

ЙОГА-СУТРЫ ПАТАНДЖАЛИ

упрощенная латинская транскрипция

I. SAMADHI PADA

1. (1) atha yoganushasanam (1)
2. (1) yogash chitta-vritti-nirodhah (2)
3. (1) tada drashtuh svarupe'vasthanam (3)
4. (1) vritti-sarupyam itaratra (4)
5. (1) vrittayah panchatayyah klishtaklishtah (5)
6. (1) pramana-viparyaya-vikalpa-nidra-smritayah (6)
7. (1) pratyakshanumanagamah pramanani (7)
8. (1) viparyayo mithya-jnanam atad-rupa-pratishtham (8)
9. (1) shabda-jnananupati-vastu-shunyo vikalpah (9)
10. (1) abhava-pratyayalambana vrittir nidra (10)
11. (1) anubhuta-vishayasanpramosha smritih (11)
12. (1) abhyasa-vairagyabhyam tan-nirodhah (12)
13. (1) tatra sthitau yatno'bhyasah (13)
14. (1) sa tu dirgha-kala-nairantarya-satkarasevito dridha-bhumih (14)
15. (1) drishtanushravika-vishaya-vitrishnasya vashikara-sanjna vairagyam (15)
16. (1) tat param purusha-khyater guna-vaitrishnayam (16)
17. (1) vitarka-vicharanandasmitanugamat sanprajnatah (17)
18. (1) virama-pratyayabhyasa-purvah sanskara-shesho'nyah (18)
19. (1) bhava-pratyayo videha-prakritilayanam (19)
20. (1) shraddha-virya-smriti-samadhi-prajnapurvaka itaresham (20)
21. (1) tivra-sanveganam asannah (21)
22. (1) mridu-madhyadhimatratvat tato'pi visheshah (22)
23. (1) ishvara-pranidhanad va (23)
24. (1) klesha-karma-vipakashayair aparamrishtah purushavishesha ishvarah (24)
25. (1) tatra niratishayam sarvajna-bijam (25)
26. (1) sa purvesham api guruh kalenanavachchedat (26)

- 27.(1) tasya vachakah pranavah (27)
- 28.(1) tajjapas tad-artha-bhavanam (28)
- 29.(1) tatah pratyak-chetanadhigamo'py antaraya-bhavash cha (29)
- 30.(1) vyadhi-styana-sanshaya-pramadalaryavirati-bhranti-darshanalabdhabhumikatvanavasthitatvani chitta-vikshepas te'ntarayah (30)
- 31.(1) dukkha-daurmanasyangamejayatva-shvasa-prashrasa vikshepa-sahabhuvah (31)
- 32.(1) tat-pratishedhartham eka-tattvabhyasah (32)
- 33.(1) maitri-karuna-muditopekshanam sukha-dukkha-punyapunya-vishayanam bhavanatash chitta-prasadanam (33)
- 34.(1) prachchardana-vidharanabhyam va pranasya (34)
- 35.(1) vishayavati va pravrittir utpanna manasah sthiti-nibandhani (35)
- 36.(1) vishoka va jyotishmati (36)
- 37.(1) vita-raga-vishayam va chittam (37)
- 38.(1) svapna-nidra-jnanalambanam va (38)
- 39.(1) yathabhimata-dhyanad va (39)
- 40.(1) paramanu-parama-mahattvanto'sya vashikarah (40)
- 41.(1) kshina-vritter abhijatasyeva maner grahitri-grahana-grahyeshu tatstha-tadanjanata samapattih (41)
- 42.(1) tatra shabdarnya-jnana-vikalpaih sankirna savitarka (42)
- 43.(1) smriti-parishuddhau svarupa-shunyevarya-matra-nirbhasa nirvitarka (43)
- 44.(1) etayaiva savichara nirvichara cha sukshma-vishaya vyakhyata (44)
- 45.(1) sukshma-vishayatvam chalinga-paryavasanam (45)
- 46.(1) ta eva sabijah samadhih (46)
- 47.(1) vichara-vaisharadye'dhyatma-prasadah (47)
- 48.(1) ritambhara tatra prajna (48)
- 49.(1) shrutanumana-prajnabhyam anya-vishaya vishesharthatvat (49)
- 50.(1) taj-jah sanskaro'nya sanskara-pratibandhi (50)
- 51.(1) tasyapi nirodhe sarva-nirodhan nirbijah samadhih (51)

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II. SADHANA PADA

1. (2) tapah-svadhyayeshvara-pranidhanani kriya-yogah (52)
2. (2) samadhi-bhavanarthah klesha-tanukaranarthash cha (53)

3. (2) avidyasmitta-raga-dveshabhiniveshah kleshah (54)
4. (2) avidya kshetram uttaresham prasupta-tanu-vichchinnodaranam (55)
5. (2) anityashuchi-duhkhanatmasu nitya-shuchi-sukhatmakhyatir avidya (56)
6. (2) drig-darshana-shaktyor ekatmatevasmita (57)
7. (2) sukhanushayl ragah (58)
8. (2) dukkhanushayi dveshah (59)
9. (2) svarasavahi vidusho'pi tatha rudho'bhiniveshah (60)
10. (2) te pratiprasava-heyah sukshmah (61)
11. (2) dhyana-heyas tad-vrittayah (62)
12. (2) klesha-mulah karmashayo drishtadrishta-janma-vedaniyah (63)
13. (2) sati mule tad-vipako jaty-ayur-bhogah (64)
14. (2) te hlada-paritapa-phalah punyapunya-hetutvat (65)
15. (2) parinama-tapa-sanskara-dukhair guna-vritti-virodhach cha dukkham eva sarvam vivekinah (66)
16. (2) heyam dukkham anagatam (67)
17. (2) drashtri-drishyayoh sanyogo heya-hetuh (68)
18. (2) prakasha-kriya-sthiti-shilam bhutendriyatmakam bhogapavargarthem drishyam (69)
19. (2) visheshavishesha-lingamatralingani gunaparvani (70)
20. (2) drashta dristhimatrah shuddho'pi pratyayanupashyah (71)
21. (2) tad-artha eva drishyasyatma (72)
22. (2) kritartham prati nashtam apy anashtam tad-anya-sadharanatvat (73)
23. (2) sva-svami-shaktyoh svarupopalabdhi-hetah sanyogah (74)
24. (2) tasya hetur avidya (75)
25. (2) tad-abhavat sanyogabhavo hanam tad drisheh kaivalyam (76)
26. (2) viveka-khyatir aviplava hanopayah (77)
27. (2) tasya saptadha pranta-bhumih prajna (78)
28. (2) yoganganushthanad ashuddhikshaye jnanadiptir a viveka-khyateh (79)
29. (2) yama-niyamasana-pranayama-pratyahara-dharana-dhyana-samadhyayo'shtavangani (80)
30. (2) tatra ahimsa-satyasteya-brahmacharyaparigraha yamah (81)
31. (2) ete jati-desha-kala-samayanavachchimah sarvabhauma mahavratam (82)
32. (2) shaucha-santosha-tapah-svadhyayeshvara-pranidhanani niyamah

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- 33.(2) vitarka badhane pratipaksha bhavanam (84)
- 34.(2) vitarka himsadayah krita-karitanumodita lobha-krodha-moha-purvaka mridu-madhyadhimatra dukkhajnananantaphala iti pratipaksha-bhavanam (85)
- 35.(2) ahimsa-pratishthayam tat-sanniddhau vairatyagah (86)
- 36.(2) satya-pratishthayam kriya-phalashrayatvam (87)
- 37.(2) asteya-pratishthayam sarva-ratnopasthanam (88)
- 38.(2) brahmacharya-pratishthayam virya-labhah (89)
- 39.(2) aparigraha-sthairye janma-kathanta-sanbodhah (90)
- 40.(2) shauchat svanga-jugupsa parair asansargah (91)
- 41.(2) sattvashuddhi-saumanasyaikagryendriyajayatma-darshana-yogyatvani cha (92)
- 42.(2) santoshad anuttamah sukha-labhah (93)
- 43.(2) kayendriya-siddhir ashuddhi-kshayat tapasah (94)
- 44.(2) svadhyayad ishta-devata-sanprayogah (95)
- 45.(2) samadhi-siddhir ishvara-pranidhanat (96)
- 46.(2) sthira-sukham asanam (97)
- 47.(2) prayatna-shaithilyananta-samapattibhyam (98)
- 48.(2) tato dvandvanabhighatah (99)
- 49.(2) tasmin sati shvasa-prashvasayor gativichchedah pranayamah (100)
- 50.(2) bahyabhyantara-stambha-vrittir deshakala-sankhyabhih paridrishto dirghasukshmah (101)
- 51.(2) bahyabhyantara-vishayakshepi chaturthah (102)
- 52.(2) tatah kshiyate prakashavaranam (103)
- 53.(2) dharanasu cha yogyata manasah (104)
- 54.(2) sva-vishayasanprayoge chitta-svarupanukara ivendriyanam pratyaharah (105)
- 55.(2) tatah parama vashyatendriyanam (106)

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III. VIBHUTI PADA

1. (3) desha-bandhash chittasya dharana. (107)
2. (3) tatra pratyayaikatanata dhyanam (108)
3. (3) tad evarthamatra-nirbhasam svarupa-shunyam iva samadhih (109)
4. (3) trayam ekatra sanyamah (110)

- 5.(3) taj-jayat prajnalokah (111)
- 6.(3) tasya bhumishu viniyogah (112)
- 7.(3) trayam antarangam purvebhyah (113)
- 8.(3) tad api bahirangam nirbijasya (114)
- 9.(3) vyutthana-nirodha-sanskarayor abhibhava-pradhurbhavan nirodha-kshana-chittanvayo nirodha-parinamah (115)
- 10.(3) tasya prashanta-vahita sanskarat (116)
- 11.(3) sarvarthataikagratayoh kshayodayau chittasya samadhi-parinamah (117)
- 12.(3) tatah punah shantoditau tulya-pratyayau chittasyaikagrata-parinamah (118)
- 13.(3) etena bhutendriyeshu dharma-lakshanavastha-parinama vyakhyatah (119)
- 14.(3) shantoditavyapadeshya-dharmanupati dharmi (120)
- 15.(3) kramanyatvam parinamanyatve hetuh (121)
- 16.(3) parinama-traya-sanyamad atitanagata-jnanam (122)
- 17.(3) shabdārtha-pratyayanam itaretaradhyasat sankaras tat-pravibhaga-sanyamat sarva-bhuta-ruta-jnanam (123)
- 18.(3) sanskara-sakshatkaranat purva-jatijnanam (124)
- 19.(3) pratyayasya para-chitta-jnanam (125)
- 20.(3) na cha tat salambanam tasyavishayi-bhutatvat (126)
- 21.(3) kaya-rupa-sanyamat tad-grahya-shakti-stambhe chakshuh-prakashasanprayoge'ntardhanam (127)
- 22.(3) etena sthabdady antardhanam uktam (128)
- 23.(3) sopakramam nirupakramam cha karma tat-sanyamad aparanta-jnanam arishtebyo va (129)
- 24.(3) maitry-adishu balani (130)
- 25.(3) baleshu hasti-baladini (131)
- 26.(3) pravritty-aloka-nyasat sukshma-vyavahita-viprakrishta-jnanam (132)
- 27.(3) bhavana-jnanam surye sanyamat (133)
- 28.(3) chandre tara-vyuha-jnanam (134)
- 29.(3) dhruve tad-gati-jnanam (135)
- 30.(3) nabhi-chakre kaya-vyuha-jnanam (136)
- 31.(3) kantha-kupe kshut-pipasa-nivrittih (137)
- 32.(3) kurma-nadyam sthairyam (138)
- 33.(3) murdha-jyotishi siddha-darshanam (139)

- 34.(3) pratibhad va sarvam (140)
- 35.(3) hridaye chitta-sanvit (141)
- 36.(3) sattva-purushayor atyantasankirnayoh pratyayavishesho bhogah pararthat svartha-sanyamat purusha-jnanam (142)
- 37.(3) tatah pratibha-shravana-vedanadarshasvada-vartha jayante (143)
- 38.(3) te samadhav upasarga vkyutthane siddhayah (144)
- 39.(3) bandha-karana-shaithilyat prachara-sanvedanach cha chittasya para-shariraveshah (145)
- 40.(3) udana-jayaj jala-panka-kantakadishvasanga utkrantisth cha (146)
- 41.(3) samana-jayaj jvalanam (147)
- 42.(3) shrotrakashayoh sanbandha-sanyamad divyam shrotram (148)
- 43.(3) kayakashayoh sanbandha-sanyamat laghu-tula-samapattesth chakashagamanam (149)
- 44.(3) bahir akalpita vrittir maha-vidaha tatah prakashavarana-kshayah (150)
- 45.(3) sthula-svarupa-sukshmanvayarthavattva-sanyamad bhuta-jayah (151)
- 46.(3) tato'nimadi-pradurbhavah kaya-sanpat tad-dharmanabhighatash cha (152)
- 47.(3) rupa-lavanya-bala-vajra-sanhananatvani kaya-sanpat (153)
- 48.(3) grahana-svarupasmitanvayarthavattva-sanyamad indriya-jayah (154)
- 49.(3) tato manojavitam vikarana-bhavah pradhana-jayash cha (155)
- 50.(3) sattva-purushanyata-khyati-matrasya sarvabhavadhishthaitritvam sarvajnatritvam cha (156)
- 51.(3) tad-vairagyad api dosha-bija-kshaye kaivalyam (157)
- 52.(3) sthany-upanimantrane sangha-smayakaranam punar anishta-prasangat (158)
- 53.(3) kshana-tat-kramayoh sanyamad vivekajam jnanam (159)
- 54.(3) jati-lakshana-deshair anyatanavachchedat tulyayos tatah pratipattih (160)
- 55.(3) tarakam sarva-vishayam sarvatha-vishayam akramam cheti vivekajam jnanam (161)
- 56.(3) sattva-purushayoh shuddhi-samyeh kaivalyam (162)

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IV. KAIVALYA PADA

1. (4) janmaushadhi-mantra-tapah-samadhiyah siddhayah (163)

- 2.(4) jaty-antara-parinamah prakrity-apurat (164)
- 3.(4) nimittam aprayojakam prakritinam varanabhedas tu tatah kshetrikavat (165)
- 4.(4) nirmana-chittany asmita-matrat (166)
- 5.(4) pravritti-bhede prayojakam chittam ekam anekesham (167)
- 6.(4) tatra dhyanajam anashayam (168)
- 7.(4) karmashuklakrishnam yoginas trividham itaresham (169)
- 8.(4) tatas tad-vipakanugunanam evabhivyaktir vasananam (170)
- 9.(4) jati-desha-kala-vyavahitanam apy anantaryam smriti-sanskarayor ekarupatvat (171)
- 10.(4) tasam anaditvam chashisho nityatvat (172)
- 11.(4) hetu-phalashrayalambanaih sangrihitatvad esham abhave tad-abhavah (173)
- 12.(4) atitanagatam svarupato'sty adhva-bhedad dharmanam (174)
- 13.(4) te vyakta-sukshmah gunatmanah (175)
- 14.(4) parinamaikatvad vastu-tattvam (176)
- 15.(4) vastu-samye chitta-bhedat tayor vibhaktah panthah (177)
- 16.(4) na chaika-chitta-tantram vastu tad-apramanakam tada kim syat (178)
- 17.(4) tad-uparagapekshitvach chittasya vastu jnatajnatam (179)
- 18.(4) sada jnatasth chitta-vrittayas tat-prabhoh purushasyaparinamitvat (180)
- 19.(4) na tat svabhasam drishyatvat (181)
- 20.(4) eka-samaye chobhayanavadharanam (182)
- 21.(4) chittantara-drishye buddhi-buddher atiprasangah smriti-sanskarah cha (183)
- 22.(4) chiter apratisankramayas tad-akarapattau svabuddhi-sanvedanam (184)
- 23.(4) drashtri-drishyoparaktam chittam sarvartham (185)
- 24.(4) tad asankhyeya-vasanabhish chitram api parartham sanhatyakaritvat (186)
- 25.(4) vishesha-darshina atma-bhava-bhavana-vinivrittih (187)
- 26.(4) tada hi viveka-nimnam kaivalya-pragbharam chittam (188)
- 27.(4) tach-chidreshu pratyayantarani sanskarebhyah (189)
- 28.(4) hanam esham kleshavad uktam (190)
- 29.(4) prasankhyane'py akusidasya sarvatha viveka-khyater dharmameghah samadhih (191)
- 30.(4) tatah klesha-karma-nivrittih (192)

- 31.(4) tada sarvavarana-malapetasya jnanasyanantyaj jneyam alpam (193)
- 32.(4) tatah kritarthanam parinama-krama-samaptir gunanam (194)
- 33.(4) kshana-pratiryogi parinamaparanta-nirgrahyah kramah (195)
- 34.(4) purushartha-shunyanam gunanam pratiprasavah kaivalyam svarupa-pratishtha va chiti-shakter iti (196)