

PATHS OF YOGA FOR DIFFERENT SAADHAKA

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ABSTRACT

Stress management is essential tool to maintain healthy life in the present era. Bad Lifestyle modification may be leading to many diseases. *Yoga* plays a major role to maintain health. From *Yoga* we can have control over *Chittavruttis* like *Pramana*, *Viparyaya*, *Vikalpa*, *Nidra* and *Smruti*. *Yoga* makes a bridge between body and mind. Main aim of *Yoga* is to get *Moksha*. classical text *Shiva samhita* explains different paths of *yoga* for different individual depending on their caliber. Every individual can't practice every types of *Yoga*, specific path of *yoga* should be followed for best result. There are four types of *yoga*, they are *Mantra yoga*, *Hatayoga*, *Layayoga*, *Smratiyoga*. These are explained for *Mrudu*, *Madhyama*, *Adhimatraka*, and *Adhimatratama* people respectively. For this reason it is essential to understand the Concept of *Saadhakas*. *Yoga* is such a beautiful science which gives the inner peace and heals the body in spiritual way in order to attain the *Moksha*.

Key words: *Yoga*, *Saadhaka*, *Moksha*, *Health*

INTRODUCTION

Yoga is the unique science which makes bridge between body and mind. From *Yoga* one can have control over *Chittavruttis*¹. Main aim of the *yoga* is to get salvation. Attainment of salvation is not so easy, one has to follow specific paths of *yoga* according to his nature, lifestyle and caliber. In *yoga* different texts like *Patanjali*

yogasutra, *Gheranda samhita*, *Hatayogapradeepika* and *Shiva samhita* explains about attaining *Moksha* by different Yogic techniques. Among those, *Shiva samhita* clearly explains regarding the different aspirants or *Sadhakas* and their specific paths of *Yoga*.

There are four types of *yoga*, they are *Mantra yoga*, *Hata yoga*, *Laya yoga*,

and *Smrati yoga*. These are explained for *Mrudu, Madhyama, Adhimatraka, and Adhimatratama* people respectively.

Types of of Saadhakas and their specific paths of Yoga.

Mrudu Saadhaka:

Person who are lazy, oblivious, sick, finding faults in teacher, excessive desire, involving in sinful acts, depending on wife for all works, fickle, timid, not independent, weak, cruel, having bad characters, these all are consider as *Mrudu saadhakas*.

Mantra yoga will be fit for this group of people. With great efforts, such person will get succeed in 12 years.²

Madhyama Saadhaka: Person who are good in mind, merciful, desire to do good thing, sweet in speech, normal minded with his normal work. These all are considered under *Madhyama saadhakas*.

This group of people will be fit for *Laya yoga*.³

Adhimatraka: Person who are steady in mind, knowing to practice *Laya yoga*, Independent, full of energy, Magnanimous, full of sympathy, forgiving, worshipping the teachers, engaged always with *yoga*.

This group of people will be fit for Practicing the *Hata yoga* and its branches. They obtain success in *yoga* within 6 years.⁴

Adhimatratama: Person who has largest amount of energy, always involving in good works, heroic, who know the *shastra*, perceiving free from effect of blind emotions, not easily confused, who are in the prime of their youth, moderate in their diet, who has good rules over senses, fearless, clean, skillful, charitable, forgiving, good natured, religious, who keep their endeavor secret, sweet speech, peaceful faith in scriptures, worshippers of *guru* and god, who free from grievous work, who acquired with the duties of *adhimatra*. These all are consider as *adhimatra tama*.

This group of people are fit for every kind of *Yoga*, they obtain success in 3years.⁵

DISCUSSION

Yoga is such a beautiful science which gives the inner peace and heals the body very easily. To practice the *yoga* proper guidelines are required. *Shiva samhita* explains very systematically that, which paths of *yoga* is suitable for which kind of persons.

- *Mrudu saadhakas* may consider as bad people who involving always in bad activities and don't have control over mind. For such people *Mantra yoga* will be suitable. In *mantra yoga* they have to chant *mantra* continuously to attain Psychological and spiritual mind power. by chanting *mantra satvika guna* will increases and

rajo tamoguna will decrease. so that person who having bad mind may convert in to good by Positive inner vibration.

- *Madhyama saadhakas* may consider as moderate minded people, who involving in both good and bad things equally. *Laya yoga* is suitable for this group. *Laya yoga* is also known as *Kundalini yoga*. It focuses on awakening *kundalini* energy by Meditation, *Pranayama*, *Mantra* and *Asanas*. These yogic techniques arouse the *Kundalini shakti* by *Ida, Pingala* and *Sushumna nadis* at 6 *Chakras*. *Kundalini Yoga* can be understood as a tri-fold approach of *Bhakti Yoga* for devotion, *Shakti yoga* for Power, And *Rajayoga* for mental power and control.
- *Adhimatraka Saadhakas* are Superior than *Madhyama sadhaka*. these people involve in good things, and their intention will be good. *Hata yoga* and its branches are suitable to practice for this group. In *Hatayoga Asanas, pranayama, Pratyahara, Dharana, Dhyana* and *Samadhi* are included. If one is master over body then he can control over *Manas*.
- *Adhimatratama Saadhakas* are most superior one. This group of people are best in all aspects. They have control over mind and senses.

These people can practice all types of *Yoga*, especially *Smrati yoga*.

CONCLUSION

Proper practice of *Yoga* may give tremendous result in every aspects. But every individual can't practice all types of *Yoga*, specific path of yoga should be followed for best result. For this reason it is essential to understand the Concept of *Saadhakas*. According to that one has to choose their path of *Yoga*. It can be combined in the treatment of *Ayurveda*. Caliber and capacity of the individual varies from person to person, depending upon the desire and capacity one can select the path of *yoga* and attain the ultimate aim of yoga that is *Moksha*-Salvation. If *Ayurveda* and *yoga* going together means success will be definite.

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