Today millions of people all over the world stretch and twist their bodies in bizarre and convoluted poses, called asanas. And this process itself is called yoga. Popular also the idea that this is an extremely ancient practice, which is at least 5-6 thousand years. The fundamental treatise of yoga declared "Yoga Sutras" of Patanjali, and it is believed that the origins of modern practices rooted in it. However, this text speaks only about the asana, which is a stationary and convenient position which is reached upon termination of the effort and concentration on the infinite, and through which stops the effects of paired opposites. No particular asana in the original is not called.

In much later texts belonging to the tradition of Hatha yoga, lists a very small number of asanas, probably much lower than is practiced today. Where did all the others?

"There are so many poses, how many varieties of living beings. All the differences between them understands only Shiva. Each of 8.400.000 POS was explained by Shiva. Of these, he chose 84" â€” said "Goraksha Samhita" ("Goraksha professional astrologers") is probably one of the earliest Hatha yoga texts.

He was echoed by another text â€” "Gheranda Samhita", which dates back to approximately the
seventeenth century: "Gheranda said: How many are the creatures, as many there are body positions (asanas). Hundreds of thousands of their 84 explained Siva. These 84 â€“ outstanding asanas, and 32 of them can be used by people in the world."

That is, according to ancient texts, there are 8.400.000 living beings. Interestingly, this figure is slightly at odds with the calculations of modern scientists. According to their estimates, the Land inhabited by 8.700.000 thousand species of living organisms. This is an approximate figure, calculated mathematically, since not all discovered and studied today. This: 7.77 million species of animals, 298 thousand species of plants, 611 thousand species of fungi, 36,4 thousands of species of single-celled microorganisms. The fact is, once again confirming the wisdom and innocence of the ancient sages.

But is it possible to give the human body such a number 8 400 000 - different poses, even if they differ from each other only slightly? Common sense dictates that there is. But Shiva is clearly not the human body. In iconography, Shiva is traditionally depicted with four hands, and two extra hands increase the number of possible positions several times. So for Shiva is the number of asanas is quite accessible.

So, let's see how many of the asanas described in the ancient texts.

"Yoga Sutras" Of Patanjali â€“ 0.

"Goraksha Samhita" â€“ 2: Siddhasana and kamalasan (Padmasana).

"Shiva Samhita" â€“ described 4: Siddhasana, Padmasana, svastikasana and ugrasena; also mentioned Vajrasana and gomukhasana without description. "Tirumandiram" Tirumular â€“ 8: bhadrashana, gomukhasana, Padmasana, simhasana, kathiresan, Virasana, Sukhasana and svastikasana.

"Hatha yoga Pradipika" â€“ describes 15 asanas: svastika, gomukha, Vira, Kurma, Cucuta, uttana Kurma, dhanura, Matsya, paschima, mayura, Shava, Siddha, Padma, Simha, and Bhadra. And hereinafter mentioned and utkatasana.

"Gheranda Samhita" â€“ 32 asanas, which "can be used by people in this world," and describes 31. Is: Siddha, Padma, Bhadra, Mukta, vajra, the svastika, Simha, gomukha, Vira, dhanur, mrita, Gupta, Matsya, Matsyendra, goraksha, paschimottasana, utkata, Sakata, mayura, Cucuta, Kurma, uttana, vá¹šká¹£a, Manduca, Garuda, visa, sulabha, Makara, Astra, bhujanga and yogasana.

The text also mentions and describes Sukhasana viparita-karani-wise, Maha Pasini wise and wise that the conditional approach can also be attributed to asanas.

Texts listing all of the 84 asanas, only 2. This "Catherinedale" ÂšrÃ«nivÃ«sa, Dating back to approximately the seventeenth century, and described 36 of the 84 asanas, and "Gigapedia" Catarama, XVIII century, describing all the 84 asanas.

But, from the second half of the eighteenth century the asanas begin to multiply. In the treatise À†rÃ« Tattva, Nidhi (around the second half of the XVIII century), Mummadi Krishnaraja Wodiyar there are already 122 asanas, and there are asanas that are performed on the rope and on the bar. It is believed that this treatise greatly influenced Krishnamacharya, which, in fact, started the whole modern yoga. the Era Krishnamacharya
He Krishnamacharya in support of its innovative yoga referred to two texts: "Kurunta Yoga" and "Yoga Rahasya".

"Yoga Kurunta" Vamana Rishi is an extremely ancient treatise, setting forth a system of dynamic practices, which Krishnamacharya taught in the oral transmission from his Tibetan guru Rama Mohan. Later Krishnamacharya accidentally discovered the text in a Calcutta library and trained him by Pattabhi Jois. Unfortunately, the text mysteriously disappeared, presumably his "eat ants". That is, except Krishnamacharya and perhaps Pattabhi Jois, one that did not see the text. Even more surprisingly, was not made any copies of such an ancient and valuable manuscript.

Another text, "Yoga Rahasya" Sri Nathamuni. It is also an ancient text that also was lost in the middle ages. However Krishnamacharya this treatise miracle was revealed during meditation, they are visually perceived, memorized and later written down. And now "Yoga Rahasya" exists in the record Krishnamacharya. Here is a large number of asanas, including such, which in yogic texts are not found, for example, all konasana, Sarvangasana etc.

Here, however, it is appropriate to remember that the asanas described in the medieval texts, an ordinary person without training and preparation to perform simply can not. And therefore, we need some preparatory and intermediate exercise to develop strength and flexibility. Therefore, the addition of new practice asanas was quite justified.

He Krishnamacharya in his book "Yoga Makaranda" leads only 38 asanas. But, since the mid XX century, in books on yoga asanas the number estimated in the hundreds. In particular, the catalogue of the Dharma Mittra, released in 2003, contains a 608 asanas. And before Dharma Mittra create the schema Master Yoga Chart of 908 asanas, which today adorns the walls of many yoga centers around the world. Moreover, in this scheme several square meters entered, not all asanas: initially was made 1350 photos. At the same time, even when browsing large directories, any experienced practitioner will tell you that it's not all asanas and remember some more. However, experience shows that new postures appear all over the world constantly. Read more about this in the next article.