



The Ocean of Yoga: An Unpublished Compendium Called the *Yogārṇava*

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Abstract The *Yogārṇava* ('the ocean of yoga') is a Sanskrit compendium on yoga that has not been published, translated or even mentioned in secondary literature on yoga. Citations attributed to it occur in several premodern commentaries and compendiums on yoga, and a few published library catalogues report manuscripts of a work on yoga called the *Yogārṇava*. This article presents the results of the first academic study of the text. It has attempted to answer basic questions, such as the work's provenance and textual sources. The authors then discuss the importance of the *Yogārṇava* within the broader history of yoga based on their identification of citations and parallel verses in other Sanskrit texts and a detailed analysis of the *Yogārṇava*'s content.

Keywords Yoga · Vedanta · Sanskrit · Manuscripts · South Asia · Hinduism

Introduction

The *Yogārṇava* ('the ocean of yoga') is a compendium with an interesting combination of yogic theory and praxis. It contains extensive discourse on the yogic body, including the vital winds (*vāyu*), points (*marman*) and five sheaths (*pañcakośa*), and more general topics, such as nasal dominance and the astrological

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signs in the body, prognostication and cheating of death, and the importance of retaining the body to know Brahman. The author combines these topics with a yoga of eight auxiliaries (*aṣṭāṅgayoga*), the particulars of which are very similar to those of two related texts: the *Vasiṣṭhasaṃhitā* and *Yogayājñavalkya*. A close comparative analysis of these texts is presented in this article to reveal that the author of the *Yogārṇava* borrowed from both works. We combine this analysis with other evidence to propose a tentative date for the *Yogārṇava*'s composition. This article will also provide a brief overview of the text's available manuscripts, catalogue references and content that may assist further research, and perhaps lay the foundations for a critical edition and translation of the *Yogārṇava*. We conclude that the *Yogārṇava* is an early example of a yogic compendium that anticipates larger compilatory works that foreground yoga within a vedāntic framework, such as Śivānanda's *Yogacintāmaṇi* and Bhavadevamiśra's *Yuktabhavadēva*.

Manuscripts

The research for this article is based on two transcripts of manuscripts of the *Yogārṇava*. The first is a Devanagari transcript at the Government Oriental Manuscript Library, Chennai (GOML),¹ and the second is a Malayalam transcript at the Oriental Research Institute, Trivandrum (ORI).² Only the latter has been reported in the *New Catalogus Catalogorum* of Madras (NCC).³

There is also a Jyotiṣa work by the name *Yogārṇava*, of which the NCC (vol. 22: 146) lists many manuscripts. It is likely that this work is mistaken for the 'yogic' *Yogārṇava* in some catalogues. There is at least one instance of this. In volume ten of the Mysore Oriental Research Institute's catalogue of Sanskrit works, a Jyotiṣa *Yogārṇava* has been included in the section on yoga texts.⁴ The editors appear to have made this mistake because of the title 'Rājayoga' at the beginning of the text. However, the opening verses make it clear that this Rājayoga is not the type of yoga concerned with *samādhi*, but with the constellations relevant to kings.

In *The Descriptive Catalogue of Yoga Manuscripts* compiled by Kaivalyadhama Yoga Institute (2005: 386–387), only three manuscripts of the *Yogārṇava* are reported. Two of these are held at the Sanskrit University (Sampurnananda) Library, Varanasi.⁵ Both are in Bengali script. The third is at the Palace Granthappura Library, Trivandrum.⁶ This manuscript is in Malayalam script, and we are yet to determine whether it was the exemplar of the Malayalam transcript at the ORI.

¹ Government Oriental Manuscript Library, Madras, ms. no. R3748. According to the transcript's front cover, it appears to be based on manuscript SR2095. It was transcribed in 1921–22. See serial number 16547 of the catalogue by Sastri (1940: 627).

² Oriental Research Institute, Trivandrum, ms. no. TM. 188 B5. See serial number 14386 of the catalogue by Bhaskaran (1984: 14).

³ The entry on 'yogārṇava' appears in NCC, volume 22, page 145, column 2.

⁴ Ms. No P.5466 (serial number 35105) in Malledevaru 1984: 188 and 262.

⁵ Varanasi Sampūrṇānanda University Library, Ms. Nos. 30086 and 30087.

⁶ Trivandrum Palace Granthappura Library, Ms. No. 621.

The transcript from the GOML is in Devanagari script and on paper. It was created in the early twentieth century and is probably a copy of a south-Indian manuscript. It is complete but some lines of the text are missing. The transcript from the ORI is in Malayalam script and also on paper. It is complete and contains all the verses. We have been able to reconstruct much of the text with these witnesses because the verses which were missing in the GOML transcript can be found in the one from the ORI. Also, the ORI transcript has fewer scribal errors than the GOML one. The quotations in this paper are based on this reconstruction.

Possible Source Texts of the *Yogārṇava*

There is a complex relationship between the *Yogārṇava*, *Vasiṣṭhasaṃhitā* (12th c.) and *Yogayājñavalkya* (13th–14th c.).⁷ The editors of the Kaivalyadhama Yoga Institute's critical edition of the *Vasiṣṭhasaṃhitā* (2005: 31–32) argue that the *Yogayājñavalkya* borrowed much material from it. This hypothesis is supported by a comparison of parallel passages in both works that was published in Birch (2018, pp. 21–22), which demonstrated that the redactor of the *Yogayājñavalkya* borrowed a lengthy discussion on the yogic body from the *Vasiṣṭhasaṃhitā* and supplemented it with material from elsewhere. Therefore, the *Vasiṣṭhasaṃhitā* is probably the earlier work, which the editors of the Kaivalyadhama Yoga Institute's edition date to the twelfth century.

As seen in Table 1 of the Appendix, approximately two hundred and thirty-three verses of the *Yogārṇava* are found in the *Vasiṣṭhasaṃhitā*, and one hundred and seventy-eight in the *Yogayājñavalkya*. Some of these verses occur in both the *Vasiṣṭhasaṃhitā* and *Yogayājñavalkya*, whereas others are peculiar to only one. Therefore, it appears that the author of the *Yogārṇava* used both the *Vasiṣṭhasaṃhitā* and *Yogayājñavalkya* to compile sections on the yogic body and *aṣṭāṅgayoga*, which is the main topic of chapters four to eight in the *Yogārṇava*. As Mallinson (2014, pp. 227–228) has observed, this type of *aṣṭāṅgayoga* can be found in the early Vaiṣṇava *saṃhitās*, including the *Viṃśānārcanākālpa*, *Sūtasamhitā* and *Ahīrbudhnyasaṃhitā*. In fact, some of the verses that the *Yogārṇava* shares with the *Vasiṣṭhasaṃhitā* and *Yogayājñavalkya* are also in the *Ahīrbudhnyasaṃhitā* and *Sūtasamhitā* (see Table 1).⁸ The *Yogārṇava* does not add much new material to the discussion of the first five auxiliaries of *aṣṭāṅgayoga* found in these sources. However, it contains more extensive and detailed sections on the last three.⁹

The *Yogārṇava* is a larger compilation than either the *Vasiṣṭhasaṃhitā* or *Yogayājñavalkya*. It covers topics that are not found in these earlier works, such as the five sheaths (*pañcakośa*), the development of a foetus (*garbha*), gross elements (*mahābhūta*) and bodily constituents (*dhātu*), regions of the body (*maṇḍala*), aspected (*sakala*) and aspectless (*niṣkala*) meditation (*dhyāna*), meditation on the sun

⁷ For a discussion of the dates of the *Vasiṣṭhasaṃhitā* and *Yogayājñavalkya*, see Birch (2011, p. 528 footnotes 8 and 10).

⁸ According to Table 1, approximately forty-three verses of the *Sūtasamhitā* are found in the *Yogārṇava*, and four and a half are in the *Ahīrbudhnyasaṃhitā*.

⁹ On the last three auxiliaries, see the section below 'The *Yogārṇava*'s Content.'

(*sauradhyāna*), the four states of consciousness (*avasthā*), four levels of speech (*vāñī*), visualising the alphabet in the navel and a ritual for oneself (*ātmayāga*). Furthermore, there are more elaborate discussions of the eight letters (*aṣṭavarga*) of the central channel (*susūmnā*), and the bodily channels (*nāḍī*) and winds (*vāyu*), as well as dreams (*svapna*), stages of life (*āśramakrama*), length of life (*āyuhpramāna*), conquering death (*mṛtyuñjaya*), immortality (*amaratva*), the self (*ātman*), om (*praṇava*) and meditative absorption (*samādhi*).¹⁰

Citations and Provenance of the *Yogārṇava*

The name of the author and the region in which the *Yogārṇava* was composed remain unknown to us. The work is not mentioned at all, let alone discussed, in secondary sources on yoga. Also, the exact date of the text is unknown. We are yet to find a dated manuscript of the *Yogārṇava* and, as far as we are aware, no such manuscript has been reported in a published catalogue. However, as mentioned above, the *Yogārṇava*'s *terminus a quo* is the *Yogayājñavalkya*, which means it was composed sometime after the thirteenth or fourteenth century.

There are citations of the *Yogārṇava* in various texts that date from the fifteenth century or later. The most important of these for establishing a *terminus ad quem* is Rāghavabhaṭṭa's commentary on the *Śāradātilakatantra* called the *Padārthādarśa*. According to Sanderson (2007, p. 230), Rāghavabhaṭṭa was a Maharashtrian scholar who completed this commentary in Varanasi in 1494 CE. Rāghavabhaṭṭa cites the *Yogārṇava* by name five times on the topics of the formation of the foetus, the *nāḍīs* and the ten *vāyus*.¹¹ Rāghavabhaṭṭa also cites a passage on the process of digestion and attributes it to the *Yogārṇava*,¹² but this passage is not in the transcripts of the *Yogārṇava* that we have consulted, which suggests that he was using a slightly different, perhaps longer, version than is currently available. Owing to the content shared between the *Yogārṇava* and *Yogayājñavalkya* and the relevant citations in Rāghavabhaṭṭa's commentary, we can conclude that the *Yogārṇava* was probably composed in the late fourteenth or early fifteenth century.

The *Yogārṇava* is also cited by name in the *Upāsanāsārasaṅgraha* and *Yogasārasaṅgraha*. Both of these works are compilations on yoga that cite other texts profusely. The *Upāsanāsārasaṅgraha* was composed in South India, possibly before

¹⁰ See the Table of Contents that we have created for the *Yogārṇava* (Table 2 of the Appendix) for the chapter and verse numbers of these topics.

¹¹ Rāghavabhaṭṭa on *Śāradātilakatantra* 1.32, 1.40, 1.42, 1.45 (1996: 31, 38, 40–41) cites *Yogārṇava* (with attribution) 1.32–1.36, 2.17, 2.21–2.25, 2.37–2.57. Rāghavabhaṭṭa on *Śāradātilakatantra* 1.32 also cites the untraced passage in the next footnote. *Yogārṇava* 1.32–1.36 is on the formation of the foetus; 2.17 and 2.21–25 are on the *nāḍīs*, and 2.37–2.57 is on the *vāyus*.

¹² Rāghavabhaṭṭa on *Śāradātilakatantra* 1.32 (1996: 31–32): *atra prakāro yogārṇave – āviśya bhuktam āhāraṃ sa vāyuh kurute dvidhā | sampraviśyānnamadhyaṣṭhaṃ prthak kiṭṭam prthag jalam || agner ūrdhvaṃ jalam sthāpya tadannañ ca jalopari | jalasyādhaḥ svayaṃ prāṇaḥ sthitvāgniṃ dhamate śanaiḥ || vāyunā vyūhyamāno'gnir atyuṣṇaṃ kurute jalam | annaṃ taduṣṇatoyena samantāt pacyate punaḥ || dvidhā bhavati tat pakvaṃ prthak kiṭṭam prthag rasam | rasena tena tā nāḍīḥ prāṇaḥ pūrayate punaḥ || pratarpayanti sampūrṇās tās ca dehaṃ samantataḥ | mātū rasavahā nāḍī manuviddhā parābhidhā || nābhīsthanāḍīgarbhasya mātrāhṛtarasāvahā | iti |*

the seventeenth century (Bouy, 1994, pp. 89–92). It contains citations of three passages in the *Yogārṇava*'s sections on meditation (*dhyāna*) and absorption (*samādhi*).¹³ The *Yogasārasaṅgraha* may post-date the seventeenth-century *Haṭhapatnāvalī* (Birch, 2020, p. 464 n. 43). It cites a verse from the *Yogārṇava*'s section on *dhyāna*.¹⁴

Verses of the *Yogārṇava* in Other Works

As seen in Table 1 of the Appendix, the *Yogārṇava* has verses in common with some earlier *śruti* and *smṛti* texts, such as the *Bhagavadgītā* and various Upaniṣads. We have also found verses of the *Yogārṇava* in works that probably post-date it, including yoga compendiums, like the *Yogasārasaṅgraha* and *Yogacintāmaṇi*; a commentary called the *Haṭhapradīpikājyotsnā*; and various yoga Upaniṣads, such as the *Śāṅḍilyopaniṣad*, *Dhyānabindūpaniṣad*, *Vārāhopaniṣad*, *Yogacūdāmaṇyopaniṣad*, *Yogatattvopaniṣad* and so on. Much of this borrowed material probably derives from the *Vasiṣṭhasaṃhitā* and *Yogayājñavalkya*, which (as noted above) were sources for the *Yogārṇava* and, more importantly in this regard, for the *Haṭhapradīpikā* and many other subsequent works.¹⁵ However, the encyclopaedic compendium called the *Prāṇatoṣinī* cites the *Yogārṇava* by name. Also, other so-called Yoga Upaniṣads, such as the *Varāhopaniṣad*, *Amṛtanādotopaniṣad* and *Dhyānabindūpaniṣad*, contain verses in the *Yogārṇava* that are not in the *Vasiṣṭhasaṃhitā* and *Yogayājñavalkya*.¹⁶ The *Prāṇatoṣinī* was composed in Bengal and completed in 1820 (Goudriaan and Gupta 1981: 147) and the so-called Yoga Upaniṣads were created in South India for a corpus of one hundred and eight Upaniṣads in the mid-eighteenth century (Bouy, 1994). Therefore, the *Yogārṇava* appears to have remained a valued source of material on yoga until the nineteenth century.

Interestingly, verses in the *Yogārṇava* are cited in the *Yogasārasaṅgraha* with attribution to the *Śivayoga*, *Prānavacintāmaṇi*, *Yogasāramañjarī* and *Kāśīkhaṇḍa*, as well as Ādinātha, which suggests a strong association with Śaiva works. At the very least, it is clear that many teachings of the *Yogārṇava* were reproduced in compilations on yoga composed after the sixteenth century, particularly those that were orientated towards Advaitavedānta.

The *Yogārṇava*'s Content

As seen in Table 2 of the Appendix, the first three chapters of the *Yogārṇava* discuss the yogic body; prognostication by observing the breath and seeing the signs of death; the paths of rebirth and liberation; caste, stages of life and duty (*varṇāśramadharmā*); and the importance of cheating death (*kālavañcana*) in order to live long

¹³ *Upāsanaśārasaṅgraha* (ms. no. 12170), pp. 40, 64, 68. It cites *Yogārṇava* (with attribution) 7.43–44ab; 7.63–65 and 7.73cd–77; 8.12–20ab and 8.26cd.

¹⁴ *Yogasārasaṅgraha* (IFP transcript T0859), p. 71. It cites *Yogārṇava* (with attribution) 6.10cd–6.11ab.

¹⁵ On texts that borrow from the *Vasiṣṭhasaṃhitā*, see Bouy (1994, 13 n. 19, 17 n. 38, 67 n. 293, 68, 82). On the *Yogayājñavalkya*, see Bouy (1994, pp. 68–73).

¹⁶ For example, *Varāhopaniṣad* 5.19ab 5.33cd–5.35; *Amṛtanādotopaniṣad* 2 and *Dhyānabindūpaniṣad* 22 equal *Yogārṇava* 1.76ab, 5.49–5.51ab; 8.24cd–8.25ab; 8.25cd–8.26ab, respectively. Other similar examples can be found in Table 1.

enough to know Brahman. Much of this content derives from the *Vasiṣṭhasaṃhitā* and *Yogayājñavalkya*, the main exceptions being discussions of the five sheaths (*pañcakośa*), the development of a foetus and the eight letters of the central channel (*suṣumṇā*).¹⁷ Most of the additional content was probably inspired by, or perhaps even borrowed from, vedāntic and tantric works.¹⁸

The last five chapters discuss *aṣṭāṅgayoga* and each of its auxiliaries. The first five auxiliaries are dealt with in the last one hundred and four verses of chapter four and the first six verses of chapter five. Most of these verses derive from the *Vasiṣṭhasaṃhitā* and *Yogayājñavalkya*. However, the discussion of the last three auxiliaries (i.e., *dhāraṇā*, *dhyāna* and *samādhi*) comprises the last three chapters of the work (5–8), which amount to three hundred and sixteen verses. Much of the content of the last three chapters goes beyond that of the *Vasiṣṭhasaṃhitā* and *Yogayājñavalkya*, and we are yet to trace it to earlier sources.¹⁹ The discussion of *dhāraṇā* has additional material on concentration methods that cure great diseases (*mahāroghara*), cheat (*vañcana*) and conquer death (*mṛtyuñjaya*), and bring about immortality (*amaratva*).

The section on *dhyāna* begins with an overview of various twofold schemes of meditation, such as aspected (*sakala*) and aspectless (*niṣkala*), internal (*ābhyaṅtara*) and external (*bāhya*), all-pervading (*sarvaga*) and on a particular place (*pradeśaviśiṣṭa*), or on what is differentiated (*bhinna*) and undifferentiated (*abhinna*) from oneself.²⁰ The syncretic nature of this introductory passage reveals the author's familiarity with different systems of meditation in earlier traditions and his intention to integrate them. The discussion of meditation on bodily supports (*ādihāra*) which follows it continues in the same vein. The author first notes that some yogins meditate on eighty-one supports whereas others know sixty-four, thirty-six, thirty-two and so on. He concludes this discussion with those who meditate on only one support and states they are the foremost (*pradhāna*).²¹ The rest of the chapter contains passages on different visualisations ranging from the sun to the goddess and various worlds (*loka*).

The topic of *dhyāna* appears to continue into the seventh chapter, which weaves together various meditations and theoretical discussions on *prāṇava*, the Self and the supreme deity, known as Īśvara or Brahman. A significant portion of the chapter is devoted to explaining four levels of speech (*sūkṣmā*, *paśyantī*, *madhyamā* and *vaikharī*) and their relation to the yogic body and the Self. The content of this chapter largely derives from vedāntic and tantric sources, and the author seems to have taken advantage of differences in terminology, expression and metaphors to augment the compilation. The section on *samādhi*, the eighth auxiliary, begins with the twelfth verse of the eighth chapter. In the same style as earlier chapters, the author compiles various meditations that result in *samādhi*, ranging from the contemplation of the letters of *prāṇava* to realize

¹⁷ Please see Table 2 of the Appendix for the verse numbers of these topics.

¹⁸ We are yet to trace the *Yogārṇava*'s verses on these additional topics to an earlier source. However, seeing that the *Yogārṇava* is mainly a compilation and these topics are peculiar to earlier vedāntic and tantric traditions, it is likely that at least some of the verses were borrowed by the *Yogārṇava*'s author.

¹⁹ The few exceptions occur mainly in the *Yogārṇava*'s seventh and eighth chapter where some verses may derive from the *Mahābhārata* (including the *Bhagavadgītā*) and some Purāṇas. See Table 1 of the Appendix for the references.

²⁰ *Yogārṇava* 6.2–6.3

²¹ *Yogārṇava* 6.4–6.8.

that ‘I am only Brahman’ (*brahmaivāham*) to meditations on the Self, the void, the three phases of the breath, raising Kuṇḍalinī and so on. The discussions of *dhyāna* and *samādhi* are similar in style and content but are somewhat distinguished by the fact that the section on *dhyāna* has greater emphasis on visualizations of things with attributes, whereas the section on *samādhi* emphasizes meditations on what is free of attributes.

Historical Significance of the *Yogārṇava*

Although the *Yogārṇava*’s content derives largely from earlier traditions of Vedānta and Tantra, its style of composition anticipates several compilations on yoga that were composed in the sixteenth and seventeenth century. Examples include the *Yogacintāmaṇi* of Godāvaramiśra, *Yogacintāmaṇi* of Śivānandasarasvatī, *Yuktabhavadēva* of Bhavadēvamiśra, *Upāsanāsārasaṅgraha* and *Yogasārasaṅgraha*.²² Like the *Yogārṇava*, these compilations foreground yoga in a vedāntic framework. They present yoga with eight auxiliaries (i.e., *yama*, *niyama*, *āsana*, *prāṇāyāma*, *pratyāhāra*, *dhāraṇā*, *dhyāna* and *samādhi*) as the means to attaining gnosis of Brahman, the supreme Self. In particular, the structure of the *Yogārṇava* is similar to the *Yogacintāmaṇi* of Śivānandasarasvatī, the first half of which consists of general topics on yoga whereas the second half is structured on the eight auxiliaries of yoga. Both compilations integrate doctrine and theory from vedāntic and tantric traditions, while emphasizing gnosis of the Self as the goal of yoga. Likewise, the first three chapters of the *Yuktabhavadēva* address diverse topics, some of which are integral to yoga, such as the obstacles to achieving yoga and the yogic body, and others more tangential, such as elixirs (*kalpa*). The remaining seven chapters of the *Yuktabhavadēva* (i.e., 4–11) are structured on the eight auxiliaries of yoga.

A significant difference between the *Yogārṇava* and the afore-mentioned compilations is that the author of the former did not reveal the textual sources from which verses were borrowed whereas the authors of the latter do. In this regard, the *Yogārṇava*’s style of composition is closer to the *Vasiṣṭhasaṃhitā* and *Yogayājñavalkya*, both of which can also be seen as syncretic works structured on the eight auxiliaries of yoga. However, the scope of topics outside *aṣṭāṅgayoga* and the extent of vedāntic and tantric doctrine is far greater in the *Yogārṇava* than the *Vasiṣṭhasaṃhitā* and *Yogayājñavalkya*, which seem almost rudimentary by comparison. The *Yogārṇava*’s broader range of content and diversity of sources is a salient feature of the yogic compilations that followed it, yet the authors of the subsequent works accentuated this syncretic style by explicitly citing their source material.

The vedāntic orientation of the *Yogārṇava* is most clearly seen in the work’s emphasis on the realization of the Self and Brahman, as well as the incorporation of the upaniṣadic sheaths (*kośa*). In fact, as far as we are aware, the *Yogārṇava* and *Yuktabhavadēva* are the only premodern yogic works that incorporate the five sheaths.²³ As Bouy (1994) and Birch (2020) have noted, the foregrounding of yoga in vedāntic compendiums and Upaniṣads represents a burgeoning interest in yoga within

²² For details of authorship and provenance of these works, see Birch (2020, pp. 463–469).

²³ *Yuktabhavadēva* 3.1–7. On the five *kośas* and references to them in several Upaniṣads, see Mallinson and Singleton (2017, p. 184).

vedāntic milieus that flourished in the early modern period. However, the *Yogārṇava* pushes the epoch for such yogic compilations back to the fifteenth century, and one wonders whether the success of the *Yogārṇava*, as evinced by the citations in Rāghavabhaṭṭa's commentary, the *Upāsanāsārasaṅgraha* and *Yogasārasaṅgraha*, inspired subsequent authors to write more comprehensive compilations on yoga for a learned audience who were primarily interested in the role of yoga within vedāntic soteriology.

Finally, it should also be noted that, unlike subsequent compilations, the *Yogārṇava* does not mention Haṭhayoga or any of its distinct techniques, such as the *mudrās* and *bandhas* that feature in the third chapter of the *Haṭhapradīpikā*. This somewhat supports our hypothesis that the *Yogārṇava* was composed before the late fifteenth century, for this relatively early dating of such a compendium suggests that it arose before Haṭhayoga become too significant for Vedāntins to ignore.²⁴

Conclusion

The *Yogārṇava* appears to have been an important work in the history of yoga because it was cited in several prominent works, such as Rāghavabhaṭṭa's *Padārthādarśa* and the *Upāsanāsārasaṅgraha*, and was a likely source of many yoga compendiums and Upaniṣads that were written after the sixteenth century. If we are correct in dating the *Yogārṇava* to the late fourteenth or early fifteenth century, then it is an early and sophisticated attempt to weave yogic, vedāntic and tantric teachings into a wide-ranging compendium that posits the eight generic auxiliaries of yoga as the chief means to realizing gnosis of Brahman.

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Appendix

See Tables 1 and 2.

²⁴ On Haṭhayoga's floruit and its growing importance in vedāntic milieus, see Birch (2020).

Table 1 Parallel verses of the *Yogārṇava* with other works

<i>Yogārṇava</i>	<i>Vāsīṣṭhasaṃhitā</i>	<i>Yogayājñavalkya</i>	<i>Sūtasaphitā</i>	Other texts
1.32ab				Prānatoṣiṇī Sargakāṇḍa p.53 (attr: Yogārṇava)
1.32cd				Śāradātīlaka Comm. 1.32 (attr: Rāghavabhaṭṭadhṛta-yogārṇava): Prānatoṣiṇī Sargakāṇḍa p.53 (attr: Śāktānandarāṅgiṇī)
1.33cd				Śāradātīlaka Comm. 1.32 (attr: Rāghavabhaṭṭadhṛta-yogārṇava): Prānatoṣiṇī Sargakāṇḍa p.54 (attr: Yogārṇava)
1.34cd				Prānatoṣiṇī Sargakāṇḍa p.54 (attr: Yogārṇava)
1.35ab				Prānatoṣiṇī Sargakāṇḍa p.54 (attr: Yogārṇava)
1.40ab				Śāradātīlakatantra 1.30
1.40cd				Prānatoṣiṇī Sargakāṇḍa p.49 (attr: Śāradātīlaka)
1.45				Śāradātīlakatantra 1.30
1.46				Śāradātīlaka Comm. 1.27 (attr: Rāghavabhaṭṭadhṛtam): Prānatoṣiṇī Sargakāṇḍa p.57 (attr: Brahmajñānantantraprathamapaṭala)
1.47				Śāradātīlaka Comm. 1.27 (cited without attribution): Prānatoṣiṇī Sargakāṇḍa p.57 (attr: Rāghavabhaṭṭadhṛtam)
1.48ab				Śāradātīlaka Comm. 1.27 (cited without attribution): Prānatoṣiṇī Sargakāṇḍa p.57 (attr: Rāghavabhaṭṭadhṛtam)
1.48cd				Siddhasiddhāntapaddhati 1.40
1.63	3.62	7.8cd 7.9ab		Śāradātīlaka Comm. 1.27 (cited without attribution): Śivasvarodaya 197: Prānatoṣiṇī Sargakāṇḍa p.57 (attr: Rāghavabhaṭṭadhṛtam)
1.64	3.63	7.9cd 7.10ab		Śāradātīlaka Comm. 1.27 (cited without attribution): Prānatoṣiṇī Sargakāṇḍa p.57 (attr: Rāghavabhaṭṭadhṛtam)
1.65	3.64	7.10cd 7.11ab		Śāradātīlaka Comm. 1.27 (cited without attribution): Prānatoṣiṇī Sargakāṇḍa p.57 (attr: Rāghavabhaṭṭadhṛtam)
1.66cd	3.65ab			Yuktabhavadeva 8.19cd 8.20ab (attr: Yājñavalkyaḡitā)
1.67	3.65cd 3.66ab	7.12		Yuktabhavadeva 8.20cd 8.21ab (attr: Yājñavalkyaḡitā)
				Yogacintāmaṇi p.223 (attr: Yājñavalkya)

Table 1 (continued)

<i>Yogārṇava</i>	<i>Yasīsthasaṃhitā</i>	<i>Yogayājñavalkya</i>	<i>Sūtrasaṃhitā</i>	Other texts
1.68	3.66cd 3.67ab	7.13a		Yogacintāmaṇi p.223 (attr: Yājñavalkya)
1.69	3.67cd	7.14ab		Yogacintāmaṇi p.223 (attr: Yājñavalkya)
	3.68ab 3.68cd	7.14cd		
		7.15ab		
1.70	3.69	7.15cd		Yogacintāmaṇi p.223 (attr: Yājñavalkya)
		7.16ab		
1.71	3.70	7.16cd		Yogacintāmaṇi p.223 (attr: Yājñavalkya); Yogasārasaṃgraha p.32 (attr: Pranavacintāmaṇi)
		7.17ab		
1.72ab	3.71ab	7.17cd		Yogacintāmaṇi p.223 (attr: Yājñavalkya); Yogasārasaṃgraha p.32 (attr: Pranavacintāmaṇi)
1.72cd	3.71cd	7.18ab		Yogacintāmaṇi p.223 (attr: Yājñavalkya)
1.73	3.72	7.18cd		Yogasārasaṃgraha p.32 (attr: Pranavacintāmaṇi)
		7.19ab		
1.74	3.73	7.19cd		Yogacintāmaṇi p.223 (attr: Yājñavalkya); Yogasārasaṃgraha p.32 (attr: Pranavacintāmaṇi)
		7.20ab		
1.76ab				Varāhopaniṣad 5.19ab
1.76cd	2.10ab	4.14ab		Mānasollāsa 5.12ab:
				Yogacintāmaṇi p.104 (attr: Yājñavalkya); Hathapradīpikājyotsnā 3.113 (attr: Yājñavalkya); Yogatarāṅgīni Comm. 11 (attr: Mānasollāsa)
1.77ab	2.10cd			Yogasārasaṃgraha p.71 (attr: Yājñavalkya)
1.77cd		4.15ab		
1.78ab		4.15cd		
1.78cd	2.8cd	4.12ab		
1.79ab	2.8ef	4.12cd		
2.1	2.11ab 2.11cd	4.16ab		Yogacintāmaṇi p.104 (attr: Yājñavalkya); Yogasārasaṃgraha p.72 (attr: Yogayājñavalkya); Hathapradīpikājyotsnā 3.113 (attr: Yājñavalkya)
		4.16cd		

Table 1 (continued)

<i>Yogārṇava</i>	<i>Yasīṣṭhasaṃhitā</i>	<i>Yogayājñavalkya</i>	<i>Sūtasāṃhitā</i>	Other texts
2.2ab	2.12ab	4.17ab		Yogacintāmaṇi p.104 (attr: Yājñavalkya); Hathapradīpikājyotsnā 3.113 (attr: Yājñavalkya)
2.2cd	2.12cd	4.18ab		Yogacintāmaṇi p.104 (attr: Yājñavalkya)
2.3	2.13	4.18cd 4.19ab		Prāṇatoṣiṇī Sargakāṇḍa p.54 (attr: Yogārṇava); Yogasārasaṃgraha p.72 (attr: Yogayājñavalkya)
2.4	2.14	4.19cd 4.20ab		Yogacintāmaṇi p.105 (attr: Yājñavalkya); Yogasārasaṃgraha p.72 (attr: Yogayājñavalkya)
2.5ab	2.15ab	4.20cd		Yogasārasaṃgraha p.72 (attr: Yogayājñavalkya)
2.5cd	2.15cd	4.21ab		
2.6				Bhagavadgītā 7.4
2.7	2.16ab 2.16ef	4.21cd 4.22ab		Yogacintāmaṇi p.105 (attr: Yājñavalkya); Yogasārasaṃgraha p.75 (attr: Yogayājñavalkya); Jābāladarsanopaniṣad 4.11cd 4.12ab; Trisīkhibrahmaṇopaniṣad 62
2.8ab		4.22cd		Yogacintāmaṇi p.105 (attr: Yājñavalkya); Yogasārasaṃgraha p.75 (attr: Yogayājñavalkya); Jābāladarsanopaniṣad 4.12cd; Trisīkhibrahmaṇopaniṣad 63ab
2.8cd	2.17ab	4.23ab		Yogacintāmaṇi p.105 (attr: Yājñavalkya); Yogasārasaṃgraha p.75 (attr: Yogayājñavalkya); Jābāladarsanopaniṣad 4.13ab; Trisīkhibrahmaṇopaniṣad 63cd
2.9ab	2.17cd	4.23cd		Yogacintāmaṇi p.105 (attr: Yājñavalkya); Yogasārasaṃgraha p.75 (attr: Yogayājñavalkya)
2.10				Matsyendrasaṃhitā 9.6cd–9.7ab
2.12ab	2.24cd			Yogacintāmaṇi p.106 (attr: Yājñavalkya)
2.13ab	2.26cd	4.31ab		Yogacintāmaṇi p.105 (attr: Yājñavalkya)
2.13cd	2.18ef	4.24cd		Yogacintāmaṇi p.105 (attr: Yājñavalkya); Prāṇatoṣiṇī Sargakāṇḍa p.61 (attr: Yogiyājñavalkya); Yogasārasaṃgraha p.11 (attr: Yogasāramañjari and Nāradya); Jābāladarsanopaniṣad 4.5cd 4.6ab
2.14	2.19	4.25		Prāṇatoṣiṇī Sargakāṇḍa p.61 (attr: Yogiyājñavalkya)
2.15ab	2.20ab	4.26ab		
2.15cd	2.24ab			

Table 1 (continued)

<i>Yogārṇava</i>	<i>Yasīṣṭhasaṃhitā</i>	<i>Yogyājñīvalkyava</i>	<i>Sūtasamhitā</i>	Other texts
2.17ab		4.30ab		Yogasārasaṃgraha p.11
2.17cd				Śāradātīlaka Comm. 1.40 (attr: Rāghavabhaṭṭadhṛta-yogārṇava): Prāṇatoṣiṇī Sargakāṇḍa p.59 (attr: Niruttaratantra)
2.18cd				Prāṇatoṣiṇī Sargakāṇḍa p.59 (attr: Niruttaratantra)
2.21cd				Śāradātīlaka Comm. 1.42 (attr: Rāghavabhaṭṭadhṛta-yogārṇava): Prāṇatoṣiṇī Sargakāṇḍa p.59 (attr: Yogārṇava)
2.22				Śāradātīlaka Comm. 1.42 (attr: Rāghavabhaṭṭadhṛta-yogārṇava): Prāṇatoṣiṇī Sargakāṇḍa p.59 (attr: Yogārṇava)
2.23				Śāradātīlaka Comm. 1.42 (attr: Rāghavabhaṭṭadhṛta-yogārṇava): Prāṇatoṣiṇī Sargakāṇḍa p.59 (attr: Yogārṇava)
2.24				Śāradātīlaka Comm. 1.42 (attr: Rāghavabhaṭṭadhṛta-yogārṇava): Prāṇatoṣiṇī Sargakāṇḍa p.59 (attr: Yogārṇava)
2.25ab				Śāradātīlaka Comm. 1.42 (attr: Rāghavabhaṭṭadhṛta-yogārṇava): Prāṇatoṣiṇī Sargakāṇḍa p.60 (attr: Yogārṇava)
2.25cd		4.36cd		Prāṇatoṣiṇī Sargakāṇḍa p.62 (attr: Viśvasāra): Jābāladarsanopaniṣad 4.15cd
2.26cd		4.37ab		Prāṇatoṣiṇī Sargakāṇḍa p.62 (attr: Viśvasāra): Jābāladarsanopaniṣad 4.16ab
2.28cd	2.33cd	4.38ab		
2.29cd	2.34ab	4.38cd		
2.30cd	2.40a	4.44cd		
2.31	2.41	4.45cd		Śāradātīlaka Comm. 1.42 (attr: Rāghavabhaṭṭadhṛta-yogārṇava)
		4.46ab		Prāṇatoṣiṇī Sargakāṇḍa p.62 (attr: Viśvasāra)
2.32cd	2.6cd	4.56cd		Haṭṭharatnāvalī 4.32cd
2.33ab	2.6ab			Haṭṭharatnāvalī 4.32ab

Table 1 (continued)

<i>Yogārṇava</i>	<i>Yasīṣṭhasamhitā</i>	<i>Yogyājñavalkya</i>	<i>Sūtrasamhitā</i>	Other texts
2.33cd	2.42ab	4.47ab		Ahīrbudhnyasamhitā 32.32ab; Matsyendrasamhitā 4.62ab; Sārngadharaṇapaddhātī 154.43ab; Śivasamhitā 3.4ab; Vivekamārtāṇḍa (6 chapter) 6.24cd; Gheraṇḍasamhitā 5.61ab;
				Prāṇatoṣiṇī Sargakāṇḍa p.59 (attr: Śāktānandatarāṅgiṇī); Brahmavidyopaniṣad 66cd; Dhyānabindūpaniṣad 56cd; Yogacūḍāmaṇyupaniṣad 22cd; Rudrayāmālatāntara 90.12ab; Bṛhadhyogasopāna p.185
2.34ab	2.42cd	4.47cd		Ahīrbudhnyasamhitā 32.32cd; Matsyendrasamhitā 4.62cd; Sārngadharaṇapaddhātī 154.43cd; Śivasamhitā 3.4cd;
2.34cd				Vivekamārtāṇḍa (6 chapter) 6.25ab; Gheraṇḍasamhitā 5.61cd; Prāṇatoṣiṇī Sargakāṇḍa p.57 (attr: Śāktānandatarāṅgiṇī) 10.8; Brahmavidyopaniṣad 67cd; Dhyānabindūpaniṣad 57ab; Yogacūḍāmaṇyupaniṣad 23ab; Bṛhadhyogasopāna p.185
2.35cd	2.43cd	4.48cd		Prāṇatoṣiṇī Sargakāṇḍa p.65 (attr: Viśvasāra)
				Matsyendrasamhitā 4.63cd; Yogacintāmaṇi p.101 (attr: Nandipurāna); Prāṇatoṣiṇī Sargakāṇḍa p.63
2.36abc		4.49abc		Yogacintāmaṇi p.101 (attr: Nandipurāna); Prāṇatoṣiṇī Sargakāṇḍa p.63
2.37ab				Śāradātīlaka Comm. 1.45 (attr: Rāghavabhaṭṭadhrta-yogārṇava); Prāṇatoṣiṇī Sargakāṇḍa p.63 (attr: Yogārṇava); Yogasārasaṅgraha p.20 (attr: Yājñavalkya)
2.37cd				Sārdhatrisatikālotara 10.7cd; Yogasārasaṅgraha p.20 (attr: Yājñavalkya)
2.38				Sārdhatrisatikālotara 10.8; Yogasārasaṅgraha p.20 (attr: Yājñavalkya)
2.39		4.50		Yogacintāmaṇi p.101 (attr: Yājñavalkya); Prāṇatoṣiṇī Sargakāṇḍa p.63 (attr: Yogyājñavalkya); Yogasārasaṅgraha p.20 (attr: Yājñavalkya)
2.40		4.58cd		Yogacintāmaṇi p.102 (attr: Yājñavalkya); Yogasārasaṅgraha p.20 (attr: Yājñavalkya); Śāṇḍilyopaniṣad p.527
		4.59ab		
2.41		4.59cd		Yogacintāmaṇi p.102 (attr: Yājñavalkya); Prāṇatoṣiṇī Sargakāṇḍa p.51 (attr: Yogyājñavalkya); Yogasārasaṅgraha p.21 (attr: Ādīnātha)
		4.60ab		
2.42		4.60cd		Yogacintāmaṇi p.102 (attr: Yājñavalkya); Prāṇatoṣiṇī Sargakāṇḍa p.51 (attr: Yogyājñavalkya); Yogasārasaṅgraha p.21 (attr: Ādīnātha)
		4.61cd		

Table 1 (continued)

<i>Yogārṇava</i>	<i>Yasīsthasaṃhitā</i>	<i>Yogyājñavalkya</i>	<i>Sūtasamhitā</i>	Other texts
2.43		4.62		Yogacintāmaṇi p.102 (attr: Yājñavalkya); Prānatoṣinī Sargakāṇḍa p.51 (attr: Yogyājñavalkya); Yogasārasaṃgraha p.21 (attr: Ādinātha)
2.44		4.63		Yogacintāmaṇi p.103 (attr: Yājñavalkya); Prānatoṣinī Sargakāṇḍa p.51 (attr: Yogyājñavalkya); Yogasārasaṃgraha p.21 (attr: Ādinātha)
2.45		4.64		Prānatoṣinī Sargakāṇḍa p.52 (attr: Yogārṇava); Yogasārasaṃgraha p.21 (attr: Ādinātha)
2.46				Śāradātīlaka Comm. 1.45 (attr: Rāghavabhaṭṭadhṛta-yogārṇava); Prānatoṣinī Sargakāṇḍa p.63 (attr: Yogārṇava); Yogasārasaṃgraha p.21 (attr: Ādinātha)
2.47				Śāradātīlaka Comm. 1.45 (attr: Rāghavabhaṭṭadhṛta-yogārṇava); Prānatoṣinī Sargakāṇḍa p.63 (attr: Yogārṇava); Yogasārasaṃgraha p.21 (attr: Ādinātha)
2.48ab	2.45cd			Matsyendrasaṃhitā 4.66ab; Śāradātīlaka Comm. 1.45 (attr: Rāghavabhaṭṭadhṛta-yogārṇava); Prānatoṣinī Sargakāṇḍa p.63 (attr: Yogārṇava); Yogasārasaṃgraha p.21 (attr: Ādinātha)
2.48cd				Śāradātīlaka Comm. 1.45 (attr: Rāghavabhaṭṭadhṛta-yogārṇava)
2.49ab				Śāradātīlaka Comm. 1.45 (attr: Rāghavabhaṭṭadhṛta-yogārṇava)
2.49cd				Śāradātīlaka Comm. 1.45 (attr: Rāghavabhaṭṭadhṛta-yogārṇava); Prānatoṣinī Sargakāṇḍa p.64 (attr: Yogārṇava); Yogasārasaṃgraha p.21 (attr: Ādinātha)
2.50ab		4.54cd		Śāradātīlaka Comm. 1.45 (attr: Rāghavabhaṭṭadhṛta-yogārṇava); Yogasārasaṃgraha p.21 (attr: Ādinātha) Aḥirbudhnyasaṃhitā 32.36ab; Śāradātīlaka Comm. 1.45 (attr: Rāghavabhaṭṭadhṛta-yogārṇava); Prānatoṣinī Sargakāṇḍa p.64 (attr: Yogārṇava); Yogasārasaṃgraha p.21 (attr: Ādinātha)
2.50cd				Śāradātīlaka Comm. 1.45 (attr: Rāghavabhaṭṭadhṛta-yogārṇava); Prānatoṣinī Sargakāṇḍa p.64 (attr: Yogārṇava); Yogasārasaṃgraha p.21 (attr: Ādinātha)
2.51ab				Śāradātīlaka Comm. 1.45 (attr: Rāghavabhaṭṭadhṛta-yogārṇava); Prānatoṣinī Sargakāṇḍa p.64 (attr: Yogārṇava); Yogasārasaṃgraha p.21 (attr: Ādinātha)
2.51cd				Śāradātīlaka Comm. 1.45 (attr: Rāghavabhaṭṭadhṛta-yogārṇava); Prānatoṣinī Sargakāṇḍa p.64 (attr: Yogārṇava); Yogasārasaṃgraha p.21 (attr: Ādinātha)

Table 1 (continued)

<i>Yogārṇava</i>	<i>Yasīṣṭhasaṃhitā</i>	<i>Yogyājñīvalkyava</i>	<i>Sūtasamhitā</i>	Other texts
2.52ab				Śāradātīlaka Comm. 1.45 (attr: Rāghavabhaiṭṭadhṛta-yogārṇava): Prāṇatoṣiṇī Sargakāṇḍa p.64 (attr: Yogārṇava); Yogasārasaṃgraha p.21 (attr: Ādinātha)
2.52cd				Śārdhatriatikālotara 10.10ab; Prāṇatoṣiṇī Sargakāṇḍa p.64 (attr: Yogārṇava); Yogasārasaṃgraha p.21 (attr: Ādinātha)
2.53ab				Śārdhatriatikālotara 10.10cd; Prāṇatoṣiṇī Sargakāṇḍa p.64 (attr: Yogārṇava); Yogasārasaṃgraha p.21 (attr: Ādinātha)
2.53cd				Śāradātīlaka Comm. 1.45 (attr: Rāghavabhaiṭṭadhṛta-yogārṇava): Prāṇatoṣiṇī Sargakāṇḍa p.64 (attr: Yogārṇava); Yogasārasaṃgraha p.21 (attr: Ādinātha)
2.54ab				Yogasārasaṃgraha p.21 (attr: Ādinātha)
2.54cd				Śāradātīlaka Comm. 1.45 (attr: Rāghavabhaiṭṭadhṛta-yogārṇava): Prāṇatoṣiṇī Sargakāṇḍa p.64 (attr: Rāyamukuṭa); Yogasārasaṃgraha p.21 (attr: Ādinātha)
2.55				Śāradātīlaka Comm. 1.45 (attr: Rāghavabhaiṭṭadhṛta-yogārṇava): Prāṇatoṣiṇī Sargakāṇḍa p.64 (attr: Rāyamukuṭa)
2.56				Śāradātīlaka Comm. 1.45 (attr: Rāghavabhaiṭṭadhṛta-yogārṇava): Prāṇatoṣiṇī Sargakāṇḍa p.64 (attr: Rāyamukuṭa)
2.57				Śāradātīlaka Comm. 1.45 (attr: Rāghavabhaiṭṭadhṛta-yogārṇava): Prāṇatoṣiṇī Sargakāṇḍa p.64ab p.65cd (attr: Rāyamukuṭa)
2.59ab				Yogasārasaṃgraha p.12 (attr: Śivayoga)
2.59cd	2.28a	4.32c		Yogasārasaṃgraha p.12 (attr: Śivayoga)
2.60ab	2.28cd	4.33ab		Matsyendrasaṃhitā 4.42ab; Vivekamārtāṇḍa (6 Chapter) 4.43cd; Prāṇatoṣiṇī Sargakāṇḍa p.61 (attr: Viśvasāra)
2.60cd				Yogasārasaṃgraha p.12 (attr: Śivayoga)
2.61				Yogasārasaṃgraha p.12 (attr: Śivayoga)
2.62				Yogasārasaṃgraha p.12 (attr: Prāṇavacintāmaṇi)

Table 1 (continued)

<i>Yogārṇava</i>	<i>Yasīṣṭhasaṃhitā</i>	<i>Yogayājñavalkya</i>	<i>Sāttasaṃhitā</i>	Other texts
3.1				Śāradātīlaka Comm. 7.54 (cited without attribution); Yogasārasaṃgraha p. 12 (attr: Praṇavacintāmaṇi)
3.2ab				Śāradātīlaka Comm. 7.54 (cited without attribution); Yogasārasaṃgraha p. 12 (attr: Praṇavacintāmaṇi) ^a
3.2cd	5.31c			Yogasārasaṃgraha p. 12
3.3	5.32			Yogasārasaṃgraha p. 12
3.4				Yogasārasaṃgraha p. 12
3.5				Yogasārasaṃgraha p. 12
3.6ab	5.33ab			Yogasārasaṃgraha p. 12
3.6cd	5.33cd			Yogasārasaṃgraha p. 12
3.7	5.34			Śāradātīlaka Comm. 7.54 (cited without attribution); Yogasārasaṃgraha p. 13
3.8	5.35			Śāradātīlaka Comm. 7.54 (cited without attribution); Yogasārasaṃgraha p. 13
3.9ab	5.35ef			Śāradātīlaka Comm. 7.54 (cited without attribution); Yogasārasaṃgraha p. 13
3.9cd	5.36ab			Śāradātīlaka Comm. 7.54 (cited without attribution); Yogasārasaṃgraha p. 13
3.10	5.36cd 5.37ab			Yogasārasaṃgraha p. 13
3.11cd	5.37cd			Yogasārasaṃgraha p. 13
3.12	5.38			Yogasārasaṃgraha p. 13
3.13	5.38ef			Yogasārasaṃgraha p. 13
	5.39			
3.14	5.40			Yogasārasaṃgraha p. 13
3.15	5.41			Yogasārasaṃgraha p. 13
3.16	5.42			Yogasārasaṃgraha p. 13
3.17	5.43			Yogasārasaṃgraha p. 13
3.18	5.45			Yogasārasaṃgraha p. 13
3.19	5.46			Śāradātīlaka Comm. 25.38 (attr: tantrāntara); Yogasārasaṃgraha p. 13

Table 1 (continued)

<i>Yogārṇava</i>	<i>Yasīṣṭhasaṃhitā</i>	<i>Yogayājñavalkya</i>	<i>Sūtasamhitā</i>	Other texts
3.20	5.47			Sāradātīlaka Comm. 7.54 (attr: tantrāntara)
3.21	5.48			Yogasārasaṃgraha p.13
3.22	5.49			Yogasārasaṃgraha p.13
3.23	5.50			Yogasārasaṃgraha p.13
3.24ab	5.51ab			Yogasārasaṃgraha p.13
3.24cd	5.51cd			
3.25	5.52			Yogasārasaṃgraha p.13
3.26	5.53			Yogasārasaṃgraha p.14
3.27cd	5.54ab			Yogasārasaṃgraha p.14
3.28	5.54cd			Yogasārasaṃgraha p.14
	5.55ab			
3.29ab	5.55cd			Yogasārasaṃgraha p.14
3.29cd				Yogasārasaṃgraha p.14
3.30				Yogasārasaṃgraha p.14
3.31				Yogasārasaṃgraha p.14
3.32ab				Yogasārasaṃgraha p.14
3.32cd	5.28ab			Yogasārasaṃgraha p.14
3.34				Yogasārasaṃgraha p.14
3.35	7.9			Yogasārasaṃgraha p.14
3.36ab				Yogasārasaṃgraha p.14
3.36cd	7.11ab			Yogasārasaṃgraha p.14
3.37	7.11cd 7.12ab			Yogasārasaṃgraha p.14
3.38ab	7.12cd			Yogasārasaṃgraha p.14
3.38cd				Yogasārasaṃgraha p.14
3.39ab	7.13cd			Yogasārasaṃgraha p.14

Table 1 (continued)

<i>Yogārṇava</i>	<i>Yasīṣṭhasaṃhitā</i>	<i>Yogayājñavalkya</i>	<i>Sāttasaṃhitā</i>	Other texts
3.39cd				Yogasārasaṃgraha p.14
3.40				Yogasārasaṃgraha p.14
3.41ab				Yogasārasaṃgraha p.14
3.41cd	7.15ab			
3.42	7.16			Yogasārasaṃgraha p.14
3.43	7.17			
3.44	7.18			
3.45	7.19			Yogasārasaṃgraha p.15
3.46	7.20			Yogasārasaṃgraha p.15
3.49ab	7.23cd			Yogasārasaṃgraha p.15
3.49cd				
3.50ab	7.30ab			Yogasārasaṃgraha p.15
3.50cd	7.27ab			
3.51	7.27cd			
	7.30cd			
3.52	7.29ab 7.31ab			
3.53	7.31cd			
	7.29cd			
3.54	7.32			Yogasārasaṃgraha p.15
3.55	7.33ab 7.36cd			Yogasārasaṃgraha p.15
3.56	7.37ab			Yogasārasaṃgraha p.15
	7.39ij			
3.57	7.39kl 7.39mn			Yogasārasaṃgraha p.15
3.58	7.40			Yogasārasaṃgraha p.15
3.59ab	7.41ab			Yogasārasaṃgraha p.15

Table 1 (continued)

<i>Yogārṇava</i>	<i>Yasīṣṭhasaṃhitā</i>	<i>Yogayājñavalkya</i>	<i>Sūtasamhitā</i>	Other texts
3.60	7.43cd	7.44ab		Yogasārasaṃgraha p.15
3.61	7.44cd	7.45ab		Yogasārasaṃgraha p.15
3.62ab	7.45cd			Yogasārasaṃgraha p.15
3.62cd				Yogasārasaṃgraha p.15
3.63				Yogasārasaṃgraha p.15
3.64				Yogasārasaṃgraha p.15
3.65ab				Yogasārasaṃgraha p.15
3.65cd	7.52ab			Yogasārasaṃgraha p.15
3.66	7.52cd	7.53ab		Yogasārasaṃgraha p.16
3.67ab	7.56ab			Yogasārasaṃgraha p.16
3.67cd	7.56cd			Yogasārasaṃgraha p.16
3.68ab	7.53cd			Yogasārasaṃgraha p.16
3.69	7.55			
3.70ab	7.53ab			
3.70cd	7.58ab			Yogasārasaṃgraha p.16
3.71ab	7.53cd			
3.71cd	7.58cd			
3.72cd				Yogasārasaṃgraha p.16
3.73ab				Yogasārasaṃgraha p.16
3.75				Yogasārasaṃgraha p.16
3.76ab				Yogasārasaṃgraha p.16
3.76cd	7.60ab			Yogasārasaṃgraha p.16
3.77ab	7.60cd			Yogasārasaṃgraha p.16
3.77cd	7.61ab			Yogasārasaṃgraha p.16
3.78ab	7.61cd			Yogasārasaṃgraha p.16

Table 1 (continued)

<i>Yogārṇava</i>	<i>Yasīsthasaṃhitā</i>	<i>Yogyañītavalkya</i>	<i>Sūtasamhitā</i>	Other texts
3.78cd				Yogasārasaṃgraha p.16
3.79ab				Yogasārasaṃgraha p.16
3.80cd	7.18cd			
3.81ab	7.19ab			
3.81cd	7.20cd			Yogasārasaṃgraha p.16
3.82	7.21			Yogasārasaṃgraha p.16
3.83ab	7.22ab			
3.83cd				Yogasārasaṃgraha p.16
3.84ab	7.72ab			Yogasārasaṃgraha p.16
3.84cd				Yogasārasaṃgraha p.16
3.85				Yogasārasaṃgraha p.16
3.86	8.2			Yogasārasaṃgraha p.16 (attr: Kāśikhaṇḍa)
3.87	8.3			Yogasārasaṃgraha p.16 (attr: Kāśikhaṇḍa)
3.88	8.4ef			Yogasārasaṃgraha p.16 (attr: Kāśikhaṇḍa)
	8.4gh			
3.89	8.5			Yogasārasaṃgraha p.16 (attr: Kāśikhaṇḍa)
3.90	8.7			Yogasārasaṃgraha p.16 (attr: Kāśikhaṇḍa)
3.91	8.8			Yogasārasaṃgraha p.16 (attr: Kāśikhaṇḍa)
3.92	8.9			Yogasārasaṃgraha pp.16–17 (attr: Kāśikhaṇḍa)
3.93	8.10			Yogasārasaṃgraha p.17 (attr: Kāśikhaṇḍa)
3.94	8.11			Yogasārasaṃgraha p.17 (attr: Kāśikhaṇḍa)
3.95	8.14cd 8.15ab			Yogasārasaṃgraha p.17 (attr: Kāśikhaṇḍa)
3.96	8.15cd 8.16ab			Yogasārasaṃgraha p.17 (attr: Kāśikhaṇḍa)
3.97	8.16cd 8.17ab			Yogasārasaṃgraha p.17 (attr: Kāśikhaṇḍa)
3.98	8.17cd 8.18ab			Yogasārasaṃgraha p.17 (attr: Kāśikhaṇḍa)

Table 1 (continued)

<i>Yogārṇava</i>	<i>Vāsīṣṭhasaṃhitā</i>	<i>Yogyañjavalkya</i>	<i>Sūtasamhitā</i>	Other texts
3.99	8.18cd 8.19ab			Yogasārasaṃgraha p.17 (attr: Kāśīkhaṇḍa)
3.100	8.19cd 8.20ab			
3.101ab	8.20cd			
3.101cd	8.21ab			Yogasārasaṃgraha p.17 (attr: Kāśīkhaṇḍa)
3.102ab	8.22cd			Yogasārasaṃgraha p.17 (attr: Kāśīkhaṇḍa)
3.102cd	8.23ab			
3.103ab	8.21cd			Yogasārasaṃgraha p.17 (attr: Kāśīkhaṇḍa)
3.103cd	8.22ab			
3.104	8.23cd 8.24ab			Yogasārasaṃgraha p.17 (attr: Kāśīkhaṇḍa)
3.105	8.24cd 8.25ab			
3.106	8.25cd 8.26ab			Yogasārasaṃgraha p.17 (attr: Kāśīkhaṇḍa)
3.107	8.26cd 8.27ab			Yogasārasaṃgraha p.17 (attr: Kāśīkhaṇḍa)
3.108	8.27cd 8.28ab			
3.109	8.28cd			
	8.29ab			
3.110ab	8.29cd			
3.111cd	8.30ab			
3.112	8.30cd 8.31ab			
3.113ab	8.31cd			
3.113c	8.33a			
3.115cd	8.32ab			
3.116ab	8.35cd			
3.116cd	8.34ab			
3.117	8.34cd 8.35ab			
3.118ab	8.35cd			

Table 1 (continued)

<i>Yogārṇava</i>	<i>Yasīṣṭhasaṃhitā</i>	<i>Yogayājñavalkya</i>	<i>Sūtrasaṃhitā</i>	Other texts
3.118cd	8.36ab			Yogasārasaṃgraha p.17 (attr: Kāśīkhaṇḍa)
3.119	8.36cd 8.37ab			
3.120	8.37cd 8.38ab			
3.121	8.38cd 8.39ab			
3.122	8.39cd 8.40ab			
3.123	8.40cd 8.41ab			
3.124	8.41cd 8.42ab			
3.125	8.42cd 8.43ab			
3.126ab	8.43cd			
3.126cd				Yogasārasaṃgraha p.18 (attr: Kāśīkhaṇḍa)
3.127				Yogasārasaṃgraha p.18 (attr: Kāśīkhaṇḍa)
3.128				Yogasārasaṃgraha p.18 (attr: Kāśīkhaṇḍa)
3.129ab				Yogasārasaṃgraha p.18 (attr: Kāśīkhaṇḍa)
3.131			1.20cd	Yogasārasaṃgraha p.18 (attr: Kāśīkhaṇḍa)
			1.21ab	
			1.21cd	
3.132			1.22ab	
			1.22cd	
3.133ab			1.23	
3.134			1.24	
3.135			1.25	
3.136			1.26	
3.137			1.27ab	
3.138ab			1.28ab	
3.141cd				

Table 1 (continued)

<i>Yogārṇava</i>	<i>Yasīṣṭhasamhitā</i>	<i>Yogayājñavalkya</i>	<i>Sūtrasamhitā</i>	Other texts
3.142 ab	3.142cd	1.28cd		
		1.29ab		
3.143cd		1.30ab		
3.144		1.30cd		
		1.31ab		
3.145		1.31cd		
		1.32ab		
3.146		1.32cd		
		1.33ab		
3.147		1.33cd		
		1.34ab		
3.148		1.34cd		
		1.35ab		
3.149		1.35cd		
		1.36ab		
3.150		1.36ab		
		1.37cd		
		1.38		
3.151				
3.152	5.18			
3.153	5.18ef			
	5.19ab			
4.4cd		1.44cd		Ahīrbudhnyasamhitā 3.1.15ab
4.5cd		1.46ab	13.1cd	Yogacintāmaṇi p.148 (attr: Yājñavalkya)
4.6	1.33cd	1.46cd		
	1.33e	1.47a		

Table 1 (continued)

<i>Yogārṇava</i>	<i>Yasīṣṭhasaṃhitā</i>	<i>Yogayājñavalkya</i>	<i>Sūtasamhitā</i>	Other texts
4.7cd		1.48ab		
4.8ab		1.48cd		Yogacintāmaṇi p.149 (attr: Yājñavalkya)
4.8cd	1.37ab	1.49ab		Yogacintāmaṇi p.149 (attr: Yājñavalkya)
4.9ab		1.49cd		Yogacintāmaṇi p.149 (attr: Yājñavalkya)
4.9cd	1.34ab			Yogacintāmaṇi p.7 (attr: Yājñavalkya)
4.10	1.38	1.50cd	13.3ab 13.3cd	Yogacintāmaṇi p.149 (attr: Yogayājñavalkya); Bṛhadyogasopāna p.52
		1.51ab		
4.11	1.39	1.51cd		Yogacintāmaṇi p.149 (attr: Yājñavalkya); Bṛhadyogasopāna p.53
		1.52ab		
4.12	1.40	1.52cd		
		1.53ab		
4.13	1.41ab 1.42ab	1.53cd		Yogacintāmaṇi p.149 (attr: Yājñavalkya)
		1.54ab		
4.14	1.42cd 1.43ab	1.54cd		Yogacintāmaṇi p.149 (attr: Yājñavalkya)
		1.55ab		
4.15ab	1.43cd	1.55cd		Yogacintāmaṇi p.149 (attr: Yājñavalkya)
4.15cd		1.56ab		Yogacintāmaṇi p.149 (attr: Yājñavalkya); Yogasārasaṅgraha p.3 (attr: Sūtasamhitā)
4.16ab		1.56cd		Yogacintāmaṇi p.149 (attr: Yājñavalkya); Yogasārasaṅgraha p.3 (attr: Sūtasamhitā)
4.16cd	1.44ab	1.57ab		Yogacintāmaṇi p.149 (attr: Yājñavalkya)
4.17ab	1.44cd	1.57cd		Yogacintāmaṇi p.149 (attr: Yājñavalkya)
4.17cd		1.58ab		Yogacintāmaṇi p.149 (attr: Yājñavalkya)
4.18ab		1.58cd		
4.18cd		1.59ab		
4.19ab	1.45ab	1.59cd		Yogacintāmaṇi p.149 (attr: Yājñavalkya)
4.19cd		1.60ab		Yogacintāmaṇi p.86 (attr: Yājñavalkya)

Table 1 (continued)

<i>Yogārṇava</i>	<i>Yasīṣṭhasaṃhitā</i>	<i>Yogayājñavalkya</i>	<i>Sūtrasaṃhitā</i>	Other texts
4.20		1.60cd 1.61ab 1.61cd 1.62ab 1.62cd		Yogacintāmaṇi p.86 (attr: Yājñavalkya) Yogacintāmaṇi p.86 (attr: Yājñavalkya)
4.21ab				
4.21cd				
4.22ab				
4.22cd	1.47ab			Yogacintāmaṇi p.150 (attr: Yājñavalkya); Bṛhadhyogopāna p.68
4.23	1.47cd 1.46ab	1.65		Yogacintāmaṇi p.150 (attr: Yājñavalkya); Bṛhadhyogopāna p. 68, 70
4.24ab	1.46cd	1.66ab		Yogacintāmaṇi p.150 (attr: Yājñavalkya); Bṛhadhyogopāna p.70
4.24cd		1.63ab		Yogacintāmaṇi p.149 (attr: Yājñavalkya)
4.25ab	1.49ab	1.63cd		Yogacintāmaṇi p.149 (attr: Yājñavalkya)
4.25cd	1.49cd	1.64ab		Yogacintāmaṇi p.150 (attr: Yājñavalkya); Bṛhadhyogopāna p.73
4.26	1.50ab 1.50cd	1.66cd 1.67ab		Yogacintāmaṇi p.150 (attr: Yājñavalkya)
4.27ab	1.50ef	1.67cd		Yogacintāmaṇi p.150 (attr: Yājñavalkya)
4.27cd	1.51ab	1.68ab		Yogacintāmaṇi p.150 (attr: Yājñavalkya); Bṛhadhyogopāna p.76
4.28ab	1.51cd	1.68cd		Yogacintāmaṇi p.150 (attr: Yājñavalkya); Bṛhadhyogopāna p.76
4.28cd	1.51ef	1.69ab		Yogacintāmaṇi p.150 (attr: Yājñavalkya)
4.29ab		1.69cd		Yogacintāmaṇi p.150 (attr: Yājñavalkya)
4.29cd		1.70ab		Yogacintāmaṇi p.87 (attr: Yājñavalkya)
4.30ab		1.70cd		Yogacintāmaṇi p.87 (attr: Yājñavalkya)
4.30cd	1.53ab	2.1ab	14.1cd	Śāradātīlakatantra 25.8ab; Yogacintāmaṇi p.150 (attr: Yājñavalkya); Yogasārasaṃgraha p.4 (attr: Yājñavalkya); Varāhopaniṣad 4.13cd; Jābāladarśanopaniṣad 2.1ab; Hathapradīpikājyotsnā 1.17; Bṛhadhyogopāna p.79
4.31ab	1.53cd	2.1cd	14.2ab	Śāradātīlakatantra 25.8cd; Yogacintāmaṇi p.150 (attr: Yājñavalkya); Yogasārasaṃgraha p.4 (attr: Yājñavalkya); Varāhopaniṣad 4.14ab; Jābāladarśanopaniṣad 2.1cd; Hathapradīpikājyotsnā 1.17; Bṛhadhyogopāna p.79

Table 1 (continued)

<i>Yogārṇava</i>	<i>Yasīṣṭhasaṃhitā</i>	<i>Yogayājñavalkya</i>	<i>Sūtasamhitā</i>	Other texts
4.32ab	1.54ab	2.2cd	14.16cd	Yogacintāmaṇi p.150 (attr: Yājñavalkya); Yogasārasaṃgraha p.4 (attr: Yājñavalkya); Jābāladarsanopaniṣad 2.3ab; Haṭhpradīpikājyotsnā 1.114; Bṛhadhyogasopāna p.80
4.32cd	1.54cd	2.3ab		Yogacintāmaṇi p.150 (attr: Yājñavalkya); Yogasārasaṃgraha p.4 (attr: Yājñavalkya); Jābāladarsanopaniṣad 2.3cd ^b ; Haṭhpradīpikājyotsnā 1.114; Bṛhadhyogasopāna p.80
4.33ab	1.55ab	2.3cd	14.5c	Yogacintāmaṇi P150 (attr: Yājñavalkya); Bṛhadhyogasopāna p.84
4.33cd	1.55cd	2.4ab		Yogacintāmaṇi p.151 (attr: Yogayājñavalkya); Yogasārasaṃgraha p.4 (attr: Yājñavalkya)
4.34ab	1.56ab	2.4cd		Yogacintāmaṇi p.151 (attr: Yājñavalkya)
4.34cd	1.57ab	2.5ab		Yogacintāmaṇi p.151 (attr: Yājñavalkya)
4.35ab	1.57cd	2.5cd		Yogacintāmaṇi p.151 (attr: Yājñavalkya)
4.35cd	1.58ab	2.6ab		Yogacintāmaṇi p.151 (attr: Yājñavalkya); Bṛhadhyogasopāna p.92
4.36ab	1.58cd	2.6cd		Yogacintāmaṇi p.151 (attr: Yājñavalkya); Bṛhadhyogasopāna p.92
4.36cd	1.59ab	2.7ab	14.11ab	Yogacintāmaṇi p.151 (attr: Yājñavalkya); Yogasārasaṃgraha p.5 (attr: Sūtasamhitā); Jābāladarsanopaniṣad 2.8ab
4.37ab	1.59cd	2.7cd	14.11cd	Yogacintāmaṇi p.151 (attr: Yājñavalkya); Yogasārasaṃgraha p.5 (attr: Sūtasamhitā); Jābāladarsanopaniṣad 2.8cd
4.37cd	1.60ab	2.10ab	14.14ab	Ahīrbuddhnyasaṃhitā 31.25cd; Yogacintāmaṇi p.151 (attr: Yājñavalkya); Bṛhadhyogasopāna p.93
4.38ab	1.60cd	2.10cd	14.14cd	Yogacintāmaṇi p.151 (attr: Yājñavalkya)
4.38cd	1.62cd	2.11ab	14.15ab	Yogacintāmaṇi p.151 (attr: Yājñavalkya); Yogasārasaṃgraha p.5 (attr: Sūtasamhitā); Jābāladarsanopaniṣad 2.10ab; Bṛhadhyogasopāna p.93
4.39ab	1.63ab	2.11cd	14.15cd	Yogacintāmaṇi p.151 (attr: Yājñavalkya); Yogasārasaṃgraha p.5 (attr: Sūtasamhitā); Jābāladarsanopaniṣad 2.10cd; Bṛhadhyogasopāna p.93
4.39cd	1.63cd	2.12ab	14.16ab	Yogacintāmaṇi p.151 (attr: Yājñavalkya); Yogasārasaṃgraha p.5 (attr: Sūtasamhitā); Jābāladarsanopaniṣad 2.11ab; Bṛhadhyogasopāna p.94
4.40ab	1.64ab	2.12cd	14.16cd	Yogacintāmaṇi p.151 (attr: Yājñavalkya); Yogasārasaṃgraha p.5 (attr: Sūtasamhitā); Jābāladarsanopaniṣad 2.11cd; Bṛhadhyogasopāna p.94

Table 1 (continued)

<i>Yogārṇava</i>	<i>Yasīṣṭhasaṃhitā</i>	<i>Yogayājñavalkya</i>	<i>Sūtrasaṃhitā</i>	Other texts
4.41cd	1.64cd	2.14ab	14.20cd	Tārābhaktisudhāṃava p.233; Jābāladarsanopaniṣad 2.13cd
4.42ab		2.14cd	14.21ab	Tārābhaktisudhāṃava p.370; Jābāladarsanopaniṣad 2.14ab
4.42cd		2.15ab	14.21cd	
4.43ab	1.65ab	2.15cd	14.22ab	
4.44		2.17	14.23ab 14.23cd	Jābāladarsanopaniṣad 2.16
4.45		2.18		
4.46	1.66	2.19	14.24cd 14.25ab	
4.47ab	1.67ab ^c	3.1ab ^d	15.1ab ^e	
4.47cd	1.67cd	3.1cd	15.1cd	Hatharatnāvalī 3.21cd; Aṣṭāṅgayoganirūpanam 38ab Hatharatnāvalī 3.22
4.48	1.67ef 1.67gh			
4.49	1.80			Ahīrbudhnyasaṃhitā 31.35; Haṭhpradīpikā 1.22; Yogacintāmaṇi p.154; Puraścaryāṃava, vol. 2, 6.124cd 6.125ab
4.50	1.82	3.13		Yogacintāmaṇi p.155 (attr: Yājñavalkya)
4.51	1.81	3.14		Jābāladarsanopaniṣad 3.9; Puraścaryāṃava, vol. 2, 6.136
4.52	1.68	3.3	15.3ab 15.3d	Śāradātīlakatantra 25.12; Haṭhpradīpikā 1.19; Śīvasaṃhitā 3.113; Yogasārasaṃgraha p.8; Tārābhaktisudhāṃava p.367; Puraścaryāṃava, vol. 2, 6.120 (attr: Puraścaraṇacandrikā); Bṛhadयोगasopāna p.113
4.53ab	1.69ab	3.4ab		Yogasiddhāntacandrikā 3.4ab; Śāradātīlaka Comm. 25.15 (attr: Rāghavabhaṭṭadhṛta- yogasāra)
4.53cd		3.4cd		Yogasiddhāntacandrikā 3.4cd; Śāradātīlaka Comm. 25.15 (attr: Rāghavabhaṭṭadhṛta- yogasāra)
4.54ab	1.69cd	3.5ab		Yogasiddhāntacandrikā 3.5ab

Table 1 (continued)

<i>Yogārṇava</i>	<i>Yasīṣṭhasaṃhitā</i>	<i>Yogayājñavalkya</i>	<i>Sūtasamhitā</i>	Other texts
4.54cd	1.70ab	3.5cd	15.4ab	Haṭhpradīpikā 1.20ab; Haṭharatnāvalī 3.53ab; Trisikhibrahmaṇopaniṣad 36ab; Purascaryāṇava, vol. 2, 6.128ab
4.55ab	1.70cd	3.6ab	15.4cd	Haṭhpradīpikā 1.20cd; Haṭharatnāvalī 3.53cd; Jābāladarsanopaniṣad 3.4ab; Trisikhibrahmaṇopaniṣad 36cd; Śāṇḍilyopaniṣad p.519
4.55cd	1.71ab	3.6cd	15.5ab	Jābāladarsanopaniṣad 3.4cd; Śāṇḍilyopaniṣad p.519
4.56	1.71	3.7	15.5	Haṭharatnāvalī 3.35cd 3.35ef
4.57	1.72	3.8		Haṭhpradīpikā 1.21; Haṭharatnāvalī 3.54; Yogacintāmaṇi p.154 (attr: Yājñavalkya); Gheraṇḍasamhitā 2.17; Śāṇḍilyopaniṣad p.519; Purascaraṇacandrikā f.5a
4.58	1.73	3.9	15.7	Haṭhpradīpikā 1.50; Haṭharatnāvalī 3.31; Yogacintāmaṇi p.154 (attr: Yājñavalkya); Yogasārasaṃgraha p.9; Bṛhadhyogasopāna p.114; Purascaryāṇava, vol. 2, 6.139
4.59ab	1.74ab	3.10ab	15.8ab	Haṭhpradīpikā 1.51ab; Haṭharatnāvalī 3.32ab; Yogacintāmaṇi p.155 (attr: Yājñavalkya); Yogasārasaṃgraha p.9; Śāṇḍilyopaniṣad p.519; Bṛhadhyogasopāna p.114
4.59cd	1.74cd	3.10cd		Haṭhpradīpikā 1.51cd; Haṭharatnāvalī 3.32cd; Yogacintāmaṇi p.155 (attr: Yājñavalkya); Śāṇḍilyopaniṣad p.519
4.60ab	1.75ab	3.11ab		Haṭhpradīpikā 1.52ab; Haṭharatnāvalī 3.33ab; Yogacintāmaṇi p.155 (attr: Yājñavalkya); Śāṇḍilyopaniṣad p.519
4.61cd	1.76ab	3.15ab		Yogacintāmaṇi p.155 (attr: Yājñavalkya); Purascaraṇacandrikā f.5b; Purascaryāṇava, vol. 2, 6.133ab
4.62ab	1.76cd	3.15cd		Yogacintāmaṇi p.155 (attr: Yājñavalkya); Purascaraṇacandrikā f.5b; Purascaryāṇava, vol. 2, 6.133cd
4.62cd 4.62ef	1.77	3.16	15.14	Yogacintāmaṇi p.155 (attr: Yājñavalkya); Jābāladarsanopaniṣad 3.11ab 3.11cd; Purascaryāṇava, vol. 2, 6.134ab 6.134cd
4.63ab		3.17ab		Yogacintāmaṇi p.155 (attr: Yājñavalkya)
4.63cd	1.73ab	3.11cd		Yogacintāmaṇi p.155 (attr: Yājñavalkya)

Table 1 (continued)

<i>Yogārṇava</i>	<i>Vasiṣṭhasaṃhitā</i>	<i>Yogayājñavalkya</i>	<i>Sūtasāṃhitā</i>	Other texts
4.64	1.79cd 1.79ef	3.12	15.10	Hāthapradīpikā 1.54ab 1.54cd: Yogacintāmaṇi p.155 (attr: Yājñavalkya); Jābāladarsanopaniṣad 3.7cd 3.7ef: Tārābhaktisudhāmava p.367
4.65	1.80	3.13	15.11	Hāthapradīpikā 1.22: Yogacintāmaṇi p.154 (attr: Āgneyapurāṇa)
4.66	1.82	3.14		Yogacintāmaṇi p.155 (attr: Yājñavalkya)
4.67	1.81			Ahīrbudhnyasaṃhitā 31.44ab 31.44cd
4.68ab	1.83ab			
4.68cd	2.55ab	4.71cd		Matsyendrasaṃhitā 4.74cd ^f
4.69ab	2.55cd	4.72ab		Matsyendrasaṃhitā 4.75ab
4.69cd	2.61ab	5.14ab	12.9d	Yogacintāmaṇi p.161 ^g (attr: Vasiṣṭhayoga): Jābāladarsanopaniṣad 5.5ab ^h
4.70ab	2.61cd	5.14cd	12.10ab	Yogacintāmaṇi p.161 (attr: Vasiṣṭhayoga): Jābāladarsanopaniṣad 5.5cd
4.70cd	2.62ab	5.15ab		Yogacintāmaṇi p.161 (attr: Vasiṣṭhayoga)
4.71	2.62cd 2.63ab	5.15cd 5.16ab		Yogacintāmaṇi p.161ab p.162cd (attr: Vasiṣṭhayoga)
4.72	2.63cd 2.64ab			Yogacintāmaṇi p.162 (attr: Vasiṣṭhayoga)
4.73	2.64cd 2.65ab	5.17cd	12.12	Yogacintāmaṇi p.162 (attr: Vasiṣṭhayoga): Jābāladarsanopaniṣad 5.7cd 5.8ab ⁱ
4.74	2.65cd 2.66ab	5.18ab 5.18cd 5.19ab	12.13abc	Yogacintāmaṇi p.162 (attr: Vasiṣṭhayoga)
4.75	2.66cd 2.67ab	5.19cd 5.20ab	12.14	Yogacintāmaṇi p.162 (attr: Vasiṣṭhayoga)
4.76	2.67cd 2.68ab	5.20cd 5.21ab	12.15	Yogacintāmaṇi p.162 (attr: Vasiṣṭhayoga)
4.77ab	2.68cd	5.21cd	12.16ab	Yogacintāmaṇi p.162 (attr: Vasiṣṭhayoga)
4.77cd	2.69ab	5.22ab	12.16cd	Yogacintāmaṇi p.162 (attr: Vasiṣṭhayoga): Jābāladarsanopaniṣad 5.1.2ab
4.78ab	2.69cd	5.22cd	12.17ab	Yogacintāmaṇi p.162 (attr: Vasiṣṭhayoga): Jābāladarsanopaniṣad 5.1.2cd

Table 1 (continued)

<i>Yogārṇava</i>	<i>Vasīṣṭhasaṃhitā</i>	<i>Yogayājñavalkya</i>	<i>Sūtasamhitā</i>	Other texts
4.78cd	3.1ab	6.1ab		
4.80ab	3.3cd	6.3cd	16.2cd	Yogacintāmaṇi p.180 (attr: Yājñavalkya)
4.80cd	3.4ab	4.2.4ab		Mahānārāyaṇopaniṣad 12.17ab
4.81ab	3.4cd			
4.81cd	3.5ab	4.2.4cd		
4.82ab	3.5cd	4.2.5ab		
4.82cd	3.6ab	4.2.5c		
4.82ef	3.6cd			
4.83cd	3.7ef	4.2.7cd		
4.84	3.8ab	4.2.8cd		
		4.2.9ab		
4.85ab	3.9ab	4.2.9cd		
4.85cd	3.10ab			
4.86ab	3.10cd	6.4cd	16.3cd	Jābāladarśanopaniṣad 6.3cd
4.86cd	3.11ab	6.5ab	16.4ab	Jābāladarśanopaniṣad 6.4ab
4.87	3.11cd	6.5cd	16.4cd	Jābāladarśanopaniṣad 6.4cd
	3.11ef	6.6ab	16.5ab	6.5ab
4.88	3.12	6.6cd	16.5cd	Jābāladarśanopaniṣad 6.5cd
		6.7ab	16.6ab	6.6ab
4.89ab			16.4cd	
4.89cd	3.13cd	6.8ab	16.6cd	Jābāladarśanopaniṣad 6.6cd
4.90ab		6.8cd	16.7ab	Jābāladarśanopaniṣad 6.7ab
4.90cd		6.9ab		
4.91		6.9cd		
		6.10ab		

Table 1 (continued)

<i>Yogārṇava</i>	<i>Vasiṣṭhasaṃhitā</i>	<i>Yogayājñavalkya</i>	<i>Sūtasāṃhitā</i>	Other texts
4.92ab		6.10cd		
4.93cd	3.17cd	6.21ab	16.15cd	Yogacintāmaṇi p.211 (attr: Vasiṣṭa)
4.94ab	3.18ab	6.21cd		Yogacintāmaṇi p.211 (attr: Vasiṣṭa)
4.94cd		6.22ab		Yogacintāmaṇi p.211 (attr: Vasiṣṭa)
4.95ab		6.22cd	16.17ab	Yogacintāmaṇi p.211 (attr: Vasiṣṭa)
4.96ab	3.19ab	6.80cd		
4.96cd	3.21ab	6.24ab	16.18cd	Yogacintāmaṇi p.174 (attr: Yājñavalkya): Hathapradīpikājyotsnā 1.71
4.97	3.21cd	6.24cd	16.19	Jābāladarsanopaniṣad 6.13
	3.21ef	6.25ab		
4.98	3.22	6.25cd	16.20	Yogacintāmaṇi p.178 (attr: Vasiṣṭhayoga): Jābāladarsanopaniṣad 6.14
		6.26ab		
4.99cd	3.35b	6.50cd		Yogacintāmaṇi p.46 (attr: Yājñavalkya)
4.100ab	3.36ab	6.51ab		Yogacintāmaṇi p.46 (attr: Yājñavalkya)
4.100cd	3.36c	6.51cd	16.39ab	Yogacintāmaṇi p.46 (attr: Yājñavalkya)
4.101ab		6.52ab	16.39cd	Yogacintāmaṇi p.47 (attr: Yājñavalkya)
4.101cd		6.52cd	16.40ab	Śivasāṃhitā 5.36ab:
				Yogacintāmaṇi p.47 (attr: Yājñavalkya)
4.102ab		6.54cd		Śivasāṃhitā 5.36cd
4.103	3.39	6.55cd		Yogacintāmaṇi p.47 (attr: Yājñavalkya)
		6.56		
4.104	3.40ab	6.56	16.42cd 16.43ab	Jābāladarsanopaniṣad 6.36cd 6.37ab
	3.40ef			
4.105	3.40cd 3.41ab	6.57a		
		6.57cd		
4.106ab		6.74cd		Yogacintāmaṇi p.199 (attr: Yājñavalkya): Hathapradīpikā (10 chs.) 3.12ab

Table 1 (continued)

<i>Yogārṇava</i>	<i>Yasīsthasaṃhitā</i>	<i>Yogayājñavalkya</i>	<i>Sūtasamhitā</i>	Other texts
4.106cd		6.75ab		Yogacintāmaṇi p.199 (attr: Yājñavalkyaḡṛta)
4.107		12.25		Yuktabhavadeva 1.128 (attr: Yājñavalkya)
4.108		12.26		Yuktabhavadeva 1.129 (attr: Yājñavalkya): Yogacintāmaṇi p.203
4.109ab		12.26ef		Yuktabhavadeva 1.129ef (attr: Yājñavalkya): Yogacintāmaṇi p.203
4.110	3.24	6.27cd		Yogacintāmaṇi p.181 (attr: Yājñavalkya)
		6.28ab		
4.111	3.25	6.28cd		Yogacintāmaṇi p.181 (attr: Yājñavalkya)
		6.29ab		
4.112	3.26	6.29cd		Yogacintāmaṇi p.181 (attr: Yājñavalkya)
		6.30ab		
4.113	3.28	6.31cd		
		6.32ab		
4.114ab	3.29ab	6.32cd		
4.114e		6.34c		
5.1	3.61cd	7.6		Yogacintāmaṇi p.222 (attr: Yājñavalkya)
	3.61ef			
5.3cd	3.58ab	7.2ab	17.1cd	Śāradātīlakaṭantra 25.23ab: Yogacintāmaṇi p.222 (attr: Yājñavalkya): Yogamārgaparakāśikā 1.103ab: Jābāladarśanopaniṣad 7.1cd: Rudrayāmalaṭantra 27.26ab: Bṛhadhyogasopāna p.212
5.4ab	3.58cd	7.2cd	17.2ab	Śāradātīlakaṭantra 25.23cd: Yogacintāmaṇi p.222 (attr: Yājñavalkya): Yogamārgaparakāśikā 1.103cd: Jābāladarśanopaniṣad 7.2ab: Rudrayāmalaṭantra 27.26cd: Bṛhadhyogasopāna p.212
5.4cd	3.59ab	7.3ab		Yogacintāmaṇi p.222 (attr: Yājñavalkya)
5.5	3.59cd 3.60ab	7.3cd		Yogacintāmaṇi p.222 (attr: Yājñavalkya)
		7.4ab		
5.6ab	3.60cd	7.4cd		Yogacintāmaṇi p.222 (attr: Yājñavalkya)
5.6cd	3.60e	7.5a		

Table 1 (continued)

<i>Yogārṇava</i>	<i>Yasīṣṭhasaṃhitā</i>	<i>Yogayājñavalkya</i>	<i>Sūtasamhitā</i>	Other texts
5.7ab	4.3ab	8.3cd		
5.7cd	4.3c	8.4ab	18.10cd	
5.8ab	4.6ab	8.6cd		Yogacintāmaṇi p.229 (attr: Yājñavalkya): Yogattattvopaniṣad 84cd
5.8cd	4.6cd	8.7ab		Yogacintāmaṇi p.229 (attr: Yājñavalkya)
5.9	4.6ef 4.7ab	8.7cd		Yogacintāmaṇi p.229 (attr: Yājñavalkya)
		8.8ab		
5.10ab	4.7cd	8.8cd		Yogacintāmaṇi p.229 (attr: Yājñavalkya)
5.10cd		8.15cd		Yogacintāmaṇi p.229 (attr: Yājñavalkya)
5.11ab		8.16ab		Yogacintāmaṇi p.229 (attr: Yājñavalkya)
5.11cd	4.10cd	8.16cd		Yogacintāmaṇi p.229 (attr: Yājñavalkya)
5.12ab		8.17ab		Yogacintāmaṇi p.229 (attr: Yājñavalkya)
5.12cd	6.56c	8.17cd		Yogacintāmaṇi p.229 (attr: Yājñavalkya)
5.13ab	4.10cd	8.16cd		Yogacintāmaṇi p.229 (attr: Yājñavalkya)
5.13cd		8.19ab		Yogacintāmaṇi p.229 (attr: Yājñavalkya): Yogattattvopaniṣad 92ab
5.14a		8.19c		Yogacintāmaṇi p.230 (attr: Yājñavalkya): Yogattattvopaniṣad 92c
5.14cd		8.20cd		
5.15cd				
5.16ab	4.14ab	8.22ab		Yogacintāmaṇi p.230 (attr: Yājñavalkya)
				Yogacintāmaṇi p.230 (attr: Yājñavalkya): Yogattattvopaniṣad 98cd
5.16cd		8.22cd		Yogacintāmaṇi p.230 (attr: Yājñavalkya): Yogattattvopaniṣad 99ab
5.17ab	4.14cd			
5.17c		8.34a		Yogacintāmaṇi p.231 (attr: Yājñavalkya): Yogasārasaṃgraha p.33 (attr: Yogasāramañjari)
5.18		8.34cd		Yogacintāmaṇi p.231 (attr: Yājñavalkya): Yogasārasaṃgraha p.33 (attr: Yogasāramañjari)
		8.35ab		
5.19ab		8.35cd		Yogacintāmaṇi p.231 (attr: Yājñavalkya): Yogasārasaṃgraha p.33 (attr: Yogasāramañjari)

Table 1 (continued)

<i>Yogārṇava</i>	<i>Yasīṣṭhasamhitā</i>	<i>Yogayājñavalkya</i>	<i>Sūtasamhitā</i>	Other texts
5.19cd		8.36ab		Yogacintāmaṇi p.231 (attr: Yājñavalkya)
5.20ab		8.36cd		Yogacintāmaṇi p.231 (attr: Yājñavalkya)
5.21cd 5.21ef		8.37cd		
		8.38ab		
5.22ab	3.34ab	6.37ab		Sāṅdilyopaniṣad p.545
5.22cd	3.34cd			
5.23ab		6.40ab	12.16ab	Jābāladarsanopaniṣad 6.24cd
5.23cd		6.39cd	16.30ab	
5.24cd		6.43ab		Yogacintāmaṇi p.192 (attr: Yājñavalkya): Yogasārasaṅgraha p.66 (attr: Sūtasamhitā - kulārṇava)
5.25ab		6.42cd		Yogacintāmaṇi p.192 (attr: Yājñavalkya): Yogasārasaṅgraha p.66 (attr: Sūtasamhitā - kulārṇava)
5.25cd		6.44ab	16.32ab	
5.26cd				Yogacintāmaṇi p.192 (attr: Yājñavalkya)
5.27a				Yogacintāmaṇi p.192 (attr: Yājñavalkya)
5.27cd	3.36cd			
5.33ab	3.46cd			
5.49				Varāhopaniṣad 5.33cd 5.34ab
5.50				Varāhopaniṣad 5.34cd 5.35ab
5.51ab				Varāhopaniṣad 5.35cd
6.42ab	4.55ab	9.30ab		
6.43	4.33cd 4.34ab	9.20	19.15cd 19.16ab	
6.44	4.34cd 4.35ab	9.21	19.16cd 19.17ab	
6.45ab	4.35cd	9.22ab		Yogacintāmaṇi p.237 (attr: Yājñavalkya)

Table 1 (continued)

<i>Yogārṇava</i>	<i>Yasīṣṭhasaṃhitā</i>	<i>Yogayājñavalkya</i>	<i>Sūtasamhitā</i>	Other texts
6.45cd	4.36ab	9.22cd	19.17cd	Yogacintāmaṇi p.237 (attr: Yājñavalkya); Yogasārasaṃgraha p.73 (attr: Yājñavalkya); Prāpatoṣiṇī Arthakāṇḍa p.298 (attr: Yogasāra)
6.46ab		9.23ab	19.18ab	Yogacintāmaṇi p.237 (attr: Yogayājñavalkya); Yogasārasaṃgraha p.73 (attr: Yogayājñavalkya)
6.46cd	4.37cd	9.24ab		Yogacintāmaṇi p.237 (attr: Yogayājñavalkya)
6.111cd	2.28ab	4.32cd		
6.112	2.29cd 2.30ab	4.34cd 4.35ab		
7.7	5.4			
7.8	5.12			
7.9ab	5.13ab			
7.10cd	5.13cd			
7.11	5.14			
7.12ab	5.15ab			
7.13ab				Śrītatvacintāmaṇi 1-5 ¹
7.14	5.5			Haṭhatratnāvālī 4.47ef 4.48ab; Brahmabindūpaniṣad 12; Amṛtabindūpaniṣad 12
7.19ab	5.7cd			
7.20	5.8			
7.21	5.9			
7.61cd				Agnipurāṇa 371.025ab
7.62ab				Brahmabindūpaniṣad 17cd; Amṛtabindūpaniṣad 17cd; Mahābhārata 12.223.60cd 12.262.1ef; Vijiñānabhairava 38cd; Brahmaṇḍapurāṇa 234.62ab
8.23cd				Yogacintāmaṇi p.184 (attr: Mārkaṇḍeyapurāṇa)
8.24ab				Yogacintāmaṇi p.184 (attr: Mārkaṇḍeyapurāṇa)
8.24cd				Amṛtanāḍopaniṣad 2ab

Table 1 (continued)

<i>Yogārṇava</i>	<i>Vasiṣṭhasaṃhitā</i>	<i>Yogayājñavalkya</i>	<i>Sūtasamhitā</i>	Other texts
8.25ab				Amṛtanāḍopaniṣad 2cd
8.25cd				Uttaraḡṭā 25ab: Dhyānabindīpāniṣad 22ab
8.26ab				Uttaraḡṭā 25cd: Dhyānabindīpāniṣad 22cd
8.39cd				Bhagavadgītā 8.13ab: Prāṇatoṣiṇī Sargakāṇḍa p.16
8.40cd	3.55ab	6.76cd		
8.41ab	3.55cd	6.77ab		
8.41cd	3.56ab	6.77cd		Yogacintāmaṇi p.199 (attr: Yājñavalkyaḡṭa)
8.42ab	3.56cd	6.78ab		Yogacintāmaṇi p.199 (attr: Yājñavalkyaḡṭa)
8.44cd				Mahānārāyopaniṣad 13.10ab:
8.44ef	3.56ef	6.78cd		Yogacintāmaṇi p.199 (attr: Yājñavalkyaḡṭa)

^a It is not entirely clear in the *Yogasārasaṃgraha* whether *sārīre* in the left margin (p. 12) refers to the name of a text, a section of the *Pratīvacintāmaṇi* (which is cited above it) or is a marginal note indicating a discourse on anatomy. However, the long passage cited on pages 13–16 follows *sārīre*.

^b *Yogārṇava* 4.32cd *sārīrasoṣaṇaṃ prāṇuh tāpasātapa uttamam* || Cf. *Jābāladarsānopaniṣad* 2.3cd *sārīrasoṣaṇaṃ yat tat tapa ity ucyate budhāih* ||

^c *Yogārṇava* 4.47ab *āsanāni pravakṣyāmi variṣṭāni yathāvidhi* || Cf. *Vasiṣṭhasaṃhitā* 1.67ab *āsanāni ca vakṣyāmi śṛṇu putra samāhitah* ||

^d *Yogārṇava* 4.47ab *āsanāni pravakṣyāmi variṣṭāni yathāvidhi* || Cf. *Yogayājñavalkya* 3.1ab *āsanāny adhunā vakṣye śṛṇu vācaspathē 'dhanū* ||

^e *Yogārṇava* 4.47ab *āsanāni pravakṣyāmi variṣṭāni yathāvidhi* || Cf. *Sūtasamhitā* 15.1ab *āsanāni prṛhag vakṣye śṛṇu vācaspathē 'dhanū* ||

^f *Yogārṇava* 4.68cd *jñātvā nāḡṣṭhitāṇaṃ samyag vāyusṭhānaṃ ca yatnatah* || Cf. *Matsyendrasaṃhitā* 4.74cd *jñātvāivaṃ vāyusamṣṭhānaṃ nāḡṣṭhānaṃ ca yatnatah* ||

^g *Yogārṇava* 4.69cd *prāṇmukhodaṇmukho vāpi visuddho vijitendriyah* || Cf. *Yogacintāmaṇi* p.161 *prāṇmukhodaṇmukho vā syāj jīāsanaḡatah svayam* ||

^h *Yogārṇava* 4.69cd *prāṇmukhodaṇmukho vāpi visuddho vijitendriyah* || Cf. *Jābāladarsānopaniṣad* 5.5ab *ārābhya cāsanam paścāt prāṇmukhodaṇmukho 'pi vā* ||

ⁱ *Yogārṇava* 4.73cd *rephaṃ ca bindusamyuktam agnimaṇḡalasaṃsthitam* || Cf. *Jābāladarsānopaniṣad* 5.8ab *bindunāḡalasaṃsthitam agnibhūṅam vicintayet* ||

^j *Yogārṇava* 7.13ab *kāryopādhir ayaṃ jvāh kāryopādhir īśvaraḡ* || Cf. *Śrīratnavacintāmaṇi* 1-5 *śrūtir api – kāryopādhir ayaṃ jvāh kāryopādhir īśvaraḡ iti* ||

Table 2 Summary of the *Yogārṇava*'s contents

Chapter no.	Verses	Content
1	1–2	Salutations
	3–5	Introductory remarks on the text
	6–11	Intended audience
	12–13ab	The body
	13cd–25	Five sheaths (<i>pañcakośa</i>)
	26–42	Development of a foetus
	43–55	Gross elements (<i>mahābhūta</i>) and bodily constituents (<i>dhātu</i>)
	56–62	Regions of the body
	63–66	18 vital points (<i>marma</i>)
	67–75	Measurements between the vital points
	76–79	Place of fire (at the middle of the body)
2	1	Bulb (<i>kanda</i>)
	2–3ab	Navel cakra
	3cd–5ab	The life principle (<i>jīva</i>)
	5cd–9	Place of Kuṇḍalinī
	10–13	Eight letters (i.e., <i>ka, ca, ṭa, ta, pa, ya</i> and <i>ha</i>) of the central channel (<i>susumṇā</i>)
	14–32	Channels (<i>nāḍī</i>)
	33–62	Bodily winds (<i>vāyu</i>)
	3	1–2ab
2cd–5		Places of astrological signs in the body
6		Auspicious and inauspicious times
8–30ab		The movement of the <i>vāyus</i> in the five elements and astrological signs, and the auspicious and inauspicious consequences
30cd–85		Knowing the length of life (<i>āyuhpramāṇa</i>) according to the breath (<i>śvāsa</i>)
86–130		Signs of death (<i>mṛtyucihna</i>)
131–137		The two paths: rebirth and liberation
138–151		Caste, stages of life, duty (<i>varṇāśramadharmā</i>)
4	152–156	The importance of knowing Brahman, retaining the body (<i>dehadhāraṇā</i>) and cheating death (<i>kālavañcana</i>)
	1–4ab	Proper place and mindset for Yoga
	4cd	Definition of Yoga
	5ab	Aṣṭāṅgayoga is a tool for seeing the Self (<i>svātmadarśana</i>)
	5cd–9	Yoga with eight auxiliaries (<i>aṣṭāṅgayoga</i>)
	10–30ab	General observances (<i>yama</i>)
	30cd–46	Specific observances (<i>niyama</i>)
	47–78ab	Posture (<i>āsana</i>)
78cd–114	Breath restraint (<i>prāṇāyāma</i>)	
5	1–6	Withdrawal of senses (<i>pratyāhāra</i>)
	7–21	Concentration (<i>dhāraṇā</i>)
	22–28	<i>Dhāraṇā</i> for curing great diseases (<i>mahārogahara</i>)
	29–38	<i>Dhāraṇā</i> for cheating death (<i>mṛtyuvañcana</i>)

Table 2 (continued)

Chapter no.	Verses	Content
	39-56	Conquering death (<i>mṛtyuñjaya</i>) and achieving immortality (<i>amaratva</i>)
	57-59	<i>Dhāraṇā</i> and mental mantra repetition (<i>japa</i>)
6	1-3	Various twofold schemes of meditation (<i>dhyāna</i>)
	4-9	Meditation on the supports of the body (<i>ādhāra</i>)
	10-23	Visualising deities in the cakras
	24-27	Visualising the aspectless Brahman
	28-36	A generic deity visualisation
	37-47	Meditation on the sun (<i>sauradhyāna</i>)
	48-71	Meditation on the Goddess (<i>śakti</i>)
	72-79	Meditation on the Goddess Śrī
	80-141	Visualising the worlds (<i>lokakalpana</i>)
7	1	Installing the alphabet on the body and visualising Praṇava
	2	Visualising the Self as Īśvara
	3-12	Knowing what the Self is not, and achieving liberation through gnosis of the Self (<i>jñāna</i>)
	13-18	The identity of the Individuated Self and the Self as Īśvara
	19-20	A fivefold ontology of experience
	21-27	Four states of consciousness (<i>avasthā</i>)
	28	Four levels of speech (<i>sūkṣmā</i> , <i>paśyantī</i> , <i>madhyamā</i> and <i>vaikharī</i>). The highest is equated with the Self
	29-32ab	Sūkṣmā in the form of the Self pervades the body
	32cd-44	Paśyantī is the letters of the alphabet on a twelve-spoke cakra above the navel. The alphabet is in Praṇava and the alphabet is the source of all mantras. Therefore, one should recite Praṇava, the <i>ātmamantra</i>
	45-51ab	Madhyamā is the various forms of Vedic metres in a fourteen spoke cakra below the heart
	51cd-52	Vaikharī is in the heart as 64 arts in 64 triangles
	53-54	How all things emerge and resorb into the great Self in the heart
	55-65	The great Self is the fourfold Praṇava, the basis of everything and in all creatures. It is identical with Brahman and the Self.
	66-69	Brahman pervades all things
	70-74	Installing the Tattvas in Praṇava, the three letters of which are creation, sustenance and destruction
	75-79	Praṇava, Brahman and the Self are in all things and vice-versa
8	1-11	Equivalences between knowledge of the Self (<i>ātma</i>) and Vedic ritual and knowledge
	12-13	Definition of Samādhi
	14-16	Knowing that the letters of Praṇava (i.e., a, u, m) represent the Individuated Self, the Supreme Self and their union, one should contemplate 'I am only Brahman' and unite the Individuated and Supreme Selves
	17-20ab	Meditating on the Self until one thinks of nothing else
	20cd-22ab	Meditating on what is free of all qualities (<i>nirguṇa</i>), after dissolving the material elements, sense objects and senses in their own causes

Table 2 (continued)

Chapter no.	Verses	Content
	22cd–23	Meditating on one's own body without parts, then one's Self without the body
	24–26	Meditations on Praṇava, Ātma and Brahman to achieve Samādhi and dissolution of the mind (<i>manolaya</i>)
	27–30	Dissolving the mind by meditating on the waking and Turyā States, the Self as space, and the Void
	31	Achieving Samādhi thus, one is liberated in one lifetime
	32–34	Meditations with three phases of the breath and Praṇava
	35–39ab	Using the bodily winds to stoke the fire and the fire to burn Kuṇḍalinī, all three go into the central channel (<i>suṣumṇā</i>) and ascend upwards through the heart, throat and middle of the brows
	39cd–42ab	One should unite the Self in the void, supreme bliss
	42cd–43ab	One sees the orb of the sun, the supreme, untainted light, like a mass of lightning, emitted from the aperture in the head.
	43cd–44	Making the fire go to the aperture of Brahman (<i>brahmarandhra</i>), churning it, burning the whole body up, the Self becomes Brahman and one is not reborn

Abbreviations

ATTR: Attributed

F: Folio number

GOML: Government Oriental Manuscript Library, Chennai

NCC: New Catalogus Catalogorum

ORI: Oriental Research Institute, Trivandrum

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