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THE UNIVERSITY OF TRANS-DISCIPLINARY HEALTH SCIENCES & TECHNOLOGY

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ODE TO INDIAN KNOWLEDGE SYSTEM

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YOGA'S PERSPECTIVE ON BODY & MIND

In Patanjali's Yoga Sutras, the mind is described as a subtle multi-layered object with dozens of states of mind.

The rational and analytical mind is one of the many and the most ordinary state of mind.

This state is experienced naturally by most individuals. Several other states of mind with remarkable properties associated with them need special yogic training.

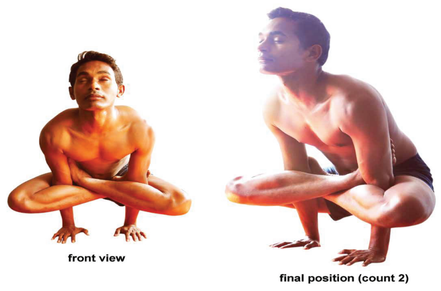
In the yogic traditions, the body is understood as being five-layered (Pancha Kosha).

Annamayakosha or Food Sheath – GROSS BODY
Pranamayakosha or Vital Sheath – VITAL BODY
Manomayakosha or Thought Sheath – MENTAL BODY
Vijnanamayakosha or Intelligence Sheath – INTELLECT
Anandamayakosha or Bliss Sheath – UNMANIFEST ENERGY BODY

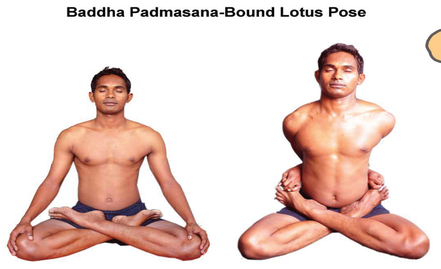
Only one layer of the body, viz., the Annamayakosha corresponds to the Ayurvedic Panchamahabhuta body. The other four layers correspond to the Sukshma sarir of Ayurveda i.e, the subtle body.

Images courtesy Maripally Praveen Goud

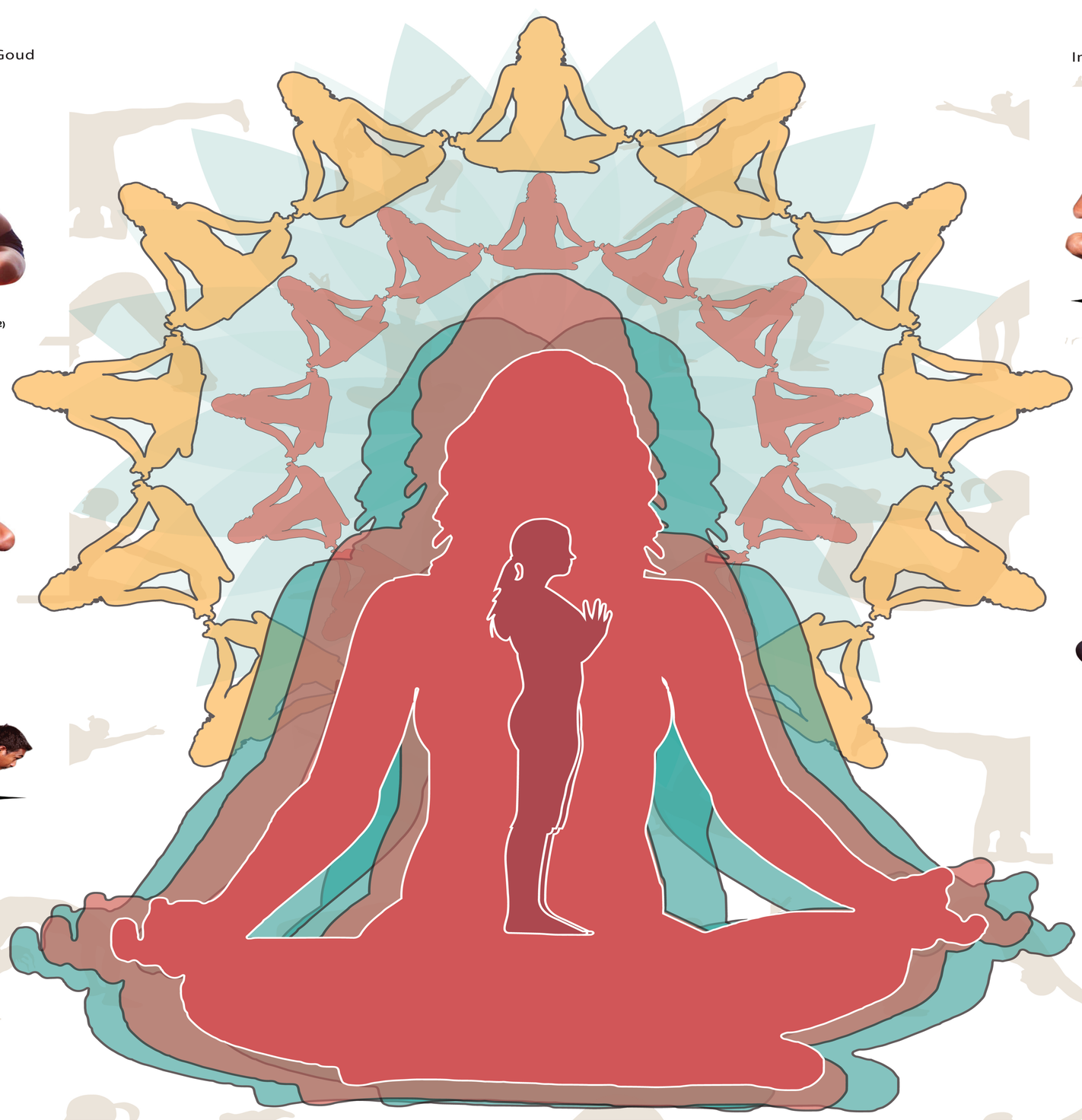
Kukutasan-Cock Pose



Baddha Padmasana-Bound Lotus Pose

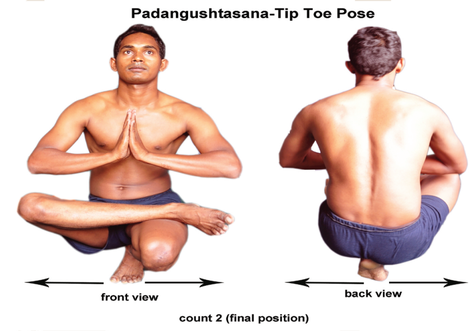


Mayurasana-A Peacock Pose

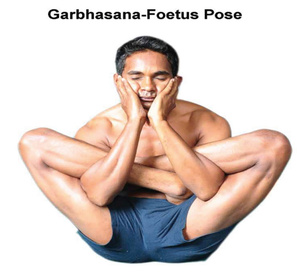
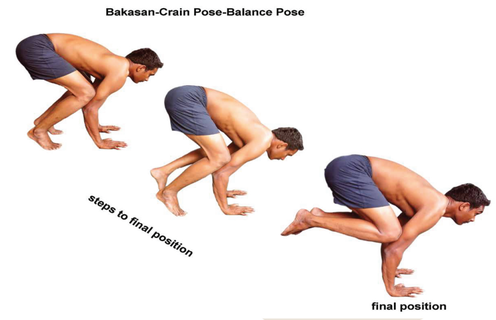


Images courtesy Maripally Praveen Goud

Padangushtasana-Tip Toe Pose



Garbhasana-Foetus Pose



Bakasan-Crain Pose-Balance Pose