



## EUROPEAN JOURNAL OF BIOMEDICAL AND PHARMACEUTICAL SCIENCES

<http://www.ejbps.com>

ISSN 2349-8870  
Volume: 6  
Issue: 5  
165-167  
Year: 2019

### ROLE OF ASHTANGA YOGA IN PREVENTION OF CRIMES IN INDIA- A LITERARY REVIEW

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Article Received on 30/02/2019

Article Revised on 20/03/2019

Article Accepted on 10/04/2019

#### ABSTRACT

As per the Report published by National Crime Records Bureau (NCRB), Government of India, Kerala has the highest cognizable crime rate. This shows that quality of mental health is decreasing which leads to physical and mental harm to others in the form of crimes like assault, murder, rape, theft, robbery, seizing of others property etc. Regular practice of *Ashtanga Yoga* is necessary to attain mental health. This study was proposed to explain the role of *Ashtanga Yoga* in prevention of crimes in India. *Ashtanga yoga* comprises *Yama*, *Niyama*, *Asana*, *Pranayama*, *Pratyahara*, *Dhyana*, *Dharana*, and *Samadhi*. It is observed that regular practice of *Ashtanga yoga* maintains the balance of mind. In this regard *Ashtanga Yoga* is best remedy to improve the mental health. It proves that *Ashtanga yoga* has significant role to prevent crimes in India.

**KEYWORDS:** *Ashtangayoga*, crimes, *Shatchakras*, *Yoga*.

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