

MAHĀMUDRĀ, MAHĀBANDHA AND MAHĀVEDHA
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1. *Vivekamārtanḍa* 58-63¹

[MAHĀMUDRĀ]

śodhanaṃ nāḍijālasya ghaṭanaṃ candrasūryayoḥ |
rasānāṃ śoṣanaṃ samyak mahāmudrābhidhīyate ||58||
vakṣonyastahanur nipīḍya suciraṃ yoniṃ ca vāmānhriṇā
hastābhyām api dhārayet pravīṭaṃ vāmaṃ tathā dakṣiṇam |
āpūrya svāsanena kuṣṭiyugalaṃ baddhvā śanai recayet
eṣā pātakanāśinī khalu mahāmudrā nṛṇāṃ procyate ||59||
candrāṅge tu samabhyasya sūryāṅge punar abhyaset |
yāvat tulyā bhavet saṅkhyā tato mudrāṃ visarjayet ||60||
na hi pathyam apathyam vā rasāḥ sārve 'pi nīrasāḥ |
api bhuktaṃ viṣaṃ ghoram pīyūṣam iva jīryati ||61||
kṣayakuṣṭagudāvarttagulmājīrṇajavaravyathā |
tasya doṣāḥ kṣayaṃ yānti mahāmudrāṃ tu yo 'bhyaset ||62||
kathiteyaṃ mahāmudrā mahāsiddhikarī nṛṇāṃ |
gopaniyā prayatnena na deya yasya kasya cit ||63||

2. *Dattātreya yogaśāstra* 132-136

kavimārgo'yam uktas te sāmkrte' ṣṭāṅgayogataḥ ||130||
siddhānāṃ kapilādīnāṃ matam vakṣye tataḥ param |
abhyāsabhedato bhedaḥ phalaṃ tu samam eva hi ||131||

[MAHĀMUDRĀ]

mahāmudrāṃ pravakṣyāmi bhairaveṅoktam ādarāt |
pārṣṇim vāmasya pādasya yonisthāne niyojayet ||132||
prasārya dakṣiṇam pādam hastābhyām dhārayed dṛḍham |
cibukaṃ hṛdī vinyasya pūrayed vāyunā punaḥ ||133||
kumbhakena yathāśaktyā dhārayitvā tu recayet |
vāmāṅgena samabhyasya dakṣiṇāṅgena cābhyaset ||134||

[MAHĀBANDHA]

prasāritas tu yaḥ pādas tam ūrūpari vinyaset |
ayam eva mahābandho mudrāvac cāmum abhyaset ||135||

[MAHĀVEDHA]

¹Cf. *Ānandakanda* 1.20.101-107.

mahābandhasthito bhūmau sphicau saṃtāḍayec chanaiḥ |
ayam eva mahāvedhaḥ siddhair abhyasyate naraiḥ ||136||

3. *Amaraughaprabodha* 29-43

atha haṭhaḥ

[MAHĀMUDRĀ]

pādāmūlena vāmena yoniṃ sampīḍya dakṣiṇam |
prasāritaṃ paḍaṃ dhṛtvā karābhyāṃ pūrayen mukhe ||29|| = AS 11.3
kaṅṭhe bandhaṃ samāropya dhārayed vāyum ūrdhvataḥ |
yathā daṇḍāhataḥ sarpo daṇḍākāraḥ prajāyate ||30||
ṛjubhūtā tathā śaktiḥ kuṇḍalī sahasā bhavet |
tadāsau maraṇāvasthā jāyate dvipuṭāśritā ||31||
mahārogā mahākleśā jīryante maraṇādayaḥ |
mahāmudrāṃ ca tenaināṃ vadanti vibudhottamāḥ ||32|| = AS 11.9cd

[MAHĀBANDHA]

mahāmudrā kṛtā yena sādhaḥ 'yaṃ prasidhyati |
kathyate 'sau mahābandho jarāmaraṇanāśakaḥ ||33||
pūrayitvā mukhe vāyum hṛdaye cibuke kṛte |
nibhṛtaṃ yoniṃ ākuñcya mano madhye niyojayet ||34||
ayaṃ tu sarvanāḍināṃ ūrdhvaṃ gatiṃśodhanaḥ |
triveṇīsaṅgamaṃ gatvā kedāraṃ prāpayen manaḥ ||35||

[MAHĀVEDHA]

rūpalāvaṇyasampannā yathā strī puruṣaṃ vinā |
mahāmudrāmahābandhau niṣphalau vedhavarjitaḥ ||36||
savyaṃ prasāritaṃ pādāṃ karābhyāṃ dhārayed dṛḍham | = AS 11.3cd
āṇḍolanāṃ tataḥ kuryāc charīrasya trimārgataḥ ||37||² = AS 14.5cd
punar āsphālanāṃ kaṭyāṃ susthiraṃ kaṅṭhamudrayā | = AS 14.6ab
vāyunā gatim āhṛtya kṛtvā pūrakakumbhakaḥ ||38|| = AS 14.6cd
samahastayugo bhūtvā³ samapādayugas tathā |
vedhayet kramayogena catuṣpīṭhaṃ tu vāyunā ||39|| = AS 13.5cd
āsphālayen mahāmeruṃ vāyuvajrāgnikoṭībhiḥ | = AS 13.7cd
puṭadvayam samākramya vāyuḥ sphurati satvaram ||40||
somasūryāgnisambandhaṃ jānīyād amṛtāya vai |
mṛtāvasthā samutpannā tato mṛtyubhayaṃ kutaḥ ||41||
etat trayāṃ mahāguhyaṃ jarāmṛtyuvināśanam |
aṣṭadhā kriyate caiva yāme yāme dine dine ||42||
vahnivṛddhikaraṃ caiva hy aṇimādiguṇapradam |
puṇyasamcayasamhāri pāpaughabhīduram sadā ||43||

³bhūmau GOML Madras SR 1448

4. *Śivasamhitā* 4.25-50

[MAHĀMUDRĀ]

mahāmudrāṃ pravakṣyāmi tantre 'smin mama vallabhām |
yāṃ prāpya siddhāḥ saṃsiddhiṃ kapilādayāḥ purā gatāḥ ||25||
apasavyena saṃpīḍya pādāmūlena sādaram |
gurūpadeśato yoniṃ gudamedhrāntarālagām ||26||
savyaṃ prasāritaṃ pādaṃ dhrtvā pāṇiyugena vai |
navadvārāṇi saṃyamyā cibukaṃ hṛdayopari ||27||
cittaṃ cittapathe dattvā prārabhed vāyudhāraṇam |
mahāmudrā bhaved eṣā sarvatantreṣu gopitā ||28||
vāmāṅgena samabhyasya dakṣāṅgenābhyaset punaḥ |
prāṇyāmaṃ samaṃ kṛtvā yogī niyatamānasaḥ ||29||
mudrāṃ etāṃ tu saṃprāpya guruvaktrāt suśobhitām |
anena vidhinā yogī mandabhāgyo 'pi sidhyati ||30||
sarvāsām eva nāḍīnāṃ cālanaṃ bindudhāraṇam |
jāraṇam tu kaṣāyasya pātakānāṃ vināśanam ||31||
kuṇḍalītāpanaṃ vāyor brahmarandhrapraveśanam |
sarvarogopaśamanaṃ jaṭharāgnivivardhanam ||32||
vapuṣaḥ kāntir amalā jarāmṛtyuvināśanam |
vāñcītārthaphalaṃ saukhyam indriyāṇāṃ ca māraṇam ||33||
etaduktāni sarvāṇi yogārūḍhasya yoginaḥ |
bhaved abhyāsato 'vaśyaṃ nātra kāryā vicāraṇā ||34||
gopaniyā prayatnena mudreyaṃ surapūjitā |
yāṃ ca prāpya bhavāmbhodheḥ pāraṃ gacchanti yoginaḥ ||35||
mudrā kāmādudhā hy eṣā sādhakānāṃ mayoditā |
guptācāreṇa kartavyā na deyā yasya kasya cit ||36||

[MAHĀBANDHA]

tasyāṃ prasāritaḥ pādo vinyasya tam urūpari |
gudayoniṃ samākuñcya kṛtvā cāpānam ūrdhvagam ||37||
yojayitvā samānena kṛtvā prāṇam adhomukham |
bandhayed ūrdhvagatyarthaṃ hi prāṇāpānayoḥ sudhī ||38||
kathito 'yaṃ mahābandhaḥ siddhimārgapradāyakaḥ |
nāḍījalād rasavyūho mūrdhānaṃ yāti yoginaḥ ||39||
ubhābhyāṃ sādhayet padābhyāṃ ekaikaṃ suprayatnataḥ |
bhaved abhyāsato vāyuḥ suṣumṇāmadhyasaṃgataḥ ||40||
anena vapuṣaḥ puṣṭir dṛḍhabandho 'sthipañjaraḥ |
saṃpūrṇahṛdayo yogī bhavanty etāni yoginaḥ ||41||
bandhenānena yogīndraḥ sādhayet sarvam īpsitam |
apānaprāṇayor aikyaṃ kṛtvā tribhuvaneṣv api ||42||

[MAHĀVEDHA]

mahābandhasthito yogī kuṣṭhim āpurya vāyunā |
sphicau samtāpayed dhīmān vedho 'yaṃ kīrtito mayā ||43||
vedhenānena samvidhya vāyunā yogipuṅgavaḥ |
granthīn suṣumṇāmārgēṇa brahmarandhraṃ bhinatty asau ||44||
yaḥ karoti sadābhyāsaṃ mahāvedhaṃ sugopitam |
vāyusiddhir bhavet tasya jarāmaraṇanāśinī ||45||
cakramadhye sthitā devāḥ kampante vāyutādanāt |
kuṇḍaly api mahāmāyā kailāse sā vilīyate ||46||
mahāmudrāmahābandhau niṣphalau vedhavarjitau |
tasmād yogī prayatnena karoti tritayaṃ kramāt ||47||
etat trayam prayatnena caturvāram karoti yaḥ |
ṣaṇmāsābhyantare mṛtyuṃ jayaty eva na saṃśayaḥ ||48||
etattrayasya mähātmyam siddho jānāti netaraḥ |
yaj jñātvā sādhakāḥ sarve siddhiṃ samyag labhanti ca ||49||
gopanīyam prayatnena sādhakaiḥ siddhim īpsubhiḥ |
anyathā ca na siddhiḥ syān mudrāṇām eṣa niścayaḥ ||50||

5. *Hathapradīpikā* 3.9-30

[MAHĀMUDRĀ]

pādāmūlena vāmena yoniṃ sampīḍya dakṣiṇam |
prasāritam padaṃ kṛtvā karābhyāṃ dhārayed dṛḍham ||9||
kaṅthe bandhaṃ samāropya dhārayed vāyum ūrdhvataḥ |
yathā daṇḍahataḥ sarpo daṇḍākāraḥ prajāyate |
ṛjvībhūtā tathā śaktiḥ kuṇḍalī sahasā bhavet ||10||
tadā sā maraṇāvasthā jāyate dvipuṭāśrayā ||11||
tataḥ śanaiḥ śanair eva recayen na tu vegataḥ |
iyam khalu mahāmudrā mahāsiddhaiḥ pradarsitā ||12||
mahāklesādayo doṣāḥ kṣīyante maraṇādayaḥ |
mahāmudrām ca tenaiva vadanti vibudhottamāḥ ||13||
candrāṅge tu samabhyasya sūryāṅge punar abhyaset |
yāvat tulyā bhavet saṅkhyā tato mudrām visarjayet ||14||
na hi pathyam apathyam vā rasāḥ sarve 'pi nīrasāḥ |
api bhuktaṃ viṣam ghoram pīyūṣam api jīryati ||15||
kṣayakuṣṭhāgudāvartagulmājirṇapurogamāḥ |
tasya doṣāḥ kṣayaṃ yānti mahāmudrām tu yo 'bhyaset ||16||
kathiteyam mahāmudrā mahāsiddhikarī nṛṇām |
gopanīyā prayatnena na deyā yasya kasyacit ||17||

[MAHĀBANDHA]

pārṣṇiṃ vāmasya pādasya yonisthāne niyojayet |
 vāmorūpari samsthāpya dakṣiṇaṃ caraṇaṃ tathā ||18||
 pūrayitvā tato vāyuṃ hṛdaye cibukaṃ dṛḍham |
 niṣpīḍya yonim ākuñcyā mano madhye niyojayet ||19||
 dhārayitvā yathāsakti recayed anilaṃ śanaīḥ |
 savyāṅge tu samabhyasya dakṣāṅge punar abhyaset ||20||
 matam atra tu keśaṃ cit kaṅṭhabandhaṃ vivarjayet |
 rājadantasthajihvāyā bandhaḥ śasto bhaved iti ||21||
 ayaṃ tu sarvanāḍīnām ūrdhvagatinirodhakaḥ |
 ayaṃ khalu mahābandho mahāsiddhipradāyakaḥ ||22||
 kālapāsamahābandhavimocanavicakṣaṇaḥ |
 triveṇīsaṅgamaṃ dhatte kedāraṃ prāpayen manaḥ ||23||
 [MAHĀVEDHA]
 rūpalāvānyasampannā yathā strī puruṣaṃ vinā |
 mahāmudrāmahābandhau niṣphalau vedhavarjitaḥ ||24||
 mahābandhasthito yogī kṛtvā pūrakam ekadhīḥ |
 vāyūnāṃ gatim āvṛtya nibhṛtaṃ kaṅṭhamudrayā ||25||
 samahastayugo bhūmau sphicau samtāḍayec chanaiḥ |
 puṭadvayam atikramya vāyuḥ sphurati madhyagaḥ ||26||
 somasūryāgnisambandho jāyate cāmṛtāya vai |
 mṛtāvasthā samutpannā tato vāyuṃ virecayet ||27||
 mahāvedho 'yam abhyāsān mahāsiddhipradāyakaḥ |
 valīpalitavepagnaḥ sevyate sādhakottamaiḥ ||28||
 etat trayam mahāguhyaṃ jarāmṛtyuvināśanam |
 vahnivṛddhikaraṃ caiva hy aṇimādiguṇapradam ||29||
 aṣṭadhā kriyate caiva yāme yāme dine dine |
 puṇyasambhārasandhāyi pāpaughabhiduraṃ sadā |
 samyak śikṣāvatām evaṃ svalpaṃ prathamāsādhanaṃ ||30||

6. *Gheraṇḍasaṃhitā* 3.6-24

[MAHĀMUDRĀ]
 pāyumuḷaṃ vāmagulphe sampīḍya dṛḍhayatnataḥ |
 yāmyapādaṃ prasāryātha karābhyāṃ dhṛtapadāṅgulīḥ ||6||
 kaṅṭhasaṃkocanaṃ kṛtvā bhruvor madhye nirīkṣayet |
 pūrakair vāyuṃ sampūrya mahāmudrā nigadyate ||7||
 valitaṃ palitaṃ caiva jarāmṛtyuṃ nivārayet |
 kṣayakāsaṃ gudāvartaṃ plihājirṇaṃ jvaraṃ tathā |
 nāśayet sarvarogāṃś ca mahāmudrābhisevanāt ||8||
 [MAHĀBANDHA]

pārṣṇinā vāmapādasya yonim ākuñcayet tataḥ |
 nābhigranthiṃ merudaṇḍe saṃpīḍya yatnataḥ sudhīḥ ||14||
 meḍhraṃ dakṣiṇagulphena dṛḍhabandhaṃ samācaret |
 nābher ūrdhvam adhaś cāpi tānaṃ kuryāt prayatnataḥ |
 jarāvināśinī mudrā mūlabandho nigadyate ||15||
 saṃsārasāgaram tartum abhilaṣati yaḥ pumān |
 virale sugupto bhūtvā mudrām etāṃ samabhyaset ||16||
 abhyāsād bandhanasyāsyā marutsiddhir bhaved dhruvam |
 sādhyed yatnatas tarhi maunī tu vijitālasaḥ ||17||
 vāmapādasya gulphena pāyumuḷaṃ nirodhayet |
 dakṣapādena tad gulphaṃ saṃpīḍya yatnataḥ sudhīḥ ||18||
 śanaiḥ śanaiś cālayet pārṣṇiṃ yonim ākuñcayet chanaīḥ |
 jālaṃdhare dhārayet prāṇaṃ mahābandho nigadyate ||19||
 [MAHĀVEDHA]
 rūpayauvanalāvanyaṃ nārīṇaṃ puruṣaṃ vinā |
 mūlabandhamahābandhau mahāvedhaṃ vinā tathā ||21||
 mahābandhaṃ samāsādya uḍḍānakumbhakaṃ caret |
 mahāvedhaḥ samākhyāto yogināṃ siddhidāyakaḥ ||22||
 mahābandhamūlabandhau mahāvedhasamanvitau |
 pratyahaṃ kurute yas tu sa yogī yogavittamaḥ ||23||
 na mṛtyuto bhayaṃ tasya na jarā tasya vidyate |
 gopaniyaḥ prayatnena vedho yaṃ yogipuṃgavaiḥ ||24||

Sources

- *Amarāughaprabodha*: edited from collation of Adyar Library MS 75278 and GOML, Madras, MS SR1448, both transcribed by Vishwanath Gupta.
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