

## || Patañjali Yoga Sūtra – Chapter 2 ||



atha sādhanapādaḥ

- 2.1 tapāḥ-svādhyāya-īśvarapraṇidhānāni-kriyāyogaḥ |
- 2.2 samādhībhāvanārthaḥ-kleśa-tanūkaraṇārthaśca |
- 2.3 avidyā-asmītā-rāga-dveṣa-abhiniveśāḥ-kleśāḥ |
- 2.4 avidyā kṣetram-uttareṣām-prasupta-tanu-vicchinna-udārāṇām |
- 2.5 anitya-aśuci-duḥkha-anātmasu-nitya-śuci-sukha-ātmakhyātiḥ-avidyā |
- 2.6 dṛgdarśanaśaktyoḥ-ekātmatā-iva-asmītā |
- 2.7 sukhānuśayī-rāgaḥ |
- 2.8 duḥkhānuśayī-dveṣaḥ |
- 2.9 svarasavāhī-viduṣo'pi-samārūḍhaḥ-abhiniveśaḥ |
- 2.10 te-pratiprasavaheyāḥ-sūkṣmāḥ |
- 2.11 dhyānaheyāḥ-tadvṛttayaḥ |
- 2.12 kleśamūlaḥ-karmāśayo-dṛṣṭādrṣṭajanma-vedanīyaḥ |
- 2.13 sātīmūle-tadvipāko-jātyāyurbhogāḥ |
- 2.14 te-hlādaparītāpaphalāḥ-puṇyāpuṇyahetutvāt |
- 2.15 pariṇāma-tāpa-saṃskāraduḥkhaiḥ-guṇavṛttivirodhācca-duḥkhameva sarvaṃ-vivekinaḥ |
- 2.16 heyam-duḥkhamānāgatam |
- 2.17 draṣṭrdrśyayoḥ-samyogo-heyahetuḥ |
- 2.18 prakāśakriyāsthitiśīlam-bhūtendriyātmaḥkam-bhogāpavargārtham-dṛśyam |
- 2.19 viśeṣāviśeṣa-liṅgamātrāliṅgāni-guṇāparvāṇi |
- 2.20 draṣṭā dṛśimātraḥ-śuddho'pi-pratyayānupaśyaḥ |
- 2.21 tadārtha eva-dṛśyasya-ātmā |

- 2.22 kṛtārtham-pratīnaṣṭam-api-anaṣṭam-  
tadanyasādhāraṇatvāt |
- 2.23 svasvāmiśaktyoḥ-svarūpopalabdhihetuḥ-samyogaḥ |
- 2.24 tasya hetuḥ-avidyā |
- 2.25 tadabhāvāt-samyogābhāvo-hānam-taddrśeḥ  
kaivalyam |
- 2.26 vivekakhyātiḥ-aviplavā-hānopāyaḥ |
- 2.27 tasya saptadhā-prāntabhūmiḥ-prajñā |
- 2.28 yogāngānuṣṭhānāt-aśuddhikṣaye-jñānadīptiḥ-  
āvivekakhyāteḥ |
- 2.29 yama-niyama-āsana-prāṇāyāma-pratyāhāra-dhāraṇā-  
dhyāna-samādhayaḥ-aṣṭau-aṅgāni |
- 2.30 ahiṁsā-satya-asteya-brahmacarya-aparigrahāḥ-  
yamāḥ |
- 2.31 jāti-deśa-kāla-samaya-anavacchinnāḥ-sārvabhaumāḥ-  
mahāvratam |
- 2.32 śauca-samtoṣa-tapaḥ-svādhyāya-īśvarapraṇidhānāni-  
niyamāḥ |
- 2.33 vitarkabādhane-pratipakṣābhāvanam |
- 2.34 vitarkāḥ-hiṁsādayaḥ-kṛta-kārita-anumoditāḥ-  
lobha-krodha-mohapūrvakāḥ-mṛdu-madhya-  
adhimātrāḥ-duḥkha-ajñāna-anantaphalāḥ-iti-  
pratipakṣābhāvanam |
- 2.35 ahiṁsāpratiṣṭhāyām-tatsannidhau-vairatyāgaḥ |
- 2.36 satyapraṭiṣṭhāyām-kriyāphala-āśrayatvam |
- 2.37 asteyapraṭiṣṭhāyām-sarvaratna-upasthānam |
- 2.38 brahmacaryapraṭiṣṭhāyām-vīryalābhāḥ |
- 2.39 aparigrahasthairye-jaṅmakathamtā-sambodhaḥ |

- 2.40 śaucāt-svāṅgajugupsā-parairāsaṃsargaḥ |
- 2.41 sattvaśuddhi-saumanasya-aikāgrya-indriyajaya-  
ātmaśāna-yogyātvāni ca |
- 2.42 samtoṣāt-anuttamaḥ-sukhalābhaḥ |
- 2.43 kāyendriyasiddhiḥ-aśuddhikṣayāt-tapasah |
- 2.44 svādhyāyāt-iṣṭadevatāsamprayogaḥ |
- 2.45 samādhisiddhiḥ-iśvarapraṇidhānāt |
- 2.46 sthiraśukhamāsanam |
- 2.47 prayatnaśaithilya-anantasamāpattibhyām |
- 2.48 tato-dvādvānābhighātaḥ |
- 2.49 tasminsati-śvāsapraśvāsayoḥ-gativicchedaḥ-  
prāṇāyāmāḥ |
- 2.50 bāhya-ābhyantara-stambhavṛttiḥ-deśa-kāla-  
saṃkhyābhiḥ paridṛṣṭo-dīrghasūkṣmaḥ |
- 2.51 bāhya-ābhyantara-viśayākṣepī-caturthaḥ |
- 2.52 tataḥ-kṣīyate-prakāśāvaraṇam |
- 2.53 dhāraṇāsu ca-yogyatā manasaḥ |
- 2.54 svaviśaya-asamprayoge-cittasya-svarūpānukāra iva-  
indriyāṇām-pratyāhāraḥ |
- 2.55 tataḥ-paramā vaśyatā-indriyāṇām |