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The Concept of Chittabhumī in Yoga

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ABSTRACT:

In this text I will attempt to explain the concept of Chittabhumī in Yoga. Chitta is a Sanskrit and Pali word because of this the attention of the human mind. In the famous book Patanjali Yoga Sūtras, he describes Chitta in detail. The maximum beautiful clarification of Yoga Sūtras is discovered in the writings of Vyasa. He describes five sorts of Chitta and their nature as in step with Patanjali's writings. Vyasa makes the Yoga Sūtras very smooth to apprehend. Chitta approach the thoughts or the emotional part of our coronary heart or our soul that may have an impact on all of the activities of our day by day existence. Chitta can lead us to its nature. There are five states of our mind. Through regular yoga exercise, we can improve the kingdom of our thoughts. Yoga can neutralize our mind and hold peace of mind. Patanjali specializes in disposing of the delusions of the mind.

Keywords: Chitta, Chittabhumī, kṣīpta, Mudha and Samādhi.

Deep Mindfulness is defined in Yoga Sūtra as a kingdom of heightened attention, deep interest, and inner stillness. In this nation, you detach from outside illusions and become privy to the silent observer, the Self. Your frame is deeply cushty, free from any anxiety or pressure, and you could test your mind and emotions with whole clarity and non-judgment. When you input this degree of better thoughts, you are able to discover the deeper truths of your persona. It can take you to the center of your being, in which the superconsciousness or "soul" is living. Patanjali's Yoga Sūtras provide profound know-how of meditation's nation and techniques to control it. Patanjali states in the Yoga Sūtras, "Yogascha cittavrittinirodha," signifying "Yoga halts the versions of the thoughts." In each meditation lessons and massive art work conferences, we all encounter how "vritti" (fluctuations or moves) disturbs the "citta" (aware thoughts) and obstructs our capacity to achieve inner tranquility and information. Citta as Consciousness: The Yoga Vasistha, an ancient yoga scripture, refers to citta as attention. In Samkhya philosophy, the mind is a refined entity that plays features which incorporates will (sankalpa), creativeness (kalpana), smṛiti (reminiscence), and greater. Conversely, in analytical psychology, the mind is considered as comprising the aware, unconscious, and subconscious mind. The conscious thoughts operates at the same time as conscious via monitoring and reacting to occurrences/stimuli in each the out of doors and inner surroundings. Chitta represents the combination of thoughts, ego, and mind: Indian Vedic philosophy defines citta as antahkarana (inner device), relating to the mixture of mind (manas), ego (ahamkara), and thoughts (buddhi). The idea of the mind has been explored in each philosophy and psychology, with the notions of ego and mind being analyzed and articulated from those same viewpoints. Nonetheless, Patanjali outlines the direction to the proper yogic mind with the aid of spotting 5 states of focus, stated in Sanskrit as "cittabhumī". Even although each degree of recognition differs based totally totally on the individual practitioner, he states that we are able to categorize them into five distinct states of thoughts. These encompass: kṣīpta, mudha, vikṣīpta, ekagra, and niruddha. Grasping the five states of yogic awareness is the preliminary step to gaining knowledge of them. Patanjali states that with the aid of engaging in yogic practices, we are able to upward thrust above the confines of the thoughts and journey within the course of the last state, samādhi. Samādhi indicates the height of Patanjali's eightfold route of yoga. It is a circumstance. Patanjali reveals that through yogic exercise, we can transcend the restrictions of the mind and circulate in the direction of the closing state, samādhi. Samādhi represents the pinnacle of Patanjali's eight limbs of yoga. It is a nation where you are deeply related on your innermost being, experiencing a profound sense of oneness, readability, and pleasure. Yet to reach higher degrees of being, we want to understand the five states of mind.

The preliminary state of cognizance is the Kṣīpta. In this situation, the thoughts is unsettled, continuously transitioning among various mind or feelings, hindering the ability to concentrate or gain tranquility internal. When you're in a distracted state, outside and internal factors can easily divert your hobby, leaving you without stability and clarity. Completing clean responsibilities turns into unfeasible, and your picks lack path as you vary from one emotion to a few different. Meditation and rest strategies alongside yoga nidra are diagnosed for soothing the fluctuations of belief, helping you in conquering the harassed thoughts and attaining a heightened stage of cognizance. Anger is a mental situation in which many people find out themselves regularly. Typically, human beings exist in this situation with versions in their thoughts. We enjoy this kingdom even as aware, however not at the same time as drowsing. Our mind and emotions variety within our thoughts. This situation is dominated by using the rajas remarkable. In this situation, humans try for cloth wealth. They preference to paintings more and more for his or her boom. Our cycle of goals is endless, and we can not break out this case till we establish a strong resolve. They immerse themselves in affection and loathing. They very own a choice to accomplish something in life. They motive to show to others their identification. Attachment and self-centeredness supply us to this highbrow state. The mind is unable to live in a single spot and is dispersed across various factors of our lives. To triumph over this situation, we must train ourselves to be single-minded. Consistent yoga workout can unify our mind.

The second state of mind is Mudha. Mudha is characterized through using dullness and lethargy like a donkey's thoughts. We are normally angry or in a mudha country, with intellectual fatigue and lack of clarity being commonplace symptoms of this country. Other signs and symptoms encompass unhappiness, depression, frustration, terrible awareness and shortage of motive in lifestyles. Overcoming a stupid mudha thoughts calls for a conscious

effort to awaken the mind and energize it. Mindfulness meditation or attention meditation with the assist of mudras or mantras can boom your recognition and offer you with the power you need to overcome this .

Mudha is the bottom nation of reputation of our thoughts. This kingdom of our mind leads us to dullness, lethargy, phantasm, worry and drowsiness. Lust, greed and plenty of different negative emotions can cause this kind of mind. This nation; one no longer wants to work. The man or woman on this united states of america has awful behavior and can't recollect what is incorrect and what is proper. A stressed mind brings us to this united states. This kingdom of mind is governed with the aid of the mode of tamo. This type of mind isn't always alert to some thing. In this united states of thoughts, we can't do any innovative work due to the fact the thoughts turns into lazy. Sometimes our thoughts can't determine what to do and cannot assume anymore. In this us of a of mind, we may be in a country of mudha. Through the workout of yoga, we can find out a manner to get free from this state of thoughts. Viksipa represents the third state of mind. It can be known as the fragmented or butterfly-like thoughts. In this condition, the mind can be attentive however is rapidly drawn in diverse directions, equivalent to a restless butterfly flitting from one blossom to each other. Although extra concentrated than distracted or unsettled, times of readability are scattered, and the mind feels first-class short calmness. Consequently, a butterfly mind represents a common quandary to profound attention and meditation, obstructing the mind from accomplishing internal stillness. Consistent meditation and yoga can decorate your attention and reduce the distractions you stumble upon in this country. Additionally, it situations the thoughts to unwind, assisting you in extending your hobby span and coming across calm in times of agitation. This displays our highbrow country, on occasion centered and at one of a kind instances disorganized. In searching for spirituality, we desire to be focused, yet our mind struggles to live calm.

This represents the intermediate diploma inside the quest for added achievement. At times we're inspired with the aid of the Sattva Guna, at the equal time as at other instances we struggle to live in the Sattva Guna. At times, we may additionally moreover stay in Rajas and Tamas. In this situation, our mind is not able to preserve a constant awareness at the non secular adventure. While concentrating, we might become distracted and need to refocus our awareness. This isn't always adverse, but we have to usually refocus and move lower back to concentration no matter distractions. We need to be resolute in persisting along the non secular adventure regardless of the price. We want to possess a organization remedy to persist on our religious adventure no matter distractions. We ought to stay unaffected via any form of adjustments in our thoughts. Concentration represents the fourth intellectual kingdom, which may be characterised as a focused mind or crane thoughts. In this situation, the mind focuses intensely, undistracted with the aid of the use of outside factors. It is a circumstance of immoderate focus and immersion, where the thoughts is absolutely worried within the current moment. A targeted and targeted thoughts allows profound contemplation and self-mirrored image, making it a powerful tool for non-public realization and religious improvement. Practicing meditation enhances our reputation, permitting us to reap the following mental country. When we will focus mostly on meditation in our non secular journey, we are able on our goal. This is a scenario of unified perception. We need to maintain our exercise in this nation although we get signs and symptoms of our a hit elevation. The centered thoughts is directed by the usage of the satisfactory of sattva. As our disengagement from worldly issues deepens in our yoga practice, we realize that we're experiencing a rustic of consciousness. Yogis revel in this example, which can be called temporary samadhi or decrease samadhi. Yogis are capable of continue to be in one region with out consuming meals at the equal time as meditating. They accumulate knowledge internally. Upon surpassing concentration, you reach the fifth yogic mental state, referred to as niruddha. This represents the disciplined thoughts or yogic mind. In this state, your thoughts is absolutely calm and is now not disenchanted or disrupted by means of outside or inside affects. The regulated mind symbolizes the nation of total peace we acquire thru meditation, where one is completely engaged within the gift moment. In this state, the mind is liberated from every attachment and longing, allowing you to come upon profound peace and happiness. Yogis who are capable of attain and preserve this circumstance will in the long run achieve samadhi. ¹

Niruddha represents the height state of our intellectual situation. In this circumstance, yogis exist in more than three state. This represents the kingdom of better samadhi or kaivalya, as mentioned in various Hindu texts. Only a Siddha Yogi can gain this situation. In this situation, the yogi achieves freedom. This represents a condition of general mastery of the thoughts by using the yogi. The yogi can guide his emotions and mind as he dreams. At present, he requires nothing more and performs the whole lot instinctively. No project is imposed on him. He is in no way swayed with the aid of the conditions past this realm. He is unaffected by way of ego; his ego has entirely vanished, and he reaches the ultimate state. In this condition, the Yogi can control all of the intellectual modes. All 3 gunas reap stability, permitting the Yogi to transcend the gunas. Therefore, we will state that the unrestrained thoughts represents the ultimate kingdom of our cognizance. To reach this condition, we have to continuously practice yoga. ²

To attain this kingdom, we ought to exercise yoga constantly. When we are able to remove all the modes of our thoughts, then our purpose of spirituality may be accomplished. Without casting off all the fluctuations of our mind, we cannot attain the state of the uninhibited mind. This can also take a long term; we need to continue our journey without haste. We need to be happy inside the manner of our adventure. Patanjali's insights concerning the five mental states in yoga are of terrific importance. The cittabhoomi serves as a beacon, shedding mild on the journey towards tranquility and self-discovery. By greedy those yogic states of recognition – khipa, mudha, vikshita, ekagra and niruddha we come to surpass the confines of the human mind and gain profound perception, inner tranquility, and ultimately our actual selves.

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¹ Cf. Ram Jain, Arhanta yoga, Understanding Patanjali's 5 States of Mind & How to Master the Meditative state, p.5

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