

**Yoga Dharshan  
of  
Maharishi Pathanjali  
(A critical commentary)**

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## Yoga chittha vrutti nirodhaha || 2 ||

Chitta, the mind stuff, wavers and won't stay in one place or one act. Stays not in present, roams all round, purposeless. All the four of Manas (mind), buddhi (Intellect), chitta (will), Ahankara (ego) of Sankhya darshan is collectively called by Pathanjali as Chitta. Keeping Chitta in right perspective is Yoga, by thus living in present. The Vrittis misguide Chitta, thus man is unable to know the knowledge of true self. By controlling (rather ignoring) these vrittis, he can realize his true state. That true state is the state of Yoga.

## Thadha drastuh swaroopevasthaanam || 3 ||

Thus, controlling vrittis, our true existence become stable and shines forth with true effulgence. That is the state of Yoga.

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