

**Course Name: Bachelor of Physical Education**

**Year - IInd (Part-1)**

**Paper Name - Yoga**

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**Lecture No. - 1**

### **Lecture Title** **Introduction of Yoga**

Yoga has become popular in every corner of the world. In spite of inadequate understanding about Yoga there is a great amount of interest and attraction towards it.

But in India Yoga fully developed as a Science having its own technology and it is unanimously agreed that Yoga is the original contribution of India to world. **Hari Das Chaudhuri** explains “word Yoga is derived from the Sanskrit root ver “Yuj” meaning bind, join, unite, and control.” It is allied to the English word “yoke” and German “Joch” and Latin “Jungo” Yoga thus literally means union and control. It signifies the union of the individual with the universal reality of each which is the existence within everyone.

Yoga is a vast concept but the interest of common man is limited only to the aspect of health and physical fitness. From this point of view the exercise enjoined in Health Yoga are favored much.

In spite of all the amenities of life provided by modern science, man’s condition is deteriorating day by day. There are well equipped and most elaborate medical Institutions to produce best medical men with up to-date knowledge to promote man’s health and yet his physical condition is growing from bad to worse day by day. There are big educational Institutions to impart knowledge in order to make men best standard of life. The Governments all over the world with different ideologies are struggling to improve the condition of human beings; even then the modern man does not feel happy because of his dissatisfaction with the present conditions.

The more one tries to solve the problem of human life the more it is becoming complicated. The human being is trying to solve his problem it is becoming more complicated. How to solve it is the real question, will raising the standard of life and improving the economic conditions solve it? Will removing the prevailing inequalities in the human social structure as the Socialists solve it or Communists contend? If one goes deep into the question, one will find that no real

happiness is possible so long as man's physical and mental condition is not sound. The problem can be solved if somehow or other the man can be made healthy and strong physically, mentally, spiritually and socially, that is, if he enjoys good sound health, is pure in his thought, word and deed, he rises above the materialistic behavior of life and he feels that all his resources, his life itself is for the betterment of himself and others. In that case it does not bring any difference to him whether he is rich or poor. This angle of vision is created by changing the centre of gravity of thought from Wealth to Health, -health in all its aspects. Wealth helps to promote human welfare to some extent, but the real thing of life is health.

The question arises "How to be healthy"? There are various system of Physical Culture and medical treatment that claim to give health to man. But now it stands proved in east as well as west, that the Yogic Culture, system is best fitted to attain this object. It has got its curative as well as preventive value. As a preventive, it is unparalleled. As curative members, it is effective in removing most of the physical disorders and in many cases even in their chronic condition. As a system of physical culture, it brings into healthy play all the muscles of the body, voluntary as well as involuntary. It maintains and brings elastically in the vital organs including endocrine glands. In short, it brings healthy influence up on body and minds simultaneously and changes one's character.

It is strange that with adult animals, illness is an accidental and exceptional case. As regards to man, and civilized man in particular, it may be said that it is his normal condition. Apart from the chief communicable and epidemic illnesses, which are, accidental, man, is always obliged to nurse himself, for there is always something wrong with his organism. The heaving little knowledge to the chemist has become a great problem for generation, as they act, as the butcher or the baker. What conclusions may be drawn from these simple, very simple observations? Why, in all the animal kingdom, is man so unfavorably expected? This is how the Yogi explains it. Man, like his inferior brothers, is made organically to enjoy a stable adult life, approximately to eight times his period of development. The normal length of his existence should be comprised between two hundred and two hundred fifty years at least. Disease should only be for him a quite exceptional case except during a short old age.

If it is not so, it is because man, from immemorial times, has deviated from the biological laws inherent in his species. In a word, he does not live; he no longer knows how to live, as the human animal should.

To give good rules of living concerning the human animal that the Yoga claims to re-establish. In order to preserve youth, health and strength, and to put back old age and death beyond their usual limits, it will be satisfied to live in conformity with Nature and in harmony with Nature. Thus the peasant, the farmer, and even the cave man, live about as far from the natural laws, from the Yogi point of view, as the inhabitant of big, western cities. The Yogi consider that from time immemorial, prior to all history and even to any known pre history, man lost sight of and ceased to apply the natural biological laws of his species; in fact he broke away from Nature.

Yogis have minutely observed animal life. They have carefully considered the reasons of their disease less living and the result is Yoga Science. Here a lot has been borrowed from animals and Sadhak is made to purify his body in the same way in which the animals' purify for internally affecting the right part of his body and thus living their lives without Doctors as the millions of animals do.

**Selvarajan Yesudian and Elisabeth Haich** maintain that, "The greatest miracle on earth is man"- His body consisting of bones, flesh and blood hides secrets he has been seeking for thousands of years to unravel, in search for a solution to the great enigma, the great mystery of the great sphinx. Many try to solve this mystery of man but only a few succeed in making the sphinx speak. And only the very rarest of seekers who delve deeper and still deeper untiringly into their own self, ultimately succeed in comprehending the greatest secret there is: Themselves.

In Indian people have been studying the secrets of the human beings from time immemorial and many They understood devoted their whole lives in search and ultimately succeeded in knowing the whole secret of being the LIFE.

### **Definition of Yoga**

According to **Rachel Carr** definition of yoga is;

A search for health and well being on two levels physical and spiritual. It is an art of living that holds the keys to youthfulness, vitality and long life. It leads to harmony and peace of mind. Its old teachings apply with special urgency to our needs for a calmer, healthier way of life today when tension is the number one killer in our society. It is needed especially by a productive people who have achieved some measure to success but who continue to go through life plagued by tension. It works for people of all ages and all walks of life.

**John Baker** defines Yoga as 'Philosophy the principal tenet of which is meditation upon the supreme spirit and its consequent power to perform supernatural acts.'

**Collins** calls Yoga- A strict spiritual discipline the ultimate aim of which is to attain union with the universal spirit. Three principle stages are meditation, contemplation; Absorption Yoga is described in the Aphorisms of Patanjali the Bhagwat Gita. **Laurence Urdang** terms Yoga-(1) Indian Philosophy:-

Freedom of the self from its non eternal or impermanent elements or states; (2) Any of the methods of disciplines by which such freedom is attained as ascertain exercises (3) Those exercises practical for any reason. **William Morris** call Yoga- A Hindu discipline aimed at training of the consciousness for a state of perfect spiritual insight and tranquility (2) a system of exercise practical as a part of this discipline to promote control of the body and mind.

One has to live in natural way which will make him to improve his health. In fact, regarding effect of yoga on health are found scattered in various books, journals, and periodicals etc. and

this is very pressing head of the time to put this entire scattered material at one place. It will be easily accessible if human being adopt simple principles through yoga then it will be of great importance for the public in general.

The path which led them to success is Yoga. The various systems of Yoga differ only in their starting point but their essence and their goal is always the same; perfect self knowledge.

**William J. Flagg** maintains that effort at improvement of self or understanding self at various levels of life existed in some form or another in many countries of the world. **Shri Yogendra** says

“A number of contemporary and obscure practices alike the ancient Yoga- which existed ages ago-could even now be traced in **Egyptian theory, Akkadian Tulla- intoonism, Chinese Taoism, Greek stoicism** and many similar developments prevalent among the primitive inhabitants of their respective places. That certain forms of yoga seem to have existed in Pre-Aryan times is the opinion held by those who have observed the civilization evident in the excavations of **Mohenjodaro and the Indus Valley**. **Weber** opines “that the Indian yogis were in existence when the Aryans reached Indian is proved from the Zend Avesta.”

**James Macartney** affirms ‘Yoga is as old as India herself’. The Yoga teachings have been handed down through many thousands of years, mostly by word of mouth, but also a contained in the Sanskrit writings of the Rishis and Sages who have enriched the life, the literature and the culture of Indian and now of the whole world.

**Maharaj Patanjali** collected the Yoga-Sutras, which had been lying scattered thousands years. He lived in only third century B.C. still he is esteemed as founder and father of Yoga. He collected the old writings, and formed with them his ‘Yoga Sutras’. **James Macartney** observes:

The Sutras are condensed statements written and co-ordinate to give the principles of a particular philosophy in this case the philosophy of Yoga.

Practically all yoga as it is based on the Sutras of Patanjali, and it is a fact that the teaching remain ractically unchanged and as they were originally in the Veds and Upanishads even though many years have passed many generations of thinkers and philosophers have come and gone and it got developed considerably in the mean time. The teachings of Yoga are therefore timeless and are as right and effective to-day as they were thousands of years ago. Man thinks himself in his elements that he can find true happiness, inner Peace and joy which come with true knowledge.

“Yoga Sutras” of Patanjali consist of brief sentences which were not easily to read. Therefore Vyas wrote a commentary on them, but this too was difficult to understand. So more commentaries followed from time to time.” Vij name Bhiksu’s Yoga Varhika has an original approach and can be easily understood. **Shri Hari observes**

‘Patanjali gave nothing new. He presented both the Yoga ideology and which claimed wide

acceptance by almost all the schools and traditions of Yoga which had come into existence over a long period. Differences did arise in technology but remained more or less or further modification by the Yogis as it suited them.

The study reveals that there is no single universally accepted definition of Yoga.

**Maharaja Patanjali** in Aphorism of first chapter of Yogsutra writes “Yogas Chitta vriti nirodhah” which means to exercise effective control over mind is Yoga. **H.D. Velenkar** discusses another definition “Yoga is that with the help of which one is united with one’s goal”. In Bhagwatgita Yoga is defined “as Science which raises the capacity of human mind to respond to higher vibrations going round this universe.

**Ernest Wood** defines Yoga in following lines.

Yoga is a system of spiritual times and physical culture practice from ancient times in India. Its exponents combine religion, philosophy, psychology and physical culture into one complete science and art. Yoga has been applied not only to the central aim of obtaining heightened consciousness, but also to the development of every human facility-may conduces to that end.

**Desmond Dunne** gives the following definition of Yoga

Yoga is a method by which to obtain control one’s latent powers. It offers the means to reach complete self realization. This the Yogis achieve by turning their thoughts inward, away from the objective world realization of self cannot be achieved without the recognition and acceptance of one’s place in and of relationship to the universe as a whole.

According to **A.G. Bhaktividanta Swami**, Yoga means the connecting link between the soul and the super soul or the supreme and the minute living creature.’ **Vasant G.Rele** explains Yoga:-

Just as welding two pieces of the same metal are made to become one by the process of heating and hammering, so also is the Yoga of Indian Philosophy, the Jivathma is made to become one with universal spirit by certain physical and mental exercises...

Some have defined Yoga as self concentration with a view to seeing the soul as it looks when it is abstracted from mind and matter. Yoga is science which raises the capacity of human mind to respond to higher vibrations and to perceive catch and assimilate the infinite consciousness movements going around us in universe.

**Bernard Bromage** explains ‘Yoga means simply union with heart of the world and with all that makes for evolutionary progresses. **Swami Shiva Nanda** considers ‘Yoga as an exact Science. It aims at the Harmonious development of the body, mind and soul. Yoga is the discipline of mind, senses and physical body. **James Hewitt** states a ‘The silencing of the mind’ activity which leads

to the complete realization of the intrinsic nature of the supreme person is called Yoga and he further states that 'Yoga is the art and science of self mastery for successes.

Here I will again say that to keep good health is itself is a great problem. The best would be to practice most suitable aspect of yoga for maintain good health. The fact regarding good health we have gone through many books of yoga and yoga literature. This entire scattered material at one place is not easy to read.

It will be only possible to know regarding good health with the help of good literature this unique problem can be solved. Even, we can solve the psychiatric cases also. Good health in all walks of life is required for human being and can be hale and healthy throughout out life with the help of Yoga.

### **Conclusion of Yoga:**

We have discussed the importance of yoga and its definitions. we reach at the conclusion that the yoga is an ancient technique which is used by human being to keep himself hale and healthy.