

॥ atha sādhānāpādaḥ ॥

tapāḥ - svādhyāya - iśvarapraṇidhānāni - kriyāyogaḥ | 1 |

samādhībhāvanārthaḥ - kleśa - tanūkarāṇārthaśca | 2 |

avidyā - asmitā - rāga - dveṣa - abhiniveśāḥ - kleśāḥ | 3 |

avidyā kṣetram - uttareṣāḥ - prasupta - tanu - vicchinna
- udārāṇām | 4 |

anitya - aśuci - duḥkha - anātmasu - nitya - śuci - sukha
- ātmakhyātiḥ - avidyā | 5 |

drgdarśanaśaktyoḥ - ekātmatā - iva - asmitā | 6 |

sukhānuśayī - rāgaḥ | 7 |

duḥkhānuśayī - dveṣaḥ | 8 |

svarasavāhī - viduṣo'pi - samārūḍhaḥ - abhiniveśāḥ | 9 |

te - pratiprasavaheyāḥ - sūkṣmāḥ | 10 |

dhyānaheyāḥ - tadvṛttayaḥ | 11 |

kleśamūlaḥ - karmāśayo - drṣṭādrṣṭajanma -
vedanīyaḥ | 12 |

satimūle - tadvipāko - jātyāyurbhogāḥ | 13 |

te - hlādaparītāpaphalāḥ - puṇyāpuṇyahetutvāt | 14 |

pariṇāma - tāpa - saṃskāraduḥkhaiḥ -

guṇavṛttivirodhācca - duḥkhameva sarvaḥ -
vivekinaḥ | 15 |

heyam - duḥkhamanāgatam | 16 |

draṣṭrdrṣyayoḥ - samyogo heyahetuḥ | 17 |

prakāśakriyāsthītiśīlam - bhūtendriyātmaḥ -
bhogāpavargārtham - drṣyam | 18 |

viśeṣāviśeṣa - liṅgamātrāliṅgāni - guṇaparvāṇi | 19 |

draṣṭā drṣīmātraḥ - śuddho'pi - pratyayānupaśyaḥ | 20 |

tadartha eva - drṣyasya - ātmā | 21 |

kṛtārtham - pratīnaṣṭam - api - anaṣṭam -
tadanyasādhāraṇatvāt | 22 |

svasvāmiśaktyoḥ - svarūpopalabdhihetuḥ -
samyogaḥ | 23 |

tasya hetuḥ - avidyā | 24 |

tadabhāvāt - samyogābhāvo - hānam - taddrṣēḥ
kaivalyam | 25 |

vivekakhyātiḥ - aviplavā - hānopāyaḥ | 26 |

tasya saptadhā - prāntabhūmiḥ - prajñā | 27 |

yogāṅgānuṣṭhānāt - aśuddhikṣaye -
jñānadīptiḥ - āvivekakhyāteḥ | 28 |
yama - niyama - āsana - prāṇāyāma - pratyāhāra -
dhāraṇā - dhyāna - samādhayaḥ - aṣṭau -
aṅgāni | 29 |
ahiṃsā - satya - asteya - brahmacarya - aparigrahāḥ -
yamāḥ | 30 |
jāti - deśa - kāla - samaya - anavacchinnaḥ -
sārvabhaumāḥ - mahāvratam | 31 |
śauca - saṃtoṣa - tapaḥ - svādhyāya -
īśvarapraṇidhānāni - niyamāḥ | 32 |
vītarkabādhane - pratipakṣabhāvanam | 33 |
vītarkāḥ - hiṃsādayaḥ - kṛta - kāritā - anumoditāḥ -
lobha - krodha - mohapūrvakāḥ - mṛdu - madhya
adhimātrāḥ - duḥkha - ajñāna -
anantaphalāḥ - iti -
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satyapraṭiṣṭhāyām - kriyāphala - āśrayatvam | 36 |

asteyapraṭiṣṭhāyām - sarvaratna - upasthānam | 37 |
brahmacaryapraṭiṣṭhāyām - vīryalābhah | 38 |
aparigrahasthairye - janmakathamtā - sambodhaḥ | 39 |
śaucāt - svāṅgajugupsā - parairasamsargaḥ | 40 |
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ātmadarśana - yogyatvāni ca | 41 |
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saṃkhyābhiḥ - paridrṣṭo - dirghasūkṣmaḥ | 50 |
bāhya - ābhyantara - viśayākṣepī - caturthaḥ | 51 |
tataḥ - kṣīyate - prakāśāvaraṇam | 52 |

dhāraṇāsu ca - yogyatā manasaḥ | 53 |

svaviṣaya - aṣaṁprayoge - cittasya - svarūpānukāra

iva - indriyāṇām - pratyāhāraḥ | 54 |

tataḥ - paramā vaśyatā - indriyāṇām || 55 ||

|| iti pātāñjala yoga darśane sādhanapādaḥ ||

|| pātāñjalayogadarśanam II 1-55 ||

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