

The Influence of Vedantic Thought on Yogic Ideas of Moksha and Freedom Across the Ages

Arnab Das Pattanayak¹ and Dr. Rajiv Kumar Avasthi²

Research Scholar, Department of Yoga¹
Associate Professor, Department of Yoga²
OPJS University, Churu, Rajasthan, India

Abstract: This paper delves into the profound influence of Vedantic thought on the evolution of Yogic ideas pertaining to Moksha and freedom, tracing the intellectual and spiritual journey across different historical periods. Vedanta, one of the six orthodox schools of Hindu philosophy, has significantly shaped the philosophical underpinnings of Yoga, providing a rich tapestry of metaphysical concepts and spiritual principles. The exploration begins with an examination of the Upanishads, where the seeds of Vedanta were sown, and follows the transformative journey through the classical era with the codification of Patanjali's Yoga Sutras.

Keywords: Vedanta, Advaita Vedanta

REFERENCES

- [1]. Agrawal, J. (2022). Yogic Tradition and Well-Being. In: Deb, S., Gerrard, B.A. (eds) Handbook of Health and Well-Being. Springer, Singapore. https://doi.org/10.1007/978-981-16-8263-6_30
- [2]. Godrej, F. (2017). The Neoliberal Yogi and the Politics of Yoga. *Political Theory*, 45(6), 772-800. <https://doi.org/10.1177/0090591716643604>
- [3]. Matteo Di Placido, Anna Strhan & Stefania Palmisano. (2022) Modern Postural Yoga and the Health-Spirituality-Neoliberalism Nexus. *Fieldwork in Religion* 18:1.
- [4]. Paranjpe, A. (2021). What is Yoga Psychology and Where Does It Stand in Contemporary Psychology? *Psychology and Developing Societies*, 33(2), 155-174. <https://doi.org/10.1177/09713336211038809>
- [5]. Sengupta P. Health Impacts of Yoga and Pranayama: A State-of-the-Art Review. *Int J Prev Med*. 2012 Jul;3(7):444-58. PMID: 22891145; PMCID: PMC3415184.
- [6]. Surbhi Khanna, Jeffrey M. Greeson, A narrative review of yoga and mindfulness as complementary therapies for addiction,
- [7]. Complementary Therapies in Medicine, Volume 21, Issue 3, 2013, ISSN 0965-2299, <https://doi.org/10.1016/j.ctim.2013.01.008>.
- [8]. Askegaard, S., & Eckhardt, G. M. (2012). Glocal yoga: Re-appropriation in the Indian consumptionscape. *Marketing Theory*, 12(1), 45-60. <https://doi.org/10.1177/1470593111424180>
- [9]. Spinazzola J, Rhodes AM, Emerson D, Earle E, Monroe K. Application of Yoga in Residential Treatment of Traumatized Youth. *Journal of the American Psychiatric Nurses Association*. 2011;17(6):431-444. doi:10.1177/1078390311418359
- [10]. Chiles, T. H., Crawford, B., & Elias, S. R. S. T. A. (2021). Mind, Body, and Soul: A Spiritual Perspective on the Entrepreneurial Imagination. *Organization Theory*, 2(2). <https://doi.org/10.1177/26317877211005786>
- [11]. Judi Godsey, The role of mindfulness based interventions in the treatment of obesity and eating disorders: An integrative review, *Complementary Therapies in Medicine*, Volume 21, Issue 4, 2013, ISSN 0965-2299, <https://doi.org/10.1016/j.ctim.2013.06.003>.
- [12]. Bodhananda, S. (2022). Management and Leadership: Insights from Yoga Philosophy and Practice. *NHRD Network Journal*, 15(4), 422-430. <https://doi.org/10.1177/26314541221115572>

- [13]. Ranganathan2022-RANFYO,Shyam Ranganathan,journal = Yoga Therapy Today title = Yoga--the Original Philosophy: De-Colonize Your Yoga Therapy year = 2022
- [14]. Pamela E. Jeter, Jeremiah Slutsky, Nilkamal Singh, and Sat Bir S. Khalsa.Yoga as a Therapeutic Intervention: A Bibliometric Analysis of Published Research Studies from 1967 to 2013.The Journal of Alternative and Complementary Medicine.Oct 2015.586-592.<http://doi.org/10.1089/acm.2015.0057>
- [15]. Block, C. M., & Proctor, C. L. (2020). The Yoga Sutra of librarianship: Towards an understanding of holistic advocacy. *Journal of Librarianship and Information Science*, 52(2), 549-561. <https://doi.org/10.1177/0961000619841120>