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A Deep Insight in to The Concept of Liberation in Contemporary Indian Philosophy: In the Light of Sāṃkhya -Yoga

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Abstract: The *Sāṃkhya* and Yoga systems, two of the six orthodox schools of Indian philosophy, offer profound insights into the nature of reality, self and liberation. In contemporary Indian thought, key figures like Sri Aurobindo, Swami Vivekananda, Rabindranath Tagore and Mahatma Gandhi reinterpreted these classical doctrines in light of modern concerns such as ethics, nationalism, individual freedom, and spiritual evolution. This paper explores how the dualistic metaphysics of *Sāṃkhya* and the practical discipline of Yoga were revisited and recontextualized to serve new philosophical, psychological, and sociopolitical ends. The paper argues that these reinterpretations preserve the spiritual core of classical thought while simultaneously transforming to address modern existential concerns.

Keywords: *Sāṃkhya-Yoga*, liberation, Sri Aurobindo, Swami Vivekananda, Rabindranath Tagore, Mahatma Gandhi, *puruṣa- prakṛti*, integral yoga, ethics.

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1. Introduction

Indian philosophy is a vast and intricate tradition that has continuously evolved through centuries of metaphysical inquiry and practical spirituality. Among its many schools, the *Sāṃkhya* and Yoga systems stand out for their unique contributions to the understanding of the self (*ātman*), the nature of reality, and the ultimate goal of human life liberation (*mokṣa*). While *Sāṃkhya* offers a dualistic metaphysical framework that distinguishes between pure consciousness (*puruṣa*) and material nature (*prakṛti*), Yoga provides a systematic discipline for achieving the cessation of suffering and the realization of the self's true nature. Both philosophies aim at transcending the bonds of *samsara* or the cycle of birth and death, through discernment, discipline, and detachment.