



**Yogena cittasya padena vacam  
malam sarirasya ca vaidyakena  
yopakarottam pravaram muninam  
patanjalin pranajaliranato'smi  
abahu purusakaram  
sankha cakrasi dharinam  
sahasra sirasam svetam  
pranamami patanjalin.**

*Let us acknowledge the noblest of sages Patanjali,  
who gave us*

*~ Yoga (Sutras) for serenity and sanctity of mind.*

*~ Grammar (Sanskrit) for clarity and purity of speech.*

*and*

*~ Medicine (Ayurveda) for perfection of health.*

*Let us give thanks and praise to Patanjali,*

*an incarnation of Adisesa,*

*whose upper body has a human form,*

*whose arms hold a conch and a disc,*

*and who is crowned by a thousand-headed cobra.*