



Yoga as a Science of Self Realisation and Health

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Abstract:

In Indian culture, Yoga Philosophy occupies a very important place. It is an invaluable contribution made by the Indian culture to the world. In earlier times yoga was taken to be a subject for those who took to a spiritual life. But in the present time, the importance and relevance of yoga is as much in social life as its use was in spiritual life in the past. The all round development of a person is possible only through yoga. It is a way of life. Today, it is seen that many people are suffering from mental and physical ailments. The importance of yoga is increased day by day.

Keywords: Science, Self-realisation, Yoga

The Bhagwad Gita ' popularly know as ' Gita ' is widely acknowledged as a unique and universal treatise on the philosophy of life which came directly from the God incarnate same 5000 years ago. It is a part of the Bhismaparva of Mahabharat. It contains 18 chapters and 700 verses. It is a treatise on yoga, going by the opening verses 1 to 3 of chapter 4 and leading to holistic picture in the end. According to the 'Gita', yoga means, ' union of the individual soul with the universal soul (God), of the Atman with the Brahman. According to Patanjali, it means not only spiritual union, but all round development of human personality, physical and mental.

Self-realisation is the supreme and ultimate goal of human life. It is the realisation of the Atman with the Brahman. The Gita has indicated different paths such as Jnanayoga, Bhaktiyoga, Kormayoga and Rajayoga to attain this union. In the 'Bhagwad Gita', Lord Krishan guides a disheartened Arjuna and asks him to practise yoga. Lord Krishna as the charioteer defines yoga as ' equanimity of mind ' - being even-minded in the midst of constantly turning tides of life. The transformation of faint heartedness Arjuna's initial condition into large hearted ness lies at the heart of yoga.

1. Jnanayoga: In the ' Gita' IV:8, it is explained that "there is nothing so sublime and pure as knowledge. And one who has achieved this enjoys the self within himself in due course of time. Further, it is stated that, "even if you are considered to be the most sinful, you can cross the ocean of miseries by means of boat of knowledge alone. " (The Gita IV: 36). The knower is identified by Lord with his own self. (The Gita VII: 18). There are three stages of Jnanayoga. They are: Sravana, Manana and Nididhasna. Sravana means listening of scriptures about Atman. Manana is reflection on the meanings of those learnt scriptures and removes doubt regarding the final truth. Nididhasana means deep contemplation on Atman.

2. Bhaktiyoga : Bhaktiyoga is the way of love towards the God. It is surrendering of oneself to the God. Lord Krishna declares. "For who worship me with devotion, meditating me alone, I take care of them." (The Gita IX: 22). Further, Lord Krsna says "Think of me always, become my devotee, worship me and offer your homage unto me. I shall protect you from all sinful reaction." (The Gita XVIII : 65-66). Choose love and all fear is gone. This is krishna's final message in the 'The Gita' There s deep and emotional relationship between the individual and the God in the Bhaktiyoga.