

CHAPTER 9. DISCUSSION, APPRAISAL AND CONCLUSION

9.1. DISCUSSION

This study attempts to understand the transformational prospective of the yoga model to tackle the emotional breakups and divorce in the West. By integrating the key elements of spirituality and sexuality as a groundwork for romantic relationships supports with the proposed hypothesis, predictions, aims, and objectives of the research. The outcomes confirm that yoga offers a multilayered approach to married couples' relationship well-being that include physical, psychological, emotional, and spiritual serving as a structural framework for the transformation of Western marriage from a courteous contract into a holy spiritual unification perspective.

The proposed hypothesis postulates that yoga improves sexual health and well-being among married couples on the physical level, nurtures amour and closeness on the emotional level, and fosters spiritual awareness transcending egotistic existence. This amazing transformational prospective directly supports with the central principles of the yoga proposed model that discourses human existence through the five koshas.

The hypothesis is validated through the yoga model by resolving the often arising erotic and emotional problems among couples that leads to cheating and divorce. The findings highlighted in this thesis endorse that yoga model's framework strengthens psychological and spiritual connection essential for achieving the four purusharthas. The primary objective of this research is to create a conceptive model to boost spiritual transformation of Western marriage based on yoga has been effectively realized. The yoga model reveals that couples can transform their

relationship from the romantic physical level to the ultimate spiritual unification where yoga can play a key role in precluding infidelity by confronting relationship problems to foster mutual love, loyalty and respect by creating unwavering monogamy.

These effects validate the applicability of yoga in tackling emotional disconnect, deceitfulness, and high divorce rates in Western marriages. The importance on spiritual unification among couples have been emphasized in the Upanishads namely Brihadaranyaka and Chandogya that depict marriage as a holy union of souls. The objectives focused on this study have been concluded through an interdisciplinary enquiry of ancient Hindu scriptures, contemporary scientific literature, and empirical findings. The study establishes that an enduring one-to-one relationship based on reciprocated love, respect, and divine partnership can be the basis for attaining the ultimate goal in life, as anticipated in the ancient yogic philosophy. The yoga model's capability to incorporate sexuality and spirituality offers substantial implications to boost amicable relationships among couples. By modifying marital progress, the yoga model provides a structural outline to deal the underlying causes of divorce and disloyalty. The model inspires married couples to uplift their relationship as a spiritual voyage, promoting collaborative growth. It further expedites the accomplishments of the four purusharthas, aiding married couples to sustain a sexually and spiritually enhanced lives.

The model explored in this thesis is deep-rooted in Upanishads and Yoga Sutras that promotes purity and sanctity in couples' relationships. Besides, the model incorporates research by linking the gap between conventional wisdom and contemporary nuptial disputes. This cross-sectional advance safeguards that the yoga model presented is both hypothetically vigorous and virtually valid. This thesis features the yoga model's transformational prospects in specifying the concept of Western marriage. By addressing physical, emotional, and spiritual

measurements, the yoga model offers an all-inclusive approach to nurturing romantic, sanctified, and lasting relationships among couples. This amalgamation of ancient scriptural wisdom and modern comprehensions creates a new exemplar for comprehending the interaction between sexuality and spirituality flagging the way for further examination and solicitation in society.

9.2. STRENGTHS OF THE STUDY

1. This thesis is perhaps the first one in the field of *Yoga* to explore the need to conduct a thorough scientific analysis of the association of sexuality and spirituality.
2. This thesis has developed a conceptual *Yoga* model on the potentiality of spiritual transformation enhancing western marital relationship by reducing breakups.
3. All the major sections on the touchy topics of sexuality, sex, spirituality, marriage and *Yoga* have been covered for the first time comprehensively in this doctoral thesis.
4. This thesis has provided some rational insights on the ignored aspects of sex and sexual energy as a means of spiritual growth with ideals from ancient scriptures.

9.3. LIMITATIONS OF THE STUDY

Though there are some new insights and many merits as highlighted in this thesis, the research study also had some limitations. The major limitation is inadequate availability of literature on the topics covered. The main reason for the inadequate availability of literature is due to the lack of scientific studies integrating sexuality and spirituality through yoga to explore means to minimize emotional breakups and divorce among couples.

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

exemplars where all human experiences including sex have a means to some mystical mindfulness deeds. An editorial appeared in the Asian Journal of Psychiatry for instance called scientists to examine deeper into Asia's ancient scriptural wisdom (<https://pubmed.ncbi.nlm.nih.gov/37480817/>). It's well known among spiritual scholars that whether it's the Vedas, Upanishads, Yoga Sutra or Tantra Sastra, they all have enormous amount of hidden knowledge to benefit humanity. Therefore, their relevance to rationality needs to be comprehended before it is too late. So, it's time to bring scientific awareness on how sexuality expedites a deeper sense of spiritual transformational features to transcendence, which is hitherto deficiently researched, understood and recognized by contemporary science.

10.0. REFERENCES

- Agoramoorthy, G. (2014). Spiritual seekers and gurus in contemporary Hindu society. *Society*, 51, 558-561.
- Agoramoorthy, G. (2015). Religious route to happiness: Insights from ancient Hindu scriptures. *European Journal of Science and Theology*, 11(4), 139-150.
- Agoramoorthy, G. (2019a). *Yoga way of life with nature: Personal revelations*. Hamburg: Lap Lambert.
- Agoramoorthy, G. (2019b). Interdisciplinary science and yoga: the challenges ahead. *International Journal of Yoga*, 12(2), 89-90.
- Agoramoorthy, G., & Hsu, M. J. (2015). Living on the societal edge: India's transgender realities. *Journal of Religion and Health*, 54, 1451–1459.
- Ahuja, S. (2013). *Nine Nights: Navratri*. Notion Press.
- AIU, 2023. Association of Indian Universities Indian Women Vice-Chancellor's Conference. <https://www.aiu.ac.in/documents/meetings/Zonal%20Meet%2023-24/Women%20Conference/AIU%20Brochure%202023.pdf>
- Alexander, R. A., & Goldstein, E. (2014). Mindfulness, Trauma, and Trance: A Mindfulness-Based Psychotherapeutic Approach. *The Wiley Blackwell Handbook of Mindfulness*, 649-687.
- Amato, P. R., & Previti D. (2003) People's reasons for divorcing: Gender, social class, the life course, and adjustment. *Journal of Family Issues*, 24(5), 602–626.
- Amato, P. R. (2010). Research on divorce: Continuing trends and new developments. *Journal*

- of Marriage and Family, 72(3), 650-666.
- Amstadter, A. (2008). Emotion regulation and anxiety disorders. *Journal of anxiety disorders*, 22(2), 211-221.
- Anand, M. (1989). *The Art of Sexual Ecstasy*. Penguin.
- Anderson, R. M. (2013). Positive sexuality and its impact on overall well-being. *Bundesgesundheitsblatt Gesundheitsforschung Gesundheitsschutz*, 56(2), 208-214.
- Androvicova, R., Horacek, J., Stark, T., Drago, F., & Micale, V. (2017). Endocannabinoid system in sexual motivational processes: Is it a novel therapeutic horizon?. *Pharmacological Research*, 115, 200-208.
- Apostolou, M. (2019). Why men stay single? Evidence from Reddit. *Evolutionary Psychological Science*, 5(1), 87-97.
- Artman-Partock, T. (2018). The tale type of the repenting prostitute: Between rabbis and church fathers. *AJS review*, 42(1), 1-20.
- Arya, R. P. (2017). *Yoga Vasistha of Valamiki*. Parimal publication Pvt. Ltd., New Delhi.
- Asha, M. R., Hithamani, G., Rashmi, R., Basavaraj, K. H., Rao, K. J., & Rao, T. S. (2009). History, mystery and chemistry of eroticism: Emphasis on sexual health and dysfunction. *Indian journal of psychiatry*, 51(2), 141-149.
- Atkinson, B. J. (2013). Mindfulness training and the cultivation of secure, satisfying couple relationships. *Couple and Family Psychology: Research and Practice*, 2(2), 73.
- Bajpai, R., & Maiti, T. (2021). Spirituality and sexual health: A systematic review. *Journal of Religion and Health*, 60(3), 1551-1570.
- Baker, I. A. (2023). Tracking the Illusory Magical Wheel. *Journal of Yoga Studies*, 4, 441-488.

- Balsekar, R. (2012). Purusharthas and the Ideal Marriage. *Advaita Journal*, 7(1), 1-7.
- Bancroft, J. (2005). The endocrinology of sexual arousal. *Journal of endocrinology*, 186(3), 411-427.
- Bancroft, J. (2008). *Human sexuality and its problems*. Elsevier Health Sciences.
- Banerji, R. (2008). *Sex and Power*. Penguin UK.
- Barlow, D. H. (2018). Disorders of emotion. In *The Neurotic Paradox, Vol 2* (pp. 201-226). Routledge.
- Bea, T. (2008). *Is My Yearning for You Sexual or Spiritual? Cultivating the Divine between Us. Negotiating Sexual Idioms*. Leiden, The Netherlands: Brill. doi: https://doi.org/10.1163/9789401206525_003
- Betal, C. (2015). Pranayama-A unique means of achieving emotional stability. *International Journal of Health Sciences and Research*, 5(12), 383.
- Bhavanani, A. B., & Natyalayam, P. (2014). The yoga of interpersonal relationships. *Annals of SBV*, 3(1), 53-60.
- Bhavanani, Y. D. A. B. (2013). Yoga: The Ideal Way of Life. *Yoga Mimamsa*, 44(4), 314-25.
- Bharucha, N., 2023. Indian women's writing: From past to the present. *Synergy*, 19, 39-56.
- Bhattacharyya, K. K. (2020). The sacred relationship between marriage, spirituality and healthy aging in Hinduism. *Journal of Religion, Spirituality & Aging*, 32(2), 135-148.
- Bhayani, M. S., Malkar, V. R., Patel, R. K., Ghodake, S. P., & Kawle, M. P. S. (2022). ICT Carving A Way Towards Evolution Of Satya-Yuga: A Conceptual And Focus Group Exploration In Societal Perspective. *Journal of Positive School Psychology*, 9220-9232.
- Biernacki, L. (2007). *Renowned Goddess of Desire: Women, Sex, and Speech in Tantra*.

Oxford University Press.

- Biernacki, L. (2013). The yoginī and the tantric sex rite, or how to keep a secret. In 'Yogini'in South Asia (pp. 213-225). Routledge.
- Blow, A. J., & Hartnett, K. (2005). Infidelity in committed relationships I: A methodological review. *Journal of marital and family therapy*, 31(2), 183-216.
- Blundell, S. (1995). *Women in ancient Greece*. Harvard: University press.
- Borah, S.K., 2012. Ancient Indian wisdom and sustainable development. *Quest-The Journal of UGC-ASC Nainital*, 6(3), 537-543.
- Boswell, M. (2018). *The Way to Love: Reimagining Christian Spiritual Growth as the Hopeful Path of Virtue*. Wipf and Stock Publishers.
- Boyd, P. (2022). The dark side of Dharma: meditation, madness and other Maladies on the contemplative path. A book review. *Journal of Spirituality in Mental Health*, 24(4), 415-416.
- Braud, W. G. (2008). *Patañjali Yoga and siddhis: Their relevance to parapsychological theory and research*.
- Brotto, L. A., Mehak, L., & Kit, C. (2009). Yoga and sexual functioning: a review. *Journal of sex & marital therapy*, 35(5), 378-390.
- Brown, C. M. (1990). *The triumph of the goddess: the canonical models and theological visions of the Devī-Bhāgavata Purāna*. SUNY Press.
- Brown, S. L., & Lin, I. F. (2012). The gray divorce revolution: Rising divorce among middle-aged and older adults, 1990–2010. *Journals of Gerontology Series B: Psychological Sciences and Social Sciences*, 67(6), 731-741.

- Brown, C.M., Agrawal, N.D. and University, T., 2014. The rape that woke up India. *Journal of Religion and Violence*, 2(2), 234-280.
- Brundage, J. (1987), *Law, sex, and Christian society in Medieval Europe*. Chicago: University press.
- Bubber, S., & Gala, J. (2023). Linking Indian yogic practices and modern marriages: role of meditation in marital wellbeing. *Current Psychology*, 42(17), 14751-14759.
- Burns, L. (2023). Pratyahara: The importance of a forgotten practice in a busy life and 5 ways to implement it. <https://yogajala.com/pratyahara/>.
- Campbell, K., & Wright, D. W. (2010). Marriage today: Exploring the incongruence between Americans' beliefs and practices. *Journal of Comparative Family Studies*, 41(3), 329-345.
- Carr, D., Freedman, V. A., Cornman, J. C., & Schwarz, N. (2014). Happy marriage, happy life? Marital quality and subjective well-being in later life. *Journal of marriage and family*, 76(5), 930-948.
- Casement, A. (2012). The shadow. In: *The handbook of Jungian psychology* (pp. 94-112). Routledge.
- Çetintaş, Ş., & Ekşi, H. (2020). Spiritually oriented couple, marriage and family therapies. *Spiritual Psychology and Counseling*, 5(1), 7-24.
- Chakraborty, K., & Thakurata, R. G. (2013). Indian concepts on sexuality. *Indian journal of psychiatry*, 55(Suppl 2), S250-S255.
- Chakravarty, A. (2007). *Kalidasa's Meghdoot*. Delhi: Crest publishing house.
- Chandra, V. (2010). Women and Work-Family Interface: Indian Context. *Journal of Asia Pacific Studies*, 1(2).

- Chang, S. T. (1986). *The Tao of Sexology: The Book of Infinite Wisdom*. Tao Publishing.
- Cherlin, A. J. (2010). *Marriage, divorce, remarriage*. Harvard University Press.
- Chokkanathan, S., Sobhana, H., Natarajan, A. (2020). The Role of Religious Institutions in Mental Health Rehabilitation and Recovery in India. *Ment. Health Soc. Work*, 475-493.
- Chopra, T. 2005. *Kamasutra*. Prakash books, Delhi.
- Clark, R. E. (2004). The classical origins of Pavlov's conditioning. *Integrative Physiological & Behavioral Science*, 39, 279-294.
- Clark, B. (2012). *The Complete Guide to Yin Yoga: The Philosophy and Practice of Yin Yoga*. White Cloud Press.
- Clark, B., & Powers, S. (2012). *The complete guide to Yin yoga: The philosophy and practice of Yin yoga* (p. 296). White Cloud Press.
- Chaudhuri, H. (1955). The Gītā and Its Message for Humanity. *Philosophy East and West*, 245-253.
- Chopik, W. J., Edelstein, R. S., van Anders, S. M., Wardecker, B. M., Shipman, E. L., & Samples-Steele, C. R. (2014). Too close for comfort? Adult attachment and cuddling in romantic and parent-child relationships. *Personality and Individual Differences*, 69, 212-216.
- Clooney, F. X. (2016). Seeing God in All Things: Some Catholic and Hindu Insights. *Vinayasādhana*, 7(1), 30-44.
- Cotterell, A. (2017). *The Near East: A Cultural History*. Oxford University Press.
- Cunningham, L. S. (2008). *A brief history of saints*. John Wiley & Sons.
- Dahiya, S. (2021). *Kamasutra by Vatsyayana: An aesthetic analysis in a postmodern perspective*. *Contemporary Literary Review India*, 8(1), 201-219.

- Darlymple, W. (2004). A Point of View: The sacred and sensuous in Indian art. BBC Magazine. 4th April.
- Dasgupta, A., Datta, S. (2024). Mental Wellbeing and the Kama Sutra: A Synergy Between Hedonic and Eudaimonic Approaches. In *Psychology of Sexuality & Mental Health Vol. 1: Indigenous Approaches* (pp. 251-273). Singapore: Springer Nature Singapore.
- David, A. R. (2009). Gendering the divine: New forms of feminine Hindu worship. *International Journal of Hindu Studies*, 13(3), 337-355.
- Davin, E. (1940), *La prostitution à Toulon*. Soc. Nouv. des Imp, Toulon, France.
- De, D. (2021). The aniconic cult of Lord Shiva: The mostly different and mysterious God of the Hindu pantheon. *Approaches into Indian history and cultural heritage*. New Delhi: Prakhar Goonj, 99-115.
- de Burgos Seguí, C. (2024, September). *Influencers, Activists, and Women's Rights: A Translation of Divorce in Spain*. Modern Language Association.
- Debrot, A., Stellar, J. E., MacDonald, G., Keltner, D., & Impett, E. A. (2021). Is touch in romantic relationships universally beneficial for psychological well-being? The role of attachment avoidance. *Personality and Social Psychology Bulletin*, 47(10), 1495-1509.
- Deida, D. (1997). *The Way of the Superior Man: A Spiritual Guide to Mastering the Challenges of Women, Work, and Sexual Desire*. Sounds True.
- Deida, D. (2007). *The Enlightened Sex Manual: Sexual Skills for the Superior Lover*. Sounds True.
- de la Cruz, B. J., Hacker, J., & Kandeel, F. R. (2007). A history of the penis: images, worship, and practices. *Male Sexual Dysfunction: Pathophysiology and Treatment*, 3-10.

- Danielou, A. (2001). *The Hindu temple: Deification of eroticism*. Inner Traditions/Bear & Co.
- Dhikav, V., Karmarkar, G., Gupta, R., Verma, M., Gupta, R., Gupta, S., & Anand, K. S. (2010a). Yoga in female sexual functions. *The journal of sexual medicine*, 7(2_Part_2), 964-970.
- Dhikav, V., Karmarkar, G., Verma, M., Gupta, R., Gupta, S., Mittal, D., & Anand, K. (2010b). Yoga in male sexual functioning: a noncomparative pilot study. *The journal of sexual medicine*, 7(10), 3460-3466.
- Dhillon, A. (2024). World's super-rich head to Gujarat for wedding party thrown by India's richest person. <https://www.theguardian.com/world/2024/feb/28/anant-ambani-wedding>
- Diego, M. A., & Field, T. (2009). Moderate pressure massage elicits a parasympathetic nervous system response. *International Journal of Neuroscience*, 119(5), 630-638.
- Dineen, J., & Dinc, L. (2024). Love addiction: Trait impulsivity, emotional dysregulation and attachment style. *The European Journal of Psychiatry*, 38(3), 100255.
- Dirghangi, A. (2019). De-mythifying the Ramayana: A Study of the 'Devoiced' Surpanakha. In *Proceeding of the International Conference on Arts and Humanities* (Vol. 6, No. 1, pp. 8-15).
- Dobia, B. (2023). Power and Desire in the Worship of the Goddess Kamakhya. *Studies on Tantra in Bengal and Eastern India*, 101.
- Dogra, N. (2012). Prostitution in India: The staggering numbers and the stagnant legality. *Youth Kiwaaz* (www.youthkiwaaz.com/2012/04/prostitution-in-india).
- Doniger, W., & Kakar, S. (2002). *Kamasutra*. Oxford University Press.
- Drouin, M. (2019). *The Matrix Explained: Why the Information-Bit is the Missing Link between Science and Spirituality*. Gatekeeper Press.
- Endsjo, D. O. (2012). *Sex and*

- religion: Teachings and taboos in the history of world faiths. Reaktion Books.
- Efrati, Y. 2019. God, I can't stop thinking about sex! The rebound effect in unsuccessful suppression of sexual thoughts among religious adolescents. *J. Sex Research*, 56, 146-155.
- Epe, J., Stark, R., & Ott, U. (2021). Different effects of four yogic breathing techniques on mindfulness, stress, and well-being. *OBM Integrative and Complementary Medicine*, 6(3), 1-21.
- Esch, T. (2013). The neurobiology of meditation and mindfulness. In *Meditation—neuroscientific approaches and philosophical implications* (pp. 153-173). Cham: Springer International Publishing.
- Evola, J. (2018). *The yoga of power: tantra, shakti, and the secret way*. Simon and Schuster.
- Ferder, F., & Heagle, J. (1992). *Your sexual self: Pathway to authentic intimacy*. Ave Maria Press.
- Ferder, F., & Heagle, J. (2002). *Tender fires: The spiritual promise of sexuality*. New York, NY: Crossroad.
- Ferder, F., & Heagle, J. (2007). *Tender fires: The spiritual promise of sexuality* (pp. 15-27). Rowman and Littlefield.
- Ferguson, M. A., Schaper, F. L., Cohen, A., Siddiqi, S., Merrill, S. M., Nielsen, J. A., & Fox, M. D. (2022). A neural circuit for spirituality and religiosity derived from patients with brain lesions. *Biological Psychiatry*, 91(4), 380-388.
- Ferlic, K. (n.d.). Sex - the metaphysical equivalent of nuclear energy. https://ryuc.info/creativesexuality/sex_metaphy_equiv_ne.htm

- Fic, V. M. (2003). *The Tantra: Its Origin, Theories, Art, and Diffusion from India to Nepal, Tibet, Mongolia, China, Japan, and Indonesia* (Vol. 1). Abhinav Publications.
- Fields, G. P. (2001). *Religious therapeutics: Body and health in yoga, Āyurveda, and tantra*. State University of New York Press.
- Flood, G. D. 2005. *The tantric body: The secret tradition of Hindu religion*. I.B. Tauris, London.
- Flowers, R. B. (1987). *Women and criminality: The woman as victim, offender, and practitioner*. New York: Greenwood.
- Floyd, R. (2010). *The Power of Prayer and Fasting: God's Gateway to Spiritual Breakthroughs*. B&H Publishing Group.
- Francoeur, R.T., 1992. *Sexuality and spirituality: The relevance of eastern traditions*. *Siecus Report*, 20, 1-8.
- Frawley, D. (2019). *Wisdom of the ancient seers: Mantras of the rig veda*. Motilal Banarsidass.
- Frawley, D. (2020). *The Yoga of Consciousness: From Waking, Dream and Deep Sleep to Self-realization*. Lotus Press.
- Frontline, 2023. *NDP report exposes India's gender bias crisis*. <https://frontline.thehindu.com/news/the-latest-undp-report-reveals-biases-against-women-worldwide/article66985325.ece>.
- Fuss, J., Bindila, L., Wiedemann, K., Auer, M. K., Briken, P., & Biedermann, S. V. (2017). *Masturbation to orgasm stimulates the release of the endocannabinoid 2-arachidonoylglycerol in humans*. *The journal of sexual medicine*, 14(11), 1372-1379.
- Gallagher, M. (2000). *Why marriage is good for you*. <https://www.city-journal.org/article/why-marriage-is-good-for-you>.

- Galloway, T. L. (2011). The centrality of Zacchaeus in Luke's Gospel: An exegetical study of Luke 19: 1-10. Oral Roberts University.
- Galloway, N., Foulstone, A., & Lurie, J. (2022). Yoga and couple relationship satisfaction: the synergy between mindfulness and emotional intelligence. *International Journal of Yoga Therapy*, 32(2022), Article-16.
- Ganju, D. and Saggurti, N., 2017. Stigma, violence and HIV vulnerability among transgender persons in sex work in Maharashtra, India. *Culture, health & sexuality*, 19(8), 903-917.
- Gardner, E.C. (1954). Altruism in Classical Hinduism and Christianity. *Journal of the American Academy of Religion*, 22(3), 172-177.
- George, A. S. (2024). Navigating the World's Largest Democratic Exercise: India's 2024 General Election. *Partners Universal International Innovation Journal*, 2(2), 1-17.
- Giblin, P. (2014). Men reconnecting spirituality and sexuality. *Journal of spirituality in mental health*, 16(2), 74-88.
- Ghosh, M., & Das, N. K. (1990). *Prostitution in Calcutta. Kolkata: Development dialogue.* .
- Ghosha, P. (1874). *Origin of the Durga Puja. Hindoo Patriot Press.*
- Giuliano, F., & Allard, J. (2001). Dopamine and sexual function. *International journal of impotence research*, 13(3), S18-S28.
- Goldmann C (2011) *Current assessment of the state of prostitution. Fondation Scelles, Paris.*
- Govindan, M. (1993). *Thirumandiram: A Classic of Yoga and Tantra by Tiumular. Kriya Yoga Publications.*
- Gray, D. B. (2016). *Tantra and the tantric traditions of Hinduism and Buddhism. In Oxford Research Encyclopedia of Religion.*

- Gross, J. J. (2015). Emotion regulation: Current status and future prospects. *Psychological inquiry*, 26(1), 1-26.
- Grumbach, S., & Zeno-Zencovich, V. (2024). A Painful Divorce: Law vs Digital Technologies. *European Journal of Comparative Law and Governance*, 11(1), 164-185.
- Gupta, M. (1994). Sexuality in the Indian subcontinent. *Sexual and Marital Therapy*, 9(1), 57-69.
- Gupta, A. K., Kumar, K., Panja, A. K., & Meena, K. L. (2012) *International Journal Of Ayurvedic And Herbal Medicine* 2: 248: 252.
- Hadley, D. M. (1999). *Masculinity in medieval Europe*. London: Longmann.
- Haigh, M. (2007). Sri Dattatreya's 24 Gurus: Learning from the World in Hindu Tradition. *Canadian Journal of Environmental Education*, 12(1), 127-142.
- Halliburton, M (2003). The importance of a pleasant process of treatment: lessons on healing from South India. *Cult. Med. Psychiatry* 27, 161–186
- Harper, K. A., & Brown, R. L. (Eds.). (2002). *The roots of Tantra*. Suny press.
- Hays, H. R. (2023). *The dangerous sex: The myth of feminine evil*. Taylor & Francis.
- Hefti, R. (2011). Integrating religion and spirituality into mental health care, psychiatry and psychotherapy. *Religions*, 2(4), 611-627.
- Heilman, K. M., & Donda, R. S. (2014). *The Believer's Brain: Home of the Religious and Spiritual Mind*. Psychology Press.
- Helminiak, D. A. (2006). *Sex and the Sacred: Gay Identity and Spiritual Growth*. Continuum.
- Hernandez-Kane, K.M. and Mahoney, A., 2018. Sex through a sacred lens: Longitudinal effects of sanctification of marital sexuality. *J. Family Psychology*, 32, 425.

- Hernández-Baqueiro, A., Tamés-Muñoz, E., & Cebral-Loureda, M. (2024). Actuality of Spirituality in the Paradigm of Human Flourishing. In *Human Flourishing, Spiritual Awakening and Cultural Renewal: Personal and Communal Challenges* (pp. 89-106). Cham: Springer Nature Switzerland.
- Horn, M. J., Piedmont, R. L., Fialkowski, G. M., Wicks, R. J., & Hunt, M. E. (2005). Sexuality and spirituality: The embodied spirituality scale. *Theology & Sexuality*, 12(1), 81-101.
- Horton, R. (1960). A definition of religion, and its uses. *The journal of the royal anthropological institute of Great Britain and Ireland*, 90(2), 201-226.
- Hotze, S. F., & Griffin, K. (2013). *Hormones, Health, and Happiness: A Natural Medical Formula for Rediscovering Youth*. Advantage Media Group.
- Hudson, V. M., Caprioli, M., Bowen, D. L., & McDermott, R. (2023). *Sex and world peace*. Columbia University Press.
- Ingraham, C. (2008). *White weddings: Romancing heterosexuality in popular culture*. Routledge.
- Insel, T. R. (2010). Rethinking schizophrenia. *Nature*, 468(7321), 187-193.
- Ismail, S., Shajahan, A., Rao, T. S., & Wylie, K. (2015). Adolescent sex education in India: Current perspectives. *Indian journal of psychiatry*, 57(4), 333-337.
- Iyer, S. (2022) How and why Bhutan came to worship the phallus. *Culture Trip*, Dec 14. <https://theculturetrip.com/asia/bhutan/articles/how-and-why-bhutan-came-to-worship-the-phallus>.
- Jacobs, B. J. (2020). Getting off the wheel: A conceptual history of the New Age concept of enlightenment. *Numen*, 67(4), 373-401.

- Jayachitra, M. (2012). Effect of Prranayama and Bandha Practices on selected physiological variables among adolescents Girls. *International Journal of Physical Education and Sports Management*, 1, 10, 17.
- Jayaram, V. (n.d.). Sex and spirituality in the Upanishads. <https://www.hinduwebsite.com/upanishads/essays/sex-in-Upanishads.asp>.
- Johnson, C. (2002). *Earth, Water, Fire, and Air: Essential Ways of Connecting to Spirit*. Skylight Paths Publishing.
- Johnson, C. A., Stanley, S. M., Glenn, N. D., Amato, P. R., Nock, S. L., Markman, H. J., & Dion, M. R. (2002). *Marriage in Oklahoma: 2001 baseline statewide survey on marriage*
- Jordan, M. (2019). Spiritual, Sexual—and Religious? Sexual dissidents have long created new arts and rites. *Harvard Divinity Bulletin*, <https://bulletin.hds.harvard.edu/spiritual-sexual-and-religious/>.
- Kane, K. (2017). *Lanka's princess*. Rupa prints, New Delhi.
- Kangle, R. P. (Trans.). (2010). *The Kautilya Arthashastra: Part 1 - Text with a glossary*. Motilal Banarsidass.
- Kanth, B., Krishnan, A., & Sen, D. (2024). Premarital Romance, Dating, and Arranged Marriages in India: The Intersection of Tradition and Globalization. In *Indian Families: Contemporary Family Structures and Dynamics* (Vol. 26, pp. 149-178). Emerald Publishing Limited.
- Kaplow, J. B., Gipson, P. Y., Horwitz, A. G., Burch, B. N., & King, C. A. (2014). Emotional suppression mediates the relation between adverse life events and adolescent suicide: Implications for prevention. *Prevention science*, 15, 177-185.
- Kapparis, K. (2017). *Prostitution in the ancient Greek world*. Walter de Gruyter GmbH & Co

KG.

- Karras R M (1990) Holy harlots: Prostitute saints in medieval legend. *Journal of the History of Sexuality* 1.1, 3-32.
- Khajehei, M., & Behroozpour, E. (2018). Endorphins, oxytocin, sexuality and romantic relationships: an understudied area. *World Journal of Obstetrics and Gynecology*, 7(2), 17-23.
- Khosla, M., Moodley, R., Killick, E. (2020). Hinduism and healing in mental health. In *The Routledge International Handbook of Race, Culture and Mental Health* (pp. 250-261). Routledge.
- Kinsley, D., 1998. *Hindu goddesses: Visions of the divine feminine in the Hindu religious tradition*. Motilal Banarsidass, Delhi.
- Kjaer, T. W., Bertelsen, C., Piccini, P., Brooks, D., Alving, J., & Lou, H. C. (2002). Increased dopamine tone during meditation-induced change of consciousness. *Cognitive Brain Research*, 13(2), 255-259.
- Kleinplatz, P. J., & Krippner, S. (2014). Spirituality and sexuality: Celebrating erotic transcendence and spiritual embodiment. In *The psychospiritual clinician's handbook* (pp. 301-318). Routledge.
- Koenig, H. G. (2009). Research on religion, spirituality, and mental health: A review. *Can. J. Psychiatry*, 54, 283–291.
- Kovacs, M. G. (1989). *The epic of Gilgamesh*. Stanford University Press.
- Krishan, Y. (1972). The erotic sculptures of India. *Artibus Asiae*, 34(4), 331-343.
- Krishnamacharya, V.G. (2017). *Kambaramayanam* (Tamil, 7 volumes). Uma press, Chennai.

- Krishnananda, S. W. A. M. I. (1989). *Commentary on the Panchadasi*. Divine Life Society Publications, India: Swami-krishnananda. org.
- Kumar, A. (2014). The third gender and gender self-identification in India: A review. *Journal of Politics and Governance*, 3(4), 31-39.
- Lakshmanjoo, Swami. 2003. *Kashmir Shaivism: The Secret Supreme*. Delhi: Universal Shaiva Fellowship.
- Lavretsky, H. (2008). History of schizophrenia as a psychiatric disorder. *Clinical handbook of schizophrenia*, 1.
- Lee, G. L. (2019). The Concept of Reality in Quantum Mechanics and Śūnyavāda: From the Perspective of Yoga. *Quantum Reality and Theory of Śūnya*, 241-247.
- Legg, S. (2009). Governing prostitution in colonial Delhi: From cantonment regulations to international hygiene (1864–1939). *Social History*, 34(4), 447-467.
- Levin, R. J. (2018). Prostate-induced orgasms: A concise review illustrated with a highly relevant case study. *Clinical Anatomy*, 31(1), 81-85.
- Lehmiller, J. J. (2023). *The psychology of human sexuality*. John Wiley & Sons.
- Leslie, J. (2014). Essence and existence: Women and religion in ancient Indian texts. In *Women's Religious Experience (RLE Women and Religion)* (pp. 89-112). Routledge.
- Levant, R. F., & Kopecky, G. (1996). *Masculinity reconstructed: Changing the rules of manhood-at work, in relationships and in family life*. Plume Books.
- Lochtefeld, J. 2001. *The illustrated encyclopedia of Hinduism*. Rosen, New York.
- Lolayekar, A.P., Desouza, S. and Mukhopadhyay, P., 2022. Crimes against women in India: a district-level analysis (1991–2011). *Journal of interpersonal violence*, 37:7289-7314.

- LoLordo, V. M. (1979). *Classical conditioning: The Pavlovian perspective* (pp. 25-59). New York: Plenum Press.
- Lolowang, N. L., Afyanti, Y., & Ungsianik, T. (2019). Kegel's exercise to improve sexual self-efficacy in primiparous women. *Enfermeria clinica*, 29, 535-540.
- Loyola, I. O. (1901). *Autobiography of St. Ignatius*. Forgotten Books.
- Lubov D.C. (2024) "Many of the great saints were great sinners", <https://zenit.org/2016/06/02/saints-who-practiced-mercy-best-were-those-who-learned-from-being-great-sinners-pope-reminds-priests/> accessed on 31.07.2024
- Luscombe B. (2014). Inside the scarily lucrative business model of human trafficking (<http://time.com/105360/inside-the-scarily>).
- Machacek, D. W., & Wilcox, M. M. (Eds.). (2003). *Sexuality and the World's Religions*. Bloomsbury Publishing USA.
- Maclaren, K. (2014). Touching matters: Embodiments of intimacy. *Emotion, Space and Society*, 13, 95-102.
- Madhavananda, S. (2009). *Uddhava Gita: The last message of Shri Krishna*. Kolkata: Advaita Ashrama.
- Mahajan, P. T., Pimple, P., Palsetia, D., Dave, N., & De Sousa, A. (2013). Indian religious concepts on sexuality and marriage. *Indian Journal of Psychiatry*, 55(Suppl 2), S256-S262.
- Mahaprajna, A. (2002). *Towards Inner Harmony*. B. Jain Publishers.
- Mahanta, A. (2018). *Kamakhya Temple. Legends and history*. Spectrum Publications, Hyderabad.
- Mahoney, M. (2019). The Economics of the Guru. *Denison Journal of Religion*, 18(1), 5.

- Mainkar, T. G. (1978). A Perspective on Contemporary Sanskrit Literature. *Indian Literature*, 21(3), 114-120.
- Malkemus, S. A., & Smith, J. F. (2021). Sexual Disembodiment: Sexual Energy, Trauma, and the Body. *Journal of Humanistic Psychology*, 0022167821996144.
- Mallinson, J. (2007). *The Shiva Samhita: A critical edition and an English translation*. YogaVidya. com.
- Mallik, A., Chaudhury, S., Chandru, V., & Srinivasan, S. (Eds.). (2017). *Digital Hampi: preserving Indian cultural heritage*. Springer Singapore.
- Mark, K. P., Janssen, E., & Milhausen, R. R. (2011). Infidelity in heterosexual couples: Demographic, interpersonal, and personality-related predictors of extradyadic sex. *Archives of sexual behavior*, 40, 971-982.
- Mark, K.P., & Jozkowski, K. N. (2013). Sexual satisfaction and relationship happiness in midlife and older couples in five countries. *Archives of Sexual Behavior*, 42(5), 743-755. <https://doi.org/10.1007/s10508-012-0016-3>
- Mark, K. P., Janssen, E., & Milhausen, R. R. (2011). Infidelity in heterosexual couples: Demographic, interpersonal, and personality-related predictors of extradyadic sex. *Archives of Sexual Behavior*, 40(5), 971-982.
- McCreary, S. L., & Alderson, K. G. (2013). The perceived effects of practising meditation on women's sexual and relational lives. *Sexual and Relationship Therapy*, 28(1-2), 105-119
- Menon, A. and Singh, V. eds., 2014. *Breaking the Bow: Speculative Fiction Inspired by the Ramayana*. Zubaan.
- Menski, W. (1996). *Hinduism. Ethical issues in six religious traditions*, 1, 54.

- Meyer, I. H., Frost, D. M., & Surace, A. (2013). The role of religion and spirituality in sexuality and sexual health among sexual minorities. *Archives of Sexual Behavior*, 42(5), 751-765.
- Meshkovska, B., Siegel, M., Stutterheim, S. E., & Bos, A. E. (2015). Female sex trafficking: Conceptual issues, current debates, and future directions. *Journal of sex research*, 52(4), 380-395.
- Michell, G. (1988). *The Hindu temple: An introduction to its meaning and forms*. University of Chicago Press.
- Mikheeva, A. (2014). Yoga as a method of increasing resistance to stress of pregnant women. *Polylinguality and Transcultural Practices*, (2), 62-68.
- Mikheeva, A. (2015). Mechanisms of increasing the stress resistance of the individual with the help of yoga classes. *Polylinguality and Transcultural Practices*, 2, 78-84.
- Mikheeva, A. (2016a). Ratio features of stress tolerance and anxiety in men and women. *RUDN Journal of Psychology and Pedagogics*, (2), 84-90.
- Mikheeva, (2016b). Osobennosti stressoustoychivosti i trevozhnosti u muzhchin i zhenshchin [Features of stress and anxiety in men and women]. *Vestnik Rossiyskogo universiteta druzhby narodov. Seriya: Psikhologiya i pedagogika*, 2, 78-84.
- Miller, A. M., Kismödi, E., Cottingham, J., & Gruskin, S. (2015). Sexual rights as human rights: a guide to authoritative sources and principles for applying human rights to sexuality and sexual health. *Reproductive Health Matters*, 23(46), 16-30.
- Mishra, R. C. (2013). Moksha and the Hindu worldview. *Psychology and Developing Societies*, 25(1), 21-42.
- Mishra, S. P., & Singh, R. H. (1984). Effect of certain yogic asanas on the pelvic congestion and it's anatomy. *Ancient science of life*, 4(2), 127-128.

- Mitrananda, S. (2018). *Kaupeena panchakam*. Delhi: Chinmaya Mission.
- Miquel, C. (2015). Towards a quantum model for meditation. *Advances in Systems Science and Applications*, 15(2), 99-118.
- Mukherjea, S. (2015). *Gurus of Chaos: modern India's money masters*. Bloomsbury Publishing.
- Mumford, J. (2021). *Ecstasy through tantra*. Llewellyn Worldwide.
- Murthy, R. S. (2010). Hinduism and mental health. *Religion and psychiatry: Beyond boundaries*, 159-179.
- Nachimuthu, P., Bhuvaneswari, B., Mahendran, P. (2006). The Relevance of Rituals. *J. Yoga*, 5(1).
- Nag M. (1995). Sexual behaviour in India with risk of HIV/AIDS transmission. *Health Transition Review*, 5, 293-305
- Nagel, H. (2019). Erotic communication and relationship satisfaction: Lessons from ancient texts. *Journal of Interpersonal Relationships*, 34(4), 512–528.
- Nanthakumar, C. (2019). Yoga and the five great elements: Is there a link? <https://www.maiyiyogaacademy.com/2019/11/05/yoga-and-the-five-great-elements-is-there-a-link/>.
- Narayanan, V. (2005). Gender and priesthood in the Hindu traditions. *Journal of Hindu-Christian Studies*, 18(1), 8.
- National Center for Health Statistics (2022). *Marriage and Divorce Rates by State: 2020*. https://www.cdc.gov/nchs/data/dvs/Marriage_Divorce_2020.pdf
- Nelson, J. B. (2008). *Between two gardens: Reflections on sexuality and religious experience*. Wipf and Stock Publishers.
- Neto, F. T. L., Bach, P. V., Lyra, R. J. L., Borges Junior, J. C., Maia, G. D. S., Araujo, L. C. N., & Lima, S. V. C. (2019). Gods associated with male fertility and virility. *Andrology*,

7(3), 267-272.

- Neumann, I. B. (1996). *Russia and the idea of Europe: A study in identity and international relations*. Routledge.
- Newcombe, S. (2017). *The revival of yoga in contemporary India*. Oxford Research Encyclopaedia: Religion.
- Nguyen-Feng, V. N., Morrissette, J., Lewis-Dmello, A., Michel, H., Anders, D., Wagner, C., & Clark, C. J. (2019). Trauma-sensitive yoga as an adjunctive mental health treatment for survivors of intimate partner violence: A qualitative examination. *Spirituality in Clinical Practice*, 6(1), 27.
- Nieuwdorp, M. (2024). *The Power of Hormones: The new science of how hormones shape every aspect of our lives*. Simon and Schuster.
- Niyonambaza, S. D., Kumar, P., Xing, P., Mathault, J., De Koninck, P., Boisselier, E., ... & Miled, A. (2019). A review of neurotransmitters sensing methods for neuro-engineering research. *Applied sciences*, 9(21), 4719.
- Odier, D. (2016). *Tantric Kali: secret practices and rituals*. Simon and Schuster.
- Office for National Statistics (2021). *Divorces in England and Wales: 2020*. <https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/divorce/bulletins/divorcesinenglandandwales/2020>.
- Ohso, R. 1989. *From sex to super-consciousness*. The Rebel Publishing House, Mumbai.
- Olesen, B. W. (Ed.). (2015). *Goddess traditions in Tantric Hinduism: history, practice and doctrine*. Routledge.
- Olivelle, P. (Trans.). (2005). *Manu's code of law: A critical edition and translation of the Mānava-Dharmaśāstra*. Oxford University Press.

- Olivelle, P. (Trans.). (1996). *Upaniṣads*. Oxford University Press.
- Ong, I., Cashwell, C. S., & Downs, H. A. (2019). Trauma-sensitive yoga: A collective case study of women's trauma recovery from intimate partner violence. *Counseling Outcome Research and Evaluation*, 10(1), 19-33.
- Orden, S. R., & Bradburn, N. M. (1968). Dimensions of marriage happiness. *American Journal of Sociology*, 73(6), 715-731.
- Padoux, A. (1986). Tantrism.' In *Encyclopedia of Religions*, edited by Mircea Eliade. New York: Macmillan. Vol. 14, pp. 272–76.
- Panda, N.C. 2014. *Manusmriti : Text with Sanskrit Commentary & English Translation*. Bharatiya Kala Prakashan, Delhi.
- Pande, R., 2010. *Divine sounds from the heart—singing unfettered in their own voices: the Bhakti movement and its women saints (12th to 17th Century)*. Cambridge Scholars Publishing.
- Parekh, B. C. (1999). *Colonialism, tradition, and reform: an analysis of Gandhi's political discourse*. Sage.
- Patanjali. (2003). *The Yoga Sutras of Patanjali: Commentary on the Raja Yoga Sutras by Sri Swami Satchidananda*. Integral Yoga Publications.
- Pati, G. (2011). Temple and human bodies: Representing hinduism. *International Journal of Hindu Studies*, 15(2), 191-207.
- Pettman, R. (2010). Psychopathology and world politics. *Cambridge Review of International Affairs*, 23(3), 475-492.
- Pfaus, J. G. (2009). Pathways of sexual desire. *The journal of sexual medicine*, 6(6), 1506-1533.

- Porter J.M. B. (1997). Prostitution and monastic reform. *Nottingham Medieval Studies*, 41, 72-79.
- PTI (2024). 28,811 complaints of crimes against women received in 2023. *Times of India*, <https://timesofindia.indiatimes.com/india/28811-complaints-of-crimes-against-women>.
- Rabe, M. D. (2000). Secret yantras and erotic display for Hindu temples. *Tantra in practice*, 43446.
- Rajaram, N.S. (1918). *Siva Maha Puranam*. Addison Press, Chennai.
- Raguram, R., Venkateswaran, A., Ramakrishna, J., & Weiss, M. G. (2002). Traditional community resources for mental health: a report of temple healing from India. *Bmj*, 325(7354), 38-40.
- Rai, A. K. (2018). The concept of dharma. *The Journal of East West Thought*, 8(1), 19-25.
- Rai, R., & Rai, A. K. (2021). Nature of sex trafficking in India: A geographical perspective. *Children and Youth Services Review*, 120, 105739.
- Rajaram, N.S. (1918). *Siva Maha Puranam*. Madras: Addison.
- Rajkumar, R.P. (2020). Correlates of suicidality in men with psychogenic sexual dysfunction. <https://europepmc.org/article/ppr/ppr171800>
- Rakshith, K. R., Sinha, K., & LA, V. K. (2017). Yogic intervention in sexual dysfunction-a review. *Journal of Ayurveda and Integrated Medical Sciences*, 2(04), 243-250.
- Rambachan, A. (1994). The Purusharthas: An Integrated Vision. *Journal of Hindu-Christian Studies*, 7, 17-24.
- Ranganathan, S. (2008). *Patanjali's yoga sutra*. Penguin UK.
- Rangarajan, L. N. (1987). *Kautilya: The Arthashastra*. Delhi: Penguin.

- Ranganathananda, S. (2002). *The Hindu Way of Life: The Four Purusharthas*. Advaita Ashrama.
- Renaud, C. A., & Byers, E. S. (1999). Exploring the frequency, diversity, and content of university students' positive and negative sexual cognitions. *The Canadian Journal of Human Sexuality*, 8(1), 17-17.
- Renaud, C. A., & Byers, E. S. (2001). Positive and negative sexual cognitions: Subjective experience and relationships to sexual adjustment. *Journal of Sex Research*, 38(3), 252-262.
- Richardson, D. (2007). *Tantric Orgasm for Women*. Hay House, Inc.
- Rigopoulos, A. (1998). *Dattatreya: the immortal guru, yogin, and avatara: a study of the transformative and inclusive character of a multi-faceted Hindu deity*. SUNY Press.
- Ringdal, N. J. (2007). *Love for sale: A world history of prostitution*. London: Grove.
- Rishi, W. R. (1982). *India & Russia: linguistic & cultural affinity*. Roma Publications.
- Rochera, M. B. (2016). Physiotherapy in treating sexual pain disorders in women: a systematic review. *Advances in Sexual Medicine*, 6(03), 26.
- Rogers, L., Phillips, K., & Cooper, N. (2021). Energy Healing Therapies: A systematic review and critical appraisal. *Health Psychology Review*, 2(3), 162-170.
- Rosenthal, M. (2012). *Human sexuality: From cells to society*. Cengage Learning.
- Ruan, F. F. (2013). *Sex in China: Studies in sexology in Chinese culture*. Springer Science & Business Media.
- Salmon, C. A. (2008). The world's oldest profession: Evolutionary insights into prostitution. *Evolutionary forensic psychology: Darwinian foundations of crime and law*, 121-135.

- Salu, Y. (2011). The roots of sexual arousal and sexual orientation. *Medical Hypotheses*, 76(3), 384-387.
- Sanneving, L., Trygg, N., Saxena, D., Mavalankar, D., & Thomsen, S. (2013). Inequity in India: the case of maternal and reproductive health. *Global health action*, 6(1), 19145.
- Saradananda, S. (2017). *The Power of Breath: The Art of Breathing Well for Harmony, Happiness and Health*. Watkins Media Limited.
- Sarbacker, S. R. (2011). Indo-Tibetan Tantrism as Spirit Marriage. *Perceiving the Divine through the Human Body: Mystical Sensuality*, 29-43.
- Sargeant, W. (Trans.). (2009). *The Bhagavad Gita: Twenty-fifth anniversary edition*. State University of New York Press.
- Sastri, A. M. (1903). *Taittiriya Upanishad*. Samata books, Madras.
- Satchidananda, S. S. (2003). *The Yoga Sutras of Patanjali*. 9 [sup] th ed. Buckingham (VA): Integral Yoga Publications.
- Sayin, U. (2011). Altered states of consciousness occurring during expanded sexual response in the human female: preliminary definitions. *Neuroquantology*, 9(4), 882-891.
- Sayin, U. (2012). Doors of female orgasmic consciousness: New theories on the peak experience and mechanisms of female orgasm and expanded sexual response. *NeuroQuantology*, 10(4), 692-714.
- Sayin, H. Ü. (2017). Tantra, ESR and the limits of female potentials. *SexuS Journal*, 2(3), 55-74.
- Schaan, V. K., Schulz, A., Schächinger, H., & Vögele, C. (2019). Parental divorce is associated with an increased risk to develop mental disorders in women. *Journal of affective disorders*, 257, 91-99.

- Schaeffer, B. (2009). *Is it love or is it addiction: the book that changed the way we think about romance and intimacy*. Simon and Schuster.
- Scharfe, H. (2004). Artha. In *The Hindu World* (pp. 249-263). Routledge.
- Selwyn, T., 1979. Images of reproduction: an analysis of a Hindu marriage ceremony. *Man*, 684-698.
- Sengupta, N. (1958). *Evolution of Hindu marriage with special reference to rituals,(c. 1000 BC-AD 500)*. University of London, School of Oriental and African Studies, United Kingdom.
- Scott, S. B, Rhoades, G. K, Stanley, S. M, Allen, E. S, Markman, H. J. (2013). Reasons for Divorce and Recollections of Premarital Intervention: Implications for Improving Relationship Education. *Couple Family Psychol.* 2(2) 131-145.
- Sessa, B. (2021). *Altered States*. eBook Partnership.
- Sharma, A. (1999). The Purusārthas: an axiological exploration of Hinduism. *Journal of Religious Ethics*, 27(2), 223-256.
- Sharma, U. (Ed.). (2005). *Marriage in Indian society: from tradition to modernity (Vol. 1)*. Mittal Publications.
- Sharma, G. (Ed.). (2008). *An Introduction to Legal Systems of the World*. Deep and Deep Publications.
- Shastri, J. L. (1950). *The Shiva Purana*. Motilal Banarsidass Publishers, Delhi.
- Shabankare, M. G., Heidari, A., Makvandi, B., & Marashian, F. S. (2021). The relationship of mindfulness and difficulties in emotion regulation with emotional divorce through sexual satisfaction among married university students in Ahvaz, Iran. *Journal of Shahrekord*

University of Medical Sciences, 23(1), 7-13.

Shivanand, S. 2022. Celibacy is life. Aadhunik Prakashan Grih Prayagraj, India.

Shukla, R. P. (2004). Value education and human rights. Sarup & Sons.

Siegel, J. P. (2014). The mindful couple. *Clinical Social Work Journal*, 42, 282-287.

Singh, M. (2024). Marriage and Strategic Confrontation: A Critical Analysis of Indian Society. *Journal of Human Values*, 09716858241275716.

Singh, J. (2012). Siva sutras: The yoga of supreme identity. Motilal Banarsidass.

Singh, N. (1992). The Vivaha (Marriage) Samskara as a paradigm for religio-cultural integration in Hinduism. *Journal for the Study of Religion*, 31-40.

Singh, S. B. (2013). "Ahimsa" and Domestic Violence in the Metropolitan Area of Durban, South Africa. *Journal of Sociology and Social Anthropology*, 4(1-2), 141-148.

Singh, R.S., 2009. The Goddess Kamakhya temple complex: Symbolism, sacredscape, and festivals. *Man in India* 89, 121-13

Singh, M., & Kumar, A. (2017). Yoga and sexual health. *Basics of Human Andrology: A Textbook*, 509-516.

Singh, V. K., Singh, P., Karmakar, M., Leta, J., & Mayr, P. (2021). The journal coverage of Web of Science, Scopus and Dimensions: A comparative analysis. *Scientometrics*, 126, 5113-5142.

Sivananda, S. (1997). Practice of Brahmacharya. Divine Life Society.

Sophia, A. (2013). Sacred Sexual Union: The Alchemy of Love, Power, and Wisdom. Simon and Schuster.

Sovatsky, S. (2009). Kundalini and the complete maturation of the ensouled body. *Journal of*

Transpersonal Psychology, 41(1), 1.

Sovatsky, S. (2014). *Advanced spiritual intimacy: The yoga of deep tantric sensuality*. Simon and Schuster.

Spina, N. R. (2024). Women's Ritual Expression and Religious Agency: Om Śakti Communicating Innovation in Contemporary Hinduism. In *Gendered Agency in Transcultural Hinduism and Buddhism* (pp. 64-83). Routledge.

Stevens, W.K. (1983). Sexual repression in the land of Kama sutra. *New York Times*, <https://www.nytimes.com/1983/04/22/world/sexual-repression-in-the-land-of-the-kama-sutra.html>.

Stewart, S. (2022). The holy sadhu who loves Shakespeare. *BBC* Feb 25. <https://www.bbc.com/travel/article/20160418-the-holy-sadhu-who-loves-shakespeare>.

Stone, M. (2009). *Yoga for a world out of balance: Teachings on ethics and social action*. Shambhala Publications.

Strong, A. K. (2016). *Prostitutes and matrons in the Roman world*. Cambridge University Press.

Suvilehto, J. T., Glerean, E., Dunbar, R. I., Hari, R., & Nummenmaa, L. (2015). Topography of social touching depends on emotional bonds between humans. *Proceedings of the National Academy of Sciences*, 112(45), 13811-13816.

Svatmarama, Y. (2002). *Hatha yoga pradipika*. Yogavidya.com.

Somasundaram, O. (1986). Sexuality in the Kama Sutra of Vatsyayana. *Indian Journal of Psychiatry*, 28(2), 103.

Somasundaram, O., & Murthy, T. (2017). Alvars of South India: A psychiatric scanner. *Indian Journal of Psychiatry*, 59(3), 375-379.

- Staal, F., 2008. *Discovering the Vedas: origins, mantras, rituals, insights*. Penguin Books India.
- Statistics Canada (2022). Divorce rates. <https://www150.statcan.gc.ca/t1/tb11/en/tv.action?pid=1710000901>.
- Statista. (2022). Marriage and divorce rate in Russia from 1990 to 2022. Retrieved December 21, 2024, from <https://www.statista.com/statistics/1009719/russia-marriage-and-divorce-rate/>
- Stein, B. (1977). Temples in Tamil country, 1300-1750 AD. *The Indian Economic & Social History Review*, 14(1), 11-45.
- Sternbach, L. (1941). A sociological study of the forms of marriage in ancient India. *Annals of the Bhandarkar Oriental Research Institute*, 22(3/4), 202-219.
- Sundahl, D. (2014). *Female ejaculation and the G-spot*. Turner Publishing Company.
- Tabatabaie, N. S., Rasti Borujeni, F., Tavakol, Z., & Raeisi Shahraki, H. (2024). The Effect of Yoga and Pelvic Floor Muscle Exercise on Sexual Function and Sexual Selfesteem of Reproductive-age Women: A Randomized Clinical Trial. *International Journal of Community Based Nursing & Midwifery*, 12(3), 188-198.
- Tan, S. Y. (2006). *Full service: Moving from self-serve Christianity to total servanthood*. Baker Books.
- Tandon, R. 2023a. Asian psychiatry, world psychiatry, and the Asian Journal of Psychiatry: Back to the future. *Asian Journal of Psychiatry* 84, 103632. <https://doi.org/10.1016/j.ajp.2023.103632>
- Tandon, R., 2023b. Asian philosophies and the practice of modern psychiatry. *Asian Journal of Psychiatry*, 86, 103700.
- Tao, H. L. (2019). Marriage and happiness: Evidence from Taiwan. *Journal of Happiness Studies*, 20, 1843-1861.

- Tapasyananda, S. (2006). *Srimad Bhagavad Gita: The scripture of mankind*. Chennai: Ramakrishna Math.
- Target, M. (2007). Is our sexuality our own? A developmental model of sexuality based on early affect mirroring. *British Journal of Psychotherapy*, 23(4), 517-530.
- Thallam, S. (2013). Cekkilar's Periyapuram and the Story of Karaikkal Ammai. *Journal of South Asian Studies*, 1(1), 83-90.
- The Siasat Daily. (2023). With lowest divorce rate, India tops world ranking in preserving relationships. Retrieved December 21, 2024, from <https://www.siasat.com/with-lowest-divorce-rate-india-tops-world-ranking-in-preserving-relationships-2697285/>
- The Times of India. (2023). States with highest and lowest divorce rates in India. Retrieved December 21, 2024, from <https://timesofindia.indiatimes.com/life-style/spotlight/web-stories/states-with-highest-and-lowest-divorce-rates-in-india/photostory/105466677.cms>
- Thomas, S. (1915). *The "Summa Theologica" of St. Thomas Aquinas (Vol. 5)*. R. & T. Washbourne.
- Thurston, B. B. (2022). *Saint Mary of Egypt: A Modern Verse Life and Interpretation (Vol. 65)*. Liturgical Press.
- Tirumular (1991). *Tirumantiram: A Tamil scriptural classic*. Sri Ramakrishna Math, Kolkotta.
- TOI, 2023. India's richest saints, babas and their net worth. Times of India. <https://timesofindia.indiatimes.com/business/india-business/indias-richest-saints-babas-and-their-net-worth/photostory/101618747.cms>.
- Torri, M. C. (2009). Abuse of lower castes in South India: The institution of Devadasi. *Journal of International Women's Studies*, 11, 31-48.
- Uecker, J. E., Ellison, C. G., Flannelly, K. J., & Burdette, A. M. (2016). Human sinfulness, divine forgiveness, and mental health: Evidence from a sample of US adults. *Review of Religious Research*, 58(1), 1-26.

- Ullman, R., Reichenberg-Ullmann, J. (2001). *Mystics, Masters, Saints, and Sages: Stories of Enlightenment*. Berkeley, CA: Conari.
- Urban, H. B. (2009). *The power of Tantra: Religion, sexuality and the politics of South Asian studies*. Bloomsbury Publishing.
- Van Cappellen, P., Way, B. M., Isgett, S. F., & Fredrickson, B. L. (2016). Effects of oxytocin administration on spirituality and emotional responses to meditation. *Social Cognitive and Affective Neuroscience*, 11(10), 1579-1587.
- Vanwesenbeeck, I. (2013). Prostitution push and pull: Male and female perspectives. *Journal of Sex Research*, 50(1), 11-16.
- Varadpande, M. L. (2011). *Love in Ancient India*. SCB Distributors.
- Vatsyayana, M. (2012). *The Original Kama Sutra completely illustrated by Mallinaga Vatsyayana*, translated by Burton, R., Arbuthnot, F.F., and Jain, V. Mittal Publishing.
- Venkatesananda, S. (1988). *The concise Ramayana Valmiki*. New York: State University.
- Venkatraman, R. (1977, January). The date of Tirumular: A eassessment. In *Proceedings of the Indian History Congress (Vol. 38, pp. 100-107)*. Indian History Congress.
- Ventriglio, A., Kalra, G., & Bhugra, D. (2018). Human rights and sexuality: sexual fluidity. *The Lancet Psychiatry*, 5(2), 109-110.
- Verma, R. 2022. 'Born in the wrong body': the long road to justice for India's transgender community. <https://www.eco-business.com/news/born-in-the-wrong-body-the-long-road-to-justice-for-indias-transgender-community/>.
- Visharadananda, S. (2003). *Human values*. Bangalore: Swami Vivekananda Yoga Prakashana.
- Vivekananda, S. (2012). *The Yoga Sutras of Patanjali*. Watkins Media Limited.

- Von Schmädell, J. (2009). The History of Marriage Law in Austria and Germany: From sacrament to civil contract. *Hitotsubashi journal of law and politics*, 37, 41-47.
- Walls, R., 1973. Celibacy and the Priesthood. *The Furrow*, pp.711-722.
- Warner, M. (1983). *Alone of all her sex*. New York: Vintage.
- Williams, D. J., Thomas, J. N., Prior, E. E., & Walter, W. (2015). Introducing a multidisciplinary framework of positive sexuality. *Journal of Positive Sexuality*, 1, 6– 11.
- Winter, F., Steffan, A., Warth, M., Ditzen, B., & Aguilar-Raab, C. (2021). Mindfulness-based couple interventions: a systematic literature review. *Family process*, 60(3), 694-711.
- White, D. G. (1998). Transformations in the art of love: Kāmakalā practices in Hindu Tantric and Kaula traditions. *History of Religions*, 38(2), 172-198.
- White, D. G. (2000). Tantra in practice: Mapping a tradition. *Tantra in practice*, 3-38.
- Whitwell, M. (2012). *The Promise of Love, Sex, and Intimacy: How a Simple Breathing Practice Will Enrich Your Life Forever*. Simon and Schuster.
- Witzel, M. (2003). Vedas and upanisads. *The blackwell companion to hinduism*, 66-101.
- Wu, S. (2022). The Kiss as an Art of Love: Touch, Sensuality, and Embodied Experience in Modern Chinese Culture. In *Sensing China* (pp. 99-127). Routledge.
- Yoga Magazine (1990). <http://www.yogamag.net/archives/1990s/1990/9003/9003vajm.html>.
- Zhang, T. G. (2011). *Complete poetry collection of Tang Dynasty*. Beijing: Zhonghua Book.
- Zurndorfer, H. T. (2011). Prostitutes and courtesans in the Confucian moral universe of Late Ming China (1550–1644). *International Review of Social History*, 56(S19), 197-216.
- Zvelebil, K. V. (2021). *Lexicon of Tamil literature (Vol. 9)*. Brill.

APPENDIX 1.0
ETHICS COMMITTEE APPROVAL

This study was exempted from IEC presentation.

Publication Details

Name of the Research Scholar: Anastasia Mikheeva

University Registration No.: 1100812030

Supervisor/s: Dr. B.R. Ramakrishna (Guide); Prof. G. Agoramorthy (Co-Guide)

Research Title: Spirituality and sexuality: The Yoga model of spiritual transformation of Western marriage

#	Name of the Article / Title	Published/ Accepted Date of submission and date of acceptance of the paper	Web link of article if published	Name of the Journal and Publisher	Is it indexed journal? Yes/No If yes provide details	Impact Factors (Thomson Reuters-2018)	UGC Listed Yes/No If yes provide the details/link
1	Sexuality and spirituality: Insights on sex and enlightenment	Accepted 25 Sept 2023 Published 30 Sept 2023	https://www.sciencedirect.com/science/article/abs/pii/S1876201823003490?via%3Dihub	Asian Journal of Psychiatry Elsevier	Yes Web of Science - Thomson Reuters	3.8	
2	Erotic temples: Sexual, Spiritual and Psychiatric Riddles	Accepted 10 July 2024 Published 21 Sept 2024	https://journals.lww.com/aips/fulltext/9900/erotic_temples_sexual_spiritual_and_psychiatric.39.aspx	Annals of Indian Psychiatry Wolters Kluwer	Yes Web of Science - Thomson Reuters	0.2	
3	Sexuality and Spirituality: Can Yoga Intensify Intimacy and Decrease Divorce?	Accepted 9 May 2024 In press now	Not yet online	Indian Journal of Social Psychiatry Wolters Kluwer	UGC-CARE, DOAJ, Scimago Journal Ranking, SCOPUS	-	

4	From Social Evil to Spiritual Redemption: The Religious Paradox of Prostitution in Society	Accepted 9 May 2024 In press now	Not yet online	Eastern Journal of Dialogue and Culture Chair for Christian Studies, University of Calicut	UGC-CARE	-	Yes https://ugc-care.unipune.ac.in/Apps1/User/WebA/ViewDetails?JournalId=101051426&flag=Search
5	India's sexuality and spirituality paradox	Accepted 3 June 2024 Published in November 2024	https://iisb.org/pdf/June2024/5_Indias_sexuality_and_spirituality_paradox.pdf	Indian Journal of Health, Sexuality & Culture Indian Institute of Sexology Bhubaneswar	-	-	No



(Anastasia Mikheeva)
Signature of Research Scholar



(Prof. G. Agoramoorthy)
Name & Signature of the Research Supervisor

Figures

Figure 1. Hinduism uniquely integrates ancient scriptures, traditional values, modern scientific views and rapidly changing global trends.....	11
Figure 2. Ancient Hindu wedding ceremony (Painting courtesy by Granger- https://fineartamerica.com/featured/3-hindu-wedding-ceremony-granger.html)	26
Figure 31. The Yoga model of spiritual transformation of Western marriage.....	Error!
Bookmark not defined.	
Figure 4. Yoga model depicting transformation: Sexual and spiritual union leads to spiritually progressive life among couples.....	56
Figure 1. Couples have the potential to transcend from physical to spiritual scale linking body, mind and spirit to fulfil the four major goals in life leading to ultimate happiness.....	62
Figure 2. My field visit to Thiruvavaduthurai Adheenam, a famous Saivite mutt, located at Thiruvavaduthurai (left) and Annamalai University at Chidambaram (right) in Tamil Nadu to collect data from ancient Indian scriptures. At Thiruvavaduthurai Adheenam library, I had the privileged to meet Shri. Narayanasamy, the author of several books on Saiva Sithandam, who gave me a signed copy of his recent books on Maha Bhairavar and Kali Mata (Photos by Anastasia Mikheeva).....	65
Figure 3. Physical, mental and spiritual union leading to bliss and enlightenment.....	67
Figure 1. Several ancient Hindu temples that I visited in Tamil Nadu displayed amazing stone carvings on the elegance of erotic art of women and couples (Photo by Anastasia Mikheeva).	72
Figure 2. The erotic carvings of nudity and sexual acts vividly displayed at Khajuraho temple in Madhya Pradesh, India (photo courtesy Professor G Agoramoorthy).....	75

Figure 2. During my field visits, I explored the goddess Kamakhya temple trice; it's located on the Nilachal Hills along the holy river Brahmaputra near Guwahati (Assam). I got initiated into the Vamachara Tantra Marga by a senior Kamakhya tantric guru, Kamala Ranjan Bhattacharya Axa Baba at Kamakhya. I also did the yoni puja ritual, accompanied by a transgender friend who also got initiated into the tantra tradition (photos Anastasia Mikheeva).....76

Figure 3. When individual devotees and tantric couples meditate on their favorite erotic deities, they develop great potential for spiritual growth leading to bliss while enhancing mental health.79

Figure 1. Elegance of romantic love display of deities worshipped in Tamil Nadu temples (Photos by Anastasia Mikheeva).....84

Figure 1. My visit to Yellamma goddess temple in Karnataka to understand the ancient devadasi system that was in practice long ago; it has been legally banned now by the government (Photos by Anastasia Mikheeva).....95

Figure 2. The 7-step spiritual action plan on how sexual sinners become spiritual paragons102

Tables

Table 1. Comparing different views of sexuality across six major world religions (source: Mahajan et al., 2013).....	13
Table 2. Comparing different perspectives on Indian sexuality across time periods (source: Chakraborty and Thakurata, 2013)	16
Table 3. Elaborate Hindi marriage systems and rituals in ancient India (Source: https://ithihas.wordpress.com/2016/10/26/institution-of-marriage-in-ancient-india/).....	27
Table 4. Eight different categories of marriages outlined in the Ancient Indian culture.....	29