

## घेरण्डसंहितादृष्ट्या हठयोगसम्मतघटयोगतत्त्वविचारः

Principles of Ghaṭayoga as approved by  
Haṭhayoga—A Study in the light of Gheraṇḍasaṃhitiā

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The theory of Yoga has a great and important place in the literature and life in the world. Indian civilization, culture, tradition, literature and human life are also influenced by the Yoga. The founder of Rājayoga Philosophy is Patañjali. As per Indian Yogic tradition, Yoga literature is divided into four parts. These are Mantrayoga, Layayoga, Haṭhayoga and Rājayoga. Haṭhayogic literatures like Haṭhayoga-pradīpikā, Śivasamhitā, Gheraṇḍasaṃhitiā and others are discussed the theory of body and mind. Basically, in Haṭhayoga body is called as Ghaṭa or Pīṭha. But mind is also attached with the body or Ghaṭa. The process of purification of body and mind is described in the Gheraṇḍasaṃhitiā with seven upadeśas. Saptasādhana, Śodhana, Dhauti and so on are presented by the great sage Gheraṇḍa to Caṇḍakāpīlika in the first upadeśa. In the second, third, fourth, fifth, sixth and seventh upadeśas are serially described the Āsana, Mudrā, Pratyāhāra, Prāṇāyāma, Dhyāna and Samādhi in details.

**Keywords:** Haṭhayoga, Ghaṭayoga, Sādhana, Śodhana, Āsana, Mudrā, Prāṇāyāma, Samādhi.

भारतवर्षेऽस्मिन् प्राचीनकालादेव योगविद्यायाः महत्त्वं प्रतिपादितमस्ति।  
आर्यजातीनामितिहासेष्वपि योगतत्त्वानां वर्णनं प्राप्यते। मनुष्यजीवनेऽपि च चतुर्विधेषु पुरुषार्थेषु

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