

Aṣṭāṅgayoga before Patañjali: The Yoga Treatise in the *Carakasamhitā*

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The early Sanskrit medical encyclopedia *Carakasamhitā* includes a short embedded treatise on yoga and liberation that has so far not attracted scholarly attention. A translation of this passage is presented and discussed. This yoga appears to date from a period before Patañjali. It presents yoga as a eightfold path, but the eight steps are all quite different from those of Patañjali. These may also be compared with the Buddha's eightfold path, which is again a soteriological system of eight stages, which are different from either Caraka's or Patañjali's.