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## HISTORY OF YOGA IN ANCIENT INDIA (2500 BC – 500 AD)

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### Author's Introduction:

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**T**he World Organization (UNO) General Assembly approved a resolution establishing twenty initial solar calendar month as International Yoga Day. Yoga has a prolonged history. Yoga began in ancient India that originated in country Circa 3000 B.C. Stone inscribed figures of Yoga Postures is found the Indus valley civilization depiction the initial poses and practices. The word 'Yoga' comes from the Indo-Aryan root 'Yuj' aspiring to be a district of or 'to yoke' or 'to unite'. Living with freedom altogether walks of life, health and harmony shall be the foremost objectives of Yoga. Yoga history is split into ancient history, medieval history and

modern history. In this paper I have explained history of yoga in Ancient India. Yoga is philosophy of life. Yoga can be a self discipline. Yoga can be a life style. Yoga can be a concept of life, freed from diseases and created with transcendental trance. Yoga may be an extraordinary cognition of self therapy and self realisation.

**Keywords:** International Yoga Day, World Organization (UNO), Yoga Postures Indo-Aryan root philosophy of life etc.

## Introduction:

**Y**oga began that originated in Bharat circa 3000 B.C. Stone engraved figures of Yoga Postures are often found the Indus depression civilization portrayal the initial poses and practices. Yoga was developed as thanks to attain harmony between the center and soul on the trail to divine enlightenment. Yoga is actually a non secular discipline supported an especially delicate science, that focuses on transferral harmony between mind and body. it's associate degree art and science of healthy living. The word 'Yoga' comes from the Sanskrit root 'Yuj' desiring to be a part of or 'to yoke' or 'to unite'. As per yogistic scriptures the follow of Yoga ends up in the Union of individual consciousness therewith of the Universal Consciousness, Indicating an ideal harmony between the mind and body, Man & Nature one UN agency experiences this identicalness of existence is alleged to be in Yoga, and is termed as a Yogi, having earned to a state of freedom named as Mukti, Niruvana or Moksha.

This can be the aim of yoga is self realization to beat all types of sufferings resulting in 'The State of Liberation' (Moksha) or Freedom (Kaivalya). Living with freedom all walks

of life, health associate degreed harmony shall be the most objectives of Yoga follow "Yoga" conjointly refers to an inner science comprising of a spread of strategies through that persons will notice this union and attain mastery over their destiny. Yoga, being wide thought-about as 'Immortal cultural outcome' of Indus civilization – to 2700 B.C; have proven itself occupation to upliftment of humanity. Basic human values are the identity of Yoga Sadhana.

## Aims and Objectives of History of Yoga:

The follow of yoga may be a longer history. Yoga is of prehistoric origin and is found through history. It can be divided ancient, medieval and modern. In this article I have written Yoga in past. Yoga history some gap within the contemporarily literature on Yoga history.

In the restoration of well-being physical, mental health. Yoga could also be used with the aim of reducing stress, anxiety, depression and pain and increasing peace, perception. Yoga history data is required to each practician and its aims at reveals the chronicle of history of Yoga.

## Methodology:

The most significant resources for this period texts are; the ancient scriptures of Vedas, Upanishads, Buddhist,

religion literature, Yoga sutras of Patanjali, recent journals of Yoga. This literature is not focussed Yoga origin of Yoga and its chronology. It reveals history of Yoga in past and its chronology.

### Definitions of Yoga:

- 1) "Yoga is purported to be equanimity" (2.48): "Yoga is ability in action" (2.50): "Know what that's named Yoga to be separation from contact with suffering" (6.23) Bhagavad sacred text.
- 2) Yoga is that the suppression of the activities of the mind (1.2) Yoga sutras of Patanjali.

### Source of Yoga History:

The existence of Yoga well seen in Pre-Vedic period (2700BC) and thereafter, till Patanjali Yoga Sutras the foremost sources from that we have to know the information regarding Yoga practices and conjointly the connected literature throughout this era, an accessible in four Vedas, 108 Upanishads, Smritis, Teachings of Buddhism, Jainism, 2 Epics (Ramayana, sacred writing, 18 Puranas, Patanjali Yoga Sutras.

### Prehistory / Pre-Vedic India:

So many seals discovered at Indus Valley civilization sites analysis to the

center third millennium before Christ, depict figures in positions resembling a typical Yoga or Meditation pose: It shows a method of formality discipline – suggesting a precursor of Yoga, per archaeologist Gregory Possehl.

Ramprasad Chand, international organization agency supervised Indus valley civilization excavations, states that, not only the sitting deities on variety of the Indus seals are in Yoga posture and bear witness to the prevalence of Yoga at intervals the Indus valley civilization during this remote age, the standing deities on the seals together shows Kayotsarga (A standing posture of meditation) position.

### Pre-Classical Era five hundred – 200BCE:

Ascetic Practices (Tapas), concentration and bodily postures employed by sacred text clergymen to conduct Yojana (Vedic ritual of fireplace sacrifice) might need been precursors to Yoga, Vratya, a bunch of ascetics mentioned within the Atarvaveda, emphasised on bodily postures that in all probability evolved into Hinduism Asanas. Early sacred text samhitas additionally contain references to different cluster ascetics like Munis, Kesins, Vratas. Techniques for dominant breath and very important energies are mentioned within the Brahmanas (ritualistic texts of the sacred

text corpus, C.1000 – 800 BCE) and also the Atharva religious writing. Nasadiya Sukta of the Rigveda suggests the presence of Associate in Nursing early contemplative tradition. Alexander Wynne, author of “The origin of Buddhist Meditation” observes that formless meditation and elemental meditation might need originated within the Upanishadic tradition. The earliest relevance meditation is within the Brihadaranyaka religious writing, one among the oldest Upanishads.

Chandogya religious writing describes the 5 varieties of very important energies praana (1-5). ideas used later in several Yoga traditions like internal sound and veins (naadis) also are delineated within the religious writing. Taithriya religious writing defines Yoga because the mastery of body and senses.

### **Jainism:**

In keeping with Tatvarthasutra, 2d century religious belief text, Yoga is that the add of all the activities of mind, speech and body. Umaswati calls Yoga the explanation for “asrava’ or Karmic inflow also joined of the necessities – Samyak caritra- within the path to liberation. In his niyamasara, Acharya Kundakunda, describes Yoga devotion – devotion to the trail to liberation because the highest sort of devotion. Acharya Haribhadra and also the Acharya Hemachandra mention the 5

major vows of ascetics and twelve minor vows. This has Indologists like academician. Robert J.Zydenbos to decision Jainism, basically, a system of Hinduism thinking that grew into a full-fledged faith. The 5 Yamas or the constraints of the Yoga sutras of Patanjali bear a likeness to the 5 major vows of Jainism, indicating a history of these Jainist tradition.

### **Yoga in Buddhism:**

Gautama studies Vedas and Philosophy and discovered many austerities. Later, he learnt Samkhya philosophy from Alara Kalama meditation from Hindu deity Ramaputra. Then he left for Gaya and took deep meditation for forty days when that he got enlightenment referred to as sambhodhi. Thereafter, he was known as as “Tathagatha” as he complete the reality and as “Buddha” as he discovered the answer to the worldly issues. Thus, the preachings of Buddha came to be referred to as Buddhism. The chronology of completion of those Yoga connected Pali canons, however, in unclear, a bit like ancient Hindu texts. Early known Buddhist sources just like the Majjima Nikaya mention meditation, whereas the Angutha Nikaya describes Jayins (meditators) that jibe early hindi descriptions of Muni, Kesins and Meditating ascetics, however these

meditation – practices aren't referred to as Yoga in these texts. The earliest known specific discussion of Yoga within the Buddhist literature as understood in fashionable context, is from the third to fourth century CE scriptures of the Buddhist Mahayana faculty and fourth to fifth century Visuddhi-magga of Buddhaghosha. Yoga in Ramayana in Ramayana Vashista Maharshi conjointly teaches Yoga sutras to avatar.

### **Yoga in Mahabharata:**

Description of Associate in Nursing early type of Yoga referred to as nirodhayoga (Yoga of Cessation) is contained within the Mokshadhama section of the twelfth Chapter (Shantiparva) of the sacred text. The verses of the section all dates to C 300-200 BCE. Nirodhayoga emphasizes progressive withdrawal from the continues of empirical consciousness like thoughts, sensations etc. till pureesha (self) is accomplished. Terms like Vihara (Subtle reflection) Viveka (discrimination) et al. that square measure just like Patanjali word square measure mentioned, however not describe. there's no uniform goal of Yoga mentioned in sacred text. Separation of self from matter, perceiving Brahman everyplace, getting into Brahman etc. all describe as goals of Yoga. sacred text defines the aim of Yoga because the

expertise of uniting the individual atman with the Universal Brahman that pervades all things.

### **Classical Era: ( 200BCE – five hundred CE)**

This era witnessed several texts of Buddhism, Hinduism, Jainism discussing and consistently collection Yoga ways and practices of those, Patanjali Yoga sutras thought of as a key work.

### **Samkhya of Kapila :**

Several traditions in India began to adopt systematic methodology by concerning 1st (1st) century CE of those, Samkhya was most likely one among the oldest philosophies to start taking a scientific kind, Patanjali systematic Yoga, Building then, on the foundational philosophy of Samkhya. within the early works, the yoga principles seem at the side of the Samkhya ideas. Vyasa's statement on the Yogasutra's conjointly referred to as the Samkhyapravachanbhasya (Commentary on the Exposition of the Samkhya Philosophy), describes the relation between the 2 systems. the 2 colleges have some variations moreover. Yoga accepted the conception of "Personnel God", whereas Samkhya developed as a rationalist, non-theistic / atheist system of Hindu Philosophy. The parallel between Yoga and Samkya were

thud says ‘The 2 philosophies were in common formulation distinguished from one another as Samkhya with and Samkhya while not a lord.

### **Patanjali Yoga Sutras:**

One of the famous Yoga guru OSHO written a book on Yoga. The Ever – Present Flower: Commentaries of the Yoga Sutras of Patanjali. According to OSHO: That “ Patanjali is a rare flowers. He has a scientific mind, but his journey is inner. For thousands of years nobody could improve upon him. It seems he cannot be improved upon. To have a scientific attitude and to enter into the inner is almost impossibility. He talks like a mathematician a logician. He talks like Aristotle, and he is a Heraclitus

One of the famous A.P Yoga teacher / master E.K Kulapathi Ekkirala Krishnamacharya known as master E.K, is the new – age teachers, Healer and Yogi. Master E.K also written a book on “The Yoga of Patanjali”. In this book he was commented on Patanjali’s Yoga. “The Science of Yoga and Patanjali” Yoga is the science of man and it existed long before Patanjali. In course of time it has gathered around it the splendour of popular deviations and descriptions. Patanjali has once again systematized Yoga by extracting the scientific aspect. He has done this with the help and guidance of the

Bhagavatgita. At every step he followed the path prescribed therein. It is important to notice that these two books do not have a mention of Kundalini, the Six Chakras and the Naadis. Among the other book especially those belonging to Tantric literature, we find an elaborate description of Chakras and Kundalini. At the same time if want a really scientific treatise on Yoga, you to choose either Bhagavadgita or Patanjali and not any other. These two books contain practical instruction in Yoga.

Number of commentaries on the Yoga sutras are available today. The Yoga sutras of pathanjali are 196 sutras (Aphorisms) that constitute the foundational text of Raja Yoga. Yoga is one of the six schools of philosophy, popularly known as darshans.

### **Structure of the Patanjali Yoga Sutras:**

**1. Samadhi Pada ( 51 Sutras) :** Refers to a blissful state where the Yoga is absorbed into the one. This chapter contains the famous definitional verse. “Yogas citta-vritti-nirodhah”

**2. Sadhana Pada (55 Sutras) :** Sadhana is that the Sanskrit word for “Practice” or “discipline”: Patanjali outlines 2 varieties of Yoga. 1. Kriya Yoga (Action Yoga) and a couple of. Ashtanga Yoga (Eight sharp-limbed Yoga. Kriya Yoga typically known

as destiny Yoga is additionally dilated in chapter three of the Bhagavadgita, wherever Arjuna is inspired by avatar to act while not attachment to the results or fruit of action and activity. it's the Yoga of altruistic action and repair. Vivekananda same several|numerous|such a big amount of|such a large amount of|such a lot of} times so many contexts on top of statement Ashtanga Yoga describes the eight limbs that along represent Raja Yoga. (1) Yam 2) Niyama 3) posture 4) Pranayam 5) Pratyahar 6) Dharana 7) Dhyana 8) Samadhi.

### **3. Vibhuti Pada ( fifty six Sutras):**

Vibhuthi is that the Sanskrit word for "Power" or Manifestation, 'Supra-normal powers' (Sanskrit Siddhi) area unit noninheritable by the observe of Yoga. The temptation of those powers ought to be avoided and therefore the attention ought to be fastened solely on liberation.

### **4. Kaivalya Pada ( thirty four Sutras):**

Kaivalya virtually suggests that isolation, however as employed in the sutras stands for release, liberation and used interchangeably with Moksha (liberation) that is that the goal of Yoga. The Kaivalya Pada delineate the method of liberation and therefore the reality of transcendental ego.

Patanjali's writing additionally became the premise for a system said "Ashtangayoga" (Eight sharp-limbed Yoga). This Eight sharp-limbed construct comes from the twenty ninth Sanskrit literature of book a pair of of Yoga sutras. They are

- 1) Yama
- 2) Niyama
- 3) posture
- 4) Pranayama
- 5) Pratyahara
- 6) Dharana
- 7) Dhyana
- 8) Samadhi

### **Yogacara School:**

Within the late part of Indian antiquity on the eve of the event of classical Hinduism, the Mahayana movement arises throughout the Gupta amount (4th to fifth Centuries). Mahayana received the name because it provided a "Yoga", a frame work for partaking within the practices that result in the trail of the immortal. The Mahayana sect teaches "Yoga" as some way to achieve enlightenment.

### **Conclusion:**

It's a short history and chronology of ancient Indian Yoga history. Yoga is philosophy of life. Yoga may be a self discipline. Yoga may be a life vogue. Yoga may be a construct of life, freed from diseases and made with transcendental trance. Yoga is a superb religious content of self therapy and self realisation.

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