



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

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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*.

INTRODUCTION

As per the report published by National Crime Records Bureau (NCRB), Government of India, different types of crimes increased because of negative development of mental state like jealousy, anger, hatred, aggression. Disharmony in inter personal relationships due to ego; resulting in violence, murder etc.^[1] Mental ill health provokes to indulge in crime. It affects the society as well as reduces the productivity. It decreases the moral values in the society which is alarming state to help community to prevent crimes.

In *Sushrut Samhita* balanced and joyful state of mind and soul is considered along with *Samadosha*, *Samagni* and *Samadhatu malakriya* to define health.^[2] *Raja* and *Tama doshas* of mind are responsible for imbalance state of mind^[3] in which *Krodhadi* resides^[4] and mind is responsible for all good and bad deeds.^[5] *Pradnyaparadha* is the main cause of all physical and psychological diseases.^[6]

AIMS AND OBJECTS

To review role of *Ashtanga Yoga* in preventing crimes in India.

MATERIAL AND METHOD

Darshana Shastra has been reviewed. *Ayurvedic Brihatrayi* has been reviewed. Internet browsing has been surfed.

LITERARY REVIEW

Ashtanga Yoga

Yoga Darshanas explained *Ashtanga Yoga* which are *Yama*, *Niyama*, *Asana*, *Pranayama*, *Pratyahara*, *Dhyana*, *Dharana*, *Samadhi* to control the *Chittavruttis*.

Yamas are *Ahimsa* (Non-violence), *Satya* (Truth), *Asteya* (doesn't accepting the others property), *Bramhacharya* (Avoiding sex indulgence), *Aparigraha* (not accepting false income). *Niyamas* are *Shoucha* (Physical and mental cleanliness), *Santosh* (Happiness), *Tapasya* (penance), *Swadhyaya* (Reciting mantra), *Ishwar-pranidhana* (devoting everything to god). *Asanas* (different postures of body). *Pranayama* is breathing technique to purify the *Indriyas* and to improve mental concentration. *Pratyahara* is controlling the *mind* by restricting the *Indriyas* from their objects. *Dhyana* is Meditation and *Dharana* is power of concentrating mind. *Samadhi* is union of *mind*, *soul* and supreme *soul*.^[7]

Crime

A crime is an illegal action or activity for which a person can be punished by law.^[8]

Types of Crimes as per the National Crime Records

Various crimes are comes under the Violent crimes like Murder, Kidnapping, assault. Crimes against women are like Rape, Domestic violence, Dowry etc. Crime against Children, Crime against Senior Citizens, Economic offences, Corruption, Cyber crimes, Crime against Foreigners, Crime in Railways, Missing persons etc.^[9]

DISCUSSION

Role of Ashtanga Yoga in preventing Crime

The aim of *Yoga* is to attain salvation by *Chitta-vrutti-nirodha*. The *Chittavrutti* are

1. *Pramana* (knowledge by Evidences)
2. *Viparyaya* (false knowledge)
3. *Vikalpa* (*Bhrama* or Delusion state)
4. *Nidra* (Sleep)
5. *Smriti* (Recollection of knowledge)

All above possible only by. *Abhyasa* (Regular practice) and *Vairagya* (Renunciation of desires).

Yama and Niyama are the virtuous acts

Yama and *Niyama* are initial steps towards positive behaviour of an individual which prevents person from indulging in violence. *Ahimsa* (Non-violence), *Satya* (Truth), *Asteya* (doesn't accepting the others property), *Bramhacharya* (Avoiding sex indulgence), *Aparigraha* (not accepting false income or others wealth) are *Yamas*. Non-violence keep oneself mentally healthy. One should always speak truth politely, one should not speak bitter truths which hurt others feelings, one should not tell lie to make happy some body. If it is not observed Corruption, Cyber crimes can take place.

Mentally and by action also one should not desire for other's wealth which is considered as non-stealing, if it is not observed crime against senior citizens, economic offences, crime against Foreigners, Crime in Railways can occurred. By observing *Bramhacharya* (Avoiding sex indulgence) one can stay away from committing crime against women like Rape, unnatural sex, child abuse etc. Along with these *Yamas*, *Hathayogapradeepaika* explained ten *Yamas* like forgive, courage, kindness, honesty, restricted intake of food and cleanliness. Forgiving enemies after being tortured physically, mentally and verbally can make oneself mentally healthy.

Niyamas are *Shoucha* (Physical and mental cleanliness), *Santosh* (Happiness), *Tapasya* (Penance), *Swadhyaya* (Reciting mantra), *Ishwar-pranidhana* (devoting everything to god). These mainly helps in establishing mental peace and controls the mind from *Raja* and *Tama dushti* which do not allow a person to go in the path of violence. *Asanas* are bending or moulding the body in different postures for the maintenance of health and to cure the diseases. Especially balancing postures like *Tadasana*, *Padmasana*, *Trataka Veerabhadrasana*, *Tolasana*, *Vrikshasana* etc help in improving the concentration and balancing the mind.

Pranayama controls the stability of mind

The *Pranayama* includes of 3 stages *Pooraka*, *Rechka*, and *Kumbhaka*. During *Rechka* (slow expiration) cerebral cortex and hypothalamus of nervous systems are involved. Hypothalamus is concerned with emotions. It results in calmness of mind and can restrain aggressiveness and violence. Thus *Pranayama* controls the breath which helps in providing mental stability.

Pratyahara and Dharana are utmost satisfaction towards life

Pratyahara controls the mind by restricting sense organs from their objects for further process of *Dharana*. *Dharana* concentrates the mind on *Shatchakras*.

Dhyana and Samadhi (Meditation) gives mental peace.

Mental peace is attained by *Dhyana*. It increases attentiveness and awareness. *Samadhi* is state of concentration achieved by practicing meditation. By regular practicing *Dhyana* and *Samadhi*, there is no chance to indulge in violence and aggressiveness.

Management of Crime

By practicing *Ashtanga Yoga*, a person can restrains mind from objects and subjects. It helps in peace and stability of mind. Due to this state of mind, a person ceases themselves indulging in crimes.

CONCLUSION

Yama, *Niyama*, *Asana*, *Pranayama*, *Pratyahara*, *Dhyana*, *Dharana*, *Samadhi* of *Ashtanga Yoga* are the tools through which negative emotions of mind can be controlled. It proves that *Ashtanga yoga* has significant role to prevent crimes in India. Imbalance state of mind leads to harmful act like crime. Healthy mind is the one sign of Health. Healthy mind helps to prevent the crimes. One should follow the path of peace.

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