



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2019; 4(2): 189-190

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www.theyogicjournal.com

Received: 10-05-2019

Accepted: 12-06-2019

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## Review study of obstacles in the path of yoga: Yog Pratibandhakar Bhav

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### Abstract

Yoga is science which combat the obstacles of mind. In era of disease, no one healthy, everybody is sick either physical or mental, Need yoga practice for going to healthy. In past time, yoga primary aim is to obtain ultimate health. The journey of internal world through yoga means detached to all senses from outer world and connects them to inner most supreme power. It is perfect way for achieve ultimate goal of our soul.

In any journey, we have faced many obstacles same condition in here. When a yogi starts to practice yoga, they face some obstacle, which provoke to achieve goal. According to Patanjali yoga sutra pratibandhakar bhav (obstacle) is Vyadhi, (disease) Styana (start without aim), sanshay (doubt), Pramad (insensibility), Alasya (laziness), Avirati (arousal of worldly desire), bhranti darsan (illusion), Alabdha bhomikativ (failure to concentrate same thought), Anavasthiti (instability). It also known as chitta vikshep or Antraya (distractive factor). According to Hthayoga pradeepika obstacles are Atyahar (over eating), Pryaas (excess of work), Prajalp (excess talkative), Niyamgrah (bund with promiscuity), Jansanga (contact with many people), laulya (greediness). other obstacles are dukh dourmanaya Agamajeyatva, svasaprasvasa vikshep.

**Keywords:** Hthayoga pradeepika, pratibandhakar bhav, patanjali yoga sutra, obstacles, vyadhi, pryas, atyahar

### Introduction

Yoga is science of union with the divine. It's make the soul pure and holy like the divine. its simply explained that we pure our mind conflictions that cause of many mental illness leads to psychosomatic disease. In light of yoga science help to achieve positive health. In practice of yoga many obstacle are present in front of practitioner. Knowledge of these obstacle is very important before indulge in yoga practice. Without its knowledge, we can't reach the ultimate goal. A success of journey first right is we choose right train, right rout, right time, and right packing, just same here, in start practice of yoga follow all rule and regulation like regarding yogic diet, yogic do's and don'ts, place for performing yoga, and appropriate time. Make to ready ourself for practice of yoga, so in order to need first correct our daily regimen, sleep and awake pattern, and food habits and defecation its own time. prepared physically and mentally.

### Material and Method

Matter collected for this topic from various book of yoga.

Patanjali yoga sutra

Hthayoga pradeepika

Text book of vasthavrta and yoga -Svasthavrta

A text book of svastha vrta

### Discussion

Yoga is process of union of self consciousness with the ultimate consciousness. It is also a process which makes an individual to become free from all sorts of physical, mental and social miseries. Evenness state of mind where is mind devoid from all dualities. Yoga refer to controlling over thoughts, feelings, emotions. But in this practice many more obstacle occur.

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**Table 1:** According to Patanjali yoga sutra number of yoga pratibandhakar bhav (obstacle) are nine.

obstacle	Approx Co-relation	Examples.
Vyadhi	Suffering from physical and mental illness	Fever, Dysentery, Diarrhoea, vomiting, convulsion, autism, mental retardation, epilepsy, in this situation not perform yoga.
Styana	start without aim	Not to work efficiently physically, mentally.
Pramad	insensibility	Lack of awareness
sanshay	doubt	Doubt regarding science, teacher, method of practice.
Alasya	laziness	Idleness toward practicing yoga
Avirati	arousal of worldly desire	Mind is not stable, dwell in outer world, due desire to fulfill pleasure
bhranti darsan	Illusion or miss understanding	Incorrect knowledge of yoga literature, and its actual goal
Alabdha bhomikatv	What is achieved, and maintain the achieved process, this point is missing.	Not reach to actual aim of yoga due to lack of faith
Anavasththv		

**Table 2:** According to Hthayoga pradeepika number of obstacles are six.

obstacle	Approx Co-relation	Examples.
Atyahaar	over eating	Duty greedily or habitually Over collection of funds.
Pryaas	excess of work	Its Leads to aggravate vata dosha and may be cause of vat vyadhi
Prajalp	excess talkative	Leads to conflict and differences
Niyamgrah	Bind with other spiritual rules,	Rejecting the rules and regulation of the scriptures
Jansanga	contact with many people	Companionship and instability.
laulya	greediness	Forgetting the truth of birth and death, being engaged in securing cosmic happiness.

## Other obstacle

obstacle	Approx co-relation
Dukh	Mental and physical illness
daurmansya	dormancy
angamajeyatva	Not control of movement of muscles of body, during perform yoga Aasana.
Svasa prasvasa vikshepa	No control over Respiration during pranayam- poorak, kumbhak, rechaka

Researches should be conducted to collect data regarding above obstacle. Experimental study and survey rule out the percentage of obstacle which are mostly distract from path of yoga.

**Conclusion**

Above discussion concludes that obstacles according to Patanjali yoga sutra are stressed on mainly mental cause (chitta vikshepa). And may be broadly classified as sanshay (doubt), Pramad (insensibility), Avirati (arousal of worldly desire), bhranti darsan (illusion), Alabdha bhomikatv (failure to concentrate same thought), is due to mental cause, Vyadhi, (disease) Styana (start without aim), Anavasththv (instability) are obstacle due to physically and mentally both.

According to Hthayoga pradeepika define obstacles mainly due to physical cause i.e. Atyahaar (over eating), Pryaas (excess of work), Prajalp (excess talkative), Niyamgrah (bund with promiscuity), Jansanga (contact with many people), laulya (greediness).

We conclude that these obstacles are not optional. It will be there, but don't run away from it. Just Accept it and go into it. We learn how to work with it. once explore it we will easily go beyond it. These obstacle is nullified through enthusiasm, courage, patience, knowledge of science and being away from companionship.

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