

abstract

the pancha –kleśa are five psycho – physiological afflictions found in every human being as discussed throughout these kleśahs are responsible for all the mental pain, stress & sufferings which a human goes through the survey study we understood that dominance of least mental and emotional plane can be seen clearly in working people as they have to go through a lot of things related to career , workstress ,relationships ,personal life ,social life etc. through this study we have tried to assess

of personalities of human beings based intensity of kleśa and their manifestation through yogic practices & philosophy can help one to overcome to difficulties & sufferings of human life . our study requires further refinement in terms of number of factor and reliability of individual.