

## The Yoga Sutas of Patanjali

### Sāmadhi Pāda

- 1.1 Atha yogānuśāsanam
- 1.2 Yogaścittavṛttinirodhaḥ
- 1.3 Tadā draṣṭuḥ svarūpe'vasthānam
- 1.4 Vṛttisārūpyamitaratra
- 1.5 Vṛttayaḥ pañcatayyaḥ kliṣṭākliṣṭāḥ
- 1.6 Pramāṇaviparyayavikalpanidrāsmṛtayaḥ
- 1.7 Pratyakṣānumānāgamāḥ pramāṇāni
- 1.8 Viparyayo mithyājñānamatadrūpa pratiṣṭham
- 1.9 Sabdajñānānupāti vastuśūnyo vikalpaḥ
- 1.10 Abhāvapratyayālanbanā vṛttinidrā
- 1.11 Anubhūtavaiṣayāsaṃpramoṣaḥ smṛtiḥ
- 1.12 Abhyāsavairāgyābhyām tannirodhaḥ
- 1.13 Tatra sthitau yatno'bhyāsaḥ
- 1.14 Sa tu dirghakālanairantaryasatkārāsevito dṛḍhabhūmiḥ
- 1.15 Dṛṣṭānuśravikavaiṣayavitrṣṇasya vaśikārasañjñā vairāgyam
- 1.16 Tatparam puruṣakhyāterguṇavaitṣṇyam
- 1.17 Vitarkavicārānandāsmītārūpānugamāt saṃprajñātaḥ
- 1.18 Virāmapratyayābyāsapūrvāḥ saṃskāraśeṣo'nyaḥ
- 1.19 Bhavapratyayo videhaprakṛtilayānām
- 1.20 Śraddhāvīryasmṛtisamādhiprajñāpūrvaka itareṣām
- 1.21 Tivrasaṃvegānāmāsannaḥ
- 1.22 Mṛdu-madhyādhimātratvāttato'pi viśeṣaḥ
- 1.23 Īśvaraprañidhānādvā
- 1.24 Kleśakarmavipākāśayairaparāmṛṣṭaḥ puruṣaviśeṣa Īśvaraḥ
- 1.25 Tatra niratiśayaṃ sarvajñabījam
- 1.26 Sa eṣa pūrveśāmapī guruḥ kālenānavacchedāt
- 1.27 Tasya vācakaḥ praṇavaḥ
- 1.28 Tajjapastadarthabhāvanam
- 1.29 Tataḥ pratyakcetanādhigamo'pyantarāyābhāvaśca
- 1.30 Vyādhistyānasamaśyapramādālasyaāvirati-  
bhrāntidaśanālabdhabhūmikavānavasthitatvāni cittavikṣepāste'ntarāyāḥ
- 1.31 Duḥkhadaurmanasyāṅgamejayatvaśvāsaprasvāsā vikṣepasahabhavaḥ
- 1.32 Tatpratiṣedhārthamekatattvābhyāsaḥ
- 1.33 Maitrikaruṇāmuditopekṣānām sukhaduḥkhaḥpunyāpunyavaiṣayānām  
bhāvanātaścittaprasādanam
- 1.34 Pracchardānavidhāraṇābhyām vā prāṇasya
- 1.35 Viśayavatī vā pravṛttirutpannā manasaḥsthitinibandhanī
- 1.36 Viśokā vā jyotiṣmatī
- 1.37 Vītarāgavaiṣayaṃ vā cittam
- 1.38 Svapnanidrājñānālanbanam vā
- 1.39 Yathābhimatadhyānādvā
- 1.40 Paramāṇuparamamahattvānto'sya vaśikāraḥ

- 1.41 Kṣīṇavṛtterabhijātasyeva maṇergrahītrgrahaṇagrāhyeṣu  
tasthatadañjanatā samāpattiḥ  
1.42 Tatra śabdārthajñānavikalpaiḥ saṅkīrṇā savitarkā samāpattiḥ  
1.43 Smṛtipariśuddhau svarūpaśūnyevārthamātranirbhāsā nirvitarkā  
1.44 Etayaiva savicārā nirvicārā ca sūkṣmaviṣayā vyākhyātā  
1.45 Sūkṣmaviṣayatvaṃ cālīṅgaparyavasānam  
1.46 Tā eva sabijaḥ samādhiḥ  
1.47 Nirvicāravaiśāradye'dhyātmaprasādaḥ  
1.48 Ṛtambharā tatra prajñā  
1.49 Śrutānumānaprajñābhyāmanyaviṣayā viśeṣārthatvāt  
1.50 Tajjaḥ saṃskāro'nyasaṃskārapratibandhī  
1.51 Tasyāpi nirodhe sarvanirodhānnirbījaḥ samādhiḥ

### The Yoga Sūtras of Patanjali

#### Sādhanā Pāda

- 2.1 Tapaḥ svādhyāyēsvaraprañidhānāni kriyāyogaḥ  
2.2 Samādhibhāvanārthaḥ kleśatanūkaraṇārthaśca  
2.3 Avidyāsmītārāgadveśābhiniveśāḥ kleśāḥ  
2.4 Avidyākṣetramuttareṣāṃ prasuptatanuvicchinnodārāṇām  
2.5 Anityāśuciduḥkānātmasu nityaśucisukhātmakhyātiravidyā  
2.6 Dṛḡdarśanaśaktyorekātmatevāsmitā  
2.7 Sukhānuśayī rāgaḥ  
2.8 Duḥkhānuśayī dveṣaḥ  
2.9 Svarasavāhī viduṣo'pi tathārūḍho'bhiniveśaḥ  
2.10 Te pratiprasavaheyāḥ sūkṣmāḥ  
2.11 Dhyānaheyāstadvṛttayaḥ  
2.12 Kleśamūlaḥ karmāśayo dṛṣṭādrṣṭajanmavedanīyaḥ  
2.13 Sati mūle tadvipāko jātyāyurbhogāḥ  
2.14 Te hlādaparitāpaphalāḥ puṇyāpuṇyahetutvāt  
2.15 Pariṇāmatāpasamskāraduḥkhairguṇavṛttivirodhācca duḥkhameva  
sarvaṃ vivekinaḥ  
2.16 Heyaṃ duḥkhamanāgatam  
2.17 Draṣṭṛdrṣyayoḥ saṃyogo heyahetuḥ  
2.18 Prakāśakriyāsthitiśīlaṃ bhūtendriyātmakaṃ  
Bhogāpavargārthaṃ dṛśyam  
2.19 Viśeṣāviśeṣalīṅgamātrālīṅgāni guṇa-parvāṇi  
2.20 Draṣṭā dṛśimātraḥ śuddho'pi pratyayānupaśyaḥ  
2.21 Tadartha eva dṛśyasyātmā  
2.22 Kṛtārthaṃ prati naṣṭamapyanaṣṭaṃ tadanyasādhāraṇatvāt  
2.23 Svasvāmīśaktayoḥ svarūpopalabdhihetuḥ saṃyogaḥ  
2.24 Tasya heturavidyā  
2.25 Tadabhāvātsaṃyogābhāvo hānaṃ taddṛṣeḥ kaivalyam  
2.26 Vivekakhyātiraviplavā hānopāyaḥ  
2.27 Tasya saptadhā prāntabhūmiḥ prajñā

- 2.28 Yogāṅganuṣṭhānādaśuddhikṣaye jñānadīptirāvivekakhyāteḥ  
 2.29 Yamaniyamāsanaprāṇāyāmapratyāhārādhāraṇā-dhyānasamādhayo'ṣṭāvaṅgāni  
 2.30 Ahimsā-satyāsteyabrahmacaryāparigrahā yamāḥ  
 2.31 Jātidesaśakālasamayānavacchinnāḥ sārvaabhaumā mahāvratam  
 2.32 Śaučasantoṣatapapaḥsvādhyāyeśvarapraṇidhānāni niyamāḥ  
 2.33 Vitarkabādhane pratipakṣabhāvanam  
 2.34 Vitarkāhimsādayaḥ kṛtakāritānumoditā lobhakrodha mohapūrvakā  
 mṛdumadhyādhimātrā duḥkhājñānānantaphalā iti pratipakṣabhāvanam  
 2.35 Ahimsāpratiṣṭhāyām tatsannidhau vairatyāgaḥ  
 2.36 Satyapraṭiṣṭhāyām kriyāphalāśrayatvam  
 2.37 Asteyapraṭiṣṭhāyām sarvaratnopasthānam  
 2.38 Brahmacharyapraṭiṣṭhāyām vīryalābhāḥ  
 2.39 Aparigrahashairye janmakathantāsambodhaḥ  
 2.40 Śaucātsvāṅgajugupsā parairasaṃsargaḥ  
 2.41 Sattvaśuddhisaumanasyaikāgryendriyajayātma-darśanayogyatvāni ca  
 2.42 Santoṣādanuttamaḥsukhalābhāḥ  
 2.43 Kāyendriyasiddhiraśuddhikṣayāttapasāḥ  
 2.44 Svādhyāyādiṣṭadevatāsamprayogaḥ  
 2.45 Samādhisiddhirīśvarapraṇidhānāt  
 2.46 Sthirasukhamāsanam  
 2.47 Prayatnaśaithilyānantasamāpattibhyām  
 2.48 Tato dvandvānabhighātaḥ  
 2.49 Tasminsati śvāsaprasvāsayorgativicchedaḥ prāṇāyāmaḥ  
 2.50 Bāhyābhyantarastambhavṛttirdeśakālasaṅkhyābhiḥ paridrṣṭo dīrghasūkṣmaḥ  
 2.51 Bāhyābhyantaraviśayākṣepī caturthaḥ  
 2.52 Tataḥ kṣīyate prakāśāvaraṇam  
 2.53 Dhāraṇāsu ca yogyatā manasaḥ  
 2.54 Svaviśayāsamprayoge cittasvarūpānukāra ivendriyāṇām pratyāhārah  
 2.55 Tataḥ paramā vaśyatendriyāṇām

### **Vibhūti Pāda**

- 3.1 Deśabandhacittasya dhāraṇā  
 3.2 Tatra pratyayaikatānatā dhyānam  
 3.3 Tadevārthamātranirbhāsaṃ svarūpaśūnyamiva samādhiḥ  
 3.4 Trayamekatra saṃyamāḥ  
 3.5 Tajjayātprajñālokaḥ  
 3.6 Tasya bhūmiṣu viniyogaḥ  
 3.7 Trayamantaraṅgaṃ pūrvebhyaḥ  
 3.8 Tadapi bahiraṅgaṃ nirbījasya  
 3.9 Vyutthānanirodhasaṃskārayorabhibhavaprādurbhāvau  
 nirodhakṣaṇacittānvayo nirodhapaṇiṇāmāḥ  
 3.10 Tasya praśāntavāhitā saṃskārāt  
 3.11 Sarvārthataikāgratayoḥ kṣayodayau cittasya samādhipaṇiṇāmāḥ  
 3.12 Tataḥ punaḥ śāntoditau tulyapratyayau cittasyaikāgratā paṇiṇāmāḥ  
 3.13 Etena bhūtendriyeṣu dharmalakṣaṇāvasthāpaṇiṇāmā vyākhyātāḥ

- 3.14 Śāntoditāvvyapadeśyadharmānupāti dharmī  
3.15 Kramānyatvaṃ pariṇāmānyatve hetuḥ  
3.16 Pariṇāmātrayasamādatītānāgatajñānam  
3.17 Śabdārthapratyayānāmitaretarādhyāsāt  
saṅkarastatpravibhāgasamātsarvabhūtarutajñānam  
3.18 Saṃskārasākṣātkāraṇātpūrvajāti jñānam  
3.19 Pratyayasya paracittajñānam  
3.20 Na ca tatsālambanaṃ tasyāviśayībhūtatvāt  
3.21 Kāyarūpasamāttadgrāhyaśaktistambhe  
cakṣuḥprakāśasamprayoge'ntardhānam  
3.22 Sopakramaṃ niruparakramaṃ ca karma  
tatsamāmadaparāntajñānamariṣṭebhyo vā  
3.23 Maitryādiṣu balāni  
3.24 Baleṣu hastibalādīni  
3.25 Pravṛttyālokanyāsāt sūkṣmavyavahitaviprakṛṣṭa-jñānam  
3.26 Bhuvanajñānaṃ sūrye samyamāt  
3.27 Candre tāravyūhajñānam  
3.28 Dhruve tadgatijñānam  
3.29 Nābhichakre kāyavyūhajñānam  
3.30 Kaṇthakūpe kṣutpipāsānivṛtīḥ  
3.31 Kūrmanādhyāṃ sthairyam  
3.32 Mūrdhājyotiṣi siddhadarśanam  
3.33 Prātibhādvā sarvam  
3.34 Hṛdaye cittasamvit  
3.35 Sattva puruṣayoratyantāsaṅkīrṇayoḥ pratyayāviśeṣo bhogaḥparārthatvāt  
svārthasamātpuruṣajñānam  
3.36 Tataḥ prātibhaśrāvaṇavedanādarśāsvādavārtā jāyante  
3.37 Te samādhāvupasargā vyutthāne siddhayaḥ  
3.38 Bandhakāraṇaśaithilyātpacārasamvedanācca cittasya paraśarīrāveśaḥ  
3.39 Udānajayājjalapaṅkakaṇṭhakādiṣvasaṅga utkrāntiśca  
3.40 Samānajayājajvalanam  
3.41 Śrotrākāśayoḥ saṃbandhasamāddivyaṃ śrotram  
3.42 Kāyākāśayoḥ saṃbandha-samātillaghutūlasamāpatteśākāśagamanam  
3.43 Bahirakalpītā vṛttirmahāvīdehā tataḥ prakāśāvāraṇakṣayaḥ  
3.44 Sthūlaśvarūpasūkṣmānvayārthavattva samyamādbhūtajayaḥ  
3.45 Tato'ṇimādiḥprādurbhāvaḥ kāyasampattaddharmānabhīghātaśca  
3.46 Rūpalāvanyabalavajrasamhananātvāni kāyasampat  
3.47 Grahaṇasvarūpāsmitānvayārthavattva-samyamāndriyajayaḥ  
3.48 Tato manojavitvaṃ vikaraṇabhāvaḥ pradhānajayaśca  
3.49 Sattvapuruṣānyatākhyātimātrasya sarvabhāvādhiṣṭhātṛtvaṃ sarvajñātṛtvaṃ ca  
3.50 Tadvairāgyādapi doṣabījakṣae kaivalyam  
3.51 Sthānyupānimantraṇe saṅgasmayākāraṇaṃ punaraniṣṭāprasāṅgāt  
3.52 Kṣaṇātatkramayōḥ samyamādvivekajaṃjñānam  
3.53 Jātilakṣaṇadeśairanyatānavacchedāttulyayostataḥ pratipattīḥ  
3.54 Tārakaṃ sarvaviśayaṃ sarvathā viśayamakramaṃ ceti vivekajaṃ jñānam  
3.55 Sattvapuruṣayoḥ śuddhisāmye kaivalyam

## Kaivalya Pāda

- 4.1 Janmauṣadhimantratapaḥ samādhijāḥ siddhayaḥ
- 4.2 Jātyantarapariṇāmaḥ prakṛtyāpūrāt
- 4.3 Nimittamaprayojakaṃ prakṛtīnām varaṇabhedaḥ tataḥ kṣetrikavat
- 4.4 Nirmāṇachittānyasmitāmātrāt
- 4.5 Pravṛttibhede prayojakaṃ cittamekamaṇeṣām
- 4.6 Tatra dhyānajamaṇāśayam
- 4.7 Karmāśuklākṛṣṇaṃ yoginastrividhamitareṣām
- 4.8 Tatastadvipākānugūṇānāmevābhivyaktirvāsanānām
- 4.9 Jātidēśakālvayavahitānāmapyānantaryaṃ smṛtisaṃskārayorekarūpatvāt
- 4.10 Tāsāmanāditvaṃ cāśiṣo nityatvāt
- 4.11 Hetuphalāśrayālaṃbanaiḥ saṅgrhītatvādeṣāmabhāve tadabhāvaḥ
- 4.12 Atītānāgataṃ svarūpato'styadhvabhedāddharmāṇām
- 4.13 Te vyaktasūkṣmā guṇātmānaḥ
- 4.14 Pariṇāmaikatvādvastutattvam
- 4.15 Vastusāmye cittabhedāttayorvibhaktāḥ panthāḥ
- 4.16 Na caikacittatantraṃ vastu tadapramāṇakaṃ tadā kiṃ syāt
- 4.17 Taduparāgāpekṣitvāccittasya vastu jñātājñātām
- 4.18 Sadā jñātāścittavṛttayastatprabhoḥ puruṣasyāpariṇāmitvāt
- 4.19 Na tatsvābhāsaṃ dṛśyatvāt
- 4.20 Eka-samaye cobhayānavadhāraṇam
- 4.21 Cittāntaradr̥ṣye buddhibuddheratiprasaṅgaḥ smṛtisaṅkaraśca
- 4.22 Citerapratisaṅkramāyāstadākārāpattau- svabuddhisamvedanam
- 4.23 Draṣṭṛdṛśyoparaktāṃ cittam sarvārtham
- 4.24 Tadasaṅkhyeyavāsanābhīscitramapi parārtham saṃhatyakāritvāt
- 4.25 Viśeṣadarśina ātmabhāvabhāvanāvinivṛttiḥ
- 4.26 Tadā vivekanimnaṃ kaivalyaprāgbhāraṃ cittam
- 4.27 Tacchidreṣu pratyayāntarāṇi saṃskārebhyaḥ
- 4.28 Hānameṣāṃ kleśavaduktam
- 4.29 Prasaṅkhyāne'pyakusīdasya sarvathā vivekakhyāter dharmameghaḥ samādhīḥ
- 4.30 Tataḥ kleśakarmanivṛttiḥ
- 4.31 Tadā sarvāvaraṇamalāpetasya jñānasyānantyāt jñeyamalpam
- 4.32 Tataḥ kṛtārthānāṃ pariṇāmakramasamāptirguṇānām
- 4.33 Kṣaṇapratiyogī pariṇāmāparāntanirgrāhyaḥ kramaḥ
- 4.34 Puruṣārthasūnyānāṃ guṇānāṃ pratiprasavaḥ kaivalyaṃ svarūpapraṣṭiṣṭhā vā citiśaktiriti