


## Chapter 6

# From Ancient Wisdom to Modern Science: Indian Psychology for the Modern Age

**C. Vijayabanu**

 <https://orcid.org/0000-0002-0125-4534>

*School of Management, SASTRA University, India*

**Madhu Midha**

*School of Management, SASTRA University, India*

**Siddharth Ram**

*School of Management, SASTRA University, India*

### ABSTRACT

*In India, psychology, yoga, and Ayurveda have deep-rooted traditional importance that spans centuries. These disciplines have contributed to the holistic well-being of individuals by addressing physical, mental, and spiritual aspects of life. In contemporary times, the traditional importance of psychology, yoga, and Ayurveda in India continues to thrive. They have gained global recognition for their holistic approach to well-being. Many people worldwide now practice yoga, engage in Ayurvedic treatments, and study Indian philosophical concepts to enhance their mental, physical, and spiritual health. This chapter helps us understand the psychological problems humans face and remedies for such illnesses through various practices of yoga and Ayurveda. This chapter helps us to gain wisdom on psychology, yoga, and Ayurveda. This chapter will provide visions to students, corporate professionals, practitioners, scholars, researchers, etc.*

### INTRODUCTION

"Ancient Wisdom to Modern Science" explores and integrates traditional knowledge into various practices, modern scientific advancements, and technologies. The insights from traditional knowledge are

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more valuable and embedded in multiple cultural and conventional methods that are still relevant and useful to the contemporary world. The Indian culture and traditional knowledge comprise accumulated information over thousands of years through trial & error methods, experience, cultural beliefs, assumptions, and deep connection with nature and the environment. The traditional knowledge of India comprehends a wide assortment of disciplines, such as Ayurveda, Yoga, astrology, and spiritual practices. The conventional wisdom in India is a cherished and valuable resource several generations have passed down.

It is also equally acceptable that India's rich heritage and traditional knowledge dating thousands of years back has lots of evidence from the Vedas, Upanishad, and epics with thoughtful psychological perspectives and profound insights into mindfulness, human consciousness, emotions, and well-being.

## **BACKGROUND OF THE STUDY**

Traditional knowledge systems in India focus on and study a comprehensive overview of Ayurveda Yoga, examine the concept of spirituality based on Vedantic literature, and propose that spirituality is a climatic construct that encompasses concern for both the social and natural environment at a macro level. This holistic understanding of spirituality highlights its connection to the overall well-being of individuals and communities. Moreover, Parasmani, Sharma, and Bindles (2014) developed an consolidative structure of working environment spirituality that incorporates aspects from Indian spiritual traditions. Spirituality is an consciousness of a being or force that exceeds life's material concerns and imparts a profound sense of the universe's unity or interconnectedness. (Myers & Williard, 2003). The current chapter explores the implications of traditional knowledge systems towards Yoga, ayurvedic Practices, and the role of spirituality towards the well being

Moreover, these practices have inspired scientific research and have influenced modern psychology and medicine. Mindfulness-based therapies, for instance, have roots in ancient Indian contemplative practices and are now widely used in psychological treatments for stress, depression, and anxiety. This chapter also focuses on the emotions of humans in this corporate world. Yoga and Ayurveda are very cost-effective for treating mental illness that acts as a barrier for humans. India is the home for most yoga practitioners; around 80% of people in India and Nepal practice Ayurveda. India has announced several schemes for yoga and Ayurveda like Ayush Medicines/Aid for community/Primary Health Centers, Promotion of Public Health Activities, Ayush Village, Starting Yoga Wellness, etc., to promote yoga and Ayurveda among the public to improve their psychological well-being

## **AYURVEDA-INDIAN PRACTICES**

### **History of Ayurveda**

Ayurveda began in the 2nd Century BC. Ayurveda was started from the earliest Hindu philosophical traditions renowned as Vaisheshika and the academy of logic was named Nyaya. It is the background of Samkhya, and it was introduced in the same era during the introduction of the schools Nyaya and Vaisheshika.

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