

The Yoga Sūtra of Patañjali

Chapter Four Kaivalya 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 śirasaṃ 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 ॥

śrimate anantāya nāgarājāya namo namaḥ ||

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

The Yoga Sūtra of Patañjali
Aphorisms on Yoga compiled by Patañjali

Chapter Four Title
kaivalya pādaḥ |

kaivalya-

pādaḥ-

Chapter Four verse 1

janma-oṣadhi-mantra-tapaḥ samādhi-jāḥ siddhayaḥ |

janma-

oṣadhi-

mantra-

tapaḥ-

samādhi-

jāḥ-

siddhayaḥ-

Chapter Four verse 2

jāti-antara-pariṇāmaḥ prakṛti-āpūrāt |

jāti-

antara-

pariṇāmaḥ-

prakṛti-

āpūrāt-

Chapter Four verse 3

nimittam-aprayojakaṃ prakṛtīnām varaṇa-bhedaḥ tu tataḥ kṣetrikavat |

nimittam-

aprayojakam-

prakṛtīnām-

varaṇa-

bhedaḥ-

tu-

tataḥ-

kṣetrikavat-

Chapter Four verse 4

nirmāṇa-cittāni-asmitā-mātrāt |

nirmāṇa-

cittāni-

asmitā-

mātrāt-

Chapter Four verse 5

pravṛtti-bhede prayojakaṃ cittam-ekam-anekeṣāṃ |

pravṛtti-

bhede-

prayojakam-

cittam-

ekam-

anekeṣāṃ-

Chapter Four verse 6

tatra dhyāna-jam-anāśayam |

tatra-

dhyāna-

jam-

anāśayam-

Chapter Four verse 7

karma-aśukla-akṛṣṇaṃ yoginaḥ trividham-itareṣāṃ |

karma-

aśukla-

akṛṣṇaṃ-

yoginaḥ-

trividham-

itareṣāṃ-

Chapter Four verse 8

tataḥ tat-vipāka-anuḡānām-eva-abhivyaktiḥ vāsanānām |

tataḥ-

tat-

vipāka-

anuḡānām-

eva-

abhivyaktiḥ-

vāsanānām-

Chapter Four verse 9

jāti-deṣa-kāla-vyavahitānām-api-ānantaryaṃ smṛti-saṃskārayoḥ eka-rūpatvāt |

jāti -

deṣa-

kāla-

vyavahitānām-

api-

ānantaryam-

smṛti-

saṃskārayoḥ-

eka-

rūpatvāt-

Chapter Four verse 10

tāsām-anāditvaṃ cā-āśiṣaḥ nityatvāt |

tāsām-

anāditvam-

cā-

āśiṣaḥ-

nityatvāt-

Chapter Four verse 11

hetu-phala-āśraya-ālambanaiḥ saṃgrhītatvāt-eṣām-abhāve tat-abhāvaḥ |

hetu-

phala-

āśraya-

ālambanaiḥ-

saṃgrhītatvāt-

eṣām-

abhāve-

tat-

abhāvaḥ-

Chapter Four verse 12

atīta-anāgataṃ svarūpataḥ asti-adhva-bhedāt-dharmāṇām |

atīta-

anāgataṃ-

svarūpataḥ-

asti-

adhva-

bhedāt-

dharmāṇām-

Chapter Four verse 13
te vyakta-sūkṣmāḥ guṇa-ātmānaḥ |

te-

vyakta-

sūkṣmāḥ-

guṇa-

ātmānaḥ-

Chapter Four verse 14
pariṇāma-ekatvāt-vastu-tattvam |

pariṇāma-

ekatvāt-

vastu-

tattvam-

Chapter Four verse 15

vastu-sāmye citta-bhedāt tayoh vibhaktah panthāḥ |

vastu-

sāmye-

citta-

bhedāt-

tayoh-

vibhaktah-

panthāḥ-

Chapter Four verse 16

na ca-eka-citta-tantram cet-vastu tat-apramāṇakaṃ tadā kiṃ syāt |

na-

ca-

eka-

citta-

tantram-

cet-

vastu-

tat-

apramāṇakaṃ-

tadā-

kiṃ-

syāt-

Chapter Four verse 17

tat-uparāga-upekṣitvāt-cittasya vastu jñāta-ajñātam |

tat-

uparāga-

upekṣitvāt-

cittasya-

vastu-

jñāta-

ajñātam-

Chapter Four verse 18

sadā jñātāḥ citta-vṛttayaḥ tat-prabhoḥ puruṣasya-apariṇāmitvāt |

sadā-

jñātāḥ-

citta-

vṛttayaḥ-

tat-

prabhoḥ-

puruṣasya-

apariṇāmitvāt-

Chapter Four verse 19
na tat-svābhāsaṃ dṛśyatvāt |

na-

tat-

svā-

bhāsam-

dṛśyatvāt-

Chapter Four verse 20

eka-samaye ca-ubhaya-anavadhāraṇam |

eka-

samaye-

ca-

ubhaya-

anavadhāraṇam-

Chapter Four verse 21

citta-antara-dṛśye buddhi-buddheḥ atiprasaṅgaḥ smṛti-saṃkaraḥ ca |

citta-

antara-

dṛśye-

buddhi-

buddheḥ-

atiprasaṅgaḥ-

smṛti-

saṃkaraḥ-

ca-

Chapter Four verse 22

citeḥ aprisaṃkramāyāḥ tat-ākāra-āpattau sva-buddhi-saṃvedanam |

citeḥ-

aprisaṃkramāyāḥ-

tat-

ākāra-

āpattau-

sva-

buddhi-

saṃvedanam-

Chapter Four verse 23

draṣṭṛ-dṛṣya-uparaktam cittam sarva-artham |

draṣṭṛ-

dṛṣya-

uparaktam-

cittam-

sarva-

artham-

Chapter Four verse 24

tat-asamkhyeya-vāsanābhiḥ citram-api para-arthaṃ saṃhatya-kāritvāt |

tat-

asamkhyeya-

vāsanābhiḥ-

citram-

api-

para-

artham-

saṃhatya-

kāritvāt-

Chapter Four verse 25

viśeṣa-darśinaḥ ātma-bhāva-bhāvanā-nivṛttiḥ |

viśeṣa-

darśinaḥ-

ātma-

bhāva-

bhāvanā-

nivṛttiḥ-

Chapter Four verse 26

tadā viveka-nimnaṃ kaivalya-prāgbhāraṃ cittam |

tadā-

viveka-

nimnam-

kaivalya-

prāgbhāra-

cittam-

Chapter Four verse 27

tat-chidreṣu pratyaya-antarāṇi saṃskārebhyaḥ |

tat-

chidreṣu-

pratyaya-

antarāṇi-

saṃskārebhyaḥ-

Chapter Four verse 28

hānaṃ eṣāṃ kleśavat-uktam |

hānam-

eṣām-

kleśavat-

uktam-

Chapter Four verse 29

prasaṃkhyāne-api-akusīdasya sarvathā viveka-khyāteḥ dharma-meghaḥ samādhiḥ |

prasaṃkhyāne-

api-

akusīdasya-

sarvathā-

viveka-

khyāteḥ-

dharma-

meghaḥ-

samādhiḥ-

Chapter Four verse 30
tataḥ kleśa-karma-nivṛttiḥ |

tataḥ-

kleśa-

karma-

nivṛttiḥ-

Chapter Four verse 31

tadā sarva-āvaraṇa-mala-apetasya jñānasya-ānantyāt-jñeyam-alpam |

tadā-

sarva-

āvaraṇa-

mala-

apetasya-

jñānasya-

ānantyāt-

jñeyam-

alpam-

Chapter Four verse 32

tataḥ kṛta-arthānāṃ pariṇāma-krama-samāptiḥ guṇānām |

tataḥ-

kṛta-

arthānām-

pariṇāma-

krama-

samāptiḥ-

guṇānām-

Chapter Four verse 33

kṣaṇa-pratīyogī pariṇāma-aparānta nirgrāhyaḥ kramah |

kṣaṇa-

pratīyogī-

pariṇāma-

aparānta-

nirgrāhyaḥ-

kramah-

Chapter Four verse 34

puruṣa-ārtha-śūnyānāṃ guṇānāṃ pratiprasavaḥ kaivalyaṃ
svarūpa-pratiṣṭhā vā citi-śaktiḥ iti ||

puruṣa-

ārtha-

śūnyānām-

guṇānām-

pratiprasavaḥ-

kaivalyam-

svarūpa-

pratiṣṭhā-

vā-

citi-

śaktiḥ-

iti-

Chapter Four Closing Verse

iti pātañjala yoga darśane kaivalya-pādaḥ ||

iti-

pātañjala-

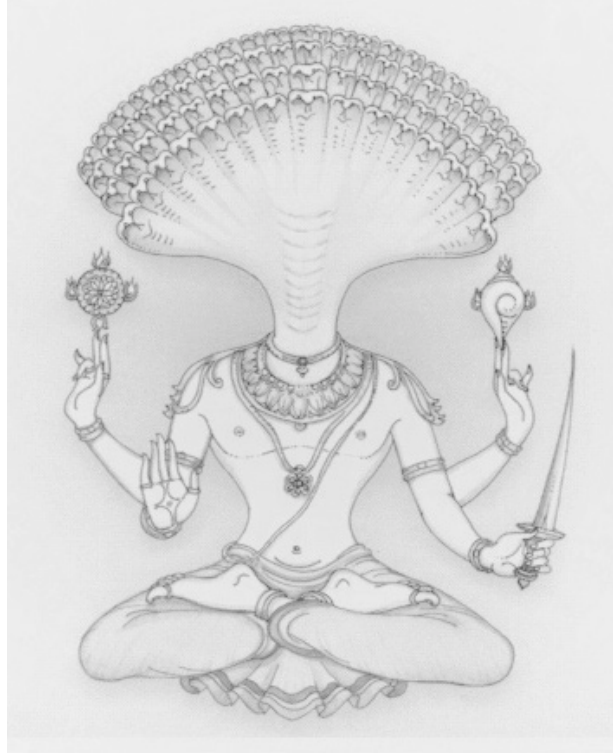
yoga-

darśane-

kaivalya -

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.'