

# The Yoga Sūtra of Patañjali

## Chapter One Samādhi Pādaḥ



### A Romanised Saṃskṛta verse by verse word by word personal study support workbook

With appreciation for the many years of personal teaching in India with my root Yoga teacher TKV Desikachar, along with further word by word studies of the Yoga Sūtra through personal lessons with S Ramaswami.

This Sūtra study Workbook is offered in the spirit of Paramparā. This workbook is not © and is available online in the spirit of open source community commons.

May it support those who use it in their journey towards Viveka and Svatantra.

Prārthanā Ślokaṃ – Patañjali Opening Dhyānaṃ Ślokaṃ with Translation



योगेन चित्तस्य पदेन वाचां मलं शरीरस्य च वैद्यकेन ।  
योऽपाकरोत् तं प्रवरं मुनीनां पतञ्जलिं प्राञ्जलिरानतोऽस्मि ॥

yogena cittasya padena vācāṃ malaṃ śarīrasya ca vaidyakena |  
yopākarottaṃ pravaraṃ munināṃ patañjaliṃ prāñjalirānato'smi ||

'Yoga for the psyche, grammar for speech and medicine for impurities of the body.  
To Patañjali I salute.'

आबाहु पुरुषाकारं शङ्खचक्रासि धारिणम् ।  
सहस्र शिरसं श्वेतं प्रणमामि पतञ्जलिम् ॥

ābāhu puruṣākāraṃ śaṅkhacakrāsīdhāriṇam |  
sahasra śīrasaṃ śvetaṃ praṇamāmi patañjalim ||

'Up to the shoulders human form, holding conch, disc, sword.  
One thousand heads white to Patañjali I salute.'

श्रीमते अनन्ताय नागराय नमो नमः ॥

śrīmate anantāya nāgarājāya namo namaḥ ||

'To venerable, eternal serpent king, Nāga, my reverences.'

The Yoga Sūtra of Patañjali  
Aphorisms on Yoga compiled by Patañjali

Chapter One Title  
samādhi-pādaḥ |

samādhi-

pādaḥ-

Chapter One verse 1  
atha yoga-anu-śāsanam |

atha-

yoga-

anu-

śāsanam-

## Chapter One verse 2

yogaḥ citta-vṛtti-nirodhaḥ |

yogaḥ-

citta-

vṛtti-

nirodhaḥ-

## Chapter One verse 3

tadā draṣṭuḥ svarūpe-avasthānam |

tadā-

draṣṭuḥ-

svarūpe-

avasthānam-

Chapter One verse 4  
vṛtti-sārūpyam-itaratra |

vṛtti-

sārūpyam-

itaratra-

## Chapter One verse 5

vṛttayaḥ pañcatayyaḥ kliṣṭa-akliṣṭāḥ |

vṛttayaḥ-

pañcatayyaḥ-

kliṣṭa-

akliṣṭāḥ-



Chapter One verse 6

pramāṇa-viparyaya-vikalpa-nidrā-smṛtayaḥ |

pramāṇa-

viparyaya-

vikalpa-

nidrā-

smṛtayaḥ-

## Chapter One verse 7

pratyakṣa-anumāna-āgamāḥ pramāṇāni |

pratyakṣa-

anumāna-

āgamāḥ-

pramāṇāni-

## Chapter One verse 8

viparyayaḥ mithyā-jñānam-atad-rūpa-pratiṣṭham |

viparyayaḥ-

mithyā-

jñānam-

atad-

rūpa-

pratiṣṭham-

## Chapter One verse 9

śabda-jñāna-anupātī vastu-śūnyaḥ vikalpaḥ |

śabda-

jñāna-

anupātī-

vastu-

śūnyaḥ-

vikalpaḥ-

Chapter One verse 10

abhāva-pratyaya-āmbanā tamaḥ vṛttiḥ-nidrā |

abhāva-

pratyaya-

āmbanā-

tamaḥ-

vṛttiḥ-

nidrā-

Chapter One verse 11

anubhūta-viṣaya-aṣaṃpramoṣaḥ smṛtiḥ |

anubhūta-

viṣaya-

aṣaṃpramoṣaḥ-

smṛtiḥ-

## Chapter One verse 12

abhyāsa-vairāgyābhyām tat-nirodhaḥ |

abhyāsa-

vairāgyābhyām-

tat-

nirodhaḥ-

Chapter One verse 13

tatra sthitau yatnaḥ abhyāsaḥ |

tatra-

sthitau-

yatnaḥ-

abhyāsaḥ-



## Chapter One verse 14

saḥ tu dīrgha-kāla-nairantarya-satkāra-ādarā-āsevitaḥ dṛḍha-bhūmiḥ |

saḥ-

tu-

dīrgha-

kāla-

nairantarya-

satkāra-

ādarā-

āsevitaḥ-

dṛḍha-

bhūmiḥ-

## Chapter One verse 15

dṛṣṭa-anu-śravika-viṣaya-vitṛṣṇasya vaśīkāra-saṃjñā-vairāgyam |

dṛṣṭa-

anu-

śravika-

viṣaya-

vitṛṣṇasya-

vaśīkāra-

saṃjñā-

vairāgyam-

## Chapter One verse 16

tat-param puruṣa-khyāteḥ guṇa-vaiṭṣṇyam |

tat-

param-

puruṣa-

khyāteḥ-

guṇa-

vaiṭṣṇyam-

## Chapter One verse 17

vitarka-vicāra-ānanda-asmitā-rūpa-anugamāt-saṃprajñātaḥ |

vitarka-

vicāra-

ānanda-

asmitā-

rūpa-

anugamāt-

saṃprajñātaḥ-

## Chapter One verse 18

virāma-pratyaya-abhyāsa-pūrvah saṃskāra-śeṣah anyah |

virāma-

pratyaya-

abhyāsa-

pūrvah-

saṃskāra-

śeṣah-

anyah-

Chapter One verse 19

bhava-pratyayaḥ videha-prakṛti-layānām |

bhava-

pratyayaḥ-

videha-

prakṛti-

layānām-

Chapter One verse 20

śraddhā-vīrya-smṛti-samādhi-prajñā-pūrvakaḥ itareśām |

śraddhā-

vīrya-

smṛti-

samādhi-

prajñā-

pūrvakaḥ-

itareśām-

Chapter One verse 21

tīvra-saṃvegānām-āsannaḥ |

tīvra-

saṃvegānām-

āsannaḥ-



## Chapter One verse 22

mṛdu-madhya-adhimātratvāt-tataḥ api viśeṣaḥ |

mṛdu-

madhya-

adhimātratvāt-

tataḥ-

api-

viśeṣaḥ-

Chapter One verse 23

īśvara-praṇidhānāt-vā |

īśvara-

praṇidhānāt-

vā-

## Chapter One verse 24

kleśa-karma-vipāka-āśayaḥ aparāmṛṣṭaḥ puruṣa-viśeṣa īśvaraḥ |

kleśa-

karma-

vipāka-

āśaya-

aparāmṛṣṭaḥ-

puruṣa-

viśeṣa-

īśvaraḥ-

## Chapter One verse 25

tatra niratiśayaṃ sarva-jña-bijam |

tatra-

niratiśayam-

sarva-

jña-

bijam-

## Chapter One verse 26

sa eśa pūrveṣām-āpi guruḥ kālena-anavacchedāt |

sa-

eśa-

pūrveṣām-

āpi-

guruḥ-

kālena-

anavacchedāt-

Chapter One verse 27  
tasya vācakaḥ praṇavaḥ |

tasya-

vācakaḥ-

praṇavaḥ-

Chapter One verse 28

tat-japaḥ tat-artha-bhāvanam |

tat-

japaḥ-

tat-

artha-

bhāvanam-

## Chapter One verse 29

tataḥ pratyak-cetanā-adhigamaḥ api-antarāya-abhāvaḥ ca |

tataḥ-

pratyak-

cetanā-

adhigamaḥ-

api-

antarāya-

abhāvaḥ-

ca-



## Chapter One verse 30

vyādhi-styāna-saṁśaya-pramāda-ālasya-avirati-bhrānti-darśana-alabdha-bhūmikatva-  
anavasthitatvāni citta-vikṣepāḥ te-antarāyāḥ |

vyādhi-

styāna-

saṁśaya-

pramāda-

ālasya-

avirati-

bhrānti-

darśana-

alabdha-

bhūmikatva-

anavasthitatvāni-

citta-

vikṣepāḥ-

te-

antarāyāḥ-

## Chapter One verse 31

duḥkha-daurmanasya-aṅgam-ejayatva-śvāsa-praśvāsāḥ vikṣepa-sahabhavaḥ |

duḥkha-

daurmanasya-

aṅgam-

ejayatva-

śvāsa-

praśvāsāḥ-

vikṣepa-

sahabhavaḥ-

## Chapter One verse 32

tat-pratiṣedha-artham-eka-tattva-abhyāsaḥ |

tat-

pratiṣedha-

artham-

eka-

tattva-

abhyāsaḥ-

## Chapter One verse 33

maitrī-karuṇā-muditā-upekṣānām sukha-duḥkha-puṇya-apuṇya-viṣayāṇām  
bhāvanātaḥ citta-prasādanam |

maitrī-

karuṇā-

muditā-

upekṣānām-

sukha-

duḥkha-

puṇya-

apuṇya-

viṣayāṇām-

bhāvanātaḥ-

citta-

prasādanam-

Chapter One verse 34

pracchardana-vidhāraṇābhyāṃ vā prāṇasya |

pracchardana-

vidhāraṇābhyām-

vā-

prāṇasya-

Chapter One verse 35

viṣayavatī vā pravṛttiḥ utpannā manasaḥ sthiti-nibandhinī |

viṣayavatī-

vā-

pravṛttiḥ-

utpannā-

manasaḥ-

sthiti-

nibandhinī-

## Chapter One verse 36

viśokā vā jyotiśmatī |

viśokā-

vā-

jyotiśmatī-

## Chapter One verse 37

vīta-rāga-viṣayaṃ vā cittam |

vīta-

rāga-

viṣayaṃ-

vā-

cittam-



## Chapter One verse 38

svapna-nidrā-jñāna-ālamanaṃ vā |

svapna-

nidrā-

jñāna-

ālamanaṃ-

vā-

Chapter One verse 39

yathā-abhimata-dhyānāt-vā |

yathā-

abhimata-

dhyānāt-

vā-

## Chapter One verse 40

parama-aṇu-parama-mahattva-antaḥ asya vaśīkāraḥ |

parama-

aṇu-

parama-

mahattva-

antaḥ-

asya-

vaśīkāraḥ-

## Chapter One verse 41

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

kṣīṇa-

vṛtteḥ-

abhijātasya-

iva-

maṇeḥ-

grahīṭṛ-

grahaṇa-

grāhyeṣu-

tat-

stha-

tad-

añjanatā-

samāpattiḥ-

## Chapter One verse 42

tatra śabda-ārtha-jñāna-vikalpaiḥ saṃkīrṇā savitarkā samāpattiḥ |

tatra-

śabda-

ārtha-

jñāna-

vikalpaiḥ-

saṃkīrṇā-

savitarkā-

samāpattiḥ-

## Chapter One verse 43

smṛti-pariśuddhau svarūpa-śūnya-iva-ārtha-mātra-nirbhāsā nirvitarkā |

smṛti-

pariśuddhau-

svarūpa-

śūnya-

iva-

ārtha-

mātra-

nirbhāsā-

nirvitarkā-

## Chapter One verse 44

etayā-eva savicārā nirvicārā ca sūkṣma-viṣayā vyākhyātā |

etayā-

eva-

savicārā-

nirvicārā-

ca-

sūkṣma-

viṣayā-

vyākhyātā-

## Chapter One verse 45

sūkṣma-viṣayatvaṃ ca-aliṅga-paryavasānam |

sūkṣma-

viṣayatvaṃ-

ca-

aliṅga-

paryavasānam-



Chapter One verse 46

tāḥ eva sabījah samādhiḥ |

tāḥ-

eva-

sabījah-

samādhiḥ-

Chapter One verse 47

nirvicāra-vaiśāradye-adhyātma-prasādaḥ |

nirvicāra-

vaiśāradye-

adhyātma-

prasādaḥ-

Chapter One verse 48  
ṛtaṃ bharā tatra prajñā |

ṛtam-

bharā-

tatra-

prajñā-

## Chapter One verse 49

śruta-anumāna-prajñābhyām-anya-viṣayā viśeṣa-arthatvāt |

śruta-

anumāna-

prajñābhyām-

anya-

viṣayā-

viśeṣa-

arthatvāt-

Chapter One verse 50

tat-jaḥ saṃskāra-anya-saṃskāra-pratibandhī |

tat-

jaḥ-

saṃskāra-

anya-

saṃskāra-

pratibandhī-

## Chapter One verse 51

tasya-api nirodhe sarva-nirodhāt-nirbījaḥ samādhiḥ ||

tasya-

api-

nirodhe-

sarva-

nirodhāt-

nirbījaḥ-

samādhiḥ-

## Chapter One Closing Verse

iti pātañjala yoga darśane samādhi-pādaḥ ||

iti-

pātañjala-

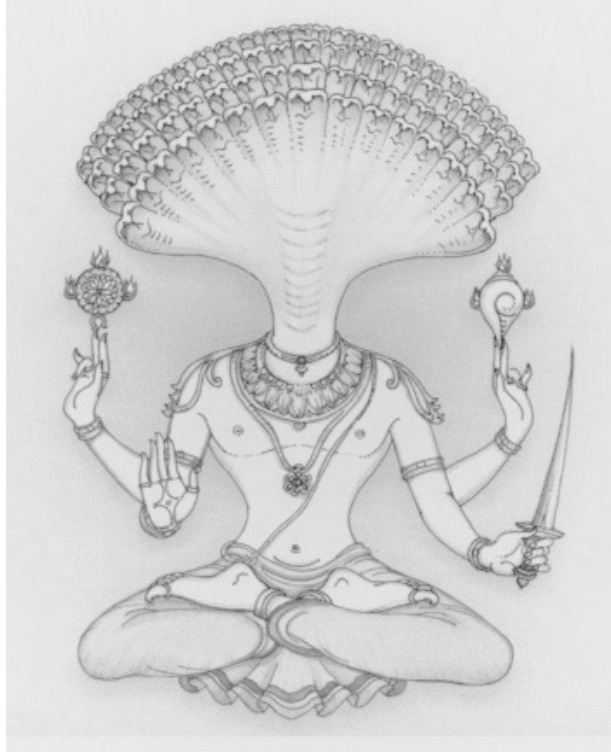
yoga-

darśane-

samādhi-

pādaḥ-

## Patañjali Closing Dhyānaṃ Ślokaṃ with Translation



kāyena vācā manasendriyairvā  
budhyātmanā vā prakṛtessvabhāvāt |

karomi yadyatsakalaṃ parasmai  
patañjalayeti samarpayāmi ||

'What ever I have done  
through body, speech, senses, mind,  
intellect and essence;

or unconscious natural impulses,  
I dedicate as an offering to Patañjali.'