



The Rejuvenating Potential of Yoga for Engraining Peaceful Harmony in Humankind

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Abstract:

The most effective way of contemplative practice of self- innovation and deliverance is yoga which has been establishing identity from the Upanishad era when it was deliberately practiced by the great saints and their disciples as an elucidation to generate a pledge between Self and the Almighty, a remedy to several critically diagnosed diseases and all the above, the best plausible way of self-explanation. The very effective practice of yoga was first pointed out in the Rig Veda. The practice of Yoga with some explicit improved postures together with a modern synchronization was first brought into light in the Katha Upanishad. There are various elegances of yoga, each yoga ornamented with unique features in constructing a strong rational for developing the divine qualities of forgiveness, perseverance, positive thinking attitude, self-reliability, self-explanatory love, peace, joy and tolerance. Thus, yoga is the termination of the twisting ambivalences of the mind.

Keyword: Yoga, self, Postures, Attitude, Mind.

1. Introduction:

The word yoga has its underlying appearance in India's most ancient writings named Sanskrit literature with a meaning to unite, bond or connect. In practical scenario, the word yoga lying its existence to visualize the meaning to organize or compose as a whole, constitute together to emerge as a unit. The very intention of yoga practice is to formulate an amalgamation of the physique, drawing attention, upliftment of emotion and a handful pack of mindfulness. This course of conjugation of the corporeal, psychological, passionate and unworldly divine facets of ourselves is that state of mind permitting the yoga practisers to acknowledge profound circumstances of self-determination, armistice and personality-comprehension. The distinctiveness of the practicing of the divine art of yoga is to identify the dissimilar deposits of our presence which points us that we are significantly supplementary than our bodily existence, the depthness resides in our inner most core

of the hearts and souls. The inculcation of the extreme art of yoga comprising of a respectable number of the constituents of stages of practices of breathing skills, appropriate stances, enormous abundance of recreation, chanting of an approved and escalate number of concentration invasion strong expression of soulful projections and a few numerals of additional introspection approaches.

1.1 The Art of Yoga and Human Physique:

Human body is an astonishingly multifaceted administer encompassing of heaps of cells. The cellular civic self-unite themselves into numerous nerves as a continuous progress that in further self- systematize into innumerable tissues and functional structures. As theses human structures function in a synchronized style, the fellow person experiences harmony, enthusiastic healthiness i.e., fitness. This potential state of being attaches us with our innermost possessions like sensitivity, intellect and inventiveness. The contrast scenario endorses when the cellular group is partitioned into different structures for functioning in a dis-ordinated manner, sickness and bodily ailment results inside the body. The rehearsal of yoga is intended to reinforce harmony in the physique, cognizance and life-force, in a way to promote effectiveness and wellbeing. The extreme inculcation of exercising the habit of yoga has been established as an operative restorative involvement oriented prescribed measure that aims at numerous collective disorders.

The sculpture of meditation assistances an individual to encourage a striking combination of relaxation and attentiveness. The inculcation of yoga plinths its fundamental groundwork on hypothesizing the underlying fact that at the central part of our existence is a premise of harmony. In thoughtful state of mind, permission is granted to this divine emotional state of mind and body i.e., harmony to penetrate every single stratum of our presence. As we slow down and release anxiety in meditation, we encounter deep peacetime and a preeminent imperial of consciousness.

2. Review of Related Literature:

Katha Upanishad was the gateway of modern yoga which were composed between the 3rd and 5th century BCE. Asanas are physically exercised graphics which first flashed its appearance in the 18th century which is bestowed upon philosophical ethics.

One of the remarkable great composition on yoga around 200 BCE is the Yoga Sutras, deliberately illuminating all the fundamental yoga practice postures, their functioning principles and associated health benefits which was composed by the great sage Patanjali, philosophically captivated for knowledge, wisdom and judgement.

3. Aspirations for Practicing Yoga:

The art of practicing yoga is a meditative stage-oriented development through personality- breakthrough and in time deliverance. It is a various assemblage of practices that targets in propounding control on individual's

mind set, identify a disconnected spectator of consciousness inside a person and permits oneself to come out from the consistent beliefs of the rotation of rebirths. The extreme divine sculptures of yoga enhance the mankind with the heavenly virtues of clarity in attitude, become judgemental about our surroundings in selecting the right and wrong for us and at the same instance, prohibiting the odd ones from penetrating into our thoughts from contaminating our blissful lives. It supports us to become conscious about our opinions, spirits, views and modify the basic laws when they no extendedly oblige us. It bounces us with the gears of improved adoptions in lives and re-structures us to experience a joyous life to the fullest.

The practice of yoga is not just restrained in stretching the body and lessening the pressure, on the contrary, it fortifies us with the strengths of the spiritual and mental benefits as well.

3.1 The Vital Vitamin of Enchanting OM Mantra:

According to the Hindu traditional belief, the divinely enchanted OM Mantra is one of the most influential and early resonances of ancient epoch which lays its significance as the most holy utterance in Hindu Mythology which is pre-dominantly prevailing in our society from time im-memorial. This sound is supposed to comprehend the heart of the creation and is thought to possess a philosophical consequence on mind and body when it is appropriately synchronized in meditation.

Reimbursements of Synchronizing OM Mantra with Meditation:

- Cools down the mental anxieties by reducing stress and agony.
- Rising internal concord and easing within someone.
- Conveys the identical frequency of mind and body with the rate of recurrence of the cosmos.
- Ties up with an advanced consciousness and heavenly foundation.
- Leads to superior self-sufficiency and innermost amity.
- Advances self-determination and mounted with awareness in duties and responsibilities.
- Boosts otherworldly consciousness and fitting together to the heavenly virtues of life.
- Encourages a sagacity of peacefulness and tranquillity by supporting an encouraging and nonviolent divine creative and cognitively developed mood. It also strengthens the association between observance, physique and essence.

3.2 The 8 (Eight) Appendages of the Art of Yoga:

The Yoga Sutras, laid out the foundations of eight chronological steps or limbs of exercising yoga practice to meet the desired attainment in heart and body where each of these limbs are a mystical, psychological and at the same time bodily repetition of some established departments follows the other for ultimate power attainment. The limbs or stages of practicing the eight-branch pathways are:

- **Yama** – The ethical cyphers of behaviour
- **Niyama** – The corporeal adherences and inner performances.
- **Asana** – The appropriate stance.
- **Pranayama** – The right inhalation movements.
- **Pratyahara** – The extracting away of extreme sensitizations against exterior disruptions by concentrating the mind with the divine powers of nature or in search of the Almighty.
- **Dharana** – The intellectual attentiveness and concentrating the cognizance power of mind by practicing properly yoga sculptures.
- **Dhyana** – The introspection and emphasizing on a sole point of power.
- **Samadhi** – The termination of entirely psychological action to accomplish a state of cohesion.

3.3 The Practices of Yoga with Different Functioning Strategies for Acquiring Multifaced Beneficiaries:

There are six beneficiary developed key undergrowth for the accomplishment of extensively-established yoga practices. The target for achieving the goalmouth of harmony is attained by means of exercising miscellaneous yoga sculptures in an approved and logically proven manner. Each of these diverse features of yoga resonates in multiple ways with yoga practicing experts based on their degrees of skills, mental and physical characters and by virtues and capabilities of the individuals viz.,

- **Raja (the royal route)** – concentrations on meditation performances.
- **Karma (the pathway of executing an activity)** – emphasizing on operational activities and offering diverse services in quotidian styles of lively-hood.
- **Jnana (the route of acquiring wisdom)** – motivations towards discriminative perceptions and identity -analysis.
- **Bhakti (the track of dedication)** – Putting strenuous exertions on devoutness to feel the existence of God by flowing a cool breeze inside the soul.
- **Tantra (the passageway of pleasure)** – attentions on ceremonial and commencements of these celebrations to enlighten the mind and heart.
- **Hatha (the strong dynamic track)** – focuses on vital dynamism and association of different organs of the human physique in an assorted manner.

4. The Transformed State of Mind in Yoga Practice for Healing Against All Undesirable Probabilities, Happiness and Harmony:

Yoga is a primeval virtuosity grounded on a congruent structure of growth of the body, awareness and essence of life. The inculcation of practicing yoga crafts the body to become hard-wearing and accommodating at the same instance improving the functioning of the respiratory, circulatory, digestive and hormonal systems. Yoga brings about emotional steadiness and intelligibility in expressing views.

A jubilant temperament aided heart and a joyous state of awareness is not somewhat, impartially occurs; it necessitates exertions, focussed determination and a set of hands-on practice of perseverance insisted practised activities based on some structured chronologically maintained postures i.e., yoga. Yoga teaches us the lesson about generating the power of cultivating cheerfulness in our survives by fixing on the present instant, existing in harmony with nature, refining inner armistice, steadfast disinterestedness and showing empathy towards others by making contributions in empowering our creative, cognitive, intellectual and helping attributes.

4.1 A Few Revolutionary Inspirational Quotes on Yoga:

- Yoga makes you harmonious with nature— *Debashish Mridha*
- Yoga sequences are designed to uncover our birthright — *Colleen Saidman Yee*
- The primary aim of yoga is to restore the mind to simplicity, peace, and poise, to free it from confusion and distress. — *B.K.S. Iyengar*
- Yoga is the golden key — *B.K.S. Iyengar*
- Yoga is a way to freedom— *Indra Devi*
- Yoga allows you to find an inner peace — *B.K.S. Iyengar*
- Yoga is about clearing away whatever is in us that prevents our living in the most full and whole way — *Cybele Tomlinson*
- True yoga is not about the shape of your body, but the shape of your life — *Aadil Palkhivala*
- Yoga teaches me to be patient and keep practicing— *Purvi Raniga*
- Yoga helps to integrate the mental and the physical plane, bringing about a sense of inner and outer balance— *B.K.S. Iyengar*
- When we practice a yoga posture designed to challenge our balance — *Darren Main*
- Yoga is about finding your own balance in our crazy, tempestuous times— *Kathryn E. Livingston*
- In an asana, the mind has to reach inside the body to find a quiet space — *Geeta Iyengar*
- Yoga is a dance between control and surrender— *Joel Kramer*

4.2 A Handful of Embedded Strategic Quotes for Practicing Yoga:

- Stick to: faithfulness, unanimity and sacrifice - Swami Sivananda.
- Anybody practicing yoga postures can acquire triumph in yoga – Svatmarama.
- Become the Mastermind of the inevitable changes you expect to perceive in the world- Ghandi Ji.

- Change is not only inevitable, but always happening- Julie Weiland.
- Close your eyes and imagine the best version of you possible- C. Assaad.
- Everyone has in him something divine- Sri Aurobindo.
- Never underestimate the power you have to take your life in a new direction- Germany Ken.
- Reshape yourself through the power of your will-The Bhagavad Gita.
- The goal of yoga is liberation from all limitations-Swami Radhananda.
- The only person you are destined to become is the person you decide to be- Ralph Waldo Emerson.
- The study of asana is not about mastering posture- B.K.S Iyengar.
- Yoga is a dance between control and surrender, between pushing and letting go —Joel Kramer.

5. Inferences Drawn on the Philosophy of Yoga:

The sculpture of exercising yoga is a practical assistance to humankind. The divine art of inculcating yoga practice is not only the practice of focussing on concentration developing meditational isometrics rather than it is stuck to the principle of building comprehensive philosophy of lifespan. It is emerged as an exhaustive approach to relate with the universal truths of life cycle and to select from a variety choice that serve us the best plausible opportunities arousing us in our beliefs and emanating intellectual thoughts. Whenever we stand on our yoga mat by maintain a proper yoga posture, we get the best opportunity to explore ourselves, the true person inhaling inside us and discover our fate about our true existence and forms a building-block to recognize the accurate nature of the universe.

One of the most essential principles of yoga:

A small action done repeatedly can make an enormous difference - Dr. Timothy McCall

Textual References:

1. Tad sana: Also called as Taalaasana, Yogarahasya of Nathamuni, KiranaTika, a commentary on Yogasutras, Shri Yoga Kaustubha-25, SachitraCaurasi Asana-34, Yoga Asanasby Swami Shivananda.
2. Vr̥k̥ sasana: GherandaSamhita-ii.36, BrihadyogaSopana, Hathayoga Samhita-43, Yoga Marga Pradipa-11
3. Pada-hastaasana/Uttanasana: Shri Yoga Kaustubha. Yogarahasya of Nathamuni
4. ArdhaÇakrasana: Traditional Cakrasana has several varieties quite different from this which is practiced over the years
5. Trikonasana: Yogarahasya-ii.20 of Nathamuni
6. Bhadrasana: Hathapradipika-i.53-54.
7. ArdhaUṣṭrasana: Shri Yoga Kaustibha, NagojiBhattaVritti on Yogasutra-ii. 46, GherandaSamhita - ii. 41 describes Ustrasana which is done lying in prone position
8. Śasankasana: Gheranda Samhita-ii.12 calls it as Vajrasana, HathayogaSamhita, BrhadyogaSopana, SachitraVyavaharika Yoga-16, Narada Purana-33-112, BrihannaradiyaPurana, YogamargaPradipa, Yoga Bija-90, Yogasikhopanishad-I.111-112, Hatharatnavali-iii.9
9. Vakrasana: Easier version of Matsyendrasana (mentioned in Hathapradeepika) given by Swami Kuvalayananda in his book Asana

10. Bhujangasana: Gheranda Samhita-ii.42, with some variation, Kirana Tika-ii. 46 on Yogasutra, Hathayoga Samhita-49, Shri Yoga Kaustubha-62, Yogamarga Pradipa-19, Yoga Rahasya of Nathamuni-ii.14, Jaypur Central Museum-7174.
11. Salabasana: Gheranda Samhita-ii.39, Brihad yoga Sopana-iii.46, Hathayoga Samhita-46, Yoga Marga Pradipa-33.
12. Makarasana: Jaipur Central Museum, with some variation in hands position.
13. Setubandhasana/ Çatuspadasana: Yogarahasya of Nathamuni.
14. Pavanamuktāsana: Shri Yoga Kaustubha. It is done in sitting as per Yoga Asanas-3, Sachitracaurasi Asane-5-7, Shri Yoga Kaustubha-5, Kirana Tika-ii.46 on Yoga Sutra,
15. Shavasana: Gheranda Samhita-ii.19, Hathapradipika-i.32, Hatharatnavali-iii.20,76, KapalaKurantakaHathabyasa Paddhati-111, Yuktabhavadeva-vi.21, Asanani-14, Yoga Siddhanta Chandrika-ii.46, Shritatva Nidhi-70, KiranaTika on Yogasutra-ii.46, Brihad yoga Sopana-iii.24, Hathapradipika, Shri Yoga Kaustubha-17.
16. Kapalabhati: A variation of BhastrikaKumbhaka of Gheranda Samhita-v.70-72, Kumbhaka Paddhati-164-165, Hathapradipika, Hatharatnavali-22-24, Hathatatvakaumudi-x.12-14, Yuktabhavadeva-vii.110-118.
17. Nadishodhana/AnulomaViloma Pranayama: Hathapradipika, it has visualization and internal retention breath. Additionally, Gheranda Samhita-v.38-45 has time units for inhalation, retention and exhalation.
18. Bhramari Pranayama: Hathapradipika, Hatharatnavali-ii.26, Kumbhaka Paddhati-169.
19. Dhyana: Yoga Sutra of Patanjali III.2

