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अथ योगानुशासनम्। योगश् चित्त-वृत्ति-निरोधः। तदा द्रष्टुः स्व-रूपेऽवस्थानम्।
वृत्ति-सा-रूप्यम् इत्यत्र वृत्तयः प्रवृत्तयः। द्विष्टाद्विष्टाः प्रमाण-विपर्यय-विक-
ल्प-निद्रा- स्मृतयः। प्रत्यक्ष-पुरुष-प्रमाण-विपर्ययो मिथ्या-ज्ञानम् अ-तद्-
-रूप-प्रतिष्ठम्। शब्द-ज्ञानानुपाती वस्तु-शून्यो विकल्पः। अ-भाव-प्रत्ययालम्बना वृत्तिर्
निद्रा। अनुभूत-विषय-प्रमाण-स्मृतिः। अ-सास-वैराग्य-संज्ञा-निरोधः। तत्र स्थितौ
यतोऽभ्यासः। स-तु-साध-काल-परन्तय-सा-कारितवितो-दृढ-भूमिः। दृष्टानुश्रविक-
विषय-वितृष्णस्य वशी-कार-संज्ञा वैराग्यम्। तत्-परं पुरुष-ख्यातेर् गुण-वैतृष्ण्यम्।
वितर्क-विचारानन्द-स्मिता-संज्ञा-संज्ञाः। विषय-प्रत्ययाभ्यास-पूर्वः
संस्कार-शेषोऽन्यः। भव-प्रत्ययो वि-देह-प्रकृति-ल्यानाम्। श्रद्धा-वीर्य-स्मृति-समा-
धि-प्रज्ञा-पूर्वक-तर्षणम्। तत्र-संन्यास-असिद्धः। पृथु-पञ्चाधि-पातित्वात् ततोऽपि
विशेषः। ईश्वर-प्रणिधानाद् वा। क्लेश-कर्म-विपाकाशयैर् अ-परामृष्टः पुरुष-विशेष
ईश्वरः। तत्र निर्-अतिशयं सर्व-ज्ञ-बीजम्। पूर्वेषाम् अपि गुरुः कालेनानवच्छेदात्।
तस्य वाचकः प्रणवः। तज्-जपस् तद्-अर्थ-भावनम्। ततः प्रत्यक्-चेतनाधिगमोऽ-
प्य् अ-राज-भा-श-स्त्यान-स्वयि-प्रमाण-लस्यादि-वि-पर्यय-नि-
ब्ध-भूमिकत्वानवस्थितत्वानि चित्त-विक्षेपास् तेऽन्तरायाः। दुःख-दौर्मनस्याङ्गम्
-एजयत्व-श्वास-प्रश्वासा विक्षेप-सह-भुवः। तत्-प्रतिषेधार्थम् एक-तत्त्वाभ्यासः।
मैत्री-करुणा-मुदितोपेक्षाणां सुख-दुःख-पुण्यापुण्य-विषयाणां भावनातश्
चित्त-प्रसादनम्। प्रच्छर्दन-विधारण-वा-या-प्राण-विषयवती वा प्रवृत्तिर् उत्पन्ना
मनसः स्थिति-निबन्धनी। विशोका वा ज्योतिष्मती। वीत-राग-विषयं वा चित्तम्।

Patanjali Yoga Sutra

A Translation in the Light of Vedanta Scripture

by A.K. Aruna

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Upasana Yoga



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