

Abstract No 02

A Comparative Study of the Yogic Aṣṭāṅgayoga and the Buddhist Āryāṣṭāṅgamārga

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According to Indian Yoga and Buddhist traditions, both the foremost practical applications have adopted eight limbs such as the Yogic *Aṣṭāṅgayoga* and the Buddhist *Āryāṣṭāṅga mārga* to attain the Mokṣa in their respective fields excellently. The classic Yogic tradition based on the system of theories and practices which are known as the Causality of *Caturvyūha* and practical *Aṣṭāṅgayoga* aims to eradicate *Duḥkha* for end of *Saṃsāra* and achieve *Mokṣa*. Specially, the Patañjali's *Aṣṭāṅgayoga* is of systemic methods as *Yama*, *Niyama*, *Āsana*, *Prāṇāyāma*, *Pratyāhāra*, *Dhāraṇā*, *Dhyāna* and *Samādhi* which are known as systematic training arrangements in three aspects – physical body, mind and spirit in oneness to solve yogis' problems and reach final salvation. In Buddhist traditions, Enlightenment is attained through the comprehension of the *Catvāriāryasatya* and developed with the practice of *Āryāṣṭāṅgamārga* to end suffering and liberate from cycle of rebirth. Especially, the *Āryāṣṭāṅgamārga* is systemic approach as *Samyak-dṛṣṭi*, *Samyak-saṃkalpa*, *Samyak-vācā*, *Samyak-karmānta*, *Samyak-ājīva*, *Samyak-vyāyāma*, *Samyak-smṛti* and *Samyak-samādhi* which are considered as the Threefold Training – morality, concentration and wisdom as the ancient path to attain final destination, *Nirvāna*. As mentioned above, there is a matter of considerable common interests that the Buddhist *Āryāṣṭāṅgamārga* cover by the Threefold Training and the Yogic *Aṣṭāṅgayoga* absorbed in Three Disciplines. Herein, it should note that these eight training matrixes as a way leading to their own result could also be improved by three model analyses in the both tradition. The objective of this research is to make a comparative study between the Yogic *Aṣṭāṅgayoga* and the Buddhist *Āryāṣṭāṅgamārga* in similarities and dissimilarities for the welfare and well-being of the world to guide practitioners to eliminate their suffering in the life of *Saṃsāra* and attain the freedom of performance and accomplishment respectively.

Keywords: *Aṣṭāṅgayoga*, *Āryāṣṭāṅgamārga*, *Buddhist*, *Dhyāna*, *Smṛti*, *Mokṣa*, *Yoga*