

Free essay on history of yoga

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There is a lot of uncertainty surrounding the history of Yoga. However, connecting a few researches on the practice can give one an insight into its depth. According to the literature available, more than two regions are likely to have contributed to the denouement of yoga principles (Ernst 15; De Michaels 11; Larson 44). Apparently, yoga has its roots in the shamanistic and Neolithic settlement referred to as Mehrgahr. This region is currently called Afghanistan. Yoga had a lot of similarities with the religion of Hinduism too.

It is recorded that the Indus River Valley is where the first civilization was recorded. This is where the complex Indus-Sarasvati civilization started. In these two instances, the people are said to have acquired an understanding of the application of inner knowing and progression to daily life. They used this knowledge in healing people (Larson 44). Evidences such as 5000-year old artifacts and records clearly affirm that yoga existed during the periods of between 3000 and 1700 B. C (Worthington 24). This community was one to reckon with when it came to trade.

The main source of water (Sarasvati River) dried up around 1900 B. C. consequently, the community disintegrated with most of them moving Northwards (Dumoulin, Heisig and Knitter 120). In these disintegrated groups, a number of other civilizations arose. They continued to pass the traditional practice of yoga through the generations. They also continued practicing yoga which spread throughout the world from trading activities. By the sixth century, yoga became so widespread that it was inculcated as a mandatory practice in the Buddhist religion (Christen web). Yoga has progressively developed to become a daily and health oriented exercise.

However, the postures and practices therein are espoused from the existing old literature.

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