



ISSN Print: 2394-7500
ISSN Online: 2394-5869
Impact Factor: 5.2
IJAR 2016; 2(3): 97-98
www.allresearchjournal.com
Received: 08-01-2016
Accepted: 11-02-2016

Dr. Bhaskar Shukla
Assistant Professor (Physical
Education), H.N.B Govt. P.G.
College, Naini, Allahabad,
Uttar Pradesh, India.

Yoga - An Indian spiritual methodology

Dr. Bhaskar Shukla

Abstract

Yoga is not a single word; it represents the whole culture of "Indian Spiritual Methodology". Yoga a Sanskrit word has many meanings; it is initially derived from the Sanskrit root "yuj", meaning "to control", "to yoke" or "to unite". Yoga in current era is playing a role of alternative medicine for most of the person, it not only enhances physical level of human but also increases mental level of humans and Yoga acts as bridge between our Physical life and Spiritual Life. Impact of Yoga can be seen in nearly all aspects of life.

Keywords: Indian methodology, Raja Yoga, human revelation, spiritual satisfaction

Introduction

Yoga is not a single word; it represents the whole culture of "Indian Spiritual Methodology". Yoga a Sanskrit word has many meanings; it is initially derived from the Sanskrit root "yuj", meaning "to control", "to yoke" or "to unite".

Meaning of Yoga also includes "joining", "uniting", "union", "conjunction", and "means. Some philosophers believe that Yoga word is derived from "yujir samadhau," which means "contemplation" or "absorption.-This translation fits better with the dualist Raja Yoga because it is through contemplation that discrimination between prakrti (nature) and purusha (pure consciousness) occurs.

Yoga in current realm of human revelation has played an important role. Not only Indian but whole world is moving toward achievement of mental, physical and spiritual satisfaction via using Yoga. As per Hindu philosophy main branches of Yoga are Rāja Yoga, Karma Yoga, Jnana Yoga, Bhakti Yoga, and Hatha Yoga. Great Indian philosopher "Sri Sarvepalli Radhakrishnan", yoga, based on the Yoga Sutras of Patanjali, comprises one of the six main Hindu schools of philosophy (darshanas), together with Kapila's Samkhya, Gautama's Nyaya, Kanada's Vaisheshika, Jaimini's Purva Mimamsa, and Badarayana's Uttara Mimamsa or Vedanta. Some Indian Philosophers texts discuss aspects of yoga, including the Upanishads, the Bhagavad Gita, the Hatha Yoga Pradipika, the Shiva Samhita and various Tantras.

Most of the Indian Philosophers believe "Maharshi Patanjali" was the founder of the formal Yoga philosophy. Patanjali's yoga is known as Raja yoga, Raja Yoga talk's about controlling the Mind via using Yoga. Patanjali defines the word "yoga" in his second sutra, which is the definitional sutra for his entire work.

Yogaś citta-vṛtti-nirodhaḥ

Patanjali Yog Sutra 1.2

Patanjali's writing also became the basis for a system referred to as "Ashtanga Yoga" ("Eight-Limbed Yoga"). This eight-limbed concept derived from the 29th Sutra of the 2nd book, and is a core characteristic of practically every Raja yoga variation taught today. The Eight Limbs are:

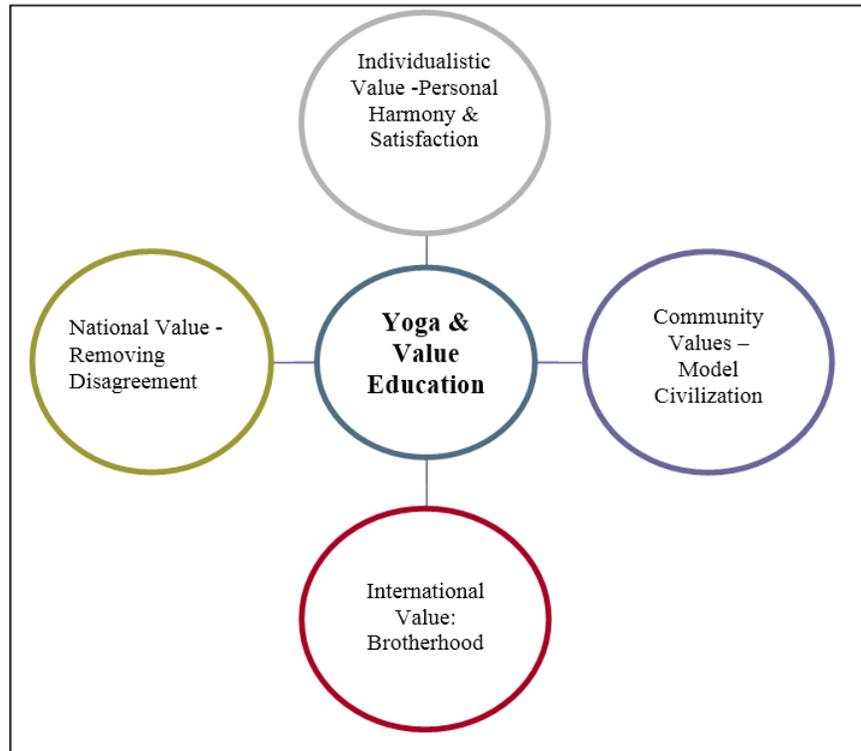
1. **Yama:** (The five "abstentions"): non-violence, non-lying, non-covetousness, non-sensuality, and non-possessiveness.
2. **Niyama:** (The five "observances"): purity, contentment, austerity, study, and surrender to god.
3. **Asana:** Literally means "seat", and in Patanjali's Sutras refers to the seated position used for meditation.
4. **Pranayama** ("Suspending Breath"): *Prāna*, breath, "āyāma", to restrain or stop. Also interpreted as control of the life force.

Correspondence

Dr. Bhaskar Shukla
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Uttar Pradesh, India.

- 5. **Pratyahara**: ("Abstraction"): Withdrawal of the sense organs from external objects.
- 6. **Dharana**: ("Concentration"): Fixing the attention on a single object.
- 7. **Dhyana** ("Meditation"): Intense contemplation of the nature of the object of meditation.
- 8. **Samādhi**: ("Liberation"): merging consciousness with the object of meditation.

Yoga & its relationship with Social Values can be understood by below drawn diagram and Chart.



Yoga & Domains of Values

Modules of Yoga & its relationship with Value Education

S. No.	Modules of Yoga (Limbs)	Yoga & its relationship with Value Education	Domains of values			
			Individual	Community	National	Inter-national
1.	Satya (Truth)	Universal value	✓	✓	✓	✓
2.	Ahimsa (Avoidance of violence)	Universal value	✓	✓	✓	✓
3.	Asteya (Non-stealing)	Universal value	✓	✓		
4.	Aparigraha (Non-possessiveness)	To reduce the sense of social differences, bringing equality & To increase socialism	✓	✓		
5.	Brahmacharya (Strict Celibacy)	Universal value	✓			
6.	Shaucha (Purification)	Internal and external purification - social value	✓	✓		
7.	Santosha (Contentment)	Mental value, social, national - essential for international harmony, essential for mitigation of consumerism	✓	✓	✓	✓
8.	Tapas (Essential Energy)	Individual, but persistence and enhances in terms of universal value	✓			
9.	Swadhyaya (Self –Study)	Essential for self & social development	✓	✓	✓	
10.	Ishwar Paridhan (Surrender to god)	Spiritual value, the origin of faith	✓			
11.	Asana (Posture)	The value of physical and mental health	✓		✓	✓
12.	Pranayama (Control of Force)	Vitality, action to increase the power of energy	✓	✓		
13.	Pratayahara (Withdrawal)	The value of sacrifice and restraint	✓	✓	✓	✓
14.	Dharna (Concept)	Concentration	✓			
15.	Dhyana (Attention)	Value of Peace, harmony	✓	✓	✓	✓
16.	Samadhi (Trance)	The value of spiritual Absolute value,	✓			

Yoga in current era is playing a role of alternative medicine for most of the person, it not only enhances physical level of human but also increases mental level of humans and Yoga acts as bridge between our Physical life and Spiritual Life. Impact of Yoga can be seen in nearly all aspects of life.

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