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E-Journal of Research

ISSN NO: 2395-339X

History Of Yoga

GOHIL DIVYAJEETSINH L.*

❖ Introduction

- In India, the Vedas are forbidden in the ancient scriptures of the world. Mention of the history of yoga is found in Vedas as well as Puranas. The Vedas are considered to be the world's first book. This is believed to be about the time when the earth originated.
- There is a supreme power that governs the whole world and in order to achieve that power, various paths were adopted by different sages and scholars in an effort to connect the soul with the god. Some tried very hard to understand and understand that god through their own mindset, that is, through knowledge, while others tried to reach that god through the body. That is why the means of attaining the state of Samadhi have been shown in various ways as the various basic scriptures of yoga.
- Theology is described in the Vedas. This 'lord-science' means "the knowledge of knowing the best "lord-Element". This "lord-science" means "Yogic science". And the word yoga is attached to the title of each chapter of the Bhagavad-Gita.
- According to archeology, yoga is believed to have originated in 2000 BC. But still the sages say that "yoga is millions of years old". The importance of yoga is also given in the Bhagavad-Gita, not only with the help of yoga, but also with the help of the earlier sages.
- In the Bhagavad-Gita, Lord Krishna tells Arjuna "इदं विस्वते योगं प्रोक्तं महाम व्ययम्"

*GOHIL DIVYAJEETSINH L, RESEARCH SCHOLER OF DEPARTMENT OF HISTORY, BHAKTA KAVI NARSINH MEHTA UNIVERSITY, JUNAGADH.

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that meaning "I did this indestructible yoga to the sun" Lord Krishna taught yoga to the sun; It is believed that Surya gave the knowledge of yoga to Manu and Manu gave the knowledge of yoga to his son Isranku and Isranku gave it to the kings and the people.

- In the year 1920 AD, archaeologists discovered the "Indus Valley Civilization". In which evidence was found to be a tradition of ancient Hinduism and yoga. The Indus Valley Civilization dates back to about 3300 to 1700 BCE. Considered old. Pictures of yoga practice are found in the pieces and statues of the Indus Valley Civilization.
- His authentic book of yoga "Yoga sutra" was written on 200 BC. It is the first systematic text of yoga. Yoga has been described in various ways in Hinduism, Jainism and Buddhism. The root of it all is Vedas and Upanishads.
- Maharishi Patanjali gave the first systematic treatise on yoga "Patanjal Yoga sutra" or "Patanjal Yogadarshan" 400 BC, i.e. four thousand years ago today. In which yoga was systematically arranged in a scientific manner.

❖ Linguistic meaning of the word yoga

Now understand the meaning of yoga in terms of language; the word "yoga" is derived from the Sanskrit word "'युज्'" meaning "connection, union or coincidence of two actions".

❖ Definition of yoga

"योगः कर्तृवृत्त विरोधः"

In the Patanjali Yoga Sutra, Patanjali Muni explains the definition of yoga through this sutra: "Yoga is to stop every action or expression of desire by the senses in the mind or body and in the flow of thought in the mind."

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"योगः कममषु कौशलम्"

According to this formula in the Bhagavad-Gita "it is understood that the work done by man with full concentration and complete devotion is also a kind of yoga."

"समत्वं योगमुच्यते"

According to this motto in the Bhagavad-Gita, "Samatvam" means equality or neutrality, Yoga is also about trying to keep the mind stable and bring the body and mind under one's control through sadhana, even in adverse situations like mental happiness, victory, defeat, success or failure.

❖ Yoga Literature:

- 1] **Shiva sahita:** Shiva sahita is the text of Shiva's dialogue with Parvati, in which the ultimate goal of yoga is self-realization. Shiva Samhita mentions 4 types of yoga, Mantra Yoga, Raj- Yoga, Hath-Yoga, Lay-Yoga.
- 2] **Vishisht sahita:** The dialogue between Guru Vishisht and his son is in this scripture, there are 10 types of asanas and 5 types of pranayama in this scripture. In addition, the names and rituals of 10 asanas are shown in the same way as 10-10 yams and rules are shown.
- 3] **The Bhagavad-Gita:** The Bhagavad-Gita is a dialogue between Lord Krishna and Arjuna in which the eight chapters of yoga are mentioned in the chapters. Yoga of work), Bhakti Yoga (Yoga of worship), Gyan Yoga (Yoga of knowledge) are introduced.
- 4] **Hath-Yoga Pradipika:** - Since Guru Matsyendranath has shown the body as an instrument in this scripture, yoga asanas, pranayama, as well as purification activities are mentioned in this method to increase its capacity for inner purification and mental stability.
- 5] **Patanjali Yogadarshan:** - In this scripture, for the first time, yoga has been presented in a scientific manner.

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Eight limbs of yoga (Ashtanga Yoga)

- 1] Yama (restraint): - Non-violence, truth, non-aggression, Celibacy
- 2] Niyama (Lent): Defecation, contentment, penance, Exercise And Faith in God.
- 3] Asana: - To sit for meditation means to sit.
- 4] Pranayama (overcoming breath): - The dimension of breath and breath means to stop breathing and take it under control.
- 5] Withdrawal: - Withdrawal of senses from subjects or thoughts.
- 6] Assumption (concentration): - Focusing on one thing only. 7] Meditation: - One and the same Contemplation.
- 8] Cenotaph: - Connecting Liberation meditation to Consciousness.



Types of yoga

Yoga is the same. Only its names are different Its ultimate goal is the union of the soul with god or the union of the soul with Shiva is also the only ultimate goal of all types of yoga.

- 1} Raj Yoga
- 2} Persistence yoga
- 3} karma yoga
- 4} Mechanism yoga
- 5} Chanting yoga
- 6} Devotion yoga

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7} Knowledge yoga

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