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PREFACE

The Kuppuswami Sastri Research Institute, (KSRI) established in 1945 in memory of the great savant and scholar Mm. Prof. S. Kuppuswami Sastri has been doing yeoman service to the cause of Sanskrit and Indological studies in the past seventy-five years. The great professor was a master of many subjects like Sāhitya, Alaṅkāra, Darśanas and so on. Among the many awards and titles conferred on him during his life time, the title 'Darśana Kalānidhi' has a special place. His contribution to Nyāya Vaiśeṣika, Mīmāṃsā and Advaita Vedānta are well known.

Following the footsteps of Prof. Kuppuswami Sastri, his *Śiṣya paramparā* have been upholding the high standard maintained by him by their contributions in various fields of Sanskrit and Indological studies.

The KSRI has a unique distinction of publication of books on diverse aspects of ancient Indian knowledge like Vedic literature, Sāhitya, Alaṅkāra, Philosophy, *Gaṇita śāstra*, Aesthetics, *Dharma śāstra*, *Āgamas*, Grammar, Arts, Architecture, Yoga and so on.

Yoga has attracted the attention of millions of scholars, practitioners and common men across the globe. The KSRI too has been contributing to the study of Yogic texts in different ways for more than four decades.

A glimpse of Yogic study at the KSRI is presented here under various heads:

I. *Vidyā Varidhi*, (Ph.D) (Rastriya Sanskrit Samasthan New Delhi)¹:

Haṭhasaṅketacandrikā of Sundaradeva: A Critical Study –
Dr. K.S. Balasubramanian (Written in Sanskrit)

II. Ph.D. theses (awarded Ph.D. by University of Madras)

1. *Yogayājñavalkya* – Dr. K.S. Balasubramanian (Subsequently
published by Karnataka State Historical society, Dharwad)

2. *Śiva Samhitā* – Dr. Archana: *Śiva Samhitā* is in five Paṭalas;
contains the principles of Advaita and Sāṅkhya too, apart from Śākta,
Śaiva, Haṭha Yoga, Mantra Yoga and Rāja Yoga (Ready for publication).

3. *Yogic Elements in Pañcamahākāvyas* – Dr. R. Muthulakshmi:
Deals with various precepts and practices of many branches of Yoga as
gleaned from the five great literary works of ancient Indian poetry. This
was acclaimed by renowned scholars as an excellent presentation on
hitherto unknown field (Published by Parimal Publications, New Delhi).

4. *Amṛtasiddhiyoga* of *Virūpṅhasiddha* – Dr. Anuradha Sivakumar:
More than 1000 years old text; critical edition from available manuscripts
with detailed introduction and illustrations (in Sanskrit).

5. *Yoga Vāsiṣṭha* – Ms. Lavanya (in progress)

**III. M.Phil dissertations (awarded the degrees by the University of
Madras)**

1. *Amanaska Yoga of Gorakṣanātha* – Dr. V. Premalatha: An
excellent text where many aspects of mind and how to gain mastery over the
mind are given. It describes *pūrva* and *uttara tāraka* divisions which influenced
the later texts including *Advaya Tāraka Upaniṣad* (Published by Karnataka
State Historical society, Dharwad).

¹ Presently Central Sanskrit University, New Delhi.

2. **Gorakṣa Samhitā of Gorakṣanātha** – Ms. Vibha: *Gorakṣa Samhitā* consists of 201 verses containing short but informative details on *ajapā*, *jīva*, *nāḍī*, *kuṇḍalinī*, *mudrās* etc. The later texts like *Haṭha Yoga Pradīpikā* have drawn information from this.

3. **Yoga Pāda of Mataṅgaparameśvara** – Dr. K. Nagarajan: Generally *Śaiva* and *Vaiṣṇava āgamas* are divided into four sections *viz.* *kriyā*, *caryā*, *yoga* and *jñānapādas*. *Mataṅgaparameśvara* is a *Śaiva* Agamic text. Here, as well as in other Agamic texts, only *śaḍaṅga yoga* is followed and it is interesting to find where the text differs from Patañjali's *Yoga Sūtras (YS)* and how these Agamic texts have described some Yogic techniques much before texts on *Haṭha Yoga* were written.

4. **Yoga Pāda of Mṛgendra Āgama** – Mr. S. Margabandhu: *Mṛgendra Āgama* is an ancient *Śaiva Āgama* text commented upon by *Śaiva Ācaryas*. It offers quite a few interesting Yogic techniques not found in *Yoga Sūtras* of Patañjali.

5. **Varāha Upaniṣad** – Dr. Anuradha Sivakumar: This is one of the minor Upaniṣads categorized as 'Yoga Upaniṣads'. It describes quite a few new technical terms and also the positions of *nāḍī*, *prāṇa* etc. The candidate has provided relevant illustrations too.

6. **Śāṅḍilya Upaniṣad** – Ms. Mrinalini: This Yoga Upaniṣad contains many prose passages too. It closely follows *Yoga Yājñavalkya*, but offers some new information.

7. **Yoga Bīja of Gorakṣanātha** – Mr. K. Nagarajan: It is a unique text by the legendary Yogi and mystic Gorakṣanātha who describes some unique practices including *Kāka mārga* (Crow path) and *Markaṭa mārga* (Monkey path).

8. **Yoga Kuṇḍalinī Upaniṣad** – Ms. Mythili: One of the Yoga Upaniṣads, it contains some interesting details on the arousal of

Kuṇḍalinī and a unique *mantra* which is supposed to be efficacious in achieving success in this process.

9. *Yogacūḍāmaṇi Upaniṣad* – Ms. Iswarya: This is one among the Yoga Upaniṣads. It offers some interesting details on *Prāṇava* and also other Yogic practices.

IV. Publications

(i) Books published

1. *Advayatāraka Upaniṣad* – Dr. K.S.Balasubramanian & Dr. T.V.Vasudeva
2. *Amṛtanāda Upaniṣad* – Dr. K.S.Balasubramanian & Dr. T.V.Vasudeva
3. *Darśana Upaniṣad* – Dr. K.S.Balasubramanian & Dr. T.V.Vasudeva
4. *Dhyānabindu Upaniṣad* – Dr. K.S.Balasubramanian & Dr. T.V.Vasudeva
5. *Yoga Vedanta and Sahaj Marg* – Dr. K.S. Balasubramanian
6. *Yogayājñavalkya* – Dr. K. S. Balasubramanian
7. *Yogic Elements in Pañcamahākāvyas* – Dr.R. Muthulakshmi
8. *Amanaska Yoga of Gorakṣanātha* – Dr.V. Premalatha
9. *Gorakṣa Samhitā* - by Dr. V. Preethi
10. *Śivaśvarodaya* – Dr.K.S. Balasubramanian, Dr.T.V.Vasudeva & Dr. K. Vidyuta.
11. *Yoga Saṅgraha* (Critical edition with translation and Notes) – Dr. R. Muthulakshmi

(ii) To be published shortly

1. *Amṛtasiddha Yoga* of Virūpakṣa – Critical edition and Study by Dr. S. Anuradha.
2. *Viveka mārtaṇḍa* of Viśvarūpa – Critical edition and Study by Dr. K.S. Balasubramanian and Mr. K. Nagarajan.

3. *Yogasūtras* (by a blind Yogi) by Dr. K.S.Balasubramanian and Mr. K. Nagarajan.
4. Descriptive Catalogue of Yoga manuscripts in Tamilnadu – Dr. K.S. Balasubramanian..

(iii) Research articles

Many articles have been published on different aspects of Yoga, in our journal “ *Journal of Oriental Research* ” for many years.

The academic staff of the institute have also published articles on Yoga in leading journals and other books brought out by other organizations.

We intend to publish all these papers

V. Projects

The KSRI has also been working on many academic projects, some of which are on Yoga. They are:

1. **Encyclopedic Dictionary of Yoga**: This is a mammoth project containing information on different aspects of Yoga from known, less known and unknown sources. Also invaluable information has been collected from ancient Tamil literature, Buddhism, Jainism etc. A separate section for the original works in Yoga is added there to make scholars and public aware of the rich contribution of our ancients in the field of Yoga.

2. **Gorakṣa Samhitā of Gorakṣanātha**: This is a work of legendary saint Gorakṣa consisting of 201 verses divided into two sections. A critical introduction, English translation, Roman transliteration and Notes enhance this publication. (Subsequently published in 2023).

3. **Yoga Saṅgraha** : (author Unknown) It contains about 200 verses. The special characteristic feature of this text is it gives plenty of unknown information on *nāḍīs*, consciousness etc. Its mss. have been obtained from GOML, (Chennai), Pondicherry and Adyar Library. Critical edition of this

text with Roman transliteration, English translation and Notes along with illustrations was released in 2023.

4. ***Śiva Svarodaya*** : One of the major texts on less known branch of *svara* science of Yoga. It's in the form of Śiva - Pārvati dialogue. It consists of about 400 verses. Text with Roman transliteration, English translation, Notes and Appendix form the content of the text. This was released in 2023.

5. ***Haṭha Saṅketa Candrikā*** of Sundaradeva, Critical edition: This is the most voluminous text on Haṭha Yoga. It belongs to 17th - 18th Cent. A.D. It will be brought out for the first time. The mss. of this text have been procured from Banaras, Kolkota, Jodhpur and GOML (Chennai) and a critical edition would be made ready in 2023. Dr. Muthulakshmi of KSRI was working on this project. Dr. Anuradha and Ms. Mythili were assisting her. Dr. K.S. Balasubramanian was the advisor.

This was funded by Indic Academy under D.P.Santhanam Endowment.

6. ***Varāha Upaniṣad*** : This is one of the minor Upaniṣads that deals exclusively on Yoga. It contains useful information on Haṭha Yoga and Rāja Yoga. The text with Roman transliteration, English translation, critical introduction, Notes and illustrations has been made ready.

Dr. Anuradha Sivakumar worked on this project which was funded by Indic Academy under D.P. Santhanam Endowment.

7. ***Yoga Kuṇḍalinī Upaniṣad*** : This is one of the minor Upaniṣads classified as “Yoga Upaniṣads”. As the title of the text suggests, it deals with the arousal of *Kuṇḍalinī* and contains some unique *mantras* and other details.

Ms. Mythili completed this project with English translation, Roman transliteration and Notes with detailed introduction.

This was funded by Indic Academy under D.P. Santhanam Endowment.

8. ***Yoga Upaniṣads*** : 20 minor Upaniṣads have been published as “Yoga Upaniṣads” based on their contents. The KSRI has already published four of them. We would like to publish the remaining Upaniṣads to complete the series.

VI. Seminars / Conferences:

The academic staff and research scholars of the KSRI have been participating in National and International conferences in various parts of India and foreign countries like Italy, Switzerland, France, Germany, Denmark, Thailand and so on to present their research papers on various topics related to Yoga.

VII. Classes:

Many Indian and foreign scholars have benefited by studying various texts on Yoga at the KSRI.

Dr. S. S. Janaki, former Director of the KSRI had taught different aspects of Yoga to quite a few scholars from Switzerland, France and USA.

Dr.K.S. Balasubramanian, Director of KSRI has also been teaching Yogic texts to scholars from Europe, USA, Canada and other countries apart from Indian scholars.

Thus one can see that in the past four decades, the KSRI has contributed immensely for the study of Yoga. As Yoga has been gaining popularity around the world, more scholars may take up Yoga as their special subject of study. The KSRI would welcome them and also other academic institutions and corporates to sponsor Yogic studies.

On going Projects:

1. Descriptive Catalogue of Yoga Manuscripts – Dr. K.S. Balasubramanian (under Astadasi project of CSU , New Delhi).

2. *Viveka Mārtaṇḍa* of Viśvarūpa – Critical edition and Study by Dr. K. S. Balasubramanian and Mr. K. Nagarajan (CSU , New Delhi).

3. *Yoga Bija* of Gorkṣanātha - Critical edition and Study – Dr. K. S. Balasubramanian and Mr. K. Nagarajan (CSU , New Delhi).

- 4. *Amṛtasiddha Yoga* of Virūpākṣa, Critical edition and Study by Dr. S. Anuradha.

The KSRI is happy to place before the readers the present volume of the *Journal of Oriental Research* (Vol. 94) to the scholars, containing articles pertaining to different topics on Yoga.

We are thankful to the family members of Dr. V. Raghavan for their endowment from which a part of the expenses of the publication of this journal has been met with.

Ms. Lavanya. V. Eswar, Research Scholar of the Institute, assisted the Editorial Committee in source-checking and proof-reading.

Ms. M. Srividhya deserves our appreciation for typing the entire text of the Journal and making it print-ready.

Sri Harish Printers are to be thanked for the neat printing and nice get-up.

14/03/2024
Chennai - 4

Dr. K.S. Balasubramanian
Director

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CONTRIBUTORS