Mostly people create sufferings for themselves knowingly or unknowingly. They want to get rid of them but unknowingly they adopt ways which add to their suffering instead of reducing them. And, as sometimes it happens, inspite of the existence of a medicine with him a patient suffer from a particular disease, because either he does not know thing to be a medicine or does not know how to use it. The same is the case with most of the people who experience various types of suffering inspite of Yoga system or Yoga- Darśana of Patañjali before them as a panacea for all sorts of human sufferings.

Yoga- Darśana of Patañjali is such a practical scientific system which describes, according to its scheme, the path of Yoga, which if followed by a person, he becomes free from sufferings for ever. The whole scheme of the Patañjala Yoga- Darśana can be summarised in a short sentence viz. conservation of one's mental energy and so putting it into a mould as one can become one's True-Self and so can get rid of all sufferings.
There is a great misconception about Yoga in the minds of the people, but, as will be clear from this thesis, there is nothing mystical or miraculous in Yoga-system, and its process is as scientific and practical as any of the positive sciences of today.

Therefore, in this thesis, an attempt has been made to present in the true spirits of Patañjali, a clear, intelligible scientific presentation of the philosophy and technique of Yoga, which gives a correct and balanced idea of all its aspects in terms of modern thought. For this a clear understanding of various aspects of Yoga and scientific interpretation of the Sūtras in the true spirit of Patañjali, are needed. So from the second Chapter to the fourth chapter of this treatise the three aspects of Yoga, and from fifth to the eighth chapter a scientific interpretations of the same has been presented.

It may be pointed out here that there is a slight difference in numbers of the Sūtras in different editions of the Yoga Darśana of Patañjali. The numbers for references in this thesis, have been taken from "Patañjali’s Yoga-Darśanam", edited by Śrīnārāyanamīśra, Bhāratiyā Vidyā Prakāśana, Varanasi, 1971.

The metaphysical terms have been made clear in the philosophical aspect of Yoga and the other technical
terms clarified in the interpretation of Yoga Sūtras wherever necessary.

There is a great difficulty of finding exact equivalents for many Sanskrit words (terms). In many cases the available English words with approximate meanings are liable to give somewhat wrong impression. To avoid the danger Sanskrit words have been used freely in the thesis. But to facilitate the study of the subject, the original Sanskrit, texts is given in the case of each Sūtra, while giving the interpretation of the Sūtras from fifth to the eighth chapter.

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