

*Yogins' medical practices in Medieval India
The case of the Dharmaputrikā*

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Kaḥḥle : draft of the critical edition of the *Dharmaputrikā*, prepared by Anil Kumar Acharya and Nirajan Kaḥḥle.

2. prāṇajaya

teṣāṃ madhye pradhānasya nirdoṣasya viśeṣataḥ | 4:36ab
prāṇasyaiva jayābhyāsaṃ praśamsanti manīṣiṇaḥ | 4:36cd
4:36a pradhānasya] edN, pradhāna[śca]sya W. 4:36b nirdoṣasya] W, nirddoṣasya edN.
4:36d praśamsanti] edN, prasansanti W.

yadā tu prāṇam evaikam yogī samyag vijesyati | 4:37ab
tadā sarve jitā eva bhavanty ete 'pi vāyavaḥ | 4:37cd
4:37c sarve jitā] em., sarvve jitā edN, sarvajitā W.

3. *pañcajaya* : conquest of the five bodily winds (DhPu 4.16-38)

Bodily winds	Breathing practices	Places	Signs of the conquest (<i>jaya</i>)	Signs in case of intense practice
<i>prāṇajaya</i>	Fourfold <i>prāṇāyāma</i>	[<i>dhāraṇāvamaśa</i>]	- <i>svadehe paśyati svayam</i>	- <i>niḥśvāso na vartate</i> - or : <i>cirāt pravartate nāsikāpuṭe</i>
<i>apāṇajaya</i>	<i>pūraṇa</i>	<i>adhobhāga</i>	- <i>doṣo nāpi pravarttate</i> - <i>vātamūtrapurīṣāṇām nirodheṣu na khidyate</i> - <i>svecchotsargakṣamo</i>	- <i>bhagandarādayo rogā</i>
<i>samānajaya</i>	<i>kumbhaka</i>	<i>hṛdaya</i>	- <i>nityārogyaśarīratā</i> - <i>bahvannapānadoṣaś ca dīptāgnītvān na jāyate</i>	- <i>atiprabaddhadoṣāś</i> - <i>pārśvaśūlādayas</i>
<i>udānajaya</i>	<i>vārita</i>	<i>ūrdhva</i>	- <i>laghudehatvaṃ</i> - <i>śīghragāmitvam</i>	- <i>śrotranetropaghātādi</i>
<i>vyānajaya</i>	<i>praśānta</i> (na <i>pūrayen na recayed</i>)	<i>tucchadeha</i>	- <i>śīthilasnigdhaḡātratā</i> - <i>anantāśī</i> - <i>nirudvegī</i> - <i>sarvkleśasaho</i>	- <i>snāyutvagupaghātādi</i>

4. Mentions of *cikitsā* and *jaya*

In chapter 1 (*sādhanaṣṭakaraṇa*):

catvāri yogaparakaraṇāny antarāyāś caturvidhāḥ | 1:5ab

teṣāṃ jayaś cikitsā ca dve liṅge siddhisūcake | 1:5cd

1:5b antarāyāś] edN, antarāś (*unmetrical*) W. 1:5c teṣāṃ jayaś cikitsā] W, teṣāṃ jayacikitsāś edN.

In chapter 5 (*sūkṣmāntarāya*):

yuñjato yoginaḥ prāyo jāyante vighnahetavaḥ | 5:1ab

tasmā jayaś cikitsā ca jñātavyā yoginā sadā | 5:1cd

5:1a yuñjato yoginaḥ prāyo] *em.*, yuñjato yoginaḥ prāyā edN, *Kaḡle*, yujato yoginaḥ prāyo W.

5:1c jayaś cikitsā] W, jayacikitsāś edN, *Kaḡle*.

5. Chapter 7 : pramāda-jāntarāyaḥ

pañcaite vāyavo dehe nānāmukhaviniḥṣṛtāḥ | 7:1ab

dhāraṇākramayogena kuryād ūrdhvamukhasṛtān | 7:1cd

7:1b °viniḥṣṛtāḥ] edN, °viniṣṛtāḥ W. **7:1d** kuryād ūrdhva°] *em.*, kurryād ūrdhva° edN, kuryād urdhva° W.

giriṃ bhittvā yathā kiñcij jalam ūrdhvaṃ pravartate | 7:2ab

mūrdhānan tu tathā bhittvā vāyur ūrdhvaṃ pravartate | 7:2cd

7:2a bhittvā yathā kiñcij] edN, bhittvā yathā kiñcit [kra] W. **7:2b** ūrdhvaṃ pravartate] *em.*, ūrdhvaṃ pravartate edN, urdhaṃ pravartate W. **7:2c** mūrdhānan tu tathā bhittvā] edN, mūrdhānam tu tathā bhittvā W. **7:2d** vāyur ūrdhvaṃ pravartate] *em.*, vāyur urdhvaṃ pravartate edN, vāyur urdha pravartate W.

evaṃ pravartamāne 'sau yogābhyāsān mahānilaḥ | 7:3ab

śārīraṃ drumavat kṛtsnam ākampayati yoginaḥ | 7:3cd

7:3a pravartamāne 'sau] *em.*, pravarttamāne 'sau edN, pravarttamānāsau W. **7:3d** drumavat] edN, drūmavat W. **7:3d** ākampayati] edN, ākapayati W.

kadācit pradahed deham uṣṇo bhūtvā pravartitaḥ | 7:4ab

athavā śītaḥ bhūtvā kadācid ubhayātmakaḥ | 7:4cd

7:4a pradahed] W, prahared edN. **7:4b** uṣṇo] W, ūṣṇo edN ; pravartitaḥ] *em.*, pravarttitaḥ edN, W.

ajitaṃ sthānam āsṛitya pramādād yadi varttate | 7:5ab

tadā rogāḥ prajāyante śārīre vighnakāraḥ | 7:5cd

7:5d śārīre] edN, śārīre W.

vāto gulma udāvarta ūrdhvaśvāsas tathaiḥ ca | 7:6ab

chardyatīsāramohās ca klamo mūrchā bhramas tathā | 7:6cd

7:6a udāvarta] *em.*, udāvartta, edN, W. **7:6b** ūrdhvaśvāsas] edN, urdhasvāsas W. **7:6d** mūrchā] W, mūrccā edN.

śīraḥśūlaṃ ca ḥṛllāso hikkikā jṛmbhikās tathā | 7:7ab

ḥṛtpārśvapṛṣṭhaśūlaṃ ca vātaraktas tathaiḥ ca | 7:7cd

7:7a śīraḥśūlaṃ] edN, śīraḥśūlaṃ W ; ḥṛllāso] edN, W, hallāso *Kaṭṭhā*. **7:7b** jṛmbhikās] edN, jyambhikās (ṛmbhikās?) W. **7:7c** ḥṛtpārśvapṛṣṭhaśūlaṃ] edN, ḥṛtpārśvapṛṣṭhaśūlaṃ W. **7:7d** vātaraktas] edN, vātaraktam W, *Kaṭṭhā*.

timiraḥ svayathuḥ kuṣṭhaṃ jvaraś cāpi kadācana | 7:8ab

pramāda-jā bhavanty ete vighnarūpāḥ sudāruṇāḥ | 7:8cd

7:8a svayathuḥ kuṣṭhaṃ] edN, svayathaḥ kuṣṭhaṃ W. **7:8d** pramāda-jā bhavanty ete] edN, pramāda-jātavantyate (?) W.

iti dharmaputrikāyāṃ saṃhitāyāṃ pramāda-jāntarāyā nāma saptama paṭalaḥ ||7||

Col. edN: iti dharmaputrikāyāṃ saṃhitāyāṃ pramāda-jāntarāyā nāma saptama paṭalaḥ |

Col. W : dharmaputrikāyāṃ pramāda-jāntarāyo nāma saptamo dhyāyaḥ |

6. Location of the three humors in the body

talapādanābhideśam vāsthanam udīritam | 10:3ab

ānābher hṛdayam yāvat pittakoṣṭham prakīrtitam | 10:3cd

10:3a talapādanābhideśam] W, talapādanābhideśam edN, talapādanābhideśe H¹⁻², talādi nābhideśe vā H³. **10:3b** vāsthanam udīritam] H¹⁻³, vāsthanam udīritam edN, vā sthanam udīritam W. **10:3c** ānābher hṛdayam] edN, H¹, [?] hadayam H², [?] daye H³, ānābhe hṛdayam W. yāvat] H¹⁻³, W, h yāvat edN, jāt H². **10:3d** pittakoṣṭham prakīrtitam] H¹, pittakoṣṭham prakīrtitam edN, pitrakīṣṭham prakīrtitam H², pitrakōṣṭham prakōṣṭa prakī H³, pitta[u]koṣṭham prakīrtitaḥ W

hṛddeśād ūrdhvakāyas tu śleṣmālayam athocyate | 10:4ab

itī trayāṇām dhātūnām svam svam sthanam udīritam | 10:4cd

10:4a hṛddeśād ūrdhvakāyas tu] H¹⁻³, hṛddeśād ūrdhvakōṣṭham tu edN, hṛdeṇa udham kāyas tu H², hṛddeśād ūrdhakāyas tu W. **10:4b** śleṣmālayam athocyate] edN, śleṣmadhātur ihocyate H¹, śleṣmādhātur ihocyate H²⁻³, śleṣmāṇayam athocyate W. **10:4c** udīritam] H¹⁻³, udāhṛtam edN, udīritam W, udāhṛtam *Kaṭṭe*.

7. Medical treatment (*cikitsā*) of the obstacles produced through carelessness (*pramāda-jāntarāya*) (chapter 10)

Location of diseases according to humors (<i>dhātu</i>)	Diseases	Medical treatment (<i>cikitsā</i>)	Breathing practice
<i>pittakoṣṭhe</i>	- <i>hṛtsūla</i> - <i>pārśvasūla</i> - <i>prṣṭhasūla</i>	- <i>tailābhyāṅga</i> - <i>snānam coṣṇena</i> <i>vāriṇā</i> - <i>saghṛtam pāyasam</i>	<i>puraka, recaka</i>