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## **YOGA FOR ONE EARTH & ONE HEALTH: A CONCEPT FROM YAMA W.S.R. TO APARIGRAHA (MINIMALISM)**

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### **ABSTRACT**

The ancient vision of Bharat situates health not merely as the absence of disease but as a state of holistic harmony between the individual, society, and environment. Rooted in the dictum “*Vasudhaiva Kutumbakam*” (the world is one family), the principle of “*One Earth, One Health*” finds profound resonance in Yogic traditions. Within *Ashtanga Yoga*, the foundational disciplines of *Yama* (ethical restraints) and *Niyama* (observances) establish the moral and spiritual framework for sustainable health, emphasizing moderation, self-regulation, and ecological balance. These principles extend beyond personal well-being to collective health, underscoring the preventive and promotive dimensions of Yoga. Aparigraha (Minimalism) is a complete practical guide for the Dhyana (meditation) on living a soothing, serene as well as calm kind of satisfactory life. It is increasingly seen as a way to achieve balance, sustainability, and holistic well-being. By embracing Aparigraha (Minimalism), individuals can live more authentically, nurture meaningful connections, and contribute to a healthier as well as the happier planet.

**KEYWORDS** – Yoga, Spiritual, Ashtanga, Aparigraha, Minimalism, Health.

### **INTRODUCTION**

Universal health is the vision of ancient Bharat; one earth one health is the inspiration of our ancient scriptures. In the Ashtanga Yoga<sup>1</sup>, the concepts of Yama & Niyama are the great

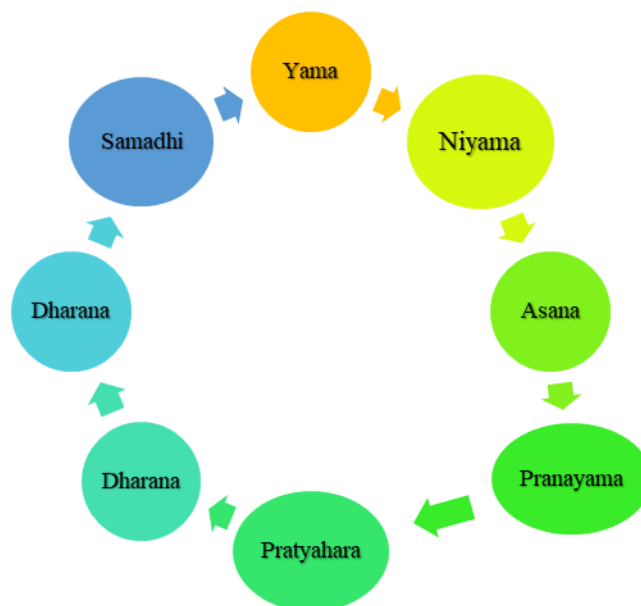
example of this vision. Bharat has a great ancient tradition prevention and promotive health system such as Yoga. The different limbs of Yoga like Asana, Pranayama, Dhyana and its philosophy are being adopted by many countries across the world for the physical, mental and emotional health promotion. People gain deep inner vision, which helps them become mentally healthy, by the understanding purpose of life, they can able to live in moderation and influence their environment. Yoga is the ancient Bharat's gifts to the entire world. Similarly, Ayurveda system is a complete discipline of health and wellness. It takes care of physical and mental aspects of health in many different ways.

The word 'Yoga' come from a Sanskrit root<sup>2</sup> which means "to go to trance, to meditate." Yoga, through its diverse limbs—*Asana* (postures), *Pranayama* (breath regulation), and *Dhyana* (meditation)—offers a multidimensional framework for physical, mental, and emotional well-being. Its philosophy fosters moderation, self-awareness, and a deeper understanding of life's purpose, enabling individuals to cultivate inner vision and positively influence their surroundings. Today, these practices are embraced globally, reflecting their universal relevance in promoting resilience, balance, and mental health.

## MATERIAL & METHODS

### CONCEPT OF YAMA

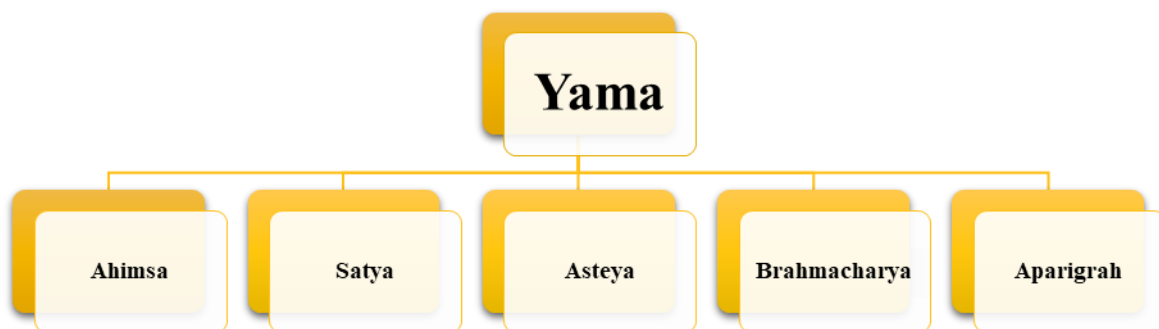
Sage Patanjali<sup>3</sup> holds a position of reverence in the annals of Yoga wisdom which suggests different areas of self-discipline as follows.



There are 8 broad steps<sup>4</sup> described in Maharishi Patanjali's Yoga darshan, if one can follow these limbs of Yoga then no mental and physical disease can ever affect the health. One can able to understand the essence of life, how to become healthy, happy and satisfied in life. These are the guidelines to leading the life, because nowadays days life is to mismanage, these Eight steps teach us code of conducts to leading a happy and healthy life. To live good life with ourselves as well as others.

## YAMA

Yama and Niyama the first two Angas (limbs) of Yoga are meant to provide an adequate moral foundation for the Yogic practice<sup>5</sup> in the daily life. The very fact that they are placed before the other Angas shows their basic character. Before dealing with the moral qualities and general mode of life which are implied in Yama-Niyama it is necessary to explain a few things about the place of morality in the Yogic life.



**YAMA (social disciplines)** – These are the guideline of life, it teaches how to behave and interact with others, there are so many conflicts can be seen. Another important point to understand with regard to Yogic morality<sup>6</sup> is that the virtues which are prescribed have a much wider scope and deeper significance than what appears on the surface. Each virtue included in Yama, for example, is a typical representative of a class of virtues which have to be practised to a high degree of perfection. The injunction against killing, stealing, lying, etc., under Yama does not seem to represent a very high standard of morality even from ordinary standards Yama has 5 steps which allow us to maintain life and relations with people and our surroundings.

1. **Ahimsa (non-violence)** – It describes be kind of yourself and others, we think we do not harm anyone, but violence does not mean giving harm only by our deeds, it could be our words, thoughts.
2. **Satya (truthfulness)** – It means things should not be manipulating, truth is what is in your mind and on your tongue. If you think something else in your mind and say something else, that is not truth, whenever our thoughts, words and action are not aligned, it creates disturbance within us, Yoga is the cessation of the disturbance in mind, one can practice yoga to align body mind and soul. But remember no one should be harmed by your words.
3. **Asteya (non-stealing)** – It means not to steal. Non-stealing does not mean that we have stolen anything from anyone; it can be stealing someone's thoughts, work, and idea etc, we can understand like this way, not taking what is not freely given, not taking what we have not earned and do not deserve. We are stealing many ways from nature- Stealing from the nature by possessing more than we need, we wear only 2 or 3 clothes and shoes but our cupboards are full of these things. If we talk about one earth one health then we have to keep our nature in balance.
4. **Brahmacharya** – It is the path of moderation. Not living in extreme or high and low, always try to follow middle path in life, we should work on the saving energy so that we cannot indulge in unnecessary thing.
5. **Aparigraha**<sup>7</sup> - Not having more than necessary.

### CONCEPT OF APARIGRAHA (MINIMALISM) FROM YAMA

Aparigraha means non-holding, holding explains consume more than we need, for example filling the house with furniture, cupboards with cloths and shoes, there is no space in the home for even comfortable walking, stored all the old things that one day, I will use this, keep those unnecessary things for a long time in their house and attach with these materialistic things instead of donate that things to needy one, so many people do not repeat their used items like clothes, shoes etc. we need to understand the *Ashtanga concept of Aparigraha (Minimalism)*. We think that whatever we are buying, that is not come from the market or shopping mall. It is come from the nature and yes nature continuous exploiting including animal, birds, river and ocean, it is harmful for man also. Many incidences can be seen like forest fire, global warming, floods and droughts. Not having more than necessary. Keeping only those things which we really need, in our home, office, and in our relationships also.

अपरिग्रहस्थैर्ये जन्मकथन्तासम्बोधः। Aparigrahasthairye Janmakathantāsambodhaḥ|

Patañjali Yoga Sūtra<sup>8</sup> 2/39

When perfection in Aparigraha<sup>9</sup> is attained the Yogi acquires the capacity to know the ‘how’ and ‘wherefore’ of birth and death. Though there is no ambiguity with regard to the literal meaning of the Sutra and Janma-Kathamta is taken to mean knowledge of our previous births it is difficult to understand the underlying significance of this Sutra. The main cause of always wanting more comes from thinking<sup>10</sup>, I am not good enough, and don’t have enough, at that point, we feel a sense of lack in life, desire, want, greed and lust emerge, we begin to think something to fill the void, in this way, we unknowingly wrong ourselves and the people around us. It is good to acquire new things, but don’t forget to let go of the old ones, whether it is your clothes, shoes or your emotions, release all the previous stuff from your body and mind so that you can find a space for new things.

**Aparigraha (Minimalism) in Practice**

Aparigraha (Minimalism) is often misunderstood as an austere lifestyle of deprivation<sup>11</sup> in the society. In reality, it's about increasing the consciousness in choosing the life with less, not out of restriction, but as a means to create space for what truly matters. It is a complete practical guide for the Dhyana (meditation) on living a soothing, serene as well as calm kind of satisfactory life. By embracing Aparigraha<sup>12</sup> (Minimalism), individuals can live more authentically, nurture meaningful connections, and contribute to a healthier as well as the happier planet.

- *Decluttering possessions*: Keeping only items that serve a clear purpose or bring joy.
- *Simplifying routines*: Streamlining daily habits to focus on health, creativity, and relationships.
- *Sustainable living*: Choosing eco-friendly practices, reducing waste, and consuming mindfully.
- *Digital minimalism*: Limiting screen time and online distractions to reclaim focus and presence.

**Aparigraha (Minimalism) and Well-being**

- **Mental clarity**: By reducing clutter and unnecessary commitments, Aparigraha (minimalism) fosters peace of mind, reduces stress, anxiety and depression.
- **Emotional resilience**: Living simply helps individuals detach from consumerist pressures, cultivating gratitude and contentment.

- **Spiritual depth:** Yogic principles like *Aparigraha* (Minimalism) and *Santosha* (contentment), aligning with the idea that true happiness arises from within rather than external possessions.

## RESULTS AND DISCUSSION

The born psychics are those who had practised Yoga in their past lives. The actions performed by the Yogi, through his ordinary or the extraordinary body, mind, thought processes and different Pranic impressions. Yoga stands as a complete discipline of health and wellness, addressing both physical and psychological dimensions through personalized, nature-aligned therapies. Yoga embody Bharat's timeless gift to humanity—systems that integrate body, mind, and spirit, offering sustainable pathways to health and harmony across cultures and generations. The vision of Universal Health has its roots in the ancient wisdom of Bharat, where the principle of “One Earth, One Health” is deeply embedded in scriptures and philosophical traditions. Ashtanga Yoga, with its foundational concepts of Yama and Niyama, exemplifies this holistic vision by emphasizing ethical living, self-discipline, and harmony with the environment. Bharat's ancient health systems, particularly Yoga and Ayurveda, represent comprehensive approaches to preventive and promotive health.

## CONCLUSION

One Earth, one Health emphasises that the health of humans, animals and the environment are interconnected, the theme describes interconnection with all the creation, our each and every action has an impact on the planet and its creation. We need to protect earth so that we can survive for so long and it only possible when we think about of our nature, our environment, we are continuously exploiting it for our greed and desire. it needs collective efforts, countries across the world can take a giant leap towards achieving the goal so that one earth one health dream will come true. The development of such an extraordinary power from the intensive practice of Aparigraha (Minimalism) shows the importance of doing things with intensity. The secret of discovering the hidden and mysterious facts of life seems to lie in intensity of effort. We meet the phenomena of life superficially and so naturally do not get from them anything more than ordinary experiences.

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