

Patanjal Yoga Sutra

Maharshi Patanjali is a revered sage in Indian history, particularly known for his contributions to philosophy and spirituality. His life and works are celebrated for their profound impact on Yoga and Sanskrit literature.

Early Life and Background

Details about Patanjali's early life are scarce, and much of what is known is based on tradition and ancient texts. It is believed that Patanjali lived around the 2nd century BCE, though some scholars suggest different time periods. His exact birthplace and family background are not definitively known, but he is traditionally regarded as having been born in a Brahmin family.

Philosophy and Influence

Patanjali's philosophy integrates aspects of Samkhya and Vedanta, aiming for a state of liberation (moksha) through disciplined practice and mental control. The Yoga Sutras emphasize the importance of ethical conduct, physical postures (asanas), breath control (pranayama), and meditation (dhyana) in achieving spiritual growth and self-realization.

His teachings have had a lasting impact on both Eastern and Western thought. The practice of Yoga, as outlined by Patanjali, has influenced various spiritual traditions and has been adapted into numerous modern practices and wellness routines.

Legacy

Patanjali's work continues to be a foundational text in the study and practice of Yoga. His contributions to grammar and linguistics are also significant, demonstrating his scholarly depth and influence. His teachings have been interpreted and adapted over centuries, remaining relevant and respected in contemporary spiritual and philosophical discourse.

While many aspects of Patanjali's life remain shrouded in mystery, his intellectual and spiritual legacy endures, influencing millions of practitioners and scholars around the world.

The *Yoga Sutras of Patanjali*, compiled by the sage Patanjali at least 1,700 years ago, is considered one of the main authoritative texts on the practice and philosophy of yoga. The *Yoga Sutras* outline the **eight limbs of yoga**, which teach us the ways in which one

can live a yogic life. It also describes the results of a regular, dedicated practice. Yet before any of this, The *Yoga Sutras* begins by defining the goal of yoga and later goes about describing how one can achieve that goal.

Sutra means “thread,” which describes the relationship of the sutras—they are interrelated, or tied together as if by a thread. Within the *Yoga Sutras* are 195 aphorisms, short passages that guide the reader through four chapters, or books (*padas*): Samadhi Pada, which describes the results of yoga practice; Sadhana Pada, which describes the discipline itself; Vibhuti Pada, which describes some of the super-normal effects the practice can have; and Kaivalya Pada, which describes the process of liberation of the ego.

Origin of the Yoga Sutras of Patanjali

The manuscripts of the Yoga Sutras are believed to be the work of Patanjali. But the identity of Patanjali has been a subject of academic debate as an author of the same name is credited to writing the classic text on Sanskrit grammar named Mahabhasya. Yet the two works are completely different from one another in terms of language, vocabulary and grammar.

It is believed by scholars that Patanjali's Yoga Sutras are dated from 400 AD based on the history of the commentaries published in the first millennium AD and on the opinions of earlier Sanskrit Commentators. This dating for the Patanjaliyogasastra was proposed as early as 1914 has been accepted widely by academic scholars of the history of Indian philosophical thought.

The Sutras fell into relative obscurity for nearly 700 years from the 12th to 19th century before coming to the fore in the late 19th century through the efforts of [Swami Vivekananda](#) and the Theosophical society among others. It gained prominence again as a comeback classic in the 20th century.

Contents of the Yoga Sutras of Patanjali

The Yoga Sutras of Patanjali are divided into four chapters containing all 195 aphorisms. They are as follows:

1. **Samadhi Pada (51 Sutra):** Samadhi refers to a state of direct and reliable perception (pramana) where the yogi's self-identity is absorbed into pure consciousness, collapsing the categories of witness, witnessing, and witnessed.
2. **Sadhana Pada (55 Sutra):** Sadhana is the Sanskrit word for “practice” or “discipline”. Here the author outlines two systems of Yoga: Kriyā Yoga and Ashtanga Yoga (Eightfold or Eight Limbed Yoga).

3. **VibhutiPada (55 Sutra):** Vibhuti is the Sanskrit word for “power” or “manifestation”. ‘Combined simultaneous practice of Dhāraṇā, Dhyana and Samādhi is referred to as Samyama, and is considered a tool of achieving various perfections, or Siddhis.
4. **KaivalyaPada (34 Sutra):** Kaivalya literally translates to “isolation”, but as used in the Sutras stands for emancipation or liberation and is used where other texts often employ the term moksha (liberation).

Author

The colophons of manuscripts of the *Yoga Sutras* attribute the work to Patanjali. The identity of Patañjali has been the subject of academic debate because an author of the same name is credited with the authorship of the classic text on Sanskrit grammar named *Mahābhāṣya* that is firmly datable to the second century BC. Although some scholars argue that this is the same Patanjali who authored the *Yoga Sutras*, the two works are completely different in subject matter, and Indologist Louis Renou has shown that there are significant differences in language, grammar and vocabulary. Before the time of Bhoja (11th century), no known text conflates the identity of the two authors.

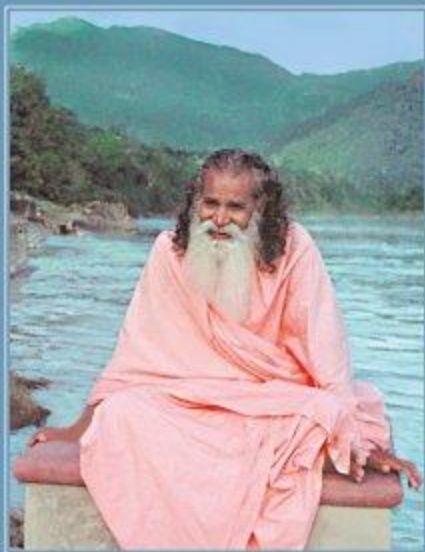
Sri Vyasa- Vyasbhashya

Sri Vachaspati Mishra- Tattwavaisharidi,

Sri Bhojadeva- BhojVritti

VigyanBhikshu- Yoga Vartikam

The Yoga Sutras of Patanjali



Translation and Commentary by
Sri Swami Satchidananda

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Commentary on the Yoga Sutras of Sage Patanjali

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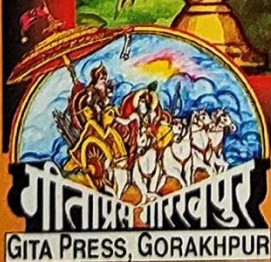
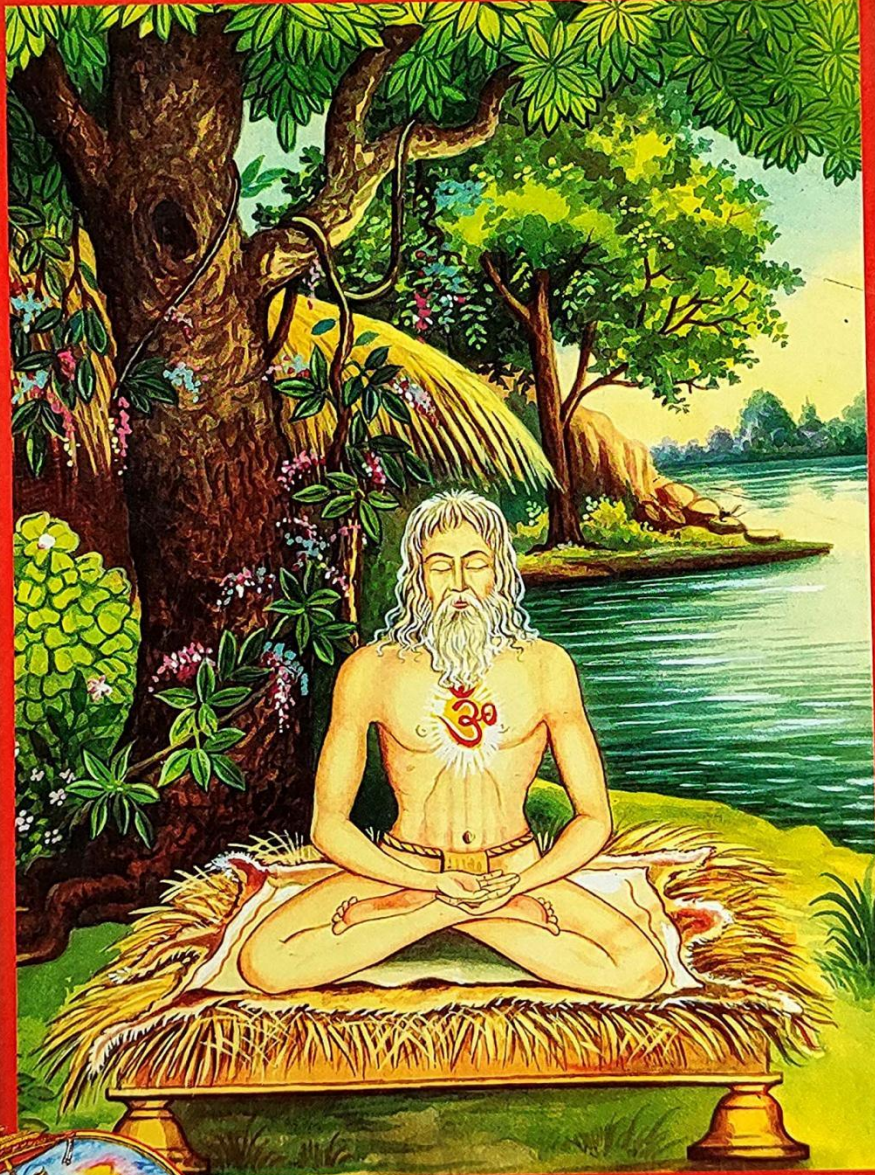
Text with English translation
and critical notes
by
T.S. RUKMANI

भोजदेवकृत राजमार्तण्डवृत्तिसमेतम् पातञ्जलयोगसूत्रम् भाषा-टीका सहित PATANJAL YOGA-SUTRA

संपादन
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दिल्ली वाराणसी लुधियाना

पातञ्जलयोगप्रदीप



गीताप्रेस, गोरखपुर



महर्षिपतञ्जलिमुनिप्रणीतम्

पातञ्जलयोगदर्शनम्

व्यासभाष्य-संवलितम्

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योगसिद्धि-हिन्दीव्याख्योपेतम्

व्याख्याकार

डॉ. सुरेशचन्द्र श्रीवास्तव