

# YOGA: A HISTORICAL PERSPECTIVE WITH TYPES, MUDRAS, BENEFITS & RISK FACTOR

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## ABSTRACT

Yoga is the science of living well and hence it should be included in daily life. It works on all aspects related to our life – physical, mental, emotional, spiritual and spiritual, etc. Yoga means to unite or bind. The root of this word is the Sanskrit word yuj, which means to join. On a spiritual level this union means the union of individual consciousness with the universal consciousness. On a practical level, yoga is a means of balancing and harmonizing the body, mind, and emotions. This yoga or unity is achieved through the practice of asana, pranayama, mudra, bandha, shatkarma and meditation. So yoga is a way of living as well as the ultimate purpose in itself. Yoga first benefits the physical body, which is a practical and familiar starting point for most people. When imbalance is experienced at this level, organs, muscles, and nerves do not work in harmony, but they work in opposition to each other. Yoga works on the mental and emotional levels, followed by the physical body. Many people suffer from many mental problems as a result of the stress and interactions of everyday life. Yoga may not provide immediate treatment but it is a proven method to combat them.

**Keywords:** Yoga, Mudra, Pranayam.

Yoga is derived from the Sanskrit language 'Yuj' which means union of soul with God, that is, yoga has so much power, that it can make you attain immortality. Some people misunderstand yoga to be simple, but it is much more than that. Yoga is primarily a spiritual discipline, in which the full essence of lifestyle has been assimilated. Yoga is an art as well as a science. It is a science, as it provides practical ways to control the body and mind, making deep meditation possible. And it is an art, unless it is practiced instinctively and sensitively, it will give only superficial results. Yoga is not just a system of beliefs, but it takes into account the effect of body and mind on each other, and brings them into mutual harmony. Yoga works primarily to circulate energy in the body through pranayama, or energy-control. Yoga (yoga asana in hindi) teaches how, through breath-control, a higher place of mind and awareness can be achieved.

**The purpose of yoga is to build strength, awareness and harmony in both the mind and body.**

## HISTORY AND DEVELOPMENT OF YOGA

Although no written evidence is available about the discoverer of yoga, but it is believed that yoga originated in our country India. The 2,000-year-old "Yoga Sutras", written by the Indian sage Patanjali on yoga philosophy, are considered a complete guide to controlling the mind and emotions, and developing spiritually. The Yoga Sutras are the earliest written record of yoga and one of the oldest texts in existence. It provides the framework for all modern formulations. Even after such a long history, yoga started gaining popularity in the late 19th century. Interest in yoga exploded after the 1920s and 1930s, first in India and later in the West.

Yoga originated as an ancient practice whose origins can be traced back to 3000 BC in India. Stone-carved figures of yoga postures can be found in the Indus Valley, showing the original postures and practices. Yoga was developed to establish harmony between the heart and the soul on the path of divine enlightenment. Plus, it was discovered that yoga has been shown to help treat many diseases such as diabetes and high blood pressure, and reduce physical injuries and chronic pain. Yoga has helped in curing many diseases. And as yoga continues to become increasingly popular outside of India and in so many different cultures, the practice has been channeled into teachings and means in many different schools. Let us know what is the status of yoga in India and how is it. Yoga is quite famous for its postures and asanas. Fitness was not the primary goal of yoga, but yoga practitioners and followers also focused on other practices, such as expanding spiritual energy using breathing techniques and mental meditation.

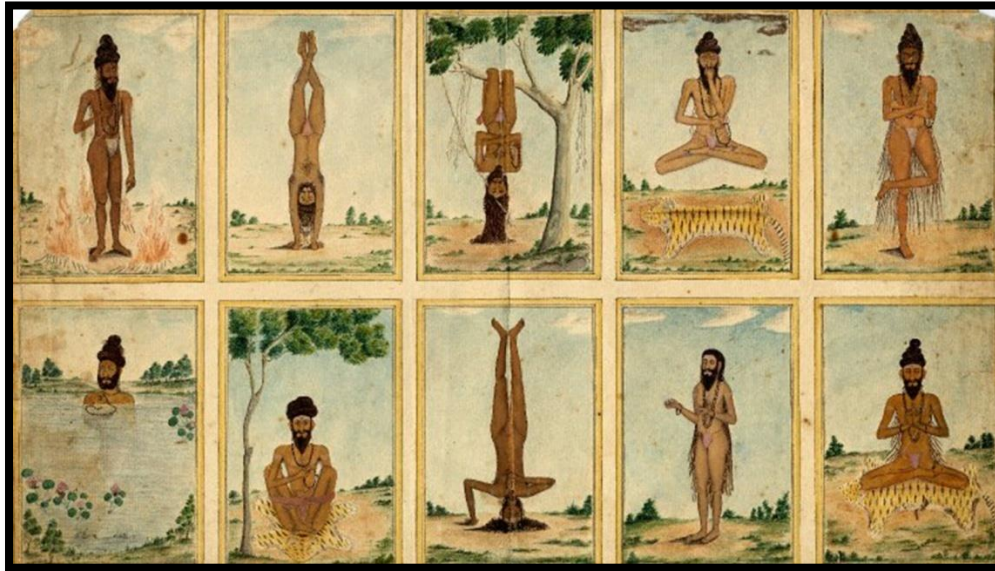


It is believed that yoga is being practiced since the beginning of civilization. The science of yoga originated thousands of years ago, long before the first religions or faiths were born. In Yoga Vidya, Shiva is considered as the first Yogi or Adi Yogi and the first Guru or Adi Guru. Several thousand years ago, on the banks of Lake Kanti Sarovar in the Himalayas, Adi Yogi passed on his enlightened knowledge to his famous Saptarishi. The Saptarishis took this powerful science of yoga to different parts of the world including Asia, the Middle East, North Africa and South America. Interestingly, modern scholars have noted the close parallels found between ancient cultures throughout the world. However, it was in India that yoga found its most complete expression. A Saptarishi named Augusta, who toured the entire Indian subcontinent, built this culture around a yogic way of living. Several fossil remains and seals of the Indus-Saraswati Valley Civilization with Pitras performing Yoga suggest the presence of Yoga in India. The seals of the idols, gender symbols suggest tantra yoga. Yoga is present in folk traditions, Indus Valley Civilization, Vedic and Upanishad heritage, Buddhist and Jain traditions, philosophies, epics called Mahabharata and Ramayana, theistic traditions of Shaivas, Vaishnavas and Tantric traditions. In addition, there was an adi or pure yoga that is expressed in the mystic traditions of South Asia. This was a time when yoga was performed under the direct guidance of a guru and special importance was given to its spiritual value. It was a part of worship and yoga practice was ingrained in their rituals. The sun was given the highest importance during the Vedic period. It may be because of this influence that the practice of 'Surya Namaskar' was invented later. Pranayama was a part of daily rituals and it was done for dedication. Although yoga was practiced in the pre-Vedic period, the great sage Maharishi Patanjali, through his Yoga Sutras, systematized and codified the existing practices of yoga, its meaning and related knowledge through his Yoga Sutras. After Patanjali, many sages and yoga masters contributed greatly to the preservation and development of yoga through their well-documented practices and literature.

Historical evidence of the existence of yoga was seen in the pre-Vedic period (2700 BC) and thereafter till the Patanjali period. The main sources from which we get information about the practices of



Yoga and related literature during this period are Vedas (4), Upanishads (18), Smritis, Buddhism, Jainism, Panini, teachings of the epics (2), Available in Puranas (18) etc.



Provisionally the period between 500 BC - 800 AD is considered as the superior period which is also considered as the most fertile and important period in the history and development of yoga. During this period, Vyasa's commentaries on the Yoga Sutras and Bhagavad Gita etc. came into existence. This period can be mainly devoted to two great religious preachers of India - Mahavira and Buddha. The five great vows by Mahavira - the Pancha Mahavratas and the Buddha's conception of the Ashta Magga or Eight Paths - can be considered as the initial nature of yoga practice. We find a more lucid explanation of this in the Bhagavad Gita, in which the concepts of Jnana Yoga, Bhakti Yoga and Karma Yoga are elaborated. These three types of yoga are still the highest examples of human intelligence and even today people get peace by following the methods shown in the Gita. The Yoga Sutras of Patanjali not only contain the various components of yoga, but are mainly identified with the eight paths of yoga. Vyasa also wrote a very important commentary on the Yoga Sutras. During this period, importance was given to the mind and through yoga practice it was clearly explained that both mind and body can be controlled to experience equanimity. The period between 800 AD – 1700 AD is considered as the later period of excellence in which the teachings of the great Acharyatriyas – Adi Shankaracharya, Ramanujacharya and Madhvacharya – were prominent during this period. The teachings of Sudarshan, Tulsi Das, Purandar Das, Mirabai made great contribution during this period. Nath Yogis of the Hatha Yoga tradition such as Matsyendra Nath, Gorakh Nath, Gaurangi Nath, Swatmaram Suri, Gheranda, Srinivas Bhatt are some of the great personalities who popularized the tradition of Hatha Yoga during this period.

The period between 1700 - 1900 AD is considered as the modern period in which great yoga masters - Raman Maharishi, Ramakrishna Paramahansa, Paramahansa Yogananda, Vivekananda etc. contributed to the development of Raja Yoga. This is the period in which Vedanta, Bhakti Yoga, Nath Yoga or Hatha Yoga flourished. Shadanga – Yoga of Goraksha Shatkam, Chaturanga – Yoga of Hatha Yoga Pradipika, Saptanga – Yoga of Gheranda Samhita – were the main roots of Hatha Yoga.

Now in the contemporary era, everyone has faith in yoga for the preservation, maintenance and promotion of health. Today Yoga spread all over the world by the teachings of great personalities like Swami Vivekananda, Shri T Krishnamacharya, Swami Kunalayananda, Shri Yogendra, Swami Ram, Shri Aurobindo, Maharishi Mahesh Yogi, Acharya Rajneesh, Pattabhijois, BKS Iyengar, Swami Satyendra Saraswati etc. Is.

## TYPES OF YOGA – YOGA POSES

Modern yoga has evolved with a focus on exercise, strength, flexibility and breathing. It helps in enhancing physical and mental wellness. There are many styles of yoga, and no style is more authentic or superior than the other. The different types and styles of yoga include the following:

- **Ashtanga Yoga:** This form of yoga uses the ancient teachings of yoga. However, it became most popular during the 1970s. Ashtanga yoga is primarily a combination of six postures that combine the process of rapid breathing.
- **Bikram Yoga:** Bikram Yoga is also known as or by the name of "Hot" Yoga. This type of yoga is mainly performed in an artificially heated room with a temperature of about 105 degrees Celsius and 40 percent humidity. It consists of a total of 26 poses and a sequence of two breathing exercises.
- **Hatha Yoga:** This is a general term for any type of yoga that teaches physical postures. "Hatha yoga" classes usually serve as a gentle introduction to basic yoga postures.
- **Iyengar Yoga:** In this form of yoga, correct alignment of all the poses is done using various props like blanket, pillow, chair and round long pillow etc.
- **Jivamukti Yoga:** Jivamukti means "liberation while alive." This type emerged in 1984 and includes spiritual teachings and practices. This type of yoga focuses on increasing the speed between poses rather than focusing on the poses themselves.
- This type of focus is called **Vinyasa**. Each class has a topic, which is explored through yoga scriptures, chanting, meditation, asanas, pranayama and music. Jivamukti yoga can be physically intense.
- **Kripalu Yoga:** This type teaches the practitioner to know, accept and learn their body. Kripalu's student learns to practice his level by looking inward. Classes usually begin with breathing exercises and gentle stretches, followed by a series of individual poses and final relaxation.
- **Kundalini Yoga:** Kundalini means "to be coiled like a snake." Kundalini yoga is a system of meditation that aims to release the energy buried in the mind. A class usually begins with chanting and ends with singing. In between, it adapts asanas, pranayama and meditation to produce a specific result.
- **Power Yoga:** In the late 1980s, practitioners developed this active and athletic type of yoga based on the traditional Ashtanga system.
- **Sivananda:** This is a system based on the five-point philosophy. This philosophy states that proper breathing, relaxation, diet, exercise and positive thinking work together to create a healthy yogic lifestyle. Usually it uses the same 12 basic asanas, booked by Surya Namaskar and Savannah asanas.
- **Appropriation:** Appropriation can adapt to any person, regardless of physical ability. Appropriation teachers require intensive training and are experts in anatomy and yoga therapy.
- **Yin:** This is a calming and meditative yoga practice, also known as Taoist yoga. Yin yoga allows the release of tension in major joints, including: Ankle, knee, hips, full back, neck, shoulders
- **Prenatal or prenatal yoga:** This yoga is performed prenatal and yoga uses postures that practitioners have designed for people who are pregnant. It can help women get back to their old shape after pregnancy as well as support a health-care pregnancy.
- **Relax Yoga:** This is a relaxing form of yoga. A person can take this yoga class in four or five simple poses. It does not require any extra effort to hold a pose, just you can do relaxing postures with the help of some props like blankets, round pillows.

**MUDRA OF YOGA –THE DIFFERENT POSTURES OF YOGA ARE AS FOLLOWS-**

1. Standing Yoga	2. Sitting Yoga	3. Lying in stomach Yoga Pose	4. Lying on Back Yoga
Konasana – First Konasana II Katichkrasana Hastapadasana Ardha Chakrasana trikonasana Virabhadrasana or Virabhadrasana Parasarita Padahastasanam Vrikshasana Paschim Namaskarasana Garudasana Utkatasana	Janu Shirsana Paschimottanasana Purvottanasana Ardha Matsyendrasana Baddhakonasana padmasana marjarisana Eka Pada Raja Kapotanasana infant seat chowki chalna vajrasana gomukhasana	Vasisthasana Adho Mukha Savasana Capricorn Adho Mukha Svanasana Dhanurasana Bhujangasana Salamba Bhujangasana Viparita Shalabhasana Shalabhasana upward face breathing	boating bridge bandhasana matsyasana Pawanmuktasana all round pose Halasan Natarajasana Vishnuasana cremation Sirsasana

**BENEFITS OF YOGA**

Physical and mental healing is one of the most known benefits of yoga. It is so powerful and effective because it works on the principles of harmony and integration. Yoga is a successful treatment option in asthma, diabetes, blood pressure, arthritis, digestive disorders and other diseases, especially where modern science has not been successful in providing treatment till date. Research on the effects of yoga on HIV is currently underway with promising results. According to medical scientists, yoga therapy is successful because of the balance created in the nervous and endocrine systems which directly affects all other systems and organs of the body. For most people, however, yoga is simply the main means of maintaining health in a stressful society. Yoga reverses the effects of bad habits, such as sitting in a chair all day, using mobile phones excessively, not exercising, having bad eating habits, etc. Apart from these, yoga also has many spiritual benefits. These are not easy to describe, because you will have to achieve and then feel them by practicing yoga yourself. Yoga benefits each person differently. So definitely adopt yoga and improve your mental, physical, spiritual and spiritual health. Many benefits of yoga like increasing your heart health and flexibility of your body with the help of yoga, which are as follows –

<ol style="list-style-type: none"> <li>1. Improves Your Flexibility</li> <li>2. Increases Muscle Strength</li> <li>3. Perfects Your Posture</li> <li>4. Prevents Breakdown Of Cartilage And Joints</li> <li>5. Protects Your Spine</li> <li>6. Strengthens Your Bone Health</li> <li>7. Increases Your Blood Flow</li> <li>8. Boosts Your Immunity</li> <li>9. Regulates Heart Rate</li> <li>10. Lowers Your Blood Pressure</li> <li>11. Controls Your Adrenal Glands</li> <li>12. Relaxes Your System</li> <li>13. Improves Your Balance</li> </ol>	<ol style="list-style-type: none"> <li>14. Maintains Your Nervous System</li> <li>15. Relieves Tension In Your Limbs</li> <li>16. Helps You Sleep Deeply</li> <li>17. Prevents Ibs And Other Digestive Problems</li> <li>18. Gives You Peace Of Mind</li> <li>19. Boosts Your Self Esteem</li> <li>20. Takes Away Your Pain</li> <li>21. Gives You Inner Strength</li> <li>22. Makes You Happy</li> <li>23. Provides A Healthy Lifestyle</li> <li>24. Lowers Blood Sugar</li> <li>25. Helps You Focus</li> </ol>
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## RISKS AND DISADVANTAGES OF YOGA

After yoga under the guidance of a well trained instructor then it is extremely safe and beneficial for you. But in some circumstances it can also be harmful for you. Some of the risks and disadvantages of yoga are as follows-

1. If a person get hurt due to yoga, it can become a hindrance in your continuous practice. But serious injury due to yoga is very rare.
2. If a pregnant or suffering from any medical problems such as high blood pressure, glaucoma or vitreous disease and sciatica etc., talk to the doctor before practicing yoga. In such a situation, there may be a need to change or avoid some yoga postures.
3. If a person have recently started learning yoga, avoid extreme positions and difficult techniques, such as headstands, padmasanas and forceful breathing.
4. If a person doing yoga for a health problem, then take special care not to ignore the traditional medical care for that problem or replace yoga with that problem. Consult your doctor for pain or any other problem.

## CONCLUSION

The practice of yoga helps to develop the body and mind, though it cannot be used as a substitute for any medicine. Learning and practicing yoga under the supervision of a trained yoga teacher is essential. In case of any medical condition, practice yoga only after consulting the doctor and with yoga teacher. Yoga's incorporation of meditation and breathing can help improve a person's mental well-being. Regular yoga practice creates mental clarity and calmness; increases body awareness; relieves chronic stress patterns; relaxes the mind; canters attention; and sharpens concentration,

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