

The Significance of Maharshi Patanjali Yoga Sutra

DR, JAYAREVANNA M.V

Assistant Professor and HOD,

Dept. Of yoga therapy and counselling

Karnataka Sanskrit University, P,M.Road

Chamaraja Pet, Bangalore, Karnataka -560018

Mobile no- 9972005782, email:revannanrh@gmail.com

Abstract

The *Yoga Sutras* of Maharshi Patanjali are a foundational text that systematizes yoga philosophy and practice. Patanjali compiled the various aspects of yoga into *sutras* and introduced *Ashtanga Yoga*, the eightfold path leading to self-realization. The text is divided into four *Padas*: *Samadhi Pada*, *Sadhana Pada*, *Vibhuti Pada*, and *Kaivalya Pada*. It outlines key principles, including *Yama* (ethical restraints), *Niyama* (personal discipline), *Asana* (postures), and *Pranayama* (breath control). The sutras describe mental and physical obstacles (*Antarayas*) that hinder progress and methods to overcome them. They also identify five *Kleshas* (afflictions) like ignorance (*Avidya*) and attachment (*Raga*). Meditation (*Dhyana*) and ultimate absorption (*Samadhi*) are emphasized as pathways to spiritual enlightenment. The *Yoga Sutras* serve as a roadmap for inner peace, self-discipline, and holistic well-being.

Key words

- Ashtanga Yoga
- Patanjali Yoga Sutras
- Self-Realization

Yoga is an ancient practice that encompasses physical, mental, and spiritual elements.

The word "yoga" comes from the Sanskrit root "Yuj",

Maharishi Patanjali is known as the "Father of Yoga" because he compiled and organized yoga practices into the Yoga Sutras. This ancient Indian sage's work has helped shape modern yoga.

He systematized various aspects of yoga into the Yoga Sutras.

He advocated "Ashtanga Yoga", the eight-fold path of yoga.

His work helped codify and organize the various forms of yoga that were in practice during his time.

The Yoga Sutras

The Yoga Sutras are a set of Sanskrit sutras on ancient yoga concept and practice.

The Yoga Sutras are one of the most important texts in the history of yoga.

The Four Types of Padas

In the book, Yoga Sutras, there are four padas – Samadhi Pada, Sadhana Pada, Vibhuti Pada and the Kaivalya Pada.

Yoga Sutras of Patanjali

The book is divided into four sections with a total of 196 sutras. The sections are Samadhi Pada (Section I containing 51 sutras); Sadhana Pada (Section II having 55 sutras); Vibhuti Pada; (Section III having 56 sutras) and the last section called Kaivalya Pada; (Section IV has 34 sutras)

The Aim of Yoga

The aim of yoga is to achieve self-realization, freedom, and harmony in the mind and body. Yoga is a system of practices that can help you increase awareness and decrease disease.

Goals of yoga

Self-realization: To overcome suffering and achieve a state of freedom or liberation

Harmony: To achieve balance in the mind and body
Awareness: To increase awareness and decrease disease
Strength: To build strength and aerobic capacity
Flexibility: To increase flexibility
Stress reduction: To reduce stress and increase relaxation
Spiritual growth: To encourage spiritual growth and integrate moral values
Emotional stability: To achieve emotional stability

The Four Keys of The Yoga Sutras

Maitri - Friendliness or Loving-Kindness
Karuna -Compassion
Mudita -Delight
Upeksha -Disregard or Equanimity.

Patanjali says that there are only four kinds of locks in the world.

sukha - happy people,
dukha -unhappy people,
punya -the virtuous,
apunya - the not-so-virtuous.

At any given moment, any person – including ourselves – can fit into one of these four categories
The Yoga Sutras of Patanjali are a foundational text for modern yoga practice. They are a roadmap for self-realization and enlightenment. The sutras are a collection of short, memorable phrases that are still relevant today.

The five Kleshas of Patanjali Yoga Sutra

Avidya -Ignorance,
Asmita -Egoism,
Raga -Attachment,
Dvesha -Aversion
Abhinivesha -Fear of Death.

The Principles of Patanjali Yoga Sutra

yoga sutras make up the foundation of modern yoga practice and include the 8 limbs of ashtanga yoga which include;

ethics -relations to others or Yama
relations to oneself
posture - asana
freedom of breath -pranayama
freedom of the senses, focus, contemplation, and integration

According to Sage Patanjali, the nine antarayas or obstacles on the path of yoga are:

Vyadhi: Illness, disease, or physical or mental imbalance
Styana: Mental laziness or apathy
Samshaya: Doubting one's ability or the result of yoga
Pramada: Procrastination, carelessness, or a lack of persistence
Alasya: Sloth, inertia of mind or body
Avirati: Sensual craving, overindulgence, or attachment to pleasurable things
Delusion: Making errors in understanding and judgment, primarily regarding practice
Failure to gain ground: Despite considerable practice, a level of achievement is not mastered

Alabdhahumikatwa: The inability to reach a higher state through one's practice
These obstacles can be divided into physical, mental, intellectual, and spiritual.

How to Overcome Obstacles

With a consistent, focused, and regular practice, one can equip oneself with the mental skills to overcome one's deepest challenges.

The Nine Antarayas: Impediments to Progress in Practice

The Nine Antarayas: Impediments to Progress in Practice * Sickness: imbalances among the various constituents of the body and the...

The Basic Rules of Yoga

The basic rules of yoga include proper breathing, relaxation, and asanas (postures). The goal of yoga is to bring harmony between the body and mind.

Breathing

Pranayama: Deep breathing techniques to strengthen the connection between the body and mind

Focus on breath: Focus on breathing and find the edge, rather than trying to do fancy poses

Postures

Asanas: Poses that exercise the front, back, and sides of the body equally

Relaxation: Relax into the poses, don't force yourself

Stretch: Stretch only slightly beyond the point of comfort

Other principles

Diet and nutrition: Eat a proper diet

Meditation: Meditate to develop positive thinking

The Eight Limbs of Patanjali yoga

Yama – abstinences

Asana -yoga postures

Pratyahara-withdrawal of the senses

Dhyana -meditation

Niyama -observances

Pranayama -breath control

Dharana -concentration

Samadhi -absorption

The Five Yamas of Yoga Are:

Ahimsa: Non-violence, or not harming others in thought, word, or deed

Satya: Truthfulness, or being committed to truth

Asteya: Non-stealing

Brahmacharya: Chastity, or the right use of energy

Aparigraha: Non-greed, or non-hoarding

The Yamas are social ethics that guide how to live a spiritual life. They are part of the eight limbs of yoga, along with the five Niyamas, which are personal observances.

How to practice the Yamas

Avoid activities or substances that are addictive

Observe Choose food for health rather than pleasure

Make wise choices about entertainment

your wants versus your needs

Benefits of practicing the Yamas

Practicing the Yamas and Niyamas in daily life can help bring your body, mind, and spirit into harmony. This can help you experience inner peace and freedom from the miseries of life.

Conclusion

The Yoga Sutras of Patanjali are a collection of Sanskrit sutras that outline the practice of yoga. Some important points from the Yoga Sutras include:

Ethics

The Yoga Sutras include ethical principles like non-violence, truthfulness, and righteousness.

Practice

The Yoga Sutras outline how to practice yoga, including the eight limbs of yoga (ashtanga yoga).

Meditation

The Yoga Sutras include the practice of meditation, which is a way to achieve enlightenment.

Obstacles

The Yoga Sutras identify obstacles to spiritual progress, such as ignorance, ego, attachment, and fear of death.

Samadhi

The Yoga Sutras describe Samadhi, a state of complete absorption and oneness with the divine.

Dharana

The Yoga Sutras describe Dharana, a practice of focusing the mind on a single object of concentration.

Dhyana

The Yoga Sutras describe Dhyana, a practice of meditation that deepens concentration.

Keys to peace

The Yoga Sutras describe the four keys to peace: friendliness, compassion, delight, and equanimity.

Disidentification

The Yoga Sutras describe how yoga practices can help people disidentify with their thoughts and end suffering.

Bibliography

1. *Yoga sutra*. Author: Patanjali. Contributors: Sastri, Govind Deva. Ballantyne, James Robert, 1813-1864. Published: Delhi: Indological Book House, 1971.
2. **Patanjali Yoga Sutras**: Commentary by Swami Vivekananda: includes the original Sanskrit text, an English translation, and a commentary
3. **The Yoga Sutras of Patanjali**: - Ramakrishna ashrama, Mysore
4. Yoga Sutras of Patanjali - Wikipedia