

॥ atha sādhanapādaḥ ॥

tapaḥ - svādhyāya - īśvarapraṇidhānāni - kriyāyogaḥ | 1 |

samādhibhāvanārthaḥ - kleśa - tanūkaraṇārthaśca | 2 |

avidyā - asmitā - rāga - dveṣa - abhiniveśaḥ - kleśaḥ | 3 |

avidyā kṣetram - uttareṣāṃ - prasupta - tanu - vicchinna

udārāṇāṃ | 4 |

anīya - aśuci - duḥkha - anātmasu - nīya - śuci - sukha

ātmakhyātiḥ - avidyā | 5 |

dr̥gdarśanaśaktyoḥ - ekātmatā - iva - asmitā | 6 |

sukhānuśayī - rāgaḥ | 7 |

duḥkhānuśayī - dveṣaḥ | 8 |

svarasavāhī - viduṣo'pi - samārūḍhaḥ - abhiniveśaḥ | 9 |

te - pratiprasavaheyāḥ - sūkṣmāḥ | 10 |

dhyānaheyāḥ - tadvṛttayaḥ | 11 |

kleśamūlaḥ - karmāśayo - dr̥ṣṭādr̥ṣṭajanma -

vedanīyaḥ | 12 |

sātimūle - tadvipāko - jātyāyurbhogāḥ | 13 |

te - hlādaparitāpaphalāḥ - pun्यāpunyahetutvāt | 14 |

pariṇāma - tāpa - saṃskāraduḥkhaiḥ -

guṇavṛttivirodhācca - duḥkhameva sarvaṃ -

vivekinaḥ | 15 |

heyam - duḥkhamānāgatam | 16 |

draṣṭṛdr̥śyayoḥ - saṃyogo heyahetuḥ | 17 |

prakāśakriyāsthitiśīlam - bhūtendriyātmakaṃ -

bhogāpavargārthaṃ - dr̥śyam | 18 |

viśeṣāviśeṣa - liṅgamātrāliṅgāni - guṇāparvāṇi | 19 |

draṣṭā dr̥śimātraḥ - śuddho'pi - pratyayānupaśyaḥ | 20 |

tadartha eva - dr̥śyasya - ātmā | 21 |

kṛtārthaṃ - pratinaṣṭam - api - anaṣṭam -

tadanyasādhāraṇatvāt | 22 |

svasvāmiśaktyoḥ - svarūpopalabdhihetuḥ -

saṃyogaḥ | 23 |

tasya hetuḥ - avidyā | 24 |

tadabhāvāt - saṃyogābhāvo - hānaṃ - taddr̥śeḥ

kaivalyam | 25 |

vivekkhyātiḥ - aviplavā - hānopāyaḥ | 26 |

tasya saptadhā - prāntabhūmiḥ - prajñā | 27 |  
yogāṅgānuṣṭhānāt - aśuddhikṣaye -  
jñānadīptiḥ - āvivekakhyāteḥ | 28 |  
yama - niyama - āsana - prāṇāyāma - pratyāhāra -  
dhāraṇā - dhyāna - samādhayaḥ - aṣṭau -  
aṅgāni | 29 |  
ahiṃsā - satya - asteya - brahmacarya - aparigrahāḥ -  
yamāḥ | 30 |  
jāti - deśa - kāla - samaya - anavacchinnāḥ -  
sārvabhaumāḥ - mahāvratam | 31 |  
śauca - samtoṣa - tapaḥ - svādhyāya -  
īśvarapraṇidhānāni - niyamāḥ | 32 |  
vītarkabādhane - pratipakṣabhāvanam | 33 |  
vītarkāḥ - hiṃsādayaḥ - kṛta - kārītā - anumoditāḥ -  
lobha - krodha - mohapūrvakāḥ - mṛdu - madhya -  
adhimātrāḥ - duḥkha - ajñāna -  
anantaphalāḥ - iti -  
pratipakṣabhāvanam | 34 |

ahiṃsāpratiṣṭhāyām - tatsannidhau - vairatyāgaḥ | 35 |  
satyapraṣṭhāyām - kriyāphala - āśrayatvam | 36 |  
asteyapraṣṭhāyām - sarvaratna - upasthānam | 37 |  
brahmacaryapraṣṭhāyām - vīryalābhaḥ | 38 |  
aparigrahasthairye - janmakathamtā - sambodhaḥ | 39 |  
śaucāt - svāṅgajugupsā - parairāsamsargaḥ | 40 |  
sattvaśuddhi - saumanasya - aikāgrya - indriyajaya -  
ātmarśana - योग्यात्वाणि च | 41 |  
samtoṣāt - anuttamaḥ - sukhalābhaḥ | 42 |  
kāyendriyasiddhiḥ - aśuddhikṣayāt - tapasaḥ | 43 |  
svādhyāyāt - iṣṭadevatāsamprayogaḥ | 44 |  
samādhisiddhiḥ - īśvarapraṇidhānāt | 45 |  
sthirasukhāmāsanam | 46 |  
prayatnaśaithilya - anantasamāpattibhyām | 47 |  
tato - dvandvānābhighātaḥ | 48 |  
tasminsati - śvāsapraśvāsayoḥ - gativiçchedaḥ -  
prāṇāyāmaḥ | 49 |  
bāhya - ābhyantara - stambhavṛttiḥ - deśa - kāla -  
samkhyābhiḥ - paridrṣṭo - dirghasūkṣmaḥ | 50 |

bāhya - ābhyantara - viśayākṣepī - caturthaḥ | 51 |

tataḥ - kṣiyate - prakāśāvaraṇam | 52 |

dhāraṇāsu ca - yogyatā manasaḥ | 53 |

svaviśaya - aśamprayoge - cittasya - svarūpānukāra

iva - indriyāṇām - pratyāhāraḥ | 54 |

tataḥ - paramā vaśyatā - indriyāṇām || 55 ||

|| iti pātāñjala yoga darśane sādhanapādaḥ ||

|| pātāñjalayogadarśanam II 1-55 ||