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National Seminar on "The Importance of Sports, Physical Education and Psychology for Personality development At Present Scenario"

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Held on (01 February 2020, Saturday)

Organized by: Department of Psychology, Sports and Physical Education
Shivaji College, Hingoli-431513 (Maharashtra)



Yoga :An Ancient Indian Historical Study of Body

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Abstract

Yoga Practice will lead Human Being to a sense of peace and well Being. Yoga is nothing but the art of living it helps to strengthen our body, calm our mind, and regain our focus and improves self confidence. Yoga is a science of life. From the Ancient Indian scriptures we can get detail information about yoga like Yajurveda, Atharveda, Upnishada and Mahabharta. According to the Sankhya Philosophy holds that by nature, the external body liberated organism is transformed by contact with nature. Yoga help to maintain health in a person by keeping by the individuals body, mind and sprit in perfect equilibrium with nature. yoga is a Physical, mental and Spiritual Practice or discipline which Originated in India there is a broad variety of Schools. There are number of pranayams and yogic techniques in yoga. Yoga is a way life, and regular practice of yoga can bring remarkable lifestyle changes in the practitioners.

Introduction

Yoga Means union of the individual Consciousness or soul with the Universal Consciousness or Sprit. The Word "Yoga" Comes from the Sanskrit root Yuj, Which means "to join" or "to yoke" yoga is a Practical aid, not a religion. Yoga is on ancient art based o a harmonizing System of development for the body, mind and Sprit. The Continued Practice of yoga will lead you to a Sense of Peace and well being and also a feeling of being to one with their environment. Yoga is a 5000 year old Indian body of Knowledge. Though many think of yoga only as a Physical exercise where People twist, turn, Stretch and breathe in the most Complex ways, the Science of yoga imbibe itself the Complete essence of the way of life, including Gyan yoga or Philosophy, Bhakti yoga or path of devotional bliss, Karma yoga or path of Blissful action and Raj yoga or path of mind Control.

Raj yoga is Further divided into eight Parts. At the heart of the Raja yoga System, balancing and unifying these various approaches, is the Practice of Yoga Asana.



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What is yoga

It is nothing but the art of living, yoga is a holistic way of life that integrates all elements of ancient Knowledge of yoga to make Prayerful discipline uniting the body, mind an Soul. Effective yoga postures and breathing techniques a greater emphasis is placed on the inner experience of meditation, for the well being mind and other hidden elements of human existence. We believe when one is in harmony with in, the journey through life becomes Calmer, happier and more fulfilled. Yoga can be taught in a Pure, joyful and through manner. It helps to strengthen our body, Calm our mind, regain our Focus and improves self confidence. It is applicable for everyone of all age groups. Regular Practice of yoga can bring remarkable lifestyle Changes in the Practitioners. You can experience relief from Chronic illness and behavioral Changes.¹ Yoga Practitioners can live a healthy, happier living with reduction of anxiety and increase tolerance and mindfulness. Yoga is the Secret of good health and greater sense of happiness.²

Yoga It's History

First of all yoga word used in Patanjali yoga sutra by and ancient Scripture in our Cultural life by Maharshi Patanjali. In our ancient religious 'yagnaya valkya Smriti' rishi Yadnyavalkya Says "AyantuParmodharmoYadhogenamdarshanam"³ yoga is the greatest religion for Self Presentation. Yoga is a Science of life. In Ayurveda mentioned that the world's most Sophisticated and Powerful mind body health Systems. Yoga used from ancient times in our all vedic ancient Scripture as well as Sanhitas and Shrutis. In Rigvedas we find Slokes (Rucha- 1.18.7, 1.34.9, 10.13.1) importance of yoga about our human body.⁴ The five Mantras indicated above the Yajurveda are recited in the Shvetashvatar Unpnishad, giving a detailed discussion in the Atharvaveda (19.8.2) also we find the word of Yoga existing in seed. We see a good expansion of the most ego Stratum of Yoga Process in the Vedic texts. In the Vedic Codes, we find many references to Prana, Apan, Vyan, Udaan and Saman-Pran. Although the life is the same, many names have been taken from the layer work distinction and location Position and the distinction and Consciousness. In the Mantras of Yujurveda we also find mention of the five lives at to places somewhere three, somewhere for and one at to places in the Yajurveda Samhita of Prana, Prayanaapan, Vyana and Uaddan are mentioned in many ways, while the same name Pran is remembered as Yatra-Tatra.⁵



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In the Atharvaveda, there is a great mention of the Pair of Prana and Apan and Vyan and Uddaan. In Fact the most detailed mention of life is in the Atharvaveda Presents a unique description of Pranvidya. In this Suktha, the Various grounds and activities of life from Person to Person have been remembered. The first mantra of the Sukta Underlines the generality of life and Says that everyone Salutes the Soul, in whose Control it is all. Who is the God of all beings and in whom all this is distinguished A Ritha of the Yujarveda addresses these Souls as Sages.⁶ This sage, existing in the body, developers and establishes the mind-brain as a sage. Rishi means to understand the underlying Facts and mysteries without any Knowledge. This is the Climax of logical and intellectual flourishing. In the absence of Rishtiva, it is often impossible to find Proper Knowledge of Scriptural facts and that of Songs. In the absence of Yogacharya, the attainment of Rishitva is impossible. Therefore, it is clear that only the underlying elements can be Known in Veda mantras with Yogajanic Wisdom. Ahirbudhanya Samhita introuduces Hiranyagarbha as the initial Spoken person of Yoga. According to this, Yoganushasana and Pushupat yoga are the Promoters of both of them, Hiranyagarbha the Ahirbudhanya Samhita represents yoga as having two distinctions, Called Bahirrag and Garam with Yamadi Agas,

Yadnavalkya Smriti and 'Mahabharta' Hiranyagarbhayogasya Speaker Nanya : Calling the ancient, Hiranyagarbha accepts the initial Spoken person of yoga.⁷ Another reference of the Mahabharata Calls this Hiranyagarbha as Daimyatman and Vibhu, and it is remembered in the vedas very often. The 121stSukta of the tenth Madala of the vagveda is called Hiranyagarbha Sukta. Hiranyagarbha, Called Dutimana and Vibhu by Mahabharta, is none other than the Rigveda, Hiranyagarbha Sukta is the effulgent Brahman. Adbhud Ramayans declares this Hiranyagarbha as the Saul of the world. It is Clear from all this description that vedic tradition has been accepting yoga as the only God. Some other nations about yoga Spoken Person Hiranyagarbha have also been expressed by Scholars.⁸ Some of the Maharshi Sankhya Spoken Person Call Muni kapil as Hiranyagarbha, while Some others call a Sage named Hiranyagarbha Scripture was very elaborate, perhaps only after taking its essence, Patanjali has Practiced yoga. The expected from of this yoga is found in the Upanishadic literature. Although this is not so Standard and well-known as yoga. All forms of Punar yoga Shastra are available in the Upnishadas, the great desire for Self-realization, Can be Completely different from broad grounds of yoga.



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The goal of yoga Philosophy is the Self-located Position of the Vision through the Prevention of Chittavruti. In Fact, it is the State of Samadhi of Atma Darshan. The Upanisadas also have the same goal. Yadnavalkya's Prayer in front of maitrey is the Climex of yearning for Self-Philosophy. The Isophanisad advises the interview of Satya by removing the Hiranyamya Cover. What is the basic avidya empty of all other tribulations read under the Panch tribulations in this mantra yoga Scripture ? Even in Ayurveda, People Crimes have been Called the root of all diseases. In the Upanishads, the Prinicial ken Chhadogya, Bhrihad arnakya Maitraya Nikaushitaki and Shwetashvatar etc. The enlightened Brahmaidya, apart from yoga, enforces many Upanishad Subjects with the Brahmavadinovadati Sentence. In the Upanishads, we Clearly find the names and method of Yogas like asana Pranayam dharma, meditaion, Samadhi⁹ etc.

Yog anusthan has gained immense importance in Indian Philosophical thinking. In the Philosophy texts and their languages, the yoga episode is Prominently described. YogDarshan is a Partner of Sankhya Philosophy in terms of Subject rendering. Although Sankhya Shastra is Considered Sufficiently ancient form yoga Philosophy. But due to the very Similarity, these two have also been Considered mutually Contemporary the Bhagvad Gita, Propounded by Lord Krishna, declares a Person who Understands these two Scripters Separately as a child. In Sankhya Philosophy, the yoga of Yoga Postures, meditation etc. has been determined according to the formula by Creating a Separate formula. Even in both Scriptures, Some Sutra is literally the same. The Sankhya Philosophy holds that by nature, the external Buddha-liberated organism is transformed by Contact with nature.¹⁰ Contact with nature Causes Contact to be unreasonable Prakriti is yoga as long as it is indiscriminate and will last for as long as Prakriti is yoga. There will be Sorrow and Closure, Cycle of birth and death also. The medicine of this indiscretion is only Samadhi. Interview of body-unconscious distinction by Samadhi when the Saul gets, then where does the indiscretion remain ? The Indiscriminate Contact with nature when Contacted by nature the Class is found.

Vedanta Philosophy Imparts many Yoga, including meditation to encompass the mind, in addition to this, in ancient literature, we also offer Yogamahtis get examples. There are important information related to yoga in many Cases of Mahabharata Special and Peace Festival Ashwamedha festival and discipline Festival. The inert Gita of Mahabharata is the living document of many revolutionary and declarations concerning



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yoga, by using the word yoga in a new context, the field of yoga and its bases have been extended and form the Gita is truly epoch making.

The definition of yoga and the yogic and its underlying elements – asceticism, self study, meditation, concentration, non- violence, quietness, dietary routine etc. as we find in the Gita a panoramic and pleasant description, is rare elsewhere. In the form of Gyan yoga, karmyoga, Bhakti yoga , Raja yoga etc. we find a substantial expansion of the multi-faceted form of yoga in the Gita.¹¹

Puran is the most controversial piece of Indian literature. Many scholars have been accusing the puranas of turning Indian religion and philosophy towards abjection. Even n the puranas we have not been able to get rid of these accusations in reference to the plurality layer related to yoga. Vayu, shiva, Brahma, Garuda, Vishnu, Agni and Linga Purans¹¹ are specially mentioned about yoga.¹²

Ayurveda the science of life

Ayurveda is the world's most sophisticated and powerful mind-body health systems. Ayurveda is a science of life !it offers a body of wisdom designed to help people stay vibrant and health while realizing their full human potential. It uses the inherent principles of nature, to help maintain health in a person by keeping by the individuals body, mind and spirit in perfect equilibrium with nature. Practicing Ayurveda also improves your yoga practice, a perfect win-win situation.

Pranayama and Meditation

Pranayama is the extension and control of one's breath. Practicing proper techniques of breathing can help bring more oxygen to the blood and brain, eventually helping control prana or the vital life energy. Pranayama also goes hand in hand with various yoga Asanas. The union of these two yogic principles is considered as the highest form of purification and self discipline, covering both mind and body. Pranayams techniques also prepare us for a deeper experience of meditation. There are number of pranayams and yogic techniques like yoga Mudra, Utthitapadasana, Shashankasana, Janushirasna, Padmasana, Trikonasana, Nadisuddhi, Paschimottanasana, Marjariasana,



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Sirsasana, Sarpasana, Advasana, Vajrasana, Vrikshasana, Tadasana, Urdhavapadmasana, Gorakshasana, Setuasana, Meruvakrasana, Ekapadapranamasana, Hanumanasana, Maha mudra, Kukkutasana, Ekapadasana, Uttanpadasana, Nankasana, Pavanmuktasana, Mandukimudra, Mahabandha, Dhanurasana, Jalandharabandha, Santulanasana Moolabandha, Pranayama, Suryanamaskara, Shitali Pranayama, Ashtanga Namaskara, Shavaasana,¹³ etc.

Conclusion

Thus yoga is a Physical, mental and Spiritual Practice or discipline which Originated in India there is a broad variety of Schools, Practices and goals in Hinduism, Buddhism and Jainism. Yoga is a Simple Process of reversing the ordinary out word flow of energy and Consciousness so that the mind becomes a dynamic Center of direct Perceptions no longer dependent upon the fallible Senses but Capable of actually experiencing Truth. Yoga is nothing but a way of life.

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