Age falls — personally, socially, professionally so on and so forth. An aged man stands helpless like “A tattered coat upon a tattered stick” to quote William Butler Yeats. Everyone knows age degenerates, a few know how to prepare for a cure. Hence, a worldwide awareness is seen campaigned on T. V. screens, on flashing website monitors or even among the gossiping youths let apart the actually aging or aged victims. Science has rained upon us a shower of boons, but its banes are still unmistakable and inescapable. Middle aged civilians ranging from 45 to 55 years are busy at desk, smart in diplomacy, quick at internet access, active in financial transactions but, sorry to say, plump in physique, lacking in lustre, gloomy in spirit, downcast in sight, averse to fight back fat and fatigue. A close observation will reveal that, once settled man tends to get to a scheduled work-load with occasional deviations like sumptuous dinner party or a festive holiday outing. But these are but accidental and less fruitful to one’s staying fit. Again, men have less time to spend for himself. He hardly walks in the morning with drops of sweats falling from his earends, nor does he take regular Yoga practices as are required to keep physical and psychological balances. But being a complicated organic mechanical device, human body demands a routine work-out also.

As a sports-person and as one gradually perceiving the burden of age, the researcher felt the need to delve deep into the psycho-somatic factors responsible for the hypokinetic diseases found especially among the aging male persons. As such, the researcher conducted a few test sequences
including blood pressure, blood sugar, H. R. (at rest), blood cholesterol. Here lies the actual motivation behind taking up such a project.

The thesis is presented in five separate chapters. The first chapter deals with introductory materials. Quite a good number of related literatures are being reviewed in the second chapter. Methods, materials and processes of data collection are incorporated in third chapter. Results are presented in fourth chapter with an elaborate discussion on findings and relevant information. Summary, specific conclusions, and recommendations are presented in the fifth chapter. At the end, a very extensive list of references are given which will really be useful for any young investigator for further research.

The observations and outcomes of this research must be beneficial to those who are not only aged themselves but have to deal with the problems and prospects of middle aged people at large. Yoga is the panacea that may work miracles not only in the remedy of psycho-somatic disorders but in the promotion of positive outlook, familial bliss and socio-economic uplift. The best resources are to be utilized in the best manner too. The present research will plant a winning colours in the chronicle of social headway.

12th December, 2011
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