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HISTORICAL PERSPECTIVES OF YOGA

Nguyen Thi Truc Le (Bhikkhuni Dieu Ngoc)

**Ph.D. Research Scholar, Department of Buddhist Studies,
Acharya Nagarjuna University, Guntur, A.P., India.**

ABSTRACT :

In this article, the beneficial aspects as well as the different types of Yoga are mentioned so that readers can have an overall view of Yoga in historical times. This is not only a form to improve human health, but it is also a method to help transform the mind, raise it to a new level, helping people gradually get closer to good values in life of all living beings. Moreover, Yoga is a method of cultivating the body and mind that has a long origin and is still maintained and has a great influence on current human life. From here, it shows the importance of practice as well as transforming the mind through Yoga methods.



KEY WORDS: *Yoga, Ashtanga yoga, Patanjali Yoga, Pranasamyama yoga, System India Yoga and Chinese tradition.*

1. INTRODUCTION

The term "Yoga" from the Sanskrit word 'yuj' means to 'yoke' or 'bind' and is often interpreted as 'union'. Yoga is an Indian method of training between body and mind to bring a physical and mental strength. Their spiritual concept is mainly through the practice of Yoga. *Patanjala (Yoga-Sutra)* defines Yoga as a state that controls the thinking activities of the mind. It helps the practitioner bring the mind to a single object and not be affected by other objects. From there, all the tranquil energy of the body and mind will be merged into Super Soul. The purpose of Yoga is *Moskha* which is liberation, a fusion between individual soul and Super Soul.

2. THE KINDS AND EXPLANATION PRANASAMYAMA YOGA¹

India is the most religious country in the world. Besides, the beliefs, dogmas, customs and practices of Indian society are very rich and diverse. Belief in spiritual practice, the Holy Spirit has such a powerful power that the land of India is meant for people with spiritual and spiritual lifestyles. When it comes to India's oldest religion, it is impossible not to mention *Vedanta*. This school has become an old school among the mainstream Indian philosophical schools. The purpose of practice is to practice meditation, thereby attaining liberation. The practice of meditation is very important and it brings a good result to the practitioner. One should practice. There are many different forms of Yoga that bring different purposes in accordance with the aspirations of all people such as that:

¹ Sattva, Bodhi. "Types of Yoga." *Yoga Essence Rishikesh*, 1 Aug. 2021, yogaessencerishikesh.com/types-of-yoga.

2.1. BHAKTI YOGA:

The path of devotion and love, focuses on the divine, the mystic or the saint or the focus on a duty in life through spiritual bartender *Bhakti*. *Yoga Bhakti* is a spiritual discipline that is based on devotion. It integrates the tenets of yoga with a deep and passionate commitment to a higher authority, often seen as the divine. During this practice, participants engage in physical postures, breathing exercises, meditation, and chanting to establish a connection with the sacred and foster a profound feeling of love and devotion. Unlike several other branches of yoga that emphasize self-control or intellectual understanding, *Bhakti Yoga* places the most importance on heartfelt devotion and love as the primary methods for achieving spiritual enlightenment. Practitioners often demonstrate their dedication by performing rituals, reciting prayers, and engaging in acts of service. The primary objective of *Yoga Bhakti* is to destroy the ego and unite with the divine, resulting in a deep state of oneness and happiness.

2.2. HATHA YOGA:

Body cleansing through body exercises includes thousands of postures called asanas. Body cleansing leads to harmony and development of mental and spiritual processes. *Hatha yoga* is the most popular form in the West, but is ineffective because it is only strictly trained to benefit the body. *Hatha yoga* is the path of cleansing the body through exercises. It makes positive energy to remove every negative thoughts and pain in your body. *Hatha Yoga* is a fundamental and extensively followed division of yoga that focuses on physical postures (*asanas*) and breathing practices (*pranayama*) to achieve equilibrium in the body and mind. The term “*Hatha*” originates from Sanskrit and translates to “force” or “effort”, representing the necessary discipline to attain inner peace. *Hatha Yoga* practitioners use a sequence of asanas to develop physical strength, flexibility, and balance. These positions are often paired with regulated respiration methods to amplify the circulation of *prana* (essential energy) throughout the body, fostering general wellness and vigor.

Hatha Yoga is renowned for its focus on physical exercise, but it also incorporates aspects of meditation, relaxation, and spiritual growth. By engaging in consistent practice, individuals develop mindfulness, self-awareness, and a more profound connection to their inner selves. *Hatha Yoga* is widely practiced and enjoyed by individuals of all age groups and fitness levels, contributing to its global popularity as one of the most sought-after types of yoga. Whether performed alone or as a precursor to more advanced spiritual practices, *Hatha Yoga* provides a comprehensive approach to promoting health and well-being. It facilitates the integration of the body, mind, and spirit, promoting harmony among these aspects.

2.3. JNANA YOGA:

Jnana Yoga is the path of understanding. Insights gained from observation, research and experiments are recalled and pondered. *Jnana Yoga* is the pursuit of wisdom and knowledge. It is a traditional route of yoga described in ancient scriptures such as the *Bhagavad Gita* and the *Yoga Sutras* of *Patanjali*. In *Yoga Jnana*, individuals strive to achieve self-realization by developing knowledge, discernment, and engaging in intellectual exploration. *Jnana Yoga* is a discipline that entails thorough introspection and deep reflection on the essence of existence, the individual, and the ultimate verity. Practitioners often analyze religious texts, participate in philosophical dialogues, and engage in profound contemplation on existential inquiries to acquire a profound understanding of the essence of being. Contrary to other forms of yoga that focus on physical poses or religious activities, *Jnana Yoga* mainly centers on mental and intellectual training. The objective is to surpass the constraints of the ego and the mind by distinguishing between the temporary and the everlasting, the self and the non-self. The ultimate objective of *Jnana Yogais* to achieve freedom (*moksha*) via the realization of the fundamental oneness between the individual soul (*Atman*) and universal awareness (*Brahman*). Individuals strive to attain inner tranquility, mental clarity, and liberation from pain and distress by developing wisdom and self-awareness.

2.4. KARMA YOGA:

Karma Yoga (cause and effect) is a path of unselfish service. One performs his dharma (duty) in work and daily activity, with no attachment to activity or activity results. *Karma Yoga* is the spiritual path involving altruistic actions. *Karma Yoga*, deeply rooted in ancient Indian philosophy and extensively emphasized in writings such as the *Bhagavad Gita*, teaches that people may achieve spiritual freedom by fulfilling their tasks and engaging in deeds without being attached to the outcomes. *Karma Yoga* involves directing one's conduct toward a greater purpose or the welfare of others rather than being driven by personal gain or wants. By cultivating a mentality characterised by selflessness and detachment, the objective is to cleanse the mind, transcend egoistic inclinations, and achieve spiritual advancement.

Engaging in *Karma Yoga* does not inherently necessitate relinquishing worldly obligations or endeavors. Instead, it encourages people to rigorously and honestly carry out their responsibilities while keeping a mindset of impartiality towards achievements or setbacks. By engaging in *Karma Yoga*, individuals can rise beyond the limitations imposed by their actions and the resulting outcomes, finally attaining a state of tranquility, impartiality, and self-awareness. They acknowledge the consequential nature of every action and make a conscious effort to ensure that their activities are by the principles of empathy, benevolence, and dedication to the betterment of humanity.

2.5. MANTRA YOGA:

Mantra Yoga is the path of prayer and sacred sound through the use of mantra. The most sacred mantra is *Om* or *Aum*. *Mantra Yoga* is a spiritual discipline that focuses on the repetitive recitation of holy sounds, words, or phrases known as mantras. This ancient practice has strong foundations in Indian culture and is present in other spiritual traditions, such as Hinduism, Buddhism, and Jainism. In *Mantra Yoga*, individuals chant or recite mantras to enhance concentration, cleanse the mind, and invoke divine energies. Mantras are said to significantly influence the practitioner's psyche, aiding in the pacification of the mind, the awakening of elevated levels of awareness, and the establishment of a connection with the divine.

Mantras may be practiced in several ways, such as silently repeating, chanting, or listening to recorded versions. The selection of a mantra is often influenced by personal tastes, spiritual heritage, or particular objectives for one's practice. *Mantra Yoga* focuses on the resonance of sound and the significance of purpose while chanting mantras. Through consistent practice, practitioners strive to develop inner tranquility, spiritual enlightenment, and a more profound connection with the divine essence inside themselves and the cosmos. *Mantra Yoga* is an effective instrument for personal growth, self-exploration, and spiritual development. It helps individuals go on a path of inner healing and enlightenment.

2.6. RAJA YOGA:

Raja yoga is the path of controlling the mind through concentration, posture, meditation and contemplation. *Raja Yoga* is the most metaphysical of all types of Yoga. All of these practices have roots in *Shamanism*. Moreover, the famous Yoga method is to sit cross-legged in many yoga postures. These things give the practitioner a good and happy life. Practitioners will always feel comfortable and comfortable with the moral aspects that they have created. Besides, it gives people a solid belief in a beautiful life. It creates a miraculous catalyst between man and man. Moreover, it brings practical benefits to the practitioner's body and mind in the present life and in the lives to come.

Raja yoga is the path of will power. We have a good power or every from there. *Raja Yoga*, commonly called the "Royal Path" or "Classical Yoga", is a classic yoga route described by the scholar *Patanjali* in the *Yoga Sutras*. It is an all-encompassing system incorporating several disciplines to attain mental mastery and spiritual emancipation. The core of *Raja Yoga* is the implementation of *Ashtanga Yoga*, which encompasses eight limbs or stages:

Yama (ethical disciplines).
Niyama (personal observances).
Asana (physical postures).
Pranayama (breath control).
Pratyahara (withdrawal of the senses).
Dharana (concentration).
Dhyana (meditation).
Samadhi (absorption or enlightenment).

By diligently following these eight limbs, *Raja Yoga* practitioners aim to calm the disturbances of the mind, achieve inner tranquility, and comprehend the authentic essence of the self. *Raja Yoga* emphasizes meditation (*Dhyana*) and concentration (*Dharana*) as the main methods to achieve transcendental awareness and self-realization. Through developing consciousness, mindfulness, and profound self-reflection, individuals eventually lose their sense of self and unite with the collective consciousness. The primary objective of *Raja Yoga* is to attain *Samadhi*, a state of deep concentration in which the practitioner achieves a sense of one with the divine or the ultimate truth. This condition results in the attainment of emancipation (*moksha*) from the continuous cycle of birth and death, ultimately leading to enduring tranquility, happiness, and spiritual satisfaction.

2.7. KUNDALINI YOGA:

Kundalini Yoga is a vigorous and transforming form of yoga that seeks to activate the latent energy located at the lower end of the spinal column, known as *Kundalini*. This ancient practice has its origins firmly embedded in the spiritual traditions of India and gained popularity in the Western world via the efforts of *Yogi Bhajan* during the latter part of the 20th century. *Kundalini Yoga* is based on the notion that every person has a dormant spiritual force, symbolized as a curled snake at the lower end of the spinal column. By using a blend of physical postures (*asanas*), breathing methods (*pranayama*), mantra chanting, meditation, and particular sequences known as *kriyas*, individuals are able to activate and direct their energy upwards via the chakras, which are the centres of energy in the body. This process enables them to achieve elevated levels of awareness and consciousness.

Kundalini Yoga is renowned for its energetic and rigorous exercises, often including repeated motions, vigorous respiration, and extended meditation durations. These techniques are intended to overcome energy obstacles, alleviate accumulated stress, and enhance consciousness, resulting in profound spiritual encounters and internal metamorphosis. Adherents of *Kundalini Yoga* often experience advantages such as heightened energy, enhanced mental clarity, emotional equilibrium, and spiritual enlightenment. Nevertheless, it is crucial to approach *Kundalini Yoga* with reverence and prudence since the activation of Kundalini energy may be potent and overwhelming, necessitating direction from a seasoned instructor. *Kundalini Yoga* allows individuals to explore and understand themselves, gain control and confidence, and connect with the divine. It encourages practitioners to tap into their capabilities and lead purposeful and satisfying lives.

3. OVERVIEW OF INDIAN SYSTEM OF MEDICINE AND TRADITIONAL CHINESE MEDICINE WITH ESPECIAL EMPHASIS ON YOGA BENEFITS:

India and China are the two great cultures of the world. Therefore, they have certain cultural developments. Besides, the ancient medicine of both countries has brought very good impressions through the treatment methods with characteristics of Yoga.

3.1. INDIA SYSTEM²

Streams of Yoga:

1. **Rajayoga** (Hata Yoga): path of will power
2. **Karma Yoga**: path of action, beyond Gunas: *Tamas, Rajas, Sattva*
3. **Bhakti Yoga**: path of emotional culture
4. **Jnana Yoga**: Path of wisdom

Bhavana Yoga: cultivation of feeling: *Karma yoga, Jnana Yoga, Bhakti Yoga*

Prana samyama Yoga: Attainment of *Samadhi* through expansion and control of Prana: *Raja yoga, Hata yoga, Kundalini yoga, Mantra yoga.*

4 paths to attainment of *Samadhi* (Goal of Yoga): *Yoga marga, Bhakti marga, Jnana marga, Karma marga.*

Karma Yoga: path of action, beyond Gunas: *Tamas, Rajas, Sattva*

1. **Satvik**: Same success or failure, without attachment, no expectation of reward, accordance with nature, scriptures.
2. **Rajsik**: Desire for fruits, effort, expectation of reward, ego, greedy, attached
3. **Tamsik**: Ignorance (No intelligence), violence, un-balanced, harm and insult others

These things give the practitioner a good and happy life. Practitioners will always feel comfortable with the moral aspects that they have created. Besides, it gives people a solid belief in a beautiful life. It creates a miraculous catalyst between man and man. Moreover, it brings practical benefits to the practitioner's body and mind in the present life and in the lives to come.

3.2. CHINESE TRADITION³

Traditional Chinese Medicine (TCM) is an old and sophisticated health and healing method that has been practiced in China for thousands of years. Based on a comprehensive comprehension of the human body and its relationship with the surroundings, TCM includes several methods, including acupuncture, cupping, herbal medicine, and food treatment, to enhance well-being and address ailments. Although it may seem unorthodox to Western medicine, TCM has gained international acclaim for its effectiveness in treating various health disorders.

A prominent method in TCM is cupping treatment, which involves the application of cups onto the skin to generate suction. This suction technique enhances blood circulation and facilitates the movement of Qi, the vital life force, throughout the body. During cupping sessions, the skin may develop distinct purple or red rings, which indicate the presence of stagnation or imbalance that is being targeted and treated via the treatment. Although cupping therapy may seem concerning, it generally has no long-term effects and is considered a safe and efficient therapeutic approach.

Acupuncture, a fundamental practice in TCM, is the precise insertion of slender needles into designated spots on the body to restore health by rebalancing the flow of Qi. These locations represent meridians, also known as energy channels, through which Qi circulates. By manipulating these specific points, acupuncturists can ease pain, diminish inflammation, and enhance the body's innate healing mechanisms. TCM also prioritizes the mind-body link and the development of inner harmony alongside these physical treatments. This is evident in activities like meditation and breath control, which are similar to the concepts of yoga in the Indian tradition. Through deliberate physical movements and controlled breathing techniques, people may effectively manage their Qi, enhance blood flow throughout their body, and alleviate feelings of stress and exhaustion. Consistent use of these methods over time may result in improved spiritual consciousness and individual development.

The notions of Qi and Yin-Yang are fundamental to the theory of TCM. Qi is the essential force circulating inside the body, supporting life and preserving well-being. The objective of treatments in

² *The Buddhist Tradition in India, China, and Japan*. Edited by William Theodore de Bary.

³ Millstine, Denise. "Traditional Chinese Medicine (TCM)." *MSD Manual Consumer Version*, 18 Mar. 2024, www.msdmanuals.com/en-kr/home/special-subjects/integrative-complementary-and-alternative-medicine/traditional-chinese-medicine-tcm.

TCM is to enhance the unobstructed movement of Qi and reinstate equilibrium in the body. Yin and Yang symbolize the interdependent and harmonious forces regulating the whole cosmos and every facet of being. According to TCM, good health is a condition of balance between conflicting forces, and any imbalances are treated using different therapeutic methods. Essentially, TCM provides a holistic approach to health and wellness that goes beyond traditional medicine's limitations. TCM aims to achieve equilibrium, enhance vitality, and bolster the body's inherent healing ability using physical, mental, and spiritual techniques. As the recognition of the significance of holistic approaches to health increases, TCM continues to have a crucial role in promoting overall well-being and long life.

CONCLUSION

To sum up, both the Indian and Chinese medicinal traditions have one thing in common the use of the Yoga method. It brings positive energies not only for physical health but also for spiritual practice. All these methods when combined, it will create a flourishing of mind and body, it helps people to live happy, healthy and good life.

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