

Yoga: Its Origin, History and Development

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INTRODUCTION

Yoga is a spiritual discipline. which creates harmony between mind and body. It is an art of healthy living. The word 'Yoga' is derived from the Sanskrit root 'Yuj', meaning 'to join' or 'to yoke' or 'to unite'.

Yoga Sanskrit word has been incorporated into English dictionaries. The word yoga has a sacred in the Vedas. Yoga first made an appearance in the Rig Veda and Shiva was the first Yogi according to legend.

Practice of Yoga leads individual consciousness towards the Universal Consciousness. It builds a perfect harmony between the mind and body. It established a healthy relationship between Man & Nature. One who follows the path of yoga, called a Yogi. It refers mukti or Moksha. Some people called in Nirvana also. The aim of Yoga is Self-realization and attainment of Moksha. "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. It helps individual join with the universe. Patanjali, compiled the essential features and principles of Yoga in the form of 'Sutras' nearly 4000 years ago. According to Patanjali, Yoga is a process of gaining mastery and control over the mind. The Bhagavad-Gita and Upanishads explained the scope of yoga in more comprehensive way. As Swami Vivekananda puts it "It is a means of compressing one's evolution into a single life or a few months or even a few hours of one's bodily existence". Yoga is that systematic process which affects man's growth. Sri Eurobond emphasizes on all-round personality development at the physical, mental, intellectual, emotional and spiritual levels. Through Yoga man became perfect and imperfections washed away.

History of Yoga

The development of yoga is considered near about 5,000 years ago, but some researches prove that yoga may be up to 10,000 years old. History of yoga can be divided into four innovative period. They also reflect its practice and development.

Vedic period

The ancient texts of Vedas are the oldest. The Sanskrit word Veda means "knowledge". The Rgveda is a collection of hymns that has explains as highest power. Other three Vedas are Yajur Veda has knowledge of Yajna, Sama Veda has the Knowledge of chants and Atharva Veda has knowledge of worldly affairs. In Vedic period it was considered path of attainment. It consists of three types of Yogas– 1. Mantra Yoga, where mantras are very powerful. Mantra becomes active as a tool of transformation power in the mind. 2. Prana Yoga – through Pranayama, the vital force is created in human body. 3. Dhyana Yoga – The word dhī, which means Buddhi or intellect is the root for the term 'dhyana'. Single thought, effortlessness, slowness, wakefulness, effortless expansion are the characteristics of Dhyana.

Pre- Classical Yoga

5000 years ago Yoga was developed by the Indus-Saraswati civilization in Northern India. The word

yoga was mentioned in the Rig Veda. Slowly yoga was developed by the Brahmans and Rishis who practices and beliefs in the Upanishads, a huge work containing over 200 scriptures. The Bhagavad-Gita, composed yogic scriptures around 500 B.C.E. Idea of ritual sacrifice was taken from Upanishad. Teaching the sacrifice of the ego through self-knowledge, action was taken from karma yoga and wisdom from jnana yoga.

The Bhagavad Gita declare that anyone could be enlightened. Krishna lays out three specific margas of Yoga. Each path is unique and lead to one ultimate goal: enlightenment.

1. **Bhakti Yoga**- This path follows the indication of heart. It is pure love and devotion. It emphasis on Loving all beings, through this you can enlightenment your path.

2. **Jnana Yoga**- this is the path of the intellect. It is the way of knowledge and wisdom. It lays emphasis on studying yourself through the practices of meditation.

3. **Karma Yoga**- This is the path of work. It is all about selfless service and action. through this you can devote yourself to dharma.

Classical Yoga

In this stage, yoga was a mishmash of various ideas, beliefs and techniques. The Classical period is defined by Patanjali's Yoga-Sutras, the first systematic presentation of yoga. Patanjali is often considered the father of yoga and his Yoga-Sutras still strongly influence most styles of modern yoga.

During the classical period, around 2nd century BCE, Patanjali wrote Yoga Sutra, comprising 196 aphorisms, elucidating the eight steps (Astanga) to reach the goal of human life which is freedom from miseries of death and birth. This is known as the Yoga of will power or Raja Yoga or Astanga Yoga. Buddha taught us eight-fold path emphasising on meditation. Vipasana is one of the ancient meditation techniques. Now a days there are Vipasana centers in most cities. It was revived by Gautama, the Buddha more than 2500 years ago. Vipasana means seeing things in real form. It is the process of self-purification.

Astang Yoga or Raja Yoga

Patanjali yoga comprises 8 limbs. These are: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharṇa, Dhyana, and Samādhi.

Post- Classical Yoga

A few centuries after Patanjali, yoga masters created a system to rejuvenate the body so that people can live long. They refused the lesson given by ancient Vedas. They only want to achieve enlightenment. They developed Tantra Yoga, with radical techniques to clean the body and mind.

Tantra Yoga

Yogis who lived in the forests developed different ways to quit the mind and realize the divine. Tantra is not all about sex and orgies. Tantra is balancing our energies: male and female, hot and cold, internal and external. Body was an obstacle to spiritual life. Tantric yogis says that we cannot separate from God.

Yoga in Medieval Times

During 6th century A.D. Buddhism had declined, some great Yogis like Matseyendranatha and Goraksanatha. Hatha Yoga was written during this time. Ayurveda along with Yoga, Siva Samhita,

Siddha Siddhanta Paddhati by Nityanatha etc. Guru Goraksanatha is believed to be the founder of the Natha Sampradaya who revealed samadhi to mankind.

Hatha Yoga

Tantra's is an art of caring for the body. The Tantric yogis meditate more than 10 hours a day. They observe the movements of animals and nature. And they began to imitate them: stretching their backs like a cat or a dog, standing like a tree and so on, and thus, Hatha Yoga was born. Hatha Yoga is the practice of physical yoga.

Modern Period

In the late 1800s and early 1900s, yoga masters began to travel to the West, attracting attention and followers. This began at the 1893 Swami Vivekananda wowed the attention of people through lectures. In the 1920s and 30s, Hatha Yoga was strongly promoted in India T. Krishnamacharya, Swami Sivananda and other yogis practising Hatha Yoga.

Integral Yoga by Sri Aurobindo emphasised surrendering to the Divine and an opening to the Divine Force. Sri Ramakrisana Paramahansa, records the path of Bhakti Yoga and Divine love. Swami Vivekananda summarized that each soul is potentially divine, the goal is no manifest this Divinity within by controlling nature and do this either by action or worship.

Development of Yoga

Yoga keeps our body and health fit through exercise. Physical and mental health also depends on Yoga. "Yoga is about harmonizing oneself with the universe. It is the technology of aligning individual geometry with the cosmic, to achieve the highest level of perception and harmony."

Yoga is a technology for inner wellbeing. Anyone who practices yoga with involvement can gain its benefits. Different Philosophies, Traditions, lineages and Guru-shishya paramparas of Yoga lead to the emergence of different Traditional Schools of Yoga e.g., Jnana-yoga, Bhakti-yoga, Karma-yoga, Dhyana-yoga, Patanjala-yoga, Kundalini-yoga, Hatha-yoga, Mantra-yoga, Laya-yoga, Raja-yoga, Jain-yoga, Bouddha-yoga etc. Each school has its own rules and methods to achieve the aims and objectives of Yoga.

Yogic Practices are for Health and Wellness: The widely practiced Yoga Sadhanas (Practices) are: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana (Meditation), Samadhi /Samyama, Bandhas & Mudras, Shat-karmas, Yukta-ahara, Yukta karma, Mantra japa, etc. Pranayama developed awareness of one's breathing. It helps in developing awareness of one's mind and also control over the mind.

Pratyhara indicates dissociation of one's consciousness. Dharana indicates broad based field of attention. Dhyana (Meditation) is contemplation and Samadhi-integration. Pranayama is also associated with Bandhas and Mudras. Yogic practices consisting on adopting certain body patterns along with control over respiration.

Yoga is more than just a physical discipline. It is a rich philosophical path. Yoga is not about Mindlessly accepting externally imposed rules—it is about finding the truth for yourself—and connecting with it.

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Philosophy of Yoga

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"The most important thing about a person is his attitude towards the world." In the words of Huxley "A person who has taste for every sort of knowledge, who is curious to learn and is never satisfied is termed a philosopher."

The term philosophy is derived from two Greek words - 'Philos' and 'Sophia'. 'Philos' means love and 'Sophia' means wisdom. It is concerned with a search for eternal truth and the man who engages himself in this search is called a philosopher. Philosophy is the study or creation of theories about basic things such as the nature of existence, knowledge, and thought, or about how people should live.

The main philosophy of yoga is simple: mind, body and spirit are all one and cannot be separated. Philosophy is a way of thinking about certain subjects such as ethics, thought, existence, time, meaning and value. That 'way of thinking' involves 4 R's: responsiveness, reflection, reason and re - evaluation. The aim is to deepen understanding.

The ultimate goal of yoga is a sustained state of pure awareness called Moksha or Samadhi. Yoga is the transcendence of the mind to realize the "true self" or "highest self". This experience of pure consciousness is our true nature. In this state of liberation, all mental and philosophical constructs fall away.

The most important element in the psychology of yoga is citta. 'Citta' means the three internal organs as described in the Sankhya philosophy - buddhi or intellect, ahankara or ego, and manas or mind. It is the first - modifications of the Prakriti in which sattva gun dominates rajas and tamas. It is material by nature, but due to its closeness with the Purush, it acquires consciousness. But when it relates to an object, it assumes the 'form' of that object. This form is called Vritti or modification. Due to the modifications of Citta, the self knows the worldly objects.

INTRODUCTION

The main division of Indian Philosophy

- The Vedic Period
- The Epic Period
- The Sutra Period
- The Modern and Contemporary Period

Yoga philosophy, similar to Buddhism, believes that spiritual ignorance creates

Suffering binds us to the wheel of sansar (cycle of rebirth). The removal of our ignorance can take many different paths and techniques in yoga. The different paths of yoga utilize various aspects of Sankhya dualism and Upanishadon non - dualism. Some paths like Tantra and Bhakti, utilize the forms of Hinduism's gods and goddesses. In addition, Patanjali 's yoga sutras, Incorporate the concept of Ishvara - a personal god. Thus, a yogi should understand both the relationships between atman and brahman, prakriti and purusha, and the Trinity of Brahma, Vishnu and Shiva.

Yoga philosophy also incorporates the concepts of the subtle body and the spiritual energies of prana and kundalini moving through the nadis and chakras. Hatha yoga is especially marinated in the concepts of this energy anatomy.

The Yoga Philosophy is closely associated with Sankhya Philosophy. The Yoga present a practical path for the realization of the self-whereas the Sankhya emphasis the attainment of knowledge of self by means of concentration and meditation. Thus, it won't be incorrect to state that yoga is the practice and Sankhya is its theory. The Gita says that yoga and Sankhya are the practical and theoretical sides of the same system.

MEANING OF PHILOSOPHY

Philosophy is the study of general and fundamental problems, such as those committed with existence, knowledge, values, reason, mind and language. Philosophy is the rational attempt to formulate, understand, and answer fundamental questions.

DEFINITION OF PHILOSOPHY

- " Philosophy is the science of knowledge." - Fichte
- " Philosophy is a logical enquiry into the Nature of Reality. " -Dr Radha Krishan
- " Philosophy like other studies aims primarily at knowledge. " - Russel
- " Philosophy is a search for comprehensive view of nature, an attempt at universal explanation of the nature of things. " -Alfred Weber
- " Wonder is the feeling of a philosopher, and Philosophy begins in wonder." - plato

Wisdom begins in wonder and ends in self - knowledge.

ORGANIZATION OF THE YOGA - SUTRAS

Patanjali 's Yoga - Sutras consist of four parts. These are:

1. Samadhi pada
2. Sadhana pada
3. Vibhuti pada
4. Kaivalya Pada

The first part deals with the introduction to the nature and methods of yoga in its various forms. It describes the various modifications of the organs including citta which is an internal organ of a human being. The second part explains the causes of suffering and how to eliminate them. It talks about the law of karma and human bondage. The third part illuminates the concept of how to achieve the supra - normal powers and in which ways yoga helps it. The last or the final part describes the nature of liberation and spiritual union with the supreme soul / self.

When the knowledge of an object is attained, the self-ceases to exist from the modifications of Citta. It is even detached from the association and aversion of the worldly joys and pain. This attachment and aversion are nothing but ' bondage '. To get rid from this bondage human beings need to control the modifications of citta. One can control the modifications of the citta only by practicing yoga in a continuous manner. In this regard, Patanjali defines yoga as the cessation of the modification of citta. Citta has different stages and various forms.

STAGES OF CITTA

There are five stages of citta called 'citta bhumi '.

1. **Ksipta (Restless):** This is the first - stage of citta. In this stage citta is very much distributed and attached with worldly objects. For example, Citta of those intoxicated by the possession of power and money.
2. **Mudha (Torpid):** In this stage, tamas dominate the other two gunas; sattva and rajas. This stage of citta is known as mudha. For example, citta of intoxicated persons.

3. **Vikshipt (Distracted):** This is the third stage of citta where sattva guna dominates the other two gunas. In this stage yoga begins and citta tries to attain God or supreme soul. Due to the sattva dominance, it is found that there is a temporary ceasing of the modifications of the citta.
4. **Ekagrata (Concentrated):** This is the fourth stage of citta. In this stage, citta is fixed to some object due to the sattva preponderance. It is known as ekagra. For example, the flame of a candle light remains always pointing up without flicking hither and thither.
5. **Niruddha (Restricted):** The fifth and final stage of citta is niruddha. In this stage the impressions remain in the citta after the session of modifications. This stage is known as yoga. Out of these five stages the last two are very helpful and hence useful in yoga.

FORMS OF CITTA

Since citta is ingrained with three gunas - sattva, rajas and tamas, it constantly changes. This is so because of the dominant nature of one guna over others. Hence, there are three forms of citta. These are;

1. Prakhya
2. Pravriti
3. Sthiti

Prakhya

Sattva Guna is dominant in this stage. But, tamas remain subordinate to sattva. The citta aspires for different powers of yoga in this form. For example, anima, siddhi, etc.

Pravriti

In this form, the citta is predominated by rajas. Tamas, here, becomes weak. Thus, this form appears to be enlightened. Example of this form of citta would be " dhyana " or " dharma".

Sthiti

The citta is predominated by sattva, and rajas are subordinated to it. In this form citta holds its own form and differentiates from others.

MODIFICATIONS OF CITTA

The citta gets modified or changed and acquires consciousness due to the reflection of the purush or the self.

The modifications of citta are of five types.

These are,

1. Pramana (right cognition)
2. Viparyaya (wrong cognition)
3. Vikalpa (imagination)
4. Nidra (sleep)
5. Smrti (memory)

Pramaan

Yoga school, like Sankhya, adheres to three pramanas. These are; perception inference and sabda (verbal testimony).

In the case of perception, the citta through sense organs (both external and internal)

Comes into contact with external objects of the world and assumes its form. In case of inference, the citta cognizes the generic nature of objects and this is equally applicable to verbal testimony also.

Viparyaya

The expression 'Viparyaya' is understood as 'doubt'. To possess not determinate knowledge of an object is known as doubt. For example, seeing an object and not being able to cognize whether it is a shell or a silver one results in doubt.

Vikalpa

It is the knowledge in which the object is known but the object does not exist. Thus, it is treated as merely a verbal cognition. For example, barren women's children, horses' horns, etc.

Nidra

Nidra is a mental modification where there will be no cognition. It is the knowledge of the absence of objects. In this stage, the citta is predominated by tamas. However, this stage won't ignore the mild presence of knowledge while somebody is in sleep. This is so because after waking up from sleep the person has consciousness that (s)he had slept well and knew nothing. Thus, some sorts of modifications occur even in sleep.

Smrti

Memory or smrti is the recapitulation or recollection of past experiences. Recapitulation is possible through our impressions that we left on the objects while cognized. Thus, in this stage some sorts of modifications are found in citta.

KINDS OF KLESHAS

There are several causes responsible for the disturbances in the citta. Among those a few are; attachment with objects of the world, cognizing the objects wrongly, inactivity, doubt, carelessness, etc. These causes arise because citta imagines itself as the agent and the enjoyer because of Purusa's reflection on it. Hence, we find earthly sufferings (kleshas) .

The yoga philosophy indicates that there are five kinds of kleshas or suffering. These are:

1. Avidya (ignorance)
2. Asmita (egoism)
3. Raga (attachment)
4. Dwesa (aversion)
5. Abhinivesa (clinging for long life and fear of death)

Avidya arises when we are cognizing the self as non- eternal and material. But the real nature of the self is bliss, eternal, and possesses pure consciousness. Asmita wrongly identifies Purusha and Prakriti, and further brings them together on an equal platform. But in reality, Purusha and Prakriti are two distinct entities, thus, can't be equated with each other. Raga is the craving to get worldly pleasure like power, money, etc. Dwesa is angry at the means of suffering. The last, Abhinivesa is fear of death which is found among all living beings on the earth.

THE EIGHT - LIMB YOGA (ASHTANGA YOGA)

We human beings have body, sense organs and mind, hence, it is apparent to have sensual attachment and passion towards worldly objects. As a result, we have drawn in the river of bondage and worldly sufferings. To get rid of earthly suffering and to remove idiocy that find within us, we have to vanquish our sense organs, mind and even our bodily act. To do so the citta needs to be controlled. In this respect, yoga philosophy prescribes an eight - limb path which helps to control our passions and longing for worldly pleasures.

These eight - limb paths are as follows:

1. Yama
2. Niyam
3. Asaan
4. Pranayama
5. Pratyahara

6. Dharana
7. Dhyana
8. Samadhi

In the first limb, the yamas, to the practicing yogi 's internal environment of body, mind and spirit. It is the control of the mind, body and speech.

The five yamas are:

1. **Ahinsa** : It means to accept the principle of non - violence . It holds that not to kill or do any injuries to any living beings.
2. **Satya** : Satya or truth says that to speak the truth and adhere to truth even in your thinking .
3. **Asteya** : It upholds the principle of non - stealing . This includes both not desiring others' wealth and not stealing any goods from others.
4. **Brahmacharya** : It is known as purity . Here one needs to control his /her senses towards the attachment of heavenly pleasures.
It restrains somebody for not having sexual life.
5. **Aparigraha** : It says not to accept and desire for any sorts of unnecessary lavish things for life enjoyment like gold , diamonds , etc.

All these yamas are badly required for the concentration of citta.

The second limb of Patanjali 's eight - limbed yoga system contains the five internal practices of Niyama (observance). These practices extend the ethical codes of conduct provided in his first limb, **The Yamas**, to the practicing yogi 's internal environment of body, mind and soul. The practice of Niyama helps us maintain a positive environment in which to flourish and gives us the self - discipline, humility and inner - strength necessary to progress along the path of yoga.

The Five Niyamas of Yoga :

1. **Shaucha** (purification and cleanliness) is a central aim of many yogic techniques and is the first principle of Patanjali 's five observances . The yogis discovered that impurities in both our external environment and our internal body contradict our state of mind, and prevent the attainment of real wisdom and spiritual liberation. The practices of asana, pranayama, and **meditation** cleanse and purify the body and mind, as well as strengthening their capacity to maintain a pure state of being. We must also consciously work at surrounding ourselves with a pure environment to not add any external impurities back into our bodies or minds.
2. **Santosh**a (contentment) is not craving for what we do not have as well as not coveting the possessions of others. The yogis tell us that when we are perfectly content with all that life gives us then we attain true joy and happiness. Our personal experience and the teachings of the sages prove that the happiness gained through materialism is only temporary. Practicing contentment frees us from the unnecessary suffering of always wanting things to be different and instead fills us with gratitude and joy for all of life 's blessings. In other words, 'what you are, you must be happy with that".
3. **Tapas** (asceticism and self - discipline) is a yogic practice of intense self - discipline and attainment of will power . Basically, Tapas is doing something you don't want to do that will have a positive effect on your life. The yogis say the solitary practice of Tapas can lead to the release of kundalini and attainment of enlightenment. **Tapas builds the will power and personal strength** to help us become more dedicated to our practice of yoga.
4. **Svadyaya** (self - study and self - reflection) is the ability to see our true divine nature through the contemplation of our life's lessons and through the meditation on the truths revealed by oracles and sages. Life presents an endless opportunity to learn about ourselves; our flaws and weaknesses give us the opportunity to grow and our mistakes allow us to learn. Examining our

actions becomes a mirror to see our conscious and unconscious motives, thoughts and desires more clearly. It is considered as one of the good principles to possess good conduct.

5. **Ishvara Pranidhana** (devotion and self - surrender) is the dedication, devotion and surrender of the fruits of one's practice to a higher power. Patanjali tells us that to reach the goal of yoga we must dissolve our egocentric nature and let go of our constant identification with ourselves. One should completely surrender himself / herself to God. This is a practice which helps for the development of good conduct upheld by yoga philosophy.

ASANA:

It is an advanced stage of yoga. It speaks about doing various bodily postures which help to retain concentration of citta and even helps to control the body as well as mind. There are various types of asana. Among them, a few include, padma, sirsa, chakra, garuda, mayura, etc. It is suggested to do regular asana practice. The reason is, it not only controls the body such as keeping the body flexible, increasing immunity, etc. but also keeps the body free from diseases and makes it strong and healthy. By doing regular asana one can control the different external and internal organs of the body.

Pranayam

This is the fourth stage in the practice of yoga. Pranayama is understood as control of breath. It suggests that practicing Pranayama helps the agent to control his / her inhaling and exhaling of breath. This helps the chit to remain concentrated and focused. Through pranayama one can control his / her body by doing some postures. This makes the agent remain healthy and good.

Pranayama has three steps. These are;

1. Puraka
2. Kumbhaka
3. Recaka

The First step puraka trails to take as much air as possible. It is known as inhaling. The second step Kumbhaka expresses after inhaling as much air as possible tries to retain it for half of the time taken in inhaling. The third step 'recaka' states that gently exhale the air by taking the same amount of time that you had consumed while taking inhalation.

These three steps will gradually accelerate, so that in due course of time the agent may control his / her breath which helps the citta to remain concentrated and not disturbed.

Pratyahara

In this stage, the agent should control his / her sense organs to avoid being attracted by worldly objects. He/she will try to continence the sense organs for not clinging desperately to the objects of the world. By practicing this yoga, the agent can keep his/her mind undisturbed from worldly objects even while living on the earth.

Dharana

Our mind constantly shifts from one object to another. To keep our mind focused on one particular point and try to check for its frequency of shifting from one object to another is called dharana. In this stage, the agent keeps his/her mind continuously engaged in one object and tries to bring back the mind to that particular object if it is shifted to another object as quick as possible. Example, an agent tries to concentrate to the top of the flame of a candle, concentrating on the cap of a water bottle.

Dhyana

It is one step ahead of dharana. In this stage, the aspirant becomes successful in remaining concentrated on an object for a longer time. This step is known as meditation. It helps to realize the true nature of the citta.

Samadhi

Samadhi is the last step of yoga. This is the peak stage of yoga. In this stage, the aspirant negates the differences between subject and object, realizing the true nature of the citta and how it attains the form of the object. Here, the process of concentration and the object becomes one and identical. This stage is known as key to the modification of the citta.

CONCLUSION

The philosophy of yoga **gives us a blueprint to follow, which leads us to a happy, healthy and peaceful life.** Happiness that transforms into deep and long - lasting contentment. Health that keeps our bodies and minds essential and radiant. Peace that not only manifests within ourselves but also with the world around us.

With the philosophy of yoga, we end up creating a physical, mental and emotional harmony.

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Yoga: The Way of Healthy Living

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Abstract- yoga has a strengthening and lengthening effect that can improve mobility and function, helping the body to recover from physical injury as well. When our body is mentally at peace, our sleeping patters also improve, thereby enhancing wellbeing and greatly improving the quality of life. It is not only helpful in curing disease but also make us fit.

Introduction- In fact, it is preferable that yoga be practised on an empty stomach, So the best time to choose is either in the morning or before you go to bed. In the morning, because yoga stimulates the blood circulation, and the increased intake of oxygen that goes along with deep breathing will refresh the brain and help you start the day bright and alert. And since yoga postures limber your body from head to toe and improve your posture dramatically, you will go to work erect, full of energy, and feeling great. Now, if you don't find a parking ticket on your car, the dustbin knocked over, or any other such disturbing realities, you might have the beginning of a perfect day.

Yoga is not a religion, not an exercise form, and certainly not a fashion trend. It is a way of living that aims to wards a healthy mind and body. The simple goal of yoga is to help a person rise above his external self and attain enlightenment. Yoga promotes the balances development of an individual physical, mental, and spiritual being.

Yoga control Body

At the same time, however, it was becoming evident both in the West and the East, that there is in fact areal connection between mind and body and that this connection could be demonstrated. In the West increasing evidence indicated that a wide range of physical illnesses and disabilities could became by the mind. These diseases included peptic ulcers, asthma, colitis and migraine headaches.

Yoga control mind

More and more people with these illnesses were referred to psychiatrists whose treatment of the mind repaired the disorder of mind. Meanwhile reports were coming inform scientists and visitors to India, describing a variety of phenomena observed in yogis who through many years of yoga learning and practice could influence and control the functioning of various body organs which there to fore had not been considered amenable to conscious control. Among these phenomena were the slowing of the classic performance of sleeping on a bed of nails (It is interesting to note that the Indian word for some-

one who can swallow glass or lie on a bed of nails is fakir and the English word faker is derived from the disbelief of early western observers that this could actually be possible)

Western scientists are now very interested in this relation between body and mind. Medical experiments have recently described how patients who are suffering from migraine headache are taught, by conscious control of the internal processes causing these headaches, to alter the size of their blood vessels, thus relieving the throbbing pain and in many cases, with significant improvement of the ailment. This technique represents ability to control internal organs. Many doubted possible. This will be a most interesting and fruitful field of discovery in future years. This treatment employs a principle that yogis have known for centuries, that many of the body's internal organs that seem to function and malfunction automatically, can be regulated by one's will. Many of the yoga postures, as well as the deep relaxation and breathing techniques, are the preliminary steps along the path of gaining a healthy balance between the body and the mind.

Yoga increases flexibility

Yoga is needed for flexible body. The yoga poses, postures, and sequences help to increase the body's range of motion. Practicing yoga is a safe approach to do a workout with a mindful approach, allowing the nervous system to release the muscles into gentle, effective stretches. Through this, the risk of injuring ligaments and tendons reduces. Yoga aims flexible training. Releasing tension in the muscles can also help them relax and let go, helping your body to open up more.

Yoga Build Strength

Yoga is very much important for new mothers. It is full workout. It gives strength and shape to body. By doing this, we challenge our muscles to support our body weight and strengthen it. Yoga gives tone and make us attractive.

Yoga Reduces stress

The majority of the people prefer yoga. But it keeps alluring them back because practicing yoga makes them feel so much better. In our hectic modern lifestyle. Yoga acts as an antidote to help us focus, reduce stress, and relax our muscles.

Yoga Lowers Blood Pressure

It reduces the risk of heart attack. It is a serious medical condition, which needs medical attention, but practicing yoga is thought to directly improve blood pressure. Certain yoga Postures such as savasana, Supported Bridge Pose, legs up the wall pose, or corpse pose are beneficial for those with high blood pressure.

Yoga Encourages your Body's Natural Healing process

By practicing yoga, we create an environment that kicks in our body's healing power. Its effects of mindfulness and our immune system. Not only this, yoga has the strengthening and lengthening effect that can improve mobility and function, helping the body to recover from physical injury as well. When our body is mentally at peace, our sleeping patterns also improve, thereby enhancing wellbeing and greatly improving the quality of life.

Yoga for life- (What Is it All about?)-

I don't consider myself intelligent or Wise enough to even attempt to answer a question of such immense depth, but perhaps I may tell you how I look at life and how I try to deal with it in my own way. I see life as an empty canvas given to us on the day we are born. The control we develop over our body and mind will serve as the tools we paint with; the growing of our awareness, senses, and emotions will be the colours of our paint; our deeds and actions will become the context and meaning we will give to our painting.

While we hesitantly put down those first lines to give shape to what we are trying to express, we gradually learn often by trial and error, how we can give depth and dimension, shading and stronger feeling to what we are doing. We realize that each stroke has a meaning and an importance of its own. We experience that certain colour can create a radiant brilliance or can melt in to a soft and tender composition, compassion, honesty, and love are beautifully strong, bright colours to work with and serve perfectly as primary colours to blend with and mellow the darker and more dreary ones.

Conclusion-

Naturally all us long for admiration and recognition. We do want people to like and understand what are painting. But most rewarding and meaningful is that moment when you stand back to evaluate your own work and you can say, 'It is all right. I like what I have done. The importance of yoga is known that it helps in developing the body and mind, but that does not. It is a substitute for medicine. While practicing yoga, it is also necessary to maintain a proper healthy diet. The food consumed by is impacts our body; the burger and pizza you eat get stored in the form of fat near your love handles, just saying! The importance of yoga in our life is that it helps in controlling a person's mind, body and soul.

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Types of Asanas

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ABSTRACT

Yoga, an ancient practice and Meditation, has become increasingly popular in today's busy society. For many people, yoga provides a retreat from their chaotic and busy lives. The objective of this article is to bring some of the basic yoga asanas in concern, which everyone should include them in their daily yoga practicing time to simply reduce our excess weight and to meditate our body and mind. We can keep our-self healthy and energetic by just performing some easy and interesting yoga asanas. Yoga may have potential to be implemented as a beneficial supportive/adjunct treatment that is relatively cost-effective, may be practiced at least in parts as a self-care behavioural treatment, provides a life-long behavioural skill, enhances self-efficacy and self-confidence and is often associated with additional positive side effects.

KEYWORDS

Quality of life, happy and healthy life style, Meditation, relieving stress and anxiety, strength and flexibility, self-care, improves resilience.

INTRODUCTION

Yoga is a form of mind body fitness that involves a combination of muscular activity and an internally directed mindful focus on awareness of the self, the breath, and energy. Before adopting yoga in our daily life, everyone one should know what yoga is? YOGA is a group of physical, mental and spiritual practices or disciplines which originated in ancient India and aim to control and still the mind. The beauty of yoga is that you don't have to be a yogi or yogini to reap its benefits. Whether you are young or old, overweight or fit, yoga has the power to calm the mind and strengthen and flexible the body, it helps in stress relief and even cure many diseases. Yoga is all about stretching our body in different forms and meditation. Yoga asanas helps in reducing our weight as well as our belly fat. Patience is the

key to doing yoga. Strong perseverance backed by a passion for doing yoga is must. Hard work, dedication and a proper diet management can help to lose your weight naturally and can keep your metabolism rate healthy. Losing weight is not hard, but we have to keep in mind that only controlling eating habits is not enough to lose weight, it very important to perform yoga and physical exercises daily to lose weight and stay fit. This article contains yoga pose names as well as yoga for beginners. So, being practicing yoga asanas for maintain good health. For beginners, a warm-up or a stretch exercise is the first step. First, you need to find out the list of stretching yoga asanas in yoga and their benefits. I have listed some of the best yoga exercises and positions with pictures that will help you perform them efficiently.

DIFFERENT TYPES OF YOGA ASANAS FOR MEN AND WOMEN

1. **SLOW STRETCHING YOGA ASANA FOR NECK:** it is recommended to perform few repetitions of the yogic slow neck stretches as it eases the neck tension and strain. This basic yoga pose can be quickly done anywhere in just 5 minutes which will help in relaxing of neck muscles.



2. **FULL BODY YOGA TADASANA-THE MOUNTAIN POSE :** Tadasana is also known as mountain pose, and it is one of the best yoga asana. Practicing this yoga asana regularly every morning gives a good massage to our hands, back, spine and whole body. And this asana also help in increasing height as well.



3. **STADING FORWARD FOLD POSE (UTTANASANA YOGA):** Uttanasana is a forward bending pose which relieves us from stress and anxiety. With the arm bind, this standing forward bend variation provides a deep shoulder stretch. By, binding the hand, it allows the arms to stretch and tighten the shoulder to relax, it gives a great stretch to the legs as well.



4. **THE TRIANGLE POSE (TRIKONASANA YOGA) FOR BEGINNERS** : this trikonasana exercise stretches and strengthens the muscles along with improving the function of our body. This is a good yoga, exercise for pregnant women. It helps in reducing blood pressure, stress and anxiety. This asana removes fats from the waist and thighs. This yoga asana improves our balance and concentration power as well.



5. **BOW POSE (DHANURASANA YOGA)** : dhanurasana is very effective in weight loss programs. This yoga pose helps in reducing belly fat very easily. It gives strength to the ankles, thighs, groins, chest and abdominal organs and spinal cord. This improves the functions of the kidney, pancreas, liver, small and big intestine. It improves the function of digestion and remove gases.



6. **SURYA NAMASKAR (SUN SAALUTATION)** : a full round of surya namaskar is known as to be two sets of the twelve poses, with a change in the second set where the opposing leg is moved first. It improves flexibility, strength, balance, reduces stress and anxiety, reduces symptoms of lower back pain, shortens labor and improves birth outcomes, and reduces sleep disturbances and hypertension. It is very beneficial for asthma and chronic diseases.



7. **KAPALBHATI PRANAYAMA YOGA POSE FOR BEGINNERS:** it is the most recommended breathing exercise which cures our stomach disorder and loses weight. Practicing this yoga for 5 minutes regularly helps in removing the toxins from the body and increases metabolism. It also cures constipation, acidity, diabetes, asthma and all kinds of respiratory troubles, sinus and even hair loss.



8. **BOUND ANGLE POSE – BADDHA KONASANA YOGA FOR BEGINNERS:** this yoga asana is for beginners which helps to open up the hips and ease sciatica discomfort that can be made worse by sitting for long periods. The sciatic nerve starts in the lower back and runs down both legs, and sciatic nerve pain can occur when the nerve is somehow compressed.



9. **RELAXING YOGA ASANA (EAGLE TWIST YOGA) :** this yoga asana helps in relaxing and it is also an excellent way to increase side-to-side spinal flexibility. With the regular practice of this yoga everyday one can relieve pain in the lower back and lower belly.



10. HEADSTAND POSE (SIRSASANA YOGA POSE) : doing this yoga pose, can cure insomnia (sleeping disorder), spine problems and also improves concentration powers & mental balance. It increases the blood circulation in the brain and improves brain functions and memory.



11. SARVANGASANA (SHOULDER STAND) FOR BEGINNERS: this yoga posture helps in strengthens and cures back pain, and improves the resistance power of the body. Is helps in keeping your face bright and removes the dark circle. It is also known to improve blood circulation, functions of digestion, controlling the blood sugar level.



12. PASCHIMOTTANASANA (FORWARD BEND POSE) : it covers the stretching of the whole body from our head to heels. This asana is recommended especially for women after delivery to reduce belly fat and toning the abdominal-pelvic organs. It strengthens the back muscles, increase height, stretches the spine and brings flexibility in our body.



- 13. PLOUGH POSE (HALASANA YOGA POSE) :** Halasana is also known as plough pose which strengthens our back muscles and gives flexibility. It cures indigestion and constipation as well as reduces stress. It stimulates the abdominal organs. People who are suffering from diabetes should do this regularly. It helps to make spinal cord strong and flexible.



- 14. BHUJANGASANA (COBRA POSE):** it gives an excellent result for those who want to lose weight and increase metabolism. This pose improves the function of the liver, kidney, pancreas and gall bladder. It also cures insomnia, spine problems, indigestion and constipation naturally. Those who are suffering from liver disease, headache, poor blood circulation should do it regularly to cure these health issues.



- 15. PAVANAMUKTASANA (WIND REMOVING POSE):** it is really effective yoga position in removing gases from the stomach and improving the digestive system. It cures acidity and reduces fat. It strengthens your back muscles and cure back pain. For getting a flat stomach, one should perform this asana regularly.



- 16. UTTANA PADASANA (THE RAISED-LEG POSE):** it is beneficial for those who have back pain and stomach disorder. It is good for strengthening the abdominal muscles. We can practice this yoga asana by raising one leg at a time as well. If anyone want their stomach to get flat and want strong abs this asana will work like magic for them.



- 17. SETU BANDHASANA YOGA POSE (BRIDGE POSE) :** we generally tend to forget about doing any exercise for strengthening our legs but it is very important to keep your legs in shape as well as to give your legs strength. This yoga pose, setu bandhasana strengthens the legs, back neck and chest. It provides great balancing power to our body.



- 18. VAJRASANA (DIAMOND POSE):** it is the simplest of all the asanas of yoga which can be practiced after lunch or dinner as well. It is best for practicing breathing exercise and meditation. The person who is suffering from joint pain should avoid doing this asana.



19. HALF TWIST POSE (MATSYENDRASANA) FOR BEGINNERS: it increases oxygen supply to the lungs and increases the flexibility & the functions of vertebrae of the spine. It is one of the perfect yoga pose which is also helpful in the treatment of diabetes, constipation, spinal problems, cervical spondylitis, and urinary tract disorder.



20. ANANDA BALASANA (HAPPY BABY POSE): this yoga asana provides an excellent stretch for the hip joints, which can get stiff from too much sitting. This pose is mentally calming while physically stimulating which makes it a perfect exercise for a day when we have a lot on our schedule. It is one of the basic yoga asanas to do.



21. BALASANA (CHILD'S POSE) : this yoga pose is very simple yet calming pose which we can do in bed too. It is an excellent yoga exercise for those who are sick of their back pain, as it stretches and strengthens the muscles of hips, thighs and ankles. Pregnant women and those who are suffering from high blood pressure should avoid doing this asana.



- 22. VIRABHADRASANA (WARRIOR POSE):** this pose looks like a soldier in the position of war so it is called as virabhadrasana. This is an amazing yoga position for pregnant women which gives flexibility to the entire body and strengthens the legs, arms, lower back and tones the lower body. It gives a relief from the pain in menstrual period.



- 23. USTRASANA (CAMEL POSE):** while doing this pose our body looks like the shape of a camel, this yoga asana is especially good for a back problem, relaxing mind, blood circulation, respiratory system, endocrine and nervous system. It helps to increase the chest size and capacity of lungs; it is beneficial for asthma patients and helps in reducing fat from stomach.



- 24. NATARAJASANA (LORD OF THE DANCE POSE):** this one is the most excellent yoga asanas for both men and women. It is also known as the lord of dance pose as it resembles its posture. This helps to improve the balance of the body and concentration level. It strengthens the muscles of the hips, thighs and chest. It also helps in reducing weight.



- 25. UTTHITA HASTA PADANGUSTHASANA (EXTENDED HAND TO TOE POSE):** this asana gives a good massage to our spine, lower back, hips, legs & hands. it also helps in reducing the fats in the specified areas of the body. One should not stretch beyond their capacity.



- 26. HASTAPADASANA (FORWARD BEND POSE):** you can practice this yoga asana at any time of the day you want to. It is very effective as an energy booster and also enhances better blood circulation. It stretches to almost all the muscles of the body and can bring an instant glow due to blood circulation refreshment. In this, you just have to inhale, block it as you raise your arms above your head and then bend forward to touch your ankles.



- 27. PRASARITA PADOTTANASANA (WIDE-LEGGED FORWARD BEND):** it is very effective yoga exercise for petty illness traits which count headaches and body aches. By practicing this yoga asana daily will also help you to cure some amount of depression that you are going through. You have to spread your legs first and then with both hands bend down to touch the ground.



28. ADHO MUKHA SVANASANA: this is also known as a downward facing dog posture. It is when you bend almost completely in front with only your hip portion pointing upwards. This yoga pose is very helpful and it is considered as the yoga pose for women. It is because the regular practice of this can cure symptoms of menopause and can also balance your period cycle.



29. BHEKASANA (FROG POSTURE): this is a body toning yoga pose which is not very difficult to do, you should try this yoga asana if you think you need to tone down your hips and buttocks. For this you will have to lie down on your stomach and now lift yourself up till your breasts and again from the back, you have to twist back both legs from the knees so that you can hold them. It gives you a nice stretch.



30. UTTHAN PRISTHASANA (LIZARD POSE) : this yoga pose is very helpful in releasing stress, fatigue and tension. This pose sure looks complicated but it is not so. You can do third yoga pose to relax your body after a hard day of work. It is instantly effective and very calming for the body.



PRECAUTIONS AND CONSIDERATIONS WHILE PERFORMING YOGA ASANAS

- Perform yoga in complete serenity. This is one of the vital requirements before beginning yoga.
- Choose wearing comfortable clothes while doing yoga. The type of yoga pose that you wish to do will decide your clothes.
- Never do yoga on bare land, use a yoga mat.
- Avoid meals before doing yoga or keep a sufficient time gap between meal time and yoga time.
- Keep yourself properly hydrated.
- If suffering from back pain, firstly consult with your doctor before doing any asana.
- If you have any abdominal issues then asanas that include any postures that require twisting, swirling or straining the abdominal muscles then refrain doing such asanas.

Yoga Mudras and Fight with Obesity

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Definition of obesity –

According to World Health Organisation, overweight and obesity are defined as abnormal or excessive fat accumulation that presents a risk to health. A body mass index (BMI) over 25 is considered overweight, and over 30 is obese.

epidemic proportions

Reasons of obesity-

Sedentary life style is the major cause of obesity but there are other reasons too-

Number one reason is eating more food than our body requires. It happens when we have no control over our tastebuds and we indulge in binge eating, especially while watching web series or any of the stuff on TV or cell phones.

Second reason is consuming alcohol in major proportions. In fact, it should not be a habit of taking alcohol but even if one gets the urge to drink, one should not exceed the limit of body's ability.

Third reason is not involving in physical exercise at all. We must be in the habit of working out. If we cannot go to gym, we must take a 20 minutes walking in the grounds or lanes around our houses.

And then there are certain biological things also that are responsible for obesity. The main cause here is an underactive thyroid gland. Thyroid gland keeps our metabolism under control by activating thyroid hormone that is made by extracting iodine from the blood.

There are certain medicines also such as birth control pills, antidepressants, and antipsychotics that are responsible for obesity.

Smokers don't acknowledge but smoking also hampers with our metabolism, resulting in body getting over weight.

Stress and anxiety are also responsible for obesity. Stress and anxiety release the bad hormone-cortisol that is responsible for the generation of fat cells and consequently weight is gained.

Repercussions of obesity-

Obesity is responsible for chronic conditions like increase in hypertension. It can lead to diabetic situations. Such overweight can trigger cardiovascular diseases and unfortunately certain types of cancers and arthritis are also outcome of obesity. And then, obesity is detrimental to one's emotional and, mental health also as obese people are at times body shamed and discriminated against and thus, they tend to acquire very low self-esteem. And this, as an aftermath, can lead to suicidal tendencies also.

Origin of Yoga-

Yoga's origins can be traced to 5000 years ago in Northern India. The word 'yoga' was first mentioned in Rig veda, the sacred text of Hinduism. Yoga is one of the six philosophies of Hinduism and Buddhism. It is stated in Shri Yogendra Museum of Classical Yoga. "Yoga is not a religious doctrine, nor a primitive philosophy of mysticism. Is it some exotic Hindu magic that can be accepted only with awe and through prolonged ascetic studies? Does its mastery give magical powers over yourself and others? These are colourful misconceptions. The improvements that Yoga can make in your mind and body are often magical almost miraculous, but it does not make Yoga a system of magic. You can use Yoga in your ordinary daily life."

Here's a brief chronology of Yoga from around 3000 BC to 7th century AD:

- Richas (Vedas) - 3000 B.C. - Indicate earliest stirrings of Bhakti
- Shrutis (Upanisads) - 1500-600 B.C. - Earliest experiences of Aryan Rishis
- Yajnavalkya - 600 B.C. - Legendary author 'Yogi Yajnavalkya'
- Panchratta Sattvats - 400 B.C - Tribe of kshatriyas who took up the Ekantika Bhakti cult
- Patanjali - Earlier than 200 B.C. - Author of 'Yogasutra'
- Svetasvataropanishad - 200 B.C. - First to mention Bhakti cult
- Mathara - 1st Century A.D. - Author of 'Mathara Vruti'

Meaning of Yoga Mudra-

Mudra means a gesture or mark. Yoga mudra is the movement and connection of fingers to facilitate flow of energy and a deeper connection with the divine energy. First, we need to understand the logic behind the manifestations of these mudras through our fingers. Everything in this world is made up of five elements-water, earth, sky, air and fire. Our body is also made up of these five elements. Our little finger has the property of water element, ring finger represents and balances earth element, middle finger represents and balances sky element, index finger represents and balances air element, thumb represents and balances fire element in our body.

Types of yoga mudras- there are many mudras connected with energy to help improve confidence, spiritual strength, calmness, peace, combating with anxiety and stress issues, body flexibility, weight reduction, muscle mass management etc.

Particular types of yoga mudras to combat obesity-

Ling Mudra Benefits:

1. Linga Mudra gives you many physical, spiritual, therapeutic benefits to your body and mind.
2. It helps in losing the weight of your body.
3. Heats your body, increases the heat to burn fat, calories resulting in toning of body structure.
4. It helps in clearing the blockages in the way of the respiratory system if facing any difficulties like asthma, cystic fibrosis, and helps in breathing properly.
5. Improves your digestive system and prevents hypothermia.
6. Linga Mudra helps in curing bronchitis and prevents the running nose.
7. Linga Mudra helps you in making you fit and energetic.
8. Improves the men's sexual health.
9. It helps in developing brahmacharya.
10. Protects you against the cold and releases chills.
11. It helps in moving beyond impotence, frigidity, or lack of passion.
12. It can increase metabolism, energizes your body, and strengthens the immune system.

Method-

Interlock the fingers of both the hands and keep the thumb of the left hand vertically straight and encircle it with the thumb and the index finger of the right hand.

It generates heat in our body. Take milk, ghee, more water and fruit juices in addition to practice of this mudra for more benefits.

It can be practiced any time of the day but it should not be overdone as it produces a lot of heat in our body.

Surya Mudra-

Surya means Sun in Sanskrit and this mudra is known to increase the fire element in the body. The correct way to do this mudra is by covering up the ring finger that represents the earth element with your thumb that represents the fire element. Fire is what triggers the digestive system. This is why it is highly recommended for facilitating weight loss. Acharya Nityanandam Shree is a great supporter of

this mudra. He says, “if you keep on applying this gesture regularly, your body fat starts melting. slowly the weight due to fat deposit gets reduced. Apart from this many people experience the formation of lump due to fat deposits which we call lipoma. For curing that too, we use this gesture so that these fat lumps get dissolved and as it provides heat to the body, the body will feel energetic.”

It is advisable to drink lots of water if you are doing it in summer so that there is no shortage of water in the body with the increase of fire element.

Conclusion-

With Prime Minister Narendra Modi’s initiative, Yoga has attained international status. Since 2015, international yoga day is celebrated on June 15 to spread awareness among the masses about the importance of Yoga and its effects upon human health. United Nations Organisation designated International Yoga Day in 2014 on public demand that occurred on a large scale. International yoga day celebrations occur in India, USA, Canada, Europe, the Middle East, China, Australia and some other countries of South Asia including Pakistan. And it is believed that the offshoot of sedentary life of the modern world-obesity, will be defeated by the ancient art of yoga mudra.

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