

YOGA PHILOSOPHY: FOR THE PRESERVATION OF HUMAN LIFE

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Abstract

Today, the whole world is suffering from a Corona virus pandemic. To curb the spread of this disease various governments of various nations of the world have imposed Lockdowns to varying degrees in their respective countries. As a result of these Lockdowns, the normal life style of common folk has seen a transition. People are suffering physically, mentally, and spiritually. People are not allowed to perform their regular habitual chores, are barred from going to their places of worship or even gyms where they could exercise. As the daily life cycle of humans is built on habits, if these habits suddenly break, the mind suffers a sudden shock which could later on give rise to various mental conditions. In this scenario where there is a constant tussle between mind and body, yoga can be incorporated to relax the mind. Yoga plays a vital role when it comes to strengthening our body. Now a days doctor suggest patients to perform yoga on a daily basis. If we don't do anything to exercise our muscles, we will only get weaker and lose independence in our life. Yoga helps to calm our fluctuating energy level. If practiced properly, yoga can recharge your body, get rid of the toxins, negative energy and keep our vital organs functioning well. It help us build resilience both inside and out. Several yoga positions can help support, balance and boost the immune system. It reduces stress systematically in the body. Not only the public, the Corona warriors including doctors, nurses, pre medical staff and others are more susceptible to the infection as they are at the front line of the pandemic. In such a situation, how should the corona warriors take care of themselves so that they can escape from this dangerous virus? Yoga guru Swami Ramadeva suggests adopting Ayurvedic remedies along with doing Pranayamas, yogasanas to stay safe. He claims that Pranayamas are the most useful in treating corona virus and making the respiratory system strong. Since COVID-19 attacks the lungs first, he suggests doing at least five pranayamas daily for good health and immunity. Such as doing Bhastrika pranayama daily is considered good for strengthening immunity, treating hyper tension, asthma, heart disease, T.B., tumor, BP, liver cirrhosis, sinus, and any kind of lung disease. By doing it oxygen level in the body is increases. For keeping good internal health Kapalhati is the best. It relieves hyper tension, diabetes, cholesterol, stress and other diseases. Anulom-vilom increases the amount of oxygen in the body. Bhramari makes the mind calm and relieves stress.

Keywords: Yoga philosophy, pandemic, immunity, Pranayamas, Ashtanga yoga

The word Philosophy originated in ancient Greece under the pressure of questions about the nature of arête translated as virtue. The sophist claimed that they could teach virtue, thereby challenging the traditional wisdom, which held that virtue is a natural possession of the few – the nobly born. In the dialogues of Plato, Socrates is portrayed asking the question, Can virtue be taught? Discussion made it clear that no one know the nature of virtue. Thus another question naturally arose what is the nature of virtue itself? Socrates goes on to ask whether virtue is one thing or many, and how do we know it? These are the matter of philosophy, in that

they are question about the life worth living ethics, Epistemology and Metaphysics. Philosophy and education are mutually dependent and inseparably connected. So the famous educationist Ross has said that – “Philosophy and education are like the two sides of a coin, present different views of the same thing and that the one is implied by other, the former is the contemplative side of life while the latter is the active side.”

Philosophy literally means ‘love for wisdom’ and has traditionally implied the pursuit of wisdom. In Sanskrit the equivalent word ‘*Darshan*’ is derived from the basic form of ‘*drish*’ which means to see. Thus it means by what is seen is Philosophy. On the basis of this source of term, the branch of knowledge under which effort is made to find correct and true answers to the questions related to life, world and God is called Philosophy. The term philosophy has been derived from two Greek words ‘*philos*’ and ‘*sophia*’. *Philos* means love and ‘*sophia*’ means knowledge or learning or wisdom. Famous Philosopher Plato has said that – “He who has a taste for every sort of knowledge and who is curious to learn and is never satisfied may be justly termed a philosopher.” In its specific form, philosophy means that abstract thought by which the mystery of soul, God, being, world, death, birth, nature, etc is revealed. Who am I? What is my ultimate goal? What is the nature of universe? And ultimately who is the maker of this universe? Indian philosophy attempts to answer all the above questions. Philosophy is not limited to only intellectuals. In its wider sense, logical, rational and sequential thinking about things related to any form of nature and human life is philosophy. So philosophy is related to thinking and discussion in human life. Great philosopher Plato says that – “Philosophy aims at knowledge of eternal nature of things.” There are six philosophical schools in Theist philosophy Yoga philosophy is one of them. The importance of yoga in modern life is abundant. Yoga teaches us the knowledge of how to lead a healthy living. It improves our concentration, creativity and sharpens our memory. Yoga is very fruitful to maintain a positive physical and mental health. Yoga can help to prevent our emotional stability. So it improves our muscle strength, stamina and brings immune and mental stability.

Now the whole world is suffering from a Corona virus pandemic. To curb the spread of this disease various governments of various nations of the world have imposed Lockdowns to varying degrees in their respective countries As a result of these Lockdowns, the normal life style of common folk has seen a transition. People are suffering physically, mentally, and spiritually. People are not allowed to perform their regular habitual chores, are barred from going to their places of worship or even gyms where they could exercise. As the daily life cycle of humans is built on habits, if these habits suddenly break, the mind suffers a sudden shock which could later on give rise to various mental conditions. In this scenario where there is a constant tussle between mind and body, yoga can be incorporated to relax the mind.

Yoga plays a vital role when it comes to strengthening our body. Now a days doctors suggests patients to perform yoga on a daily basis. If we don’t do anything to exercise our muscles, we will only get weaker and lose independence in our life. Yoga helps to calm our fluctuating energy level. If practiced properly, yoga can recharge your body, get rid of the toxins, negative energy and keep our vital organs functioning well. It help us build resilience both inside and out. Several yoga positions can help support, balance and boost the immune system. It reduces stress systematically in the body.

Stress is one of the leading causes of sickness, and when we're chronically stressed, the deep tissue that surrounds our organs, muscles, bones, tendons, and ligaments is compromised. Because fascia is made up of nerves, we need to move and stretch our body so that this fascia can be "rung out." Consider our organs and tissue to be like sponges, absorbing what we put into our bodies. By stretching and moving, we release the stagnant energy within our cells, allowing it to remove the harmful toxins in our bodies. The proponent of Yoga philosophy is Maharshi Patanjali. Due to its excessive emphasis on yoga, it is called Yoga philosophy. Yoga is a pragmatic science which dealing with the physical, moral, mental and spiritual well-being of man over thousands of years. It is both science and art which show the way and art of living. In Yoga philosophy too, physical body is stated to be only one aspect of health, mind and spirit. Swami Satyananda Saraswati has said that Yoga is a state of aloofness from the artificialities of life and relationship. Yoga is the culture of tomorrow. Yoga is derived from the Sanskrit root 'Yuj' which means to join, to attach and to direct and also to concentrate on a particular point of thought. It means to work in full attention of mind and body. It is a true union of *Atma* with almighty *Paramatma*. The ancient philosophy of yoga lays a great deal of emphasis on cleanliness, not only of the body but also of the mind.

In Yoga philosophy it is pointed out that human sufferings are rooted in illusion, for man believes that his psycho-mental life-activity of the senses, feelings, thoughts and volitions is identical with spirit, with the self. Liberation occurs when one has understood this truth, and when the spirit regains its original freedom. In Yoga philosophy, by *yoga* is meant prevention of tendencies of the mind. There are five grounds of tendencies. They are Kshipta, Mudha, . Vikshipta, Ekagra and Niruddha. The former three are common stages which do not assist in the practice of Yoga. The latter two are uncommon stages of the mind which are favourable two *yoga*. The tendencies of the mind are of five types. They are 1. Pramana, 2. Viparyaya, 3. Vikalpa, 4. nidra and 5. Smriti. Without pleased mind one can not be attentive to the *kriya yoga* and *kriyayoga* is the means to the path of yoga. So it is very necessary.

The mind is purified by yoga. There are two means of prevention of tendencies of the mind – practice (abhyasa) and renunciation (vairagya). Purification of mind, body and senses called yoga. There are eight path of its purification which are called . They are 1. Yamah, 2. Niyamah , 3. Asana , 4. Pranayama , 5. pratyahara, 6. Dharana , 7. dhyana, and 8. Samadhi. the importance of yoga path was set forth in systematic form by the famous sage Patanjali in his brief and masterly work the Yoga Sutras. It is considered the fundamental text on the system of yoga. This is also a guide for living the appropriate life. Yama & Niyama are the two ethical practice.

Yama is a social behavior. It means non-violence (ahimsa) – non harming other living beings, truthfulness and honesty (satya), non-stealing (asteya), sexual continence (brahmacharya), and non-acquisitiveness (aparigraha). These are moral principles. Ahimsa (Nonviolence) means never harm to any creature in thought or deed. Actually the avoidance of harm to any living creature in thought or greed is called Nonviolence. Free yourself from any types of greed, hoarding, and collecting. *Niyama* includes virtuous habits and observances. There are five *niyamas*: purity (shaucha) – clearness of mind, speech and body, contentment (santosh) – acceptance of one's circumstances as they are in order to get past or change them and optimism for self, austerity (tapas) - self discipline, self study (svadhyaya) - the study of Vedas, self reflection, introspection of self thoughts, speech and actions and lastly dedication to the

God(ishvarapranidhana). By the appropriate practice of five yamas we can achieve the purity.

The first personal ethic of *yoga, niyama*, is about *saucha* that means cleanliness. *Saucha*, as enunciated in the Yoga Sutras of Maharishi Patanjali, advocates purity and cleanliness as a key foundation for yogic life. *Saucha* in its deeper sense also includes avoiding unnecessary physical contact and intimacy. The self-discipline of eating healthy and chemical-free food which keeps us clean from within is complementary to *Saucha*. Generally it is not for only physical purity but mental purity also. Contentment is finding the happiness in what you have and who you are and choose to grow from there. Austerity is the inner discipline and responsibility. Study of the sacred and religious texts is called *svadhyaya*. It is used to control the mind and body for the purposes of higher spiritual aims. Mainly tolerance is austerity. So Yamas are the ethical rules in Hinduism and can be thought of as moral imperatives- the don'ts and *niyamas* include the 'dos'.

Asana the practice of posture is used to prepare the body for meditation. To sit for a long time in contemplation required a supple and cooperative body. Asana is mastered by freeing the body and mind from the tension and restlessness and meditating on the infinite. The meditation posture should be steady and comfortable- " *sthitasukhamasanam*"[Y.S.,II.46]. Patanjali did not list any specific asana. Asanas are perfected over time by relaxation of effort with meditation on the infinite. Asana never causes pain or restlessness. Patanjali himself suggests twelve seated meditation postures. After that the Hatha Yoga Pradipika mentions 84 asanas in which starting four – *siddhasana*, *padmasana*, *simhasana*, *bhadrasana* are most important. The control of breath is called *Pranayama*. *Prana* means breath and *ayama* means restraint. The main objectives of *Pranayama* are inhalation, retention of breath and exhalation. By the regular practice of *Pranayama* our mind and body became pure. It removes distractions from the mind making it easier to concentrate meditate. Withdrawal of senses is called *pratyahara*. It occurs during meditation. *Pranayama* is done in many ways such as by inhaling and then suspending exhalation for a time, exhaling and then suspending inhalation for a time, by consciously changing the timing and length of the breath or by slowing the inhalation and exhalation. Making asanas, *pranayama* and meditation an integral part of a healthy lifestyle can go a long way in boosting one's immunity and keeping the coronavirus at bay.

Fifth limbs of yoga is *pratyahara*. This word is the combination of two Sanskrit words *prati* and *ahara*. *Prati* means against and *ahara* means bring near. It is a process of retracting the sensory experience from external objects. So *pratyahara* is a step of self extraction and abstraction. Asana, *Pranayama*, *Pratyahara* are external yoga practice. One of the basic yoga poses, *pranayama* can act as one of the simplest and effective ways to boost immunity and instill some vigour and positive energy into your body. *Sukhasana* and *pranayama* both promote deep breathing, which alleviates stress hormone, smoothen the heart rate and any nervous distress, all of which benefit immunity.

Other three limbs of yoga are *dharana*, *dhyana* and *Samadhi*. *Dharana* means before meditation concentration on a single point. It means cultivating inner awareness. When mind rests on its inner object it becomes stable. When the effort to concentrate can be relaxed and held steady, the unbroken flow of concentration is called meditation. Meditation includes mindfulness, loving kindness, mantra, and visualization. *Samadhi* -- deep absorption is the self realization.

When individual consciousness unites with the divine consciousness and the illusion of separateness dissolves. The difference between dhyana and Samadhi is in dhyana there are three things like subject – who meditates, the object – Ishwara, on whom the consciousness is concentrated, and mind – which is the vehicle of consciousness. But in Samadhi there is only one –i.e. Ishwara.

More than the public, the Corona warriors including doctors, nurses, pre medical staff, policemen and others are more susceptible to the infection as they are at the front line of the pandemic. Not only covid-19, long hours of service and working hard to provide relief to the needed has also become a reason for their increasing troubles. In such a situation, how should the corona warriors take care of themselves so that they can escape from this dangerous virus? Yoga guru swami Ramdeva suggests adopting Ayurvedic remedies along with doing Pranayamas, yogasanas to stay safe. He claims that Pranayamas are the most useful in treating corona virus and making the respiratory system strong. Since COVID-19 attacks the lungs first, he suggests doing at least five pranayamas daily for good health and immunity. Such as doing Bhastrika pranayama daily is considered good for strengthening immunity, treating hyper tension, asthma, heart disease, T.B., tumor, BP, liver cirrhosis, sinus, and any kind of lung disease. By its regular practice the oxygen level in the body increases.

For keeping good internal health Kapalbhathi is the best. It relieves hyper tension, diabetes, cholesterol, stress and other diseases. *Anulom-vilom* increases the amount of oxygen in the body. Bhramari makes the mind calm and relieves stress. Similarly some asanas like Tadasana, Padahastasana, Trikonasana, Konasana, Chakki asana, Bhujangasana, Mandukasana, Uttarasana, Markatasana, Naukasana, and Shavasana, can develop the peace of mind and increase fresh energy in the body. Meditative practices are dharana, dhyana and Samadhi. Yoga philosophy considers God as omniscient and omnipotent. The goal of yoga philosophy is the prevention of tendencies of the mind, and the assistance of God is very essential in this task. So the significance and use of Yoga is it helps students and teachers to relax their body. Yoga can avoid health problems. It makes a good classroom. By yoga, teachers and students can develop their imagination power. According to yoga the aim of education is the comprehensive development of human personality and also to make human child, free from bodily, mental and supernatural miseries. So educators must care for the physical, mental, intellectual and spiritual growth of the pupil.

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