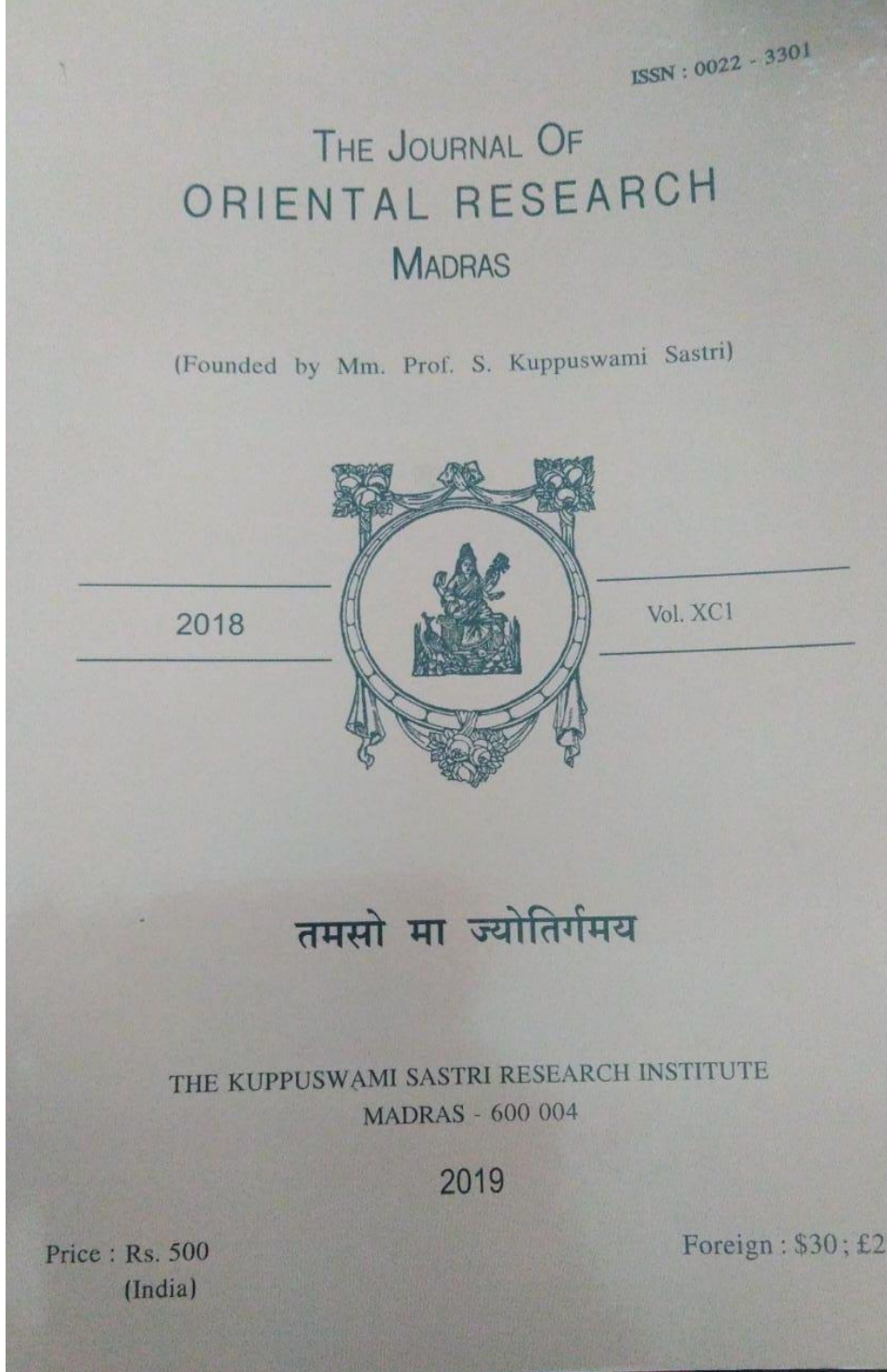


Book Review

Yogasutra – Vyasa-bhashya – Tamil Translation

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YOGA SŪTRAM with Vyāsa's commentary, Text with Tamil translation and notes (in 3 vols) by Dr. M. Jayaraman, Krishnamacharya Yoga Mandiram, Chennai, 2013; 2014; 2015 . Pages 128+176+196. Price Rs. 100/- ; 110/-; 140/-

Till date, many have translated *Yogasūtram* in Tamil, but this is the first translation of Vyāsa's commentary.

The author Dr. M. Jayaraman has worked very sincerely to bring out this book in three volumes. The first volume contains the *sūtras* and Vyāsa's commentary in Sanskrit from *Samādhipāda* and the corresponding translations. The second volume is on *Sādhanapāda*. In the first two volumes, Vyāsa's commentary has been given under the respective *sūtras* only. The last and third volume discusses the *Vibhūtipāda* and *Kaivalyapāda*. But here the commentary is given at the end of the text. Even the font size differs in each volume.

This text has been translated in a very simple Tamil so that it will be understood even by a common reader who is not familiar with *Yogaśāstra*. Some Sanskrit words have been retained as they are where the translation would confuse the reader. For, these words give completely different senses in Tamil. For instance, the word *Samādhi* in Sanskrit means 'absorption'. But in Tamil it is used to mean the burial place. The author has provided the meanings in the Appendix portion.

The author has included some relevant pictures here and there in these volumes for better understanding.

The author has given many foot notes explaining some important terms like *tāpatraya*. In the first volume he has given all the footnotes in the respective pages. In the second volume he has given them at the end and in the final volume he has give them under every *sūtra*. It would

have been more reader friendly, if the same norm had been followed in all the three volumes.

The author has also given the views of many commentators like *Bhāsvati*, which are really informative and would benefit the readers.

This text will be a valuable addition to Yoga literature in Tamil language. The author's sincere effort is reflected in this translation of *Yogasūtras*, especially of the fourth *pāda* namely, *Kaivalyapāda*, which is very abstract and difficult to translate into other languages.

R. Muthulakshmi

ENCYCLOPAEDIA OF TRADITIONAL ĀSANAS, Ed., Dr. M.L. Gharote *et. al*, The Lonavla Yoga Institute (India), Lonavla, 2013. Pages lxxx + 442, Price Rs. 2000/-

The present book comes from the Institute which is well-known for its contribution in the field of Yoga.

Yoga has attracted global attention for its efficacy in the removal of physical and psychical disorders apart from serving as the most important tool for spiritual evolution. Although the word Yoga carries various meanings from the Vedic period till today, it is commonly understood with the practice of postures, breathing exercises, some purificatory practices, and meditation. Of course Yoga is associated with many things now.

The great poet Kālidāsa says in *Kumārasambhava* (V.33) "*Śarīramādyam khalu dharmasādhanam*". Āsanās or postures assume importance as they keep the body and mind fit. Some texts of Haṭha Yoga say "*Āsanena rujo hanti*" (one can remove ailments through āsanās).