

CHAPTER – I

INTRODUCTION

(I)

This research project work is an attempt to present a critical exposition of Yoga as a philosophy and its importance in present day society. The project is an attempt to present a systematic account of the 'Yoga' with a study of the basic concepts of 'Yoga' in Philosophy' in the light of the development of some schools of Indian Philosophy. The 'Yoga Darsana' is an orthodox system in India Philosophy. Yoga is variously understood and sometimes rather wrongly understood as a means of securing extraordinary physical and mental powers, it really means the science for the realisation of the self or the soul. But, the knowledge of the true nature of the soul is the highest kind of knowledge as by knowing the true nature of the self one can know everything else and there remains nothing unknown.

(II)

The entire work has been divided into eight chapters. The first chapter tried to introduce the subject.

The second chapter contains the basic and origin of Yoga philosophy. It is again divided into two sub-sections, which deal with the literature of Yoga Philosophy and a brief sketch of patanjala yoga system, accordingly.

The third chapter deals with yoga philosophy. Concept of citta and its modification, stages of mental life ; concept of Klesa and its nature ; astanga yoga and asta siddhi and finally the conception of

supernatural powers through yoga have been incorporated in subsections of chapter two. An attempt is made to discuss here the various aspects of mind or citta and how the astanga yoga helps one to overcome his sufferings and to attain the state of Kaivalya.

In the fourth chapter namely, 'A Comparative Analysis of yoga Psychology with Modern Western Psychology', an attempt is made to make a comparison of the psychology of yoga with the different schools of Western Psychology, with regard to the concept of mind ; personality ; instinct and emotion and psychic powers.

In the fifth chapter called 'The four cardinal aspects of yoga psychoscopy', an attempt has been made to elaborate the four main aspects of Patanjala Yoga darsana, i.e. how suffering to be avoided ; causes of suffering ; cessation of suffering and means of cessation of suffering. Further, we are trying to show the similarity between these four aspects of yoga with the 'four noble truths' of Buddha philosophy.

The sixth chapter deals with the relation between samkhya and yoga philosophy. In fact it is said that the Yoga is the application of the samkhya theory in practical life.

In the seventh chapter, an attempt has been made to discuss about the theistic side of the yoga system.

The eight chapter is the 'conclusion' - summing up the various views stated in the previous chapters of the dissertation .

In the final chapter an attempt is made to present a critical analyses on some questionnaire which were distributed among students, parents and different persons to gauge the importance of yoga in today's world.