

## EVOLUTION OF YOGA IN THE UNIVERSE: MODERN CONCEPT

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**How to cite this article:** Ahmed, A., Imran, M., Ahmed, A., Kumar, D., Singh, V.P., Haque, N. (June 2024). Evolution of yoga in the universe: Modern concept. Journal of Physical Education Research, Volume 11, Issue II, 31-35.

**Received:** May 10, 2024

**Accepted:** June 30, 2024

### ABSTRACT

*The word 'yoga' originates from the Sanskrit verb 'yuj' (युज्) meaning to add, combine or unite. In yoga, it means the union of the soul with the divine. The roots of yoga may be found more than 5,000 years ago in northern India. The Rig Veda is an ancient religious literature that contains the earliest recorded occurrence of the word yoga. After that researcher went for the review literature related to new concepts evolution of yoga. The researcher found on YouTube there were 30 videos of an average of 1.5 hours with the new concept in the field of yoga education. Videos 1, 2, and 3 were on the evolution of yoga. The researcher went through videos and wrote the result part. The meaning of yoga is very small but can be used in very huge contests and can be explained in huge meanings. Yoga means to add, to sum up, to unite. With the help of yoga, we have to add whole life. Yoga is a social domain thing. To add or connect with the society or other. Supernova were colliding with each other, and a big bang was going on. Slowly, the earth formed, and so on, 3.8 billion years before life came on Earth. So, after the big bang, things start connecting. It means there is a connection between supernova and human blood, so there is yoga. So, from there, yoga is present.*

**Keywords:** Yoga, evolution, modern concept, add.

### 1. INTRODUCTION

Currently, millions of individuals practice yoga worldwide, and the number rises exponentially each year. Yogic practices like asanas, pranayama, etc. are always changing; new forms are emerging everywhere, influencing and blending with other traditions. On the other hand, asanas are an extremely old series of exercises that have been taught from teacher to pupil throughout the years. Yogic practices include postures, breathing exercises, relaxation, chanting, and other forms of meditation. A broad definition of yoga “Yoga is a group of physical, mental, and spiritual practices originated in ancient India aim to control (yoke) and still the mind to recognize a detached witness-consciousness which is untouched by the mind (Chitta) and mundane suffering (Duhkha)” (Amar, 2022).

“The word 'yoga' originates from the Sanskrit verb 'yuj' (युज्) meaning to add, combine or unite. In yoga it means the union of the soul with the divine” (Devraj, 2021). Yoga has several routes where this unity is expressed in diverse ways, but all lead to the same destination: unification with the cosmic energy or God. Their approaches appear to differ from one another. It is the union of Ida and Pingala in Hatha Yoga; it is Kaivalya in Rajyoga; it is achieving the darshan of God in Bhakti Yoga; it is discovering brahma within in Gyan Yoga; it is merging with Hari as karta in Karma Yoga? The realization of that ultimate

objective, when the soul joins the divine like the river current meets the ocean, is what is meant to be understood by the name yoga. Yoga is the subject of a large number of texts. From the period of the Vedas and Upanishads until the present, many works have been published about yoga.

Yoga is basically a spiritual practice that aims to achieve harmony between the mind and body through a very delicate science. It is the science and art of leading a healthy life. From the Sanskrit root “Yuj” which means “to join”, “to yoke”, or “to unite”, comes the term “yoga”. According to Yogic teachings, practicing yoga results in the unification of one's own consciousness with that of the universe, signifying complete harmony between the mind and body, as well as between man and nature. All things in the cosmos are only manifestations of the same quantum firmament, according to contemporary science. A person who has reached a level of liberation known as nirvana and feels this unity of being is called a yogi and is said to be practicing yoga. The primary goals of practicing yoga will be health, peace, and living freely in all spheres of life. “Yoga” also refers to an internal science that includes several techniques that help people realize this oneness and take control of their own destiny. Widely regarded as an “immortal cultural outcome” of the 2700 B.C. Indus Saraswati Valley civilization, yoga has demonstrated its ability to support human advancement on both a material and spiritual level. Fundamentally compassionate principles are what make Yoga Sadhana what it is (Basavaraddi, 2023).

### **1.1 History of Yoga**

The roots of yoga may be found more than 5,000 years ago in northern India. The Rig Veda is an ancient religious literature that contains the earliest recorded occurrence of the word yoga. Four ancient religious writings written in Sanskrit are called the Vedas. The oldest of the Vedas, the Rig Veda is composed of 10 chapters called mandalas that include over a thousand hymns and mantras that were employed by priests of the Vedic era. The Upanishads, an extensive collection of over 200 books, include the practices and beliefs of the Rishis (sages) who perfected and developed yoga (Culture, n.d.).

Between 3,500 and 5,000 years ago, stone tablets revealed the earliest indications of yoga. The tablets were discovered amid the remains of the ancient Harappan metropolis in eastern Pakistan. The tablet has a man engraved onto it who is sitting in meditation. Many people believe that this is the first proof of yogic practices. These components show where yoga came from as a philosophy. Ancient yogis followed a diverse set of mental, physical, and spiritual disciplines. The Rig Veda, the earliest literature to use the word yoga, was composed around this period. Texts like Patanjali's Yoga Sutras and the Bhagavad Gita contain the first references to contemporary yoga. It is estimated that the sage Patanjali lived around 2,200 years ago, however, this is not confirmed. The Yoga Sutras contain elements of contemporary yoga, such as mindfulness and breathwork (Wallace, 2023).

It is said that yoga was practiced from the very beginning of civilization. Yoga as a science began thousands of years ago, long before any religions or belief systems came into being. Shiva is regarded as the first yogi, or Adiyogi, and the first guru, or Adi Guru, in yogic mythology. Adiyogi imparted his extensive wisdom to the fabled Saptarishis, or “seven sages,” on the shores of Lake Kantisarovar in the Himalayas, several millennia ago. This potent yogic science was brought to many regions of the world by the sages, including Asia, the Middle East, Northern Africa, and South America. It's interesting to note that contemporary researchers have seen and marvelled at the striking similarities between ancient societies all throughout the world. However, it was in India that the yogic system found its fullest expression. Agastya, the Saptarishi who travelled across the Indian subcontinent, crafted this culture around a core yogic way of life (Basavaraddi, 2023).

## 2. METHOD AND MATERIALS

During the study of yoga history that how old would be the yoga is. The researcher found some new concepts. After that researcher went for the review literature related to the evolution of yoga. The researcher found on the YouTube there were 30 videos of an average of 1.5 hours with the new concept in the field of yoga education. Videos 1, 2, and 3 were on the evolution of yoga. The researcher went through videos and wrote the result part.

The lecture is recorded and uploaded on the Youtube by Syed Tariq Murtaza on the Yogic Samaj channel. The channel has 1255 followers. The name of the playlist is Yoga Education (2022-2023). The video 1 (session 1) is of 1:23:08 hours and has 347 views. The video 2 (session 2) is of 2:10:02 hours and has 279 views. The video 3 (session 3) is of 1:38:50 hours and has 129 views.

## 3. RESULT AND DISCUSSION

### 3.1 The Modern Concept of Yoga

The meaning of yoga is very small but can be used in very huge contests and can be explained in huge meanings. The yoga means to add, to sum up, to unite. We have seen that in mathematics questions that the yoga of 2 and 2 is (2+2). Yoga is the word which means unite all the things in the world. To make separate things one. With the help of yoga all the individual human gets united together. The things that are not together add them all and add them together with the help of yoga. With the help of yoga, we have to add whole life. Yoga is a word which adds all the things. Yoga is a social domain thing. To add or connect with the society or other. The yoga is not only about asana and pranayama. Asana and pranayama are a very small part of yoga. If yoga talks about the addition of all the things, then it will talk about your nutrition, personal hygiene, health, etc., and many more things (Murtaza, 2023a)

If the yoga talks about adding so, from where did it start? If we say from where the human is from, there is also yoga. We think like this because we think that yoga is for humans and talks in relation to humans, but yoga means to add. So, yoga has a relationship with humans, but not only with humans. Yoga also talks about how humans have a relationship with the environment. Yoga contains all the things you think of. Yoga has a very large meaning. In the human body, the respiratory system is connected with the circulatory system, and it is connected to the nervous system. Like this, each and every system of body parts is connected or interlinked with each other, and this is also yoga (Murtaza, 2023b).

The people are connected with each other and with the environment as well. In an environment, things are connected to each other. The moon has a connection with the fluid on Earth. Moon pulls the liquid toward him. The moon pulls the water towards him, which is known as a tide, but the water does not go to the moon because the gravitational pull is more powerful than the moon pulls. This process has one connection and one calculation in it. They have their own yoga. The same as with the universe, everything is connected to one another. The sun, moon, planet, etc. are all connected to each other. The scientists say 13.8 billion years are over (Murtaza, 2023b).

“Light elements like hydrogen and helium formed during the Big Bang, and those up to iron are made by fusion in the cores of stars. Some heavier elements like gallium and bromine need something more, such as a supernova” (Clery, 2019). Supernova were colliding with each other, and a big bang was going on. Slowly, the earth formed, and so on, 3.8 billion years before life came on earth. So, after the big bang, things start connecting with each other. The blood hemoglobin B contains iron. It means there is a connection between supernova and human blood, so there is yoga. So, from there, yoga is present.

**Table 1: Beginning of the matter till present time**

Year	Beginning of
13.8 billion	Matter & Energy appear, beginning of Physics, Atoms & molecules appear, the beginning of Chemistry.
4.5 billion	Formation of our Earth.
3.8 billion	Emergence of organisms. Beginning of Biology.
2.5 million	Humans evolve.
70,000	Humans evolved cultures at, beginning of History.
500	The Scientific Revolution. Humankind admits its ignorance and begins to acquire unprecedented power. Europeans begin to conquer oceans & lands. The entire planet becomes a single historical arena. The rise of Capitalism.
The Present (---2023)	Humans transcend the boundaries of planet Earth. Nuclear weapons threaten the survival of humankind. Organisms are increasingly shaped by intelligent design rather than natural selection.

In the present year, food productivity has been increasing. “Productivity is driven by changes in either agricultural technique or improvements in technology. Some sources of changes in agricultural productivity have included”: (Egli, 2008). “As many as 828 million people were affected by hunger in 2021-46 million more than a year earlier and 150 million more in 2019. After remaining relatively unchanged since 2015, the proportion of people affected by hunger jumped in 2020 and continued to rise in 2021, to 9.8% of the world population” (WHO, 2022). Food productivity and hunger are both increasing. Technology has increased food productivity, but hunger is also increasing. Its technology has increased food productivity but is not able to decrease hunger because the technology does not have a sense of humanity; it does not have a connection because there is no sense of yoga (Murtaza, 2023c). The table 1.1 shows the beginning of the Matter till the present time.

#### 4. CONCLUSION

The study concludes that the yoga is from before the evolution of the earth and when we find that the basic meaning of the yoga is to add.

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