

|| Patañjali Yoga Sūtra – Chapter 1 ||

atha samādhipādaḥ

1.1 aṭha-yogaṅuśāsanam |

1.2 yogaḥ-cittavṛttinirodhaḥ |

1.3 tadā-draṣṭuḥ-svarūpe-āvasthānam |

1.4 vṛttisārūpyam-itaratra |

1.5 vṛttayaḥ-pañcatayyaḥ-kliṣṭākliṣṭāḥ |

1.6 pramāṇa-viparyaya-vikalpa-nidrā-smṛtayaḥ |

1.7 pratyaḥṣa-anumāna-āgamāḥ-pramāṇāni |

1.8 viparyayo-mithyājñānam-atadrūpapratiṣṭham |

1.9 śabdajñānānupātī-vastuśūnyo-vikalpaḥ |

1.10 abhāvapratyayāmbanā-tamovṛttinidrā |

1.11 anubhūtavīṣaya-aśampramoṣaḥ-smṛtiḥ |

1.12 abhyāsavairāgyābhyām-tannirodhaḥ |

1.13 tatra sthītau-yātno'bhyāsaḥ |

1.14 sa tu-dīrghakāla-nairantarya-satkāra-ādara-āsevito-  
dṛḍhabhūmiḥ |

1.15 dṛṣṭānuśravika-viṣayavitr̥ṣṇasya-vaśīkārasamjñā-  
vairāgyam |

1.16 tatparam-puruṣakhyāteḥ-guṇāvaitr̥ṣṇyam |

1.17 vitarka-vicāra-ānanda-aśmitārūpa-anugamāt-  
sāmprajñātaḥ |

1.18 virāmapratyaya-abhyāsapūvaḥ-saṃskāraśeṣaḥ-  
anyaḥ |

1.19 bhāvapratyayo-vidēhaprakṛtilayānām |

1.20 śraddhā-vīrya-smṛti-samādhiprajñā-pūrvaka itareṣām |

- 1.21 tīvrasamvegānām-āsannaḥ |
- 1.22 mṛdu-madhyā-adhimātrātvāt-tato'pi-viśeṣaḥ |
- 1.23 īśvara-praṇidhānādvā |
- 1.24 kleśa-karma-vipāka-āśayaiḥ-aparāmrṣṭaḥ  
puruṣaviśeṣa īśvaraḥ |
- 1.25 tatra-niratiśayaṁ-sarvajñābījam |
- 1.26 sa eṣa-pūrveṣāmapī guruḥ-kālenānavacchedāt |
- 1.27 tasya-vācakaḥ-praṇavaḥ |
- 1.28 tajjapaḥ-tadarthabhāvanam |
- 1.29 tataḥ-pratyakcetanādhigamaḥ-āpi-antarāyābhāvaśca |
- 1.30 vyādhi-styāna-saṁśaya-pramāda-ālasya-avirati-  
bhrāntidarśana-ālabdhabhūmikatva-ānavasthitatvāni  
cittavikṣepāḥ-te-antarāyāḥ |
- 1.31 duḥkha-daurmanasya-aṅgamejayatva-  
śvāsapraśvāsāḥ-vikṣepasāhabhūvaḥ |
- 1.32 tatpratiśedhārtham-ekatattvābhyāsaḥ |
- 1.33 maitrīkaruṇā-muditopekṣāṇām sukhaduḥkha-  
puṇyāpuṇya-viśayāṇām-bhāvanātaḥ-  
cittāprasādanam |
- 1.34 praścchardana-vidhāraṇābhyām-vā-praṇasya |
- 1.35 viśayavatī vā-pravṛttirutpannā-manasaḥ-sthiti-  
nibandhinī |
- 1.36 viśokā vā-jyotiṣmatī |
- 1.37 vītarāgaviśayaṁ vā-cittam |
- 1.38 svapnanidrā-jñānālamānaṁ vā |
- 1.39 yathābhimatā-dhyānādvā |

- 1.40 pa<sub>1</sub>ra<sub>2</sub>ma<sub>3</sub>ṅu<sub>4</sub>-pa<sub>1</sub>ra<sub>2</sub>ma<sub>3</sub>ma<sub>4</sub>ha<sub>5</sub>ttvā<sub>6</sub>nta<sub>7</sub>ḥ-asya<sub>8</sub> va<sub>9</sub>śī<sub>10</sub>kā<sub>11</sub>ra<sub>12</sub>ḥ |
- 1.41 kṣī<sub>1</sub>ṅa<sub>2</sub>vṛ<sub>3</sub>ttē<sub>4</sub>ḥ-abhi<sub>5</sub>jā<sub>6</sub>tasye<sub>7</sub>vā<sub>8</sub> ma<sub>9</sub>ṅe<sub>10</sub>ḥ-gra<sub>11</sub>hī<sub>12</sub>ṛ<sub>13</sub>-gra<sub>14</sub>ha<sub>15</sub>ṅa<sub>16</sub>-  
grā<sub>17</sub>hye<sub>18</sub>ṣu<sub>19</sub>-tat<sub>20</sub>stha<sub>21</sub>-tada<sub>22</sub>ñ<sub>23</sub>ja<sub>24</sub>na<sub>25</sub>tā<sub>26</sub>-sā<sub>27</sub>mā<sub>28</sub>pa<sub>29</sub>tī<sub>30</sub>ḥ |
- 1.42 tatra<sub>1</sub>-śa<sub>2</sub>bdā<sub>3</sub>rtha<sub>4</sub>jñā<sub>5</sub>navi<sub>6</sub>ka<sub>7</sub>lpai<sub>8</sub>ḥ-sa<sub>9</sub>m<sub>10</sub>kī<sub>11</sub>rṅā<sub>12</sub>-sa<sub>13</sub>vi<sub>14</sub>ta<sub>15</sub>r<sub>16</sub>kā<sub>17</sub>-  
sā<sub>18</sub>mā<sub>19</sub>pa<sub>20</sub>tī<sub>21</sub>ḥ |
- 1.43 smṛ<sub>1</sub>tī<sub>2</sub>pa<sub>3</sub>ri<sub>4</sub>śu<sub>5</sub>dd<sub>6</sub>hau<sub>7</sub>-s<sub>8</sub>va<sub>9</sub>rū<sub>10</sub>pa<sub>11</sub>śū<sub>12</sub>nye<sub>13</sub>va<sub>14</sub>-  
ar<sub>15</sub>tha<sub>16</sub>mā<sub>17</sub>tra<sub>18</sub>nir<sub>19</sub>bhā<sub>20</sub>sā<sub>21</sub>-nī<sub>22</sub>r<sub>23</sub>vi<sub>24</sub>ta<sub>25</sub>r<sub>26</sub>kā<sub>27</sub> |
- 1.44 e<sub>1</sub>ta<sub>2</sub>ya<sub>3</sub>iva<sub>4</sub>-sa<sub>5</sub>vi<sub>6</sub>cā<sub>7</sub>rā<sub>8</sub>-nī<sub>9</sub>r<sub>10</sub>vi<sub>11</sub>cā<sub>12</sub>rā<sub>13</sub> ca<sub>14</sub>-sū<sub>15</sub>kṣ<sub>16</sub>ma<sub>17</sub>vi<sub>18</sub>ṣa<sub>19</sub>yā<sub>20</sub>-  
vyā<sub>21</sub>khyā<sub>22</sub>tā<sub>23</sub> |
- 1.45 sū<sub>1</sub>kṣ<sub>2</sub>ma<sub>3</sub>vi<sub>4</sub>ṣa<sub>5</sub>yā<sub>6</sub>tva<sub>7</sub>m ca<sub>8</sub>-ali<sub>9</sub>ṅa<sub>10</sub>pa<sub>11</sub>ryā<sub>12</sub>vasā<sub>13</sub>na<sub>14</sub>m |

- 1.46 tā<sub>1</sub> eva<sub>2</sub>-sa<sub>3</sub>bī<sub>4</sub>ja<sub>5</sub>ḥ sa<sub>6</sub>mā<sub>7</sub>dhi<sub>8</sub>ḥ |
- 1.47 nī<sub>1</sub>r<sub>2</sub>vi<sub>3</sub>cā<sub>4</sub>ra<sub>5</sub>va<sub>6</sub>i<sub>7</sub>śā<sub>8</sub>rā<sub>9</sub>dye<sub>10</sub>-ad<sub>11</sub>hyā<sub>12</sub>tma<sub>13</sub>pra<sub>14</sub>sā<sub>15</sub>da<sub>16</sub>ḥ |
- 1.48 ṛ<sub>1</sub>ta<sub>2</sub>mbha<sub>3</sub>rā<sub>4</sub>-tatra<sub>5</sub> pra<sub>6</sub>jñā<sub>7</sub> |
- 1.49 ś<sub>1</sub>ru<sub>2</sub>tā<sub>3</sub>nu<sub>4</sub>mā<sub>5</sub>na<sub>6</sub>pra<sub>7</sub>jñā<sub>8</sub>bhyā<sub>9</sub>m-anyavi<sub>10</sub>ṣa<sub>11</sub>yā<sub>12</sub>-vi<sub>13</sub>śe<sub>14</sub>ṣā<sub>15</sub>rtha<sub>16</sub>tva<sub>17</sub>t |
- 1.50 ta<sub>1</sub>ja<sub>2</sub>ḥ sa<sub>3</sub>m<sub>4</sub>skā<sub>5</sub>ra<sub>6</sub>ḥ-anyasa<sub>7</sub>m<sub>8</sub>skā<sub>9</sub>ra<sub>10</sub>pra<sub>11</sub>tī<sub>12</sub>ba<sub>13</sub>ndhī<sub>14</sub> |
- 1.51 ta<sub>1</sub>syā<sub>2</sub>pi<sub>3</sub> nī<sub>4</sub>ro<sub>5</sub>dhe<sub>6</sub>-sar<sub>7</sub>va<sub>8</sub>nī<sub>9</sub>ro<sub>10</sub>dhāt<sub>11</sub>-nī<sub>12</sub>r<sub>13</sub>bī<sub>14</sub>ja<sub>15</sub>ḥ sa<sub>16</sub>mā<sub>17</sub>dhi<sub>18</sub>ḥ |