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Hatharatnavali (A Treatise on Hathayoga) by Dr. M. L. Gharote. Item Code: NAK830. Cover: Paperback. Edition: 2019. Publisher:

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While bringing out this edition, I have tried to remove some anomalies which came to our notice after the publication of the previous edition. He further describes mudras and kumbhakas pranayama and discusses their importance, technique and effects.

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The Hatharatnavali of Srinivasayogi is a little known but nevertheless important text on Hatha yoga. It was first published in 1982 in an edition by M Vekata Reddy but since that time additional copies of the manuscript have been discovered and become available.

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"Hatharatnavali is an important text of hatha-yoga written by Shrinivasa, but not widely known as Hathapradipika. The salient features of the text include clear conception of yoga, description of ashta-karmas, eighty-four asanas and elaboration on mudras.