



DIFFERENT TYPES OF YOGAM IN SIDDHA

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ABSTRACT

In the modern world, the south Asian art of yogam has expanded to all corners of the globe. Over the next five millennia, yogis passed the discipline down to their students and many different schools of yogam developed as the practice expanded its global reach and popularity. The state of mind and that of the body are intimately related. If the mind is relaxed the muscles in the body will also be relaxed. Yogam developed thousands of years ago, is recognized as a form of mind-body medicine. A growing body of evidence supports the belief that yogam benefits physical and mental health via down-regulation of the hypothalamic-pituitary-adrenal axis and the sympathetic nervous system. There are several different types of yogam and many disciplines with in the practice. This article explores the different schools of yogam in siddha.

KEY WORDS: *Yogam, Mental Health, Siddha, Popularity.*

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Introduction

Siddha system is one of the oldest system of medicine in India. Yogam is a discipline to improve one's inherent power in a balanced manner. It means to attain complete self-realization. The literal meaning of the Sanskrit word yogam is "yoke". Defined as a means of uniting the individual spirit with the universal spirit of God. Yogam is one of the Vedic philosophy. Maharishi patanjali, rightly called "The Father of Yogam" compiled and refined various aspects of yogam systematically in his "yoga sutras". Thirumoolar was a Tamil shaivite mystic and writer, considered one of the 18 siddhars. He created in detail the four different Vedas of Sariyai(Destruction), Kiriya(Creation), Yogam(Meditation), Gnaanam (True knowledge). He wrote the Thirumanthiram by writing one song per year for 3000 years hence writing three thousand songs.

Raja yogam:

Raja means king. A king acts with independence, self-confidence, assurance. Raja yogam is also known as Ashtanga yogam (eight steps of yoga).

- 1.Yama - self control
- 2.Niyama - discipline
- 3.Asana - physical exercise
- 4.Pranayama - breath exercises
- 5.Pratyahara - withdrawal of the senses from external objects
- 6.Dharana - concentration
- 7.Dhyana - meditation
- 8.Samathi - complete realization

Yama – self – control

Consists of five principles

- 1.Ahimsa – non violence
- 2.Satya – truthfulness
- 3.Asteya – non stealing
- 4.Brahmacharya – pure way of life
- 5.Aparigraha – non accumulation of possessions

Niyama – discipline

Consists of five principles

- 1.Shaucha - purity
- 2.Santhosh - contentment
- 3.Tapa - self discipline
- 4.Svadyaya - study of the holy scriptures
- 5.Ishvara pranidhana - devotion to God

Karma Yogam:

The word "karma" means, "to do", to act. Any mental or physical act is called karma. The word also refers to

the universal law of cause and effect. There are two types of karma...

- 1.sakama karma – selfish actions
- 2.nishkama karma – selfless actions

Bhakthi Yogam:

Bhakthi means love and devotion to God – love and devotion to his creation, with respect and care for all living beings and all of nature. Bhakthi yogam also includes the worship of a form of God. There are two types of bhakthi

- 1.apara bhakthi – egoistic love
- 2.para bhakthi – universal love

Nine elements of Bhakti Yogam:

- 1.Satsang – good spiritual company
- 2.Hari Katha – to hear and read about God
- 3.Shraddha – faith
- 4.Ishvara Bhajana – to sing praises of God.
- 5.Shama Dama – withdrawal and control of the senses with regard to worldly things
- 6.Mantra Japa – repetition of God's name
- 7.Santo Ka Adar – to show honour to people who have dedicated their lives to God
- 8.Santosha – contentment
- 9.Ishvara Pranidhana -- devotion to God

Gyana Yogam:

Gyana means knowledge. Gyana yogam is the path where reality is discovered through insight, practice and knowledge. It has four principles

- 1.viveka – discrimination
- 2.vairagya – renunciation
- 3.shatsampatti – the six treasures
- 4.mumukshva – constant striving for God

Hatha Yogam:

Hatha – force, yoga – union

Pressure – force / area

i.e.- pressure is force per unit of area

HA- sun-heat-high pressure

THA-moon-cool-low pressure

HATHA-force-forces of high & low pressure

HATHA YOGAM- a union (yoga) in the body resulting from movement (circulation) of energy from regions of high pressure (= HA force) to low pressure (= THA force)

Mantra Yogam:

Mantra yogam uses chanting of sounds and phrases to induce a meditative state. Chanting can be available (or) mental and with (or) without breath control.

Laya Yogam:

Laya yogam is a type of Astanga yogam that involves deep absorptive concentration. Laya yogam also includes the essence of Mantra yogam. The final stage of Laya yogam involves an advanced stage of visualisation that stimulates the flow of energy through the body in a profound way. This final stage is termed Kundalini yogam.

Tantric Yogam:

Tantric yogam is based on an important non-classical school of Indian philosophy called Tantra. Tantric texts are based on ancient texts called Agamas. Tantric yogam is often misunderstood and misrepresented and thought to deal only with sexual activity and black magic.

Vedic Yogam:

Vedic yogam is one of the classical Indian philosophical thought that draws on interpretation of reality based on Vedas. It has two ultimate realities spirit (purusa) and matter (prakrti).

Kundalini Yogam:

Kundalini yogam derives its name through a focus on awakening Kundalini energy through regular practice of Mantra, Tantra yogam or meditation. Kundalini yogam is often identified as the most dangerous form of yogam because of involvement of subtle energies.

Summary

There is a need to have over the last 10 years a growing number of research studies have shown that the practice of Hatha yogam can improve strength and flexibility variables as blood pressure respiration and heart rate and metabolic rate to improve overall exercise capacity this article presents a summary of variable schools at yogam.

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