

Book Review

**Fluctuations of ‘mind stuff’ in respect to self
(individual) and the external world:
Review of a book - 'Concept of Mind and Cognition in
Yoga Sutra of Patanjali (YSP)'**

Bidit Acharya¹

¹Executive Chairman, Millennials International Network of Education (MINE), Kathmandu Nepal

The book 'Concept of Mind and Cognition in Yoga Sutra of Patanjali (YSP)' is written by Prof. Kshitiz Upadhyay-Dhungel, Physiologist by academic degree and well-known academician in Nepal. It was published in 2017 by Lambert academic Publication, Germany.

With a lack of modern scientific tools to understand the mind, a hermeneutical approach to the Yogasutra of Patanjali (hereafter referred to as YSP) was conducted to better understand the concept of the mind.

Prof. Upadhyay through this book has explained the two states of consciousness of the mind as according to him are discussed in YSP: 'chitta-vritti', translated as fluctuations of mind stuff; and 'chitta-vritti-nirodha' or no fluctuations of mind stuff. The former has been focused in this research book. 'chitta vritti' state is what seems to be explained by modern science and modern psychology. The argument where science & medicine describes certain states of the mind as 'abnormal' without complete understanding is clearly addressed via this work to create a link between yogic science and modern concepts of the mind. This explores the concept in detail and emphasizes that further

research on the approach is required to be brought into practice. Author has explained 'chitta-Vritti' state in detail, on the basis of which he has developed a model of cognition process but has been reluctant to explain the 'chitta-vritti-nirodha' (i.e. no fluctuations of mind stuff) state of consciousness.

The writing pattern except the last two chapters could have been written in more lucid manner. This book seems to be thesis work for any degree as it follows the structure of dissertation. However the cognitive model explaining the concept of mind and cognition (in a diagrammatic form) including both 'chitta-vritti', translated as fluctuations of mind stuff; and 'chitta-vritti-nirodha' or no fluctuations of mind stuff itself seems to be very much explanatory and further research on this approach is required to be brought into practice. The applied aspect of the model in learning process is also explained in a very practical manner.

'Chitta' or as defined in the book as 'mind stuff', a complex structure, formed with memory: information gathered through our motor and sensory organs, then translated with intellect, ego and mind; creates the individual/self which also connects with the

externally manifested world. To look at matters relating to mental health problems and therapy this could be valuable. If understood, a mental state, e.g. 'depression', could be mapped out to connect the dots between the external world, the individual and the complex structure: Chitta.

In addition to this, the point where yogic science and spirituality converge can be explored further to identify the link that current science and medicine cannot grasp. This concept has been looked at from Brian Weiss's book Many Lives, Many Masters.

CONFLICT OF INTEREST: None

BOOK DETAILS

- Title: Concept of Mind and Cognition in Yoga Sutra of Patanjali (YSP)
- Author: Prof. Kshitiz Upadhyay Dhungel
- Publisher : LAP LAMBERT Academic Publishing (1ST Edition; July, 2017)
- Language : English
- Paperback : 132 pages
- ISBN-10 : 3330350180
- ISBN-13 : 978-3330350182

