Yoga is not Just a Posture, it is a Science!

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I. INTRODUCTION

Today the entire world is going through very difficult conditions. There is hardly anyone who is not suffering from some kind of disease, why? This is not only a matter of the Corona period, but also in other times, we are affected by many diseases. Why don't we consider it? We ask ourselves whether our physical, mental state is right but we will not get the answer. If we are physically disturbed or suffer from illness then we use medicines from which we can recover for some time but if we are mentally, socially unwell then there is no medicine. We also know that 90% of diseases are caused by the production of mental duality. So now the question arises what should we do? Now I am turning towards my subject. Yoga! It is not a small subject, neither is it an exercise, nor is it a subject or subject of any religion or religion. This is a science in itself and a science that includes all subjects. Through yoga, a person can learn about the situation from the beginning to the end of life, because by following the rules stated in yoga, a person can conquer not only himself but the whole universe. Most of us know only a very small part of yoga. Do not try to know above this, it is true that to understand our physical condition becomes absolutely healthy and strong. Here it needs to be noted that if by adopting only a few asanas a person can make himself healthy and strengthen his physical capacity, then if some other parts of yoga like Pranayama, Mudra, Meditation, Bandha, Kumbhak, with yogic activities - Also adopts aspects of eight limbs of yoga a little, then the amazing ability he can develop cannot be estimated. This yoga science can help a normal person reach a normal person where it cannot be imagined. You may feel that I am using exaggeration but not at all! Because I have also adopted some aspects of yoga in my life and felt this energy. Asanas, posture is the only way to achieve a higher state of yoga by which our physical and mental capacity can be stabilized and walk on the path of yoga, but unfortunately, people are only understanding this yoga science. Once again say that the posture is only 5% of the total yoga, the rest 95% of it are unaware of the wonderful and miraculous aspects of yoga. Today I will try to give you some information about Yama, the small part mentioned in Ashtanga Yoga, a chapter in Patanjali Yogasutra, a small collection in Yoga Science. Ashtanga yoga has been described in the yogadarshan described by Maharishi Patanjali.

यमनियमसनासनामप्रायामत्रार्थार्थाःध्यात्मसाध्यायोष्ट्रत्वांगति। (2/29 प.यो.सू.)
YamaNiyamasanaPramayamaPratyaharaDharanaDhyanaSamadhyodashtavangani.
(2/29 Patanjali yog sutra)

In this, the first of the mentioned eight organs see the usefulness of Yama. This Yama, which is a type of fasting, shows self-control and restraint, through which an easy process of innervating the senses in which we are outside is shown. Through Yama, a person's soul becomes pure and starts behaving like a divine soul. The main five types are...

आहिष्ठसत्यस्यायांमञ्जरीपञ्चर्थवेग्राद्यां। (2/30, प.यो.सू.)
Ahinasyatayabrahmacharyaprigarayahayama. (2/30, Patanjali yog sutra)

1-Ahimsa - It is non-violence to not cause pain to any living being, that is, to have love towards all living beings in the mind. Violence is to cause physical or mental pain or harm to any creature with body, speech or mind, trapped in the web of emotions like anger etc. Non-violence is considered the best among the five Yams. The four parts of Yama, Satya, Astey, Brahmacharya, Aparigraha and Niyam are followed only to strengthen the spirit of non-violence.

2-Satya (Truth)- Truth is that which is seen, predicted or heard - to describe the same. But it also has another condition - this truth should lead to the welfare of beings. In the Mahabharata, only the truth that is beneficial to animals is said to be superior.

3-Astey- Against religion, stealing or unjustly grabbing one's things is acceptable. On the contrary, it is unhealthy not to be attracted to a foreign object, not to receive it, not to desire it.

4-Brahmacharya- Restraint of the genitals is called brahmacharya. The subconscious is the one to provoke the highest in all senses. Other senses are also helpful in aphrodisiac. Therefore, in order to keep all the senses calm, one should restrain the subconscious.

5-Aparigraha - It is the grace to receive the means of enjoyment from all around. On the contrary, not accepting the means of enjoyment is called aparigraha. It is considered wrong to store
wealth and enjoyment material more than necessary only for your enjoyment.

Just think about it, if you adopt Yama, the only part of the sole principle of the only book mentioned in yoga, there will be such a miraculous result that you will be surprised. I give the example of Mahatma Gandhi, not the sage-sages of ancient history, but a few years ago, the man who adopted the first part of Ashtanga Yoga, Yama, and became a Mahatma from a man. So why don't we focus our eyes on the spirituality of yoga. We can do everything we can think of. This yoga science is such that it is useful for everyone. Health can be done for a sick person by medically treating him through postures, pranayama, meditation. Physical capacity and mental capacity can be enhanced for a normal person. The power of intelligence of students, researchers can be increased. Whether it is a student, teacher, researcher, scientist, doctor, workers or is associated with any field, he can increase his efficiency by adopting yoga in his daily life. According to today's situation everyone is struggling with themselves. Fighting with own problems. That problem can be of any type mental, physical or social. Because of this, there is a situation of jealousy, cheating, looting, theft, even murder or suicide in every person. Just think and ask yourself how much your life is 70 years, 80 years or 90 years, yes if it does not happen, maybe tomorrow or the next moment death can come. This life is too short to live. Make it meaningful because the body is immobile but your karma is immortal. Scientist, scholar, philosopher, inventor whoever did the work or in whatever form he goes by editing his karma. People keep remembering him in the same way. And in the end, I will urge you to bring yoga into your life. A healthy, successful and structural life cannot be achieved without adopting yoga. There is such energy in yoga, through which you can absorb the cosmic energy inside your body. The energy is ubiquitous, for the welfare and will be a form divine energy.

II. REFERENCE


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