

The Yoga Sutras of Patanjali

Sādhana-Pādaḥ

- 1 tapaḥsvādhyāyeśvarapraṇidhānāni kriyāyogaḥ
 - 2 samādhibhāvanārthaḥ kleśatanū karaṇārthaśca
 - 3 avidyāsmītārāgadvēṣābhīniveśāḥ kleśāḥ
 - 4 avidyā kṣetramuttareśāṃ prasupta tanu vicchinno dārāṇām
 - 5 anityāśuci duḥkhānātmasu nitya-śuci sukhātma khyātir avidyā
 - 6 drgdarśana śaktyor ekātmatevāsmītā
 - 7 sukhānuśayī rāgaḥ
 - 8 duḥkhānuśayī dveṣaḥ
 - 9 svarasa-vāhī viduṣo'pi tathārūḍho'bhīniveśaḥ
 - 10 te pratiprasava-heyāḥ sūkṣmāḥ
 - 11 dhyāna-heyāstad-vṛttayaḥ
 - 12 kleśa mūlaḥ karmāśayo dṛṣṭādrṣṭa janma-vedanīyaḥ
 - 13 sati mūle tadvipāko jātyāyur-bhogāḥ
 - 14 te hlāda-paritāpa-phalāḥ puṇyāpuṇya-hetutvāt
 - 15 pariṇāma tāpa saṃskāra duḥkhair guṇa vṛtti virodhāc ca duḥkham eva sarvaṃ vivekinaḥ
 - 16 heyam duḥkhamanāgatam
 - 17 draṣṭṛdrśyayoḥ saṃyogo heyahetuḥ
 - 18 prakāśakriyāsthitiśīlaṃ bhūtenḍriyātmakam bhogāpavargārtham drśyam
 - 19 viśeṣāviśeṣaliṅgamātrāliṅgāni guṇaparvāni
 - 20 draṣṭā drśimātraḥ śuddho'pi pratyayānupaśyaḥ
 - 21 tadartha eva drśyasyātmā
 - 22 kṛtārtham prati naṣṭamapyanaṣṭam tadanyasādhāraṇatvāt
 - 23 sva svāmi-śaktyoḥ svarūpopalabdhi-hetuḥ saṃyogaḥ
 - 24 tasya heturavidyā
 - 25 tadabhāvāt saṃyogābhāvo hānam taddṛṣeḥ kaivalyam
 - 26 viveka khyātir aviḥlavā hānopāyaḥ
 - 27 tasya saptadhā prāntabhūmiḥ prajñā
 - 28 yogāṅgānuṣṭhānādaśuddhikṣaye jñāna dīptir āviveka-khyāteḥ
 - 29 yamaniyamāsanaprāṇāyāmapratyāhāradhāraṇādhyānasamādhayo'ṣṭāvaṅgāni
 - 30 ahiṃsāsatyāsteyabrahmacaryāparigrahā yamāḥ
 - 31 jātideśakālasamayānavacchinnāḥ sārvaabhaumā mahāvratam
 - 32 Śauca santoṣa tapaḥ svādhyāyeśvara praṇidhānāni niyamāḥ
 - 33 vitarkabādhane pratipakṣa bhāvanam
 - 34 vitarkāhiṃsādayaḥ kṛtakāritānumoditā lobhakrodhamohapūrvakā mṛdumadhyādhimātrā
 - 35 duḥkhājñānānantaphalā iti pratipakṣabhāvanam
 - 36 ahiṃsāpratiṣṭhāyāṃ tatsannidhau vairatyāgaḥ
 - 37 satyapratīṣṭhāyāṃ kriyāphalāśrayatvam
 - 38 asteyapratīṣṭhāyāṃ sarvaratnopasthānam
 - 39 brahmacaryapratīṣṭhāyāṃ vīryalābhāḥ
 - 39 aparigrahasthairye janmakathamtāsambodhaḥ
 - 40 śaucāt svāṅgajugupsā parairasamsargaḥ
 - 41 sattvaśuddhi saumanasyaikāgryendriya jayātmadarśana-yogyatvāni ca
 - 42 saṃtoṣādanuttamasukhalābhāḥ
 - 43 kāyendriya siddhir aśuddhikṣayāt tapasaḥ
 - 44 svādhyāyād iṣṭadevatāsaṃprayogaḥ
 - 45 samādhisiddhirīśvarapraṇidhānāt
 - 46 sthīrasukham āsanam
 - 47 prayatna śaithilyānanta samāpattibhyām
 - 48 tato dvandvān abhighātaḥ
 - 49 tasmin sati śvāsa praśvāsayor gati vicchedaḥ prāṇāyāmaḥ
 - 50 bāhyābhyantara stambhavṛttir deśakāla saṃkhyābhiḥ paridrṣṭo dīrghasūkṣmaḥ
 - 51 bāhyābhyantara viśayākṣepī caturthaḥ
 - 52 tataḥ kṣīyate prakāśāvaraṇam
 - 53 dhāraṇāsu ca yogyatā manasaḥ
 - 54 svaviśayāsaṃprayoge cittasvarūpānukāra ivendriyāṇām pratyāhāraḥ
 - 55 tataḥ paramā vaśyatendriyāṇām
- iti śrī patañjala yoga-darśane sādhanā-pādo nāma dvitīyaḥ pādaḥ**