

Abstract

Hybrid Crops, fast life, pollution, climate change, sedentary lifestyle, shifting of orientation of the economy from agriculture to service sector based, etc., have increased the level of stress in our daily lives. Various health problems due to these factors have become prevalent. Various lifestyle diseases like Obesity, Diabetes, Thyroid Problems and Hypertension have assumed enormous proportions among the masses. Allopathic medications for these diseases have various side effects and as a result our body resistance decreases, considerably. So, it is prudent to cultivate indological practices like Yoga for maintaining good health.

The scholastic part of this study is to appreciate the cyclical form of the cultural changes where our little and parochial traditions are gradually gaining grounds for their convincing existence. Yogic Kriya is one of the instruments of our rich cultural traditions that have attracted attentions of modern scholars. In this study, we conclude with the Yogic Kriyas that more negotiations and transactions in natural and social sciences are to be fostered. The study with its salient recommendations vouches for effective integration of Yogic Kriyas in health governance. This would help people experience an enhanced life expectancy.

This study tries to find out the indological value of Yoga, lists out major Yogic Kriyas, assesses the effectiveness of Yogic Kriyas in management of good health. It focuses on different Yogic Kriyas as correctional measures to the health menaces. The study also documents the best practices in Yogic Kriyas. This is the broad framework within which the study articulates its meaning and deserves importance.