

# haṭhayogapradīpikā

prathamopadeśaḥ

śrī ādināthāya namo'stu tasmai yenopadiṣṭā haṭhayogavidyā  
vibrājate pronnatarājayogamāroḍhumicchoradhirohiṇīva

praṇamya śrīgurum nātham svātmārāmeṇa yoginā  
kevalam rājayogāya haṭhavidyopadiśyate

bhrāntyā bahumatadhvānte rājayogamajānatām  
haṭhapradīpikām dhatte svātmārāmaḥ kṛpākarah

haṭhavidyām hi matsyendragorakṣādyā vijānate  
svātmārāmo'thavā yogī jānīte tatprasādataḥ

śrīādināthamatsyendraśābarānandabhairavāḥ  
cauraṅgīminagorakṣavirūpākṣabileśayāḥ

manthāno bhairavo yogī siddhirbuddhaśca kanthaḍiḥ  
koraṅṭakaḥ surānandaḥ siddhapādaśca carpaṭiḥ

kānerī pūjyapādaśca nityanātho nirañjanaḥ  
kapālī bindunāthaśca kākacaṇḍīśvarāhvayaḥ

allāmaḥ prabhudevaśca ghoḍācolī ca ṭiṇṭiṇiḥ  
bhānukī nāradevaśca khaṇḍaḥ kāpālikastathā

ityādayo mahāsiddhā haṭhayogaprabhāvataḥ  
khaṇḍayitvā kāladaṇḍaṃ brahmāṇḍe vicaranti te

aśeṣatāpataptānāṃ samāśrayamaṭho haṭhaḥ  
aśeṣayogayuktānāmādhārakamaṭho haṭhaḥ

haṭhavidyā paraṃ gopyā yoginā siddhimicchatā  
bhaved vīryavatī guptā nirvīryā tu prakāśitā

surājye dhārmike deśe subhikṣe nirupadrave  
dhanuḥpramāṇaparyantaṃ śilāgnijalavarjite  
ekānte maṭhikāmadhye sthātavyaṃ haṭhayoginā

alpadvāramarandhragartavivaraṃ nātyuccanīcāyatam  
samyaggomayasāndraliptamamalaṃ niḥśeṣajantūjjhitam

bāhye maṇḍapavedikūparuciraṃ prākārasaṃveṣṭitaṃ proktaṃ  
yogaṃyasya lakṣaṇamidaṃ siddhairhaṭhābhyāsibhiḥ

evaṃvidhe maṭhe sthitvā sarvacintāvivarjitaḥ  
gurūpaḍiṣṭamārgēṇa yogameva sadābhyaset

atyāhāraḥ prayāsaśca prajalpo niyamagrahaḥ  
janasaṅgaśca laulyaṃ ca ṣaḍbhiryogo vinaśyati

utsāhāt sāhasād dhairyāt tatvajñānācca niścayāt  
janasaṅgaparityāgāt ṣaḍbhiryogaḥ prasiddhyati

atha yamaniyamāḥ

ahiṃsā satyamasteyaṃ brahmacaryaṃ kṣamā dhṛtiḥ

dayārjavaṃ mitāhāraḥ śaucaṃ caiva yamā daśa

tapah santoṣa āstikyaṃ dānamīśvarapūjanam

siddhāntavākyaśravaṇaṃ hrīmatī ca japo hu(vra)tam

niyamā daśa saproktā yogaśāstraviśāradaih

haṭhasya prathamāṅgatvādāsanam pūrvamucyate

kuryāt tadāsanam sthairyamārogyam cāṅgalāghavam

vasiṣṭhādyaiśca munibhirmatsyendrādyaiśca yogibhiḥ

aṅgīkṛtānyāsanāni kathyante kānicinmayā

jānūrvorantare samyak kṛtvā pādāle ubhe  
ṛjukāyaḥ samāsīnaḥ svastikaṃ tat pracakṣate

savye dakṣiṇagulphaṃ tu pṛṣṭhapārsve niyojayet  
dakṣiṇe'pi tathā savyaṃ gomukhaṃ gomukhākṛti

ekaṃ pādaṃ tathaikasmin vinyasedūruṇi sthiram  
itarasmimstathā coruṃ vīrāsanamitīritam

gudaṃ nirudhya gulphābhyāṃ vyutkrameṇa samāhitaḥ  
kūrmāsanam bhavedetaditi yogavido viduḥ

padmāsanam tu saṃsthāpya jānūrvorantare karau  
niveśya bhūmau saṃsthāpya vyomastham kukkuṭāsanam

kukkuṭāsanabandhastho dorbyāṃ sambadhya kandharām  
bhavet kūrmavaduttāna etaduttānakūrmakam

pādāṅguṣṭhau tu pāṇibhyāṃ gr̥hitvā śravaṇāvadhi  
dhanurākarṣaṇam kuryād dhanurāsanamucyate

vāmorumūlārpitadakṣapādaṃ jānorbahirveṣṭitavāmapādam  
pragr̥hya tiṣṭhet parivartitāṅgaḥ śrīmatsyanāthoditamāsanam̐ syāt

matsyendrapīṭham̐ jaṭharapradīptim̐ pracaṇḍarugmaṇḍalakhaṇḍanāstram  
abhyāsataḥ kuṇḍalinīprabodham̐ candrasthiratvam̐ ca dadāti puṃsām

prasārya pādau bhuvī daṇḍarūpau dorbhyām̐ padāgradvitayam̐ gr̥hītvā  
jānūpari nyastalalāṭadeśo vasedidam̐ paścimatānamāhuḥ

iti paścimatānamāsanāgryam̐ pavanam̐ paścimavāhinam̐ karoti  
udayam̐ jaṭharānalasya kuryādudare kārśyam̐arogatām̐ ca puṃsām

dharāmavaṣṭabhya karadvayena tatkūrparasthāpitanābhipārśvaḥ  
uccāsano daṇḍavadutthitaḥ khe māyūrametat pravadanti pīṭham

harati sakalarogānāśu gulmodarādīnabhibhavati ca doṣānāsanam̐ śrīmayūram  
bahu kadaśanabhuktaṃ bhasma kuryādaśeṣam̐ janayati jaṭharāgnim̐ jārayet  
kālakuṭam

uttānam̐ śavavad bhūmau śayanam̐ tacchavāsanam  
śavāsanam̐ śrāntiharam̐ cittaviśrāntikārakam

caturaśītyāsanāni śivena kathitāni ca

tebhyaścātuṣkamādāya sārabhūtaṃ bravīmyaham

siddhaṃ padmaṃ tathā siṃhaṃ bhadrāṃ ceti catuṣṭayam

śreṣṭhaṃ tatrāpi ca sukhe tiṣṭhet siddhāsane sadā

tatra siddhāsanam-

yonisthānakamaṅghrimūlaghaṭitaṃ kṛtvā dṛḍhaṃ vinyasenmeṇḍhre

pādamaṭhaikameva hṛdaye kṛtvā hanuṃ susthiram

sthānuḥ saṃyamitendriyo'caladṛśā paśyed bhruvorantaram

hyetanmokṣakapāṭabhedajanakaṃ siddhāsanam procyate

matāntare tu-

meṇḍhrādupari vinyasya savyam gulphaṃ tathopari

gulphāntaram ca nikṣipyā siddhāsanamidam bhavet

etat siddhāsanam prāhuranye vajrāsanam viduḥ

muktāsanam vadantyeke prāhurguptāsanam pare

yameṣviva mitāhāramahiṃsām niyameṣviva

mukhyaṃ sarvāsaneṣvekaṃ siddhāḥ siddhāsanam viduḥ

caturaśītipīṭheṣu siddhameva sadābhyaset  
dvāsapṭatisahasrāṇāṃ nāḍīnāṃ malaśodhanam

ātmadhyāyī mitāhārī yāvaddvādaśavatsaram  
sadā siddhāsanābhyāsād yogī niṣpattimāpnuyāt

kimanyairbahubhiḥ pīṭhaiḥ siddhe siddhāsane sati  
prāṇānile sāvadhāne baddhe kevalakumbhake  
utpadyate nirāyāsāt svayamevonmanī kalā

tathaikasminneva dṛḍhe baddhe siddhāsane sati  
bandhatrayamanāyāsāt svayamevopajāyate

nāsanam siddhasadrśam na kumbhaḥ kevalopamaḥ  
na khecarīsamā mudrā na nādasadrśo layaḥ

atha padmāsanam-

vāmorūpari dakṣiṇam ca caraṇam saṃsthāpya vāmaṃ tathā dakṣorūpari  
paścimena vidhinā dhṛtvā karābhyāṃ dṛḍham  
aṅguṣṭhau hṛdaye nidhāya cibukam nāsāgramālokayedetaḍ vyādhivināśakāri  
yamināṃ padmāsanam procyate

matāntare-

uttānau caraṇau kṛtvā ūrusaṃsthau prayatnataḥ

ūrumadhye tatotthānau pāṇī kṛtvā tato dṛśau

nāsāgre vinyased rājadantamūle tu jihvayā

uttambhya cibukaṃ vakṣasyutthāpya pavanaṃ śanaiḥ

idaṃ padmāsanam proktaṃ sarvavyādhivināśanam

durlabhaṃ yena kenāpi dhimatā labhyate bhuvi

kṛtvā sampuṭitau karau dṛḍhataram baddhvā tu padmāsanam gādham

vakṣasisannidhāya cibukaṃ dhyāyaṃśca tacetasi

vāram vāramapānamūrdhvamanilaṃ protsārayan pūritaṃ nyañcan

prāṇamupaiti bodhamatulaṃ śaktiprabhāvānnaraḥ

padmāsane sthito yogī nāḍīdvāreṇa pūritam

mārutaṃ dhārayed yastu sa mukto nātra saṃśayaḥ

atha siṃhāsanam-

gulphau ca vṛṣaṇasyādhaḥ sīvanyāḥ pārśvayoḥ kṣipet

dakṣiṇe savyagulphaṃ tu dakṣagulphaṃ tu savyake

hastau tu jānvoḥ saṁsthāpya svāṅgulīḥ samprasārya ca  
vyāttavaktro nirīkṣeta nāsāgram susamāhitaḥ

siṁhāsanam bhavedetat pūjitaṁ yogipuṅgavaiḥ  
bandhatritayasandhānam kurute cāsanottamam

atha bhadraśanam-

gulphau ca vṛṣaṇasyādhaḥ sīvanyāḥ pārśvayoḥ kṣipet  
savyagulpham tathā savye dakṣagulpham tu dakṣiṇe

pārśvapādaḥ ca pāṇibhyāṁ dr̥ḍham baddhvā sunīścalam  
bhadraśanam bhavedetat sarvavyādhivināśanam  
gorakṣāsanamityāhuridaṁ vai siddhayoginaḥ

evamāsanabandheṣu yogīndro vigataśramam  
abhyasennāḍīkāsuddhiṁ mudrādīpavanakriyām

āsanam kumbhakaṁ citram mudrākhyam karaṇam tathā  
atha nādānusandhānamabhyāsānukramo haṭhe

brahmacārī mitāhārī tyāgī yogaparāyaṇam

abdādūrdhvam bhavet siddho nātra kāryā vicāraṇā

susnigdhamadhurāhāraścaturthāṃśavivarjitaḥ

bhujyate śivasapṛītyai mitāhāraḥ sa ucyate

kaṭvamlatīkṣṇalavaṇoṣṇaharītaśākasauvīratailatilasarṣapamadyamatsyān

ājādimāṃsadadhitalakrakulatthakolapiṇyākahiṅgulaśunādyamapathyamāhuḥ

bhojanamahitaṃ vidyāt punarasyoṣṇīkṛtaṃ rūkṣam

atilavaṇamamlayuktaṃ kadaśanaśākotkaṭaṃ varjyam

vahnistrīpathisevānāmādau varjanamācaret

tathāhi gorakṣavacanam-

varjayed durjanaprāntaṃ vahnistrīpathisevanam

prātaḥsnānopavāsādi kāyakleśavidhiṃ tathā

godhūmaśāliyavaṣāṣṭikaśobhanānnaṃ kṣīrājyakhaṇḍanavanītasitāmadhūni

śuṅṭhīpaṭolakaphalādikapañcaśākaṃ mudgādidivyamudakaṃ ca

yamīndrapathyam

puṣṭaṃ sumadhuraṃ snigdhaṃ gavyaṃ dhātuprapoṣaṇam

manobhilaṣitaṃ योग्याय योगी भोजनमाचरेत्

yuvā vṛddho'tivṛddho vā vyādhito durbalopi vā  
abhyāsāt siddhimāpnoti sarvayogeṣvatandritaḥ

kriyāyuktasya siddhiḥ syādakriyasya kathaṃ bhavet  
na śāstrapāṭhamātreṇa yogasiddhiḥ prajāyate

na veśadhāraṇaṃ siddheḥ kāraṇaṃ na ca tatkathā  
kriyaiva kāraṇaṃ siddheḥ satyametanna saṃśayaḥ

pīṭhāni kumbhakāścitrā divyāni karaṇāni ca  
sarvāṅyapi haṭhābhyāse rājayogaphalāvadhi

iti haṭhayogapradīpikāyāṃ prathamopadeśaḥ