

YOGA IN THE PURĀNS THE TRADITIONAL METHODS AND YOGA EDUCATION IN PRESENT SCENARIO

Rinku Kumar, Research scholar Department of Yoga Studies

H.P.U Shimla-05

Dr Arpita Negi, Assistant Professor, Department of Yoga Studies

HPU Shimla -05

Abstract

Yoga is a technical subject and the main philosophical text of it is the Yogasūtra of Patañjali. Yoga philosophy is very important and ancient one. Though its first important and systematic text is available in Patañjali's Yogasūtras, references to Yoga tenets and philosophy, the subject matter of Yoga is also available in the various texts like the Upanisadas, the Bhagavadgītā, the Mahābhārata, Purānas and the Tantrasāstra.

Yoga philosophy is very important philosophy, because at present situation Yoga is very effective medicine. People face many problems in day to day life due to stress and tension. They are facing physical and mental or psychological problems.

Yoga is a kind of medication, without any side effects and monetary expenses. It is for moving on to higher ideal state. Yoga is one such technique to get physical and mental strength. It also contributes to spiritual upliftment and ultimate emancipation. This is what all souls' desire. At present situation, many Western people are attracted towards Yoga and great scholars like Shri Shri Ravishankar Maharaj, Swami Ramadev Maharaj, Bhagawan Osho, Shri Aurobindo, Shri Shri Paramahansa Yogananda, Mahrshi Mahesh Yogi etc. are advocating Yoga in practical life. They have created a whole class of Yoga followers. Yoga is meant for all and is not restricted to any caste, community or religion. Its philosophy is universal and applicable to all and at all times and places. That is why everyone can choose and follow the path of Yoga. In the Purānas, all these techniques are given, because they believe that the essential goal of life is to get emancipation through devotion etc. Basically Yoga is very useful at present situation to improve our health. Our body is the medium to attain Supreme Soul or Power.

Human life is a combination of both matter and spirit, while the human body is a marvel in engineering and design; it is the spirit, the life energy that keeps it alive. Health is a state of where the spirit finds a complete and uninhibited expression in the body. When this not happen it leads to disease. Today man is too busy, but not aware about health. Human body is not merely physical, it has non-physical aspects also like consciousness and mind that all depend on the vital force Prana; life cannot exist without it. God has provided prana, the supreme source of power free of cost to all human beings. Proper utilisation of this free source of energy can make remarkable changes to our health, vitality and self-confidence. Prana is synonymous with breathing which requires oxygen and in that sense oxygen and Prana can be considered equivalent. Through different pranayamas oxygen intake into the body is manipulated, serious diseases such as heart ailments, rheumatism and many others can be successfully treated. This process also helps in maintaining excellent overall health. Pranayama yoga is not just doing some exercise, it is much more. It is to expend your awareness, sharpen your intellect and enhance your intuitive ability. Mind is the biggest problem and also the solution to all problems.

Introduction

India is a land of philosophers. Right from the Vedic period, there have been discussions on the philosophical matters about Jiva, Jagat and Brahman and how to be happy in the life by following the ideal way of life. The philosophy is not only a simple matter of the discussions and deliberation but also a way of life and ideal behaviour. The Upanisads are the most important ancient treatises of this type. The students obtained the esoteric knowledge by sitting in front of the preceptor in his hermitage. The philosophy means love for knowledge. "Yoga is not a religion, as it neither encourages nor imposes any kind of religious dogma or belief. It is a philosophy of life based on certain psychological facts and its aim is the development of a perfect balance between the body and the mind that permits Union with the divine, i.e., a perfect harmony between the individual and the cosmos"¹

The word "yoga" literally means "to unite", and people interpret this unity in different ways. Some say it is the uniting of individual consciousness with higher consciousness. Others believe it to be a state of realisation. However,

¹ Kumari, M.; Yoga for Health and Happiness. pp.15-20

practically speaking it is a state of unity, balance and equilibrium between body and brain, brain and mind, mind and spirit. When all the aspects of personality are in balance our personality expresses itself in a different way. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. It is an art and science of healthy living. The word 'Yoga' is derived from the Sanskrit root 'Yuj', meaning 'to join' or 'to yoke' or 'to unite'. As per Yogic scriptures the practice of Yoga leads to the union of individual consciousness with that of the Universal Consciousness, indicating a perfect harmony between the mind and body, Man & Nature. According to modern scientists, everything in the universe is just a manifestation of the same quantum firmament. One who experiences this oneness of existence is said to be in yoga, and is termed as a yogi, having attained to a state of freedom referred to as mukti, nirvana or moksha. Thus the aim of Yoga is Self-realization, to overcome all kinds of sufferings leading to 'the state of liberation' (Moksha) or 'freedom' (Kaivalya). Living with freedom in all walks of life, health and harmony shall be the main objectives of Yoga practice. "Yoga" also refers to an inner science comprising of a variety of methods through which human beings can realize this union and achieve mastery over their destiny. Yoga, being widely considered as an 'immortal cultural outcome' of Indus Saraswati Valley civilization – dating back to 2700 B.C., has proved itself catering to both material and spiritual upliftment of humanity. Basic humane values are the very identity of Yoga Sadhana. Yoga works on the level of one's body, mind, emotion and energy. This has given rise to four broad classifications of Yoga: karma yoga, where we utilize the body; bhakti yoga, where we utilize the emotions; gyana yoga, where we utilize the mind and intellect; and kriya yoga, where we utilize the energy. Yoga is the greatest Indian concept announced to the world.²

The Vedic Literature:

The Vedas are the most ancient and the earliest treatises of our tradition and culture. The Term Veda is derived from the Sanskrit root 'vid' or 'vid' (to know). The verb 'vid' also is found in many other senses of Existence, thinking, Consciousness, Delivering and residence

Types of Yoga:

The word Yoga is associated with many other concepts and hence we find different kinds of Yoga mentioned in our works:

- I. Hathayoga: the path of disciplined balance
- II. Karmayoga: the path of service, as said in the Bhagavadgītā.
- III. Bhaktiyoga : the path of devotion
- IV. Mantrayoga: the path of chanting mantra
- V. Jñānayoga: path of knowledge
- VI. Kundalinī or Tantra, Layayoga: the path of Tantra
- VII. Dhyānayoga: the path of meditation
- VIII. Rājāyoga: the Royal path of Yoga

Traditional Methods of Teaching Yoga in PURANAS

To know about traditional teaching methods we have very little information about how teachers used different ways and methods to teach their students. However, according to Bhagwad Gita the methods of learning consisted of persistent questioning, showing reverence and doing physical work for the teacher. There were no fixed hours of teaching. There were no examinations and no certificates. Being with the teacher was the best way to learn. The conversations between teacher and students were free and frank. Often there were arguments between teacher and student but this never led to any acrimony. Before any lesson began, the teacher and student would both pray together that they might derive the best results. The idea was to study together, not to compete with each other. The teacher always knew more than the student but did not claim that he knew everything. A guru always expected from his student that they should prove his superiority. The learning process is place in the residential situation. Education to all students was freely provided and mostly the teaching method was oral, so for a good memory it requires recitation and cultivation of memory. In traditional teaching of yoga, students involved observation, demonstration and practice of it. When they committed faults, teachers used to correct them and positive suggestions by the teacher. Trial and

² Wilson, H.H.; The Metaphysics of Puranas, pp.-2

error method was in use. Teaching was not a profession but a mission to enlighten innocent young children entrusted to the care of teachers. Most of the teaching was individualized using instructional method on a one-to-one basis or at the most in a small group. 2.3 Modern Yoga = Beyond than an Spiritual Philosophy Approach The history of modern Yoga is widely thought to begin with the Parliament of Religions held in Chicago in 1893. It was at that congress that the young Swami Vivekananda—swami (svâmin) means “master”—made a big and lasting impression on the American public. At the behest of his teacher, the saintly Ramakrishna, he had found his way to the States where he didn't know a soul. Thanks to some well-wishers who recognized the inner greatness of this adept of Jnâna-Yoga (the Yoga of discernment), he was invited to the Parliament and ended up being its most popular diplomat. In the following years, he traveled widely attracting many students to Yoga and Vedânta. His various books on Yoga are still useful and enjoyable to read. Before Swami Vivekananda a few other Yoga masters had crossed the ocean to visit Europe, but their influence had remained local and ephemeral. Vivekananda's immense success opened a sluice gate for other adepts from India, and the stream of Eastern gurus has not ceased. After Swami Vivekananda, the most popular teacher of Western yoga movement was Paramahansa Yogananda, Swami Rama Tirtha, Swami Sivananda, Jiddu Krishnamurti and many more. Other renowned modern Yoga adepts of Indian origin are Sri Aurobindo (the father of Integral Yoga), Ramana Maharshi (an unparalleled master of Jnana-Yoga), Papa Ramdas (who lived and breathed Mantra-Yoga, the Yoga of transformative sound), Swami Nityananda (a miracle-working master of Siddha-Yoga), and his disciple Swami Muktananda (a powerful yogi who put Siddha-Yoga, which is a Tantric Yoga, on the map for Western seekers). All these teachers are no longer among us. Swami Vivekanandaji who introduced the original modern yoga to the world before 100 years is now changing slowly as western world moved towards perfecting outer physical strength, beauty and posture.³

Moderan Yoga Education

Now question arises why, how come? Why not earlier such cases came across us so oftenly. The reason in my opinion is rapid modernization, drastically changed life styles, challenges and polluted environment. Modern children have different challenges compared to previous generations. Today Darwin's (Jungle) Theory -"Survival of the Fittest" is apparently visualized in Human Society. Children are prone to spending much time in front of TV, Computer, Mobile Operating various Electronic gadgets. Even in the schools in the name of smart classes, digital classes round the clock they are surrounded by gadgets thus spending less time on physical games which makes them physically inactive or lethargic. Junk and processed food adds to the problem moreover pressure of performing well in academics, Illogical comparisons has made their life hell and stressful. They suffer in early age insomnia, eating disorders ADHD (Attention Deficit Hyper Activity Disorders). Depression, Amnesia aggression, Churlishness and lot more. Bill Gates and Steve Jobs advocate that children aging below 13 years should not be allowed to use electronic gadgets as their harmful radiation and electromagnet rays badly effect their tender bone marrow and nervous system causing various fetal diseases in later ages. Gadgets are part parcel of daily life we can't rescue ourselves but yes we can look for some concrete long lasting solution. Youths, professionals, businessman are also not spared. They have to suffer these TimeBorne ailments to meet bottle neck competition neglecting their health and falling prey to many disorders. I.T. field people has to use brain for hours heavily due to which tension exhaustion increases and sedentary work modes result in back pain, joint pain, anxiety. For immediate relief person switch over to medicine and suffer side effects in longer run, tycoons, businessman, professional, scientist, low class worker take help of alcohol to overcome fatigue and stress. Which drifts them into many other problems.

How Yoga is Helpful And Beneficial

Those who have embraced yoga are Calmer, more alert, active creative more focused and oriented and physically strong. They are more capable to channelise their potential, energy, speed, caliber, abilities thus improving the performance in every field. Many physicians have widely recommended yoga to cure many ailments because of its scientifically proven benefits. By practicing few 'Asanas' or 'Postures' we can get rid of joint and back pain. Increase concentration, Reduce coronary and pulmonary problem, Helps in weight reduction, Decreases the amount of harmful hormones and Increase immunity. Yoga in daily life in a holistic preventive system and is taught worldwide in Fitness

³ Tripathi, Kapildev; Parasaroppuranam, pp.13,25,24

Sports Club, Rehabilitation centers, Health Institution, Adult Education Centre, Sanatoriums. Even physically challenged and convalescent patients can practice yoga.⁴

Goals Of Yoga Education: The main goals of yoga in daily life is to achieve.

- I. Sound physical
- II. mental health Sound social and emotional health
- III. Spiritual health
- IV. Self realization

Educational Implication:

Today National and International Channels are telecasting 'Yog Science' programmes of "Baba Ramdevji regularly, Media has played an importance role in changing the outlook of people and realizing the usefulness of yoga for leading healthy life in every ways. "Yoga' the great mission taken by Swamiji for public welfare around 50,000 teachers have been trained with an objective of fulfilling the dream of "Healthy India Healthy World" under the guidance of Swamiji. For implementation of yoga education different universities are offering various yoga program and courses. The major courses are Diploma in yoga therapy, diploma in yoga education and Certificate Course in Yoga Therapy or B.A./M.A./M.Sc. in Yoga therapy. Yoga Education helps to understand the mental & physical problems of students. Yoga Education will develop the moral, spiritual and alchemic qualities in individuals. It will help students by increasing their concentration and improve learning abilities besides physical development. Yoga education helps in solving various problems and diseases including psycho-somatic disorders, drug addiction and social problems. Yoga is a holistic science and art of living. The science of living is evaluation such a way that everyone who would learn and master it will be able to accept the challenges met within his individual and social life national or international officer.

Conclusion:

The present education suffers the holistic approach and balanced growth of knowledge. It teacher dealing only with extrinsic world and not about intrinsic self and actualization. Present education designs man purely for money making not man making. We are working like machines not living and understanding the actual aim of life. Yoga has been the subject of research in the past few decades for therapeutic purposes for modern endemic ailments like stress, obesity, diabetes, depression, blood pressure, pulmonary or respiratory diseases, coronary or cardiac diseases, arthritis and many more chronic and fatal diseases yoga helps by harmonizing body soul and mind possessing correct body alignment, breathing techniques and relaxation enhancing flexibility, immunity, forbearance and strength. Realizing the utter significance and utility of yoga education for health and overall development of personality in current scenario NCTE, NCERT and other teacher education national institution has laid emphasis on introducing and incorporating yoga education to the curriculum at all levels of education.

References

- I. Kumari, M.; Yoga for Health and Happiness.pp.15-20
- II. Wilson, H.H.; The Metaphysics of Puranas,pp.-2
- III. Tripathi, Kapildev; Parasaroppuranam,pp.13,25,24
- IV. Hazra, R.C.; Studies in the Upapuranas, vol.I, pp. 8-28

⁴ Hazra, R.C.; Studies in the Upapuranas, vol.I, pp. 8-28