddhiṣaṃvedanaṃ .. 22..

draṣṭṛdrśyoparaktam cittaṃ sarvārtham .. 23..

tadaṣaṃkhyeyavāsanācitraṃ api parārtham saṃhatyakāritvāḥ .. 24..

viśeṣadarśina ātmabhāvabhāvanāvinivṛttiḥ .. 25..

tadā vivekanimnaṃ kaivalyaprāgbhāraṃ cittaṃ .. 26..

tacchidreṣu pratyayāntarāṇi saṃskārebhyaḥ .. 27..

hānaṃ eṣāṃ kleśavaduktam .. 28..

prasaṃkhyāne'pyakusīdasya sarvathāvivekakhyāterdharmameghaḥ  
samādhiḥ .. 29..

tataḥ kleśakarmanivṛttiḥ .. 30..

tadā sarvāvaraṇamalāpetasya jñānasyā'nantyājñeyam alpam .. 31..

tataḥ kṛtārthānāṃ pariṇāmakramaparisaṃptirguṇānām .. 32..

kṣaṇapratiyogī pariṇāmāparāntanirgrāhyaḥ kramaḥ .. 33..

puruṣārthaśūnyānāṃ guṇānāṃ pratiprasavaḥ kaivalyaṃ svarūpapraṭiṣṭhā  
vā

citiśaktireti .. 34..

iti patañjaliviracite yogasūtre caturthaḥ kaivalyapādaḥ .

.. iti pātañjalayogasūtrāṇi ..