



Role of Indian Knowledge Systems in Promoting Mental Health

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Abstract:

This research explores the Indian Knowledge System (IKS) covering areas from everything from philosophy and spirituality to science and the arts and the important insights it offers regarding the overall growth and development of people. This paper specifically looks at how the Indian knowledge system serves as a key base for supporting mental health (Sing, S., & Pandey, C. S. 2025, November). Maintaining mental well-being is a basic right for all people indeed, mental health is defined as a balance between physical health and mental and mental state. This research aims to study the important role of practices such as yoga, pranayama, and meditation taught in ancient Indian scriptures (including the Vedas, Upanishads, and Yoga Shasta's) toward fostering mental well-being, and to assess the current importance of the Indian knowledge system within the field of mental healthcare. Using a descriptive approach, this study uses qualitative methods. The findings indicate that the Indian knowledge system plays a key role in supporting an individual's mental peace (Bhakkad, M, 2025). This is achieved through different methods based on IKS. Ayurveda medicine provides treatment with fewer side effects. Yoga Shasta helps develop inner peace and meditation builds mental strength and patience mental resilience, and self-confidence. Thus, the Indian knowledge system through the practice of meditation and yoga is important for achieving mental well-being. Future research in this domain could further help improve this area of study and facilitate the making better policies. In conclusion, this research aims to help people across the globe to lead lives characterized by sound mental health and well-being.

Key words: Holistic, mental health, Vedas, Well-being, Epistemology

Introduction:

Since ancient times, the Indian knowledge system has played a key role in supporting the overall development of human beings covering various areas such as spirituality, philosophy, science, and the arts primarily through the teachings of the Vedas, Upanishads, Yoga Shasta, Ayurveda, and meditation (Sing, S., & Pandey, C.S. (2025). These disciplines contribute significantly to the mental well-being of the Indian people. Within the context of global culture, these disciplines and in accordance with Indian tradition, life is seen as the integrated and s development of mental, spiritual, and physical dimensions - a process that directly fosters mental wellness. The Indian knowledge system synthesizes a diverse array of philosophical and scientific traditions, treating the mind and body not as separate entities but as one inseparable, unified whole. Although mental stress has existed since antiquity, its impact has increased a lot particularly pronounced in the modern era manifesting as stress, anxiety, and depression. In mitigating these conditions and maintaining overall mental health. (Khan, N., & Khan, R. 2025). The Indian knowledge system plays a crucial role. Current medical approaches include various psychological therapies and pharmacological treatments, which, when integrated with ancient traditions serve as pathways to better mental health. Along with medication and therapy. Practices with no side effects such as yoga, hyena, and meditation are the key to overall well-being .

Review of Literature:

Charka Samira describes mental health as a balance of body, mind and soul. Sanpete Singh and Chandra Shekhar Pandey (2025) highlighted that the Indian Knowledge framework change provides a provides a spiritual approach to mental health through the teachings of Bhagavad Gita, Atharvaveda, and the Panchakosha Theory, they emphasized the importance of self-discipline, meditation, mental balance, and spiritual practices for mental

health and well-being. The study also explained that the t-ree guans: Sativa, Rajas, and Tames influence human mental health and behaviour, that the development of Sativa promotes better mental health and well-being.

Mama Baked and Manish Patel (December, 2025) stated that Indian Knowledge systems provide a holistic framework for understanding mental and emotional well-being. In This study highlighted the importance of Ayurveda, Guans, Yoga self-awareness, pranayama, and balanced living in promoting emotional stability and mental health and well-being. The authors highlighted that integrating traditional Indian concepts with modern mental health approaches can support sustainable and culturally relevant well-being practices.

Bhuvnesh Sankar Slap, Ajay Kumar Nair, and Krishnamurthy Jacana (October, 2020)

Conducted a pilot study on Heartfulness Meditation and its effects on human well-being and Cognition. Published in consciousness and cognition, the study found that experienced meditators showed higher gamma brain wave activity during meditation Compared to non meditators and the researchers explained that meditation, self-awareness, Emotional balance, and mental well – being. The findings suggest that regular meditation can positively impact cognitive functioning and help in maintaining better mental health and well-being.

Tamar Glatman Zaretsky and colleagues (2023) discussed the growing role of psychedelic -assisted therapy in the treatment of post-traumatic stress disorder. In this research work published in Current psychopharmacology the review highlighted that traditional PTSD treatments often remain insufficient for many patients. The study clarifies that psychedelic compounds such as psilocybin, MDMA, ketamine and LSD may help improve emotional regulation and cognition, and mental well - being when integrated with psychotherapy and the authors emphasized the need for broader and holistic and more effective mental health interventions for trauma- related disorders.

Seyedeh Robabeh Riazi, Fatemeh Golshani, Anita Baghdasarians, and Marjan Jafari Roshan (January2026) examined the effectiveness of Zen meditation on psychological well - being and pain among elderly residents of Kahrizak Nursing Home in Tehran, The authors' study found that regular Zen meditation significantly improved psychological well - being, including self - acceptance, positive relationships and personal growth among elderly participants, Although the reduction in physical pain was limited, the researchers concluded that relaxation can be a successful and supportive approach for improving mental health and older adults 'a emotional well - being in older adults,

In a statement stated that, Nida Khan and Dr. Raisa Khan (March 2025). The Indian Knowledge System serves as a repository of ancient Vedic wisdom and traditions that have endured for centuries, evolving from ancient times to the modern era. This system explores how its basic principles relate to well-being by examining the scientific and philosophical aspects of Ayurveda. It advocates for the integration of the Indian Knowledge System with modern psychological and medical practices to support the development of complete wellness models. The findings suggest that the practice of Indian knowledge traditions by fostering mental tranquility, stability, and vitality-can establish a sustainable approach to holistic health in the modern age.

Objectives of the Study:

1. To explore the role of Indian Knowledge Systems in promoting mental health.
2. To analyses the contribution of Yoga, meditation, and Ayurveda to psychological well-being.
3. To understand the relevance of IKS in contemporary mental health practices.

Research Questions:

1. How do Indian Knowledge Systems contribute to the promotion of mental health and Overall well-being?

2. To what extent do Yoga, meditation, and Ayurveda contribute to mental well-being?
3. How relevant is the IKS to contemporary mental healthcare practices?

Conceptual Understanding of the Indian Knowledge System:

The Indian Knowledge System represents a traditional Indian framework of knowledge and wisdom that includes philosophy, science, literature, mathematics, medicine, the arts, and spirituality. Its core principles are reflected in these disciplines. The main features of the Indian Knowledge System are: as follows: Holistic Perspective: It states that the mind and body are not distinct entities. In other words, it says there is no separation between the material and spiritual realms and at there is no separation between the material and spiritual realm. Should be integrated. Foundation in scriptural: knowledge: Although grounded in scriptural texts such as the Vedas, Vedanta, Upanishads, various religious scriptures, and Yoga Shasta's this system also conveys messages of human welfare that are remain highly still relevant today. Repository of Experience: The Indian Knowledge System does not rely solely on analysis. Instead, it focuses on drawing conclusions through observation, experimentation, and logical reasoning, thereby heaping build up a large amount of knowledge among students and the general public. The eighteen branches include the four Vedas, four Upanishads, six Vedanta's, Miasma, These eighteen branches comprise the four Vedas, four Upanishads, six Vedanta's, Miasma, Nay, Dharmashastra, and Purina's. Also the system additionally, the system is further categorized into sixty-four distinct arts (Kalas). The Pursuit of Spirituality: Indian philosophical schools- including Nay, Samkhya, Yoga, Mimamsa, Vedanta, and Vaisheshika are deeply rooted in and oriented toward the pursuit of spirituality. Value-Based Education System: The Indian Knowledge System serves as the foundation for a value-based educational framework-one that prioritizes moral development and embodies ideals such as non-violence (Ahimsa), truthfulness (Satya), and the welfare of all. The Role of Literature and the Arts: Literature and the arts constitute a pivotal aspect of the Indian Knowledge System. It has significantly advanced the study of Indian languages, grammar, phonetics, and other complex theoretical frameworks; furthermore, classical arts including music, dance, and various visual arts remain an integral and inseparable component of this comprehensive knowledge tradition.

Methodology:

In conducting this research, I have completed the study descriptively, basing it upon a conceptual inquiry. The research uses a qualitative method. Also further more. By reviewing literature and studying various texts on Indian epistemology I added a new angle to this research by analyzing concepts such as Yoga, Meditation, and Pranayama, thereby bringing my work to completion.

Analysis and Results:

1. The Role of IKS in Promoting Mental Health: In conducting this research, methods for achieving mind-body balance in ancient Indian scriptures such as the Vedas, Samkhya texts, and others. The study explores the holistic perspective of the Indian Knowledge System (IKS) regarding the preservation of human mental health. It shows that IKS offers more than just treatment, but merely therapeutic interventions, but a comprehensive pathway toward a healthy lifestyle. The findings show that the Indian Knowledge System plays a pivotal role key role in ensuring an individual's social and spiritual well-being. This approach is important because it does not just treat the illness. Instead, it identifies the underlying causes of mental distress for each individual, finds the problem, and looks for a solution. Path to resolution. From this model we see that IKS includes ethical living, spiritual balance. IKS integrates ethical living, spiritual balance and self-discipline as key parts of mental stability. Because of this, it is possible to move past mental stress and live a healthy life. So, we find that that incorporating IKS principles can offer a sustainable and culturally rooted alternative to reduce the growing burden of mental distress. So IKS in this context.

2. The Contribution of Yoga, Meditation, and Ayurveda to Psychological Well-being: From childhood through old age, good health covering both mental and physical aspects is a fundamental right for every human being. In Indian knowledge traditions, while meditation is often intertwined with spirituality, it serves to mentally empower individuals, enhance their patience, and help develop their thinking skills. Also, Pranayama helps purify the body's nervous system. In the context of modern mental healthcare, Ayurveda treatment plays an important supporting role along with modern therapies and alongside various contemporary therapies and medicines. The results show that the practice of Ayurveda, Yoga, Pranayama, and Meditation make people mentally strong and help maintain good mental health physical health, and are key to overall mental wellness. Using these practices together has many benefits of this practice indicates a multi-level impact. The ancient yogic tradition practiced for long, controls the body and calms the body and stabilizes physiological arousal. It boosts metabolism and awareness, improves focus, calms the mind, and Ayurveda restores systemic balance, giving granting people a healthy life. This explains why people who are response explains why individuals who are consistently engaged in IKS-based routines report lower levels of perceived mental stress and improved psychological resilience.

3. The Relevance of IKS in Contemporary Mental Health Practices: In the modern era, as various psychological challenges such as depression and anxiety continue to rise more people see the value of ancient IKS method alongside conventional therapies and medications. The findings provide proof that compelling evidence that the various techniques in this system including Yoga, Meditation, and Pranayama facilitate the well-being of both the body and the mind, thereby enabling individuals to maintain sound mental health. Moreover, the results show that ancient Indian knowledge traditions serve to complement and enrich modern medical practices a synergy that has become increasingly prominent and trending in the contemporary world. This growing convergence especially highlights the need for integrating IKS principles at the policy level within mainstream healthcare and academic curricula. By linking tradknowledge with evidence-based science, particularly in resource-limited settings, we can build a more inclusive and accessible mental health ecosystem. This approach offers a practical way forward.

Educational and Social Implementation: The NEP 2020 advocates for a shift from traditional pedagogical methods to hands-on learning, emphasizing the demonstration of cause-and-effect relationships, and proposes the inclusion of subjects such as Ayurveda, Yoga, and sports within the curriculum. The Indian Knowledge System (IKS) is rooted in a heritage of wisdom spanning thousands of years; yet, it integrates this ancient knowledge with modern disciplines to foster social cohesion and align with contemporary educational frameworks. It facilitates the holistic development of students encompassing their social, Vedic, ethical, and spiritual growth thereby exerting a profound positive influence on society and aiding in the formation of responsible citizens. By supporting mental well-being, it helps build a peaceful society the rapid emergence of a harmonious society and, in today's time, helps prevent loss of culture serves to prevent cultural alienation. Although the term IKS is new modern coinage, its foundations lie in ancient texts such as the Vedas, Upanishads, and various philosophical treatises' these texts invigorate contemporary society by promoting ethical principles such as non-violence, selfless service, and love which, in turn, foster empathy and social harmony.

Conclusion:

The Indian Knowledge system (IKS) gives a broad a broad and rich view presents a rich and holistic perspective on mental health for the people of India. Using sources like the Vedas upon sources such as the Vedas (Rigveda, Yajurveda, Atharvaveda) and yoga shastra, specifically through the practices of Yoga, meditation, and spirituality it gives ways to sort pathways to foster both mental and physical well-being. Through this research analysis, conducted during this research, we found proof confirmed and claims and confirmed that Yoga and meditation indeed facilitate physical and mental wellness as these practices are largely devoid of adverse side effects, they are being integrated into the modern IKS framework, our research findings indicate that this integration significantly aids contemporary mental health education. Ultimately, this study aims to draw

the attention of educators and the government, as well as to engage policymakers in formulating relevant policies regarding this subject.

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