CHAPTER 4

HYPOTHESIS

Patanjali Yoga Sutras deal with the human condition of suffering and the systematic methodology for overcoming suffering. The Yoga Sutras also discusses and guides the student and practitioner further spiritually, leading to self-actualization, self-realization and true freedom or enlightenment. Medical Science deals with understanding of the human system in health and disease and methods of treatment, restoration, rehabilitation and prevention. Medical Neuroscience in particular, scientifically studies the body and mind through the brain and nervous system as they are the primary biological systems in processing pain and the mind as the apparatus where ultimately suffering is experienced.

1. It is hypothesised that in line with the philosophical tradition of India of using interpretation, commentary and exegesis of Sutras, it is possible to similarly employ the modern system of qualitative research and more specifically the method of hermeneutics to understand and interpret the Patanjali Yoga Sutras particularly in the context of suffering, using the relevant scientific knowledge and evidence-base of medical neuroscience.

2. It is hypothesised that by using the current knowledge and evidence-base of medical neuroscience, it is possible to gain a better understanding of the Patanjali Yoga Sutras for the benefit of developing and testing programs mind-body medicine based on the Yoga Sutras for health care that can potentially transform health care and also the individual and society. At the same time this exercise would also authenticate and validate Yoga as a science of healthcare in this modern era of Evidence-Based Medicine (EBM).