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A study of the significance of Yoga philosophy for the progress of individual life

M.M.S.Kumara

Temporary Lecturer

Department of Pali and Buddhist Studies, University of Ruhuna

Saman89mms@gmail.com

Yoga philosophy is the prominent system among the Shad darshana or six fold philosophies of ancient India. Yoga philosophy which came down from the pre – historical period was written by the Seer Patañjali in the 2nd century B.C. Patañjali is considered the father of Yoga philosophy. Yoga philosophy is also mentioned in the contemporary writings, Veda literature of Hattayoga Pradeepika, Shiva Sahitya and Bhagavat Gīta. Evidence has been found of yogic postures of the Indus Valley Civilization before 1700 B.C. Eleventh figures of Yogic postures were found in that archaeological excavation. According to Gregory Pocel, those figures are equal to Yogic postures in the nature of their mounding. Yoga philosophy is also mentioned in the Upanisad texts of 600 B.C. and the Bhagavad Gita. Yoga philosophy is an essence of all the philosophies presented by Yoga teachers. It is used by various teachers for happy life. Yoga " yug " has the Sanskrit meaning " Consistency", life-force of man that is equal to "strength" or "energy". The basic texts explains that how energy, concentration, and prana yoga occur. Although many understood that Yoga is a system of postures or the way of obtaining physical and mental happiness, Yoga philosophy is a broader subject. The objective of this research is to identify, how far the Yoga philosophy is able to enhance the progress of individual life. Even though day today life is with full of social issues, Yoga philosophy can solve them. The methodology applied here in this research is literary survey mainly focusing attention to the basic texts of the Yoga philosophy. Secondary sources are also taken into consideration.

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