

**STANDARD INTERNATIONAL TRANSLITERATION CODE
USED TO TRANSLITERATE SANSKRIT WORDS**

a	=	अ	k	=	क	dh	=	ध
ā	=	आ	kh	=	ख	n	=	न
i	=	इ	g	=	ग	p	=	प
ī	=	ई	gh	=	घ	ph	=	फ
u	=	उ	ñ	=	ङ	b	=	ब
ū	=	ऊ	c	=	च	bh	=	भ
r̄	=	ऋ	ch	=	छ	m	=	म
ṛ	=	ॠ	j	=	ज	y	=	य
l̄	=	ऌ	jh	=	झ	r	=	र
ḷ	=	ॡ	ñ̄	=	ञ	l	=	ल
e	=	ए	ṭ	=	ट	v	=	व
ai	=	ऐ	ṭh	=	ठ	ś	=	श
o	=	ओ	ḍ	=	ड	ṣ	=	ष
au	=	औ	ḍh	=	ढ	s	=	स
ṁ	=	अं	ṇ	=	ण	h	=	ह
ḥ	=	अः	t	=	त	kṣa	=	क्ष
~	=	ँ	th	=	थ	tra	=	त्र
'	=	ऽ	d	=	द	jña	=	ज्ञ

CERTIFICATE OF SUPERVISOR

This is to certify that the thesis titled “CONCEPT OF DHĀRAṆĀ, DHYĀNA, AND SAMĀDHI IN PRASTHĀNATRAYĪ AND PATAÑJALI YOGA SŪTRA - AN ANALYSIS” submitted by Madan Mohan for the award of Degree of Doctor Philosophy in the SVYASA YOGA UNIVERSITY, BANGALORE, is a record of authentic work carried out by him under my supervision. The matter embodied in this thesis is the original work of the candidate and has not been submitted for the award of any other degree/diploma in any University. It is further certified that he has worked with me for the required period as per the Regulations.

Prof. M.K. SRIDHAR

DECLARATION

I, MADAN MOHAN hereby declare that the document presented in the thesis is entitled to " CONCEPT OF DHĀRAṆĀ, DHYĀNA, AND SAMĀDHI IN PRASTHĀNATRAYĪ AND PATAÑJALI YOGA SŪTRA - AN ANALYSIS " With partial compliance with Degree requirements of Ph.D. and submitted in the Department of YOGA AND SPIRITUALITY of the SVYASA YOGA UNIVERSITY, BANGALORE, have an authentic record of my Work during a period from Aug 2016 to Jan 2023, under the supervision of Prof. M.K.SRIDHAR, Department of YOGA AND SPIRITUALITY, SVYASA YOGA UNIVERSITY, BANGALORE

I have not submitted the materials contained in this thesis for the award of this institution or any other diploma of this institution.

(MADAN MOHAN)

This shall be to certify that the above articulation made by the candidate is right to the best of my understanding.

Date :

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Madan Mohan

PREFACE

CONCEPT OF DHĀRAṆĀ, DHYĀNA, AND SAMĀDHI is an essential part of the world of Yoga. I am presenting the CONCEPT OF DHĀRAṆĀ, DHYĀNA, AND SAMĀDHI IN PRASTHĀNATRAYĪ AND PATAÑJALI YOGA SŪTRA - AN ANALYSIS. I have organized different chapters and presented the methodology to explain the concept of Dhāraṇā, Dhyāna and Samādhi in an easy way. The entire work is covered in seven chapters.

In fact, without great assistance, I could not have attained my current level of accomplishment. First, my parents and friends, who with love and understanding have supported me. Secondly, my students and my teacher, each of them gave patient counsel and help throughout the research process. Thank you everyone for your relentless support.

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ABSTRACT

The concept of meditation is a practice that has been used for a long period of time. However, different people usually carry the concept of meditation for a different purpose. Some form of meditation is just simple and are just used by ordinary people just to attain a moment of relaxation or to reduce stress. However, some concepts of meditation are complex such as *Samādhi*. Nevertheless, some are religious-oriented while others are secular in nature. However, there is a lot that has been done in the field of science to try and explain the scientific explanation of meditation. But over the years, the aspect of meditation such as *Samādhi* has remained controversial with no proper scientific explanation.

The principles of Dhāraṇā, Dhyāna, and Samādhi hold immense importance within Indian philosophical traditions. These profound practices are extensively discussed in the Prasthānatrayī, which comprises the foundational texts of Vedānta. Dhāraṇā involves directing and focusing the mind on a specific object, while Dhyāna denotes the meditative state that arises from sustained concentration. Samādhi represents the pinnacle of consciousness attained through the practice of Dhyāna, wherein the individual transcends personal identity and attains complete absorption in the object of meditation. These three practices are intricately interconnected and should be cultivated sequentially. The comprehensive exploration of Dhāraṇā, Dhyāna, and Samādhi is expounded in the Prasthānatrayī, encompassing the Yogasūtra, Brahmasūtra, and Upaniṣad, thereby providing a profound understanding of their significance in the Indian philosophical traditions.

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