

THE HATHA YOGA PROJECT
A MANUSCRIPT WORKSHOP
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SELECTIONS OF THE HAṬHĀBHĪYĀSAPADDHATI

[f. IV, ll. 1–5]

śrīgaṇeśāya namaḥ [||] śrīsarasvatyai namaḥ [||] śrīgurubhyo namaḥ [||] śrī-
5 brahmacāricaraṇāravindābhyāṃ namaḥ [||] śrīkapālakuraṇṭakāya namaḥ [||]
saṃsāratāpataptānāṃ || atyantaviṣayasaktānāṃ || straiṇānāṃ jātibhraṣṭānāṃ
|| atisāhasakarmakartṛṇāṃ || tatkr̥te || iyaṃ kapālakuraṇṭakakṛtahaṭhābhyāsa-
paddhatis [||] tadgatapadārthāḥ sādhanakarmāṇi ca likhyante ||

[...]

10 [f. 2v, l. 1 – 11r]

atha ṣaṭkarmayogyatāpratipādanāyāsanāni likhyante ||
athottānāni āsanāni ||

uttānaṃ śayanaṃ kṛtvā aṅgulibhiḥ kandharām baddhvā kūrparau militvā
nitambena bhūmiṃ spr̥ṣṭvā ekaṃ pādaṃ prasārya ekaikena pādena savya-
15 dakṣiṇaṃ bhrāmayitvā vṛṣapādakṣepānaṃ bhavati ||1||

uttānaṃ śayanaṃ kṛtvā pādaṃ militvā prasārya nitambaṃ bhūmau spr̥ṣṭvā

Witness: codex = ms. 46/440 held at the Bhārat Itihās Sansodhak Maṇḍal, Pune. Entitled Āsanayogaḥ in the catalogue. *Witnesses:* codex and *Śrītattvanidhi* = ms. at the Sarasvati Bhandar Library, Mysore Palace (photographs of the folios on *āsana* were published in Sjöman 1996: 13 – 34).

5 śrībrahmacāricaraṇāravindābhyāṃ] *emend.* : śrībrahma+āricaraṇāravindābhyāṃ *codex* 7 kartṛṇāṃ] *emend.* : kartṛṇāṃ *codex* 7 tatkr̥te] *emend.* : tatkr̥te *codex* 8 paddhatis] *emend.* : paddhatar *codex* 8 tadgata-] *conj.* GOODALL : gata- *codex* 8 likhyante] *conj.* : likhyate *codex* 13 aṅgulibhiḥ] *codex* : aṅgulibhiḥ *Śrītattvanidhi* 13 baddhvā] *Śrītattvanidhi* : baddhva *codex* 13 kūrparau] *codex* : kūrpatā *Śrītattvanidhi* 13 militvā] *Śrītattvanidhi* : militvā *codex* 15 vṛṣapādakṣepānaṃ] *conj.* : vṛṣapādakṣipānaṃ *Śrītattvanidhi* : vṛṣapādakṣepaṃ *codex*

hastābhyāṃ kandharāṃ baddhvā kumbhakaṃ kṛtvā tiṣṭhet [||] parighāsanam
bhavati ||2||

20 uttānaśayanam kūparadvayam nābhau sthāpayitvā ekaikam hastam prasārya
nāsikāyāṃ aṅguṣṭhapradeśena dhṛtvā tallakṣyeṇa jaghanapradeśena dhṛtvā
sthāpayet [||] paraśvāsanam bhavati ||3||

uttānaśayanam ekaikam pādāṃ grīvāyāṃ vinyasya itarahastena pādāgram
gṛhītvā itarapādahastau lambikṛtya tiṣṭhet [||] anantāsanam bhavati ||4||

25 uttānam śayita [||] ekaikam pādāṃ grīvāyāṃ kurvan itarahastam kaṇamūle
sthāpayet [||] tasyaiva hastasya kūparam bhūmau nidhāya itarahastapādau
saralīkṛtya tiṣṭhet [||] ankuśāsanam bhavati ||5||

śavavac charīram saṃsthāpya jānunī saṃmīlya nābhau ānīya hastābhyāṃ
kandharāṃ baddhvā bhrāmayet [||] śvottānāsanam bhavati ||6||

30 śvottānavat saṃsthitim kṛtvā jānudvayam paryāyeṇa kaṇayoḥ saṃspr̥śet [||]
mārjārōttānāsanam bhavati ||7||

atha uttānam śayanam kṛtvā pādatalābhyāṃ bhūmim dhṛtvā uttiṣṭhet [||]
vr̥kāsanam bhavati ||8||

uttānaśayanam pādatalābhyāṃ bhūmim dhṛtvā kūparau avanau nidhāya
pr̥ṣṭhadeśam ūrdhvam unnamayet [||] trikūṭāsanam bhavati ||9||

35 uttānaśayanam pādāle uttānahastayoḥ sthāpayet pr̥ṣṭhabhāgam unnamayet
[||] markāṭapīṭham bhavati ||10||

uttānaśayanam kūparābhyāṃ bhūmim avaṣṭabhya hastau nitambe nidhāya
śiraḥūrujaṅghāpādān daṇḍavat dhārayet [||] naukāsanam bhavati ||11||

40 naukāvat sthitvā ūrdhvam pādāgradvayam nayet [||] tiryānnaukāsanam
bhavati ||12||

17 hastābhyāṃ] Śrītattvanidhi : hāstabhyāṃ codex 17 kandharāṃ] codex : kandharāṃ Śrītattvanidhi
17 kumbhakaṃ] Śrītattvanidhi : vumbhakaṃ codex 19 kūparadvayam] emend. : kūparadvayam codex
: kūparam dvayam Śrītattvanidhi 20 aṅguṣṭhapradeśena] Śrītattvanidhi : aṅguṣṭhapradeśena codex 21
paraśvāsanam] codex : paraśvadhāsanam Śrītattvanidhi 22 uttānaśayanam] codex : uttānam śayanam Śrī-
tattvanidhi 24 uttānam śayita] emend. : uttāna śaḥ yīta codex : uttānam śayitam Śrītattvanidhi 24
itarahastam] Śrītattvanidhi : itarahataṃ codex 25 kūparam] Śrītattvanidhi : kūparam codex 26 saralīkṛtya
] Śrītattvanidhi : saralīkṛtya codex 26 ankuśāsanam] Śrītattvanidhi : ankuśāsana codex 27 saṃmīlya] codex :
saṃmīlya Śrītattvanidhi 27 ānīya] emend. : amnīya codex 28 kandharāṃ] Śrītattvanidhi : kadhārāṃ codex
28 śvottānāsanam] conj. : śvottānam codex : uttānāsanam Śrītattvanidhi 29 śvottānavat saṃsthitim Śrī-
tattvanidhi : śvottānava saṃsthitī codex 30 mārjārōttānāsanam] conj. : mārōttānam codex : mājāmōttāsanam
Śrītattvanidhi 34 trikūṭāsanam] Śrītattvanidhi : trikūṭam codex 36 markāṭapīṭham codex : kamaṭha-
pīṭhāsanam Śrītattvanidhi 37 kūparābhyāṃ] codex : kūpararābhyāṃ Śrītattvanidhi 37 bhūmim] codex :
dharānim Śrītattvanidhi 38 -pādān] codex : -pādāḥ Śrītattvanidhi 39 naukāvat] Śrītattvanidhi : naukāva
codex

tīryānaukāvat grīvāpṛṣṭhakūrparaiḥ bhūmim avaṣṭabhya mastakalakṣeṇa
pādāgradvayaṃ ūrdhvaṃ nayet [||] dhvajāsanam bhavati ||13||

grīvākaṇṭhena bhūmiṃ viṣṭabhya pādāgradvayaṃ ūrdhvaṃ unnayet [||]
narakāsanam bhavati ||14||

45 narakāsane sthitvā nāsikapradeśe bhūmau pādapṛṣṭhe sthāpya hastadvayaṃ
saṃmīlya lambīkuryāt grīvapradeśena bhūmiṃ karṣayet [||] lāṅgalāsanam
bhavet ||15||

uttānaśayanam hastatalābhyāṃ bhūmim avaṣṭabhya pādatalābhyāṃ
bhūmiṃ dhṛtvā nābhipradeśam ūrdhvaṃ kuryāt [||] paryāṅkāsanam
50 bhavati ||16||

paryāṅkāsane sthitvā hastapādau saṃmīlayet [||] vetrāsanam bhavati ||17||

vetrāsane sthitvā hastapādān niṣkr̥ṣya[-]m[-]ūrdhvaṃ nayet pṛṣṭhavaṃśena
bhūmiṃ pīḍayet [||] kandukāsanam bhavati ||18||

ekasmin ūruṇi ekam padam kṛtvā anyasmin ūruṇi anyam padam kṛtvā
55 padmāsanam bhavati [||] ūrujānvor antarayoḥ hastau praveśya kandarām
baddhvā uttānam tiṣṭhet [||] uttānakūrmāsanam bhavati ||19||

jaṅghāpṛṣṭhe bhūmau nidhāya jaṅghodarayoḥ ūruṇi saṃsthāpya
pṛṣṭhavaṃśam vāram vāram spr̥ṣyet [||] viratāsanam bhavati ||20||

uttānaśayanam kṛtvā jānuni hr̥daye 'vaṣṭabhya jaṅghāsahita ūruṇi karadvaye
60 baddhvā savyāpasavyam loḍayet [||] dṛṣādāsanam bhavati ||21||

uttānaśayanam padau śira ullaṅghya bhūmau sthāpayitvā nyubjam
†bhūyati† nyubjam śayanam pṛṣṭhe bhūmau nidhāya punaḥ punaḥ pary-
āyeṇa kartavyam [||] luṭhanāsanam bhavati ||22||

41 avaṣṭabhya] *codex*: avaṣṭibhya *Śrītattvanidhi* 43 -kaṇṭhena] *codex*: -kampakena *Śrītattvanidhi* 45
nāsika-] *codex*: nāsikā- *Śrītattvanidhi* 45 -pṛṣṭhe] *codex*: -pṛṣṭha *Śrītattvanidhi* 46 saṃmīlya] *Śrī-*
tattvanidhi: samīlya *codex* 46 lāṅgalāsanam] *codex*: lāṅgalāsanam *Śrītattvanidhi* 48 uttānaśayanam]
codex: uttānam *Śrītattvanidhi* 51 saṃmīlayet] *codex*: samīlya *Śrītattvanidhi* 52 niṣkr̥ṣya] *Śrītattvanidhi*
: niṣkr̥ṣya *codex* 52 pṛṣṭhavaṃśena] *Śrītattvanidhi*: pṛāṣṭhavaṃśena *codex* 53 pīḍayet] *conj.* GOODALL
: pothayet *codex*: moṭhayet *Śrītattvanidhi* 55 ūrujānvor antarayoḥ] *codex*: ūrujānvantarayoḥ *Śrītattvanidhi*
55 praveśya] *Śrītattvanidhi*: praviśya *codex* 57 jaṅghāpṛṣṭhe] *Śrītattvanidhi*: jaṅghāpṛṣṭhi *codex* 57
jaṅghodarayoḥ] *codex*: jaṅghādarayād *Śrītattvanidhi* 57 ūruṇi] *emend.*: ūruṇi *codex*: ūrū *Śrītattvanidhi*
58 pṛṣṭhavaṃśam] *Śrītattvanidhi*: pṛṣṭhivaṃśam *codex* 58 spr̥ṣyet] *corr.*: spr̥ṣet *codex*: spr̥ṣet *Śrītattvanidhi*
59 uttānaśayanam kṛtvā] *Śrītattvanidhi*: uttānaśayanam *codex* 59 jānuni] *codex*: jānuni *Śrītattvanidhi* 60
loḍayet] *codex*: mādayet *Śrītattvanidhi* 61 sthāpayitvā] *Śrītattvanidhi*: sthāpayitvya *codex* 62 pṛṣṭhe]
conj.: pṛṣṭham *Śrītattvanidhi*: pṛṣṭhiṃ *codex* 63 paryāyeṇa kartavyam] *Śrītattvanidhi*: payāyeṇa kartavyam
codex 63 luṭhanāsanam] *codex*: luṭhanāsanam *Śrītattvanidhi*

The description of *padmāsana* in Āsana 19 is not in the *Śrītattvanidhi*, which replaces it with *padmāsanam baddhvā*. The *Śrītattvanidhi* (79) has a separate and different description of *padmāsana*, which is similar to *baddha-*
padmāsana.

- 65 atha nyubjāsanāni [||]
 nyubjaśayanaṃ kṛtvā nābhiṃ bhūmau nidhāya stambhavat hastābhyāṃ
 bhūmim avaṣṭabhya oṣṭhau nimīlya veṇuvat sūkr̥tya tiṣṭhet [||] saraṭāsanam
 bhavati ||23||
- 70 nyubjam śayanaṃ kūrparau pārśvabhāgābhyāṃ ūrdhvekṛtya hastatalābhyāṃ
 bhūmim avaṣṭabhya vāraṃ vāraṃ uddānaṃ kuryāt [||] matsyāsanam
 bhavati ||24||
- 75 nyubjam pādāgre bhūmau kṛtvā lambībhūya mastakāgre hastatalau nidhāya
 nitambam ūrdhvam unnamayya nābhiṃ lakṣya bhūmau nāsikām āniya
 hastatalaparyantaṃ nayet [||] itthaṃ punaḥ punaḥ kuryāt [||] gajāsanam
 bhavati ||25||
- gajāsanavat avasthitvā mastakaṃ vāraṃ vāraṃ dakṣiṇakuṣiṃ savyakuṣiṃ
 nayet [||] tarakṣvāsanam bhavati ||26||
- ekaikaṃ pādaṃ ākuñcyā gajāsanam kuryāt [||] ṛkṣāsanam bhavati ||27||
- gajāsanasaṃsthitau jānudvayam ākuñcyā vāraṃ vāraṃ kartavyam [||]
 80 śaśāsanam bhavati ||28||
- gajāsanasaṃsthitau ekaikaṃ pādaṃ purobhāgena bhrāmayitvā kartavyam
 [||] rathāsanam bhavati ||29||
- gajāsanasaṃsthitau ekaikaṃ bāhuṃ bhūmau tāḍayet [||] meṣāsanam
 bhavati ||30||
- 85 gajāsanasaṃsthitau pādadvayam antarālekṛtya mastakena bhūmiṃ spr̥ṣet [||]
 ajāsanam bhavati ||31||
- kūrparaparyantau hastau dharām avaṣṭabhya jānuni nābhau saṃkuñcyā
 tiṣṭhet [||] caṭakāsanam bhavati ||32||
- 90 hastau caṭakāsanavat saṃsthāpya jānudvayam karṇau saṃspr̥śya jaṅghā-
 dvayam bāhvor nidhāya tiṣṭhet [||] kākāsanam bhavati ||33||

65 atha nyubjāsanāni] *emend.* : adha nyubjāsanāni] *Śrītatvanidhi* : anyubjāsanāni *codex* 66 nyubjaśayanaṃ
] *codex* : nyubjam śayanaṃ *Śrītatvanidhi* 66 stambhavat hastābhyāṃ] *Śrītatvanidhi* : stambvat stābhyāṃ
codex 67 nimīlya] *corr.* : nimīlya *codex*, *Śrītatvanidhi* 67 sūkr̥tya] *codex* : krūṃ kṛtya *Śrītatvanidhi*
 67 saraṭāsanam] *codex* : sarapāsanam *Śrītatvanidhi* 69 ūrdhvekṛtya] *Śrītatvanidhi* : ūrdhvikṛtya *codex*
 70 kuryāt] *codex* : kṛtvā *Śrītatvanidhi* 73 nābhiṃ] *corr.* : nābhi *codex*, *Śrītatvanidhi* 73 āniya] *Śrī-*
tatvanidhi : āniya *codex* 74 hastatalaparyantaṃ] *Śrītatvanidhi* : hastatalāparyantaṃ *codex* 76 gajāsanavat
] *emend.* : gajāsanavato *Śrītatvanidhi* : gajāsanava *codex* 76 avasthitvā] *codex* : sthitvā *Śrītatvanidhi* 79
 gajāsanasaṃsthitau] *codex* : gajāsane sthitau *Śrītatvanidhi* 81 gajāsanasaṃsthitau] *codex* : rājāsanasthitau
Śrītatvanidhi 81 purobhāgena] *codex* : marūbhāgena *Śrītatvanidhi* 83 gajāsanasaṃsthitau] *codex* :
 gajāsanasthitau *Śrītatvanidhi* 85 gajāsanasaṃsthitau] *Śrītatvanidhi* : gajāsanam saṃsthitau *codex* 87 jā-
 nuni] *corr.* : januni *codex* : jānuni *Śrītatvanidhi* 90 jaṅghādvayam] *Śrītatvanidhi* : jaṅghādvaye *codex*

- kākāsanavat saṁsthitau jaṅghā ūruṇi saṁmīlya pṛṣṭhapradeśe ūrdhvaṁ nayet
 [[]] titiryāsanam bhavati ||34||
- hastābhyām avanim avaṣṭabhya jānudvayam nābhau saṁmīlya jaṅghā[-]
 ūruṇī saṁstabhya tiṣṭhet [[]] bakāsanam bhavati ||35||
- 95 padmāsanam saṁsthāpya hastatalābhyām dharām avaṣṭabhya padmāsana-
 yuktacaranadvayam pṛṣṭhabhāge nītvā tiṣṭhet [[]] bhāradvājāsanam bhavati
 ||36||
- hastatale bhūmau kṛtvā padatale ca ūrdhvam uḍḍānam kṛtvā bhūmau patet
 [[]] ittham punaḥ punaḥ kuryāt [[]] kukkuṭṭoḍḍānāsanam bhavati ||37||
- 100 ekam pādam grīvāyām saṁsthāpya dvitīyam pādau upari vinyasya hasta-
 talābhyām avaṣṭabhya tiṣṭhet [[]] arāṇyacaṭakāsanam bhavati ||38||
- hastatalābhyām avanim avaṣṭabhya kūrparau nābhau vinyasya daṇḍavac
 charīram dhṛtvā tiṣṭhet [[]] mayūrāsanam bhavati ||39||
- mayūrāsanavat saṁsthāpya ekena hastena ekasya hastasya maṇibandham
 105 dhārayet [[]] paṅgumayūrāsanam bhavati ||40||
- nyubjam saralam āsanam kṛtvā pādatalābhyām bhūmim avaṣṭabhya uttiṣṭhet
 [[]] khaḍgāsanam bhavati ||41||
- kūrparābhyām avanim avaṣṭabhya hastatalābhyām hanum avaṣṭabhya ut-
 tiṣṭhet [[]] śulāsanam bhavati ||42||
- 110 hastatalābhyām bhūmim avaṣṭabhya ūrdhvaṁ pādāgre kurvan hasta-
 talābhyām nartanam kartavyam [[]] viparītanṛtyāsanam bhavati ||43||
- viparītanṛtyavat sthitau nāsikām bhūmau saṁsprṣya ūrdhvaṁ nītvā punaḥ
 saṁsprṣet [[]] śyenāsanam bhavati ||44||
- kapālam bhūmau nidhāya ūrdhvaṁ pādau nayet [[]] kapālāsanam bhavati
 115 ||45||
- nyubjam śayanam kṛtvā hastau nitambe saṁsthāpya pādau dīrghikṛtya saṁ-
 milayan urasā gantavyam [[]] sarpāsanam bhavati ||46||

91 pṛṣṭhapradeśe] *Śrītatvanidhi* : praṣṭhapradeśe *codex* 92 titiryāsanam] *Śrītatvanidhi* : titirāsanam *codex*
 94 jaṅghā ūruṇī] *Śrītatvanidhi* : jaṅghā ūruṇī *codex* 96 bhāradvājāsanam] *Śrītatvanidhi* : bhāsadvājāsanam
codex 98 hastatale bhūmau kṛtvā padatale ca] *codex* : hastatale pādatale ca bhūmau kṛtvā *Śrītatvanidhi* 98
 uḍḍānam kṛtvā] *codex* : uḍḍīya *Śrītatvanidhi* 99 punaḥ punaḥ] *codex* : punaḥ *Śrītatvanidhi* 99 kukkuṭṭoḍ-
 ḍānāsanam] *Śrītatvanidhi* : kukkuṭṭoḍḍānam *codex* 100 dvitīyam] *Śrītatvanidhi* : dvtīyam *codex* 104
 mayūrāsanavat] *Śrītatvanidhi* : mayūrāsanat *codex* 108 hastatalābhyām] *codex* : hastatalābhyā *Śrītatvanidhi*
 111 viparītanṛtyāsanam] *Śrītatvanidhi* : viparītanṛtyam *codex* 112 viparīta] *Śrītatvanidhi* : viparīta *codex*
 112 sthitau] *codex* : saṁsthitau *Śrītatvanidhi* 112 nāsikām] *Śrītatvanidhi* : nāsikā *codex* 117 urasā]
Śrītatvanidhi : urasām *codex* 117 gantavyam] *codex* : gantavya *Śrītatvanidhi*

nyubjaṃ śayanaṃ kṛtvā pṛṣṭhe pārṣṇivyutkrameṇa hastābhyāṃ
pādānguṣṭhau dhṛtvā loḍayet ||47||

120 [...]

[Haṭhayogic Mudrās]

[f. 28v, l. 4 – 29r, l. 4]

ekasya pādasya pārṣṇyā yoniṃ (vṛṣaṇasyādhaḥ yonir asti tāṃ) niṣpīḍya
anyaṃ pādaṃ prasāritaṃ kṛtvā hanuṃ kaṅṭhakūpe niveśya kambucālanāṃ
125 vinā vāyum ūrdhvam ānayet [||] evaṃ paryāyeṇa kṛtvā mahāmudrā bhavati ||

ekasya pādasya pārṣṇinā yoniṃ sampīḍya anyaṃ pādaṃ itara[-]ūrumūle
sthāpayet [||] kambuyoniṃ dṛḍhaṃ dhṛtvā (liṅgopari kapālam asti)
kapālopari yo [']vakāśas tenāvakāśena vāyum ūrdhvam ānayet kumbhayec
ca [||] mahābandho bhavati ||

130 mahābandhe sthitvā kambuyonikapālāvakāśan dṛḍhaṃ nibadhya †nābheḥ
ubhayataḥ † sphijau[-]m[-]ūrdhvam āniya hastābhyāṃ bhūmim avaṣṭabhyā
kevalanābhicakreṇa vāyum gṛhītvā ūrdhvam ānayet [||] mahāvedho
bhavati ||

pārṣṇyā gudaṃ baddhvā liṅgkapālanābhībhiḥ vāyum gṛhītvā prāṇāyāmaṃ
135 kūrīyāt [||] mūlabandho bhavati ||

nābher ūrdhvaṃ hṛdayasyādhaḥ yo [']vakāśaḥ tenāvakāśena vāyum gṛhītvā
prāṇāyāmaṃ kūrīyāt [||] uḍḍīyāno bhavati ||

kaṅṭhasyādhaḥ hṛdayād ūrdhvaṃ yo [']vakāśaḥ tenāvakāśena vāyum gṛhītvā
prāṇāyāmaṃ kūrīyāt [||] jālandharo bhavati ||

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[f. 30r, ll. 6–9]

atha viparītakaraṇī || mastakaṃ bhūmau nidhāya ākāśe ūrdhvaṃ caraṇau
nayet [||] mukhe vāyum gṛhītvā gudena recayet || viparītakaraṇī mudrā
bhavati [||]

118 pārṣṇivyutkrameṇa] *corr.* : pārṣṇivyutkrameṇa *codex*, Śrītatvanidhi 119 loḍayet] *codex* : māḍayet
Śrītatvanidhi 123 yoniṃ (vṛṣaṇasyādhaḥ yonir asti tāṃ)] *corr.* : vṛṣaṇasyādhaḥ yonir asti tāṃ *codex* 124
hanuṃ] *corr.* : hanu *codex* 127 dṛḍhaṃ] *corr.* : draḍha *codex* 128 'vakāśas tenāvakāśena] *emend.*
: vakāśatena *codex* 129 mahābandho] *emend.* : mahābandhā *codex* 130 -kapālāvakāśan] *emend.* :
-kāpālāvakāśan *codex* 130 dṛḍhaṃ] *emend.* : draḍhī *codex* 131 āniya] *emend.* : āniya *codex* 134
-kapāla-] *emend.* : -kapā- *codex* 138 ūrdhvaṃ] *emend.* : ūrdhva *codex* 142 karaṇī] *emend.* : karaṇī *codex*
143 karaṇī] *emend.* : karaṇī *codex*

The Śrītatvanidhi's description of Āsana 47 does not have the name of this pose. However, its illustration has the
name *nyubjāsana*.