

The Technology of Yoga - An Imperative Scientific Implementation to Harmonize the Diversity of Human Society: A Review

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ABSTRACT Yoga is one amongst the six basic philosophical systems of India. It is defined as “the restraint of mental modifications”. It is a practical science based on the laws of *Samkhya* Philosophy that govern the evolution of the universe, can be extended for the evolution of an individual; thus the individual is a microcosm of the macrocosm. Yoga is above caste, creed, and religion; a positive system for the unification of the humanity. In yogic technique the breathing system is brought under control which ultimately keeps the mind under control, makes it free from unwanted vibrations either being induced internally or influenced externally. This finally leads the mind to vacuous (thoughtless) condition and checks the mental pollution or thought pollution that works in obscurity, negatively throughout the human environment. Yoga enables to overcome the effects of *Gunas*, which are the root of all changes, the foundation of reality, the essence of everything and responsible for the diversity and nature; thus causes the harmonization of the human society. Every Yogi works as a broadcasting centre of calmness and serenity, that influences, the whole human diversity in positive track.