

# YOGA

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# ORIGIN

- The practice of Yoga is believed to have started with the very dawn of civilization.
- In the yogic lore, Shiva is seen as the first yogi or Adiyogi, and the first Guru or Adi Guru.
- Several **Thousand** years ago, on the banks of the lake Kantisarovar in the Himalayas, Adiyogi poured his profound knowledge into the legendary Saptarishis or "seven sages".
- The sages carried this powerful yogic science to different parts of the world, including Asia, the Middle East, Northern Africa and South America.
- Interestingly, modern scholars have noted and marvelled at the close parallels found between ancient cultures across the globe.
- However, it was in India that the yogic system found its fullest expression. Agastya, the Saptarishi who travelled across the Indian subcontinent, crafted this culture around a core yogic way of life.

- *A number of seals and fossil remains of Indus Saraswati valley civilization with Yogic motives and figures performing yoga indicate the presence of Yoga in India.*
- The phallic symbols, seals of idols of mother Goddess are suggestive of Tantra Yoga.
- Presence of Yoga is available in folk traditions, Indus valley civilization, Vedic and Upanishadic heritage, Buddhist and Jain traditions, Darshanas, epics of Mahabharat and Ramayana, theistic traditions of Shaivas, Vaishnavas, and Tantric traditions.
- In addition, there was a primordial or pure Yoga which has been manifested in mystical traditions of South Asia.

- Though Yoga was being practiced in the pre-Vedic period, the great Sage Maharshi Patanjali systematized and codified the then existing practices of Yoga, its meaning and its related knowledge through his Yoga Sutras.
- After Patanjali, many Sages and Yoga Masters contributed greatly for the preservation and development of the field through their well documented practices and literature.

- Tentatively, the period between 500 BC - 800 A.D. is considered as the Classical period which is also considered as the most fertile and prominent period in the history and development of Yoga. During this period, commentaries of Vyasa on Yoga Sutras and Bhagawadgita etc. came into existence.
- The period between 800 A.D. - 1700 A.D. has been recognized as the Post Classical period wherein the teachings of great Acharyatrayas-Adi Shankracharya, Ramanujacharya, Madhavacharya-were prominent during this period.
- The teachings of Suradasa, Tulasidasa, Purandardasa, Mirabai were the great contributors during this period.
- The Natha Yogis of Hathayoga Tradition like Matsyendaranatha, Gorkshanatha, Cauranginatha, Swatmaram Suri, Gheranda, Shrinivasa Bhatt are some of the great personalities who popularized the Hatha Yoga practices during this period.

- The period between 1700 - 1900 A.D. is considered as Modern period
- Great Yogacharyas- Ramana Maharshi, Ramakrishna Paramhansa, Paramhansa Yogananda, Vivekananda etc. have contributed for the development of Raja Yoga.
- This was the period when Vedanta, Bhakti yoga, Nathayoga or Hatha-yoga flourished.
- The Shadanga-yoga of Gorakshashatakam, Chaturanga-yoga of Hathayogapradipika, Saptanga-yoga of Gheranda Samhita, were the main tenents of Hatha-yoga.

# MEANING

- In [Vedic Sanskrit](#), yoga from the root **YUJ** means "to add", "to join", "to unite", or "to attach" in its most common literal. Other meanings are "to apply", "to merge", "to yoke", "to fix up" etc. Originated in ancient India, Yoga typically means 'union' between the mind, body and spirit. Yoga is union of the individual self with the divine self. Yoga is union of Jivatma with the Paramatma.

# DEFINITIONS

- Yoga is defined as restraint of fluctuation in the consciousness.- Patanjali
- Yoga is suppression of thought. -Patanjali
- Yoga is skill in action - Bhagawat Gita
- Equanimity is yoga - Bhagawat Gita
- Yoga is an integration between head heart and hand - Swami Sivananda
- Yoga is universal in its application leading to an all round
- development of body, mind and soul -Swami Sivananda
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- Yoga is the essential need of today and the culture of tomorrow – Swami Satyananda Saraswathi
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- Yoga is the science of right living - Swami Satyananda Saraswathi
- Yoga is a light which, once lit, will never dim. – B.K.S.Iyengar
- Yoga is the union of the individual self with the universal self. - B.K.S.Iyengar



- **INTERNATIONAL YOGA DAY--21ST JUNE**
- "Yoga is an invaluable gift of ancient Indian tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. By changing our lifestyle and creating consciousness, it can help us to deal with climate change. Let us work towards adopting an International Yoga Day."
- Speech of Honorable Prime Minister of India **Shri Narendra Modi** at the 69 th session of United Nations General Assembly (UNGA) on September 27, 2014 urged the world community to adopt an International Day of Yoga.
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- On December 11, 2014, the 193 member UNGA approved the proposal by consensus with a record 177 co-sponsoring countries a resolution to establish 21st June as "International Day of Yoga". In its resolution, the UNGA recognised that Yoga provides a holistic approach to health and well-being and wider dissemination of information about the benefits of practicing Yoga for the health of the world population. Yoga also brings harmony in all walks of life and thus, is known for disease prevention, health promotion and management of many lifestyle-related disorders.

# YOGA GURUS



# YOGA GURUS

- Yoga has spread all over the world by the teachings of great personalities like Swami Shivananda, Shri T.Krishnamacharya, Swami Kuvalayananda, Shri Yogendara, Swami Rama, Sri Aurobindo, Maharshi Mahesh Yogi, Acharya Rajanish, Pattabhijois, BKS. Iyengar, Swami Satyananda Sarasvati and the like.

# Tirumalai Krishnamacharya

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- Tirumalai Krishnamacharya is often credited as the 'Father of Modern Yoga'.



- The 'Father of Modern Yoga' is widely known for being the architect of vinyasa and credited with the revival of *Hatha Yoga*.
- Mainly known as a healer, he mixed his knowledge of both *Ayurveda* and yoga to restore health.
- Under the patronage of the Maharaja of Mysore, he toured around India to promote yoga.
- He had a control over his heartbeats and he is believed to have mastered the art of holding the beats too.

# Swami Sivananda

- A sense of humour was the most defining aspect in a yogi, Swami Sivananda once quipped.



- He penned a song describing the 18 properties that a *yogi* should practice and that placed humour at the top. He taught the Yoga of Trinity (*Trimurti Yoga*) that combines *Hatha Yoga*, *Karma Yoga* and *Master Yoga*.

# K Pattabhi Jois



- His brand of yoga is popular as *Ashtanga Vinyasa Yoga* or *Ashtanga Yoga* that is based on the ancient text called Yoga Korunta and which attracted celebrity loyalists like Madonna, Sting and Gwyneth Paltrow.

# B K S Iyengar



- One of the earliest students of T Krishnamacharya, he is the one who popularized yoga abroad.
- Redefined *Patanjali's yoga sutras* and finally gifted the world what is now known as 'Iyengar Yoga'..

# Maharishi Mahesh Yogi



- He pioneered the transcendental meditation technique which had takers like the Beatles. It is a form of mantra meditation that is practised with closed eyes.



# Paramahansa Yogananda



**The founder of Kriya Yoga was one of the first to bring Yoga to the West.**

He introduced the West to the teachings of meditation and *Kriya Yoga*. His form of yoga puts emphasis on uniting with the infinite through a certain action or *kriya*

# Jaggi Vasudev



- **Isha Foundation is helmed by the very eloquent Jaggi Vasudev.**
- Popularly called *Sadhguru*, the philanthropist hails from Karnataka.
- He is the founder of Isha Foundation that offers yoga programmes around the world.
- The best thing is he conducts programmes for life-term prisoners.
- He also took a session with Indian Hockey team in 1996.

# Sri Sri Ravi Shankar



- **Hindu spiritual leader Sri Sri Ravi Shankar**
- The founder of the Art of Living Foundation has popularized the rhythm is breathing practice which is called *Sudarshan Kriya*.
- It came to him “like a poem”, as he describes it, while he was practicing silence for a 10-day long period on the banks of the Bhadra River, in Karnataka.

# Baba Ramdev



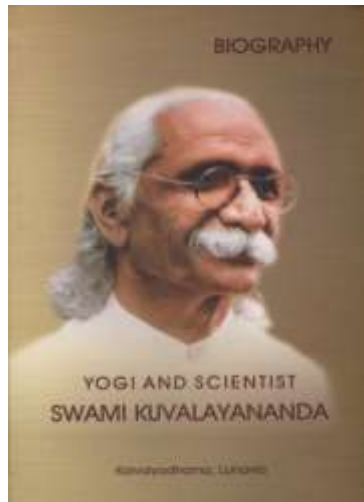
- His mass yoga camps kind of brought back yoga to the mainstream.
- His watch-and-practice yoga programmes on TV are a hit and that have made yoga a household name in India.
- The credit of us religiously practising *Kapalbhati* and *Anulom-vilom* goes to him.
- In short, he made us believe that yoga is not only for yogis but for commoners as well.

# Bikram Choudhury



- **Bikram Yoga is performed in a hot room for around 90 minutes during which time the participants sweat out.**
- His famous 26 types of postures that are meant to be practiced in a hot environment of 40 degree Celsius are derived from Hatha Yoga and are designed to bring the body back to the brain. This is called Bikram Yoga.

# Other gurus



SCHOOLS OF YOGA

- 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 principles and practices leading to ultimate aim and objectives of Yoga.



- 1906: [Yoga](#) - [Sri Tirumalai Krishnamacharya](#)
- 1920: [Agni Yoga](#) - [Nicholas Roerich](#) and [Helena Roerich](#) ([theosophy](#))
- 1921: [Integral Yoga](#) - [Sri Aurobindo](#), *[The Synthesis of Yoga](#)*
- 1946: [Kriya Yoga](#) - [Paramahansa Yogananda](#),
- 1948: [Yoga of Synthesis](#) - [Swami Sivananda](#)
- 1950s: [Satyananda Yoga](#) - [Swami Satyananda Saraswati](#)
- 1964: [Bihar School of Yoga](#)
- 1994: [Bihar Yoga Bharati](#)
- 1955: [Ananda Marga](#) - [Shrii Shrii Anandamurti](#)
- 1960s: [Transcendental Meditation](#) - [Maharishi Mahesh Yogi](#)
- 1960s: Classical [Ashtanga Yoga \(Raja Yoga\)](#) - [Baba Hari Dass](#)
- 1970: [Bikram Yoga](#) - [Bikram Choudhury](#)
- 1971: [Himalayan Institute of Yoga Science and Philosophy](#) - [Swami Rama](#)
- 1970s: [Siddha Yoga](#) - [Swami Muktananda](#)
- 1970s: [Surat Shabd Yoga](#) - [Sant Mat movement](#), [Kirpal Singh](#)
- 1970s: [Sahaja Yoga](#) - [Nirmala Srivastava](#)
- 1981: [Art of Living](#) - [Ravi Shankar](#)
- 1992: [Isha Foundation](#) - [Sadhguru Jaggi Vasudev](#)
- 1997: [Ananda yoga](#) - [Swami Kriyananda](#)

# Hatha Yoga Schools

- 1948: [Ashtanga Vinyasa Yoga](#) - [Sri K. Pattabhi Jois](#)
- 1950s: [Bihar School of Yoga](#) - [Swami Satyananda Saraswati](#)
- 1960s: [Sivananda Yoga](#) - [Swami Vishnu-devananda](#)
- 1960s: [Iyengar Yoga](#) - [B.K.S. Iyengar](#)
- 1970s: [Yin Yoga](#) - Paulie Zink
- 1980s: [Rocket Yoga](#) - [Larry Schultz](#)
- 1982: [Forrest Yoga](#) - [Ana Forrest](#)
- 1983: [Kripalu Yoga](#)-Amrit Desai
- 1986: [Jivamukti Yoga](#)- Sharon Gannon and David Life
- 1997: [Anusara Yoga](#) - [John Friend](#)
- 2000: [Shadow Yoga](#) - Shandor Remete
- 2000s: [TriYoga](#) - Kali Ray
- 2006: [Naam yoga](#) -Joseph Michael Levry
- [:Viniyoga](#) -[T. K. V. Desikachar](#)
- 1935: [Kundalini Yoga](#) - [Sivananda Saraswati](#)
- 1969: [Kundalini Yoga](#) - [Harbhajan Singh Yogi](#) (Yogi Bhajan)
- 1975: [Zen Yoga](#)
- 1985: [Dahn yoga](#) ("Korean Yoga") - [Ilchi Lee](#)
- 1995: [Laughter Yoga](#)

# Other schools of yoga:

A number of new techniques have emerged as follows

- Christian Yoga,
- Islamic Yoga,
- Anusara Yoga,
- Fit, Motion Yoga,
- Kriya Yoga,
- Mudra Yoga,
- Stretch Kit Yoga,
- Badminton Yoga,
- Golf Yoga,
- Kalari Yoga,
- Office Yoga,
- Siddha Yoga,
- Tibetan Yoga, S
- Team Yoga,
- Sound Yoga,
- Cat Yoga,

- Laughter Yoga
- Tai-Chi Yoga
- Aerobic Yoga,
- Dance Yoga,
- Nithya Yoga,
- Arkaya Yoga
- , Krida Yoga,
- Disco Yoga,
- Kid Yoga,
- Beach Yoga,
- Spin Yoga,
- Urban Yoga
- Ishya Yoga,
- Face Yoga,
- Cycle Yoga,
- Special Yoga,
- [Naked Yoga](#) -
- Disability Yoga, Etc.....

- Present days, Yoga Education is being imparted by many eminent Yoga Institutions, Yoga Colleges, Yoga Universities, Yoga Departments in the Universities, Naturopathy colleges and Private trusts & societies. Many Yoga Clinics, Yoga Therapy and Training Centers, Preventive Health Care Units of Yoga, Yoga Research Centers etc. have been established in Hospitals, Dispensories, Medical Institutions and Therapetical setups.

# BENEFITS OF YOGA

- **PHYSIOLOGICAL BENEFITS OF YOGA**

- Stable autonomic nervous system equilibrium
- Pulse rate decreases
- [Respiratory](#) rate decreases
- [Blood Pressure](#) decreases (of special significance for hyporeactors)
- Galvanic Skin Response (GSR) increases
- EEG - alpha waves increase (theta, delta, and beta waves also increase during meditation)
- EMG activity decreases
- Cardiovascular efficiency increases
- Respiratory efficiency increases
- Gastrointestinal function normalizes
- [Endocrine](#) function normalizes
- Excretory functions improve
- [Musculoskeletal](#) flexibility and joint range of motion increase
- Breath-holding time increases

- Joint range of motion increase
- Grip strength increases
- Eye-hand coordination improves
- Dexterity skills improve
- Reaction time improves
- Posture improves
- Strength and resiliency increase
- Endurance increases
- Energy level increases
- [Weight](#) normalizes
- Sleep improves
- Immunity increases
- Pain decreases
- Steadiness improves
- Depth perception improves
- Balance improves
- Integrated functioning of body parts improves

# PSYCHOLOGICAL BENEFITS OF YOGA

- Somatic and kinesthetic awareness increase
- Mood improves and subjective well-being increases
- Self-acceptance and self-actualization increase
- Social adjustment increases
- [Anxiety and Depression](#) decrease
- Hostility decreases
- Concentration improves
- Memory improves
- Attention improves
- Learning efficiency improves
- Mood improves



- Self-actualization increase
- Social skills increases
- Well-being increases
- Somatic and kinesthetic awareness increase
- Self-acceptance increase
- Attention improves
- Concentration improves
- Memory improves
- Learning efficiency improves
- Symbol coding improves
- Depth perception improves
- Flicker fusion frequency improves
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# BIOCHEMICAL BENEFITS OF YOGA

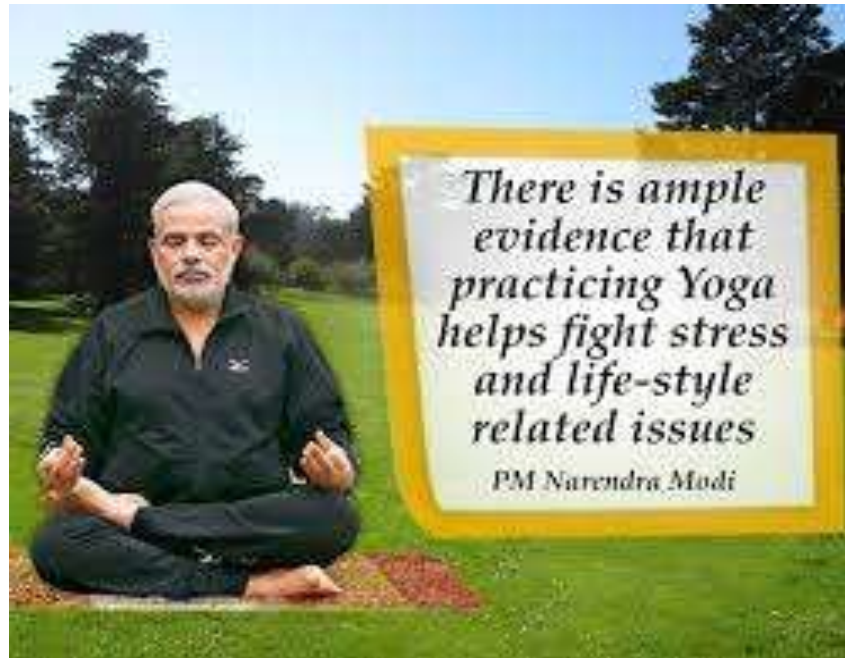
- Glucose decreases
- Sodium decreases
- Total cholesterol decreases
- Triglycerides decrease
- HDL cholesterol increases
- LDL cholesterol decreases
- VLDL cholesterol decreases
- Cholinesterase increases
- Catecholamine decrease

- ATPase increases
- Hematocrit increases
- Hemoglobin increases
- Lymphocyte count increases
- Total white blood cell count decreases
- Thyroxin increases
- Vitamin C increases
- Total serum protein increases

# MISCONCEPTION ABOUT YOGA

- Yoga is just an exercise.  
Yoga is not merely an exercise to make one's body fit; this is one of the most widespread misconceptions.
- Yoga is an expensive activity.
- Yoga will give its practitioner extremely sophisticated physical prowess.
- Yoga is Physical culture –aerobics and anaerobics
- Yoga is mental concentration.
- Yoga is Self mortification, self torture.
- Yoga is a sport
- Yoga is only for women& grandmothers
- Everybody must practice the same postures
- You have to be extremely agile to practice yoga
- Incense should be burned when practicing yoga
- Yoga classes are filled with a bunch of granola-eating “woo woos”.
- You have to lose weight before you are able to do yoga.
- Yoga means a bunch of people sitting around in a lotus position chanting “ohm”.
- Yoga is a religion.
- Yoga therapy is the same as taking a yoga class
- Yoga is a quick fix.

# MODI AND YOGA



- We did not have health insurance in olden times. But Yoga is a practice which gives health 'assurance' with zero spending
- Yoga is not about what one will get, it is about what one can give up.
- Yoga is also turning into a profession and is providing employment to many.
- There are countries around the world which have 24 hours dedicated TV channels for Yoga.
- Eminent gynecologists suggest pregnant women to practice Yoga as it helps them stay healthy.
- We are disconnected from ourselves in today's times. Therefore, Yoga helps us in reconnecting with ourselves.
- I announce two awards for Yoga Day celebrations next year. One award is for those who are doing good work in the field of Yoga on international level and other for national level.
- Let Yoga be popularised across the world. Let yoga teachers be produced from India.

- Yoga is not just about getting rid of diseases (ailments) but it is a guarantee of wellness.
- The way mobile phone has become a part of life, you can make Yoga a part of your life too.
- Shri Narendra Modi, today described Yoga as a journey from "Aham to Vayam; Sva to Samasti." (I to we; Self to Universe).
- Today, Yoga has come a long way.
- There are various definitions, types, schools of Yoga and ways to practice Yoga that have emerged.
- This is the beauty of Yoga- it is ancient, yet modern, it is constant, yet evolving.
- The essence of Yoga has not changed.
- And I say this because it is of utmost importance to preserve this essence.
- Otherwise, we may just have to discover a new Yoga to re-discover the soul and essence of Yoga.
- Yoga is the catalytic agent, ushering the transformation from Jiva to Shiva.

**THANK YOU**