

**CENTRAL UNIVERSITY OF KERALA**  
DEPARTMENT OF YOGA STUDIES  
M.Sc. YOGA THERAPY

**MYG5102 Patanjala Yogasutra**

Course Code	MYG5102	Semester	I
Course Title	<i>Patanjala Yogasutra</i>		
Credits	4	Type	Core

**Course Description**

The course intended to provides an overview & essence of the Patanjala Yoga Sutras and Sankhya Darshana. **It is oriented to provide a knowledge based skill in the application of Yoga Therapy that enhances the employability of the learners of this course .** The course teaches all the chapters in detail to understand the philosophy of sage Patanjali. The course provides the detailed knowledge about the consciousness and mind according to ancient Indian concept. This course also provides a basic knowledge in sankhya philosophy.

**Course Outcome**

- **Thorough knowledge in the principles of Yoga** according to Sage Patanjali.
- Get the perspective about the concept of mind and consciousness according to Yoga.
- Students will able to do the metaphysical analysis of universe.
- **Knowledge in integration of the traditional concept of yoga and modern concept of mental health.**
- **The course gives the skill in the application of Yoga therapy and Yoga Counselling .**

**Course Structure:**

The following is a detailed syllabus of MYG5102 Patanjala Yogasutra

**Module :**

This module is focussed to teach yoga sutras and Sankhya darshana. First to fourth units are discussing the four chapters of patanjala yoga sutra in detail and fifth unit teaching the basics of Sankhya darshana.

**Unit I. Introduction to yoga sutra**

**(14 hours)**

- Definition of Yoga, Aim, Objects of Yoga , Nature of Yoga Science, Definition of Yoga, the nature of seer in pure and modified state, Vrttis – Nature, classification, definition, method to control of citta vrttis.
- Samprajnata Samadhi and its classification, Asamprajnata and its classification. Variation in the attainment of Asamprajnata Samadhi; Ishwarapranidhana – a means to attain Samadhi, Definition & Quality of Ishwara.
- Antarayas, Chittavikshepa, Chittaprasadana and its associates, control of Chittavikshepa, different methods of manasthiti and its benefits.
- Samapatti, Sukshma vishayatwa, Sabijasamadhi, Speciality of Nirvichara, Rthambaraprajna, Nirbijasamadhi.

**Unit II. Kriya yoga**

**(14 hours)**

- Kriya Yoga and its benefits; classification, methods to control kleshas, karmasaya.
- Vipaka of kleshamula, Heyaswarupa, Heyahetu, Drsya and Drasta.
- Samyoga, Nature & cause of Samyoga, Hanopaya, Hanaswarupa.
- Vivekakhyaathi, Astanga yoga, Yama, Niyama, Asana, Pranayama and Prathyahara.

### **Unit III. Samyama and its applications**

**(12 hours)**

- Dharana, Dhyana, Samadhi, Samyama, Antaranga and Bahiranga yoga, Application and benefits of Parinama, Dharma and Dharmi.
- Parinamanyatva, Samyama on Parinamatraya, knowledge of bhuta ruta, Parachitta jnana, Antardhanagftrrrfr.
- Aparantajnana, Samyama on Maitri, Surya, Chandra, Nabhichakra, Kanthakupa, Kaurmanadi, Murdhajyothi, Pratibha, Hrdaya, Swartha, Udana, Samana, and their benefits.
- Attainments of Divyashrotra, Akashagamana, Bhutajaya, Animadi siddhi, Indriya jaya, Kaya jaya, Sarvajnatva, Kaivalya, Viveka jnana, knowledge of Satva and Purusha and its benefits – According to Patanjala Yoga sutra - Chapter – III.

### **Unit IV. Kaivalya in patanjala yoga sutra**

**(10 hours)**

- Kaivalya, , Siddhi, Nature of Jatyantaraparinama, Nirmanachitta.
- Karma, Vasana, Smrti and Samskara, Support of vasana, Guna and its existence, Vastu, Jnata and Ajnata of Vastu.
- Quality of everknown of Purusha, Non-self-illumination of Buddhi and its function.
- Chitta, Dharmamegha Samadhi, Infinite knowledge. Mutation of Guna, Krama, Pratiprasava and Kaivalya According to Patanjala Yogasutra – Chapter IV.

### **Unit V. Introduction to Sankhya Darshana**

**(10 hours)**

- Meaning, aim and objectives of Sankhya philosophy, Three fold afflictions and solution for the afflictions.
- Pramanas in sankhyaphilosophy, Satkarya vada.
- Theory of Trigunas, Features of Sathvaguna, Rajoguna and Thamoguna.
- Existence of Purasha and Prakrti, Evolution Theory according to Sankhya.

### **Testing & Evaluation**

#### **Internal assessment - 40 marks.**

Internal examination - 20 marks, Assignments - 10, Overall performance 10

#### **End semester examination - 60 marks**

Objective type questions -10 marks, short notes – 30 marks, essay - 20

### **References**

1. Hariharananda Aranya, Yogasutras of Patanjali, University of Calcutta Press, Calcutta - 1984
2. Swami Niranjanda saraswathi, Sankhya Darshan, Yoga Publication Trust, Bihar School of Yoga, Munger, Bihar ( 2010).
3. Swami Satyananda , Four Chapters on Freedom (Commentary on the Yoga Sutras of Patanjali) , Bihar School of Yoga, Munger(1983).
4. Swami Virupakshananda , Samkhyakarika of Ishwarakrishna, Sriramakrishna Matt, Mylapur Chennai- (2006).
5. Swami Vivekananda, Rajayoga, Ramakrishna Ashrama Publications, Dehi Entally Road, Kolkata (1982).
6. Taimini.I.K, The Science of Yoga, Theosophical Publishing House, Adyar, Madras (1961)