

9.4. SCOPE FOR FUTURE STUDIES

This doctoral thesis work has addressed an entirely ignored field of study within the core subject on the spiritual discipline of *Yoga* through the integration of sexuality and spirituality. An editorial appeared in the International Journal of Yoga for example stated that it's time for the modern yoga research to incorporate interdisciplinary scientific approach to establish validity, credibility, and excellence (Agoramoorthy, 2019b). Therefore, future longitudinal analysis of linking the complex subjects of sexuality and spirituality through *Yoga* has the capacity to create a standalone sub-scientific discipline within *Yoga*. But, follow-up long-term research studies, both theoretical and experimental, are urgently needed to understand the prospects of an integrated approach to sexuality, spirituality and *Yoga*. Specialized course curriculums can be developed in the near future in these less explored scientific fields as well.

9.5. CONCLUSION

The thesis concludes by emphasizing that *Yoga* has the potential to enhance spiritual transformation among couples to improve marital bond. The presented conceptual model is aptly applicable in contemporary Western society that faces enormous crises involving emotional breakups and divorce in recent decades. This thesis has linked two of the most complicated subjects namely sexuality and spirituality through *Yoga* to develop a model to strengthen intimacy among couples to ease emotional breakups. Such an attempt has never been done on a doctoral thesis level. Thus, this approach deserves follow-up studies. I hope more students will be interested to investigate sexuality and spirituality benefiting humanity.

The concept of sex as a means to spiritual progress may appear to be unconventional on the surface to onlookers, but a closer examination may reveal the astute psychosomatic and rational