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Yoga And Ethics: Exploring The Ethical Considerations In Teaching Practicing Yoga

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Abstract:

Yoga Philosophy advocates about mental modification (citta vritti) for the realization of spirituality or liberation. As long as our mind is tainted with impurities and intellect vitiated by evil thoughts, man cannot realize the spiritual truth. Spiritual insight can be achieved when the mind is purged of all impurities and rendered perfectly calm and serene. It removes the crust of affliction from the illumination of the sattva of the mind and removes the demerits which obscure discriminative knowledge. Breath control is the supreme austerity, which purges the mind of impurities and generates illumination of knowledge. The purpose of the paper is to highlight the power of prānāyāma to experience the Samadhi i.e. yoga's true aim. This present paper attempts to show how the yogic breathing practice leads an individual to the state of the spiritual realm or liberation.

Key Words: Prānāyāma, Citta Vritti, Spirituality, Samadhi, Prana, Ashtanga yog , Ethics ..

Introduction

Yoga is a group of physical, mental and spiritual practices or disciplines that organized in ancient India aimed at controlling body and mind to attain various salvation goals as practices in India. By focusing only on prānāyāma that can help to change our negative response to stress and it is the surest ways to attain mastery over the modifications of the mind, making the mind one-pointed and inward. The mind has a desire and will which be expressed in bodily actions. Ethics is the study of what is right and wrong in human behaviour. For the purification and enlightenment of the mind, the yoga gives us the eightfold means to attain the spiritual enlightenment. And PRANAYAMA is one of the eight limbs of yoga, which is an integral step on the path to enlightenment. So, the regulation of the vital forces leads to control of the mind. Breath control is conducive to concentration of mind.

In teaching practice of Yoga, mind will be reboot like computer to work faster and it try think about ethics for mental satisfaction. Everyone wants to be an Ideal in our life. So, they always try for accepting ethics which will be very hard for them to apply for themselves. Business ethic refers to implementing appropriate practices with regard to arguable controversial subjects. Prānāyāma means the regulation of breath and it is the fourth stage in Ashtanga yoga and it gives steadiness and lightness to the body and calmness to the mind. Prāna or bio-energy flows through pranic pathways and prānāyāma helps to clean these pathways. This has a direct effect on the physical body as well as mind. Yogic breathing which controls of life force and is aimed at increasing vital energy in the body and mind. Our life has become stressful because of the hustle and bustles of our metropolitan life.

Types of Business Ethics:

1. Normative Ethics
2. Descriptive Ethics
3. Metaethics
4. Applied Ethics

In teaching practicing Yoga, ethics play an important role for the benefit of the society as well. The practice of Yoga naturally gives rise to a flow of compassion towards others. Prānāyāma is a Sanskrit word alternatively translated as “extension of the prāna (breath or life force)” or breath control. “ The word is composed from two Sanskrit words: prāna meaning life force and either Yāma (to restrain or control the prāna, implying a set of breathing techniques where the breath is intentionally altered in order to produce specific results) or the negative form Āyāma, meaning to extend or draw out (as the extension of life force). It is a yogic discipline with origins in ancient India. Prāna means energy, breath, or life force.

Field of Study:

1. Principles
2. Honesty
3. Right
4. Fairness
5. Responsibility
6. Conscience
7. Choice
8. Honor
9. Value

Learning to direct and control prāna in the body has long been considered a crucial aspect of yoga. As an essential bodily function, breathing is an involuntary act. Prānāyāma is the conscious and deliberate control and regulation of the breath. Although we cannot control whether or not we breathe, we can to some extent control the way that we breathe. Exercises in breath control, such as breath retention and deliberate methods in inhalation and exhalation for specific mental and physical benefits are at the core of prānāyāma practice. Yogic breathing exercises are an important part of a developing yoga practice. be referred to as doing what is morally and legally right in research. They are actually norms for conduct that distinguish between right and wrong, and acceptable and unacceptable behaviour.

YOGA AND ETHICS:

Ethics is useful for us in order to live a happy life. Exploring the ethical considerations in teaching Practicing, Yoga, the practice of yoga naturally gives rise to a flow of compassion toward others. Due to this ethical practical one can learn technique of happy life. Yoga will help to all for the sake sound body. Prānāyāma is a Sanskrit word alternatively translated as “extension of the prāna (breath or life force)” or breath control. Different types of ethics improve as per development of the society.

Research Ethics for Society

Conducted ethically, research is a public trust. So, researchers must fully understand the theories and policies designed to guarantee upstanding research practices. It becomes important for the researcher to know what constitutes ethical research. With an up-to-date knowledge, the researchers should develop a way with the basic ethical principles ensuring the safety and security of the participants of the study. Different types of research methods need a different set of ethical guidelines. To make it easy to understand, let’s divide the research ethics simply into two groups; Research-Participant Ethics and General Ethics. We will enlist different ethical issues arising at various stages of the research process. The researcher has a primary responsibility towards the participants and other researchers.

Examples of Ethics:

1. Respect
2. Integrity
3. Loyalty
4. Responsibility
5. Transparency
6. Accountability
7. Compassion
8. Confidentiality
9. Honesty.

Now a days, tensions are increasing day by day. So, it is an opportunity for all human beings to recover these tensions with the help of ethics as well as Yoga. Ethics techniques can be useful for the development of the society. Respect is essential for everyone. Fairness is striving to be fair and just in all interactions, avoiding favourism and promoting an equitable work environment. Integrity should be the most dominant one. To highlight the power of practicing prānāyāma which is very essential for the concentration of the mind which makes our mind free from ignorance and later it leads to a divine state of energy. To show that prānāyāma is not only vital for physical upliftment but it is necessary for self-realization or spiritual liberation one should loyal with one’s profession. We should be very optimistic about it.

Ethical Issues in India

It is our responsibility as per our performance point of view. Mostly matters of research ethics differ from method to method. Most importantly, Transparency in our work according our attitude is most important. Yoga and ethics are closely related, and the practice of yoga can lead to a compassionate attitude towards others. Accountability must be as per our duty towards the job. Compassion must be there in order to learn yoga as well. Yoga can definitely improve our confidence. We all know that honesty is the best policy in all sorts of work. As per the extra work done due to yogic practice as well. Yoga is a part of life and the without yoga one cannot recover suitable life and ethics can be definitely beneficial as well. So, Yama and Niyama are the part of life.

Ethics as a part of yoga

Yoga's ethical guidelines, known as the yamas and niyamas, are intended to help people live more mindfully and compassionately. These guidelines include ethical commitments such as non-violence and truthfulness. In our life we should be very confident according to our lifestyle. Yoga can change our nature as well. In Samadhi we should always concentrate on target. Patanjali said about the extra stamina can be acquired only with the help of positive attitude. And positiveness can be acquired only by practicing Yoga and implementing ethics in our life.

Ethics is naturally changing our mindset as what is right and not. Yoga is primarily a practice aimed at 'samadhi'—uninterrupted self-awareness, contentedness and peace. As per rule, we always live a happy life but ethics make us happy. Yoga plays a vital role in developing mind and body. Ethics can also change our mindset. Everyone wants to be a smart on all sectors. So, one may accept the ethical techniques for promotion of yoga practices. As per the yoga practices for improvement of the society everyone tends to be happy.

Baba Ramdev and Patanjali Yogpeeth

According to Baba Ramdev, most of us are ready to everything for the sake of fitness. Now a days we are trying for the happy life. So, most of the people are turning towards ethical yogic life. Life is very fast now a days and most of the people are suffering a lot. According to the current scenario of the society, everyone is thinking about yoga and ethics but due to their lifestyle as well as burden of job and other responsibilities, they cannot adjust each and every thing according to their own. So, Yoga and Ethics are the only way to be happy in our life.

Yoga plays a vital role in everyone's life. So, with the help of ethics, one can live a happy life. Everyone wants to accept ethics by the people but when it should be done by the self then it would be very difficult for them. It means that goods are to be followed by the people. These are the learnings only on the books. When it has to be implemented then they think about themselves. Lastly, they believe on it but at the end they realize the necessity of the same.

Yoga and Ethics are correlated with each other. When think about simple living and high thinking, it is directly proportional to ethics. All good things which we read in the books are ethics. But these things or ethics are not easy to accept in day-to-day life. Some setbacks are always occurred while implementing these ethics in our life. Most of our saints always said and said in the past also about the ethics. Because they have lived throughout their life. That's why they said about ethics.

Patanjali also said about Yoga and ethics which can be useful for their life satisfaction as well. In this way we should be optimistic in our life in order to live a happy life. Ethical considerations are always be beneficial for the benefit of the society as well. In teaching and practicing yoga, one has to be very efficient because of the extra aspects need to be acquire for the development of the body. According to sage Patanjali, eight steps are to be accepted for sound mind which always must be in a sound body. Physical and mental health is also important for the sake of fitness of the life as well. Perfection in our life makes impact on our body as well as the society around us. They always think about the same to be. Yama and Niyama are useful to live a happy life as well. Because of the extra energy received from the acceptance of the ethics in our life as well. Yama and Niyama created energy as well as ability to control our emotions, thoughts and reactions. So, we can activate our sixth sense to live according to ethics. No one will be able to maintain all ethics fully in our life but will try to accept or implement by taking experience of the present situation.

Conclusion

From the above discussion on the yogic practice of Prānāyāma conclusion can be made that Prānāyāma is not only for the physical prosperity yet it is also essential for the mental concentration which leads us to spiritual upliftment. From own experience, it can be stated that the moment one sit to meditate, nothing else exists for that person. The world, the work, everything fades away. So Yoga and Ethics are very important

for our life as well. In other words, one can say that, for exploring our performance in all sectors Ethics and Yoga are correlated with each other.

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