



Practices Of Dharna And It's Benefits In Various Scriptures.

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Abstract

Yoga has eight limbs in Patanjali darshan's. They are yam, niyam, asana, pranayama, pratyahara, dharna, dhayana and samadhi. Yoga seven limb is Dharna. In various scriptures like Patanjali yoga sutra, goraksh samhita, Gherand Samhita, Yogatattva upanishad, vasistha samhita, shiva samhita. Sutra Triveni it is explain in details of the practices and their benefits are also given. The last three limbs is for mind. Focusing or concentrating mind on a particular place is known as dharna. Some of scriptures have slight different practices. This type of practice helps to have peace of mind. So here the practice of Dharana and its benefits is given of different scriptures.

Keywords: dharana, practice and scriptures

Introduction

What is Dharna?

हृदये पञ्चभूतानां धारणा च पृथक् पृथक्

मनसो निवर्तित्वेन धारणा साभिधीयते ॥

Focusing the mind in the heart and the five mahabhuta earth, water, fire, air and ether in different places is called dharana.

It is said in the first sutra of Patanjali darshan's Vibhutipada देशबन्धश्चित्तस्य धारणा

Dharana is the binding of Chitta to a specific place.

Chancalata (Bhagavad Gita, Chapter 6, Verse 34) and Ekagrata (Bhagavad Gita, Chapter 6, Verse 12) are the two stages of random thought and focussing, respectively. A person can advance to the following two levels, dharana and dhyana, if they decide to concentrate their thoughts during meditation.

Three desh of dharna

This dharna is adhyatmik (spiritual) desh, Adhibhautika Desha and Adhidaivik desh. Panchmahabhut, muladhara, Swadhisthana, Manipur, anahata, vishudhi, Ajna, crown, throat, tongue frontal, middle and root part. Eyes, nose, bhumadhya, antarnaad, dream and different parts of different part of body are adhyatmik Desha. Sagan form of God, sadguru, the idol of dev, satpuruush, jewels, gems, lamp and Branches of tree are the different Adhibhautika Desha. Sun, moon, Venus, Pole, Jupiter etc. are called Adhidaivik desh

The relation of asana, pranayama and pratyahara is related to body, whereas the relation of dharna, dhayana and samadhi is related to Chitta.

Different scriptures have provided different Methods of Practicing dharna. .

Dharna in Goraksh samhita

Yogi should practice dharana after asana, pranayama and pratyahara.

Dharna	Beej	Devta	Color	Period.
Pruthvi	Lam	Brahma	Yellow	5 ghadi
Varuni	Vam	Vishnu	White	5 ghadi
Vaishvanari	Ram	Rudra	Blood	5 ghadi
Vayavi	Yam	Ishwar	Anjan	5 ghadi
Nabho	Ham	Sadashiva	Jal	5 ghadi

Here 5 ghadi means 2 hours as 1 ghadi is 24 min ($24 \times 5 = 120$ min)

The benefits of pruthvi dharna is win over earth. Varun is the person is not effected by any form of poison, vaishvanari is win over agni, Vayavi is to fly in sky and Nabha is to pierce the moksha dwar.

Dharna in Yogatattva upanishad :

Parichaya avastha :

After imagining the Kundali with fire, let the air enter the Sushumna without any obstruction and let the mind also enter the Sushumna with that air. In this way, when the practice is perfected, five types of Dharana are mastered.

Dharana	Beej	Devta	Colour
Pruthvi	Lam	Brahma	Yellow
Jal	Vam	Narayan	Shukla
Agni	Ram	Rudra	Rakta
Vayu	Yam	Ishwar	Krishna
Akash	Ham	Sadashiva	Dhumra

Dharana	Place	Time
Pruthvi	From foot to knee	Five ghatika
Jal	From knee to anus	Five ghatika
Agni	From anus to heart	Five ghatika
Vayu	From heart to middle of eyebrow	Five ghatika
Akash	From middle of eyebrow to head	Five ghatika

Here one ghatika is 24 min hence 5 ghatika means 2 hours .

After doing practice of 5 Dharana yogi also master these panchmahabhut and gets various siddhi.

Dharana in shiva samhita

Dharana is to be done on muladhara, Ling, navel, heart, between of eyebrow for 5 ghatika each that is 2 hour.

The benefits of it is immortality, liberation, samadhi and peace.

In yoga chudamani upanishad Dharna means the patience of mind.

Dharana in vasistha samhita

Tatva	Location	Letter	Devta	Period
Pruthvi	From foot to knee	La	Brahma	5 ghatika
Jal	From knee to anus	Va	Vishnu	5 ghatika
Agni	From anus to heart	Ra	Rudra	5 ghatika
Vayu	From heart to middle of eyebrow	Ya	Mahatatva	5 ghatika
Akash	From middle of eyebrow to head	Ha	Avyakt jagdishwar	5 ghatika

Here 5 ghatika is 2 hours. Here the benefits of pruthvi tattva is he has win over earth. He does not get effected by water while doing dharana on Jal, He does not get affected by fire after doing dharana on Agni. He gets free from all the diseases after doing the dharana on Vayu and He gets liberated after doing dharana on Akash. This are the various siddhi he gets when he is expertise on dharana.

Conclusion

Changes in performance in a letter cancellation task before and after dharana, dhyana, random thinking, and focussing were detailed in the final of the eight reviewed publications. These findings suggested that after dharana, but not after the other sessions, there was an improvement in selective attention, focus, visual scanning skills, and repetitive motor response. (S kumar, 2009). Thus the benefits that the mind becomes calm and there is improvement in various function after practicing dharna and our scriptures also have supported the same. Thus practice of vasistha Samhita, gorakash samhita and Yogatattva upanishad have been given and the benefits of dharna in various scriptures is described here.

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