

Modern Trends in the area of Yoga



Dhanesh

P V, Yoga Teacher

R.S.Sansthan, Guruvayoor Campus

Puranattukara, Thrissur, Kerala.

ABSTRACT

So the fundamental studies regarding the subject and some worthy gems should be produced to share the real knowledge. For this all the experts of Yoga should come together and they need to make the change and for this purpose the Government itself should initiate.

Keywords : Modern, Trends, Yoga, world, Health

It is a great contribution of India to the world by which we should feel very proud that we are celebrating the International Day of Yoga. From the time immemorial in the field of Indian schools of Spirituality or in the cultural heritage, Yoga is considered as an option for the perfect health where spiritual upliftment is the fruit of it. Even World Health Organization also has considered the importance of mental and physical wellness for the complete health. They say “Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”¹

Philosophy is not simply a theory about something. Nor is Philosophy a belief or a wish. Philosophy is an activity: a quest after wisdom. Philosophy is an activity of thought. Philosophy is a particular unique type of thought or style of thinking². But the so called Science who consider the time tested experimental studies only as a proof to prove a theory. So the Philosophical theories do not have the ‘eligibility’ to be considered as Science. If at all if they consider, it is only as Pseudo-science³.

Yoga is considered as a philosophy, no doubt about it and there isn’t any need of a certification to prove this. But in this modern trend where only the certification

of science will give value to any subject. So that many are forced to follow them. Yoga need not follow it but capable to show many scientific nature of it which are highly possible only through yoga, especially regarding the cure of many psycho-somatic diseases where modern science is still thinking about its cure. Regarding this many researches are going on and very soon Yoga will also be identified as a branch of Science. The same situation was there in the field of Psychology in late 19th centuries⁴. Through some decades they studied and developed their subject well to get the scientific nature. The same approach is happening now in the field of Yoga also.

This competition spirit is not to get the certification of Science, but to make the world more aware. The modern trend is vastly addicted to the physical development of the individual and society. Yoga and other philosophies are not developed only for the physical ailment but for something more to it. They aim the whole mankind in whole way. This may be physical, mental, intellectual, social and spiritual. In this view science is less developed to test the other aspects than physical.

As mentioned above the Preventive, Promotive and Curative aspects of Yoga to heal diseases, their

therapeutic nature is testing by many experts of Yoga through the scientific experimentation and has proved many theories. This has made a great impact on perception of Yoga as a scientific tool to develop humanity⁵.

Among the scientific seekers of Yoga who tried to make the world aware regarding its authenticity in developing the inner conscious to explore the real fruit of Joy, Swami Raman, Krishnamacharya and many other masters of Yoga had experimented very scientifically the Yoga as a Therapeutical tool to heal many diseases.

At present many Universities are doing researches and finding very valuable results for many diseases like asthma, diabetes, blood pressure, back pain, arthritis, sinusitis, digestive disorders, anxiety and depression etc. very effectively. This approach of Yoga is remarkable and by this the other Indian schools of Philosophies and Sciences are also got noticed. This is the time that what we were waiting for. More about to this, the International Day of Yoga has made very huge demand to this. By this many educational institutes and business companies are also started to practice Yoga as a daily routine.

But as a result of hike of interest in this new field among the people many pseudo-yoga instructors and masters have exploded the real nature of Yoga. That they consider any one limb of Yoga as Yoga. For example, only Asanas, or only Pranayamas, or only Dhyana as Yoga. The fruitful ancient science is suddenly trending in our actual world of technology and creativity, getting adapted to the modern times in really weird ways, and some of them go beyond our imaginations. It's very funny to hear but dangerous too that the emergence of some yogas like- Hot Yoga, Aerobic Yoga, Nude Yoga, Beer Yoga, Laughter Yoga, Snake Yoga etc.⁶ By these words they are attracting many innocent. In all these so called yogas, the asanas only or some pranayamas are practiced and the rest of

the practices are not in their list at all. Actually for a beginner this is sufficient, but the problem is the one who teaches also don't have the aware or knowledge of the fundamentals of Yoga, that for what these practices are meant to be. Some new trends are very initiative but the lack of basis may result badly. If the same trend continues then it will lead to many major issues and the same misunderstanding will accelerate the negative impact later.

Yoga is very effective science off course, the same way if the practice go wrong the same effects very badly. In Yoga, the spiritual seeker is using own body parts, mind, senses, breathe, intellect as tools. That's the advantage that no one else is interfering it, but the problem also lies there that the malpractice will harm own tools. All practices of yoga need extreme supervision of an experienced trainer (Guru), because the practices have indications that when, where and how to practice, especially when practice deal with the breath.⁷

All these miseries are happening due to lack of basic knowledge regarding the subject. The basic studies of Yoga or any Indian schools are possible only with the understanding of Sanskrit language. Now all are finding the translated versions of original texts as resource. Translations have its own limits and there are more chances of mislead of the subject matter. If the original is followed then the real knowledge will be transferred.

Due to this reason the Rashtriya Sanskrit Sansthan (Deemed University) has introduced a Diploma course where Sanskrit is the medium to teach Yoga and Ayurveda. By this scheme Sanskrit will also get importance. Introducing Yoga and Ayurveda through Sanskrit medium will enhance the power of acquiring knowledge regarding the subjects. This will be fine enough to show their talents in the field, and the same will help to go further to conquer the highest states with ease.

As we know that there are many schools of traditions are present and many are emerging also. There is a silent internal war or unacceptance among the traditions. Everyone feels their tradition as great. But that is not the problem, they won't accept the other methods of practice as a valid one. For this, we need a broad mind. By keeping the ego away, with healthy discussions we need to unite this unique science for the betterment of the mankind.

So the fundamental studies regarding the subject and some worthy gems should be produced to share the real knowledge. For this all the experts of Yoga should come together and they need to make the change and for this purpose the Government itself should initiate.

REFERENCES

- [1]. WHO principle 1
- [2]. Introduction to Philosophy by Philip A. Pecorino
- [3]. Chapter-Against Philosophy, "Dreams of a final theory" by Steven Weinberg
- [4]. Introduction to Psychology, Lumen Psychology Course learning
- [5]. The Power of yoga by Prof. K. Krishna Bhat
- [6]. www.trueyogareviews.com
- [7]. Hatha Pradipika 2-16 by Swatmarama Yogi

Cite this article as :

Dhanesh, "Modern Trends in the area of Yoga", International Journal of Scientific Research in Science, Engineering and Technology (IJSRSET), Online ISSN : 2394-4099, Print ISSN : 2395-1990, Volume 4 Issue 7, pp. 636-638, March-April 2018.