



Om paramātmāne namaḥ
śrī pātañjala yoga darśanam
atha samādhipadaḥ

atha yogānuśāsanam || 1 ||

atha yoga – anuśāsanam

yogaścittavṛttinirodhaḥ || 2 ||

yogaḥ citta – vṛtti – nirodhaḥ

tadā draṣṭuḥ svarūpe'vasthānam || 3 ||

tadā draṣṭuḥ svarūpe avasthānam

vṛttisārūpyamitaratra || 4 ||

vṛtti – sārūpyam itaratra

vṛttayaḥ pañcatayyaḥ kliṣṭākliṣṭāḥ || 5 ||

vṛttayaḥ pañcatayyaḥ kliṣṭa – akliṣṭāḥ

pramāṇaviparyayaavikalpanidrāsmṛtayaḥ || 6 ||

pramāṇa – viparyaya – vikalpa – nidrā – smṛtayaḥ

pratyakṣānumānāgamāḥ pramāṇāni || 7 ||

pratyakṣa – anumāna – āgamāḥ pramāṇāni

viparyayo mithyājñānamatadrūpapraṭiṣṭham || 8 ||

viparyayaḥ mithyā – jñānam atat – rūpa –
praṭiṣṭham

śabdajñānānupātī vastuśūnyo vikalpaḥ || 9 ||

śabda – jñāna – anupātī vastu – śūnyaḥ vikalpaḥ
abhāvapratyayālambanā vṛttirnidrā || 10 ||

abhāva – pratyaya – ālambanā vṛttiḥ nidrā
anubhūta viṣaya āsampramoṣaḥ smṛtiḥ || 11 ||

anubhūta – viṣaya – āsampramoṣaḥ smṛtiḥ
abhyāsavairāgyābhyām tannirodhaḥ || 12 ||

abhyāsa – vairāgyābhyām tat – nirodhaḥ
tatra sthitau yatno'bhyāsaḥ || 13 ||

tatra sthitau yatnaḥ abhyāsaḥ
sa tu dīrghakālanairantaryasatkārāsevito dṛḍhabhūmiḥ
|| 14 ||

saḥ tu dīrgha – kāla – nairantarya – satkāra –
āsevitāḥ dṛḍha – bhūmiḥ

dr̥ṣṭānuśravikaviṣayavitṛṣṇasya vaśīkārasamjñā
vairāgyam || 15 ||

dr̥ṣṭa – ānuśravika – viṣaya – vitṛṣṇasya vaśīkāra –
samjñā vairāgyam

tatparam puruṣakhyāterguṇavaitṛṣṇyam || 16 ||

tat param puruṣa – khyāteḥ guṇa – vaitṛṣṇyam
vitarkavicārānandāsmītārūpānugamāt samprajñātaḥ ||
17 ||

vitarka – vicāra – ānanda – asmitā – rūpa –
anugamāt samprajñātaḥ

virāmapratyayābhyāsapūrvah saṃskāraśeṣo'nyah || 18

virāma – pratyaya – abhyāsa – pūrvah saṃskāra –
śeṣah anyah

bhavapratyayo videhaprakṛtilayānām || 19 ||

bhava – pratyayah videha – prakṛti – layānām

śraddhāvīryasmṛtisamādhiprajñāpūrvaka itareṣām || 20

śraddhā – vīrya – smṛti – samādhi – prajñā –
pūrvakaḥ itareṣām

tīvrasaṃvegānāmāsannaḥ || 21 ||

tīvra – saṃvegānām āsannaḥ

mṛdumadhyādhimātratvāttato'pi viśeṣaḥ || 22 ||

mṛdu – madhya – adhimātratvāt tataḥ api viśeṣaḥ

īśvarapraṇidhānādvā || 23 ||

īśvara – praṇidhānāt vā

kleśakarmavipākāśayairaparāmṛṣṭaḥ puruṣaviśeṣa
īśvaraḥ || 24 ||

kleśa – karma – vipāka – āśayaiḥ aparāmṛṣṭaḥ
puruṣa – viśeṣaḥ īśvaraḥ

tatra niratiśayam sarvajñabījam || 25 ||

tatra niratiśayam sarvajña – bījam

sa pūrveṣāmapī guruḥ kālenānavacchedāt || 26 ||

saḥ pūrveṣām api guruḥ kālena anavacchedāt
tasya vācakaḥ praṇavaḥ || 27 ||

tasya vācakaḥ praṇavaḥ

tajjapastadarthabhāvanam || 28 ||

tat – japaḥ tat – artha – bhāvanam

tataḥ pratyakcetanādhigamo'pyantarāyābhāvaśca || 29

tataḥ pratyak – cetanā – adhigamaḥ api antarāya
– abhāvaḥ ca

vyādhistyānasamśayapramādālasyāviratibhrāntidarśanāl
abdhābhūmikatvānavasthitatvāni

cittavikṣepāste'ntarāyāḥ || 30 ||

vyādhi – styāna – samśaya – pramāda – ālasya –
avirati – bhrānti – darśana – alabdha – bhūmikatva
– anavasthitatvāni citta – vikṣepāḥ te antarāyāḥ

duḥkhadaurmanasyāṅgamejayatvaśvāsapraśvāsā
vikṣepasahabhuvah ॥ 31 ॥

duḥkha – daurmanasya – aṅgamejayatva – śvāsa –
praśvāsāḥ vikṣepa – saha – bhuvah

tatpratiṣedhārthamekatattvābhyāsaḥ ॥ 32 ॥

tat – pratiṣedhārtham eka – tattva – abhyāsaḥ

maitrīkaruṇāmuditopekṣāṇām

sukhaduḥkhapuṇyāpuṇyaviṣayāṇām

bhāvanātaścittaprasādanam ॥ 33 ॥

maitrī – karuṇā – mudita – upekṣāṇām sukha –
duḥkha – puṇya – apuṇya – viṣayāṇām bhāvanātaḥ
citta – prasādanam

pracchardana vidhāraṇābhyām vā prāṇasya ॥ 34 ॥

pracchardana – vidhāraṇābhyām vā prāṇasya

viṣayavatī vā pravṛttirutpannā manasaḥ
sthitinibandhinī || 35 ||

viṣayavatī vā pravṛttiḥ utpannā manasaḥ sthiti –
nibandhinī

viśokā vā jyotiṣmatī || 36 ||

viśokā vā jyotiṣmatī

vītarāgaviṣayaṃ vā cittam || 37 ||

vīta – rāga – viṣayaṃ vā cittam

svapnanidrājñānālabhanam vā || 38 ||

svapna – nidrā – jñāna – ālabhanam vā

yathābhimatadhyānādvā || 39 ||

yathā – abhimata – dhyānāt vā

paramāṇuparamamahattvānto'sya vaśīkārah || 40 ||

parama – aṇu – parama – mahattva – antaḥ asya
vaśīkārah

kṣīṇavṛtterabhijātasyeva maṇergrahīṭṛgrahaṇagrāhyeṣu
tatsthatadañjanatā samāpattiḥ || 41 ||

kṣīṇa – vṛtteḥ abhijātasya iva maṇeḥ grahīṭṛ –
grahaṇa – grāhyeṣu tat - stha – tat – añjanatā
samāpattiḥ

tatra śabdārthajñānavikalpaiḥ saṅkīrṇā savitarkā
samāpattiḥ ||42 ||

tatra śabda – artha – jñāna – vikalpaiḥ saṅkīrṇā
savitarkā samāpattiḥ

smṛtipariśuddhau svarūpaśūnyevārthamātranirbhāsā
nirvitarkā || 43 ||

smṛti – pariśuddhau sva - rūpa – śūnyā iva artha
– mātra – nirbhāsā nirvitarkā

etayaiva savicārā nirvicārā ca sūkṣmaviṣayā vyākhyātā
||44||

etayā eva savicārā nirvicārā ca sūkṣma – viṣayā
vyākhyātā

sūkṣmaviṣayatvaṃ cālīṅgaparyavasānam || 45 ||

sūkṣma – viṣayatvaṃ ca alīṅga – paryavasānam
tā eva sabījaḥ samādhiḥ || 46 ||

tāḥ eva sabījaḥ samādhiḥ

nirvicāravaiśāradye'dhyātmaprasādaḥ || 47 ||

nirvicāra – vaiśāradye adhyātma – prasādaḥ
ṛtambharā tatra prajñā || 48 ||

ṛtambharā tatra prajñā

śrutānumānaprajñābhyāmanyaviṣayā viśeṣārthatvāt ||
49 ||

śruta – anumāna – prajñābhyām anya – viṣayā
viśeṣa – arthatvāt

tajjaḥ saṃskāro'nyasaṃskārapratibandhī || 50 ||

tat – jaḥ saṃskāraḥ anya – saṃskāra –
pratibandhī

tasyāpi nirodhe sarvanirodhānnirbījaḥ samādhiḥ || 51

tasya – api nirodhe sarva – nirodhāt nirbījaḥ
samādhiḥ

Iti śrī pātañjalayogadarśane
Samādhipādo nāma prathamah pādaḥ

Atha Sāadhanapadaḥ

tapahsvādhyāyeśvarapraṇidhānāni kriyāyogaḥ || 1 ||

tapah – svādhyāya – īśvara – praṇidhānāni kriyā –
yogaḥ

samādhibhāvanārthaḥ kleśatanūkaraṇārthaśca || 2 ||

samādhi – bhāvanārthaḥ kleśa – tanūkaraṇārthaḥ
ca

avidyāsmītārāgadveṣābhiniveśāḥ pañca kleśāḥ || 3 ||

avidyā – asmitā – rāga – dveṣa – abhiniveśāḥ pañca
kleśāḥ

avidyā kṣetramuttareṣām

prasuptatanuvicchinnodārāṇām || 4 ||

avidyā kṣetram uttareṣām prasupta – tanu –
vicchinna – udārāṇām

anityāśuciduḥkhānātmasu

nityaśucisukhātmakhyātiravidyā ||5 ||

anitya – aśuci – duḥkha – anātmasu nitya – śuci –
sukha – ātma – khyātiḥ avidyā

dṛgdarśanaśaktyorekātmatevāsmitā || 6 ||

dṛk – darśana – śaktyoḥ eka – ātmatā iva asmitā

sukhānuśayī rāgaḥ || 7 ||

sukha – anuśayī rāgaḥ

duḥkhānuśayī dveṣaḥ || 8 ||

duḥkha – anuśayī dveṣaḥ

svarasavāhī viduṣo'pi tathā rūḍho'bhiniveśaḥ || 9 ||

sva – rasa – vāhī viduṣaḥ api tathā rūḍhaḥ
abhiniveśaḥ

te pratiprasavaheyāḥ sūkṣmāḥ || 10 ||

te prati – prasava – heyāḥ sūkṣmāḥ

dhyānaheyāstadvṛttayaḥ || 11 ||

dhyāna – heyāḥ tat – vṛttayaḥ

kleśamūlaḥ karmāśayo dṛṣṭādrṣṭajanmavedanīyaḥ ||
12 ||

kleśa – mūlaḥ karma – āśayaḥ dṛṣṭa – adrṣṭa –
janma – vedanīyaḥ

sati mūle tadvipāko jātyāyurbhogāḥ || 13 ||

sati mūle tat – vipākaḥ jāti – āyuh – bhogāḥ

te hlādaparitāpaphalāḥ puṇyāpuṇyahetutvāt || 14 ||

te hlāda – paritāpa – phalāḥ puṇya – apuṇya –
hetutvāt

pariṇāmatāpasamṣkāraduḥkhaiguṇavṛttivirodhācca
duḥkhameva sarvaṃ vivekinaḥ || 15 ||

pariṇāma – tāpa – samṣkāra – duḥkhaiḥ guṇa –
vṛtti – virodhāt ca duḥkham eva sarvaṃ
vivekinaḥ

heyam duḥkhamanāgatam || 16 ||

heyam duḥkham anāgatam

draṣṭṛdṛśyayoḥ saṃyogo heyahetuḥ || 17 ||

draṣṭṛ – dṛśyayoḥ saṃyogaḥ heya – hetuḥ

prakāśakriyāsthitiśīlaṃ bhūtendriyātmakam

bhogāpavargārtham dṛśyam || 18 ||

prakāśa – kriyā – sthiti – śīlam bhūta – indriya –
ātmakam bhoga – apavarga – artham dṛśyam

viśeṣāviśeṣaliṅgamātrāliṅgāni guṇaparvāṇi || 19 ||

viśeṣa – aviśeṣa – liṅgamātra – aliṅgāni guṇa –
parvāṇi

draṣṭā dṛṣimātraḥ śuddho'pi pratyayānupaśyaḥ || 20

draṣṭā dṛṣi – mātṛaḥ śuddhaḥ api pratyaya –
anupaśyaḥ

tadārtha eva dṛśyasyātmā || 21 ||

tat – arthaḥ eva dṛśyasya ātmā

kṛtārtham prati naṣṭamapyanaṣṭam

tadanyasādhāraṇatvāt || 22 ||

kṛtārtham prati naṣṭam api anaṣṭam tat – anya
– sādhāraṇatvāt

svasvāmiśaktyoḥ svarūpopalabdhihetuḥ saṃyogaḥ ||

23 ||

sva – svāmi – śaktyoḥ svarūpa – upalabdhi – hetuḥ
saṃyogaḥ

tasya heturavidyā || 24 ||

tasya hetuḥ avidyā

tadabhāvātsaṃyogābhāvo hānaṃ taddr̥śeḥ kaivalyam
|| 25 ||

tat – abhāvāt saṃyoga – abhāvaḥ hānam tat
dr̥śeḥ kaivalyam

vivekakhyātiraviplavā hānopāyaḥ || 26 ||

viveka – khyātiḥ aviplavā hāna – upāyaḥ

tasya saptadhā prāntabhūmiḥ prajñā || 27 ||

tasya saptadhā prānta – bhūmiḥ prajñā

yogāṅgānuṣṭhānādaśuddhikṣaye

jñānadīptirāvivekakhyāteḥ || 28 ||

yoga – aṅga – anuṣṭhānāt aśuddhi – kṣaye jñāna
– dīptiḥ ā – viveka – khyāteḥ

yamaniyamāsanaprāṇāyāmapratyāhāradhāraṇādhyānas
amādhayo'sṭāvaṅgāni || 29 ||

yama – niyama – āsana – prāṇāyāma – pratyāhāra –
dhāraṇā – dhyāna – samādhayaḥ aṣṭau aṅgāni

ahiṃsāsatyāsteyabrahmacaryāparigrahā yamāḥ || 30 ||

ahiṃsā – satya – asteya – brahmacarya –
aparigrahāḥ yamāḥ

jātideśakālasamayānavacchinnāḥ sārvabhaumā
mahāvratam || 31 ||

jāti – deśa – kāla – samaya – anavacchinnāḥ
sārvabhaumāḥ mahā – vratam

śaucasantoṣatapaḥsvādhyāyeśvarapraṇidhānāni
niyamāḥ || 32 ||

śauca – santoṣa – tapaḥ – svādhyāya – īśvara –
praṇidhānāni niyamāḥ

vitarkabādhane pratipakṣabhāvanam || 33 ||

vitarka – bādhane pratipakṣa – bhāvanam

vitarkā hiṃsādayaḥ kṛtakāritānumoditā

lobhakrodhamohapūrvakā mṛdumadhyādhimātrā

duḥkhājñānānantaphalā iti pratipakṣabhāvanam || 34

vitarkāḥ hiṃsā – ādayaḥ kṛta – kārita –

anumoditāḥ lobha – krodha – moha – pūrvakāḥ

mṛdu – madhya – adhimātrāḥ duḥkha – ajñāna –

ananta – phalāḥ iti pratipakṣa – bhāvanam

ahiṃsāpratiṣṭhāyām tatsannidhau vairatyāgaḥ || 35 ||

ahiṃsā – pratiṣṭhāyām tat – sannidhau vaira –

tyāgaḥ

satyapraṭiṣṭhāyām kriyāphalāśrayatvam || 36 ||

satya – pratiṣṭhāyām kriyā – phala – āśrayatvam

asteyapraṭiṣṭhāyām sarvaratnopasthānam || 37 ||

asteya – pratiṣṭhāyām sarva – ratna – upasthānam

brahmacaryapraṭiṣṭhāyāṃ vīryalābhah || 38 ||

brahmacarya – praṭiṣṭhāyāṃ vīrya – lābhah

aparigrahasṭhairye janmakathantāsambodhah || 39 ||

aparigraha – sṭhairye janma – kathantā –
sambodhah

śaucāt svāṅgajugupsā parairasamṣargah || 40 ||

śaucāt svāṅga – jugupsā paraiḥ asamṣargah

sattvaśuddhisauṃmanasyaikāgryendriyajayātmadarśanay
ogyatvāni ca || 41 ||

sattva – śuddhi – saumanasya – aikāgrya – indriya –
jaya – ātmadarśana – yogyatvāni ca

santoṣādanuttamah sukhalābhah || 42 ||

santoṣāt anuttamah sukha – lābhah

kāyendriyasiddhiraśuddhikṣayāttapasah || 43 ||

kāya – indriya – siddhiḥ aśuddhi – kṣayāt tapasah

svādhyāyādiṣṭadevatāsamprayogaḥ || 44 ||

svādhyāyāt iṣṭa – devatā – samprayogaḥ

samādhisiddhirīśvarapraṇidhānāt || 45 ||

samādhi – siddhiḥ īśvara – praṇidhānāt

sthirasukhamāsanam || 46 ||

sthira – sukham āsanam

prayatnaśaithilyānantasamāpattibhyām || 47 ||

prayatna – śaithilya – ananta – samāpattibhyām

tato dvandvānabhighātaḥ || 48 ||

tataḥ dvandva – anabhighātaḥ

tasminsati śvāsapraśvāsayorgativicchedaḥ prāṇāyāmaḥ
|| 49 ||

tasmin sati śvāsa – praśvāsayoḥ gati – vicchedaḥ
prāṇāyāmaḥ

bāhyābhyantarastambhavṛttirdeśakālasaṅkhyābhiḥ
paridr̥ṣṭo dīrghasūkṣmaḥ || 50 ||

bāhya – ābhyantara – stambha – vṛttiḥ deśa – kāla
– saṅkhyābhiḥ paridr̥ṣṭaḥ dīrgha – sūkṣmaḥ

bāhyābhyantaraviṣayākṣepī caturthaḥ || 51 ||

bāhya – ābhyantara – viṣaya – ākṣepī caturthaḥ
tataḥ kṣīyate prakāśāvaraṇam || 52 ||

tataḥ kṣīyate prakāśa – āvaraṇam

dhāraṇāsu ca yogyatā manasaḥ || 53 ||

dhāraṇāsu ca yogyatā manasaḥ

svaviṣayāsaṃprayoge cittasvarūpānukāra ivendriyāṇām
pratyāhāraḥ || 54 ||

sva – viṣaya – asaṃprayoge citta – svarūpa –
anukāraḥ iva indriyāṇām pratyāhāraḥ

tataḥ paramā vaśyatendriyāṇām ॥ 55 ॥

tataḥ paramā vaśyatā indriyāṇām

Om iti śrī pātañjalayoga darśane
Sādhana pādo nama
dvitīyaḥ pādaḥ

