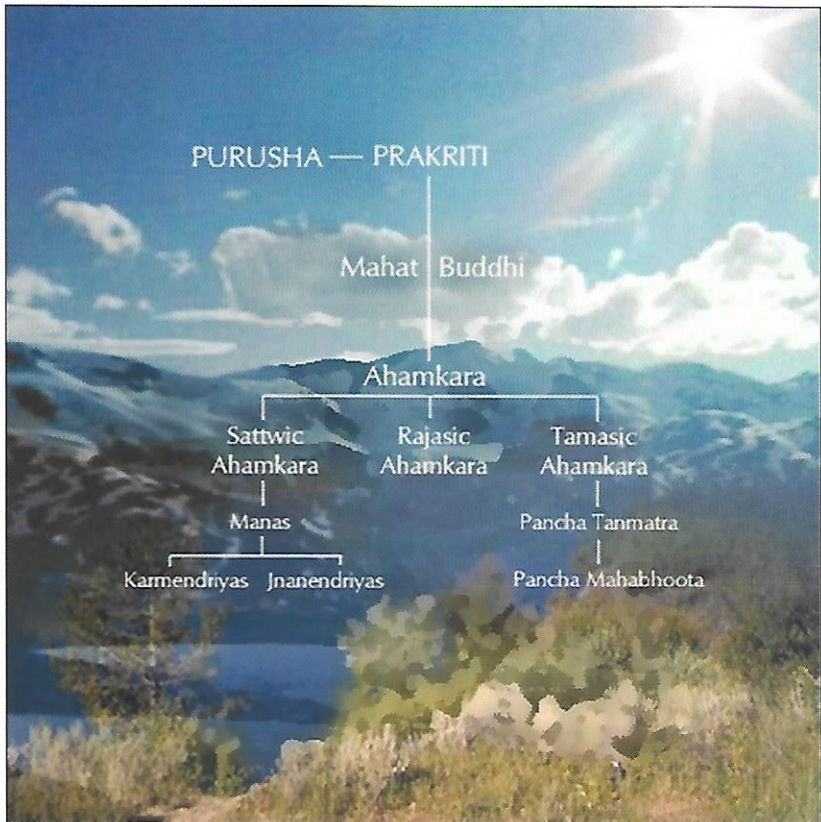


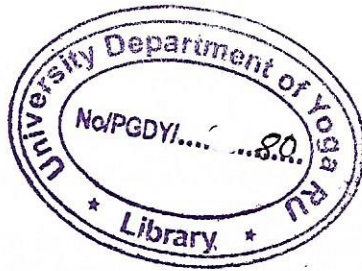
# Samkhya Darshan

Yogic Perspective on Theories of Realism

Swami Niranjanananda Saraswati



# Samkhya Darshan



01/18

*With kind regards, ॐ and prem*

*Sarani Nirvanjan*

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SATYANANDA YOGA  
BIHAR YOGA

Samkhya is one of the earliest schools of Indian philosophy and most systems, including yoga, have been drawn from or influenced by it. Samkhya is a dualistic philosophy and postulates two eternal realities: *Purusha*, the witnessing consciousness, and *Prakriti*, the root cause of creation, composed of the three *gunas*.

This text highlights the unique contribution of Samkhya philosophy in man's quest to understand his true nature. It discusses the practical theories of causation, manifestation, bondage and liberation. For the spiritual aspirant, Samkhya is the metaphysics of self-realization and yoga is the *sadhana* or means to achieve it.

*Samkhya Darshan* contains the full Sanskrit text of Ishvara Krishna's *Samkhya Karika* as well as transliteration and translation.



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