

THE ECONOMICS OF YOGA

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Abstract

This paper will provide overview on ancient art and great science of Yoga which is attracting millions and millions of people across the globe. Its practice is blossoming and growing more and more every day and I hope that it will be useful. I wish to express my deepest gratitude to my father Mr Virender Pal Singh, a true human being and follower of a great Mahayogi of Himalaya Pilot Babaji, for his encouragement and assistance. Pilot Baba is an Indian spiritual guru who was previously Wing Commander Kapil Singh, a fighter pilot with the Indian Air Force. Pilot Baba has established a number of Ashrams or spiritual centers both in India and abroad and awarded [Vir Chakra](#), [Shaurya Chakra](#), [Vishisht Seva Medal](#) by the Government of India.

What is Yoga

What is Yoga? According to the Maharishi Patanjali, Yoga means to control the subconscious / unconscious mind or control over the five types of Vritti (Bhumi) of the "Chitta" existing within the all people.

History of Yoga

There is no consensus on the origins of Yoga and its origins are a matter of debate but we can say that Yoga developed in ancient India more than 5000 years ago. As per information available on the portal of Ministry of External Affairs, Government of India under "Public Diplomacy", "the tentatively, the period between 500 B.C. – 800 A.D. is considered as the classical period which is also considered as the most fertile and prominent period in the history of Yoga. During this period, commentaries of Vyasa on Yoga Sutras and Bhagwatgita etc. came into existence. This period can be mainly dedicated to two great religious teachers of India _

Mahavir and Buddha”. As per information available on the portal of Ministry of Ayush, Government of India, Maharishi Patanjali, “The Father of Yoga” compiled and refined various aspects of Yoga systematically in his “Yoga Sutras” (aphorisms). He advocated the eight fold path of Yoga, popularly known as “Astanga Yoga”.

Fundamentals of Yoga

According to the Patanjali Yoga Darshanam, the theory of Yoga is based on its Ashtanga or its eight parts which are as under:-

1. Yam

Ahimsa, Satya, Asteya, Brahmcharya and Aparigraha are the five Yam

2. Niyam

Shaucha, Santosha, Tapa, Swadhyaya and Ishwara Pranidhana are the five Niyam

3. Asana

According to *Hatyoga Pradeepika* (Dr. Chamanlal Gautam, Sanskriti Sansthan, Bareilly : 1982), the Munis and Yogis of India have mentioned numerous Asanas but Adinath Shiva have mentioned eighty four lakh Asanas out of which, eighty four are important and commonly in vogue and out of these 84, only four Asanas have been found more suitable. These four most important Asanas are Sidhha Asana (Perfect Posture), Padma Asana (Lotus Posture), Simhasana (Lion Posture) and Bhadra Asana (Blessed Posture). Yogi Dharendra Brahmchari in *Yogasana Vijnana* (The Science of Yoga) described these Asana as under:-

- **Sidhha Asana (Perfect Posture)**

Sidhha Asana (Perfect Posture) has been related as the foremost among the 84 lakh Asanas. It is possible to attain the ultimate heights of yoga through the practice of this Asana and thus to achieve all the perfections and Sidhis (or supernatural faculties and self-realization) of yoga. There is no need of any other asana if one has mastered in the Sidhha Asana (Perfect Posture)

- **Padama Asana (Lotus Posture)**

It is the Asana which must be practiced by all – men, women, children, old and young alike. The Yogi sitting in this Asana is lifted from the ground and is suspended in mid-air. It can be practiced by the brahmchari, the householder, vanaprasthi or the sanyasi. It supposed to be perfected if the posture can be maintained for a period of 3 hours and 48 minutes in the prescribed fashion.

- **Simhasana (Lion Posture)**

It is the Asana which helps in relieving the ailments of the oral cavity, teeth, tongue, jaws and throat. By its practice all three locks, i.e. MulaBandh (Basal lock), UddiyanaBandh (Adminal Lock), and the Jalandhar Bandh (Chin lock) are applied automatically

- **Bhadra Asana (Blessed Posture)**

This Asana has been found useful for developing the ability to concentrate because the mere practice of fixing the gaze leads to the stabilizing of the mind and although it is easy to perform, it is nevertheless capable of bestowing subtle benefits

4. Pranayama

The Pranayama defined as the “cessation of the process of inhalation and exhalation”. The practice of Pranayama is regulated by the location, season and rhythm making it either deep (dirgha) or subtle (sukshama). The Pranayama described as a Bridge between the external (Bhotik) and internal (Sukshama) world.

5. Pratyahara

Pratyahara has been defined as the withdrawing of mind from the sensory engagements. It indicates dissociation of one’s consciousness (withdrawal) from the sense organs which helps one to remain connected with the external objects

Dharana

The Dharana has been defined as the process of binding consciousness to a point, place, regions or object (deshabandhahchittasyadharana). In Shivyog, there are twelve Dharnas, Muladhara, Swastithana, Nabhichakra, Hridayachakra, Kanthchakra, Rajdanta (Jhiwamula), Bhruachakra, Nirvanachakra, Brahamrandra, Samastikara (Ahankara), Karana (Mehtatva or Akchhara) and

Niskala (Grahatapurusha). It indicates broad based field of attention (inside the body and mind) which is usually understood as concentration

6. Dhiyana

The Dhiyana has been defined as the state when there is a steady and continuous flow of attention and concentration on a point, place, region or object (tatraPratyayaekatnatadhyanam). Dhyana is contemplation (focused attention inside the body and mind)

7. Samadhi

The Samadhi has been expressed as an omnipresent state when the mind loses itself and the object alone shines without differentiation (tadevaarthamatranirbhasyamswarupashunyamiva Samadhi).

Importance of Yoga

The ancient art and great science of Yoga opens a door of new invisible world for those who are seeking something more out of this materialistic world. The different paths in Yoga are for good health and peaceful mind. Yoga has a key of inner world, Yoga is a science of prevailing the mystery of inner world. Yoga helps us to understand the nature of our existence and to grow as a better human being.

Role of Guru and Diksha in Yoga

One must have a Guru. In Sanskrit, the word, “Gu” means “darkness” and the word “Ru” means “dispel”, therefore, Guru Means the one who dispels the darkness and bring light and more understanding. A Guru (gu+ru = dispeller of darkness). The Guru helps us divert from the path of Avidya (ignorance) to Vidya (knowledge). In the Yoga, without Guru Diksha there is no salvation, no moksha, no life. One must have a Dikshaby Guru for body, mind and soul. There are so many kinds of Diksha in the Yoga like Guru Diksha, KriyaDiksha, SanskaraDiksha, SankalpaDiksha and Samadhi Diksha. Guru Diksha has a scientific approach. It is a science of energy and science of sound energy. It is a master and disciple connection. After Guru Diksha one can walk on the path of Self Realization and one can go into Samadhi. According to the Pilot

Babaji, the words of the Guru, the sacred mantra given by Guru creates Kavacha (shield). It armours you with divine power around your body and mind.

Government Policy for Development of Yoga

The Ministry of AYUSH (Ayurveda, Yoga and Naturopathy, Unani, Sidha and Homeopathy) was formed by the Government of India on 9th November 2014 to ensure the development and propagation of AYUSH system of health care. The Hon'ble Prime Minister of India while addressing the 69th session of United Nations General Assembly (UNGA) on 27th September 2014 urged the world community to adopt an International Day of Yoga. The member UNGA approved the proposal on 11th December 2014 by consensus with record 177 co-sponsoring countries resolution to establish 21st June as "International Day of Yoga". The Ministry of AYUSH, Government of India successfully organized 1st International Day of Yoga on 21st June 2015 at Rajpath, New Delhi. Millions of people have participated in the first International Day of Yoga. On this occasion, two Guinness World Records were made viz. the largest Yoga Lesson involving 35,985 participants and maximum number of Nationalities (84) participated in a single Yoga lesson.

The Government of India has taken several steps to promote Yoga approving and Notifying the National AYUSH Mission (NAM) which makes provision for Co-location of AYUSH facilities at Primary Health Centers, Setting, Up-gradation of AYUSH Hospitals and Institutions. Some Institutions has started under graduate, diploma and short term coursed on Yoga.

Conclusion

Yoga Swami Svatmaram in Hatha Yoga Pradipika said that Yoga cannot be experienced "by wearing Yoga garments, or by conversation about Yoga, but only through tireless practice". According to the Hath Yoga Swami Svatamaram, "Success depends on a cheerful disposition, perseverance, courage, self-knowledge, unshakable faith in the word of the Guru and the avoidance of all superfluous company", (1.61 & 1.16). According to Pilot Babaji, "drop everything that has come from outside, throw it out, suddenly you will find your mind is giving way into no-mind".

Therefore, in this materialistic world, start inner journey through Yoga and try to live with Peace, Love and Harmony.

[**Sources:** Information available on the portal of Government of India, Books like Patanjali Yoga Darshanam, Hath YogPradipika&YogasanaVijnana (The Science of Yoga) and information available on Google]