

YOGA IN ŚRAMAṆA TRADITION

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Vedic and Śramaṇa these are two main trends in Indian culture. Śramaṇic trends covers the two main religions Jainism and Buddhism. Both have much in common in their ethical outlook and moral fervor. Etymologically Śramaṇa derives from 'Śrama' or 'sama' or 'Śhama'. Literally 'Śramaṇa' means who believe in dignity of strive (śrama), equality (sama) and peace (śama). The followers of 'Jina' are called Jainas as well as the followers of 'Buddha' are called Buddhists.

'Yoga' is a science of spiritual perfection. It has an important place in Indian culture. The presence of Yoga is available in whole religious, spiritual and philosophical thoughts as in a way of life. Jainism recognizes that 'Jina' or Tirthankara Rishabh was a first Yogi. Mahaveer and Gaotam Buddha were also a great Yogi. There are very close relation between Jainism and Buddhism. They have influenced one another in many respects. Both religion evolved in the same spiritual culture. They use many of the same terms and follow many of the principles. They accept the 'Karma' is a great foe of the human being and is responsible for its degradation. Both systems recognize almost same method of Yoga. Both accept Yoga is the cause of Karmic bonds and given the name of Āsrava. When the religious observances extremely sanctified by means of meditation etc. then Yoga is destroyer of Karmic bonds. In Buddhism all meditations are the cause of liberation but in Jainism last two are the cause of salvation. We can compare it's from Vitarka, Vichar etc. of Yoga Darshana.²⁸ It seem that the Vipashyna is a counterpart of Anupreksha.

Like Vedic Yoga, Jainism and Buddhism do not accept the permanent power of God as the creator of the world. Entire Vedic- Yoga methods are based on devotion to God, while Jainism does recognize soul for meditation and meditation in Buddhism is based on Buddha. According to Buddhism soul is not permanent thing.

Vedic and Jain recognize soul as a permanent thing. Notwithstanding it is, here. Worthwhile to say in respect of Yoga that Jainism, Buddhism and Hinduism have influenced one another.

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