Indian Knowledge System

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Abstract:

The Indian Knowledge System is a rich and diverse collection of knowledge, beliefs, and practices developed over thousands of years in the Indian subcontinent. It is rooted in the ancient texts of Vedas, Upanishads, and Puranas, and has evolved through the contributions of various civilizations and cultures.

This knowledge system encompasses a wide range of subjects including philosophy, religion, science, mathematics, medicine, astrology, and literature. It is based on a holistic approach that integrates different aspects of human life, such as mind, body, and spirit. One of the key characteristics of the Indian Knowledge System is its emphasis on the interconnectedness and interdependence of all beings and the universe. This is reflected in the concept of 'Vasudhaiva Kutumbakam' or the whole world is one family.

The Indian Knowledge System also places a strong emphasis on self-realization and inner transformation. This is achieved through practices such as meditation, yoga, and the pursuit of knowledge and wisdom. Despite the influence of modernization, the Indian Knowledge System continues to be a vital part of Indian society and serves as a source of guidance and inspiration for individuals and communities. Its teachings on compassion, harmony, and balance have helped shape Indian culture and continue to influence the global community.

Through its philosophical insights, scientific advancements, and spiritual practices, the Indian Knowledge System has made significant contributions to humanity, making it a valuable and timeless legacy for generations to come.

Yoga Revolution, Traditional Medicine, Sustainable Living, Art & Culture, Innovation from Tradition, Unity in Diversity, Pride of India.

Introduction to Indian knowledge system:

Indian knowledge system is an ancient and rich collection of beliefs, practices, and philosophies that have been passed down from generation to generation in India. It encompasses various fields such as science, spirituality, art, literature, and social norms, and has played a significant role in shaping Indian society and culture. The foundation of the Indian knowledge system lies in the ancient texts of the Vedas, which are considered to be the oldest scriptures in the world. The Vedas contain a vast amount of knowledge on subjects ranging from medicine, astronomy, mathematics, and politics, to spirituality and philosophy. They provide insights into the Indian way of life, highlighting the importance of balance, harmony, and unity in society (education.gov.in, 2023).

According to (Mundhe, 2023) One of the key aspects of the Indian knowledge system is its holistic approach towards life. It acknowledges the interconnectedness of all aspects of existence – from the individual to society, from human beings to nature, and from the physical to the spiritual. This holistic approach is reflected in various Indian practices, such as Ayurveda, Yoga, and Vastu Shastra, which focus on maintaining balance and harmony within and with the environment. Another significant aspect of the Indian knowledge system is its emphasis on seeking knowledge through observation and personal experience. This approach is reflected in the teachings of ancient Indian sages and philosophers, who encouraged critical thinking and self-reflection as a means to gain wisdom and understanding. It also highlights the value of oral tradition, with knowledge being passed down through storytelling, discussions, and debates.

The Indian knowledge system has deeply influenced Indian society and culture, shaping its values, customs, and traditions. It has fostered a deep sense of community, with individuals being a part of a larger social fabric. This has resulted in a strong emphasis on familial bonds, respect for elders, and a sense of duty towards society. One of the most significant impacts of the Indian knowledge system is on spirituality and religion. The concept of dharma, which means righteousness or duty, lies at the core of Indian spirituality. It emphasizes the importance of living a virtuous life, fulfilling one's duties towards oneself, society, and the universe. This has led to the development of various religions and spiritual practices in India, such as Hinduism, Buddhism, Jainism, and Sikhism, which have shaped the cultural and societal fabric of the country (Senapaty, 2018).

Thus, the Indian knowledge system is a vast and intricate web of beliefs, traditions, and practices that have been woven into the very fabric of Indian society and culture. It has played a crucial role in shaping the Indian way of life, promoting harmony and balance, and instilling a deep sense of spirituality and community. Its influence is still visible in modern-day India, making it a crucial aspect of the country's identity and heritage.

Historical overview:

The Indian knowledge system, also known as the Indian school of thought or Hindu philosophy, refers to the vast body of knowledge, beliefs and practices that have been developed and passed down from ancient times in the Indian subcontinent. This knowledge system is deeply rooted in the ancient Vedic scriptures and has evolved over thousands of years, shaping the cultural, intellectual and spiritual landscape of India (Kapil Kapoor, 2020).

The origins of the Indian knowledge system can be traced back to the ancient Vedic period, which began around 1500 BCE. The Vedas, the oldest scriptures of Hinduism, were composed during this time and are considered the foundation of Indian knowledge and philosophy. The Vedas are a collection of hymns, rituals, and mantras that were transmitted orally from generation to generation for centuries before being written down. They contain a wide range of knowledge regarding rituals, sacrifices, cosmology, ethics, and spirituality (Mark, 2020).

The early Vedic period was followed by the emergence of the Upanishads, which are philosophical texts that expound upon the deeper meaning and significance of the Vedas. The Upanishads introduced the concept of self-realization, or the realization of one's true nature as being intertwined with the divine and the universe. They also laid the foundation for the concept of karma, the law of cause and effect that governs the cycle of birth, death, and rebirth (Olivelle, 2024).

Around 500 BCE, the period of the Upanishads gave way to the emergence of several schools of thought in India, each with its own interpretations and philosophical systems. These include Vedanta, Samkhya, Yoga, and Jainism, among others. These schools of thought brought new developments and interpretations to the original Vedic teachings, leading to a diversification of Indian knowledge and philosophies (drishtiias.com, 2020).

One of the most influential schools of thought was Vedanta, which emerged in the post-Vedic period and focused on the concepts of self-realization and the ultimate reality. It emphasized the non-dual nature of the universe and the belief in the existence of a universal consciousness. Another important school of thought, Buddhism, emerged in the 6th century BCE and spread throughout Asia, greatly influencing Indian knowledge and philosophy (Das, 2021).

With the emergence of Buddhism and Jainism, the caste system, which had been prevalent in ancient India, began to weaken. These new religions challenged the traditional Brahmanical order and brought about significant social and religious reforms. As a result, the caste system gradually transformed into a class system, opening up opportunities for people from lower castes to access education and knowledge (Barman, 2023).

According to (Biswas, 2016) In the medieval period, with the rise of Islamic invasions and the arrival of European colonial powers, Indian knowledge faced challenges and underwent significant changes. The Islamic rulers brought their own traditions and practices, and the European colonizers introduced Western education

and ideas, leading to a fusion of Indian and Western philosophies. Even with these changes, the Indian knowledge system continued to thrive and adapt. The Bhakti movement of the 15th and 16th centuries brought an emphasis on devotion and love for the divine, while the rise of Sikhism in the late 15th century synthesized elements of Hinduism and Islam.

With the country gaining independence from British rule in 1947, renewed efforts were made to revive and promote Indian knowledge and philosophy. The founding fathers of independent India recognized the importance of preserving and promoting the rich cultural heritage of the country. As a result, many institutions were established to protect and promote Indian knowledge, and ancient scriptures and philosophies were given a prominent place in education and society (Monica Boța-Moisin, 2021).

After India gained independence in 1947, efforts were made to revive and strengthen the traditional knowledge systems. Institutions like the Indian Institutes of Technology (IITs), Indian Institutes of Management (IIMs), and the Indian Council of Social Science Research (ICSSR) were established to promote research and education in various disciplines (drishtiias.com, 2022).

According to (Mandavkar, 2023) Today, the Indian knowledge system is a vibrant blend of traditional wisdom and modern scientific advancements. Indian scholars and institutions continue to make significant contributions to various fields, including science, technology, medicine, mathematics, philosophy, literature, and art. Indian knowledge and philosophy continue to evolve and thrive, with many modern thinkers and scholars exploring and interpreting ancient texts in new ways. The Indian knowledge system has influenced various fields like science, mathematics, medicine, literature, and art, and continues to play a significant role in shaping Indian society and culture.

Thus, the Indian knowledge system has a rich and diverse history that can be traced back to the ancient Vedic scriptures. It has evolved and adapted over thousands of years, incorporating new ideas and philosophies while retaining its core principles. Today, this system continues to be a source of inspiration and a guiding force for millions of people, not just in India, but around the world.

Key principles and concepts:

India has a rich cultural heritage that dates back thousands of years. Its knowledge system, rooted in ancient texts and traditions, has shaped the country's spiritual, social, and philosophical beliefs and practices. At the core of this knowledge system are three key concepts – dharma, karma, and moksha – that form the basis of Indian philosophy and way of life (Inbadas, 2017).

Dharma, often translated as "duty" or "righteousness", is the moral and ethical code that guides an individual's actions in accordance with cosmic order and harmony. It is considered to be the foundation of the Indian knowledge system, and is rooted in the belief that every living being has a specific role and purpose to fulfill in

the universe. Dharma is often associated with one's duties towards society, family, and oneself, and it emphasizes the importance of leading a responsible and virtuous life. Karma, on the other hand, is the universal law of cause and effect. It is based on the principle that every action, whether good or bad, has consequences that will inevitably affect an individual's present and future lives. This concept of karma is deeply ingrained in the Indian thought process and is believed to be a key factor in the cycle of reincarnation. According to this belief, the quality of one's actions in the present life will determine the nature of their rebirth in the next (Sondhi, 2023).

Moksha, also known as liberation or enlightenment, is the ultimate goal of the Indian knowledge system. It is believed that by living a life of dharma and accumulating good karma, one can break the cycle of rebirth and achieve moksha – a state of bliss, unity with the divine, and freedom from the cycle of birth and death. Moksha is seen as the ultimate purpose of human existence and is considered to be the highest state of consciousness that can be achieved (iskcondwarka.org, 2020).

The fundamental principles of dharma, karma, and moksha are intertwined and have a powerful influence on Indian society and culture. They guide individuals in their personal and spiritual growth, and inform their attitudes towards life, death, and the afterlife. These concepts also play a significant role in shaping societal norms and values, and in promoting social harmony and peace. In addition to these key concepts, the Indian knowledge system is also built on the principle of interconnectedness and the belief in the unity of all things. This can be seen in the concept of Advaita or non-dualism, which teaches that all living beings are interconnected and that there is a divine essence within every individual (Prevos, 2020).

Furthermore, the Indian knowledge system views the world as a manifestation of the divine and emphasizes the importance of living in harmony with nature. This is reflected in practices such as yoga and Ayurveda, which focus on holistic health and well-being, and in the reverence for nature and its elements (Shukla, 2022).

Thus, the Indian knowledge system is deeply rooted in the concepts of dharma, karma, and moksha, which serve as the guiding principles for a virtuous and purposeful life. These concepts not only shape individual beliefs and practices, but also contribute to the social and cultural fabric of the country. They continue to be highly relevant in modern times and serve as a reminder of the rich spiritual and philosophical heritage of India.

Vedas and Upanishads:

India is a land known for its rich cultural heritage and ancient wisdom. At the core of this knowledge system lies the Vedas and Upanishads – the most revered texts of Hinduism. These texts, which were composed thousands of years ago, continue to hold significant relevance in modern times, serving as a foundation for Indian philosophy and spirituality (Ramanathan Srinivasan, 2023).

According to (selfstudyhistory.com, 2020)The Vedas are considered to be the oldest scriptures in the world and are believed to be divinely revealed to the sages and seers of ancient India. Composed in Sanskrit, they are a collection of hymns, rituals, and mantras that were recited and passed down through generations by oral tradition. The term Veda itself means "knowledge" or "wisdom," and the texts are considered to be a source of spiritual guidance and understanding of the universe. The Vedas consist of four major books - Rig Veda, Yajur Veda, Sama Veda, and Atharva Veda. Each Veda is further divided into four parts – Samhita (hymns), Brahmanas (rituals), Aranyakas (meditation), and Upanishads (philosophical discussions). The Upanishads, also known as the Vedanta, are considered to be the final part of the Vedas and are the basis of Hindu philosophy. The Upanishads contain profound discussions on the nature of reality, the purpose of life, and the relationship between the individual soul (Atman) and the universal consciousness (Brahman). It explores the concept of reincarnation, the law of cause and effect (karma), and the path to ultimate liberation from the cycle of birth and death (moksha). These concepts, although rooted in ancient Indian beliefs, have transcended time and continue to have a deep impact on modern-day spiritual seekers and philosophers.

One of the remarkable aspects of the Vedas and Upanishads is their adaptability and relevance to modern times. Despite being composed thousands of years ago, the teachings and principles found in these texts are still applicable in today's world. The emphasis on inner reflection, mindfulness, and the pursuit of knowledge are essential for personal growth and self-discovery (Jayswal, 2020).

Moreover, (Pathak, 2023) stated that the Vedas and Upanishads also hold great importance in the field of science and technology. Many of the ideas found in these texts, such as the concept of infinity, the interconnectedness of all things, and the notion of the universe as energy, are now being explored and studied by modern scientists. These texts also provide valuable insights on topics such as ecology, astronomy, and medicine, which are still being researched and used in modern times. The impact of Vedas and Upanishads on the Indian education system is also noteworthy. The traditional Gurukul system of education, where students would live with their teacher to learn the Vedas, has now evolved into modern universities and institutes where the teachings of these ancient texts are still studied and passed on to future generations.

In a world where technology and materialism often dominate our lives, the Vedas and Upanishads provide a much-needed perspective on the deeper meaning of existence. They remind us to look within ourselves for answers and to live a life of purpose and meaning. In times of uncertainty and chaos, the timeless wisdom found in these ancient texts continues to guide and inspire individuals towards self-realization and inner peace (Rama, 2018).

Thus, the Vedas and Upanishads are much more than just religious texts – they are a source of spiritual, philosophical, and scientific knowledge. Their teachings have stood the test of time and continue to be relevant in modern society. As long as people seek knowledge and wisdom, the Vedas and Upanishads will hold a special place in the Indian knowledge system.

Guru-shishya tradition:

The guru-shishya tradition, also known as guru-parampara, has been an integral part of Indian knowledge system for centuries. It refers to the relationship between a teacher (guru) and a disciple (shishya) and their transfer of knowledge through direct personal guidance. This tradition has played a significant role in the transmission of knowledge, values, and culture in India, and continues to hold immense importance even in the modern era (Manyaa, 2023).

The origins of the guru-shishya tradition can be traced back to ancient India, where it was an essential aspect of the Vedic system of education. The concept of learning from a guru was not limited to formal education but was also prevalent in fields such as art, music, and spirituality. It was believed that the knowledge and wisdom of the guru could only be acquired through a personal and dedicated relationship between the guru and shishya. This close bond between the two was based on mutual respect, trust, and devotion, and it laid the foundation for a lifelong association (Chandwani, 2019).

One of the key aspects of the guru-shishya tradition is the transfer of knowledge through oral communication. The guru would pass down his knowledge to the shishya through conversations, discussions, and demonstrations, and the shishya was expected to observe, absorb and implement the teachings. This method of learning was highly effective as it allowed for a deeper understanding of the subject, personalization of knowledge, and clarification of doubts (Krishnan, 2020). Furthermore, this tradition also emphasized the importance of the guru's guidance in not just acquiring knowledge but also in personal growth and character development. The guru was not just a teacher but also a mentor, guiding the shishya on the right path and imparting valuable life lessons and moral values. The shishya, in turn, was expected to show utmost reverence and obedience towards the guru.

The guru-shishya tradition has been passed down over generations and has stood the test of time. It has been responsible for preserving and safeguarding the knowledge of ancient India, including the Vedas, Upanishads, and other scriptures. This tradition has also helped in the continuity and evolution of various art forms such as classical music, dance, and painting, which require personal instruction and guidance from a guru (Khanna, 2023).

In today's fast-paced world, where knowledge is easily accessible through various mediums, the guru-shishya tradition continues to hold immense relevance. It serves as a reminder of the importance of a teacher in one's life and the value of personal guidance in the pursuit of knowledge. Many renowned gurus are still actively practicing this tradition and passing down their expertise to their disciples, ensuring that it remains an integral part of Indian culture and education (thewire.in, 2020).

Thus, the guru-shishya tradition is not just a mere method of teaching but a way of life in India. It has played a crucial role in shaping and preserving the country's knowledge system and passing it down from one generation

to the next. This tradition highlights the importance of a strong teacher-student relationship and the role of a teacher as a mentor and guide in a disciple's journey towards knowledge and personal growth.

Ayurveda and traditional medicine:

Ayurveda, the traditional system of medicine, has been a vital part of the Indian knowledge system for centuries. In the ancient Vedas, there are mentions of Ayurvedic practices and the benefits of natural remedies. Along with Ayurveda, there are other traditional medicine practices in India, such as Yoga, Siddha, and Unani, that have been passed down through generations and have stood the test of time. These practices are not only important for the physical well-being but also for the holistic development of an individual. In this article, we will explore the significance of Ayurveda and other traditional medicine practices in Indian knowledge system and how they are still used today (Sujatha, 2020).

Firstly, Ayurveda, which means the knowledge of life, originated in India over 5000 years ago. It is considered the oldest system of medicine in the world and has been recognized by the World Health Organization as a traditional system of medicine. The foundation of Ayurveda is based on the belief that the mind, body, and spirit are interconnected, and any imbalance in one can led to diseases. It focuses on maintaining a balance between these elements through herbal medicines, dietary changes, and lifestyle modifications. Ayurveda also emphasizes the prevention of diseases and promotes a healthy lifestyle to achieve overall well-being (caleidoscope.in, 2024).

The use of herbs and natural ingredients in Ayurvedic medicines has been documented in texts like Charaka Samhita and Sushruta Samhita, which are considered to be the pillars of Ayurveda. These texts provide a detailed description of over 700 herbs and their therapeutic properties. Today, Ayurveda is still widely practiced in India and has gained popularity in western countries as well. Many people have turned to Ayurveda for treating chronic ailments and promoting a healthy lifestyle (Yogini S. Jaiswal, 2017).

Similarly, Yoga, which originated in India over 5000 years ago, is not just a physical exercise but a way of life. It is a practice that combines physical postures, breathing techniques, and meditation to achieve a balance between the mind, body, and spirit. The aim of Yoga is to create harmony between the individual and their surroundings. It has been proven to be an effective stress-relieving technique and has gained widespread recognition in the west as well (Nichols, 2023).

Siddha, which means perfection, is another traditional system of medicine that originated in South India. It is believed to have been developed by the Siddhars, who were spiritual masters and healers. Siddha medicine uses natural substances like plants, minerals, and herbs to treat diseases and focuses on detoxifying the body to maintain good health. Today, Siddha is still widely practiced in Tamil Nadu and has been recognized by the Indian government as an important system of medicine (britannica.com, 2024).

According to (Abida Parveena, 2022) Unani medicine, also known as Greek medicine, is another traditional system that has its roots in ancient Greece. It was introduced to India during the Mughal era and has been practiced here for centuries. Unani medicine is based on the concept of the four humours: blood, phlegm, yellow bile, and black bile, and focuses on restoring their balance to treat illnesses. It also uses natural ingredients like herbs, minerals, and animal products in its treatments. Unani medicine is still widely practiced in India and many other parts of the world.

Thus, Ayurveda and other traditional medicine practices have played a significant role in the Indian knowledge system and are still relevant today. These practices not only focus on treating diseases but also on maintaining a healthy, balanced lifestyle. They also emphasize the importance of prevention and overall well-being. With the increasing popularity of alternative medicine, Ayurveda and other traditional practices are gaining recognition worldwide for their effectiveness and holistic approach to health. It is important to preserve and promote these ancient systems of medicine as they are an integral part of Indian culture and heritage.

Influence on other fields:

India has a rich and diverse history, with one of the most significant aspects being its vast knowledge system. The Indian knowledge system, also known as the Indic knowledge system, has had a significant influence on various fields, including mathematics, astronomy, and philosophy. This system has continuously inspired modern research and continues to be a source of inspiration for scholars and scientists all around the world (Singh, 2022).

One of the most notable contributions of the Indian knowledge system is its impact on mathematics. The early civilizations of India made significant contributions to the field of mathematics, which continue to be studied and used today. The concept of the number zero, for example, was first discovered in India. This revolutionary concept changed the way we understand mathematics and paved the way for the development of modern arithmetic and algebra. Indian mathematicians also made groundbreaking contributions to geometry, trigonometry, and the use of decimals, which are fundamental concepts in modern mathematics (Yates, 2017).

(Kumar, 2023) stated that Astronomy is another field that has been greatly influenced by the Indian knowledge system. India has a long history of studying and observing the stars, planets, and other celestial bodies. Indian astronomers made several significant discoveries and advancements in the field, which have contributed to modern research. For instance, the concepts of the heliocentric model of the solar system and the theory of gravitation were first proposed by Indian astronomer Aryabhata in the 5th century. Moreover, the ancient Indian texts, such as the Vedas and Puranas, contain detailed descriptions of the movement of planets, eclipses, and other astronomical phenomena, which have been proven to be accurate by modern scientific methods.

Philosophy is another area where the Indian knowledge system has had a profound influence. The ancient Indian texts, including the Vedas, Upanishads, and Bhagavad Gita, provide a deep understanding of the universe and its workings. These texts discuss metaphysical concepts, such as the nature of existence, consciousness, and the concept of time, which continue to inspire modern philosophers and scientists. The Indian philosophy of Vedanta, which emphasizes the oneness of all things and the interconnectedness of the universe, has also had a significant impact on modern quantum physics (Garg, 2023).

Another crucial aspect of the Indian knowledge system is its focus on holistic and multidisciplinary learning. In contrast to the Western education system, which often compartmentalizes subjects, the Indian tradition has always emphasized the interconnectedness of various fields of study. This has led to the development of unique disciplines, such as Ayurveda, which combines the principles of medicine, philosophy, and spirituality. This holistic approach to learning has inspired modern researchers to explore and integrate different areas of knowledge, leading to innovative and groundbreaking discoveries (sundayguardianlive.com, 2023).

According to (Robby Zidny, 2020) In addition to its direct impact on various fields, the Indian knowledge system has also played a significant role in shaping the way we think and learn. The emphasis on critical thinking, questioning, and continual self-improvement, which are all integral parts of the Indian tradition, have been adopted by modern educational systems worldwide. Many ancient Indian methods of learning, such as memorization, recitation, and debate, are still incorporated in modern education, showing the enduring influence of the Indian knowledge system.

Thus, the Indian knowledge system has had a profound and lasting influence on various fields such as mathematics, astronomy, and philosophy. Its contributions continue to be studied, built upon, and inspire modern research. This rich and diverse tradition serves as a reminder of the greatness and depth of ancient Indian civilization and its ongoing impact on the world today. As we continue to uncover and understand the vast body of knowledge passed down by our ancestors, we can gain a deeper understanding of our world and its mysteries.

Yoga and meditation:

Yoga and meditation have been an integral part of Indian knowledge system for thousands of years, dating back to its roots in ancient Hindu scriptures and texts. These practices have played a significant role in shaping the Indian culture and have been passed down through generations. Over time, they have become more than just physical exercises and are now embraced as powerful tools for achieving mind-body balance and spiritual enlightenment. With the increasing popularity of these practices globally, yoga and meditation have become one of the most prominent aspects of Indian knowledge system (santoshyogainstitute.com, 2021).

The origins of yoga can be traced back to ancient India, with the earliest evidence found in the Indus Valley Civilization (3300-1900 BCE). The word 'yoga' is derived from the Sanskrit word 'yuj' which means to unite or to join. It is believed that yoga was primarily developed as a means to unite the individual self with the divine or the universal consciousness. The practice includes physical postures, breathing techniques, and meditation, all aimed at achieving a state of mental, physical, and spiritual well-being (timesofindia.indiatimes.com, 2023).

Meditation, on the other hand, has its roots in various ancient Indian spiritual traditions, including Hinduism, Buddhism, and Jainism. It is believed to be a practice that helps individuals attain a state of inner peace and spiritual awakening. The word 'meditation' comes from the Latin word 'meditari', which means 'to think, contemplate or ponder.' Through meditation, one aims to quiet the mind, focus on the present moment, and achieve a state of mindfulness (Nash, 2019).

(Anish, 2023) stated that both yoga and meditation hold a significant place in the Indian knowledge system, where they are considered to be paths to inner liberation and self-discovery. They are seen as a means to achieve emotional, mental, and physical equilibrium, as well as a way to deepen one's connection with the self and the universe. The popularity and acceptance of yoga and meditation as effective practices for holistic well-being have led to their widespread adoption around the world. In recent years, there has been a significant increase in the number of individuals, both in the East and West, taking up yoga and meditation as part of their daily routines. This global appreciation and interest in these practices can be attributed to several factors.

Firstly, the scientific community has extensively researched and confirmed the benefits of yoga and meditation on physical, mental, and emotional health. Studies have shown that regular practice of yoga can help improve flexibility, strength, balance, and endurance. It is also known to reduce stress, anxiety, and depression and promote overall well-being. Similarly, several studies have demonstrated the positive impact of meditation on reducing stress, improving focus, and promoting emotional well-being (health.harvard.edu, 2021).

Secondly, the rise of social media and digital platforms has made it easier for people to access and learn about these practices. The integration of yoga and meditation into modern lifestyles through online classes, apps, and YouTube videos has made it more accessible to a larger audience globally (Verma, 2023).

Lastly, the increasing awareness and interest in Indian spirituality and culture have also contributed to the popularity of yoga and meditation. The allure of these ancient practices, rooted in traditional Indian wisdom, has attracted people from different cultures, religions, and backgrounds seeking personal growth and self-improvement (Barbara Csala, 2021).

The global popularity of yoga and meditation has not only reaffirmed their significance in the Indian knowledge system, but it has also brought a new level of recognition and appreciation for the country's culture and heritage.

It has also opened doors for cultural exchange and mutual understanding among people from different parts of the world (Das D. V., 2022).

Thus, yoga and meditation have played a crucial role in Indian knowledge system since ancient times, helping individuals achieve physical, mental, and spiritual harmony. Their global acceptance and popularity have not only led to their widespread adoption but have also contributed to the recognition and appreciation of India's ancient traditions and culture. As they continue to evolve and spread, these practices will undoubtedly play a significant role in shaping the world's understanding and perception of Indian knowledge system.

Preservation and revival:

India has a rich and ancient history, with a knowledge system that has been passed down for generations. This knowledge encompasses various fields such as philosophy, science, medicine, and culture. However, with the rise of globalization and modernization, there have been concerns about the preservation of this traditional knowledge system. In recent years, there has been a growing effort to revive and promote Indian knowledge system in the face of these changes (Shambhu Prasad Chakrabarty, 2021).

(Viader, 2022) stated that one of the main challenges faced by the Indian knowledge system is the impact of globalization. With the increasing influence of Western systems and ideas, there has been a decline in the popularity and relevance of traditional Indian knowledge. This has been further amplified by the rapid pace of modernization, which has led to a shift towards a more technological and materialistic approach to life. To address these challenges, there have been several initiatives taken to preserve and promote Indian knowledge system. The Government of India has established various institutions such as the Indian Council of Historical Research, Indian Council of Philosophical Research, and Indian Council of Cultural Relations to promote and preserve traditional Indian knowledge. These institutions work towards identifying, documenting, and safeguarding the vast wealth of knowledge that has been passed down for centuries.

In addition to government initiatives, there has also been a growing interest from private organizations and individuals to revive Indian knowledge system. Many NGOs and educational institutions have taken up the task of promoting traditional Indian knowledge through various means such as workshops, seminars, and publications. This has led to a resurgence in the popularity and relevance of ancient Indian sciences like Ayurveda, Yoga, and Vastu Shastra.

One of the key factors that have contributed to the revival of Indian knowledge system is the increased awareness and appreciation among the younger generation. With the availability of information at our fingertips, there has been a renewed interest in exploring and learning about our traditional knowledge. This has been further aided by the current trend of embracing holistic and sustainable living, which has led to a greater appreciation for the wisdom and practices of ancient India (PIB, 2023).

Moreover, the Indian knowledge system has also been gaining recognition on an international level. Many Western countries have started to acknowledge the value and efficacy of traditional Indian practices and have incorporated them into their own systems. For instance, Ayurveda has gained popularity in the West, with many people opting for it as an alternative to modern medicine (PIB, Indian Knowledge System holds solutions to many of the world's challenges- Shri Dharmendra Pradhan, 2022).

However, while efforts are being made to preserve and revive Indian knowledge system, there are still challenges that need to be addressed. One of them being the lack of government support and funding for research and development in traditional Indian sciences. There is also a need to bridge the gap between traditional knowledge and modern education, so that the two can complement each other (Bhardwaj, 2021).

Thus, the efforts being made to preserve and revive Indian knowledge system in the face of globalization and modernization are vital in ensuring that our cultural heritage and wisdom are not lost. It is crucial to continue this journey towards rediscovering and promoting our traditional knowledge, as it is an integral part of our identity as Indians. With continued efforts and support, we can hope to see a flourishing and sustainable Indian knowledge system that can coexist with the modern world.

Impact on Indian society:

(Audichya, 2023) stated that India is a land of diverse cultures, religions, and customs, and its rich knowledge system has played a crucial role in shaping the beliefs, values, and traditions of its society. The Indian knowledge system comprises a vast collection of ancient scriptures, texts, and teachings that have influenced every aspect of Indian life since time immemorial. These knowledge systems have not only shaped the way of life in India but have also had a deep impact on societal structures and daily practices.

The Indian knowledge system has its roots in ancient scriptures like the Vedas, Upanishads, and the Bhagavad Gita, which provide insights into the spiritual and philosophical aspects of life. These texts not only talk about the ultimate truth and the purpose of human existence but also touch upon various aspects of daily life, such as moral values, societal duties, and personal conduct. The principles and teachings of these scriptures are deeply ingrained in Indian society, and their influence can be seen in the beliefs, values, and traditions followed by Indians (Singh, 2022).

One of the key aspects of the Indian knowledge system is its emphasis on the concept of dharma, which refers to the duty or moral code of conduct that one must follow in life. The teachings of dharma are not only limited to personal conduct but also extend to societal obligations. This concept has helped shape the strong sense of community and social responsibility that is deeply ingrained in Indian society, where individuals are expected to fulfill their duties towards their family, society, and country (Sondhi, 2023).

Another significant influence of the Indian knowledge system on Indian society is the concept of karma, which denotes the law of cause and effect. According to this belief, every action has a corresponding consequence, and individuals are responsible for their own actions. This concept has led to a strong emphasis on living a righteous and ethical life, as it is believed that one's actions in this life will determine their fate in the next (Lehtonen, 2023).

The Indian knowledge system has also played a crucial role in shaping the traditional values and practices of Indian society. The ancient texts, such as the Manusmriti and the Arthashastra, provide guidelines for social and economic structures in traditional Indian society. These texts lay down principles of governance, justice, and social order, which have influenced the societal structures and systems that are still prevalent in India today (Mark, Arthashastra, 2020).

In addition to its impact on societal structures, the Indian knowledge system also has a profound influence on daily life in India. One can see its influence in various Hindu rituals and customs that are still practiced today. For example, the practice of yoga and meditation, which have gained immense popularity around the world, have their roots in ancient Indian texts. The Ayurveda system of medicine, which focuses on holistic healing, also has its origins in ancient Indian scriptures and is still widely practiced in India (Raikwar, 2023).

Furthermore, the Indian knowledge system has also influenced the arts, literature, and music of India. The ancient texts serve as a source of inspiration for traditional dance forms, such as Bharatanatyam and Kathak, and classical music styles, such as Hindustani and Carnatic. The epic stories of the Ramayana and the Mahabharata have been passed down through generations and continue to be a source of inspiration for literature, films, and other art forms in India (Singh S. , 2021).

Thus, the Indian knowledge system has had a profound impact on Indian society, shaping its beliefs, values, and traditions, and influencing various aspects of daily life. Its teachings have helped create a strong sense of community, promote ethical living, and provide a source of inspiration for various art forms. The Indian knowledge system is a treasure trove of ancient wisdom, and its influence on Indian society will continue to be felt for generations to come.

Conclusion:

The Indian knowledge system is an incredibly rich and diverse collection of ancient wisdom and practices that have stood the test of time. It is a system that emphasizes the holistic understanding of the self, nature, and the universe, and seeks to create harmony and balance in all aspects of life.

From the early Vedic period to the modern era, Indian knowledge has evolved and adapted to the changing times, but its core principles remain deeply ingrained in the culture and society of India. Its teachings have influenced not only the development of India but also the world at large, through its spread and adoption by

other civilizations. One of the most remarkable aspects of the Indian knowledge system is its inclusivity and universality. It is not limited to a specific religion, belief system, or social class. Instead, it is open to all, making it accessible and relevant to people from all walks of life.

Furthermore, the Indian knowledge system is not just theoretical but deeply practical. It not only imparts knowledge and understanding but also provides practical tools and techniques for personal growth and development. Through practices such as yoga, meditation, and Ayurveda, it offers ways to achieve physical, mental, and spiritual well-being.

Moreover, the Indian knowledge system is deeply rooted in a reverence for nature and a deep understanding of the interconnectedness of all living beings. It promotes sustainable living practices, mindful consumption, and a harmonious relationship with the environment. Despite its immense contributions and relevance, the Indian knowledge system has faced challenges and criticism in recent times. However, there has been a revival of interest in this ancient knowledge, both within India and globally, as people recognize the value and applicability of its teachings in today's world.

Thus, the Indian knowledge system is a treasure trove of wisdom that continues to inspire and guide countless individuals. As we move towards a more interconnected and fast-paced world, the principles and practices of this ancient system can serve as a guiding light for a more conscious and balanced way of living. Let us continue to embrace and celebrate this rich legacy and use it to create a better and more enlightened future for ourselves and generations to come.

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