

GYAN YOGA: NATURE, LANGUAGE AND MENTAL HEALTH

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ABSTRACT

In the ancient Gurukul system of education, the teaching was of two types. One was language (Sanskrit) and the other was the mathematical counting and calculations, according to the Brahma or the universe. The learning in the padmasan yoga and touching the feet of the elders, were the yoga of the heart and was an integral part of the value system of this kind of education system. The quality of the mind depends upon the speech or the language. According to a report of UNESCO, out of the six thousand languages spoken in the world, around twenty five hundred languages are in the danger of disappearing, with the decrease in the importance. It is believed that there will only two hundred languages left in the world, by the end of this century. So long as there exists the unsteadiness and the duality inside the mind (knowledge, quality of the blood) and the speech (coordination of the organs through the sound), the intellect will not be able to recognize its superior strength. (BG 2:44). Different languages are born, out of the coordination of the different sounds. In this world, different kinds of languages and the mother tongue have been developed, keeping in mind the physical environment, that integrates the mind, speech and the actions and uplift the superior qualities, according to that particular physical environment. According to the Vedic Sciences, this sound or language is considered the treasure of scientific development. It activates different types of mental qualities, according to the different types of sound, with the help of the language.

Keywords: Coordination of Organs, Grammar, Language, Vedic Sciences, Yoga, Mental Health.

Introduction

The integration of the knower (heart, soul, sunlight element) and the knowledge (mind, lungs and the qualities of blood or the natural environment), results in the development of the physical and the mental qualities of a human being. (BG 13). 1. The qualities of the nature has all the education and the heart purifies these qualities, with the help of its energy. The more stable and stronger the heart is, the more purity it will give to the natural qualities and so will develop the stable behaviour. There are three ways to develop the physical and the mental qualities. The first is knowledge (purity of the natural qualities), the second is the actions (doing the right actions with the help of the knowledge) and the third is the devotion, that is to follow the teachings of the great people.

Research Gap

There is a positive correlation between the geographical and the natural environment, language and the physical and mental fitness.

Objective

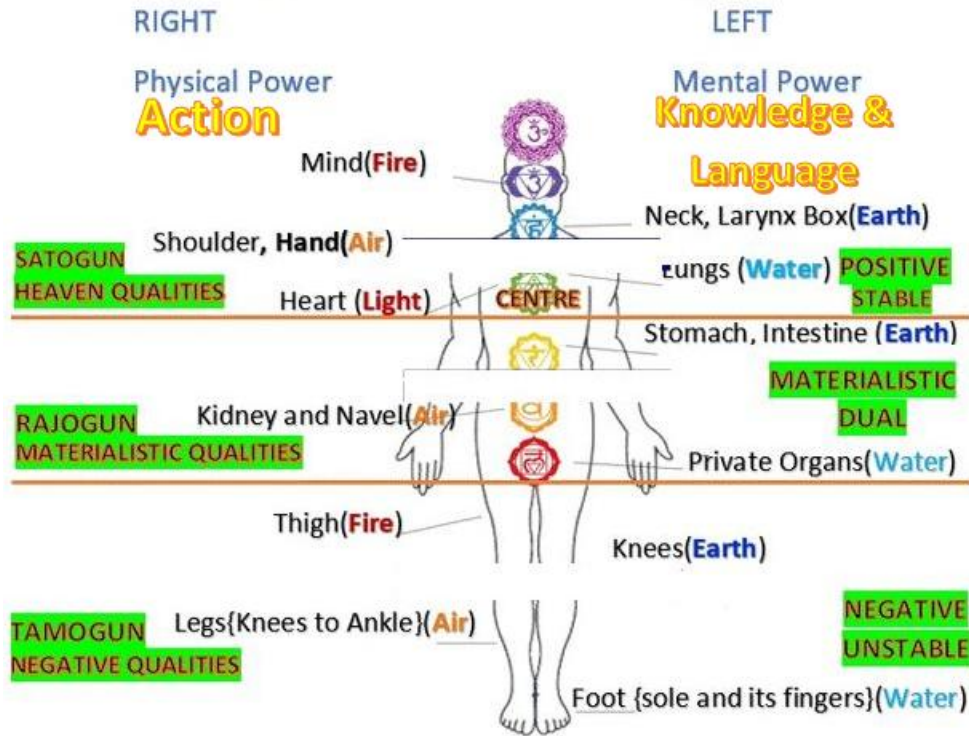
The unsteadiness of the mind is due to the dynamic changes in the near environment. The minute to minute, hourly, day, night, monthly and the annual changes in the near environment, immediately has an influence on the mind, that makes it very unsteady. The mother tongue is the basic foundation of the education, that neutralizes the ego in the intellect and naturally develops the superior character by purifying the mind (blood). An effort is made to stabilize the mind through the yoga of awakening the infinite powers of the heart (soul), such as the physical yoga and the mental (language) yoga (neck, sound). (Day to day religious and cultural process). (BG 2:59:61).

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THE TREE OF LIFE

ACSHATTAM TREE

(COSMIC TREE, PEEPAL TREE)



Nature and Human Body

Five Elements (or five Mahabhootas)	Five Sense Organs or five Gyanendriyas	Five Senses	Five Karmendriyas
water	Eyes, tongue	Taste	Legs
sky	ear	Sound	Hands
fire	nose	Smell	Speech
earth	tongue	Form	Gender
air	skin	Touch	Anus

Value Education

The mind (knowledge, mana, purity of blood) is considered the ruler of these 20 elements. The three types of qualities are born by the coincidence of mind (quality of nature) and ego (light and fire or negative thoughts). These are Satogun, rajogun and tamogun. The internal branches of these 24 elements are desire, jealousy, joy- pain, sorrow, etc.

Speech (language and sound) : These 24 elements are the medium of giving quality to the identity to a person.

Conscious (Soul, heart) and patience are the symbols of intellect. The behaviour of a person is a confluence of his mind and ego (24 elements), speech, conscious and patience. The behaviour of a person is according to the qualities he possesses. (BG 13-7, 7-4)

This human body is called the panchkosh. These are as follows :

- **Anmayakosh:** It keep the infinite energy that originates in the human body, that provides strength to the body to perform actions.
- **Pranmayakosh:** (veins and the nerves) - has a deep and a strong relationship with the soul or the heart, as the soul transfers its own energy and the energy of the food to all the organs and the parts of the body, through the veins and the nerves. Therefore, the heart (soul, consciousness) and the life are considered a kosh.
- **Manomayakosh:** (the lungs and the purity of the blood) – Both the mind and the ego (blood pressure reside in this). The coordination and the chemistry between the mind and the ego gives birth to the three qualities of the intellect, that is the superior, the average and the below average character. When the purity in the mind increases, then the superior character naturally becomes predominant. When there is a rise in the ego, then the below average and the negative attitude dominates. A mother (a representative of the nature) transfers her physical and the mental qualities to be established in her children through her blood (mind). The mind is an element of the nature, so it always undergoes the dynamic changes, impurity, unsteadiness and such other qualities. The mother tongue and the regional languages have been developed, according to the physical environment, to minimize the ego (blood pressure) and to increase the purity of the mind. The person naturally inculcates the physical and the mental qualities, according to his birth place and its physical environment. Thus, all the civilized societies have developed different kinds of languages, culture, religious traditions, etc, to uplift their natural qualities. The mother tongue is the basic foundation of the education, that neutralizes the ego in the intellect and naturally develops the superior character by purifying the mind (blood). Our saints and rishis have developed the sound (activating the 12 narids, 12 sounds, the veins and the nerves); the noun (energy producing), the word (Brahma, the exercise of the neck and the intellect using sound) and the grammar (the science of the knowledge and the mind), to integrate the mind (knowledge, blood), speech (language) and the actions. (with the intellect).
- **Vigyanmaykosh:** The quality of the mind depends upon the speech or the language. Different languages are born, out of the coordination of the different sounds. In this world, different kinds of languages and the mother tongue have been developed, keeping in mind the physical environment, that integrates the mind, speech and the actions and uplift the superior qualities, according to that particular physical environment. Thus, this neck is called Vigyanmaykosh.
- **Aanandmaykosh:** When the physical and the mental qualities start moving towards purity, the human behaviour becomes steady in the same proportion. The stability in the behaviour (mind, speech and actions) naturally develops the intellect and facilitates peace and happiness in the life. There is a positive relationship between the intellect and the heart (soul). When the heart (soul, consciousness) with its strength, develops the purity and the stability of the mind (lungs), speech (neck) and the actions (intellect), it promotes the feeling of happiness. This is called the unification and the meeting of the soul and the Supreme Soul (sunlight, complete Brahma). This is called the joyful kosh, that is the one who is infinite, unborn, indestructible, and brave.

Country, Environment and human quality

Country and Environment	Local product	Human Body	Physical and mental qualities	Sound system	Language
Water element	Foodgrains	Female, Male (tall, short, average, fair, wheatish, fat, thin, etc.	Stable	Language, treasure of scientific qualities	Word - pronunciation (yoga of neck and intellect)
Earth element	Crops Fruits		dual behaviour	Culture	
Environment	vegetables		unstable	Dharma Chakra : the physical and mental yoga according to 12 months	Grammar – (yoga of mind and knowledge, that is lungs)

The larynx box of the neck and the intellect is stabilized and purified, with the help of the heart (energy of the soul) and the lungs (mind, knowledge, purity of the blood), so it is called the supreme world, satogun, positive character, etc. (BG 13 : 1-3). All the civilized societies have developed the language, keeping in mind the physical environment, that facilitates the integration of the lungs (purity of

the blood, mind and the knowledge) and the neck (speech, purity of the organs of the body). The language is the integration and a chemistry of the different sounds, that binds the spirit of the mind and the different parts of the body, to work in coordination, in the one direction, by channelizing the energy to the mind, speech and the knowledge. The natural behaviour of the heart (the knower of the qualities of the body) is the stability. When it is strong and healthy, then it activates and disciplines the mind (unsteady), according to its quality. The knowledge of the mathematics is the yoga or the exercise of the heart (soul) and the brain, that gives rise to the stability in the thoughts. There is a positive relationship between the heart and the mind. (See schedule). In the ancient Gurukul system of education, the teaching was of two types. One was language (Sanskrit) and the other was the mathematical counting and calculations, according to the the Brahma or the universe. The learning in the padmasan yoga and touching the feet of the elders, were the yoga of the heart and was an integral part of the value system of this kind of education system.

The Indian Language

India is a big country with the varied landscape and with vast resources. India is rich in culture, traditions and different languages. From the geographical point of view, India is rich in the elements of water, earth and the aesthetic environment, with diverse variety. So, keeping in mind the geographical environment, our saints, rishis and gurus have developed different types of local and traditional languages, according to the elements of air, water and the qualities of the earth and the place. The mental health, mind and psychology of a person, is influenced and developed by the natural qualities of the geographical environment in which he lives. A person can develop his mental qualities and stability according to the qualities of his immediate surrounding environment of water, air and the earthly elements. India is the most progressive country, with respect to the large number of languages. Despite the centuries of the colonial rule, the Indian culture, traditions and the treasure of Vedic knowledge, continued to survive and develop, due to these languages.

The Indian constitution has regarded hindi as the national language and the common communication language. The eight schedule of the Indian constitution, has listed 22 languages. These languages are: Asamese, Bengali, Bodo, Dogri, Gujarati, Hindi, Kannad, Kashmiri, Konkani, Maithli, Malyalam, Manipuri, Marathi, Nepali, Oriya, Punjabi, Sanskrit, Santhali, Sindhi, Tamil, Telugu and Urdu. These languages are specific to a particular place and the geographical environment and is considered a yoga or the exercise to develop the physical and the mental qualities of a person. We can develop our basic and behavioural qualities, according to our earthly traditions and culture. The languages spoken in foreign countries cannot influence our own culture and basic traditions.

The research on the languages of a country, has been a long term process, since the olden days. It has been found in these researches, that the significance of the languages is disappearing very fast. According to a report of UNESCO, out of the six thousand languages spoken in the world, around twenty five hundred languages are in the danger of disappearing, with the decrease in the importance. It is believed that there will only two hundred languages left in the world , by the end of this century. In India, around 196 tribal and aboriginal languages, are in grave danger of disappearing, as the number of human beings speaking these languages are on decline. In India, there are around 1957 languages, out of which 1416 are on the verge of crisis, due to the decline in significance or disappearing.

According to the 2011 census, it was estimated that there are around 1369 languages left in practice in India, that actually is being spoken and has influence on the psychological and mental qualities of the people. Out of these 1369 languages, there are 121 languages, that is being spoken by more than 10,000 people. According to the research findings of the People's Linguistic Survey of India, 2013, there are 780 languages, at present in India. In the last 50 years, around 220 languages have disappeared, alongwith the 197 languages that have already vanished, before this.

According to the Vedic Sciences, this sound or language is considered the treasure of scientific development. It activates different types of mental qualities, according to the different types of sound, with the help of the language. So, there are different types of the groups of people, having the mind qualities, developed according to the different languages and so they all contribute to the development and progress of a country, in their own ways.

The Government of India has established different organisations, to protect, conserve and promote these languages. These are:

- Sahitya Academy
- Kendriya Hindi Nideyshalaya

- Vaigyanikaurtakniki Shabdavalikendra
- Kendriya Hindi Sansthan
- Kendriya Bhartiya bhasha Sansthan
- Rashtriya Sindhi Bhasha Sarvadhan Sansthan
- Rashtriya Urdu bhasha Sarvdhan Sansthan
- Rashtriya Sanskrit Sansthan (RSKS)
- Maharishi Sandiparni Rashtriya Ved Vidya Pratishthan (MSRVVP)
- Kendriya Angrezi Bhasha aur Videshi Bhasha Sansthan.

It is very satisfying to see that the New Education Policy has detailed out the measures to conserve and promote the education of the Indian languages. This will surely facilitate the conservation, promotion and development of the languages in the long way and strengthen the mind and psychology of the students through the revamping of the educational system.

Heart and Mental Health

The Supreme Lord (Soul, heart, sunlight) has an infinite power, that cannot be limited to any physical boundaries. It awakens and channelizes lakhs and crores of the qualities, according to the physical environment (country), epoch or times and the society. A common man cannot see all these phenomenon with his normal eyes. That is why, Arjuna requested for the divine eyes, to witness this divine phenomenon. (BG 11). 2. This divine sight exist inside the soul, that can be felt or realized, with our self knowledge or the self awareness. The self knowledge is present in all the human beings, but we cannot realize it due to the illusions, self interest, fear and other negative qualities inside us. Our internal glow and the divine knowledge gets covered with our unlimited desires, the anger and the selfish interests. So long as there exists the unsteadiness and the duality inside the mind (knowledge, quality of the blood) and the speech (coordination of the organs through the sound), the intellect will not be able to recognize its superior strength. (BG 2:44). 3. So, one should perform yoga, to purify the organs from the heart to the brain and at the same time maintain our inner light, glow and the self awareness. (BG 4:39). 75. The more stronger and powerful is the heart, the more stable and unbiased will be the mind. (BG 2:48). 4.

The integration of the heart (soul) and the mind (knowledge, lungs, purity of the blood) results in the realization of the self satisfaction, that is accepted by the intellect itself. When the organs get purified, with the help of the heart (soul), mind (lungs, knowledge, purity of the blood) and the neck (sound), then it increases the stability of the intellect and does not get affected by the big challenges, troubles and the problems. (BG 6 :19-26). 5. The unsteadiness or the blood pressure inside the human body increases the ignorance of the mind. This blood pressure exists inside the mind and the ego (knowledge, purity of the blood). The Gurukul and the society has made the arrangements of the yoga and education, to remove the ignorance and discipline the mind and steadiness. The yoga develops the physical qualities and the education enhances the mental qualities. But all the people in a society are not equally efficient to perform the yoga. (BG 6:29). 6. The spiritual knowledge is a strange chemistry of yoga and the language, that helps to uplift the qualities of every individual. (BG 4:42). 7. The unsteadiness of the mind is due to the dynamic changes in the near environment. The minute to minute, hourly, day, night, monthly and the annual changes in the near environment, immediately has an influence on the mind, that makes it very unsteady. An effort is made to stabilize the mind through the yoga of awakening the infinite powers of the heart (soul), such as the physical yoga and the mental (language) yoga (neck, sound). (Day to day religious and cultural process). (BG 2:59:61). 8.

Rising up early in the morning (4 to 8am), doing suryanamaskar, reading aloud while studying, talking while sitting in the padmasan yoga, touching the feet of elders, to do namaskar, etc, is a yoga of the heart and enhances the stability of the different organs of the body and so every person must perform this for the mental and the physical stability. The spiritual activities are very helpful for the self awareness and attain the divine knowledge. (BG 9:2). 9. This is a great coordination and integration of the physical and the mental activities, that removes the fear, doubts, anxieties, dismayal, etc. It stabilizes the mind (purity of the blood) and grants the real peace and the happiness. (BG 4:35, 5:18-21). 10.

Conclusion

Once there is a stability and steadiness of the mind, speech and the actions, then the person becomes self aware, knowledgeable, peaceful, calm and happy. Then this consciousness (soul, heart) is a bright light, that provides the happiness to the soul. Then in the remaining whole life, inspires the person towards devotion, infinite knowledge, peace and the happiness. When the knower (the Supreme Lord, soul, light, heart), manifests by taking the birth as a human being in this world, then He too

exemplifies the supreme behaviour and the qualities of an ideal person. (BG 7:17). 11. So, the Lord said that the person who knows Him, worships Him. (BG 15:19).12. The most important function of the heart (soul) is to understand the truth, touch the Brahma (brain, intellect) and to worship Him, that is the yoga of mind- speech- action, that is language. (BG 10:8-9). 13. The more strongly we will be able to understand our inner qualities (knowledge), the more we will become sensitive to the behaviour and the needs of the other people of the society. The intellect is itself neither positive nor negative, but it can be either utilized for the ideal and the ethical behaviour or the activities of the destruction. The knowledge of the Bhagavad Gita uplifts us from the narrow thinking to a broader perspective of the truth and social welfare. Where we realize, that the mutual differences among the people have no meaning, as these differences are only myths. The most basic foundation of the life of a person is the heart (soul, light) and the independent and an infinite soul, that gives equal energy to every individual living being. (BG 2: 59).14.

References

1. Bhagavad Gita 2: 44
2. BG 2:59-61
3. BG 13
4. BG 13 :7, 7 :4
5. BG 13 : 1-3
6. BG 11
7. 2: 44
8. BG 4 :39
9. BG 2:48
10. BG 6:19-26
11. BG 6:29
12. BG 4 :42
13. 2 : 59 -61
14. BG 9 :2
15. BG 4 : 35,5: 18-21
16. BG 7:17
17. BG 15 : 19
18. BG 10 :8 – 9
19. BG 2 :59.

