

Tracing The Evolution Of Yoga: A Historical Analysis From Ancient Origins To Modern Practices

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Abstract:

Objective: - The objective of this research paper is to provide a comprehensive historical analysis of the evolution of yoga from its ancient origins to modern practices.

Background: -Yoga is a practice that has been around for thousands of years and undergone many changes throughout its history. Its origins are rooted in ancient India, where it was developed as a means of spiritual and physical practice.

Methods: - A systematic literature search was conducted using PubMed, Scopus, Embase, Ministry of AYUSH and Web of Science databases. The search was limited to articles published between January 2004 and December 2022.

Results: - This paper explores the history of yoga, tracing its evolution from its earliest roots to its current form, and shows how yoga can play an important role in job creation and economic growth.

Key words: Yoga, evolution, historical analysis, ancient origins, modern practices, history of Yoga, Yoga philosophy, Yoga traditions, commercialization of Yoga.

INTRODUCTION:

Yoga is a practice that is now well-known worldwide, with millions of people practicing it for its physical and mental benefits. It is an ancient practice that has been prevalent in Indian culture for thousands of years. It has become an important part of the wellness industry because of its quality that combines physical, mental, and spiritual elements to bring about harmony and balance in one's life, with the regular practice of its different postures and breathing techniques in numerous studios and retreat centres, catering to those who wish to learn and practice it. However, the history of Yoga is much more complex than what we see today. The origins of Yoga can be traced back to ancient India, where it was developed as a means of spiritual and physical practice. Over the years, it has undergone many changes, influenced by various schools of thought, teachers, and practitioners. In this article, we will explore the history of Yoga, examining its evolution from its earliest roots to its current form.

METHODS:

A systematic literature search was conducted using PubMed, Scopus, Embase, Ministry of AYUSH and Web of Science databases. The search was limited to articles published between January 2004 and December 2022. Collect data from primary and secondary sources. Primary sources were ancient texts such as the Yoga Sutras, Bhagavad Gita, and other yoga-related literature, while

secondary sources were books, articles, and other research studies. It was important to collect data from reliable sources and to ensure that, the information is accurate and up to date.

ORIGINS OF YOGA:

The origins of Yoga can be traced back to ancient India, where it was developed as a means of spiritual practice. The earliest written records of Yoga are found in the Rigveda, one of the oldest sacred texts of Hinduism, which dates to around 1500 BCE [1](Aathava & Jothilakshmi, n.d.). The Rigveda contains hymns that refer to the practice of Yoga, which was used as a means of connecting with the divine. The earliest form of Yoga is believed to be Hatha Yoga, which was developed in the 11th century [2](Jain, 2012). It was a physical practice that focused on the body and was designed to prepare the practitioner for meditation. Hatha Yoga involved various postures, known as asana, as well as breathings exercise, or pranayama. It was designed to purify the body and prepare for dhyana (Meditation), dharana and samadhi. According to Swami Swatma Ram, Hatha Yoga is the means to attain Raj Yoga, according to him, Raj Yoga cannot be achieved without Hatha Yoga.[3](*Hatha Yoga Pradipika - Swami Swatmarama - Google Books*, n.d.) Hatha Yoga does not mean stubbornness but a state of harmony of nerves or Nadis. In which "Ha" means Hakar which tells the Sun (Surya) Nadi and "Tha" means Thakar which tells the Moon (Chandra) Nadi. Hatha Yoga is the well-planned establishment of Prana in Sun (Pingala) and Moon (Ida) in Sushmana. According to various Hatha texts, Surya Nadi is in the right part of the body and Chandra Nadi is located in the left part of the body.

Historical Roots of Yoga:

The history of Yoga dates to the Indus Valley Civilization, which existed around 3300 BCE [4](“The Cultural Counterparts to Proto-Indo-European, Proto-Uralic and Proto-Aryan: Matching the Dispersal and Contact Patterns in the Linguistic and Archaeological Record,” 2004). Archaeological findings from this era suggest that Yoga was a part of everyday life, and evidence of various Yoga postures and meditation techniques have been found in the artifacts of the civilization [5](Subashana Jayasuriya, n.d.). These early practices were rooted in the religious beliefs of the time and were performed to achieve a state of union with the divine.

The Classical Era of Yoga

The Classical Era of Yoga began around 500 BCE, during which time the famous sage Patanjali codified the practice into a systematic set of texts known as the Yoga Sutras [6](Ranganathan, 2008). The Yoga Sutras contain 195/196 aphorisms that outline the eight limbs of Yoga, which provide a framework for the practice. These eight limbs include Yama (moral codes), niyama (self-purification), asana (physical postures), pranayama (breathing exercises), pratyahara (withdrawal of senses) [7](Maheshwari, 2023), dharana (concentration), dhyana (meditation), and samadhi (enlightenment) [8](Garg, 2022).

Influence of Yoga Darshana

Yoga Darshana, also known as Yoga Philosophy, is one of the six classical schools of Hindu Philosophy. The word "darshana" means "view" or "perspective," and in the context of Indian philosophy, it refers to a systematic and comprehensive understanding of reality. Yoga Darshana was developed by the ancient Indian sage Patanjali in his text "Yoga Sutras," which is considered the foundational text of classical Yoga. The goal of Yoga Darshana is to achieve liberation or enlightenment through the practice of Yoga[9](*The Integrity of the Yoga Darśana: A Reconsideration of Classical Yoga - Ian Whicher - Google Books*, n.d.), which involves physical postures (asanas), breath control (pranayama), meditation (dhyana), and ethical guidelines (yamas and niyamas). According to Patanjali, the human mind is characterized by constant fluctuations or modifications, known as "vrittis." The practice of Yoga aims to still these fluctuations and bring the

mind into a state of calmness and clarity, leading to self-realization and liberation from suffering. Yoga Darshana also includes a systematic analysis of the human psyche, known as the "eight limbs of Yoga." These limbs include ethical guidelines, physical postures, breath control, sensory withdrawal, concentration, meditation, and absorption. Through the practice of these limbs, the practitioner can progressively refine their awareness and move closer to the goal of liberation. Overall, Yoga Darshana provides a comprehensive understanding of the nature of reality and the human mind and offers practical techniques for achieving spiritual growth and self-realization[10](*The Deeper Dimension of Yoga: Theory and Practice - Georg Feuerstein, Ph.D. - Google Books*, n.d.). It has a profound impact on both Indian and Western philosophy and continues to be widely studied and practiced today.

The development of Hatha Yoga:

Hatha Yoga is a branch of Yoga that focuses on the physical postures and breathing techniques. It was developed during the medieval period in India, around the 9th century CE. Hatha Yoga was designed to prepare the body and mind for the deeper spiritual practices of Yoga, such as meditation and samadhi. It involved a series of physical postures, known as asanas, and breathing techniques, known as pranayama. Hatha Yoga also included the use of mudras (hand gestures) and bandhas (locks) to channel and direct the flow of energy within the body. Few Hatha Yoga texts have very high impact in development of hath Yoga like Hathapradipika, it is a classical text on Hatha Yoga, which is a branch of Yoga that emphasizes physical postures, breathing techniques, and other practices designed to improve overall health and well-being. The text was written by Swami Svātmarāma, a 15th-century Indian Yogi, and is considered one of the most important texts on Hatha Yoga. It consists of four chapters, each of which describes various aspects of Hatha Yoga. The first chapter discusses the importance of Yoga and the various postures that are used in Hatha Yoga. The second chapter focuses on the breath and the practice of pranayama, which involves various breathing exercises designed to improve physical and mental health. The third chapter describes the various types of mudras, or gestures, that are used in Hatha Yoga. Finally, the fourth chapter discusses the process of meditation and the attainment of samadhi, or a state of deep concentration and awareness. It is considered a classic text on Yoga, and its teachings have been influential in the development of modern Yoga practices. The text emphasizes the importance of physical practice as a means of achieving spiritual growth and emphasizes the interconnectedness of the body, mind, and spirit. It is a Sanskrit text on hatha Yoga. The first English translation of the "Hathapradīpikā" was published in 1914 by Pancham Sinh[11](*Hatha-Yoga-Pradīpikā of Svātmarāma International Association of Yoga Therapists*, n.d.). Sinh's translation of the "Hathapradīpikā" is one of the earliest and most significant English translations of the text. It is widely available in print and online and has been a valuable resource for Yoga practitioners and scholars alike. However, it is important to note that there have been other English translations of the "Hathapradīpikā" since then, and some of them may be more recent or may offer different interpretations and insights into the text. But a reader always must go for original text for understanding the real soul theme of the text. In the series of Hatha Yoga development same as "Hathapradīpikā" Gheranda Samhita is also an important text on Hatha Yoga, it is a Sanskrit text that is considered one of the classical treatises on Hatha Yoga. The Gheranda Samhita is believed to have been composed in the 17th or 18th century, and it consists of 351 verses that are organized into seven chapters. The text includes detailed instructions on various aspects of Hatha Yoga, including asanas, pranayama, mudras (hand gestures), bandhas (locks), and meditation. In the Gheranda Samhita, Hatha Yoga is presented as a means of purifying the body and mind, and ultimately achieving liberation (moksha) from the cycle of birth and death. The text emphasizes the importance of discipline, self-control, and devotion in the practice of Yoga. Today, the Gheranda Samhita is one of the important classical texts on Hatha Yoga and is studied and referenced by practitioners and scholars of Yoga around the world. The first English translation of the Gheranda Samhita was

published in 1914 by James Mallinson and was titled "The Gheranda Samhita: A Treatise on Hatha Yoga"[12](*Yoga Body: The Origins of Modern Posture Practice - Mark Singleton - Google Books*, n.d.). Mallinson's translation was based on a manuscript of the Gheranda Samhita that was in the collection of the India Office Library in London. Mallinson's translation was later revised and republished in 2004 under the title "The Gheranda Samhita: The Original Sanskrit and An English Translation". This edition includes the original Sanskrit text of the Gheranda Samhita, along with a revised English translation, and an introduction and notes by Mallinson. Since then, several other English translations of the Gheranda Samhita have been published, including by other scholars such as Rai Bahadur Srisa Chandra Vasu, Swami Niranjanananda Saraswati, and K. R. Arumugam.

Influence of the Bhagavad Gita:

The Bhagavad Gita compiled in 18 chapters and 700 verse from Mahabharat Bheesma Parv (chapter)[13](Singh et al., 2020), one of the most important texts of Hinduism, had a significant influence on the development of Yoga. Lord Krishna asks to Arjuna “Evenness of mind is called Yoga” performing the duties established in Yoga, renouncing attachment, and be even minded in success and failure is a state of Yoga [14](Sethumadhavan, 2010). Lord Krishna also asks to Arjuna, Yoga is Immortal Knowledge, it is not first time that I am delivering this immortal knowledge to you. I have revealed this immortal knowledge to Vivasvan (The Sun God) and Vivasvan conveyed it to his son Manu and Manu imparted it to his son Ikshvaku [15](*Dalit's Inheritance in Hindu Religion - Mahendra Singh - Google Books*, n.d.). This sacred holly book was written around the 2nd century BCE and contains a dialogue between the warrior Arjuna and Lord Krishna [16](Rao, 2015). The text emphasizes the importance of self-knowledge and self-realization and stresses the need for action without attachment to the results. The Bhagavad Gita also introduced the concept of bhakti Yoga along with the two other forms of Yoga, Karma Yoga & Gyaan Yoga, bhakti Yoga is the path of devotion and surrender to God.

According to Swami Vivekananda genuine search after the God or Supreme Soul, is bhakti Yoga. According to him search after the God must be free from bad virtues or evil thoughts and feelings like deception, gag, fraud etc [17](*The Mind of Swami Vivekananda - Gautam Sen - Google Books*, n.d.). There is no description of any physical posture in the Gita, nor in the Patanjali Yoga Sutras. In the Gita there is a description of how to sit on an easy posture [18](Pegg, n.d.). This proves that Yoga is not limited to physical exercises only. This is a further knowledge than that, Hatha Yoga is only an integral part of Yoga which can take the seeker or practitioner to Samadhi. Living life in equanimity in all times, situations and circumstances is also Yoga. The divine wisdom of the Gita is not limited to any one aspect of life. This book explains every aspect of life. According to other Hatha texts, fasting is a special part of life. Similarly, three types of food have been described in Gita as Satvik, Rajasik, Tamasik[19](Jayanti Professor et al., 2020). Along with this, a detailed discussion of self-restraint is available to live a restrained and controlled life . Gita gives deep knowledge on all aspects of life along with Yoga; hence it holds its influence on people of all ages. Its understanding teaches a person the art of living.

YOGA IN THE MODERN ERA:

Yoga began to spread beyond India during the 19th and 20th centuries, largely due to the efforts of Indian gurus who travelled to the West to share their teachings. One of the most influential of these gurus was Swami Vivekananda, who introduced Yoga to the United States in the late 19th century[20](Deslippe, 2018). In the early 20th century, other Indian teachers, such as T. Krishnamacharya, brought Yoga to a wider audience by adapting the practice to suit the needs and abilities of Western students. In the mid-20th century, Yoga gained popularity in the United States, thanks in large part to the efforts of Yoga pioneers such as Indra Devi, B.K.S. Iyengar, and Pattabhi Jois. These teachers developed their own styles of Yoga, such as Iyengar Yoga and Ashtanga Yoga, which focused on different aspects of the practice. Today, Yoga is practiced by millions of people

around the world, and its benefits are widely recognized in the medical and scientific communities. Modern Yoga has evolved to include wide variety of styles and practices, from gentle restorative Yoga to intense power Yoga, and has become a popular form of exercise and stress relief for people of all ages and backgrounds.

YOGA AS INTERNATIONAL DAY IN 21ST CENTURY:

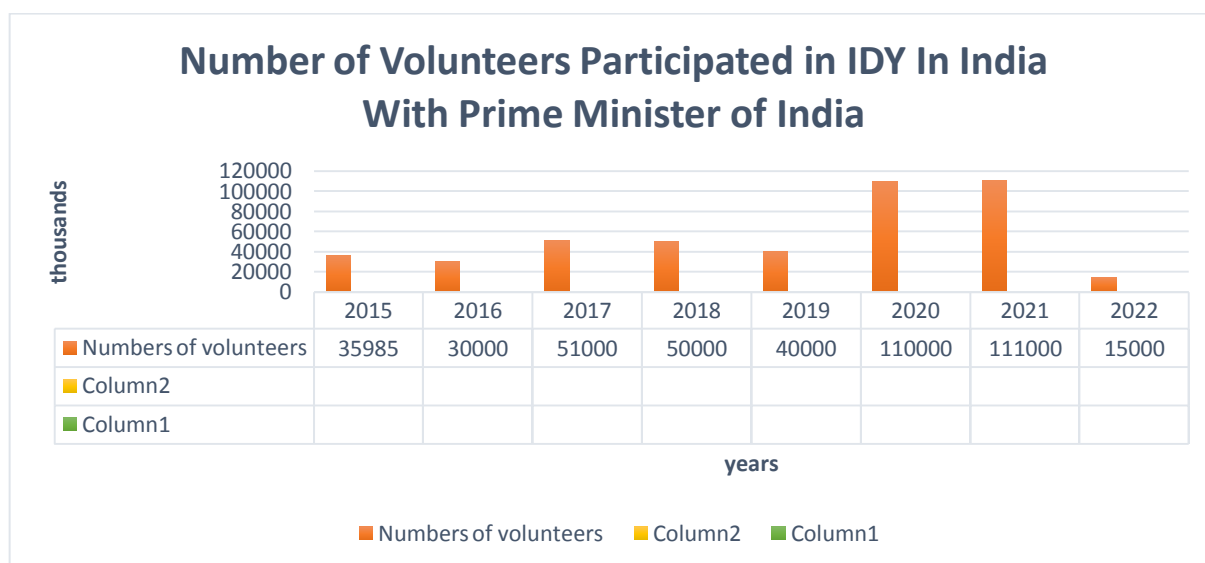
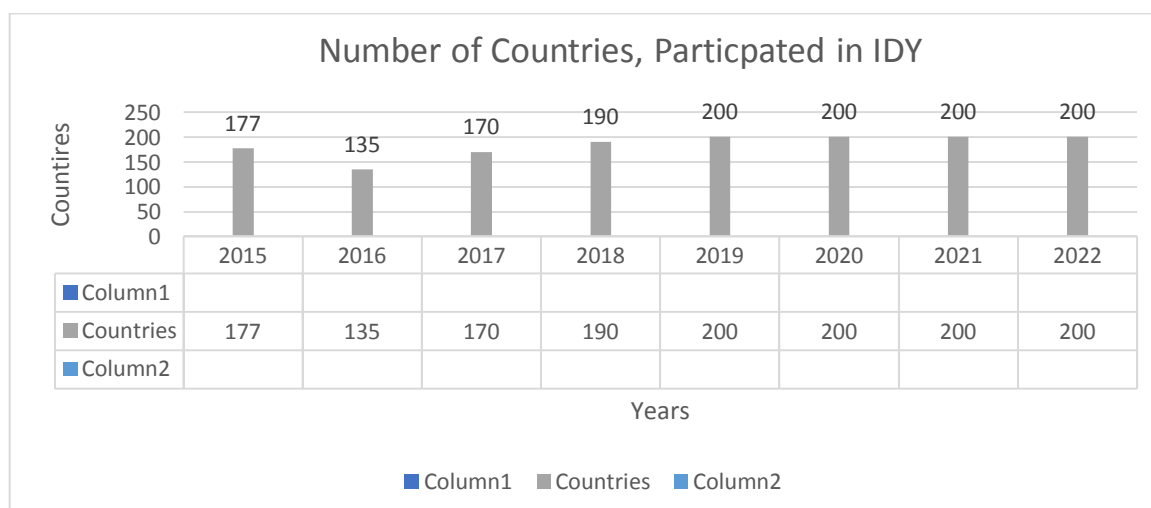
Keeping in mind health of everyone and to make the benefits of Yoga accessible to the public, one day of the year was kept for the inspiration of health, so that people can become aware and take care of their health throughout the year and the day was observed as International Day of Yoga. The first International Day of Yoga was observed on June 21st, 2015. Since June 21st, 2015[21](Lakshmi, 2020), it is observed annually. The day was declared by the United Nations General Assembly in December 2014[21](Pardeshi, n.d.), following a proposal made by India's Prime Minister, Narendra Modi, during his address to the UN General Assembly in September 2014. The day is dedicated to promoting the practice of Yoga and raising awareness about the many physical, mental, and spiritual benefits that it can bring. Yoga is an ancient practice that originated in India thousands of years ago, and it has become increasingly popular around the world in recent years. On the International Day of Yoga, people are encouraged to participate in Yoga classes and events, and to share their experiences and photos on social media using the hashtag #InternationalDayofYoga. The day is a reminder of the many ways in which Yoga can help people to achieve greater health, happiness, and well-being. To make Yoga more interesting, this day is celebrated globally like a festival with a new theme every year as below. Table 1

S.N.	Year	City of Yoga Celebration	Theme of the Yoga Day	Number of participants	Countries participation
1.	2015	Rajpath New Delhi	"Yoga for Harmony and Peace"	35,985	177
2.	2016	Chandigarh	"Connect the Youth"	30,000	135
3.	2017	Lucknow	"Yoga for Health"	51000	170
4.	2018	Dehradun	"Yoga for Peace"	50,000	190
5.	2019	Ranchi	"Climate Action"	40,000	200
6.	2020	Yoga at home	"Yoga for Health - Yoga at Home" Due to COVID-19 pandemic	Millions (Online mode)	200
7.	2021	Yoga at home	"Yoga for well-being" Due to COVID-19 pandemic	Millions (Online mode)	200
8.	2022	Mysore	"Yoga for humanity"	15000	200

Table 1.

Table 1 displays the data of the volunteers who participated in the International Day of Yoga (IDY) events, which were held with the Prime Minister of India in various cities across the country, with different themes.

Graphical Presentation 1 showcases the annual participation of volunteers through a bar chart. In the years 2020 and 2021, the number of participants was in millions, and hence, imaginary data was used for these years, for graphically presentation only, while the rest of the data was in thousands. Graphical Presentation 2 displays the data of countries that participated in IDY, with the participation data for the years 2020, 2021, and 2022 based on their previous growth and keen interest in actively participating in IDY globally.

**Graphical Presentation – 1.****Graphical Presentation – 2.**

MAJOR EVENTS OF 8TH INTERNATIONAL DAY OF YOGA (IDY) 2022.

1. *Hundred Days Hundred Cities Hundred Organization.*

The Morarji Desai National Institute of Yoga, which is under the Ministry of Ayush, arranged a global campaign from 13th March 2022 to 21st June 2022. The campaign is part of the celebration of the 8th IDY-2022, and it involves 100 days, 100 cities, and 100 organizations worldwide. The primary objective of the campaign was to promote and distribute knowledge and practice of Yoga among people at the national level, with the aim of enhancing their health and well-being.

2. **Guardian Ring:** - The celebration of IDY-2022 featured a unique program called 'Guardian Ring', which combined the digital feeds of IDY programs hosted by Indian Missions abroad. The program involved participants from various countries worldwide, who marched towards the west of the globe following the movement of the sun, starting from Japan in the east. The 'Guardian Ring' program is based on the concept of 'One Sun, One Earth,' which highlights the unifying power of Yoga. The program aimed to showcase how Yoga integrates people from different cultures and backgrounds and promotes unity and harmony. The program aligned with the 2022 theme of 'Yoga for Humanity' by featuring people from diverse nationalities joining together to celebrate Yoga at sunrise. Many countries, United Nations organizations, and Indian missions

abroad participated in the program to demonstrate how Yoga can transcend national borders and unite people from different cultures and backgrounds. The collaborative exercise aimed to showcase the unifying power of Yoga and its ability to promote unity, harmony, and wellbeing for humanity.

3. *Yoga at 75 Heritage site* - Considering the 8th International Day of Yoga coinciding with India's 75th year of independence, Yoga, as a crucial component of India's ancient culture and heritage, is an integral part of the Azadi ka Amrit Mahotsav. The Indian government celebrated the 8th IDY by conducting large-scale Yoga demonstrations across the country at 75 iconic locations, led by 75 different Hon'ble Union Ministers, based on the Common Yoga Protocol.
4. *Prime Minister's Yoga Awards* - The MyGov platform of the Government of India has a webpage dedicated to the Prime Minister's award for exceptional efforts in advancing and improving Yoga[22](*PM Yoga Awards – Innovate India*, n.d.).
5. *Startup Yoga Challenge*: - The Ministry of Ayurveda (MoA) collaborated with Startup India and Invest India to organize a worldwide Startup Yoga Challenge aimed at supporting startups that specialize in Yoga. The challenge sought to attract startups and individuals who have created products, such as devices or software applications, related to Yoga. The objective was to monitor the efficacy of these interventions over time and gather significant health-related information.
6. *International Day of Yoga (IDY) Quiz Contest*: - The Ministry of Ayurveda (MoA) arranged a quiz competition on MyGov to engage the public in the lead-up to the International Day of Yoga in 2022. The quiz consisted of questions that were derived from information that was publicly accessible on previous celebrations of the event and Yoga.

SCIENTIFIC ASPECT OF YOGA IN MODERN ERA:

In modern times, there has been growing interest in the scientific aspects of Yoga and its potential health benefits. Here are some examples of scientific research on Yoga.

1. **Stress Reduction:** Multiple studies have shown that Yoga can help reduce stress levels by decreasing cortisol levels and increasing feelings of relaxation and calmness.
2. **Physical Health:** Yoga has been found to have positive effects on physical health, including improving cardiovascular health, increasing flexibility and strength, and reducing chronic pain.
3. **Mental Health:** Research has shown that Yoga can help improve mental health by reducing symptoms of anxiety, depression, and PTSD. It has also been found to improve cognitive function and memory.
4. **Immune System:** Some studies have suggested that practicing Yoga can enhance immune function, potentially reducing the risk of certain diseases and infections.
5. **Brain Function:** Recent research has found that Yoga can have positive effects on brain function, including increasing gray matter volume, improving connectivity between brain regions, and enhancing overall cognitive function.

Overall, these scientific studies provide evidence that the practice of Yoga can have a positive impact on physical and mental health. The growing interest in the scientific aspects of Yoga has helped to increase awareness of its potential benefits and has led to the integration of Yoga practices in various medical and therapeutic settings.

THERAPEUTIC ASPECT OF YOGA IN MODERN ERA:

Even though Yoga is a thousand-year-old tradition its therapeutic benefits have been recognized for just as long. In modern times, Yoga has become increasingly popular as a form of complementary medicine and a way to promote physical, mental, and emotional well-being. The therapeutic aspect of Yoga in modern times can be seen in several ways, including:

1. **Stress Reduction:** Yoga can help reduce stress levels by promoting relaxation and reducing anxiety. The physical postures (asanas) and breathing techniques (pranayama) can help calm the mind and reduce feelings of stress and tension.
2. **Improved Flexibility and Strength:** Yoga postures can help improve flexibility, strength, and balance. This can be particularly beneficial for people with conditions such as arthritis or back pain.
3. **Pain Management:** Yoga can be an effective way to manage chronic pain. Studies have shown that Yoga can help reduce pain in conditions such as fibromyalgia, osteoarthritis, and low back pain.
4. **Mental Health:** Yoga has been shown to be beneficial for a range of mental health conditions, including depression and anxiety. It can help improve mood, increase feelings of well-being, and promote relaxation.
5. **Mindfulness:** Yoga encourages mindfulness, which can be helpful for people dealing with stress, anxiety, and depression. By practicing mindfulness, individuals can become more aware of their thoughts and emotions and learn to manage them more effectively.

Overall, Yoga can be a powerful tool for promoting physical, mental, and emotional well-being in modern times. It is a low-risk, low-cost way to manage a variety of health conditions and can be practiced by people of all ages and fitness levels.

PSYCHOLOGICAL IMPACT OF YOGA

There is a growing body of research that suggests practicing Yoga can have a positive impact on psychological well-being. Here are some of the ways that Yoga can affect psychological health:

1. **Reducing Stress:** One of the most well-known benefits of Yoga is its ability to reduce stress. Yoga incorporates mindfulness, deep breathing, and physical movement, which can all help to lower levels of the stress hormone cortisol. Studies have shown that practicing Yoga can improve mood, decrease anxiety, and reduce symptoms of depression.
2. **Improving Emotional Regulation:** Practicing Yoga can also improve emotional regulation by increasing self-awareness and self-regulation. Through meditation and breathing techniques, Yoga can help individuals to identify and manage their emotions more effectively, leading to improved emotional regulation.
3. **Enhancing Cognitive Function:** Yoga has also been shown to enhance cognitive function, including improved memory, attention, and decision-making. Yoga practice can increase brain-derived neurotrophic factor (BDNF), a protein that promotes the growth and survival of neurons in the brain, which can improve cognitive function.
4. **Enhancing Self-Esteem:** Yoga can also enhance self-esteem by improving body image and promoting self-acceptance. Practicing Yoga can help individuals to connect with their bodies and develop a greater appreciation for themselves, leading to increased self-esteem.
5. **Improving Sleep:** Yoga can also improve sleep quality and quantity by reducing stress and anxiety, which can interfere with sleep. Studies have shown that regular Yoga practice can lead to improved sleep quality and duration.

Overall, there is a growing body of evidence to support the psychological benefits of practicing Yoga. While more research is needed to fully understand the mechanisms behind these benefits, incorporating Yoga into one's daily routine can have a positive impact on mental and emotional well-being.

ROLE OF YOGA IN ECONOMY AND JOB CREATION

Yoga has become an increasingly popular practice around the world, and its economic impact has also been growing. Here are a few ways in which Yoga can contribute to economic growth and job creation:

Yoga as a Wellness Industry: The global wellness industry, which includes Yoga, is a rapidly growing sector. According to the Global Wellness Institute, the wellness industry was valued at \$4.5 trillion in 2018[23](*Statistics & Facts - Global Wellness Institute*, n.d.), and it is projected to continue growing in the coming years. The Yoga industry is a significant part of this industry, with Yoga studios, retreat centers, and online platforms all contributing to its growth. This has created job opportunities for Yoga instructors, studio managers, marketing professionals, and more.

Yoga as a Tourist Attraction: Yoga has become a popular tourist attraction, with people traveling to India and other countries to experience Yoga retreats, workshops, and teacher training programs. This has led to the growth of the tourism industry in these countries, creating jobs in the hospitality, transportation, and tourism sectors.

Yoga in Corporate Settings: Many corporations have begun offering Yoga classes and mindfulness programs to their employees to improve employee wellness and productivity. This has created a demand for corporate Yoga instructors and wellness professionals, who can provide these services.

Yoga as a Health Intervention: Yoga has been shown to have numerous health benefits, including reducing stress, improving flexibility and balance, and lowering blood pressure. As healthcare costs continue to rise, Yoga can be seen as a cost-effective intervention for managing chronic conditions and reducing healthcare expenditures. This has created job opportunities for Yoga therapists, healthcare professionals, and researchers studying the health benefits of Yoga.

According to a report by the Associated Chambers of Commerce and Industry of India (ASSOCHAM), the Yoga industry in India was estimated to be worth around \$80 billion in 2015[24](*How the \$80 Billion Business of Yoga Is a Win-Win Game for Mind and Pocket*, n.d.). This includes revenues generated from the sale of Yoga-related products such as mats, clothing, and accessories, as well as fees charged by Yoga instructors and Yoga studios.

DISCUSSION:

The study aimed to provide a comprehensive overview of the historical evolution of yoga, from its ancient origins to the modern practices that we see today. The findings of this study highlighted that the practice of yoga has undergone significant changes over the centuries, both in terms of its physical postures and its philosophical underpinnings. One of the significant conclusions drawn from this research was that yoga has always been a dynamic and evolving practice. From its roots in ancient India, where it was primarily a spiritual practice aimed at achieving union with the divine, to its current popularity as a form of physical exercise, the practice of yoga has adapted to the needs and expectations of its practitioners over time. Furthermore, the study showed that the evolution of yoga was significantly influenced by various social, cultural, and political factors. For example, during the colonial era, yoga underwent significant changes as it adapted to the needs of the Western world. Similarly, in the modern era, the practice of yoga has become increasingly commercialized, and the emphasis has shifted from its spiritual aspects to its physical benefits. Another crucial aspect highlighted by the research was the diversity of the practice of yoga. The study revealed that different schools of yoga have emerged over time, each with its unique philosophy and practice. From the ancient Hatha yoga to the modern-day Ashtanga yoga, the diversity of yoga practice is a testament to its adaptability and its ability to cater to the varying needs of its practitioners. The research also emphasized the need to understand the cultural and historical context of yoga to appreciate its full significance. Yoga is not just a physical exercise but also a spiritual practice with

deep roots in Indian culture and philosophy. Therefore, the study underscored the importance of recognizing and respecting the cultural context of yoga, particularly in the context of its commercialization and globalization. Overall, the findings of this study provide a comprehensive overview of the historical evolution of yoga, highlighting its adaptability and diversity. The study also emphasizes the importance of understanding the cultural and historical context of yoga to appreciate its full significance.

CONCLUSION:

The history of Yoga is a long and fascinating one, filled with ancient practices and modern adaptations. From its earliest roots in the Indus Valley Civilization to its current popularity around the world, Yoga has been a powerful force for physical, mental, and spiritual well-being. As we continue to explore the practice and its many benefits, we can learn from the wisdom of the past. Data of IDY shows, the growth of this industry can create job opportunities for Yoga instructors, wellness professionals, and researchers, among other.

“Yoga is the treasure given by sages of India for healthy and prosperous life span of human beings.”

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