

IMPORTANCE OF YAMA NIYAMA IN YOGA AND HUMAN LIFE

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Abstract

Yoga is the ancient Spiritual practice method in India. Yoga is described in many great Indian Scriptures for getting liberation (Moksha). Yog Sadhana is the process through a Yogi practices different methods of Yoga at different stage. The purpose of Yoga is to get (Moksha). Yogi Patanjali describe the 8 Steps of Yoga for achieving the highest goal of Yoga and Life that is Moksha (Liberation). Samadhi and Moksha is the purpose of Yoga and Life. Yama is the first step and Niyama is the second step. Yama and Niyama both are very important part in the eight steps of Yoga. This paper is to show and describe the importance of Yama and Niyama in Human Life. Most of the people and yoga students know about the Yama and Niyama. However, many people and students of Yoga focus more on Asana (Yoga posture), Pranayama (Breathing methods) etc. This paper is an attempt to make people and students of Yoga to understand the importance and benefits of Yama and Niyama. So that they can follow Yama and Niyama in their Yoga practice and Life.

Keywords: Yoga, Meditation, Moksha, Yama, Niyama, Human Life

DIGNITY OF HUMAN LIFE

Each and every Human is very unique and special. Each and every soul have right to get liberated from all kind of pain in Life. Human Life is the only living being in which they can practice Yoga, Meditation and get Moksha. This Human Life is a great chance for every Human to become a Yogi and get Moksha. However we can see there are many people they do not even know what is the purpose of their Life. There are also people if we look at their Life very carefully then we can see there is not so much difference between them and animal. Because they live their Life with same purpose as animal lives.

But this Human Life is a great opportunity for those people who came across the concept of spirituality, Yoga, Meditation and some other great scriptures. They know what is the purpose of their Life. They know they need to get liberated and get Moksha. We need to keep trying our best with keeping in mind that we are Human and we have a different purpose of Life.

येषां न विद्या न तपो न दानं,
ज्ञानं न शीलं न गुणो न धर्मः ।
ते मर्त्यलोके भुविभारभूता,
मनुष्यरूपेण मृगाश्चरन्ति ॥ (1)

Chanakya niti says, those who lack education, discipline, charitable giving, morality, knowledge, or positive traits are also devoid of righteousness. They exist on Earth in the shape of animals that only graze and as loads of people.

This verses is a perfect verses about a Human. It shows actually what is difference between a Humana and animal.

धृतिः क्षमा दमोऽस्तेयं शौचमिन्द्रियनिग्रहः।
धीर्विद्या सत्यमक्रोधो दशकं धर्मलक्षणम्॥ (2)

Dhriti (patience), Kshama (doing good even to those who do you wrong), Dam (always engaged in righteousness with restraint), Asteya (not stealing), Shaucha (purity of inside and outside), Indriya Nigraha (control of the senses). Devotion to Dharmacharana), Dhi (increasing intelligence by good deeds), Vidya (taking

real knowledge). Satyam (always practicing truth) and Akrodh (always remaining calm except for anger). These are the ten characteristics of religion.

We can see what great sages and scriptures say about what real religion should be. However at present day people do not follow the truth and honesty. They do not follow those quality such as Yama and Niyama and other great work. But they fight on the name of religion, caste and languages. India was the place of Yogi. People used to come here from all over the world to get the knowledge and wisdom to have a meaningful Life.

All the great scriptures such as veda, Upnishad, Gita, Yog Darshan are very valuable for Human Life. But unfortunately people do not give great value of these scriptures and verses. All these scriptures and verses are not for any particular country or location. But they are for the whole universe.

PURPOSE OF HUMAN LIFE

Human Life is the most beautiful and meaningful Life. Purpose of Human Life should be to get Moksha the Liberation from the circle of Life and death.

ॐ भद्रं कर्णेभिः शृणुयाम देवाः।
भद्रं पश्येमाक्षभिर्यजत्राः।
स्थिरैरङ्गैस्तुष्टुवाग्ँसस्तनूभिः।
व्यशेम देवहितम् यदायुः॥ (3)

May we see the auspicious things with the eyes;
While praising the gods with steady limbs,
May we enjoy a Life that is beneficial to the God.

अग्ने नय सुपथा राये अस्मान्
विश्वानि देव वयुनानि विद्वान् ।
युयोध्यस्मज्जुहुराणमेनो
भूयिष्ठां ते नमोक्तिं विधेम ॥ (4)

Oh God ! Lead us on the right path to enjoy the fruits of our deeds. Oh God ! You are the knower of all knowledge and actions. Destroy our heretical sins. We pray you many times.

आचारहीनं न पुनन्ति वेदा... | (5)

The scriptures also say that worship and prayer will be fruitless if the person moral conduct is bad. Even veda can not make such person pure.

If we see the mantra of veda or teaching of Upnishad and scriptures then we say most of them are saying that purpose of Life should be to get the final liberation which is known as Moksha. However since our childhood we all are attracted by the external materialistic world and we become busy in earning money, name and fame etc.

All the materialistic enjoyment is also for the Human. But we should know that one day sooner or later we have to leave this world and die. However, everyone remember their own birth day and keep waiting for the celebration of their birthday. But they forget that they will die also.

If someone ask us. When is your birthday. We might feel good and say proudly the birth date. But if someone ask us. When you will die ? We might get angry. But death is also part of our Life circle. So the most important thing in Life is that we should remember that purpose of Life should be Moksha.

YOGA THE WAY FOR FULFILLING THE PURPOSE OF HUMAN LIFE

There are many things which help Human to live healthy, happy and peaceful Life. We can see there are many people they do not have enough wealth to live normal Life happily. But we also see there are many wealthy people having lots of physical and mental problems too.

Every Human need the basic needs of Life to live. But there is something more than basic need in our Life. That is our greed and attachment. There is no ending of our desire of enjoyment and pleasure. Yoga gives us a good and meaningful way about living healthy, happy and peaceful Life. Yoga helps us at physical, mental and emotional level to face and come out of many kind of problem in our Life. At present Yoga is very recognised and famous around the world. 21st June is also celebrated as International Yoga Day around the globe. However, real concept of Yoga and Life is not only about physical fitness or mental fitness. But Yoga is the way which leads us towards getting Moksha in this Human Life. Yoga teach us how to live this Life happily and Yoga also teach us how to prepare ourself to achieve Moksha the final purpose of this Human Life.

Meaning, Definition And Purpose of Yoga :

योगश्चित्तवृत्तिनिरोधः (6)

According to Patanjali Yoga Sutra - when all the activities of mind is stopped that is Yoga.

Purpose of Yoga is to get Moksha the liberation. However, Yoga helps at every stage of Life to normal Human being. Yoga is good to keep body and mind healthy and living happy Life. We know the purpose of Yoga is Moksha. But everyone not interested in Moksha in this materialistic world and very few people are deeply interested in Moksha. But most of other normal people can practice Yoga methods to keep their body and mind healthy. So Yoga can be helpful at every step of Life for Human. Yoga also helps to come out from many kind of physical and mental illness. The biggest benefits of Yoga for Human is it can help to prevent from many physical and mental disease. These days Yoga is also practice for the therapy purpose around the globe and many people are getting benefits. There are so many people suffering with many kind of physical and mental disease in India and around world.

We can have a look at the fact sheet about Diabetes around the world report.

“Diabetes around the world in 2021, 537 million. Approximately 537 million adults (20-79 years) are living with diabetes. The total number of people living with diabetes is projected to rise to 643 million by 2030 and 783 million by 2045.” (7)

Yoga is very helpful in Life. However it need to be use very systematically with purposefully. We need to remember that no matter we live for 100 years or 200 years but we have to die one day sooner or later. So Yoga gives us a way to make this Life very meaningful that is try our best to get Moksha and prepare our body and mind for Moksha.

The foundation of Yog Sadhana - Yama Niyama

Yama and Niyama is the foundation of Yoga and Life.
Maharshi Patanjali describe 8 steps of Yoga in his Yog Sutra.

यमनियमासनप्राणायामप्रत्याहारधारणा ध्यानसमाधयोऽष्टावङ्गाः ॥(8)

Yama niyam Asana pranayama pratyahar adharana dhyana samadhayo-a-shtava anggani Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi, are the limbs of Yoga.

Yoga is described in many Indian scriptures by many different great Yogi. Yogi Patanjali described Yoga and purpose of Yoga in his scripture very systematically and it is known as Patanjali Yog Sutra or YogDarshan.

Patanjali Yoga Darshan have 4 Pad and 195 Sutra. (9)

- 1, Samadhi Pad : 51,
- 2, Sadhan Pad : 55,
- 3, Vibhuti Pad: 55,
- 4, Kaivalya Pad : 34

There are 8 steps of Yoga practice is described in Patanjali Yog Sutra. Yama is the first step and Niyama is the second step of Patanjali Ashtangyoga.

Yama and Niyama both are foundation of Yoga. Because it is so important for Yoga and Yog Sadhak. Yama and Niyama are similar as some rules and regulation about what to do and what not to do.

Yama and Niyama are so important that Maharshi Patanjali mentioned about Yama and Niyama at the most beginning of the 8 steps of Yoga. I feel that a Sadhak fail in his Yog Sadhana because he does not follow the

Yama Niyama honestly with dedication.
Yoga is the way of discipline.
The first Sutra of Patanjali Yog Sutra is
अथ योगानुशासनम् ॥ (10)

Patanjali Yog Sutra is also known as scriptures of discipline. We can see the first verse itself saying about discipline.
So Yama and Niyama is the set of discipline that a Sadhak need to follow it in his whole Life. Without Yama and Niyama a Sadhak will be failure in his Yog Sadhana.

Meaning, definition and nature of yama in Yog Darshan:

“Purification of conscience is called Yama, that is, physical, verbal and mental restraint is called Yama.” (11)

योगश्चित्तवृत्तिनिरोधः ॥ (12)

Yogashchittavrittinirodhah.

Yoga is restraining the mind-stuff (Chitta) from taking various forms (Vrttis).

The above Yoga Sutra (verse) is describe in the 1st chapter of 2nd Sutra from Patanjali Yog Sutra. Why do we need to practice Yoga is very well described in this 2nd Sutra of 1st chapter. It means Yoga is about having completely control and mastery over the mind to stop the activities of mind. We all know that mind is always full of different, different thoughts. If the mind is disturbed restless then one can not enter in the deeper and higher level of Yoga which is known as Dhyan (Meditation) and Samadhi (Super Conscious).

It is very hard to find such Yogi at present who can have completely control over the mind. Most of the people and Sadhak forget what is Yoga and what is the purpose of Yoga. Yogi Patanjali and all other great Yogi of India and great scriptures have given lots of importance of Yama and Niyama in their teaching and scriptures. Because Yama and Niyama helps to prepare the body and mind to make it more pure and calm. Suppose if a person does bad work. He steal some important things from others. So can he be relaxed? Mostly he will be in fear and restless that if someone know he steal something then he may get punishment and bad name in society too.

So there will be lots of fear in his mind and he will be very restless. That's why Yogi Patanjali and other Yogi and Scriptures have given lots of importance of Yama and Niyama in there scriptures and teaching. However, people often ignore the very important and basic things in Yoga and Life. Yama and Niyama is great foundation of Yoga which make body and mind more healthy, pure, calm and powerful. Some important Yog Sutra of Patanjali says very clearly about the importance of Yama and Niyama in Yoga.

यमनियमासनप्राणायामप्रत्याहारधारणा ध्यानसमाधयोऽष्टावङ्गाः ॥ (13)

Yama Niyama Asana Pranayama Pratyahara Dharna Dhyan Samadhayo Ashtava Angani.

These 8 steps of Ashtangyoga is described in the second chapter of Patanjali Yog Sutra (Sadhan Pad) 2-29.

- 1, Yama : Social Discipline,
- 2, Niyama : Self Discipline,
- 3, Asana : Posture,
- 4, Pranayama : Breath Control,
- 5, Pratyahara : Withdrawal of Mind from the senses,
- 6, Dharna : Concentration,
- 7, Dhyan : Meditation
- 8, Samadhi : State of Super Consciousness

The first step of Ashtangyoga is Yama (Social Discipline). There are total 5 Yama.

अहिंसासत्यास्तेयब्रह्मचर्यापरिग्रहा यमाः ॥ (14)

AhinsasatyAsteyabrahmacharyaAparigraha yamah.

Non-Violence, truthfulness, non-stealing, continence, and non-receiving, are called Yama.

1, Ahimsa : Non Violence, 2, Satya : Truth, 3, Asteya : Non Stealing, 4, Brahmcharya: Celibacy, 5, Aparigraha: Non Possessiveness.

Yogi Patanjali gave so much importance of these Yama and Niyama that he said in next verse very clearly.

जातिदेशकालसमयानवच्छिन्नाः सार्वभौमा महाव्रतम् (15)

Jatideshakalasangamavachchinnah sarvabhauma mahavratam

These are unbroken by time, place, purpose, and caste, are (universal) great vows. So from the above verse itself we can understand the importance of Yama and Niyama. It means one should not stop the following of Yama and Niyama in any situation if he wants to really make his body and mind get prepared for the Samadhi and Moksha. All these Yama and Niyama are very deeply connected with our each and every action in daily Life. If people follow the Yama and Niyama then his Yoga journey will be very successful.

If people follow Yama Niyama in any society and country then society and country will be more healthy and peaceful. We can see these days in society that people do not have patience and for small reason people do big crime, murder etc. Because people have forgotten the importance of Yama (Social Discipline) and Niyama (Self Discipline). Yama is social discipline and Yogi Patanjali gave so much importance of it that he put Yama in the first step of his Ashtangyoga.

Yama is very important for Yoga Sadhak as well as for normal common people. Yama should not be broken by anyone at any circumstances.

If we want to do Yog Sadhana or want to live normal peaceful Life then also Yama help and protect us as great foundation for the success in Yoga and Life.

Meaning, Definition, Nature And Benefits Of Ahimsa (Non-Violence)

Ahimsa means not to hurt anyone by thoughts, words or action.

Maharshi Patanjali said about Ahimsa in his Yog Sutra it.

अहिंसाप्रतिष्ठायां तत्सन्निधौ वैरत्यागः ॥ (16)

Ahimsha Pratishtayam Tat Sannidhau Vairatyagah.

When non-violence is accomplished, those who live near that Yogi the mutual enmity between all living beings and creatures ends.

If a Yogi follows Ahimsa non-violence with all his mind, words and actions then he may attain perfection in Ahimsa.

It means, he doesn't even think of doing violence towards any living being.

He doesn't utter words of violence towards any living being.

He doesn't do any physical violence to any living being is a form of Ahimsa non-violence. So when any Yogi or person follows Ahimsa non-violence, then there is a kind of environment of Ahimsa is created around him. Because of that Violent Humans and even violent animals and birds give up their violence when they come around him. This is the benefits of following Ahimsa in Life.

These days we can see Human are doing lots of violence around the world. It might be in the form of hurting animals and killing animals and eating their meat. It might be in the form of hurting and cheating each other. Actually we all are living around the violent world. If there is a person he is very violent and very harmful to the society. So what happen to others ? Can other live in peace and harmony? Probably they can not live in peacefully. Because of having fear from each other people are becoming more protective and more self oriented.

We can see the fear and worry in the people Life. Ahimsa should not be only followed by Yogi but Ahimsa should be followed by each and every person.

We can see the whole world is facing anger, fight and war. So Ahimsa should be like a national and international rules for each and every one. So that each and everyone can live in happy and peace.

Meaning, Definition, Nature And Benefits of Satya : Truth

The Sanskrit word Sat, it means eternal, real, or true, is the root of the word Satya.

Truth is that which remain always same. Truth never change.

Anything that is fraudulent is not true.

The ultimate truth is God.

Yogi Patanjali says about Satya (Truth)

सत्यप्रतिष्ठायां क्रियाफलाश्रयत्वम् ॥ (17)

Satyapratishthayam kriyafalashrayatvam.

By the establishment of truthfulness the Yogi gets the power of attaining for himself and others the fruits of work without the works.

When a Yogi or anyone always speak truth and never speak lie, never cheat others then mostly people believe him and trust him.

So whatever he decide to do or want to do those work get done easily without lots of obstacle.

However, a Yogi knows what is truth and what is good. So he never think or want to do any wrong things.

Meaning, definition , nature and benefits of Asteya (non stealing)

Asteya means not stealing anything.

Not taking anything of others without their permission is Asteya.

Yogi Patanjali says about the Asteya : Non Stealing in his Yog Sutra.

अस्तेयप्रतिष्ठायां सर्वरत्नोपस्थानम् ॥ (18)

Asteyapratishthayam sarvaratnopasthanam

By the establishment of non-stealing all wealth comes to the Yogi.

When a Yogi completely follow the path of Yoga and spirituality. When he stop completely the stealing idea from his body mind and Life then many good quality develop in his Life. Such as people will know that he is good and honest person. So often people try their best to help and support such good people.

Speaking truth is very great quality in Life.

Meaning, definition ,nature and benefits of Brahmcharya: Celibacy

Brahmacharya is made up of two words 'Brahma' and 'Charya'. Brahma means God; Charya means wandering, that is, wandering in God, always meditating on Him, is called Brahmacharya.

Brahmacharya means leading a virtuous Life, protecting one's semen with good thoughts, meditating on God and acquiring knowledge.

ब्रह्मचर्यप्रतिष्ठायां वीर्यलाभः ॥ (19)

Brahmacharyapratishthayam viryalabhah.

By the establishment of continence energy is gained.

By following the Brahmacharya a Yogi attains good health and long Life.

Meaning, definition ,nature and benefits of Aparigraha: non possessiveness.

अपरिग्रहस्थैर्ये जन्मकथन्तासम्बोधः ॥ (20)

Aparigrahasthairye janmakathantasanbodhah.

When he is fixed in non-receiving he gets the memory of past Life.

Anything which we use or take more than our need is Aparigraha.

The idea of Aparigraha, which leads to liberation from possessiveness, is that of not being possessive, grasping, or greedy.

Aparigraha should be essential quality in Life. Human's desire and greeds are endless. So if there is no end of this desire then mind can not be relaxed. So if a person or Yogi follow Aparigraha in his Yog Sadhana and Life then his mind and Life will be more peaceful.

Meaning, definition and nature of Niyama in Yog Darshan.

Niyamas are the practises and self discipline in Lifestyle that are essential for spiritual and Yoga practice development. Living healthy , peacefully and achieving Moksha is the purpose of Yoga and all Niyama the self discipline helps in Yoga practice.The Second step of Ashtangyoga is Niyama (Self Discipline).

There are total 5 Niyama in Yog Darshan.

शौचसन्तोषतपःस्वाध्यायेश्वरप्रणिधानानि नियमाः ॥ (21)

ShauchaSantoshatapahsvadhyayeshvara- pranidhanani niyamah.

There are total 5 Niyama in Yog Darshan.

- 1, Shaucha (Cleanliness),
- 2, Santosha (Contentment),
- 3, Tapas (Discipline),

- 4, Svadhyaya (Self study),
- 5, Isvara Pranidhana (Surrendering to God).

Yama and Niyama are very important part of Ashtangyoga given by Patanjali. Yogi Patanjali describe the benefits of Yama and Niyama with very specific verses. Niyama is about having self discipline. We all are Human and we are living in society. So we have responsibility towards society too.

But we have big responsibility towards self also.

So all the 5 Niyama are to make Yogi, Sadhak more well disciplined, healthy, happy and peaceful. Niyama is the internal and external cleanness and preparation to prepare ourself and make a good environment for doing Yog Sadhana and living peaceful Life.

Meaning, definition ,nature and benefits of Shaucha (cleanliness).

शौचात् स्वाङ्गजुगुप्सा परिरसंसर्गः ॥⁽²²⁾

Shauchat svangajugupsa parairasansargah.

Internal and external cleanliness being established, arises disgust for one's own body, and non-intercourse with other bodies. Shaucha means cleanness. It means keeping our external such as physical body, food, cloths, clean. Similarly cleanses means internal cleaning too. Such as keeping our talk, thoughts also good. keeping external and internal clean is very important in Yog Sadhana and Life. Most of the Human are more attractive towards physical body and external pleasure. However we all know that all these physical body or physical pleasure have lots of impurity. Why do we get attract towards anything? Because it looks good and attractive. But a Yogi , Sadhak know the purpose of his Life that is Moksha. So he understand the impurity of his own body. He also understand the impurity of others body. So mostly a good Sadhak and Yogi never get attracted towards any physical body for pleasure or being too close and together.

It helps lot to keep moving ahead in Yoga practice and Sadhana.

Maharshi Patanjali said more about it in next Sutra.

सत्त्वशुद्धिसौमनस्यैकाग्रयेन्द्रियजयात्मदर्शनयोग्यत्वानि च ॥⁽²³⁾

SttvashuddhisaumanasyaikagryendriyajayatmaDarshanayojnatvani cha.

Purification of the Sattva also arises, cheerfulness of the mind, concentration, conquest of the organs, and fitness for the enlightenment of the Self.

When the external and internal cleanness is done properly for longer duration then naturally body and mind become more healthy and well prepared for Yog Sadhana. It also helps to increase the memory power, intelligence of a Sadhak. It helps to be dedicated towards his goal of Life that is Moksha.

Meaning, definition ,nature and benefits of Santosha (contentment).

सन्तोषादनुत्तमसुखलाभः ॥⁽²⁴⁾

Santoshad Anuttamah Sukhalabhah.

Superlative happiness arises from contentment.

Santosha or Contentment means being satisfied and happy with whatever we have or we get. Mostly we feel unhappy and angry in Life because we are not satisfied and happy with the things we get in Life. It is very important for a Sadhak and Yogi to be happy and peaceful in Life every moment and all the time. The moment we feel unsatisfied the unhappiness comes in our mind and Life. So it is very good habit to be satisfied and happy in Life. Good for Yogi and Sadhak.

Meaning, definition ,nature and benefits of Tapas (discipline)

कायेन्द्रियसिद्धिरशुद्धिक्षयात् तपसः ॥⁽²⁵⁾

Kayendriyasiddhirashuddhikshayat Tapasah.

The result of mortification is bringing powers to the organs and the body, by destroying the impurity. Tapas means dedication and Discipline about self.

If a Yogi, Sadhak keep continuing his Yoga practice and Yoga journey even facing all the obstacles is Tapas (Discipline). No matter what we do in Life but there are always many kinds of obstacles and difficulties. But a Yogi a Sadhak never stop his Yoga practice. He knows what is goal of his Life. Sometimes a Yogi might face insult by people. Sometimes it might be hunger, cold or hot. But he keep accepting all the pain and trouble but his main focus is to practice Yoga. All these Tapas and discipline helps a Sadhak to make himself more stronger physically, mentally and emotionally. So Tapas is one of the best part of Yoga. However, many people misunderstand it and some of them they harm their own body by over fasting, walking without shoes etc.

Tapas is not about creating un natural pain and trouble for ourself. But Tapas is something that even if we face problems and difficulties but we accept it with happy and keep going on in our Yoga journey.

Meaning, definition ,nature and benefits of Svadhyaya (self study)

स्वाध्यायाद् इष्टदेवतासम्प्रयोगः ॥ (26)

Svadhyayad Ishtadevatasanprayogah.

By repetition of the mantra comes the realization of the intended deity.

Svadhyaya (Self study) means doing study of those books, scriptures which helps to practice and understand Yoga, Life and God etc. When a Yogi , Sadhak does Svadhyaya then he become able to understand and experience many things very easily. Because he developed naturally many different qualities within because of study. A Yogi, a Sadhak can connect him self with his Guru, master or even God if he does good Svadhyaya of good and meaningful scriptures.

He gets lots of good help and support from his Guru, teacher and other people too because of Svadhyaya.

Meaning, definition ,nature and benefits of Isvara Pranidhana (surrendering to God)

समाधिसिद्धिरीश्वरप्रणिधानात् ॥(27)

Samadhisiddhirishvarapranidhanat .

By sacrificing and surrendering all to Isvara (GOD) comes Samadhi.

Isvara Pranidhana (Surrendering to God) means whatever action one does it should be completely devoted to God. Isvara Pranidhana is about doing each and every action for the keeping in mind about God and Moksha. Surrendering ourselves completely to the God. It is a kind of higher state of Yoga where Sadhak and Yogi understand himself that this whole universe belongs to God. So he completely surrender himself to God similar as a small child surrender himself to his mother. The purpose of Yoga is to achieve Moksha and experience God. When a Sadhak understand that each and everything belongs to God in this universe. It develop very deeper level of gratitude towards God in Sadhak. Even if some one gives us a glass of water then we say thanks to him. But God has created this beautiful universe so systematically. A Sadhak developed more gratitude, respect and thankfulness towards God. One way is in beginning a Sadhak a Yogi do and try to do all his action with Isvara Pranidhana (Surrendering to God). It helps him to experience Samadhi more easily. Because of his completely surrender God so that there is no arrogance and ego left within.

When there is no ego of being self then a Sadhak a Yogi can feel himself more closer to the God.

Nature of Yama Niyama in other Yogic texts:

Yama and Niyama both are very well described in Patanjali Yog Sutra by great Yogi Patanjali. However, Yama and Niyama both are also described in many other Indian ancient Yoga text and scriptures such as Hatha Yoga Pradipika, Shandilyopanishad, Brahmanopanishad ,YogaDarshan Upanishad, Varaha Upanishad, Yogi Yajnavalkya, and Vasishtha Samhita

Yama Niyama in Hathyog Pradipika :

Hathyog Pradipika is another great Yoga text and widely well known by Yoga students and people around the world. Hathyog Pradipika is Mostly known as practicing of Asana (Yoga posture), Pranayama (Breathing control) and other Yoga practice methods.

But there are also 10 Yama and 10 Niyama have mentioned in Hathyog Pradipika.

10 Yama in Hathyog Pradipka :

अथ यम-नियमाः

अहिंसा सत्यमस्तेयं ब्रह्मचर्यं क्षमा धृतिः ।

दयार्जवं मिताहारः शौचं चैव यमा दश ॥ (28)

Ahimsa (Non-violence) Satya (Truth) Asteya (Non-Stealing) Brahmcharya (Continence) Kshma (Forgiveness) Dhriti (Endurance) Daya (Compassion) Aarjwan (Humility) Mitahara (Moderate diet) Shaucha (Cleanness)

10 Niyama in Hathyoga Pradipka:

तपः सन्तोष आस्तिक्यं दानमीश्वर-पूजनम् ।

सिद्धान्त-वाक्य-श्रवणं हीमती च तपो हुतम् ।

नियमा दश सम्प्रोक्ता योग-शास्त्र-विशारदैः ॥(29)

Tapa (Austerity) Santosha (contentment) Astikya (Faith in the Supreme God) Dana (Charity) Ishwar Pujan (Worship of God) Siddhant Shraavan (Listening of scriptures) Lajja (Modesty) Tapa (Austerity) Mati (Discerning intellect) Havan (Sacrifice)

Yama Niyama in Upnishad :

Upanishad are known as very great scripture for getting more depth knowledge about Yoga, Meditation and Moksha. Some or all part of Yama and Niyama have been also described in some of the Upanishad. Shandilya Upanishad

10 Yamas in Shandilya Upanishad :

तत्राहिंसासत्यास्तेयब्रह्मचर्यदयाजप-
क्षमाधृतिमिताहारशौचानि चेति यमादश ॥⁽³⁰⁾

Ahimsa, Satya, Asteya, Brahmacharya, Daya, Japa, Kshama, Dhriti, Mitahara and Aarjava are the 10 Yamas.

10 Niyama in Shandilya Upanishad :

तपःसन्तोषास्तिक्यदानेश्वरपूजनसिद्धान्तश्रवणहीमतिजपो
व्रतानि दश नियमाः ॥⁽³¹⁾

Tapas, Santosh, Astikya, Daana, Ishvarpujan, Siddhanta-Shravana, Hrih, Mati, Japa and Vrata.

Jabala Darshana Upanishad :

अहिंसा सत्यमस्तेयं ब्रह्मचर्यं दयार्जवम् ।
क्षमा धृतिर्मिताहारः शौचं चैव यमा दश ॥⁽³²⁾

10 Yama in Jabala Darshana Upanishad

Ahimsa (Non-violence), Sathya (Truth), Asteya (Non-stealing), Brahmacharya (Celibacy), Daya (Compassion), Arjava (Straight-forwardness), Kshama (Perseverance), Dhriti (Willpower or Firmness), Mithahara (Moderate food) and Shaucha (Cleanliness).

10 Niyama in Jabala Darshana Upanishad

तपः सन्तोषमास्तिक्यं दानमीश्वरपूजनम् ।
सिद्धान्तश्रवणं चैव हीमतिश्च जपो व्रतम् ॥⁽³³⁾

Tapas (Penance), Santosha (rejoice), Astikya (faith in scriptures), Dhaana (charity), Isvara Pujita (God worship), Siddhanta Sravana (study of scriptures), Hree (Modesty), Mathi (Adherence to Scriptures) , Japa (Chanting) and Vrata (oath) are the Niyama.

IMPORTANCE OF YAMA NIYAMA IN HUMAN LIFE

At present people in every part of world suffering with many kind of pain and unhappiness in Life. Many people suffering from physical and mental problems. People do not have even patience and many of them are going through many kind of emotional imbalance. If we look at this world where we live then we can say every where there is only pain. However if we look at the causes of pain then mostly we can say that most of the problems and pain comes in Life that is because of Human itself. We all are Human and we all are directly or indirectly connected with whole universe.

So it is responsibility of everyone to develop more good quality within and remove all bad quality from within. At present every society looks unhappy and painful. It looks ever family is fighting with each other and going through lots of stress and tension. If everyone can consider to follow Yama and Niyama in their Life then their own Life will be more healthy and peaceful. It can also bring lots of happiness and security in society.

We all need peace in Life. Yama Niyama is not only for the Yogi and Sadhak but it is also for normal common people. Yama Niyama can be helpful for each and everyone.

IMPORTANCE OF YAMA NIYAM IN PERSONAL LIFE

We often say that we have problems because others are bad. But do we look at our own bad quality within? Do we even notice that are we hurting others ?

Yama and Niyama is a set of discipline that every individual should adopt in their Life. There is lots of benefits of Yama and Niyama at physic and mental level. It can bring health and happiness in Life. We know every one does not wants Samadhi and Moksha. But yes, everyone wants happiness and peace in their Life. Yama and Niyama are that kind of discipline that it can bring happiness and peace in Life. But peron need to follow it in their Life and work.

We can see people are too much disturbed these days. People do not have patience. Yama and Niyama helps to develop more good quality within and remove bad qualities from within.

IMPORTANCE OF YAMA NIYAMA IN FAMILY LIFE

Living alone is very easy. But living in family and society is a big responsibility for everyone. It can be very hard to find a family which are completely in happy and peace. Most of the people are going through lots of stress and tension in family Life and relationship.

Family and house is the place where people want to feel happy, love and peace. But if the environment of family become unhealthy then that family, house can be very painful to live. We can see the some statistics of people doing suicide around the world and in India.

“About 800,000 people die by suicide worldwide every year. 164,033 Indians committed suicide in 2021. According to The World Health Organization, in India, suicide is an emerging and serious public health issue.”⁽³⁴⁾

Family is the place where people feel secure and comfortable. But unfortunately these days people are becoming more selfish and they do not give importance of family and relationship. Yama Niyama may help lot to each individual to change self and make his/her family and relationship more good and happy. Because most of the family and relationship get destroyed because of selfish nature and indiscipline Life. Yama and Niyama both are to make body and mind healthy. Same time Life can be very meaningful and well disciplined by following Yama and Niyama.

IMPORTANCE OF YAMA NIYAM IN SOCIAL LIFE

Each and every Human get affected if something happened bad in society. Because everyone is connected with each other. It is good to have healthy, happy and peaceful society and Life. Yama Niyama is useful for each and everyone at every step of Life. We can see these days many wrong things going on in society and around the world.

Yama and Niyama is that personal and social discipline that it can make personal and social Life so beautiful and lovely. At present every person need to know the benefits of following Yama and Niyama in their Life. So that it might change their Life and bring love and peace in their Life.

IMPORTANCE OF YAMA NIYAM IN NATIONAL LIFE

We are very lucky to have taken birth in this beautiful country Bharat (India).

The more dedicated , honest and truth people will be the more healthy, happy and peaceful country will be. There are people they often say India have this problem and India have that problems. But it is time to look and ask why do we have problem? India is such a beautiful country and it can be the most beautiful and peaceful century on earth. If more and more people follow Yama and niyama in their Life. Yama Niyama can be very good for building a beautiful, healthy and peaceful nation.

IMPORTANCE OF YAMA-NIYAMA IN SPIRITUAL LIFE

Without Yama and Niyama Life can not be spiritual. Yama and Niyama is the power house for the spiritual journey in Life. Yogi Patanjali said many things about Yama and Niyama. Many other scriptures and great Yogi have said about the Yama and Niyama. So it is very important to follow Yama and Niyama in Life. Yama Niyama will be very helpful in the spiritual journey to prepare our body and mind very nicely for the Yog Sadhana and preparation for the Moksha.

CONCLUSION

Yama Niyama is the most important part and foundation of Yoga. If any Sadhak wants to experience Higher level of Yoga Samadhi and Moksha then they must follow Yama Niyama in their Life and Yog Sadhana. Yama Niyama is also very good and useful for common normal Human being. Because it is a well designed discipline which can bring health, happiness and peace in their Life.

SUGGESTION FOR FURTHER RESEARCH

More Scientific experimental research may be needed to show the results and benefits of Yama and Niyama.

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