

# MEANING OF “YOGA” IN PATANJALI’S *YOGASUTRA*



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# PATANJALI'S YOGASUTRA

- ❖ The Yoga-sutra of Patanjali is divided into four parts.
- ❖ The first is Samadhi-pada. It deals with the nature and aim of concentration (समाधि).
- ❖ The second is Sadhana-pada. It explains the means to realize this end (समाधि).
- ❖ The third, Vibhuti-pada, deals with the supra-normal powers (विभूति) which can be acquired through Yoga.
- ❖ The fourth, Kaivalya-pada, describes the nature of liberation and the reality of the transcendental self.

# MEANINGS OF '*YOGA*'

- ❖ Generally and popularly known meaning of the Yoga is 'union' or 'addition'. For example, the term is used in this sense in the Vedant for spiritual union of the individual soul with the universal soul.
- ❖ When the word Yoga literally means 'union' , it is etymologically derived from the root 'युजिर् योगे' with the affix 'घञ्'.

# MEANINGS OF YOGA

- ❖ In the Yogasutra (अथ योगानुशासनम्) term 'Yoga' is not used in the sense of 'union' or 'addition' , because it is not able to convey intended meaning completely and properly.
- ❖ Therefore ,meaning of the word 'Yoga' etymologically derived from the root 'युज समाधौ' is taken here .

# YOGA MEANS 'SAMADHI'

- ❖ Vyas - bhasya defines 'Yoga' as 'Samadhi' - योगः समाधिः । स च सार्वभौमश्चित्तस्य धर्मः।
- ❖ वाचस्पति मिश्र in his तत्त्ववैशारदी explains that in present context the term 'Yoga' is etymologically derived from the root 'युज समाधौ' and not from 'युजिर् योगे' which denotes the meaning 'संयोग' – 'युज समाधौ' इत्यस्माद्व्युत्पन्नः समाध्यर्थो न तु 'युजिर् योगे' इत्यस्मात्संयोगार्थ इत्यर्थः।