INTRODUCTION

Yoga is the unique science which makes bridge between body and mind. From Yoga one can have control over Chittavruttis. Main aim of 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, 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

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

**Types 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 sadhakas.

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 sadhakas.

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

**Adhimatrika:** 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 3 years.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 sadhakas** 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 decreases. so that person who having bad mind may convert in to good by Positive inner vibration.

• Madhyaama 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 nadi 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 Madhyaama 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.

REFERENCE:
4. Raibahadur srisachandra vasu. The Siva Samhita,Sri satguru