

pātañjalayogadarśanam



Chapter Two sādhanapādaḥ

This work evolved out of Paul's many visits to India for personal lessons with his teacher TKV Desikachar over two decades and respectfully acknowledges his teaching and the inspiration of his teacher T Krishnamacharya.

This Study Manual was first offered as an interactive guide for those students participating within a three year cYs Practitioner Training Programme with Paul Harvey. Details can be found at <http://www.yogastudies.org>.

In the Spirit of Yoga Community this workbook is now offered through Dharma Downloads as an open source document as a gesture of muditā.

Yoga Sutra - Translation abbreviations

Gender

f. -feminine

m. -masculine

n. -neuter

Conjugation

The case endings according to declension are denoted as:

n -for nominative (subject)

acc. -accusative (object)

inst. -instrumental (means by which, with)

dat. -dative (for, on behalf of)

abl. -ablative (separation from)

gen. -genitive (relationship, possession)

loc. -locative (place in time and space)

Number

s. -singular

du. -two things involved.

pl. -plural (more than two)

Indeclinable

ind. indicates an indeclinable word, where the ending is always the same.

Root

√ indicates the dhatu or root of the word in question, where known.

Chapter Two

॥ sādhanā pādāḥ ॥

॥ atha sādhanapādāḥ ॥

tapah svādhyāyeśvarapraṇidhānāni kriyāyogaḥ |

tapah (n.)

√ tap

svādhyāya- (m.)

sva+adhi+ya

√ a

√ i

īśvara- (m.)

√ īś

praṇidhānāni (n. nom. pl.)

pra+ni+dhāna

√ dhā

kriyā- (f.)

√ kṛ

yogaḥ (m. nom. sg.)

√ yuj

samādh**ib**hāvanārthaḥ kleśatanūkar**aṇ**ārthaśca |

samādhi- (m.)

sam+ā+dhi

√dhā

bhāvana- (m.)

√bhū

arthaḥ (m. nom. sg.)

kleśa- (m.)

√kliś

tanū- (f.)

√tan

karaṇa- (m.)

√kṛ

arthaḥ (m.)

ca (ind.)

avidyāsmitārāgadveṣābhiniveśāḥ kleśāḥ |

avidyā- (f.)

√vid

asmitā- (f.)

rāga- (m.)

√rañj

dveṣa- (m.)

√dviṣ

abhiniveśāḥ (m. nom. pl.)

abhi+ni+veśa

√viś

klesāḥ (m. nom. pl.)

√kliś

avidyā kṣetramuttareṣām prasuptatanuvicchinnoḍārāṇām |

avidyā (f. nom. pl.)

√vid

kṣetram- (n. nom. sg.)

√kṣi

uttareṣām (m. gen. pl.)

prasupta- (m.)

pra+supta

√svap

tanu- (m.)

√tan

vicchinna- (m.)

vi+chinna

√chid

udārāṇām (m. gen. pl.)

ud+āra

\sqrt{r}

anityāśuciduḥkhānātmasu nityaśucisukhātmakhyātiruvidyā |

anitya- (m.)

a+nitya

√ni

aśuci- (m.)

a+śuci

√śuc

duḥkha- (n.)

dus+kha

√khanu

anātmasu (m. loc. pl.)

an+ātmasu

√atati

nitya- (m.)

√ni

śuci- (m.)

√śuc

sukha- (n.)

su+kha

ātma- (m.)

√atati

khyātiḥ (f. nom. sg.)

√khyā

avidyā (f. nom. sg.)

√vid

dr̥gdarśanaśaktyorekātmatevāsmitā |

dr̥k- (m.)

√dr̥ś

darśana- (m.)

√dr̥ś

śaktyoḥ (f. gen. du.)

√śak

eka- (m.)

ātmatā- (f. nom. sg.)

ātma+tā

√atati

iva- (ind.)

asmitā (f. nom. sg.)

asmi+tā

sukhānuśayī rāgaḥ |

sukha- (n.)

su+kha

anuśayī (m. nom.sg.)

anu+śayi

√śi

rāgaḥ (m. nom. sg.)

√rañj

duḥkhānuśayī dveṣaḥ |

duḥkha- (n.)

dus+kha

√khanu

anuśayī (m. nom. sg.)

anu+śayī

√śi

dveṣaḥ (m. nom.sg.)

√dviṣ

svarasavāhī viduṣo'pi samārūḍho'bhiniveśaḥ |

svarasa- (m.)

sva+rasa

√ras

vāhī (m. nom. sg.)

√vaḥ

viduṣaḥ (m. gen. sg.)

√vid

api (ind.)

samārūḍhaḥ (m. nom. sg.)

sam+ārūḍhaḥ

√ruḥ

abhiniveśaḥ (m. nom. sg.)

abhi+ni+veśa

√viś

te pratiprasavaheyāḥ sūkṣmāḥ |

te (m. nom. pl.)

pratiprasava- (m.)

prati+pra+sava

√ sū

heyāḥ (m. nom. pl.)

√ hanu

sūkṣmāḥ (m. nom. pl.)

√ siv

dhyānaheyāstadvṛttayaḥ |

dhyāna- (m.)

√dhyai

heyāḥ (m. nom. pl.)

√hanu

tad- (n.)

vṛttayaḥ (m. nom. pl.)

√vṛt

kleśamūlah karmāśayo drṣṭādrṣṭajanmavedaniyah |

kleśa- (m.)

√kliś

mūlah (m. nom. sg.)

√mūl

karma- (n.)

√kṛ

āśayah (m. nom. sg.)

√śī

drṣṭa- (m.)

√dṛś

adrṣṭa- (m.)

√dṛś

janma- (n.)

√jan

vedaniyah (m. nom. sg.)

√vid

sati mūle tadvipāko jātyāyurbhogāḥ |

sati (m. loc. sg.)

mūle (m. loc. sg.)

√mūl

tad- (n.)

vipākaḥ (m. nom. sg.)

vi+pākaḥ

√pac

jāti- (f.)

√jan

āyuh (n.)

ā+yuh

√i

bhogāḥ (m. nom. pl.)

√bhuj

te hlādaparitāpaphalāḥ puṇyāpuṇyahetutvāt |

te (m. nom. pl.)

hlāda- (m.)

√hlād

paritāpa- (m.)

pari+tāpa

√tap

phalāḥ (m. nom. pl.)

puṇya- (n.)

√puṇ

apuṇya- (n.)

a+puṇya

√puṇ

hetutvāt (m. abl.sg.)

hetu+tva

√hi

pariṇāmatāpasamskāraduḥkhaigūṇavṛttivirodhācca duḥkhaveva

sarvaṃ vivekinaḥ |

pariṇāma- (m.)

pari+ṇāma

√ nam

tāpa- (m.)

√ tap

samskāra- (m.)

sam+kāra

√ kṛ

duḥkhaiḥ (n. int. pl.)

dus+kha

√ khaṇu

guṇa- (m.)

√ guṇa

vṛtti- (f.)

√vṛt

virodhāt- (m. abl. sg.)

vi+rodha

√rudh

ca (ind.)

duḥkham (n. nom.sg.)

duṣ+khaiḥ

√khanu

eva (ind.)

sarvam (n. nom.sg.)

vivekinaḥ (m. gen. sg.)

vi+vekinaḥ

√vicir

heyam duḥkhamānāgatam |

heyam (n. nom. sg.)

√ha

duḥkham- (n. nom. sg.)

dus+kha

√khanu

anāgatam (n. nom.sg.)

an+ā+gata

√gam

draṣṭṛdṛśyayoḥ saṃyogo heya¹hetuḥ |

draṣṭṛ- (m.)

√ dṛś

dṛśyayoḥ (m. gen. du.)

√ dṛś

saṃyogaḥ (m. nom. sg.)

sam+yogaḥ

√ yuj

heya- (n.)

√ hanu

hetuḥ (m. nom. sg.)

√ hi

prakāśakriyāsthitiśīlam bhūten-dryātma-kam bhogāpavargārthaṃ

dr̥śyam |

prakāśa- (m.)

pra+kāśa

√kāś

kriyā- (f.)

√kṛ

sthitī- (f.)

√sthā

śīlam (n. nom. sg.)

√śīl

bhūta- (m.)

√bhū

indriya- (n.)

√indra

ātmakam (n. nom. sg.)

ātma+ka

√ atati

bhoga- (m.)

√ bhuj

apavarga- (m.)

apa+varga

√ vr̥j

artham (n. nom. sg.)

dṛśyam (n. nom. sg.)

√ dṛś

viśeṣāviśeṣaliṅgamātrāliṅgāni guṇaparvāni |

viśeṣa- (m.)

vi+śeṣa

√ śiṣ

aviśeṣa- (m.)

a+vi+śeṣa

√ śiṣ

liṅga- (m.)

√ liṅ

mātra- (n.)

√ mā

aliṅgāni (n. nom. pl.)

a+liṅga

√ liṅ

guṇa- (m.)

√ guṇa

parvāṇi (n. nom. pl.)

√ parva

draṣṭā dṛśīmātraḥ śuddho'pi pratyayānupaśyaḥ |

draṣṭā (m. nom. sg.)

√ dṛś

dṛśi- (f.)

√ dṛś

mātraḥ (m. nom. sg.)

√ mā

śuddhaḥ (m. nom. sg.)

√ śudh

api (ind.)

pratyaya- (m.)

prati+aya

√ i

anupaśyaḥ (m. nom. sg.)

anu+paśya

√ paś

tadartha eva dṛśyasyātmā |

tad- (n.)

arthaḥ (m. nom. sg.)

eva (ind.)

dṛśyasya- (m. gen.sg.)

√ dṛś

ātmā (m. nom. sg.)

√ atati

kṛtārtham prātināṣṭamapyanaṣṭam tadanyasādhāraṇatvāt |

kṛta- (m.)

√kṛ

artham (n. nom. sg.)

prati (ind.)

naṣṭam- (n. nom. sg.)

√naś

api- (ind.)

anaṣṭam (n. nom. sg.)

a+naṣṭam

√naś

tad- (n.)

anya- (n.)

sādhāraṇatvāt (n. abl. sg.)

sā+dhāraṇa

√dhṛ

svasvāmiśaktyoḥ svarūpopalabdhihetuḥ saṃyogaḥ |

sva- (m.)

svāmi- (m.)

śaktyoḥ (f. gen. du.)

√śak

svarūpa- (n.)

sva+rūpa

upalabdhi- (f.)

upa+labdhi

√labh

hetuḥ (m. nom. sg.)

√hi

saṃyogaḥ (m. nom. sg.)

sam+yogaḥ

√yuj

tasya heturavidyā |

tasya (m. gen. sg.)

hetuḥ (m. gen.sg.)

√hi

avidyā (f. nom. sg.)

a+vidyā

√vid

tadabhāvātsamyogābhāvo hānaṃ tadḍṛśeḥ kaivalyam |

tad- (n.)

abhāvāt- (m. abl. sg.)

a+bhāvāt

√bhū

samyoga- (m.)

sam+yoga

√yuj

abhāvaḥ (m. nom. sg.)

a+bhāvaḥ

√bhū

hānam (n. nom. sg.)

√hanu

tad- (ind.)

ḍṛśeḥ (f. abl. sg.)

√ḍṛś

kaivalyam (n. nom. sg.)

√kev

vivekakhyātiraviplavā hānopāyaḥ |

viveka- (m.)

vi+veka

√vic

khyātiḥ (f. nom. sg.)

√khyā

aviplavā (f. nom. sg.)

a+vi+plavā

√plu

hāna- (n.)

√hanu

upāyaḥ (m. nom. sg.)

upa+aya

√i

tasya saptadhā prāntabhūmiḥ prajñā |

tasya (m. gen. sg.)

saptadhā (f. nom. sg.)

sapta+dhā

prānta- (m.)

pra+anta

bhūmiḥ (f. nom. sg.)

√bhū

prajñā (f. nom. sg.)

pra+jñā

√jñā

yogāṅgānuṣṭhānādaśuddhikṣaye jñānadīptirāvivekākhyāteḥ |

yoga- (m.)

√ yuj

aṅga- (n.)

anuṣṭhānāt- (n. abl. sg.)

anu+ṣṭhānāt

√ sthā

aśuddhi- (f.)

a+śuddhi

√ sudh

kṣaye (m. loc. sg.)

√ kṣi

jñāna- (m.)

√ jñā

dīptiḥ (f. nom. sg.)

√ dīp

ā- (ind.)

viveka- (m.)

√ vic

khyāteḥ (f. abl. sg.)

√ khyā

yamānīyamāsanapraṇāyāmapratyāhāradhāraṇādhyāna-
samādhayo'ṣṭāvaṅgāni |

yama- (m.)

√yam

niyama- (m.)

ni+yama

√yam

āsana- (n.)

√ās

prāṇāyāma- (m.)

pra+aṇ+āyāma

√an

√yam

pratyāhāra- (m.)

prati+ā+hāra

√hṛ

dhāraṇā- (f.)

√ dhr̥

dhyāna- (n.)

√ dhyai

samādhayaḥ (m. nom. pl.)

sam+ā+dhi

√ dhā

aṣṭau- (m.)

aṅgāni (n. nom. pl.)

ahiṁsāsāsatyāsteyabrahmacaryāparigrahā yamāḥ |

ahiṁsā- (f.)

a+hiṁsā

√han

satya- (n.)

√as

asteya- (n.)

a+steya

√stai

brahmacarya- (n.)

brahma+carya

√car

aparigrahāḥ (m. nom. pl.)

a+pari+grahāḥ

√grabh

yamāḥ (m. nom. pl.)

$\sqrt{\text{yam}}$

jā_{ti}deśa_{kā}lasamaya_{nav}acchin_{nā}ḥ sār_{vab}ha_{umā} mā_{hāv}ra_{ta}m |

jāti- (f.)

√jan

deśa- (m.)

√diś

kāla- (m.)

√kal

samaya- (m.)

sam+aya

√i

anavacchin_{nā}ḥ (m. nom. pl.)

an+ava+chinna

√chid

sārva- (m.)

bhaum_āḥ (m. nom. pl.)

√bhū

mahā- (m.)

vratam (n. nom. sg.)

√ वृ

śaucasamtoṣatapaḥ svādhyāyeśvarapraṇidhānāni niyamāḥ |

śauca- (n.)

√śuc

samtoṣa- (m.)

sam+toṣa

√tuṣ

tapah (n.)

√tap

svādhyāya- (m.)

sva+adhi+ya

√a

√i

īśvara- (m.)

√īś

praṇidhānāni (n. nom. pl.)

pra+ni+dhāna

√dhā

niyamāḥ (m. nom. pl.)

ni+yamāḥ

√yam

vitarkabādhane pratipakṣabhāvanam |

vitarka- (m.)

vi+tarka

√tark

bādhane (m. loc. sg.)

√bādh

pratipakṣa- (m.)

prati+pakṣa

bhāvanam (n. nom. sg.)

√bhū

vitarkā hiṃsādayaḥ kṛtakāritānumoditā lobhakrodhamohapūrvakā

mṛdumadhyādhimātrā duḥkhājñānānantaphalā iti

pratipakṣābhāvanam |

vitarkāḥ (m. nom.sg.)

vi+tarkāḥ

√tark

hiṃsā- (f.)

√han

ādayaḥ (m. nom. pl.)

ādi

kṛta- (m.)

√kṛ

kārita (m.)

√kṛ

anumoditāḥ (m. nom. pl.)

anu+moditāḥ

√mud

lobha- (m.)

√lubh

krodha- (m.)

√krudh

moha- (m.)

√muh

pūrvakāḥ (m. nom. pl.)

pūrva+ka

mṛdu- (m.)

√mṛd

madhya- (m.)

adhimātrāḥ (m. nom. pl.)

adhi+mātrāḥ

√mā

duḥkha- (n.)

duḥkha

√khanu

ajñāna- (n.)

a+jñāna

√jñā

ananta- (m.)

an+anta

phalāḥ (m. nom. pl.)

iti (ind.)

pratipakṣa- (m.)

ptati+pakṣa

bhāvanam (m. nom. sg.)

√bhū

ahimsāpratiṣṭhāyāṃ tatsannidhau vairatyāgaḥ |

ahimsā- (f.)

a+hiṃsā

√han

pratiṣṭhāyām (f. loc.sg.)

prati+ṣṭhayam

√sthā

tad- (n.)

sannidhau (m. loc.sg.)

sam+ni+dhi

√dhā

vaira- (m.)

vīra

tyāgaḥ (m. nom. sg.)

√tyaj

satya¹pratiṣṭhāyāṃ kriyāphalāśrayatvam |

satya- (n.)

√as

pratiṣṭhāyāṃ (f. loc.sg.)

prati+ṣṭhayam

√sthā

kriyā- (f.)

√kr

phala- (n.)

āśrayatvam (m. nom. sg.)

ā+śraya+tvam

√śri

asteyapra¹tiṣṭhāyāṃ sarvaratn¹opasthānam |

asteya- (n.)

a+steya

√stai

pratiṣṭhāyām (f. loc.sg.)

prati+ṣṭhayam

√sthā

sarva- (n.)

ratna- (n.)

upasthānam (n. nom.sg.)

upa+sthānam

√sthā

brahmacaryapratīṣṭhāyāṃ vīryalābhaḥ |

brahmacarya- (n.)

brahma+carya

√ car

pratiṣṭhāyām (f. loc.sg.)

prati+ṣṭhayam

√ sthā

vīrya- (n.)

lābhaḥ (m. nom. sg.)

√ labh

aparigrahasthairye janmakathamtāsambodhaḥ |

aparigraha (m)

a+pari+graha

√grabh

sthairye (n. loc. sg.)

√sthai

janma- (n.)

√jan

kathamtā (f. nom. sg.)

katham+tā

sambodhaḥ (m. nom. sg.)

saṃ+bodhaḥ

√budh

śaucātsvāṅgajugupsā parairasaṃsargaḥ |

śaucāt- (n.)

√śuc

sva- (m.)

aṅga- (n.)

jugupsā- (f. nom. sg.)

√gup

paraiḥ (m. inst. pl.)

asaṃsargaḥ (m. nom. sg.)

a+saṃ+sarga

√sṛj

sattvaśuddhisaumanasyaikāgryaindriyajayātmadarśanayogyatvāni ca |

sattva- (n.)

sat+tva

śuddhi- (f.)

√śuc

saumanasya- (m.)

su+manasya

√man

eka- (m.)

agrya- (m.)

agra

indriya- (n.)

√indra

jaya- (m.)

√ji

ātma- (m.)

√atati

darśana- (m.)

√dṛś

yogyatvāni (n. nom. pl.)

yogya+tva

√yuj

ca (ind.)

saṃtoṣādanuttamaḥ sūkhalābhaḥ |

saṃtoṣāt- (m. abl. sg.)

saṃ+toṣāt

√tuṣ

anuttamaḥ (m. nom. sg.)

an+ud+tama

sukha- (n.)

su+kha

lābhaḥ (m. nom. sg.)

√labh

kāyendriyasiddhiraśuddhikṣayāttapasah |

kāya- (m.)

√ci

indriya- (n.)

√indra

siddhiḥ (f. nom. sg.)

√sidh

aśuddhi- (f.)

a+śuddhi

√śudh

kṣayāt- (m. abl. sg.)

√kṣi

tapasaḥ (n. abl. sg.)

√tap

svādhyāyādiṣṭadevatāsamprayogaḥ |

svādhyāyāt- (m. abl. sg.)

sva+adhi+ya

√i

iṣṭa- (m.)

√iṣ

devatā- (f.)

deva+tā

saṃprayogaḥ (m. nom. sg.)

saṃ+pra+yoga

√yuj

samādhisiddhirīśvarapraṇidhānāt |

samādhi- (f.)

sam+a+dhi

√ dhā

siddhiḥ (f. nom. sg.)

√ sidh

īśvara- (m.)

√ īś

praṇidhānāt (m. abl. sg.)

pra+ni+dhāna

√ dhā

sthira¹sukhāmāsanam |

sthira- (m.)

√sthā

sukham- (n. nom. sg.)

su+kham

āsanam (n. nom. sg.)

√ās

prayatnaśaithilyānantasamāpattibhyām |

prayatna- (m.)

pra+yatna

√yat

śaithilya- (n.)

√śratu

ananta- (m.)

an+anta

samāpattibhyām (f. abl. du.)

sam+ā+patti+bhyam

√pat

tato dvāṃdvānābhighātaḥ |

tataḥ (ind.)

dvāṃdva- (n.)

anabhighātaḥ (n. nom. pl.)

an+abhi+ghātaḥ

√han

tasminsatisvāsapraśvāsayorgatīvicchedaḥ prāṇāyāmaḥ |

tasmin- (m. loc. sg.)

sati (m. loc. sg.)

śvāsa- (m.)

√śvās

praśvāsayoḥ (m. gen. du.)

pra+śvāsayoḥ

√śvās

gati- (f.)

√gam

vicchedaḥ (m. nom. sg.)

vi+chedaḥ

√chid

prāṇāyāmaḥ (m. nom. sg.)

pra+aṇ+āyāma

√an

$\sqrt{\text{yam}}$

bāhyābhyantarastambhavṛttirdeśakālasamkhyābhiḥ paridr̥ṣṭo

dirghasūkṣmah |

bāhya- (m.)

abhyantara- (m.)

abhi+antar

stambha- (m.)

√ stambh

vṛttiḥ (f. nom. sg.)

√ vṛt

deśa- (m.)

√ diś

kāla- (m.)

√ kal

samkhyābhiḥ (f. instr. pl.)

sam+khyābhiḥ

√ khyā

paridr̥ṣṭaḥ (m. nom. sg.)

pari+dr̥ṣṭaḥ

√ dr̥ś

dirgha- (m.)

sūkṣmaḥ (m. nom. sg.)

√ siv

bāhyābhyantaraviṣayākṣepī caturthaḥ |

bāhya- (m.)

abhyantara- (m.)

abhi+antar

viṣaya- (m.)

vi+ṣaya

√ṣi

ākṣepi- (n. nom. sg.)

ā+kṣep+in

√kṣip

caturthaḥ (m. nom. sg.)

tataḥ - kṣīyate prakāśāvaraṇam |

tataḥ (ind.)

kṣīyate (3rd pers. sg. pass.)

√kṣi

prakāśa- (m.)

√kāśa

āvaraṇam (n. nom. sg.)

ā+varaṇa

√vṛ

dhāraṇāsu ca yogyatā manasaḥ |

dhāraṇāsu (f. loc. pl.)

√ dhṛ

ca (ind.)

yogyatā (f. nom. sg.)

√ yuj

manasaḥ (n. gen. sg.)

√ man

svaviṣayāsaṃprayoge cittasya svarūpānukāra¹ ivendriyāṇāṃ pratyāhāraḥ¹ |

sva- (m.)

viṣaya- (m.)

vi+ṣaya

√ śi

asaṃprayoge (n. loc. sg.)

a+saṃ+pra+yoge

√ yuj

cittasya (n. gen. sg.)

√ cit

svarūpa- (m.)

sva+rūpa

anukāraḥ (n. nom. sg.)

anu+kāraḥ

√ kṛ

iva- (ind.)

indriyāṇām (n. gen. pl.)

√indra

pratyāhārah (m. nom. sg.)

prati+ā+hāra

√hṛ

tataḥ paramā vaśyatendriyāṇām ||

tataḥ (ind.)

paramā (f. nom. sg.)

vaśyatā- (f. nom. sg.)

vaśya+tā

√vaś

indriyāṇām (n. gen. pl.)

√indra

|| iti pātañjala yoga darśane sādhanapādaḥ ||

|| iti pātañjala yoga darśane samāptaḥ ||

|| pātañjalayogadarśanaṃ sādhanapādaḥ ||