



Yoga as A holistic approach in Indian knowledge system

Pragati Rathi, Dr. Divesh Chaudhary

¹*Assistant Professor, Department of Physical Education, IIMT University, Meerut, Uttar Pradesh, India

²** Professor, Department of Physical Education, IIMT University, Meerut, Uttar Pradesh, India

Abstract

Yoga is an integral part of Indian Knowledge System. Yoga has been traditionally used as Physical, Mental, Social and Spiritual wellbeing. It is one of the ancient Indian Philosophy. This holistic practice not just for Physical improvement but it is aimed at achieving harmony between the body and the mind and it has been practiced in India for thousands of Years. This study will explore why Yoga is considered a holistic approach in our Indian Knowledge System.

Keywords: Yoga, Indian knowledge, system holistic, wellbeing, harmony

Introduction

Knowledge under the Indian knowledge system is a comprehensive system that covers various subjects like philosophy, medicine, astrology, literature, religion, science, mathematics, yoga etc. (Sahu, 2024) ^[2].

National Educational Policy 2020 emphasizes on enhancing the creative capability of each individual. In ancient India, the ultimate aim of education extended beyond the mere acquisition of knowledge for survival- it was centered on self-realization and liberation. There were so many great Educational institutions such as Takshshila, Nalanda and Vikramshila which has produced many great scholars such as Charvaka, Susruta, Nagarjuna, Chanakya, and many more Vedic tradition which includes Vedas, Upanishads, Gita, Yog Darshan, this has been the Vedic tradition. Secondly, what is called is Hath Yoga tradition in which from Lord Shiva to Matsyendranath, Gorakshanath, Charpatinath, all the Naths are endowed. Or whoever has Nath behind them, they are all persons of Hath Yoga tradition.

One such Maharishi was Patanjali whose period is not determined or from which educational institution he studied but his knowledge is very famous. Maharishi Patanjali (Vedic period) was the first sage who collected all that was spread in one garland and expanded the formula. The basic philosophy of Indian philosophy is called Yog Darshan. In which Maharishi Patanjali explained all the details. He is believed to have been born 200 B.C. and created Yog Darshan. Some believe it to be 150 to 200 B.C., some believe it to be 250 B.C. But we cannot tell any particular time and period.

The Indian Knowledge system adopts holistic approach which includes different dimensions of life such as Mind and Body. It also emphasizes self-realization and inner transformation and by practicing yoga, meditation we might achieve the liberated state. The Indian Knowledge System is a great combination of scientific approach and spiritual depth both. And because of this holistic it is possibly the greatest gift to humanity.

Yogen Chittsya Paden Vacham Malam Sharisya Cha Vaidyeken Yopakarotam Pravaram Muninam Patanjalin Pranjalim Ranato Asmi We must salute to Maharishi Patanjali, the most excellent of sages, who taught us to purify the mind through Yoga, Speech through Grammar,

and the contributions to Ayurveda for the healing the impurities of the body.

Hatha-Yoga Pradeepika (Sanskrit: HathaPradeepika, – the basic teaching of Hatha-Yoga classified in the Sanskrit manual in which the teachings of the Nath have been promoted. At the same time, the classical texts of the Hatha-Yoga, the Gherand Samhita, and the Shiva Samhita were analyzed.

Hatha Pradeepika of Swatmaram has also given Asana, Pranayama, Shatkarma, etc. some avoidable and unavoidable things like: -

Zeal, Bravery, Patience, Knowledge, Determination Unavoidable things. Overeating Exertion or Stress, Excessive talking, too much adhering to rules, Excessive public contact, Unsteadiness.

Our body is made of five elements (air, water, fire, space, earth) and for a healthy and prospers life these five elements must be in balance. If these elements are imbalanced it affects or body systems very negatively which leads to several disease such as Respiratory disorders, cardiovascular diseases, musculoskeletal disorders, depression, anxiety, stress disorders etc. And by practicing Yoga we can always keep these five elements in harmony. Jain, M. (2019) ^[8].

By practicing Yoga one can improve his/her Social Emotional Competencies like: - management of emotions, self-awareness and empathy, in turn, these competencies lead to Physical fitness, mental health, student behavior and Academic performance. Yoga provides the tools for Social and Emotional Health of student and foster holistic development which improve the complexities of Student life. (Sahu, 2024) ^[2]. Yoga as an Indian Indigenous knowledge system, it is broad discipline that includes Ethical principle (Yama and Niyama) Physical postures (Asanas), Breath Control (Pranayama), Withdrawal of senses Pratyahar and Meditation (Dhyana) Patanjali Yoga Sutra. Maharishi Patanjali has systematically divided the Ashtanga Yoga which can be followed one by one. At the first level, Yoga helps us connect with ourselves, fostering harmony between physical body, mind, emotions and actions.

At the second level, Yoga deepens our connection with around us, which is the beginning sense of harmony with another.

At third level, Yoga help us to unite with all the life forms around us, animals' insects, birds and so on. Ultimately Yoga help us to connect with higher self. Anish, S. (2023) ^[6].

According to Patanjali Yoga Sutras, by practicing Yoga we can transform negativity into positivity and improve our mental, physical and spiritual state. We can attain happiness and transform ourselves positively by following Patanjali's principle into our daily life. Sarkar, S., Bhowmik, S.K., Yymkhaibam (2024) ^[4]. Nowadays Yoga is considered performing different types of postures and flexibility. We need to understand the physical exercise is a very small part of Yoga, it is more about internal system and Internal System doesn't mean internal body organs but Mind and Soul. We must stand being physically fit is essential for achieving the highest goal of Yoga, so we should practice Yoga postures but that is not our end goal. The end goal of Yoga is to achieve Peace and Liberation Tiwari.S., (2023) ^[3]. We need to understand the root of our heritage. In other words, the darkness of Ignorance can be removed by Yogic practices then the light of Knowledge will be visible. Singh, S.B., Kumar, S., (2023) ^[9].

Integrating the Bhagwad Gita into Indian Education System provides a transformative approach to blending excellence with ethical values. Its teachings foster intellectual capacity, ethical grounding. And life skills and address the limitations of role learning. This Integration nurtures compassionate, resilient leaders, creating a harmonious society and a balanced purpose-driven educational experience. Bansal, A., Srivastva, S., (2024) ^[10]. Bhagwad gita, promotes the Karma Yoga, Gyana Yoga and Bhakti Yoga which strengthens our Indian Knowledge tradition and also strengthens today's Education System.

Conclusion

The Indian Knowledge System and NEP 2020, deeply rooted in holistic principles, integrate mind, body, and soul, emphasizing self-realization and liberation. Ancient World class institutions like: - Takshshila and Nalanda nurtured scholars such as Chanakya, Nagarjuna etc. But one of famous maharishi, who structured the Yoga Sutras, Grammar, contribution to Ayurveda. Yoga is beyond the postures, it fosters emotional, mental, and spiritual wellbeing, harmonizing the panch mahabuta tatvas in the human body. It enhances social competencies, academic performances of students, and overall health. By embracing Yoga's ethical and meditative practices, humanity can transcend negativity, achieve harmony, and illuminate the path to knowledge and liberation, preserving this timeless for future generations.

Yoga, an integral part of the Indian Knowledge System, embodies a holistic approach to physical, social and spiritual wellbeing. Rooted in ancient philosophy, it harmonizes the body, mind and soul, fostering self- realization and inner transformation. Patanjali Ashtanga Yoga and the Bhagwad Gita's teachings on Yoga emphasize the ethical principles, emotional balance and life skills. Integrating yoga into modern education aligns with NEP 2020, promoting the holistic development, resilience and compassion. By bridging ancient wisdom with contemporary needs, Yoga nurtures well-rounded individuals, fostering a harmonious society and a purpose- driven educational experience.

References

1. Greenberg MT, Domitrovich CE, Weissberg RP, Durlak JA. Social Emotional learning as a public health approach to education. *The Future of Children*,2017;27(1):13-32.
2. Sahu B, Yoga as a pillar of the Indian Knowledge System Fostering Social Emotional Learning Enhancing Student Success, 2024.
3. Tiwari S, Yoga in Indian Knowledge System: European Journal of Medical Health Research,2023;2(5):9-15.
4. Sarkar S, Bhowmik SK, Yymkhaibam Exploring Patanjali Yoga Sutras for the Essence of Happiness Holistic Approach, *European Journal of Medical Health Research*,2024;2(1):50-54.
5. Patanjalyog Darshan, Chaukhamba Prakashan, Dr. Surseh Chandra Srivastva, 2019.
6. Anish S. Yoga: How the great Bhartiye Knowledge system unites physical self with metaphysical beyond. Retrieved, 2023. from saado.org: <https://saadho.org/timeless-wisdom/articles/yoga-how-the-great-bhartiya-knowledge-system-unites-physical-self-with-metaphysical-beyond>
7. Government of India. National Education Policy 2020. Ministry of Education, 2020. https://www.education.gov.in/sites/upload_files/mhrd/files/NEP_Final_English_0.pdf
8. Jain M. Yoga Poses to balance Panch Maha Bhuta & to cure Diseases. *International Journal of Yoga, Physiotherapy and Physical Education*,2019;4(3):61-63.
9. Singh SB, Kumar S, Indian Knowledge System Nurturing the course of Time. *International Journal of Quest*,2023;17:76-85.
10. Bansal A, Srivastva S, The Significance of the Bhagavad Gita Philosophical principles in Contemporary Education Systems. *International Journal of Multidisciplinary Research*,2024;2(9):141-156.
11. Swatamaram Hathpradeepikaby, Kaivalyadham, Lonavala, Puna MH, 2019.
12. <https://www.youtube.com/watch?v=-Rn9-JfaycM> Maharishi Patanjali Introduction