

yoga-science.ga

Description

Yoga (/ˈjoʊˈyoʊ/;[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](#),¹ but most likely developed around the sixth and fifth centuries BCE,^[9] in ancient India's [ascetic](#) and [?rama?a](#) movements.^[10]² 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

- External Domains

Date Created

29. November 2018

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web45