

A Study on application of Indian Knowledge System (IKS) in Wellness and Mental Health focusing on Yoga, Ayurveda and Psychology

Abhisek Bardhan

Student of Psychology

Singhania University

Jhunjhunu, Rajasthan, India

Email: abhisekbardhan18@gmail.com

Abstract: Indian Knowledge System (IKS) is India's traditional knowledge – mainly focuses on philosophy, science, arts, medicine, governance, etc. It is the unique texture of science and arts; IKS comprises a variety of traditional knowledge, cultural traditions and impacts a positive manner to the world cultural and heritage. The Indian knowledge system consists of Yoga, Meditation, Ved, Upanishads etc. It is said that world is becoming to the East for its cultural diversity, ancient advancement of science, arts etc. specially yoga, meditation, tools for the holistic development of wellness and mental health. This paper sheds light on the application of Indian knowledge system in wellness and mental health focusing on the area of yoga, Ayurveda and psychology. It is seen that family and school are the primary agents of social health that promote the health of well-being Of an individual. So for the application of Indian knowledge system, mainly science have the responsibility to promote the physical, social and mental health of the students.

Keywords: IKS, holistic, meditation, yoga, mental health, cultural diversity.

Introduction

introduction-The following are the components of IKS.

1)Yoga: Yoga is a core. is a holistic path for well-being and mental health. In knowledge, yoga means union. with the Supreme Consciousness-union of body, mind, spirit for well-being and self-realization.

2) Meditation: It is a continuous flow of focus on a single object leading to Samadhi (Absorption).

Advantages of Yoga—

- **Stress and anxiety:** It is proven that it is effective for stress management and emotional balance.
- **Mental resilience:** It is also noted that the yoga and meditation activities increase focus, self-awareness, and inner calm.
- **Holistic health:** It complements Ayurveda for a complete wellness system.
- **Flexibility:** Yoga having miscellaneous exercise techniques to enhance flexibility, reducing the risk of injuries.
- **Increased respiratory function:** Various breathing techniques or pranayama can improve respiratory health.
- **Increase mental health:** Yoga has very positive impact on one's mental health and overall wellness.

- **Enhance sleep quality:** It is worth remembering that yoga has a very positive impact on sleep patterns.

3) Ayurveda: It is the science of life, an ancient Indian holistic healing system focusing on balancing mind, body and spirit through natural remedies, diet etc.

Now we focus on the third component of Indian Knowledge System and Psychology.

The IKS and Psychology provides a holistic pattern for understanding the mind, the consciousness and mental well-being and some areas which are totally away from Western psychological point of view.

Holistic and connectedness: A fundamental principle is the holistic view of existence where the individual is deeply connected with the created universe and nature.

Methodology: Like Western psychology's strict reliance on theoretical, objective observation, the primary methodology in Indian traditional setting to study the self.

The nature of the mind and consciousness: Indian Knowledge System provides an enhanced model of consciousness and cognition that explores the mind (manas), intellect (buddhi), ego (ahankara) and memory (chitta).

Key Concepts and Theories: Several theories from IKS provide a unique insight into psychology.

The Triguna Theory: This theory is mainly in Samkhya philosophy and Bhagavad Gita describes three main qualities (guna) that comprise all existence of human beings:

- **Sattva:** It contains purity, balance, light, harmony. It is connected with positive psychology aspect like attention, compassion and detachment.
- **Rajas:** It contains passion, energy, movement, desire. It drives ambition and action but can lead to restlessness, agitation and attachment.
- **Tamas:** It contains darkness, inertia, ignorance, lethargy. It clouds the mind and leads to dullness, delusion and procrastination.

Applied aspect and well-being

The practical side of Indian psychology focuses on the betterment of mental health and well-being and achieving a state of positive overall well-being.

- **Yoga and Meditation:** These areas are central points to the IKS and include health, well-being and meditation practices.
- **Indigenous Therapies:** Yoga psychology, music therapy, Ayurveda-based healing represent the indigenous therapies that are culturally and holistically appropriate for today's world.

Integration with modern psychology

IKS offers a more holistic understanding of human nature and provides a broader range. Here are key points of integration:

- Modern psychology often addresses specific mental health issues, while IKS focuses on overall well-being.
- Modern psychology relies on an objective view, while IKS offers subjective insight.

Conclusion: The IKS suggests various types of philosophies on which this philosophy is very important to the 21st century. Today's world is competitive because many new well-being problems need psychology on the basis of philosophy and the philosophies in the Indian context.

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