

Gandhi's Yoga Sādhana for Sarvodaya

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In this paper, I will explore Gandhi's engagement with various yogas and yogic texts as a case study for the role of various yogas—a cornucopia of practices—not simply karma yoga in his sociopolitical activism. His personal observances include various facets of yoga (emotional, physical, psychological, and moral) for personal empowerment and social uplift. Gandhi affirmed the value of haṭhayoga—āsanas, prāṇāyāma, etc.—to build healthy satyagrahis and citizenry. Although this fact has escaped the attention of many, he emphasized haṭhayoga for health and strength. Furthermore, Gandhi made bhakti yoga central to his daily regimen—devotion to Rama—for achieving complete surrender and egolessness. In his writings, Gandhi often quoted Yogavaśishtha, especially the chapter on vairāgya, to emphasize the value of detachment and equanimity in public service.

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