

Light on Hatha Yoga

Module 1

Lesson 5

Āsana contd.



ॐ ॐ ॐ
श्री गुरुभ्यो नमः हरिः ॐ

Om Om Om
Sri Gurubhyo Namah Harih
Om

Salutations to the Gurus!

ॐ सह नाववतु ।
सह नौ भुनक्तु ।
सह वीर्यं करवावहै ।
तेजस्वि नावधीतमस्तु मा विद्विषावहै ।
ॐ शान्तिः शान्तिः शान्तिः ॥

oṃ saha nāvavatu saha nau bhunaktu
saha vīryaṃ karavāvahai
tejasvi nāvadhītamastu mā vidviṣāvahai
oṃ śāntiḥ śāntiḥ śāntiḥ

May that Brahman protect us together. May it nourish us together. May we both gain great vitality. May our learning be brilliant. May we never argue. Om peace, peace, peace.

Maṅgalaṃ

श्रीआदिनाथाय नमोऽस्तु तस्मै येनोपदिष्टा हठयोगविद्या ।
विभ्राजते प्रोन्नतराजयोगम् आरोढुम् इच्छोर् अधिरोहिणीव ॥१॥

śrī ādi nāthāya namaḥ astu tasmai yena upadiṣṭā haṭha yoga vidyā |
vibhrājate pronnata rāja yogam āroḍhum icchoḥ adhirohiṇī va ||

I bow to the Almighty who taught the lore of Haṭha Yoga, which is held in high esteem as if it were a flight of steps for the aspirant who looks forward to climbing the highest peak of Rājayoga (spiritual achievement).

[Kaivalyadhāma, 1998]

Saṅkalpa

An inquiry into the nature of the principles and practices of Yoga by undertaking the study of the *Hatḥa Pradīpikā*.



Āsana

Dhātu - ‘ ās ’ which means to abide or to sit

Amarakośa on āsana -

- piṭha
- āsana
- āsyā
- āsanā
- sthiti
- auśīra

Two broad meanings:

- as a seat (upon which one sits)
- posture of the body (for yoga sādhanā)

Verse 28 - Paścimatānāsana



Verse 29 - Paścimatānāsana Phala / Effect

इति पश्चिमतानमासनाग्र्यं पवनं पश्चिमवाहिनम् करोति।
उदयं जठरानलस्य कुर्यादुदरे कार्श्यमरोगतां च पुंसाम्॥२९॥

Iti paścimatānamāsanāgryaṃ pavanaṃ paścimavāhinaṃ karoti|

Udayaṃ jaṭharānalasya kuryādudare kārśyamarogatāṃ ca puṃsām||29||

This Paścimatāna - foremost among the āsanās - directs the pavana along the back, kindles the gastric fire, reduces the belly and bestows health upon the aspirants.

Verse 30 - Mayūrapīṭha

धरामवष्टभ्यः करद्वयेन तत्कूर्परस्थापितनाभिपार्श्वः ।
उच्चासनो दण्डवदुत्थितः खे मायूरमेतत्प्रवदन्ति पीठम् ॥३०॥

Dharāmavaṣṭabhyaḥ karadvayena tatkūrparasthāpitanābhipārśvaḥ|

Uccāsano daṇḍavadutthitaḥ khe māyūrametatpravadanti pīṭham||30||

dhāram - ground ; avaṣṭabhayaḥ - taking support ; kara - hands ;

dvayena - both ; tat - that ; kūpara - elbows ; sthāpita - placing ;

nābhi - navel ; pārśvaḥ - side ; ucca - elevated ; āsanaḥ - maintaining

daṇḍavat - like a stick ; utthitaḥ - raising upward ; khe - sky ; mayūram

etat - this ; pravadanti - say ; pīṭham - āsana

Verse 30 - Mayūrapīṭha

धरामवष्टभ्यः करद्वयेन तत्कूर्परस्थापितनाभिपार्श्वः।
उच्चासनो दण्डवदुत्थितः खे मायूरमेतत्प्रवदन्ति पीठम्॥३०॥

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Uccāsano daṇḍavadutthitaḥ khe
māyūrametatpravadanti pīṭham||30||



https://en.wikipedia.org/wiki/Peafowl#/media/File:Peafowl_at_the_Taipei_Zoo.jpg

Holding the ground with the two palms, supporting the (corresponding) sides of the navel by the two elbows and raising oneself, like a horizontal stick, in the air - this is called Māyura Pīṭha (Āsana).

Verse 30 - Mayūrapīṭha



https://en.wikipedia.org/wiki/Peafowl#/media/File:Peafowl_at_the_Taipei_Zoo.jpg



Verse 31 - Śrī Mayūra Phala / Effect

हरति सकलरोगानाशु गुल्मोदरादीनभिभवति च दोषानासनं श्रीमयूरम्।
बहु कदशनभुक्तं भस्म कुर्यादशेषं जनयति जठराग्निं जारयेत्कालकूटम् ॥३१ ॥

Harati sakalarogānāśu gulmodarādīnabhibhavati ca doṣānāsanam śrīmayūram|

Bahu kadaśanabhuktaṁ bhasma kuryādaśeṣam janayati jaṭharāgnim
jārayetkālakūṭam||31||

harati - removes ; sakala - all ; rogān - diseases ; āśu - immediately ; gulma - tumor
udara - abdomen ; ādin - etc. ; abhibhavati - conquers ; ca - also ;
doṣān - imbalance of vāta , pitta, kapha ; āsanam , śrīmayūram ; bahu - excess
kadaśana - unagreeable food ; bhuktaṁ - eaten ; bhasma kuryāt - burns to ashes ;
aśeṣam - without remainder ; janayati - kindles ; jaṭharāgnim ; jārayet - burns ;
kālakūṭam

Verse 31 - Śrī Mayūra Phala / Effect

हरति सकलरोगानाशु गुल्मोदरादीनभिभवति च दोषानासनं श्रीमयूरम्।
बहु कदशनभुक्तं भस्म कुर्यादशेषं जनयति जठराग्निं जारयेत्कालकूटम् ॥३१॥

Harati sakalarogānāśu gulmodarādīnabhibhavati ca doṣānāsanam
śrīmayūram|

Bahu kadaśanabhuktaṁ bhasma kuryādaśeṣam janayati jaṭharāgnim
jārayetkālakūṭam||31||

Mayurāsana soon destroys all tumors and diseases of the spleen and the stomach, wards off diseases of the humors, kindles the gastric fire and completely digests all the unwholesome and overeaten food - even poison.

Verse 32 - Śavāsana

उत्तानं शववद्भूमौ शयनं तच्छवासनम्।
शवासनं श्रान्तिहरं चित्तविश्रान्तिकारकम्॥३२॥

Uttānaṃ śavavadbhūmau śayanaṃ tacchavāsanam|
Śavāsanaṃ śrāntiharaṃ cittaviśrāntikāraḥam||32||

uttānaṃ - on the back ; śavavad - like a corpse ;

bhumau - on the ground ; śayanaṃ - lying ; śavāsanaṃ

śrānti - fatigue ; haraṃ - remover ; citta ; viśrānti - relaxation

kāraḥam - bestower

Verse 32 - Śavāsana

उत्तानं शववद्भूमौ शयनं तच्छवासनम्।
शवासनं श्रान्तिहरं चित्तविश्रान्तिकारकम्॥३२॥

Uttānaṃ śavavadbhūmau śayanaṃ tacchavāsanam|
Śavāsanaṃ śrāntiharaṃ cittaviśrāntikāraḥam||32||

Lying supine on the ground like a corpse - that is Śavāsana. Śavāsana wards off fatigue and brings mental repose.

Verse 32 - Śavāsana



Verse 33 - Enumeration of āsanās

चतुरशीत्यासनानि शिवेन कथितानि च।
तेभ्यश्चतुष्कमादाय सारभूतं ब्रवीम्यहम् ॥३३॥

Caturaśītyāsanāni śivena kathitāni ca|

Tebhyaścātuṣkamādāya sārabhūtaṁ bravīmyaham||33||

caturaśīti - 84 ; āsanāni ; śivena - by Śiva ;

kathitāni - have been described ; ca - and ;

tebhyaḥ - from them ; catuṣka - 4 ; ādāya - selecting

sārabhūtam - containing the essence ; bhavāmi - expounding ; ahaṁ - I

Verse 33 - Enumeration of āsanās

चतुरशीत्यासनानि शिवेन कथितानि च।
तेभ्यश्चतुष्कमादाय सारभूतं ब्रवीम्यहम् ॥३३॥

Caturaśītyāsanāni śivena kathitāni ca|

Tebhyaścatuṣkamādāya sārabhūtaṁ bravīmyaham||33||

Eighty- four āsanās have been enumerated by Lord Śiva. I am describing here the four most important of them.

Verse 34 - 4 primary āsanās

सिद्धं पद्मं तथा सिंहं भद्रं वेति चतुष्टयम्।
श्रेष्ठं तत्रापि च सुखे तिष्ठेत्सिद्धासने सदा ॥३४ ॥

Siddham padmam tathā simham bhadram veti catuṣṭayam|

Śreṣṭham tatrāpi ca sukhe tiṣṭhetsiddhāsane sadā||34||

siddhāsana padmāsana ; tathā - and ; simhāsana bhadrāsana ;

ceti - and also ; catuṣṭayam - four

śreṣṭham - best ; tatrāpi - even among them ; ca ; sukhe - comfortably

tiṣṭhet - sits ; siddhāsane - in siddhāsana ; sadā - always

Verse 34 - 4 primary āsanas

सिद्धं पद्मं तथा सिंहं भद्रं वेति चतुष्टयम्।
श्रेष्ठं तत्रापि च सुखे तिष्ठेत्सिद्धासने सदा ॥३४ ॥

Siddham padmam tathā simham bhadram veti catuṣṭayam|

Śreṣṭham tatrāpi ca sukhe tiṣṭhetsiddhāsane sadā||34||

Siddha, Padma, Simha and Bhadra are these four; (and) the best among these too is Siddhāsana in which one should always stay comfortably.

Verse 35 - Siddhāsana

तत्र सिद्धासनम्।

योनिस्थानकमङ्घ्रिमूलघटितं कृत्वा दृढं विन्यसेन्मेण्ड्रे पादमथैकमेव हृदये कृत्वा हनुं सुस्थिरम्।

स्थानुः संयमितेन्द्रियोऽचलदृशा पश्येद्भ्रुवोरन्तरं ह्येतन्मोक्षकपाटभेदजनकं सिद्धासनं प्रोच्यते ॥३५॥

Tatra siddhāsanam|

Yonisthānakamaṅghrimūlaghaṭitam kṛtvā dṛḍham vinyasenmeṇḍhre pādamathaikameva hṛdaye kṛtvā hanuṁ susthiram|

Sthānuḥ saṁyamitendriyo'caladṛśā paśyedbhruvorantaram hyetanmokṣakapāṭabhedajanakam siddhāsanam procyate||35||

Verse 35 - Siddhāsana

Tatra siddhāsanaṃ|

Yonisthānakamaṅghrimūlaghaṭitaṃ kṛtvā dṛḍhaṃ vinyasenmeḍhṛe
pādamaṭhaikameva hṛdaye kṛtvā haṇuṃ susthiraṃ|

yoisthānakaṃ - the the place of the perineum ; aṅghrmūla - root of the heel

ghaṭitaṃ - placing - pressing ; kṛtvā - after adjusting ; dṛḍhaṃ - firmly / properly

vinyaset - placing ; meḍhṛe - root of the penis/pubic bone ;

pādamaṭha - foot / heel ; ekameva - other one ; hṛdaye - towards the heart ;

kṛtvā- after placing ; haṇuṃ - chin ; susthiraṃ - steadily

Verse 35 - Siddhāsana

Sthānuḥ saṃyamitendriyo'caladṛśā paśyedbhruvorantaram
hyetanmokṣakapāṭabhedaJanakam siddhāsanaṃ procyate||35||

sthānuḥ - without movement ; saṃyamita - controlling ; indriya - senses

acala - without movement ; dṛśā - eyes ; paśyet - gaze

bhruvoḥ - eyebrows ; antaram - between ; hi - undoubtedly ;

etat - this ; mokṣa - liberation ; kapāṭa - door ; bheda - open ;

janakam - brings about / births ; siddhāsanaṃ ; procyate - is said

Verse 35 - Siddhāsana

Tatra siddhāsanaṁ|

Yonisthānakamaṅghrimūlaghaṭitaṁ kṛtvā dṛḍhaṁ vinyasenmeṇḍhṛe
pādamaṭhaikameva hṛdaye kṛtvā haṇuṁ susthiraṁ|

Sthānuḥ saṁyamitendriyo'caladṛśā paśyedbhruvorantaraṁ
hyetanmokṣakapāṭabhedaṇakamaṁ siddhāsanaṁ procyate||35||

Placing (one) heel firmly against the perineum, fixing the other foot above the penis/pubic bone , the chin being firmly fixed on the chest, one should remain motionless, with the senses controlled and the eye steady, and look between the two-eyebrows. This is called Siddhāsana which forces open the door to salvation.

Verse 35 - Siddhāsana



Verse 36 - Siddhāsana - Another opinion

मेण्द्रादुपरि विन्यस्य सव्यं गुल्फं तथोपरि।
गुल्फान्तरं च निक्षिप्य सिद्धासनमिदं भवेत्॥३६॥

Meṅḍhrādupari vinyasya savyaṁ gulphaṁ tathopari|

Gulphāntaraṁ ca nikṣipyā siddhāsanamidam bhavet||36||

meḍhra - penis/pubic bone ; upari - above ; vinyasa - placing ;

savyam - left ; gulpham - heel ; tathā - and ; upari - above ;

gulpha - heel ; antaraṁ - other (heel) ; ca - also ; nikṣipyā - placing properly ;

siddhāsaṇaṁ ; idam - this ; procyate - is said

Verse 36 - Siddhāsana

मेण्द्रादुपरि विन्यस्य सव्यं गुल्फं तथोपरि।
गुल्फान्तरं च निक्षिप्य सिद्धासनमिदं भवेत्॥३६॥

Meṇḍhrādupari vinyasya savyaṁ gulphaṁ tathopari|

Gulphāntaraṁ ca nikṣipyā siddhāsanamidam bhavet||36||

Another opinion: Fixing the left ankle above the penis/pubic bone and the other ankle over that is Siddhāsana.

Verse 36 - Siddhāsana



Verse 37 - Other names for Siddhāsana

एतत्सिद्धासनं प्राहुरन्ये वज्रासनं विदुः।
मुक्तासनं वदन्त्येके प्राहुर्गुप्तासनं परे ॥३७॥

Etatsiddhāsanaṃ prāhuranye vajrāsanaṃ viduḥ।

Muktāsanaṃ vadantyeke prāhurguptāsanaṃ pare॥37॥

etat - this ; siddhāsanaṃ ; prāhuḥ - is known ; anye - other ;
vajrāsanaṃ ; viduḥ - known it ; muktāsanaṃ ; vadanti - is called ;
eke - some others ; prāhuḥ - call it ; guptāsanaṃ ; pare - others

Verse 37 - Other names for Siddhāsana

एतत्सिद्धासनं प्राहुरन्ये वज्रासनं विदुः।
मुक्तासनं वदन्त्येके प्राहुरगुप्तासनं परे॥३७॥

Etatsiddhāsanam prāhuranye vajrāsanam viduḥ|

Muktāsanam vadantyeke prāhurguptāsanam pare||37||

This is considered to be Siddhāsana; others call it Vajrāsana; some call it Muktāsana; (while some) others call it Guptāsana.

Verse 38 - Importance of Siddhāsana

यमेष्विव मिताहारमहिंसां नियमेष्विव।
मुख्यं सर्वासनेष्वेकं सिद्धाः सिद्धासनं विदुः ॥३८॥

Yameṣviva mitāhāramahiṁsām niyameṣviva|

Mukhyaṁ sarvāsaneṣvekaṁ siddhāḥ siddhāsanam viduḥ||38||

yameṣu - among the yamas ; ive - just as ; mitāhāra - moderate diet ;

ahiṁsā - non injury ; niyameṣu - among the niyamas ; iva - like

mukhyaṁ - most important ; sarva - all ; āsaneṣu - among āsanas ;

ekaṁ - only one ; siddhāḥ - accomplished yogīs ; siddhāsanam ; viduḥ - known

Verse 38 - Importance of Siddhāsana

यमेष्विव मिताहारमहिंसां नियमेष्विव।
मुख्यं सर्वासनेष्वेकं सिद्धाः सिद्धासनं विदुः ॥३८॥

Yameṣviva mitāhāramahiṁsām niyameṣviva|

Mukhyaṁ sarvāsaneṣvekaṁ siddhāḥ siddhāsanam viduḥ||38||

Just as Mitāhāra (moderate diet) is (foremost) among the Yamas and Ahimṣā (non-injury) (foremost) among the Niyamas so is this Āsana, called Siddhāsana by the Siddhas, the most important among all the Āsanas.

Verse 39 - Siddhāsana Phala/Effect

चतुरशीतिपीठेषु सिद्धमेव सदाभ्यसेत्।

द्वासप्ततिसहस्राणां नाडीनां मलशोधनम्॥३९॥

Caturaśītipīṭheṣu siddhameva sadābhyaset|

Dvāsaptatisahasrāṇāṃ nāḍīnāṃ malaśodhanam||39||

caturaśīti - eighty four ; pīṭheṣu - among āsanās ; siddham - siddhāsana

eva - only ; sadā - always ; abhyaset - practice

dvāsaptatisahasrāṇāṃ - seventy two thousand ; nāḍīnam - all the nāḍīs

mala - impurities ; śodhanam - purifier

Verse 39 - Siddhāsana Phala/Effect

चतुरशीतिपीठेषु सिद्धमेव सदाभ्यसेत्।

द्वासप्ततिसहस्राणां नाडीनां मलशोधनम्॥३९॥

Caturaśītipīṭheṣu siddhameva sadābhyaset|

Dvāsaptatisahasrāṇāṃ nāḍīnāṃ malaśodhanam||39||

Of the eighty-four Āsanas, only Siddha (Āsana), which purifies the seventy two thousand Nāḍīs, should be practiced daily.

Verse 40 - Siddhāsana Phala/Effect

आत्मध्यायी मितहारी यावद्द्वादशवत्सरम्।
सदा सिद्धासनाभ्यासाद्योगी निष्पत्तिमाप्नुयात्
किमन्यैर्बहुभिः पीठैः सिद्धे सिद्धासने सति ॥४०॥

Ātmadhyāyī mitāhārī yāvaddvādaśavatsaram|

Sadā siddhāsanābhyāsādyogī niṣpattimāpnuyāt|

Kimanyairbahubhiḥ pīṭhaiḥ siddhe siddhāsane sati||40||

ātmā - the Self ; dhyāyī - engaged in ; mita - balanced ; āhārī - consuming diet ;

yāvad - till ; dvādaśa - twelve ; vatsaram - years ;

Verse 40 - Siddhāsana Phala/Effect

Ātmadhyāyī mitāhārī yāvaddvādaśavatsaram|

Sadā siddhāsanābhyāsādyogī niṣpattimāpnuyāt|

Kimanyairbahubhiḥ pīṭhaiḥ siddhe siddhāsane sati||40||

sadā - always ; siddhāsana ; abhyaset - practice ; yogī ;

niṣpattiḥ - the final stage of ṇādānusandhāna / samādhi ; āpnuyāt - attains ;

kiṃ - what is the use of ; anyaiḥ - others ; bahubhiḥ - so many ;

pīṭhaiḥ - āsanas ; siddhe - on accomplishment of ; siddhāsane ; sati - is attained

Verse 40 - Siddhāsana Phala/Effect

Ātmaḍhyāyī miṭāhārī yāvaddvādaśavatsaram|

Sadā siddhāsanābhyāsādyogī niṣpattimāpnuyāt|

Kimanyairbahubhiḥ pīṭhaiḥ siddhe siddhāsane sati||40||

A yogī who for twelve years contemplates on the Ātman, takes moderate diet and continuously practices Siddhāsana attains thereby the consummation of his Yoga. Of what use are the many other Āsanas to one who has mastered Siddhāsana?

Verse 41 - Samādhi in Siddhāsana

प्राणानिले सावधाने बद्धे केवलकुम्भके ।
उत्पद्यते निरायासात्स्वयमेवोन्मनी कला ॥४१ ॥

Prāṇānile sāvadhāne baddhe kevalakumbhake |
Utpadyate nirāyāsātsvayamevonmanī kalā ||41||

prāṇa ; anile - vāyu ; sāvadhāne - careful ; baddhe ; retention ;
kevalakhumbhake - in kevala khumbhaka ;
utpadyate - results into ; nirāyāsāt - effortlessly ; svayam - by itself ;
eva - only ; unmanī kalā - the state of rāja yoga / samādhi

Verse 41 - Samādhī in Siddhāsana

प्राणानिले सावधाने बद्धे केवलकुम्भके ।
उत्पद्यते निरायासात्स्वयमेवोन्मनी कला ॥४१ ॥

Prāṇānile sāvadhāne baddhe kevalakumbhake |
Utpadyate nirāyāsātsvayamevonmanī kalā||41||

When breath is prudently restrained and Kevalakumbhaka attained
Unmanī develops of its own accord quite easily.

Verse 42 - Tri Bandha in Siddhāsana

तथैकस्मिन्नेव दृढे सिद्धे सिद्धासने सति।
बन्धत्रयमनायासात्स्वयमेवोपजायते ॥४२॥

Tathaikasminneva dṛḍhe siddhe siddhāsane sati
Bandhatrayamanāyāsātsvayamevopajāyate||42||

tathā - thus ; ekasmin - one and only ; eva - only ; dṛḍhe - firmly
baddhe - adopting ; siddhāsane - in siddhāsana ; sati - having ;
bandhatrayaṃ - all the three bandhas ; anāyāsāt - without effort ;
svayameva - by itself ; upajāyate - gives rise to

Verse 42 - Tri Bandha in Siddhāsana

तथैकस्मिन्नेव दृढे सिद्धे सिद्धासने सति।
बन्धत्रयमनायासात्स्वयमेवोपजायते ॥४२॥

Tathaikasminneva dṛḍhe siddhe siddhāsane sati|

Bandhatrayamanāyāsātsvayamevopajāyate||42||

So also by firmly adopting Siddhāsana alone the three Bandhas are invariably brought about, easily and automatically.

Verse 43 - Importance of Siddhāsana

नासनं सिद्धसदृशं न कुम्भः केवलोपमः।

न खेचरीसमा मुद्रा न नादसदृशो लयः ॥४३॥

Nāsanam siddhasadr̥ṣam na kumbhaḥ kevalopamaḥ|

Na khecarīsamā mudrā na nādasadr̥śo layaḥ||43||

nāsanam - no āsana ; siddhasadr̥ṣam - is similar to siddhāsana ;

na kumbhaḥ - no kumbhaka ; kevala - kevala khumbhaka ; upamaḥ - compared

na - no ; khecarī - mudrā ; samā - similar to ; mudrā ; na - no ;

nāda - unstruck sound ; sadr̥śo - similar to ; layaḥ

Verse 43 - Importance of Siddhāsana

नासनं सिद्धसदृशं न कुम्भः केवलोपमः।

न खेचरीसमा मुद्रा न नादसदृशो लयः ॥४३॥

Nāsanam siddhasadr̥śam na kumbhaḥ kevalopamaḥ|

Na khecarīsamā mudrā na nādasadr̥śo layaḥ||43||

There is no Āsana like Siddha and no Kumbhaka like Kevala; there is no Mudrā like Khecarī and no Laya like the one in Nāda.

Verse 44 - Padmāsana

अथ पद्मासनम्।

वामोरूपरि दक्षिणं च चरणं संस्थाप्य वामं तथा दक्षोरूपरि पश्चिमेन विधिना धृत्वा
कराभ्यां दृढम्।

अङ्गुष्ठौ हृदये निधाय चिबुकं नासाग्रमालोकयेदेतद्व्याधिविनाशकारि यमिनां पद्मासनं
प्रोच्यते ॥४४॥

Atha padmāsanam|

Vāmorūpari dakṣiṇam ca caraṇam saṁsthāpya vāmam tathā dakṣorūpari
paścimena vidhinā dhṛtvā karābhyām dṛḍham|

Aṅguṣṭhau hṛdaye nidhāya cibukam

nāsāgramālokayedetadvyādhivināśakāri yaminām padmāsanaṁ
procyate||44||

Verse 44 - Padmāsana

Atha padmāsanam|

Vāmorūpari dakṣiṇam ca caraṇam saṁsthāpya vāmam tathā dakṣorūpari
paścimena vidhinā dhṛtvā karābhyām dṛḍham|

Now padmāsana

vāma - left ; uru - thigh ; upari - upon ; dakṣiṇam - right ; ca - and ;
caraṇam - foot ; saṁsthāpya - placing firmly ; vāmam - left ; tathā - and
dakṣoḥ - on the right ; upari - above ; paścimena - from behind ;
vidhinā - as per the method ; dhṛtvā - holding ; karābhyām - with hands ;
dṛḍham - firmly

Verse 44 - Padmāsana

Aṅguṣṭhau hṛdaye nidhāya cibukaṃ
nāsāgramālokayedetadvyādhivināśakāri yamināṃ padmāsanaṃ
procyate||44||

aṅguṣṭhau - both the toes ; hṛdaye - towards the heart ; nidhāya -
placing

cibukaṃ - the chin ; nāsāgram - tip of the nose ; ālokayet - gaze at ;

etat - this ; vyādhi - diseases ; vināśakāri - destroyer ;

yaminaṃ - by the great yogīs

padmāsanaṃ ; procyate - called

Verse 44 - Padmāsana

Atha padmāsanaṃ|

Vāmorūpari dakṣiṇaṃ ca caraṇaṃ saṃsthāpya vāmaṃ tathā dakṣorūpari
paścimena vidhinā dhṛtvā karābhyāṃ dṛḍham|

Aṅguṣṭhau hṛdaye nidhāya cibukaṃ
nāsāgramālokayedetadvyādhivināśakāri yamināṃ padmāsanaṃ
procyate||44||

Fixing the right foot on the left thigh and the left (foot) on the right thigh,
the big toes are to be held by both hands - arms crossing behind the
back, the chin to be fixed on the chest, and the tip of the nose to be gazed
at. This is known as Padmāsana which destroys (all) the diseases of Yogīs.

Verse 44 - Padmāsana



Verse 45 - Another opinion of Padmāsana

उत्तानौ चरणौ कृत्वा ऊरुसंस्थौ प्रयत्नतः।

ऊरुमध्ये तथोत्तानौ पाणी कृत्वा ततो दृशौ ॥४५॥

Uttānau caraṇau kṛtvā ūrusaṁsthau prayatnataḥ|

Ūrumadhye tathottānau pāṇī kṛtvā tato dṛśau||45||

uttānau - facing upward ; caraṇau - both the soles ; kṛtvā - by making ;

ūrusaṁsthau - placing upon the thighs ; prayatnaḥ - effortfully ;

ūru - thighs ; madhye - in the middle ; tathā - then ; uttānau - facing upward

pāṇī - both the palms ; kṛtvā - by placing ; tataḥ - then ; dṛśau - both the eyes

Verse 46 - Another opinion of Padmāsana

नासाग्रे विन्यसेद्राजदन्तमूले तु जिह्वया ।
उत्तम्भ्य चिबुकं वक्षस्युत्थाप्य पवनं शनैः ॥४६॥

Nāsāgre vinyasedrājadantamūle tu jihvayā|

Uttambhya cibukaṃ vakṣasyutthāpya pavanaṃ śanaiḥ||46||

nāsāgre ; vinyaset - place properly ; rājadantamūle - at the root of the
upper frontal teeth ; tu - and ; jihvayā - the tongue ; uttambhya - adjusting
cibukaṃ - chin ; vakṣasi - upon the chest ; utthāpya - raising upward ;
pavanam - vāyu ; śanaiḥ - slowly

Verse 45 & 46 - Another opinion of Padmāsana

Uttānau caraṇau kṛtvā ūrusaṁsthau prayatnataḥ|

Ūrumadhye tathottānau pāṇī kṛtvā tato dṛśau||45||

Nāsāgre vinyasedrājadantamūle tu jihvayā|

Uttambhya cibukaṁ vakṣasyutthāpya pavanaṁ śanaiḥ||46||

Another opinion: with an effort fixing on the thighs the two feet turned upwards, similarly, placing the chin on the chest and the palms turned upwards (on the region) between the two thighs, and raising Prāṇa slowly, one should fix the gaze on the tip of the nose and press the tongue against the hard palate.

Verse 45 & 46 - Another opinion of Padmāsana



Verse 47 - Glory of Padmāsana

इदं पद्मासनं प्रोक्तं सर्वव्याधिविनाशनम्।
दुर्लभं येन केनापि धीमता लभ्यते भुवि ॥४७॥

Idaṁ padmāsanaṁ proktaṁ sarvavyādhivināśanam|

Durlabhaṁ yena kenāpi dhīmatā labhyate bhuvi||47||

idaṁ - this ; padmāsanaṁ ; proktaṁ - is said to be ; sarva - all ;

vyādhi - diseases ; vināśanam - destroyer

durlabhaṁ - hard to attain ; yena kenāpi - by any body ;

dhīmatā - endowed with buddhī ; labhyate - able to achieve ; bhuvi - earth

Verse 47 - Glory of Padmāsana

इदं पद्मासनं प्रोक्तं सर्वव्याधिविनाशनम्।
दुर्लभं येन केनापि धीमता लभ्यते भुवि ॥४७॥

Idaṁ padmāsanaṁ proktaṁ sarvavyādhivināśanam|

Durlabhaṁ yena kenāpi dhīmatā labhyate bhuvi||47||

This is called Padmāsana which destroys all diseases. It cannot be attained by one and all ; it is attained in the world (only) by the talented few.

Verse 48 - Practice in Padmāsana

कृत्वा सम्पुटितौ करौ दृढतरं बद्ध्वातु पद्मासनं गाढं वक्षसि सन्निधाय चिबुकं ध्यायंश्च
तच्चेतसि।

वारंवारमपानमूर्ध्वमनिलं प्रोत्सारयन्पूरितं न्यञ्चन्प्राणमुपैति बोधमतुलं शक्तिप्रभावान्नरः ॥४८
॥

Kṛtvā sampuṭitau karau dṛḍhataram baddhvātu padmāsanaṁ gāḍhaṁ vakṣasi
sannidhāya cibukaṁ dhyāyaṁśca tacchetasi|

Vāraṁvāramapānamūrdhvamanilaṁ protsārayanpūritaṁ nyañcanprāṇamupaiti
bodhamatulaṁ śaktiprabhāvānnaraḥ||48||

kṛtvā - making ; samṣpuiṭitau - one upon another ; karau - hands ; dṛḍhataram -
firmly ; baddhvā - holding ; tu - and ; padmāsanaṁ ; gāḍhaṁ - firmly ; vakṣasi -

upon the chest ; sannidhāya - placing properly ; cibukam ; dhyāyan - dhyāna

Verse 48 - Practice in Padmāsana

Vāraṁvāramapānamūrdhvamanilaṁ protsārayanpūritaṁ nyañcanprāṇamupaiti
bodhamatulaṁ śaktiprabhāvānnaraḥ||48||

vāraṁvāraṁ - again and again ; apānaṁ - apāna vāyu ; anilaṁ - air ;

ūrdhvaṁ - upward ; protsārayan - lifting ; pūritaṁ - inhaled ; nyañcan - retaining

prāṇaṁ - prāṇāvāyu ; upaiti - attains ; bodhaṁ - awareness ; ātulaṁ - unparallel

śakti ; prabhāvāt - by the influence of ; naraḥ - the practitioner

Verse 48 - Practice in Padmāsana

Kṛtvā sampuṭitau karau dṛḍhatarām̃ baddhvātu padmāsanaṃ gāḍhaṃ
vakṣasi sannidhāya cibukaṃ dhyāyaṃśca taccetasi|

Vāraṃvāramapānamūrdhvamanilaṃ protsārayanpūritaṃ
nyañcanprāṇamupaiti bodhamatulaṃ śaktiprabhāvānnaraḥ||48||

Assuming firmly the padmāsana pose, hands being rested upon one another on the legs so as to create a hollow through the palms and pressing the chin (equally) firmly on the chest, repeatedly raising the Apāna Vāyu (and) inhaling the inhaled Prāṇa, and meditating upon that (the one Supreme Reality) one (the Yogī) attains unparalleled knowledge (supreme realisation)

Verse 49 - Padmāsana Phala/ Effect

पद्मासने स्थितो योगी नाडीद्वारेण पूरितम्।
मारुतं धारयेद्यस्तु स मुक्तो नात्र संशयः ॥४९॥

Padmāsane sthito yogī nāḍīdvāreṇa pūritam|

Mārutam dhārayedyastu sa mukto nātra saṁśayaḥ||49||

padmāsane - in padmāsana ; stitha - maintaining ; yogī ;

nāḍīdvāreṇa - the entrance of the nāḍīs ; pūritam - inhaled ;

mārutam - air ; dhārayet - retains in ; yastu - who so ever ;

sa - that ; mukta - liberated ; na - no ; atra - here ; saṁśayaḥ - doubt

Verse 49 - Padmāsana Phala/ Effect

पद्मासने स्थितो योगी नाडीद्वारेण पूरितम्।
मारुतं धारयेद्यस्तु स मुक्तो नात्र संशयः ॥४९॥

Padmāsane sthito yogī nāḍīdvāreṇa pūritam|

Mārutam dhārayedyastu sa mukto nātra saṁśayaḥ||49||

The Yogī who, sitting in the Padmāsana (pose), holds the air inhaled through the nostrils is (surely to be) liberated in course of time. There is no doubt about it.

Verse 50 - Siṃhāsana

अथ सिंहासनम्।

गुल्फौ च वृषणस्याधः सीवन्याः पार्श्वयोः क्षिपेत्।

दक्षिणे सव्यगुल्फं तु दक्षगुल्फं तु सव्यके ॥५०॥

Atha siṃhāsanaṃ|

Gulphau ca vṛṣaṇasyādhaḥ sīvanyāḥ pārsvayoḥ kṣipet|

Dakṣiṇe savyagulphaṃ tu dakṣagulphaṃ tu savyake||50||

Gulphau - both the heels ; ca - and ; vṛṣaṇasya - below the fertilizing organ

adhaḥ - below ; sīvanyāḥ - of the perineum ; pārsvayoḥ - on the both sides

kṣipet - place ; dakṣiṇe - towards the right ; savyagulphaṃ - the left heel

tu - so also ; dakṣagulphaṃ - right heel ; savyake - towards the left

Verse 50 - Siṃhāsana

अथ सिंहासनम्।

गुल्फौ च वृषणस्याधः सीवन्याः पार्श्वयोः क्षिपेत्।

दक्षिणे सव्यगुल्फं तु दक्षगुल्फं तु सव्यके ॥५०॥

Atha siṃhāsanam|

Gulphau ca vṛṣaṇasyādhaḥ sīvanyāḥ pārśvayoḥ kṣipet|

Dakṣiṇe savyagulphaṃ tu dakṣagulphaṃ tu savyake||50||

Place the two ankles under the scrotum on either side of the perineum, the left ankle on the right (side) and the right on the left (side).

Verse 51 - Siṃhāsana

हस्तौ तु जान्वोः संस्थाप्य स्वाङ्गुलीः सम्प्रसार्य च।
व्यात्तवक्त्रो निरीक्षेत नासाग्रं सुसमाहितः ॥५१॥

Hastau tu jānvoḥ saṁsthāpya svāṅgulīḥ samprasārya ca|

Vyāttavaktro nirīkṣeta nāsāgraṁ susamāhitaḥ||51||

hastau - both the hands ; tu - and ; jānvoḥ - on the knees ; saṁsthāpya -
placing properly ; svāṅgulīḥ - own fingers ; saṁprasārya - spreading properly
ca - and ; vyātta - wide open ; vakrataḥ - mouth ; nirīkṣeta - gaze ; nāsāgraṁ
tu - and ; samāhitaḥ - with a concentrated mind

Verse 51 - Siṃhāsana

हस्तौ तु जान्वोः संस्थाप्य स्वाङ्गुलीः सम्प्रसार्य च।
व्यात्तवक्त्रो निरीक्षेत नासाग्रं सुसमाहितः ॥५१॥

Hastau tu jānvoḥ saṁsthāpya svāṅgulīḥ samprasārya ca|

Vyāttavaktro nirīkṣeta nāsāgraṁ susamāhitaḥ||51||

(And then), placing the palms on the knees, spreading out the fingers,
(and) opening the mouth wide, one should gaze at the tip of the nose and
be well (perfectly) composed.

Verse 52 - Siṃhāsana

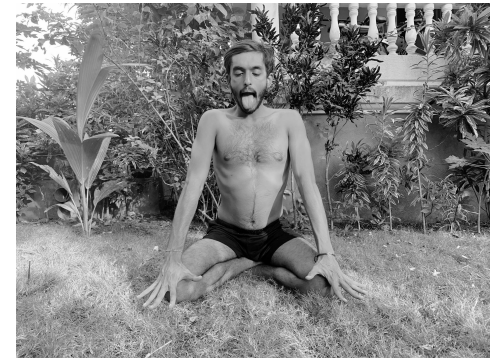
सिंहासनं भवेदेतत्पूजितं योगिपुङ्गवैः।
बन्धत्रितयसन्धानं कुरुते चासनोत्तमम्॥५२॥

Siṃhāsanaṃ bhavedetatpūjitaṃ yogipuṅgavaiḥ|

Bandhatritayasandhānaṃ kurute cāsanottamam||52||

siṃhāsanaṃ ; bhavet - becomes ; ete - this ; pūjitaṃ - respected ;
yogīpuṅgavaiḥ - by the great yogīs ; bandhatritaya - three bandhas ;
sandhānaṃ - formation ; kurute - facilitate ; ca - and ; āsana
uttamam - best

Verse 52 - Siṃhāsana



Verse 52 - Siṃhāsana

सिंहासनं भवेदेतत्पूजितं योगिपुङ्गवैः।
बन्धत्रितयसन्धानं कुरुते चासनोत्तमम्॥५२॥

Siṃhāsanaṃ bhavedetatpūjitaṃ yogipuṅgavaiḥ|

Bandhatritayasandhānaṃ kurute cāsanottamam||52||

This is Siṃhāsana, adored by the eminent Yogīs. This, the best of the āsanas, facilitates (adopting) the three bandhas.

Verse 53 - Bhadrāsana

अथ भद्रासनम्।

गुल्फौ च वृषणस्याधः सीवन्याः पार्श्वयोः क्षिपेत्।

सव्यगुल्फं तथा सव्ये दक्षगुल्फं तु दक्षिणे ॥५३॥

Atha bhadrāsanam|

Gulphau ca vṛṣaṇasyādhaḥ sīvanyāḥ pāśvayoḥ kṣipet|

Savyagulphaṁ tathā savye dakṣagulphaṁ tu dakṣiṇe||53||

guphau - both the heels ; vṛṣaṇasya - below the fertilizing organ ; adhaḥ - below

sīvanyāḥ - of the perineum ; pāśvayoḥ - on either side ; kṣipet - place ;

savyagulphaṁ - left heel ; tatha - towards ; savye - left side ; dakṣagulphaṁ -

right heel ; tu - towards ; dakṣiṇe - right side

Verse 54 - Bhadrāsana

पार्श्वपादौ च पाणिभ्यां दृढं बद्ध्वा सुनिश्चलम्।
भद्रासनं भवेदेतत्सर्वव्याधिविनाशनम्।
गोरक्षासनमित्याहुरिदं वै सिद्धयोगिनः ॥५४॥

Pārśvapādau ca pāṇibhyāṃ dṛḍhaṃ baddhvā suniścalam|

Bhadrāsanaṃ bhavedetatsarvavyādhivināśanam|

Gorakṣāsanamityāhuridaṃ vai siddhayoginaḥ||54||

pārśvapādau - the front side of the feet ; ca - also ; pāṇibhyāṃ - through
both the hands ; dṛḍhaṃ - firmly ; baddhvā - holding together ; suniścalam -
being stable

Verse 54 - Bhadrāsana

Pārśvapādaḥ ca pāṇibhyāṃ dṛḍhaṃ baddhvā suniścalaḥ |

Bhadrāsanaṃ bhavedetat sarvavyādhi vināśanam |

Gorakṣāsanam ity āhur idaṃ vai siddhayogināḥ ||54||

bhadrāsanaṃ ; bhaved - becomes ; etat - it, this ; sarva - all ; vyādhi - diseases ;

vināśaṃ - destroyer ; gorakṣāsanam ; iti āhuḥ - is said ; idaṃ - this

vai - also ; siddha yogināḥ

Verse 54 - Bhadrāsana

Gulphau ca vṛṣaṇasyādhaḥ sīvanyāḥ pārsvayoḥ kṣipet|

Savyagulphaṁ tathā savye dakṣagulphaṁ tu dakṣiṇe||53||

Pārsvapādaḥ ca pāṇibhyāṁ dṛḍhaṁ baddhvā suniścalam|

Bhadrāsanaṁ bhavedetatsarvavyādhivināśanam|

Gorakṣāsanamityāhuridaṁ vai siddhayoginaḥ||54||

Place the two heels under the scrotum on either side of the perineum, the left heel on the left (side) and the right one on the right (side) and, firmly holding with hands the feet which are (thus) made to touch the sides, one should remain steady. This is Bhadrāsana which destroys all diseases. The Siddha Yogīs call this Gorakṣāsana.

Verse 54 - Bhadrāsana



Verse 55 - Instructions after performing āsana

एवमासनबन्धेषु योगीन्द्रो विगतश्रमः।
अभ्यसेन्नाडिकाशुद्धिं मुद्रादिपवनक्रियाम्॥५५॥

Evamāsanabandheṣu yogīndro vigataśramaḥ|

Abhyasennāḍikāśuddhiṁ mudrādipavanakriyām||55||

evaṃ - in this way ; āsanabandheṣu - due to various āsanas ; yogīndraḥ - great yogī ; vigata - after getting rid of ; śramaḥ - fatigue ; abhyaset - practice ; nāḍikāśuddhiṁ - purification of the nāḍīs ; mudrā ; ādi - etc. pavanakriyām - practices related with pavana

Verse 55 - Instructions after performing āsana

एवमासनबन्धेषु योगीन्द्रो विगतश्रमः।
अभ्यसेन्नाडिकाशुद्धिं मुद्रादिपवनक्रियाम्॥५५॥

Evamāsanabandheṣu yogīndro vigataśramah|

Abhyasennāḍikāśuddhiṁ mudrādipavanakriyām||55||

The advanced Yogī who has thus overcome fatigue by practicing āsanās should practice purification of Nāḍīs (and) manipulation of Prāṇa and Mudrās etc.

Verse 56 - Sequence of Practices

आसनं कुम्भकं चित्रं मुद्राख्यं करणं तथा।
अथ नादानुसन्धानमभ्यासानुक्रमो हठे ॥५६॥

Āsanaṃ kumbhakaṃ citraṃ mudrākhyāṃ karaṇaṃ tathā |
Atha nādānusandhānamabhyāsānukramo haṭhe ||56||

āsanaṃ ; kumbhakaṃ ; citrāṃ - different types of ; mudrākhyāṃ - known
as mudrā ; karaṇaṃ - techniques ; tathā - and ; atha - also ;
nādānusandhānaṃ ; abhyāsa - practice ; anukrama - sequence ;
haṭhe - in haṭha yoga

Verse 56 - Sequence of Practices

आसनं कुम्भकं चित्रं मुद्राख्यं करणं तथा।
अथ नादानुसन्धानमभ्यासानुक्रमो हठे ॥५६॥

Āsanam̐ kumbhakam̐ citram̐ mudrākhyam̐ karaṇam̐ tathā|

Atha nādānusandhānamabhyāsānukramo haṭhe||56||

Āsanas, different types of Kumbhakas, practices called Mudrās,
Nādānusandhāna - this is the (correct) sequence in the practice of Haṭha
(Yoga).

References

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ॐ सर्वे भवन्तु सुखिनः
सर्वे सन्तु निरामयाः ।
सर्वे भद्राणि पश्यन्तु
मा कश्चिद्दुःखभाग्भवेत् ।
ॐ शान्तिः शान्तिः शान्तिः ॥

oṃ sarve bhavantu sukhinaḥ
sarve santu nirāmayāḥ
sarve bhadraṇi paśyantu
mā kaścid duḥkha bhāgbhavet
oṃ śāntiḥ śāntiḥ śāntiḥ

May all be happy, may all be free from disease, may all see
goodness,
may none suffer from sorrow.

ॐ असतो मा सद्गमय ।
तमसो मा ज्योतिर्गमय ।
मृत्योर्मा अमृतं गमय ।
ॐ शान्तिः शान्तिः शान्तिः ॥ हरिः ॐ तत्सत् ॥

asato mā sadgamaya
tamasomā jyotir gamaya
mrityormāamritam gamaya
Om śhānti śhānti śhāntiḥ harih om tat sat

Lead me from changing existence to unchanging being,
lead me from the darkness of tamas to the light of
knowledge,
lead me from death to immortality. Harih om that is truth.