

pātañjalayogadarśanam



Chapter One samādhipādaḥ

This work evolved out of Paul's many visits to India for personal lessons with his teacher TKV Desikachar over two decades and respectfully acknowledges his teaching and the inspiration of his teacher T Krishnamacharya.

This Study Manual was first offered as an interactive guide for those students participating within a three year cYs Practitioner Training Programme with Paul Harvey. Details can be found at <http://www.yogastudies.org>.

In the Spirit of Yoga Community this workbook is now offered through Dharma Downloads as an open source document as a gesture of muditā.

<http://www.dharmadownloads.info>

Yoga Sutra - Translation abbreviations

Gender

f. -feminine

m. -masculine

n. -neuter

Conjugation

The case endings according to declension are denoted as:

n -for nominative (subject)

acc. -accusative (object)

inst. -instrumental (means by which, with)

dat. -dative (for, on behalf of)

abl. -ablative (separation from)

gen. -genitive (relationship, possession)

loc. -locative (place in time and space)

Number

s. -singular

du. -two things involved.

pl. -plural (more than two)

Indeclinable

ind. indicates an indeclinable word, where the ending is always the same.

Root

√ indicates the dhatu or root of the word in question, where known.

Chapter One

॥ samādhī pādah ॥

॥ atha samādhīpādah ॥

atha yogānuśāsanam |

atha (adv.)

yoga-(m.)

√ yuj

anuśāsanam (n. nom. sg.)

anu+śāsana

√ śas

yogaścittavṛttinirodhaḥ |

yogaḥ (m. nom. sg.)

√ yuj

citta-(n.)

√ cit

vṛtti-(f.)

√ vṛt

nirodhaḥ (m. nom. sg.)

ni+rodha

√ rudh

tadā draṣṭuḥ svarūpe'vasthānam |

tadā (ind.)

draṣṭuḥ (m.gen. sg.)

√ dṛś

svarūpe-(n. loc. sg.)

sva+rūpa

avasthānam (n. nom. sg.)

ava+sthāna

√ sthā

vṛttisārūpyamitarātra |

vṛtti-(f.)

√ vṛt

sārūpyam-(n. nom. sg.)

sā+rūpya

itaratra (ind)

vṛttayaḥ pañcatayyaḥ kliṣṭākliṣṭāḥ |

vṛttayaḥ (f. nom. pl)

√vṛt

pañcatayyaḥ (plural)

kliṣṭā-(m.)

√kliś

akliṣṭāḥ (f. nom. pl.)

a+kliṣṭa

√kliś

pramāṇaviparyayavikalpanidrāsmṛtayaḥ |

pramāṇa-(n.)

pra + māna

√ mā

viparyaya-(m.)

vi+pari+aya

√ i

vikalpa-(m.)

vi+kalpa

√ klp

nidrā-(f.)

ni+dra

√ drā

smṛtayaḥ (m. nom.pl.)

√ smṛ

pratyakṣānumānāgamāḥ pramāṇāni |

pratyakṣa-(m.)

prati+akṣa

√ akṣ

anumāna-(m.)

anu+māna

√ mā

āgamāḥ (m. nom. pl.)

ā+gama

√ gam

pramāṇāni (n. nom. pl.)

pra+māna

√ mā

vīparyayo mīthyājñānamatadrūpaḥpratiṣṭham |

vīparyayaḥ (m.)

vi+pari+aya

√i

mīthyā-(ind.)

√mith

jñānam-(n. nom. sg)

√jñā

atad-(n. nom. sg pronoun)

rūpa-(n.)

pratiṣṭham (n. nom. sg)

prati+sthā

√stha

śab₂dajñānānupā₂tī vastuśūnyo¹ vikalpaḥ |

śabda-(m.)

jñāna-(n.)

√jñā

anupā₂tī (m. nom. sg.)

anu+pā₂tin

√pat

vastu-(n.)

√vas

śūnyaḥ (m. nom. sg.)

√śū/śvā/śvi

vikalpaḥ (m.)

vi+kalpa

√kḷp

abhāvapratyayālambanā tamovṛ¹ttirnidrā |

abhāva-(m.)

a+bhāva

√bhū

pratyaya-(m.)

prati+aya

√i

ālambanā-(f. nom. sg.)

ā+lambana

√lamb

tamaḥ (m. nom. sg.)

√tam

vṛttiḥ (f. nom. sg.)

√vṛt

nidrā (f.)

ni+drā

√drā

anubhūtaviṣayaāsampramoṣaḥ smṛtiḥ |

anubhūta-(m.)

anu+bhūta

√bhū

viṣaya-(m.)

vi+ṣaya

√si

asampramoṣaḥ (m. nom. sg.)

a+sam+pra+moṣa

√muṣ

smṛtiḥ (f. nom. sg.)

√smṛ

abhyāsavairāgyābhyāṃ tannirodhaḥ |

abhyāsa-(m.)

abhi+āsa

√ ās

vairāgyābhyām (n. inst. du.)

vi+rāga

√ rañj

tad-(ind.)

nirodhaḥ (m. nom. sg.)

ni+rodha

√ rudh

tatra sthitau yatno¹'bhyāsaḥ |

tatra (ind.)

sthitau (f. loc. sg.)

√sthā

yatnaḥ (m. nom. sg.)

√yat

abhyāsaḥ (m. nom. sg.)

abhi+āsa

√ās

sa tu dīrghakālanairantaryasatkārādarāsevīto dṛḍhabhūmiḥ |

saḥ (m. nom. sg. pron.)

tu (ind.)

dīrgha-(adj.)

kāla-(m.)

√kal

nairantarya-(n.)

nair+antarya

satkāra-(m.)

sat+kāra

√as

√kṛ

ādara-

ā+dara

√dṛ

āsevitaḥ (m. nom. sg.)

ā+sevita

√ sev

ḍṛḍha-(m.)

√ ḍṛṃh

bhūmiḥ (f. nom. sg.)

√ bhū

dr̥ṣṭānuśravikaviṣayavitr̥ṣṇasya vaśīkārasamjñā¹vairāgyam |

dr̥ṣṭa-(m.)

√ dr̥ś

anuśravika-(m.)

anu+śravika

√ śru

viṣaya-(m.)

vi+ṣaya

√ si

vit̥r̥ṣṇasya (m. gen. sg.)

vi+t̥r̥ṣṇasya

√ t̥r̥ṣ

vaśīkāra-(m.)

vaśī+kāra

√ vaś

√ kṛ

samjñā-(f. nom. sg.)

sam+jñā

√jñā

vairāgyam (n. nom. sg.)

vi+rāga

√rañj

tatparam puruṣakhyāterguṇāvaitṛṣṇyam |

tat-(n. nom. sg. pron.)

param (n. nom.sg.)

√ pṛ

puruṣa-(m.)

√ pṛī

√ se

khyāteḥ (f. abl. sg.)

khyā

guṇa-(m.)

√ graḥ

vaitṛṣṇyam (n. nom. sg.)

vai+ṛṣṇyam

√ ṛṣ

vītarkavīcā̄rā̄nandā̄smītārū̄pā̄nūgamā̄tsam̄prajñā̄taḥ |

vitarka-(m.)

vi+tarka

√ tark

vicāra-(m.)

vi+cāra

√ cār

ānanda-(m.)

ā+nanda

√ nand

asmitā-(f.)

asmi+tā

rūpa-(n.)

anugamāt-(m. abl. sg.)

anu+gama

√ gam

samprajñātaḥ (m. nom.sg.)

sam+pra+jñāta

√jñā

virāmapratyayābhyāsapūrvāḥ saṃskāraśeṣo'nyāḥ |

virāma-(m.)

vi+rāma

√ ram

pratyaya-(m.)

prati+aya

√ i

abhyāsa-(m. nom. sg.)

abhi+āsa

√ ās

pūrvāḥ (m. nom.sg.)

saṃskāra-(m.)

sam+kāra

√ kṛ

śeṣāḥ (m. nom. sg.)

√ śiṣ

anyāḥ (m. nom. sg.)

bhavapratyayo videhaprakṛtilayānām |

bhava-(m.)

√bhū

pratyayaḥ (m. nom. sg.)

prati+aya

√i

videha-(m.)

vi+deha

√dih

prakṛti-(f.)

pra+kṛti

√kṛ

layānām (m. gen. pl.)

√lī

śraddhāvīryasmṛtisamādhiprajñāpūrvaka itareṣām |

śraddhā-(f.)

śrat+dhā

√ śrat

√ dhā

vīrya-(n.)

√ vī

smṛti-(f.)

√ smṛ

samādhi-(m.)

sam+ā+dhi

√ dhā

prajñā-(f.)

pra+jñā

√ jñā

pūrvakaḥ (m. nom. sg.)

pūrva+ka

itareṣām (m. gen. pl.)

tīvrasaṃvegānāmāsannaḥ |

tīvra-(m.)

saṃvegānām-(m. gen. pl.)

saṃ+vega

√ vij

āsannaḥ (m. nom. sg.)

ā+sanna

√ sad

mṛdu madhyādhimātratvāttato'pi viśeṣaḥ |

mṛdu-(m.)

√ mṛd

madhya-(m.)

adhimātratvāt-(m. abl. sg.)

adhi+mātra+tva

√ mā

tataḥ (ind.)

api (ind.)

viśeṣaḥ (m. nom. sg.)

vi+śeṣa

√ śiṣ

īśvarapraṇidhānādvā |

īśvara-(m.)

īś+vara

√ īś

√ वृ

praṇidhānāt-(m. abl. sg.)

pra+ni+dhāna

√ dhā

vā (ind.)

kleśakarmavipākāśayairaparāmrṣṭaḥ puruṣaviśeṣa¹ īśvaraḥ |

kleśa-(m.)

√kliś

karma-(n.)

√kr

vipāka-(m.)

vi+pāka

√pac

āśayaiḥ (m. instr. pl.)

ā+śaya

√śi

aparāmrṣṭaḥ (m. nom. sg.)

a+parā+mrṣṭa

√mrś

puruṣa-(m.)

puru+ṣa

√pṛi

√ se

viśeṣaḥ (m. nom. sg.)

vi+śeṣa

√ śiṣ

īśvaraḥ (m. nom. sg.)

īś+vara

√ īś

tātra niraṭiśayaṃ sarvajñabījam |

tatra (ind.)

niraṭiśayaṃ (n. nom. sg.)

nir+ati+śaya

√ śi

sarva-(n.)

jñā-(ṃ.)

√ jñā

bījam (n. nom. sg.)

sa eṣa pūrveṣāmapī guruḥ kālena¹navacchedāt |

saḥ (m. nom. sg. pron.)

eṣaḥ

pūrveṣām-(m. gen. pl.)

api (ind.)

guruḥ (m. nom.sg.)

kālena-(m. instr. sg.)

√kal

navacchedāt (m. abl.sg.)

an+ava+cheda

√chid

tasya vācakah praṇavaḥ |

tasya (m. gen. sg.)

vācakah (m. nom. sg.)

√ vac

praṇavaḥ (m. nom.sg.)

pra+nava

√ nu

tajjapastadarthābhāvanam |

tat-(n. nom. sg. pron.)

japaḥ (m. nom.sg.)

√jap

tat-(n. nom. sg. pron.)

artha-(m.)

bhāvanam (n. nom. sg.)

√bhū

tataḥ pratyakcetanādhigamo'pyantarāyābhāvaśca |

tataḥ (ind.)

pratyak-(m.)

cetanā-(f.)

√ cit

adhigamaḥ (m. nom. sg.)

adhi+gama

√ gam

api-(ind.)

antarāya-(m.)

antar+āya

√ i

abhāvaḥ (m. nom. sg.)

a+bhāva

√ bhū

ca (ind.)

vyādhistyānasamśayapramādālasyaaviratibhrāntidarśanālabdha-
bhūmikatvānavasthitatvāni cittavikṣepāste'ntarāyāḥ |

vyādhi-(m.)

vi+ā+dhi

√ dhā

styāna-(m.)

√ styai

saṃśaya-(m.)

sam+śaya

√ śī

pramāda-(m.)

pra+māda

√ mad

ālasya-(n.)

√ las

avirati-(f.)

a+vi+rati

√ram

bhrānti-(f.)

√bhram

darśana-(m.)

√drś

alabdha-(m.)

a+labdha

√labh

bhūmikatva-(n.)

bhūmi+ka+tva

anavasthitatvāni-(n. nom. pl.)

an+ava+sthita+tva

√sthā

citta-(n.)

√cit

vikṣepāḥ (m. nom. pl.)

vi+kṣepa

√kṣip

te-(m. nom. pl.)

antarāyāh (m. nom. pl.)

antar+āya

√i

duḥkhadaurmanasyāṅgamejayatvaśvāsprāśvāsā vikṣepasahabhuvaḥ |

duḥkha-(n.)

dus+kham

√khan

daurmanasya-(n.)

daur+manasya

√man

aṅgam-(n. nom. sg.)

ejayatva-(m.)

ejaya+tva

√ej

śvāsa-(m.)

√śvas

praśvāsāḥ (m. nom. pl.)

pra+śvāsa

√śvas

vikṣepa-(m.)

vi+kṣepa

√kṣip

sahabhuvah (m. nom. sg.)

saha+bhuvah

√bhū

tatpratiṣedhārthamekatattvābhyāsaḥ |

tat-(ind.)

pratiṣedha-(m.)

prati+ṣedha

√sidh

artham (n. nom. sg.)

eka-(m.)

tattva-(n.)

abhyāsaḥ (m. nom. sg.)

abhi+āsa

√ās

maitrīkaruṇāmuditopekṣāṇām sukhaduḥkhaḥpunyāpunyaṣayāṇām
bhāvanātaścittāprasādanam |

maitrī-(f.)

karuṇā-(f.)

√kr

muditā-(f.)

√mud

upekṣāṇām (f. gen. sg.)

upa+īkṣa

√īkṣ

sukha-(n.)

su+kha

duḥkha-(n.)

duḥ+kha

√duṣ

punya-(n.)

√puṇ

apuṇya-(n.)

a+puṇya

√ puṇ

viṣayāṇām (m. gen. pl.)

vi+ṣayāṇām

√ ṣi

bhāvanātāḥ (ind.)

bhāvanā+taḥ

√ bhū

citta-(n.)

√ cit

prasādanam (n. nom. sg.)

pra+sādanam

√ sad

pracchardana₁vidhāraṇābhyām vā prāṇasya |

pracchardana-(n.)

pra+cchardana

√ chṛd

vidhāraṇābhyām (m. inst. du.)

vi+dhārana

√ dhṛ

vā (ind.)

prāṇasya (m. gen. sg.)

pra+ana

√ an

viṣayavati vā pravṛttirutpannā manasaḥ sthiti¹nibandhini |

viṣayavati (f. nom. sg.)

vi+ṣaya+vati

√ si

vā (ind.)

pravṛttiḥ (f. nom. sg.)

pra+vṛtti

√ vṛt

utpannā (f. nom. sg.)

ut+pannā

√ pad

manasaḥ (n. gen. sg.)

√ man

sthiti-(f.)

√ sthā

nibandhini (m. nom. sg.)

ni+bandha+in

$\sqrt{\text{bandh}}$

viśokā vā¹ jyotiṣmatī |

viśokā (f. nom. sg.)

vi+śoka

√ śuc

vā (ind.)

jyotiṣmatī (f. nom. sg.)

jyotiṣ+matī

√ jyut

vītarāgaviṣayaṃ vā cittaṃ |

vīta-(m.)

vi+ita

√ i

rāga-(m.)

√ rañj

viṣayam (n. nom. sg.)

vi+ṣaya

√ si

vā (ind.)

cittam (n. nom. sg.)

√ cit

svapnanidrajñānālambanam vā |

svapna-(m.)

√ svap

nidrā (f.)

ni+drā

√ drā

jñāna-(n.)

√ jñā

ālambanam (n. nom. sg.)

ā+lambanam

√ lamb

vā (ind.)

yathābhimatādhyānādvā |

yathā-(ind.)

abhimata-(m.)

abhi+mata

√ man

dhyānāt-(m. abl. sg.)

√ dhyai

vā (ind.)

paramāṇuparamaḥattvānto'sya vaśīkārah |

parama-(m.)

√ pṛ

aṇu-(m.)

parama-(m.)

√ pṛ

mahattva-(n.)

mahat+tva

√ maḥ

antaḥ (m. nom.sg.)

asya (m. gen. sg.)

vaśīkārah (m. nom.sg.)

vaśī+kāra

√ vaś

√ kṛ

kṣīnavṛtterabhi¹jātasyevā ma¹ṇergrahīṭṛgrahaṇagrā¹hyeṣu
tatsthatadañjanatā samāpattih |

kṣīna-(m.)

√kṣi

vṛtteḥ (f. gen. sg.)

√vṛt

abhi¹jātasya (m. gen. sg.)

abhi+jāta

√jan

iva (ind.)

maṇeḥ (m. gen. sg.)

grahīṭṛ-(m.)

√grabh

+ṭṛ

grahaṇa-(m.)

√grabh

grāhyeṣu-(m. loc. pl.)

√ grabh

tad-(ind.)

stha-(m.)

√ sthā

tad-(ind.)

añjanatā (f. nom. sg.)

añjana+tā

√ añj

samāpattiḥ (f. nom. sg.)

sam+āpatti

√ pat

tatra śabdā₂rthajñānavikalpaiḥ saṅkīrṇā savitarkā samāpattiḥ |

tatra (ind.)

śabda-(m.)

artha-(m.)

jñāna-(n.)

√jñā

vikalpaiḥ (m. instr. pl.)

vi+kalpa

√klp

saṅkīrṇā (f. nom. sg.)

sam+kīrṇā

√kī

savitarkā (f. nom. sg.)

sa+vi+tarka

samāpattiḥ (f. nom. sg.)

sam+āpatti

√pat

smṛti₁pa₂ṛi₃śuddhau svarūpaśūnyevārthamātranirbhāsā¹ nirvitarkā |

smṛti-(f.)

√ smṛ

paṛiśuddhau (m. loc. sg.)

pa₂ri+śuddhi

√ śudh

sva₂rūpa-(n.)

sva+rūpa

śūnyā-(f. nom.sg.)

√ śū

iva-(ind.)

artha-(m.)

mātra-(m.)

√ mā

nirbhāsā (f. nom. sg.)

nir+bhāsa

√ bhas

nirvitarkā (f. nom. sg.)

nir+vi+tarka

√ tark

etayaiva savicārā nirvicārā ca sūkṣmaviṣayā¹ vyākhyātā |

etayā-(f. instr. sg.)

eva (ind.)

savicārā (f. nom. sg.)

sa+vi+cārā

√ car

nirvicārā (f. nom. sg.)

nir+vi+cārā

√ car

ca (ind.)

sūkṣma-(m.)

√ siv

viṣayā (f. nom. sg.)

vi+ṣayā

√ ṣi

vyākhyātā (f. nom. sg.)

vi+ā+khyātā

√khyā

sūkṣmaviṣayatvam cāliṅgaparyavasānam |

sūkṣma-(m.)

√ siv

viṣayatvam (n. nom. sg.)

viṣaya+tvam

√ si

ca-(ind.)

aliṅga-(n.)

a+liṅga

√ liṅ

paryavasānam (n. nom. sg.)

pari+ava+sāna

√ sā

tā eva sabījaḥ samādhiḥ |

tāḥ (f. nom. pl.)

eva (ind.)

sabijaḥ (m. nom. sg.)

sa+bija

samādhīḥ (m. nom. sg.)

sam+ā+dhi

√ dhā

nirvicāravaiśāradye‘dhyātmāprasādaḥ |

nirvicāra-(m.)

nir+vi+cāra

√ car

vaiśāradhye-(n. loc. sg.)

vi+śārada

√ sṛ

adhyātma-(n.)

adhi+ātma

√ at

prasādaḥ (m. nom. sg.)

pra+sādana

√ sad

ṛtaṃbharā tatra prajñā |

ṛtaṃ-(n. nom. sg.)

√ ṛ

bharā (f. nom. sg.)

√ bhr

tatra (adv.)

prajñā (f. nom. sg.)

pra+jñā

√ jñā

śrutānumānaprajñābhyāmanyaviṣayā viśeṣārthatvāt |

śruta-(m.)

√ śru

anumāna-(m.)

anu+māna

√ mā

prajñābhyām (f. abl. sg.)

pra+jñā+bhyām

√ jñā

anya-(m.)

viṣayā (f. nom. sg.)

vi+ṣayā

√ ṣi

viśeṣa-(m.)

vi+śeṣa

√ śiṣ

arthatvāt (m. abl. sg.)

artha+tva

tajjāḥ saṃskāro'nyasaṃskārapratibandhī |

tad-(n.)

jan (m. nom. sg.)

saṃskāraḥ (m. nom. sg.)

sam+skāra

√kṛ

anya-(m.)

saṃskāra-(m.)

sam+skāra

√kṛ

pratibandhī (m. nom. sg.)

prati+bandh+in

√bandh

tasyāpi nirodhe sarvanirodhānnirbijaḥ samādhiḥ ||

tasya-(m. gen. sg.)

api (ind.)

nirodhe (m. loc. sg.)

ni+rodha

√ rudh

sarva-(m.)

nirodhāt-(m. abl. sg.)

ni+rodhāt

√ rudh

nirbijaḥ (m. nom. sg.)

nir+bīja

samādhiḥ (m. nom. sg.)

sam+ā+dhi

√ dhā

॥ iti pātañjala yoga darśane samādh¹hipādaḥ ॥

॥ iti pātañjala yoga darśane samāptāḥ¹ ॥

॥ pātañjalayogadarśanaṃ samādh¹hipādaḥ ॥