

# The Yoga Sūtra of Patañjali

## Chapter Two Sādhana 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 śiraśaṃ 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 Two Title  
sādhana-pādaḥ |

sādhana-

pādaḥ-

## Chapter Two verse 1

tapaḥ svādhyāya-īśvara-praṇidhānāni kriyā-yogaḥ |

tapaḥ-

svādhyāya-

īśvara-

praṇidhānāni-

kriyā-

yogaḥ-

## Chapter Two verse 2

samādhi-bhāvana-arthah kleśa-tanū-karaṇa-arthah ca |

samādhi-

bhāvana-

arthah-

kleśa-

tanū-

karaṇa-

arthah-

## Chapter Two verse 3

avidyā-asmitā-rāga-dveṣa-abhiniveśāḥ kleśāḥ |

avidyā-

asmitā-

rāga-

dveṣa-

abhiniveśāḥ-

kleśāḥ-

## Chapter Two verse 4

avidyā kṣetram-uttareṣāṃ prasupta-tanu-vicchinna-udārāṇām |

avidyā-

kṣetram-

uttareṣāṃ-

prasupta-

tanu-

vicchinna-

udārāṇām-

## Chapter Two verse 5

anitya-aśuci-duḥkha-anātmasu nitya-śuci-sukha-ātma-khyātiḥ avidyā |

anitya-

aśuci-

duḥkha-

anātmasu-

nitya-

śuci-

sukha-

ātma-

khyātiḥ-

avidyā-



## Chapter Two verse 6

dṛg-darśana-śaktyoḥ eka-ātmatā-iva-asmitā |

dṛg-

darśana-

śaktyoḥ-

eka-

ātmatā-

iva-

asmitā-

## Chapter Two verse 7

sukha-anuśayī rāgaḥ |

sukha-

anuśayī-

rāgaḥ-

Chapter Two verse 8  
duḥkha-anuśayī dveṣaḥ |

duḥkha-

anuśayī-

dveṣaḥ-

## Chapter Two verse 9

sva-rasa-vāhī viduṣaḥ api samā-ruḍhaḥ abhiniveśaḥ |

sva-

rasa-

vāhī-

viduṣaḥ-

api-

samā-

ruḍhaḥ-

abhiniveśaḥ-

Chapter Two verse 10  
te pratiprasava-heyāḥ sūkṣmāḥ |

te-

pratiprasava-

heyāḥ-

sūkṣmāḥ-

Chapter Two verse 11  
dhyāna-heyāḥ tat-vṛttayaḥ |

dhyāna-

heyāḥ-

tat-

vṛttayaḥ-

## Chapter Two verse 12

kleśa-mūlaḥ karma-āśayaḥ dṛṣṭa-adṛṣṭa-janma-vedanīyaḥ |

kleśa-

mūlaḥ-

karma-

āśayaḥ-

dṛṣṭa-

adṛṣṭa-

janma-

vedanīyaḥ-

## Chapter Two verse 13

sati mūle tat-vipākaḥ jāti-āyur-bhogāḥ |

sati-

mūle-

tat-

vipākaḥ-

jāti-

āyur-

bhogāḥ-



## Chapter Two verse 14

te hlāda-paritāpa-phalāḥ puṇya-apuṇya-hetutvāt |

te-

hlāda-

paritāpa-

phalāḥ-

puṇya-

apuṇya-

hetutvāt-

## Chapter Two verse 15

pariṇāma-tāpa-saṃskāra-duḥkhaiḥ guṇa-vṛtti-virodhāt-ca  
duḥkham-eva sarvaṃ vivekinaḥ |

pariṇāma-

tāpa-

saṃskāra-

duḥkhaiḥ-

guṇa-

vṛtti-

virodhāt-

ca- and

duḥkham-

eva-

sarvaṃ-

vivekinaḥ-

Chapter Two verse 16  
heyam duḥkham-anāgatam |

heyam-

duḥkham-

anāgatam-

## Chapter Two verse 17

draṣṭṛ-dṛśyayoh saṃyogaḥ heya-hetuḥ |

draṣṭṛ-

dṛśyayoh-

saṃyogaḥ-

heya-

hetuḥ-

## Chapter Two verse 18

prakāśa-kriyā-sthiti-śīlam bhūta-indriya-ātmakaṃ bhoga-apavarga-artham dṛśyam |

prakāśa-

kriyā-

sthiti-

śīlam-

bhūta-

indriya-

ātmakam-

bhoga-

apavarga-

artham-

dṛśyam-

## Chapter Two verse 19

viśeṣa-aviśeṣa-liṅga-mātra-aliṅgāni-guṇa-parvāṇi |

viśeṣa-

aviśeṣa-

liṅga-

mātra-

aliṅgāni-

guṇa-

parvāṇi-

## Chapter Two verse 20

draṣṭā dṛṣi-mātraḥ śuddhaḥ api-pratyaya-anupaśyaḥ |

draṣṭā-

dṛṣi-

mātraḥ-

śuddhaḥ-

api-

pratyaya-

anupaśyaḥ-

## Chapter Two verse 21

tat-artha eva-dṛśyasya-ātmā |

tat-

artha-

eva-

dṛśyasya-

ātmā-



## Chapter Two verse 22

kṛta-arthaṃ prati-naṣṭam-api-anaṣṭam tat-anya-sādhāraṇatvāt |

kṛta-

arthaṃ-

prati-

naṣṭam-

api-

anaṣṭam-

tat-

anya-

sādhāraṇatvāt-

## Chapter Two verse 23

sva-svāmi-śaktyoḥ svarūpa-upalabdhi-hetuḥ saṃyogaḥ |

sva-

svāmi-

śaktyoḥ-

svarūpa-

upalabdhi-

hetuḥ-

saṃyogaḥ-

Chapter Two verse 24

tasya hetuḥ avidyā |

tasya-

hetuḥ-

avidyā-

## Chapter Two verse 25

tat-abhāvāt-saṃyoga-abhāvaḥ hānaṃ tat-dṛśeḥ kaivalyam |

tat-

abhāvāt-

saṃyoga-

abhāvaḥ-

hānam-

tat-

dṛśeḥ-

kaivalyam-

## Chapter Two verse 26

viveka-khyātiḥ aviṣlavā-hāna-upāyaḥ |

viveka-

khyātiḥ-

aviṣlavā-

hāna-

upāyaḥ-

## Chapter Two verse 27

tasya saptadhā-prānta-bhūmiḥ prajñā |

tasya-

saptadhā-

prānta-

bhūmiḥ-

prajñā-

## Chapter Two verse 28

yoga-aṅga-anu-ṣṭhānāt aśuddhi-kṣaye jñāna-dīptiḥ āviveka-khyāteḥ |

yoga-

aṅga-

anu-

ṣṭhānāt-

aśuddhi-

kṣaye-

jñāna-

dīptiḥ-

āviveka-

khyāteḥ-

## Chapter Two verse 29

yama-niyama-āsana-prāṇāyāma-pratyāhāra-dhāraṇā-dhyāna-samādhayaḥ aṣṭau-aṅgāni |

yama-

niyama-

āsana-

prāṇāyāma-

pratyāhāra-

dhāraṇā-

dhyāna-

samādhayaḥ-

aṣṭau-

aṅgāni-



## Chapter Two verse 30

ahiṃsā-satya-asteya-brahmacarya-aparigrahāḥ yamāḥ |

ahiṃsā-

satya-

asteya-

brahmacarya-

aparigrahāḥ-

yamāḥ-

## Chapter Two verse 31

jāti-deśa-kāla-samaya-anavacchinnāḥ sārva-bhaumāḥ mahā-vratam |

jāti-

deśa-

kāla-

samaya-

anavacchinnāḥ-

sārva-

bhaumāḥ-

mahā-

vratam-

## Chapter Two verse 32

śauca-saṁtoṣa-tapaḥ svādhyāya-īśvara-praṇidhānāni niyamāḥ |

śauca-

saṁtoṣa-

tapaḥ-

svādhyāya-

īśvara-

praṇidhānāni-

niyamāḥ-

## Chapter Two verse 33

vitarka-bādhane pratipakṣa-bhāvanam |

vitarka-

bādhane-

pratipakṣa-

bhāvanam-

## Chapter Two verse 34

vitarkāḥ hiṃsā-ādayaḥ kṛta-kāritā-anumoditāḥ lobha-krodha-moha-pūrvakāḥ  
mṛdu-madhya-adhimātrāḥ duḥkha-ajñāna-anantaphalāḥ iti pratipakṣa-bhāvanam |

vitarkāḥ-

hiṃsā-

ādayaḥ-

kṛta-

kāritā-

anumoditāḥ-

lobha-

krodha-

moha-

pūrvakāḥ-

mṛdu-

madhya-

adhimātrāḥ-

duḥkha-

ajñāna-

ananta-

phalāḥ-

iti- thus

pratipakṣa-

bhāvanam-

Chapter Two verse 35

ahiṃsā-pratiṣṭhāyāṃ tat-saṃnidhau vaira-tyāgaḥ |

ahiṃsā-

pratiṣṭhāyām-

tat-

saṃnidhau-

vaira-

tyāgaḥ-

## Chapter Two verse 36

satya-pratiṣṭhāyāṃ kriyā-phala-āśrayatvam |

satya-

pratiṣṭhāyāṃ-

kriyā-

phala-

āśrayatvam-



## Chapter Two verse 37

asteya-pratiṣṭhāyām sarva-ratna-upasthānam |

asteya-

pratiṣṭhāyām-

sarva-

ratna-

upasthānam-

Chapter Two verse 38

brahmacarya-pratiṣṭhāyāṃ vīrya-lābhaḥ |

brahmacarya-

pratiṣṭhāyām-

vīrya-

lābhaḥ-

## Chapter Two verse 39

aparigraha-sthairye janma-kathaṃtā-saṃbodhaḥ |

aparigraha-

sthairye-

janma-

kathaṃtā-

saṃbodhaḥ-

## Chapter Two verse 40

śaucāt-sva-aṅga-jugupsā paraiḥ asaṃsargaḥ |

śaucāt-

sva-

aṅga-

jugupsā-

paraiḥ-

asaṃsargaḥ-

## Chapter Two verse 41

sattva-śuddhi-saumanasya-eka-agrya-indriya-jaya-ātma-darśana-yogyatvāni ca |

sattva-

śuddhi-

saumanasya-

eka-

agrya-

indriya-

jaya-

ātma-

darśana-

yogyatvāni-

ca-

Chapter Two verse 42  
saṃtoṣāt-anuttamaḥ sukha-lābhaḥ |

saṃtoṣāt-

anuttamaḥ-

sukha-

lābhaḥ-

## Chapter Two verse 43

kāya-indriya-siddhiḥ aśuddhi-kṣayāt-tapaṣaḥ |

kāya-

indriya-

siddhiḥ-

aśuddhi-

kṣayāt-

tapaṣaḥ-

## Chapter Two verse 44

svādhyāyāt-iṣṭa-devatā-saṁprayogaḥ |

svādhyāyāt-

iṣṭa-

devatā-

saṁprayogaḥ-



Chapter Two verse 45  
samādhī-siddhiḥ īśvara-praṇidhānāt |

samādhī-

siddhiḥ-

īśvara-

praṇidhānāt-

Chapter Two verse 46

sthira-sukham-āsanam |

sthira-

sukham-

āsanam-

Chapter Two verse 47

prayatna-śaithilya-ananta-samāpattibhyām |

prayatna-

śaithilya-

ananta-

samāpattibhyām-

Chapter Two verse 48  
tataḥ dvandva-anabhighātaḥ |

tataḥ-

dvandva-

anabhighātaḥ-

## Chapter Two verse 49

tasmin-sati-śvāsa-prāśvāsayoḥ gati-vicchedaḥ prāṇāyāmaḥ |

tasmin-

sati-

śvāsa-

prāśvāsayoḥ-

gati-

vicchedaḥ-

prāṇāyāmaḥ-

## Chapter Two verse 50

bāhya-ābhyantara-stambha-vṛttiḥ deṣa-kāla-saṃkhyābhiḥ paridṛṣṭaḥ dīrgha-sūkṣmaḥ |

bāhya-

ābhyantara-

stambha-

vṛttiḥ-

deṣa-

kāla-

saṃkhyābhiḥ-

paridṛṣṭaḥ-

dīrgha-

sūkṣmaḥ-

## Chapter Two verse 51

bāhya-ābhyaantara-viṣaya-ākṣepī caturthaḥ |

bāhya-

ābhyaantara-

viṣaya-

ākṣepī-

caturthaḥ-

Chapter Two verse 52  
tataḥ kṣīyate prakāśa-āvaraṇam |

tataḥ-

kṣīyate-

prakāśa-

āvaraṇam-



Chapter Two verse 53  
dhāraṇāsu ca yogyatā manasaḥ |

dhāraṇāsu-

ca-

yogyatā-

manasaḥ-

## Chapter Two verse 54

sva-viṣaya-aṣaṃprayoge cittasya sva-rūpa-anukāraḥ iva-indriyāṇāṃ pratyāhāraḥ |

sva-

viṣaya-

aṣaṃprayoge-

cittasya-

svarūpa-

anukāraḥ-

iva-

indriyāṇāṃ-

pratyāhāraḥ-

Chapter Two verse 55  
tataḥ paramā vaśyatā-indriyāṇām ||

tataḥ-

paramā-

vaśyatā-

indriyāṇām-

## Chapter Two Closing Verse

iti pātañjala yoga darśane sādhana-pādaḥ ||

iti-

pātañjala-

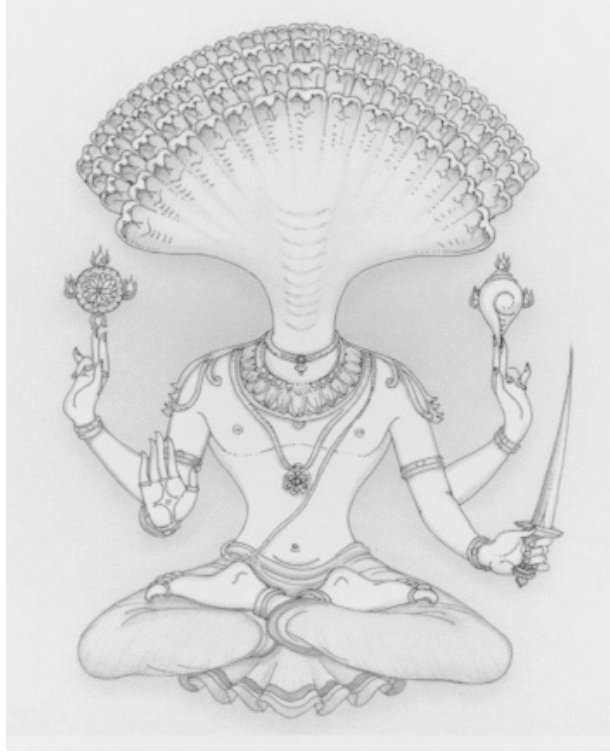
yoga-

darśane-

sādhana –

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.'