

yoga-science.ga

## Description

**Yoga** ([/?jo???](#);[1] [Sanskrit: ???](#); [About this sound](#) [pronunciation](#)) is a group of [physical](#), [mental](#), and [spiritual](#) practices or disciplines which originated in [ancient India](#). Yoga is one of the six orthodox schools of [Hindu philosophical traditions](#).[\[2\]](#) [\[3\]](#) There is a broad variety of yoga schools, practices, and goals[\[4\]](#) in [Hinduism](#), [Buddhism](#), and [Jainism](#).[\[5\]](#)[\[6\]](#)[\[7\]](#) The term "yoga" in the Western world often denotes [Hatha yoga](#), a physical practice of postures called [asanas](#).

The origins of yoga have been speculated to date back to pre-[Vedic Indian](#) traditions; it is mentioned in the [Rigveda](#),<sup>1</sup> but most likely developed around the sixth and fifth centuries BCE,[\[9\]](#) in ancient India's [ascetic](#) and [?rama?a](#) movements.[\[10\]](#)<sup>2</sup> The chronology of earliest texts describing yoga-practices is unclear, varyingly credited to [Upanishads](#).[\[11\]](#) The [Yoga Sutras of Patanjali](#) date from the first half of the 1st millennium CE,[\[12\]](#)[\[13\]](#) but only gained prominence in the West in the 20th century.[\[14\]](#) Hatha yoga texts emerged around the 11th century with origins in [tantra](#).[\[15\]](#)[\[16\]](#)

Yoga gurus from India later introduced yoga to the West,[\[17\]](#) following the success of [Swami Vivekananda](#) in the late 19th and early 20th century.[\[17\]](#) In the 1980s, yoga became popular as a system of [physical exercise](#) across the Western world.[\[16\]](#) Yoga in Indian traditions, however, is more than physical exercise; it has a meditative and spiritual core.[\[18\]](#) One of the six major orthodox schools of Hinduism is also called [Yoga](#), which has its own epistemology and metaphysics, and is closely related to Hindu [Samkhya](#) philosophy.[\[19\]](#)

Many studies have tried to determine the effectiveness of yoga as a complementary intervention for [cancer](#), [schizophrenia](#), [asthma](#), and heart disease.[\[20\]](#)[\[21\]](#) The results of these studies have been mixed and inconclusive.[\[20\]](#)[\[21\]](#) On December 1, 2016, yoga was listed by [UNESCO](#) as an [intangible cultural heritage](#).[\[22\]](#)

## Category

1. External Domains

## Date Created

29. November 2018

## Author

web45