



TO STUDY ON THE PHILOSOPHY OF YOGA Name: **PARITOSH BISWAS,**

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ABSTRACT:

Yoga and philosophy is the way to achieve totality in life. Totality means perfection in every aspect of life which gives true happiness and contentment. A true perfection must have healthy body, healthy mind, blissful spirit, successful career or profession, peaceful and harmonious family and social life. All these should lead to ideal, healthy, happy and prosperous society and great nation.

Yoga has originated in India. The word yoga means union, combination or merging of two things in one. The philosophy of yoga is the union of human body with the supreme universal power to whom we can also say God or almighty. Yoga is an eternal science comprising of many ways through which a person can attain union between body, mind and spirit to achieve self-realization.

Yoga philosophy has special importance in philosophy. That is why all philosophical sects, Indian or Vedic or Atheist, practice yoga in one form or another. The reason for this is that Yoga Sadhana is the practical aspect of all philosophy and especially Sankhyadarshana.

KEY WORD :PHILOSOPHY, YOGA IN PRESENT SITUATION

INTRODUCTION:

"Yoga is merely the practice of restraining the mind from taking any sort of form"(Patanjali, an ancient Hindu Philosopher) . The thing is that there is more than just one way seeing and doing this. We know about Yoga . Yoga is not a tool to be in shape or to become more flexible or more in tune with yourself. It is beyond all this definition.(Fernando Aguilar, Jan 28, 2018)

BASICS PRINCIPLES OF YOGA:

Yoga philosophy is often called Yoga, is one of the six essential philosophies, or scriptures of Hinduism. The emergence of philosophy is not clear, but initial references can be found in the Upanishads of the first millennium BCE.

Yoga is a dualistic philosophy which is based on two fundamental realities: Purusha, which means "pure consciousness," and Prakrit, which means "matter." Every living being is considered to be a form of relationship between these two things and each living being is a "union" or "yoga" of body and mind. The path of doctrines is by moral principles, yamas and niyamas, and must ultimately culminate in moksha (spiritual liberation).

Yoga philosophy describes Sankhya's principles of the three *gunas* or *inner qualities* - *sattva*, *rajas* and *tamas* - present in every living being. Sattva represents peace, serenity and kindness; rajas represents luxury, attachments and activity; and tamas represents anger, hatred, destruction and chaos. Although it present in every individual, the three gunas are found in different proportions. This theory of the three gunas is a base for yoga philosophy of the mind. Yoga philosophy believes that purusha is sattva and prakriti is tamas.

From the ethical principles of yamas and niyamas, yamas describe the values that should be avoided, such as lie, theft, or violence, while niyamas outline the values that should be followed, such as purity, truth and meditating on God.

Yoga philosophy is well described in "The Yoga *Sutras* of Patanjali," where he describes the eight steps or stages, that one should follow to reach moksha.

These eight stages are the yamas and niyamas, asanas (physical practice), *pranayama* (breathing exercises), *pratyahara* (withdrawal), *dharana* (concentration), *dhyana* (meditation) and *samadhi* (union with God).

PHILOSOPHY OF YOGA:

In yogic vision, the heart is the place of the soul, the higher self and divine presence within us. Yet this heart is not a physical or emotional heart, but a spiritual heart, which in Sanskrit is called a heart. To practice yoga properly, we must develop a yogic brain and a yogic heart. By the directions of yogic mind, unity through inner knowledge and meditation is possible. Yogic heart reflects unity through inner devotion and dedication.

The yogic efforts of self-interviewing is based on a particular understanding of one's own nature. According to Yogic philosophy, our true self is sacred consciousness, not the body or mind. This higher purest self or spirit is called Atman, it is different from the ego. It is a part of us, a part of our nature that is not changeable and eternal. It is often defined as an internal witness, compared to which there are external fluctuations in the movements of the

mind, emotions, and senses. Yoga is a tool for understanding and maintaining our awareness within us.

Our true self or spirit unites us to existence as an expression of God. It takes us beyond the physical and intellectual view of self to a deeper oneness with universal supreme. To reach this inner self, we must keep our body consciousness in the background, move beyond the mind, and experience the divine reality directly within us.

OBJECTIVE OF THE STUDY :

The study is designed to achieve the following objectives

- * To know the philosophy of Yoga**
- *To know the awareness are the constant traffic of life**
- * To know the global View**

HISTORY AND ORIGIN OF YOGA AND PHILOSOPHY:

Yoga philosophy and practice is as old as human creation. The modern geographers, and anthropologists also believe that life on Earth began 2-3 billion years ago. According to Indian tradition, at the beginning of creation, the first yogi saints were seen in intense meditation in the Vedic scriptures. This is why the history of yoga begins with the Vedic sage from the beginning of creation.

The science of yoga began thousands of years before the birth of the first religions or belief systems. In Yoga, Shiva is considered the first Yogi or Adiyogi and the first Guru or Adi Guru.

Although yoga was practiced in the pre-Vedic period, the great sage of that time, Maharishi Patanjali, pointed out the modern practices of yoga and its importance and the knowledge associated with it in his Yoga Sutras. After Maharishu Patanjali, many sevis and gurus of Yoga made a great contribution to the maintenance and improvement of the yoga by their accurately documented practices and literature.

The main sources, from which we get the information about Yoga practices and the related literature during this period, are available in Vedas (4), Upanishads(108), Smritis, teachings of Buddhism, Jainism, Panini, Epics (2), Puranas (18) etc.

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We get a more clear description of this in the Bhagavad Gita, which has broadened the concept of Jnana Yoga, Bhakti Yoga and Karma Yoga. These three types of yoga which are the highest example of human knowledge and people find peace even today by following the methods mentioned in the Gita. The Yoga Sutras of Patanjali which encapsulate the various aspects of Yoga are mainly transformed by the eightfold path of Yoga. MaharisVed Vyasa also wrote very important comments on the Yoga Sutra. The aspect of mind was given more significance during this period and it was simply the result of regular and sincere yoga practices and austerity, both mind and body were disciplined so that equality can be experienced.

YOGA IN PRESENT ERA:

For the first time in history, June 21 will celebrate World Yoga Day. The yoga will be done simultaneously in 191 countries. In the present era, yoga has become an important part of lifestyle not only in India but in many countries of the world.

Its father Patanjali has played an important role in taking Yoga to these heights. It was he who introduced yoga to people in a sutra. Earlier, yoga had never come as a document. There are many controversies about doing or not doing yoga.

Yoga means incorporating one or more things into each other. Generally, people believe that the yoga we talk about in Indian culture is just something simple to keep the body healthy and healthy. But basically yoga means much more than this. Yoga in India is a spiritual process, which is the act of bringing the body, mind and soul together, that is, the process by which we harmonize the body, mind and soul, that is, we need each other to achieve them. Connect primacy with c. From the worship of God to the teachings of the Gita, from keeping the body healthy and practical to the purification of the soul and the body and the brain, yoga is everywhere to address all diseases. In ancient times, monks resorted to ascetic yoga to practice all the arts and meditate on the Lord.

The yogic global view

Yoga includes one's own view of the world, the universe, humanity, culture and history. The yoga tradition has its own ideology, perhaps more complex, and is more spiritually oriented than the dominant philosophy of our current culture.

First of all, yoga says that we live in a conscious universe, which he calls pure or cosmic. The purpose of yoga is to feel the inner universe, the universe. In yogic view, the entire universe - past, present and future - resides in our heart and can be understood as part of our deepest nature.

Secondly, yoga draws us to nature, in Sanskrit it is called "Prakriti". It states that in order to know our inner being (purusha), we must embrace our outer nature (Prakrit), according to which our body and mind works. Yoga is inherently united with nature and teaches everyone to return to natural life as the basis of yogic life. But from the yogic point of view, nature is not some unconscious power; it shines with the light of consciousness and shows deep knowledge and grace.

In this regard, yoga explains that there are three great qualities called guns that work behind all the processes of nature:

- **Essence:** Intelligence, Light, Harmony, Balance, Peace, Devotion
- **As Rajas:** energy, life, movement, change, passion, movement
- **Amas Tamas:** Matter, inertia, stability, darkness, dullness, resistance

Yoga practice has two levels. The first unit is developing sattva guna or harmony and knowledge in body and mind. The second element is advancing the element beyond sattva guna to the purusha or higher self, which will advance the outer world of time and space. To develop Sattva guna, we need to live a life with high moral like honesty, truth, non-violence, compassion and devotion. Going beyond sattva guna means that we should learn to see our true nature as reality and not live a virtuous life in ourselves.

Yoga teaches us to develop the Sattva component in our diet, behavior, relationships, work and spiritual practice. This causes us unrest, aggression and agitation to leave the regime or stay within us. And it helps us get rid of darkness, ambiguity, ignorance and confusion.

In today's high-tech era we believe in the culture of doing. It includes travel, workouts, events and seminars, different types of entertainment and lots of things that made our daily lives busy. If we have adopted yoga, then we usually need to know the benefits and end results of yoga, what we can add to the performance of our activities to make our program more complete.

However, the actual yoga is not just about doing, but about being. Yoga explains us to know ourselves, which is not the product of external activity. It teaches us to make internal contact, which is obscured by external actions and occupation. Yoga gives us a great revelation in this regard. In the end we don't need to do anything to be happy. We just have to rest in our true form. It is going back to the center of the universe that everything else must go back!

DIFFERENT PRACTICES OF YOGA FOR HEALTH, FITNESS AND WELLNESS:

For many people, the word yoga only means Hatha yoga and asanas (physical exercise and postures), whereas in the Yoga Sutras, only three sutras are devoted to Yorgason's. Primarily, the hatha yoga is an initial process to maintain high levels of energy in our body and keep ourselves healthy and fit. The process begins with the body, then later on mind and spirit.

Yoga is generally considered as an exercise technique for health and fitness. Although physical and mental health are the primary benefits of yoga. The real goal of yoga is very far-reaching. "Yoga is the uniting of oneself with the universal supreme power. It is a technique of that unification with the universe, to achieve a higher stage of self-realization and harmony."

The extensive Yoga Sadhanas are: Yama, Niyam, Asana, Pranayama, Pratihara, Simran, Dhyana (Samadhi), Samadhi / Tyaag, Bandhan and Asana, Shat-Karam, Yukta-Awara, including Karam. Yama and niyamas are self control, discipline and observances. They are considered essential for yoga practice. Asanas and pranayam are able to stabilize the body, breathing and to calm down the mind.

Pranayama creates awareness of the person's breath and subsequent regulation of breathing as it is the essential basis of one's existence. It contributes radically in creating alertness and clarity in one's brain and to attain control over the brain. Primarily this is done by creating awareness of the 'inhalation and exhalation' through the nose, mouth and other openings of the body, its internal and external passage. Later, this process was modified by regulated and controlled inhalation (svasa) creating the awareness of the body spaces getting filled (puraka), the spaces remaining in a filled state (kumbhaka) and getting emptied (rechaka) during regulated and controlled exhalation (prasvasa).

Pratyahara refers to the reversal of sensory consciousness from the sensory organs which helps in attachment to external objects. Dharna means a broad-based field of meditation (within the body and mind) that is commonly understood as concentration. Dhyana (contemplation) is Simran (meditation within the body and mind) and Smadhi - integration. There are exercises related to binding and asana pranayama. Those high-intensity yoga exercises are primarily about breathing control as well as adopting certain body (psycho-physical) patterns. It promotes brain control and paves the way for higher yoga. Shat-karmas are detoxifying processes which help in eliminating the toxins present in the body. These are therapeutic in nature.

Yuktahara (appropriate food and other inputs) recommends proper eating and drinking habits to stay healthy. The practice of meditation (Dhyana) helps in self-realization which is considered as reaching on higher a stages of yoga sadhana (practice of yoga).

CONCLUSION:

Yoga is not just only a form of exercise for the body. It is an ancient whole philosophy, wisdom for a healthier, happier, and more peaceful way of living which ultimately leads to union with the Supreme. Everybody wants to be happy. The ancient saints through yoga were able to reach a state of consciousness in which the nature and the universal power reveals them the secrets of healthier and happier life. Although yoga came from Hinduism, but the knowledge of yoga is universally applicable.

Real yoga is about not doing it. Many of our suffering and illness is also because we are already doing so much. We have no time, not even for ourselves, very little for our loved ones. We are constantly moving forward and still we never feel that we want to stay too long.

Wherever there is yoga we are less and more present and whatever needs to be done. Yoga is nothing new, but it is a great way to use the faculties and resources we already have. Yoga asanas are meant to move the body more slowly and eventually bring it to a state of peace. Yoga meditation is about slowing down meditation and creating a state of calm and uninterrupted inner peace that does not require external recreation. One yogic lifestyle will not bring any harm or interference in the life of another.

Yoga is not a new achievement, but a means to reach the infinite and relax. Yoga philosophy is a philosophy. That's all you have to do but for that discovery, you have to separate the nerves of body, brain and senses and discover the essence of your existence.

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