



## **YOGA IN HINDU CULTURAL HERITAGE - A STUDY BASED ON THIRUMANTHIRAM**

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### **Abstract**

According to Hindu culture, yoga is considered to be an ancient spiritualistic and Physical practice. Patanjali is credited with being the first to compile and define the long-established method of yoga. It is noteworthy, however, that in the Hindu cultural tradition, the concepts of yoga are revealed in the Vedas, Upanishads, and Bhagavad Gita, Agama, and Siddhar literature.

**Keywords :** Yoga, Thirumantra, Thantra, Aathara yoga

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