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Gheranda Samhita; Sanskrit Text With English Translation

Rai Bahadur S. C. Vasu

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Hatha-Yoga is one of the most important forms of Yoga in which attempt is made to attain concentration or Samadhi by purification of the body and physical exercises. The Tantrik Sanskrit text Gheranda Samhita, which is in the form of dialogue between the sage Gheranda and an inquirer Chanda Kapali, teaches Yoga under heads or Sadhanas.

The book, containing three hundred and fifty verses, is divided into seven chapters, in each of which are given the directions for the purification of the body, Asanas or postures, Mudras, Pratyahara, Pranayama, Dhyana and Samadhi. The present translation of the Gheranda Samhita from original Sanskrit into English is an important contribution to the literature on Yoga and should be of great use to those interested in the subject.

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