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A field Study of susceptibility to Yoga meditation and Asana systems for control non-communicable diseases

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Genetic problem, physical and environmental situation were caused to non-communicable diseases. Communicable diseases, respiratory disorder, high blood pressure, diabetes and cancer can be considered to be major non-communicable diseases. According to latest reports; developing countries have been mostly affected by non - communicable diseases. 10 million people around the world pass away within one year because of their non - communicable diseases. The major reason for this is tobacco using, no exercise, no proper diet and the use of alcohol etc. The research problem of this study is whether we can use Yoga meditation and Asana system a solution for the main reason of no – exercise. In this research some patient these who are suffering from non - communicable diseases were selected and their pre – condition of and post behaviour of yoga meditation was taken in to consideration. The peculiarly of their research is that the use of person of non - communicable diseases. Filed research system is used for their methodology of this study.

Keywords: *Non communicable, Yoga meditation, Non-exercise, Communicable disease, Pre – condition*