



# 5

**Yógena cittasya padená vacāṃ  
málám sárírasya ca vaidyákeṇa**

**Yópākarottāṃ pravaraṃ munínāṃ pátánjálīm  
prāñjalirāná tosmī**

**Ábāhu purusākāraṃ sankhacakrāsí dhāriṇam  
sáhásrasirasám svetaṃ práṇāmami pátanjalim**

**Srī mate anantāyá nāgarājaya namo namaḥ**

I pray to Patanjali, heir of the great sages, who gave us the knowledge of Ayurveda to remove impurities of the body, Sanskrit grammar to remove impurities of speech, and Yoga to remove impurities of the mind.

I bow completely to Patanjali, who, with a thousand heads and a pure white complexion above his shoulders, a human body below, carries a conch, a disc and a sword.

I pay homage and bow perpetually to the serpent king, Adisesha.