

Yoga and Agriculture

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Yoga is a complex of spiritual, physical and mental practices which are amazing and diverse; accepted by the large part of the humankind. It is an amazing way to spread harmony and health among the society which eases the way of living with utmost peace. Whether you have been practicing Yoga for quite some time or have just got acquainted with the ancient science, chances are miserable that you have learned it in association with plants.

As per the most of the literatures and past references; Yoga is described as a practice for human race to live in best condition on this earth. We can't imagine living on this planet without greenery i.e., plants. Absolutely not, since humans need plants more than they need us as proven by the most of the civilizations across the world. Especially, for farmers', crops are their family and nature is their world.

Discussing about the theories of Yoga, they state that the ancient science is a great way to boost harmony among family members and even society around. The human mind is having great capacity which is still unknown. Nevertheless, in recent agricultural studies, it seems the mysterious mind can definitely affect the plants growth, resilience and further quality. Therefore, it's very important to know about how Yoga helps to improve and upgrade the condition of crops.

Yoga and nature: a bonding for a better farming

The relation between yoga and nature is so deep that it will take hundreds of years to understand

the whole bonding. The strength of this association is supreme. Since it is a well-known fact that plants are like any other life form and are reactive to external stimulus, there should be no irresolution in understanding that love is the best way to make them feel contented. Love is nothing but a state of affair between two or more parties in which each of them knows the deepest secrets and wants of others. This relationship must be there between a plant and its master that further may lead into positive results.

Such kind of bonding can only be created when you understand the importance of plants in your life. It's obvious that plants are important part and anchorage to life on earth. Hence, it's very important to create a healthy relationship with plants through Yoga. Yoga is rooted in the same spiritual knowledge as Ayurveda which encompasses the entire human life along with the universe. Ayurveda and yoga are not different; as they are related healing disciplines each with a unique function and place. With the help of yoga, you harmonize with nature and Ayurveda (which literally means 'science of life') revolves around the concept of nature since it believes that the 3 energies (Vata, Pitta and Kapha) circulates in every human being and govern their physiological activity. Thus, both can be regarded as the branches of the same tree. Healings and preparations of ayurveda are greatly dependent on the plants (medicinal) and their various species.

Yoga and farming both share a deep connection with nature. Both are performed better under an ideal and feasible environment i.e., nature. Yoga helps people to nurture their own true 'self' whereas farming nurtures the soil and its properties which in turn blesses the plants to grow and flourish.

Yoga encourages attachment with plants

Plants are as sensitive to various factors or influences as humans and animals are. Under ideal conditions, plants tend to grow smoothly. The development of a plant is largely affected by the conditions around it such as temperature, light, water, air etc and media on which it is growing; greatly soil. For example, when you nurture a plant with kindness and love, it flourishes but when you neglect it or fail to provide the required attention, it dies. That is the result of a harmonious environment.

The practice of yoga, when taken seriously in one's life sponsors attachment with plants. Yoga nurtures a person in the finest manner when one practices it in a serene environment. Similarly, a plant can grow in the finest fashion when supplied with all the necessary inputs.

Mantra yoga is already proven to benefit the human likewise it is said to benefit both the farmer and his crops. Plants respond to vibrations of mantras that creates a tranquil atmosphere to help these plants or crops to harmonize. Apart from these, love and respect affect the dynamics of a plant's growth in the same way as they do humans. Yoga practices like *Pranayama*, *Surya Namaskar*, *Pranamasana*, Meditation, etc. makes you humble and respectful. When you show modesty towards your crops, they will grow profusely and give the maximum productivity.

Understanding crops with Yoga

Awareness is the key in any relationship and interpretation is the center of its success. Similarly, when you are expecting to improve the quality and productivity of farming, you need to learn how to understand the needs and demands of your crops. Yoga helps the farmers to understand their crops and needs by improving attentive skill. Yoga improves the concentration of oneself and prepares to focus on goal, which is currently the betterment of crops. Yoga is a spiritual practice that is rooted in the principle of receiving and giving. Spirituality is a form of energy that can neither be created nor be destroyed, it can only be exchanged from one entity to another.

While falling in love with the spiritual beauty of yoga, one can fill soul with the positive energy from the surroundings; the *universe* and transfer it to the crops. Meditation is called the best mindful practice,

for it is about letting all unnecessary and unwanted thoughts exit the brain and instilling cognizance. The soulful practice of yoga makes you aware about the world around. It lets you keep up with the crops and their situation by diverting attention towards them. Yogic agriculture or *shashwat yogic kheti* is an ancient farming technique through which meditation techniques in agriculture and agricultural practices are employed to enable farmers to grow nutritious food with the use of positive thoughts through seed empowerment. The Government of India wants to increase farmers' income and agricultural yields by 2022. "Yogic farming can play a vital role," said Union Agriculture Minister Radha Mohan Singh. "The Centre will support the concept of yogic farming to increase the country's agricultural output." "We will support the idea of yogic farming under the *Prampragat Krishi Vikas Yojana* which also supports organic farming," Singh said during an organic farming event.

Many farmers and agriculturalists often struggle to take proper care of their plants and a major reason behind this is not that they are careless but that they are not aware about the different needs of their plants. Yoga boosts conscious awareness with the sense of mindfulness. Yoga helps you in every aspect of life. No matter which field of life you are walking on, when you remember the teachings of Yoga in moments of scarcity, the ancient science will be present in your rescue. If you want to learn the principles of Yoga to help in life's paths including farming, join a Yoga teacher training in India. To understand the extensive roles of plants in human's healing processes, Ayurveda courses in India will be the most worthwhile.

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