

Abstract No 07

Yoga: Between Notion and Rationality

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The construct of rationality has shaped modern understanding of humans. This rationality became synonym of being 'scientific'. Amid of human civilization development, we often forget that our existence on the planet as Homo sapiens is of a million years while the understanding of modern rationality is merely five hundred years old. The core of rationality greatly relied on 'Explored Cause and Effect' approach. Therefore, there was little possibility of considering unexplored knowledge as rational. This idea of rationality has shaped the notion of popular minds. Yoga is an interesting knowledge and wisdom of millennium perceived differently over a period of time. Perception of society about Yoga has changed in last few decades. Now Yoga is being perceived as scientific knowledge and practice rather than spiritual or unfounded. In the eighties American physician, Dean Ornish has published a scientific study as "Program for Reversing Heart Disease." Profoundly through lifestyle practices of Yoga and meditation. This study has greatly changed the perception about Yoga. Ornish's study leads to greater interest to explore Yoga in scientific exploration. This development has coincided with inefficacy of medical science to address of psychosomatic disorder. Western understanding of humans as physical being for the purpose of physical and mental wellness shown much limitation.

Keywords: *Couse and Effect, Mental wellness, Notion, Rationality, Yoga*