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The Dravidian culture of South India has contributed greatly to the history and development of Yoga. The great Dravidian Yogi Tirumoolar is said to be either a contemporary of Patanjali or Patanjali himself. He authored the 3000 versed Tirumandiram that explains Yoga in a holistic manner. It is said that he composed each of the verses during a year of meditative awareness and then gave one verse a year for three thousand years! [1].

The Tirumandiram teaches *Attanga Yoga*, that is the same as the *Ashtanga Yoga* of Maharishi Patanjali. It also explains numerous concepts of *Saiva Siddantha* as well as deals with nadis, chakras and Hatha Yoga in great detail. Numerous asanas, pranayama are also described. Bhakti for the Lord is extolled in the form of Shiva and he says, “*Anbe Sivam*”, the Lord is love and love is the divine [1].

Other important teachings have come from Tiruvalluvar, the great poet-saint of Tamil Nadu. Through his Tirukkural having 1330 verses he gives clear guidance for right living in tune with *Aram* (righteous living in tune with the divine law), *Porul* (proper acquisition and use of material aspects of life), *Inbam* (right-use-ness of emotional aspects of human nature for fulfillment) that may be correlated to *dharma, Artha* and *Kama* in the *Chaturvida Purusharta* [2]. He doesn't mention *Moksha* implying thereby that when the first three are lived properly, the fourth occurs automatically!

C O N C E P T

The concept of human life as a non-stop process of evolution from the lowest to the highest is found in the *Shivapuranam* that is part of the *Dravidian Bhakti Yoga* culture. This verse describes the evolutionary journey from the non-moving state of rocks, grass, small plants and trees to the moving state of worms, various animals, birds and snakes

He also warns us that those who eat beyond the level of hunger will suffer from untold hardships (*theyyalavu andrith theriyaan perithu unnin noialavu indrip padum- Tirukkural 947*)