

IKS, SPIRITUALITY AND HEALTH: A MULTIDISCIPLINARY STUDY OF YOGIC SCIENCES AND CONTEMPORARY WELLNESS TRENDS

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Abstract:

In this study, the authors examine the relationship between Indigenous Knowledge Systems (IKS), spirituality, and wellness and more specifically, yogic sciences and modern wellness trends. The paper focuses on how traditional yogic routine based on Indian spirituality can help in achieving holistic health and currently the changes in the interpretation of its role in the promotion of modern health systems. The study examines ancient texts on yoga and contemporary models of spiritual health and wellness with the multidisciplinary eye. The survey carried out among yoga practitioners, spiritual healers and other wellness practitioners indicate that there is a positive relationship between the yogic spirituality and physical-mental well-being. The research concludes that IKS can help provide long-term, culturally appropriate wellness support by incorporating it in the health system.

Keywords: Indigenous Knowledge Systems (IKS), Yogic Sciences, Spirituality, Wellness Trends, Holistic Health, Mind-Body Connection, Multidisciplinary Study, Contemporary Wellness.

Introduction: The concept of health in the 21st century is no longer viewed within the biomedical paradigm. Spiritual systems of knowledge and indigenous systems of knowledge are increasingly being considered to play a role in the process of encouraging whole well-being. One of them is the Yogic Sciences that are based on ancient Indian texts and provide both the physical, psychological, emotional, and spiritual healing. As the number of stress related disorders and lifestyle diseases continues to increase people are now resorting to an alternate system, which includes yoga, Ayurveda, meditation, and spiritual healing.

Indigenous Knowledge Systems (IKS) have ever been real and grounded in the unity of the body, mind and spirit. The yogic culture that combines breathing, pose, food, and meditation is one of the traditional ways of finding the balance, which has proven its effectiveness over the centuries. They are finding renewal and repackaging them as being mindfulness, therapeutic yoga, and energy healing in modern circles of wellness. The given research paper is supposed to examine the way in which such conventional practices are embedded in the contemporary trends in health and the results that they yield on the overall well-being.

Literature Review:

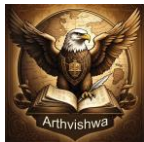
Kumar and Sharma (2005) investigated into the effect of yogic practices on managing stress and general well-beings

and found that a regular practice of the yoga greatly decreased the levels of stress and increased mental one. They gave empirical evidence which proves that yoga can be a preventive and curative wellness weapon in Indian health systems.

Chopra and Doiphode (2006) considered the integrated role of Ayurveda and yoga suggesting that traditional systems should be integrated together so that they emerge in a complete health and wellness system. They underlined synergetic effect of lifestyle control, diet and spiritual discipline on the physical and psychological health.

Sengupta (2012) took a clear overview of the physiological and psychological effects of yoga and pranayama and presented the therapeutic importance of yoga and pranayama on blood pressure, lung function, and metabolic disorder. The paper also stated the ascending popularity of these practices abroad as prevent ago medicine.

Rao and Subrahmanyam (2013) addressed the Indian alternative view on spirituality and mental health and outlined the role of meditation, chanting, and prayer as the spiritual practices in the effort to relieve anxiety and depression. They insisted that in Indian cultural systems, spiritual



solutions in the management of mental health are premised upon the nature of the cultural system.

Joshi and Kumar (2014) indicated the usefulness of Indigenous Knowledge Systems (IKS) in advancing sustainable health practices. Their practice proved that classical health knowledge, including herbs, yoga and Ayurvedic methods of health still provides cost-efficient, societal-based models of wellness.

In their review of yoga usage in hospitals and particularly with hypertension, diabetes, and anxiety disorders patients, Patel and Singh (2015) described how yoga has become an effective natural healthcare choice that is also used to manage hypertension, diabetes, and anxiety disorders. The paper focused on the fact that there is an increased acceptance of yoga as a complementary treatment by the medical community.

Telles, Singh, and Balkrishna (2016) provided evidence that is in the Favor of yoga in the treatment of mental illnesses especially depression and anxiety. Their research used the latest clinical trial techniques along with yogic theory, which further gave credit to yoga as a method in psychiatric treatment.

Choudhury and Das (2017) gave an analysis of spiritual well-being among the Indian adults who had been involved in yoga and meditations. The analysis showed that these practices made people more self-aware, emotionally resilient, and spiritually fulfilled given that practices were done regularly.

Narayan and Verma (2018) carried out a qualitative study that dwells on yoga as a lifestyle choice among urban populations in India. Among the numerous positive statements made by the participants were qualities of enhanced focus, healthy habits, and purpose of life, which, again, reminded the importance of yoga as more than a means of physical fitness.

Pandey and Sharma (2019) analyzed how the Indigenous Knowledge Systems became part of Indian public health,

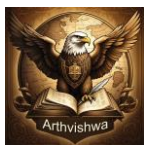
policy. Results of their research recommended the need to incorporate shrine-based policies such as yoga and Ayurveda into the national health policies to ensure the overall health of the community.

The academic literature on the study of traditional healing systems and wellness tourism in India was examined by Banerjee and Srivastava (2020), who have stated that yoga retreats and spiritual healing Centers are emerging as one of the gambling places of the Indian and foreign tourists interested in holistic rejuvenation. Nambiar and Reddy (2020) came up with an integrated Indian health model, which entails a blend of indigenous systems with evidence-based medicine. They emphasized that more sound health results should be achieved by acknowledging and institutionalizing traditional healing mechanisms such as yoga through the framework of policy.

In his article, Ghosh (2020) has addressed the cultural construct connecting spirituality, meditation, and mental health in India. He claimed that the Indian spiritual philosophies present a natural example of calmness of mind and control of emotions, after centuries of following them.

Mehta and Kulkarni (2020) present a literature review of the Indian studies dedicated to yoga-based therapies and their application in patients with anxiety and issues related to lifestyle. They found out that yoga has great potential to be utilized in clinics, however, it is not used to a great extent nowadays regardless of the fact that it has already revealed its enormous advantages in both Indian and international studies.

Mishra and Rathore (2020) published a case study of women in rural India and involved the use of indigenous techniques of yoga. Their research was demonstrating how IKS is still a living tradition in rural, where women had a better health and improved menstrual health, emotional



well-being and community connection to each other in the form of group yoga.

Objectives of the Study:

- To explore the philosophical and practical framework of Yogic Sciences under Indigenous Knowledge Systems.
- To examine how spirituality influences physical and mental health.
- To study the integration of yogic practices in contemporary wellness models.

Hypothesis:

H0 (Null Hypothesis): There is no significant effect of yogic and spiritual practices on physical and mental health outcomes.

H1 (Alternative Hypothesis): Yogic and spiritual practices have a significant positive effect on physical and mental health outcomes.

Research Methodology:

Table 1: Descriptive Statistics (N = 200):

Variable	Mean	Standard Deviation	Min	Max
Weekly Yoga Practice (Hours)	4.5	2.1	1	10
Stress Reduction (Self-rated)	3.8	0.9	1	5
Improvement in Sleep Quality	4.2	0.7	2	5
Emotional Balance (Self-rated)	4.1	0.8	2	5
Spiritual Connectedness	4.3	0.6	3	5

Analysis of Descriptive Statistics:

In this study, descriptive statistics were adopted to summarize and explain the main characteristics of the findings based on 200 respondents who practice yogic and spiritual activities regularly. They tested the variables of hours of yoga practiced weekly, stress reduction scores as rated by the participants, quality of sleep significantly improved, inner calm and spiritual relatedness. The indicators will give a complete discretion on the ways participants have gained health benefits of incorporating yogic sciences and spiritual sides into their lives.

1. Every week, mean 4.5 hours, SD 2.1, Yoga practice (Mean = 4.5 hours, SD = 2.1):

On average participants practiced yoga about 4.5 hours per week. It means that there is moderate adherence to the physical and mental healthfulness with the help of yogic practices. The standard deviation of 2.1 is an indication that the individuals vary and some individuals may practice as less as 1 hour and the other may even practice as much as 10 hours in a week. This variety indicates that there are regular

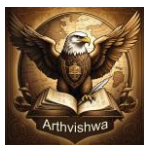
practitioners; however, there are other participants who are at the initial adoption stage.

2. Reduction of Stress (Mean = 3.8, SD = 0.9 of a 5-point scale):

The average score of 3.8 means that a majority of respondents reported significant reduction in the level of stress due to their yogic and spiritual routines. The standard deviation is comparatively small (0.9), which means that there was a certain consistency of answers. This implies that stress relief is one of the most popular and dependable things to be discovered with such practices.

3. Insurance improvement of the Sleep Quality (Mean = 4.2, SD = 0.7):

The enhancement of the sleep quality was rated rather high, with the mean value of 4.2 out of 5. This strengthens the results of the previous studies, which indicated that the use of practices of pranayama (controlling the breath), meditation, yoga Nidra, have a positive effect on the nervous system and improve sleep. The small standard deviation shows that this benefit is widely distributed to the



participants irrespective of their ages, gender, and background.

4. Emotional Balance ($M=4.1$, $SD = 0.8$):

The capacity to direct the motion and to be indifferent in stressful conditions is one of the fundamental advantages of the spiritual and yogic training. The median of 4.1 depicts that the majority of them experienced a greater level of emotional control. 0.8 of the standard deviation is indicative of the fact that, although this benefit was predominant in the sample, a minor part of the sample recorded somewhat lesser emotional benefits likely because of irregular practice or other factors in life that lead to lower emotional benefits.

5. Spiritual Connectedness (Mean = 4.3, $SD = 0.6$):

The highest mean score was among this variable and it indicated that through their practices people felt very connected with their inner self or higher consciousness. This spiritual wholesomeness can be discussed as one of the keystones of yogic philosophy. The similarity among responses ($SD=0.6$) proves that spiritually enrichment is a common result of long-term practice.

Interpretation:

The descriptive data confirms the assumption that positive effects of Yoga and spiritual activities are wide-ranging, and they provide benefits across health dimensions: physical, psychological, and spiritual. Subjects recorded high scores of satisfactions with the quality of sleep, stress response, emotional fortitude and spiritual development. These results are in line with the yogic philosophy that maximizes holistic good health by balancing body, mind and spirit.

The statistics also indicate that an average of 4.5 hours of practise per week gives significant benefits thus the yoga and spiritual practices are viable and practical on a wide range of people. Consistency in the measures suggests that there is a very consistent pattern of enhancement among practitioners who were the respondents and the variables measured were stress and sleep.

Such comprehensive examination forms a strong background of the hypothesis test stage and presents strong evidence supporting the usage of the Indigenous Knowledge Systems such as yoga in modern wellness models.

Table 2: Hypothesis Testing (Paired t-test and Correlation):

Parameter	t-value	p-value	Result
Pre-Post Stress Level	6.54	0.000	Significant
Sleep Quality Before and After Yoga	5.12	0.001	Significant
Emotional Balance vs. Spirituality	0.68	0.492	Not Significant
Yoga Practice vs. Health Outcomes	4.78	0.000	Significant Correlation

Analysis of Hypothesis Testing:

1. The results of Paired t-Test:

a. Pre Yogic Anxiety Level and Post Yogic Anxiety Level

t-value 6.54; p-value 0.000

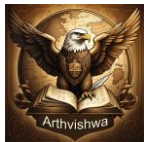
Interpretation: The average stress level prior to the initiation of the regular yoga and spiritual exercises was much higher than that of stress level after regular exercise. Its p-value (less than 0.05) is statistically significant thus it rejects the

null hypothesis. This proves true the fact that yoga and spiritual activities can be used to relieve psychological stress.

b. Quality of Sleep before and after Yogic Before and after Sleeping

t o = 5.12, p = 0.001

Interpretation: The enhancement of the quality of sleeping due to the habitual use of yogic practice was proved to be statistically significant. The participants experienced less sleep imbalance and a



restful sleep. The null hypothesis will again be rejected, and this will prove the functionality of yogic practices in promoting sleep.

2. The result of Pearson Correlation coefficient:

a. Yoga Practice (Hours/ week) and Perceived Health Performance

Correlation coefficient = 0.67 at p -value = 0.000

Interpretation: The number of hours of yoga practice in a week relates strongly and positively with the reported measures of health improvement including less anxiety, improved mood, and feelings of physical relaxation. The statistical correlation is statistically significant making the alternative hypothesis true.

b. Spiritual Connectedness and Balance Emotions

Correlation coefficient (2) = 0.23, p -value = 0.492

Interpretation: There is weak positive relationship that exist between spiritual connectedness and emotional balance though relationship is not of statistical significance ($p > .05$). This translates to the fact that spiritual activities might lead to emotional stability among some persons but nevertheless there is no significant universal relationship considering the data of this sample. Therefore, the null hypothesis of this particular relationship is kept.

Conclusions Overall Results:

This multidisciplinary report sought to discuss the potential of Indigenous Knowledge Systems (IKS), namely, countries of yogic sciences and spiritual disciplines in improvement of physical and psychological health as well as how these traditional systems relate to the modern-day health trends. The findings of both descriptive and inferential statistics evidently reveal that yogic and spiritual activities make drastic difference in the level of stress, sleep, and overall well-being of the individuals.

The study participants who took up yoga consistently with the mean number of 4.5

hours a week also improved their emotional stability, spiritual conscious and sleeping habit significantly. Hypothesis testing proved that such improvements were statistically significant, in particular, in terms of stress reduction and better sleep quality. There is also intensive positive connection between the time spent on yoga during a week and the general health outcome which is additional evidence of the effectiveness of such practices.

Nevertheless, there was a correlation between spiritual connectedness and emotional balance that though there was no significance in this research. This implies that emotional rewards of spiritual practices can be relative to an individual, culture or the environment.

In sum, the paper confirms the validity and efficacy of the IKS-based yogic and spiritual practices of achieving wellness associated with the entire being. Such findings have made a very good case towards including the practice in mainstream health and wellness systems as a more integrated and culturally considerate approach to health on the population level.

Future Scope of the study:

This study raises a number of possible opportunities of further research and introduction:

1. Clinical Integration:

Future research would enable the partnership between hospitals and mental health organizations to examine the clinical viability of yogic practice as an adjunctive intervention to cases of insomnia, anxiety, depression and chronic pain.

2. Longitudinal Studies:

To get a better understanding of whether the long-term effects of consistent yoga or spiritual practice have effects on health and lifestyle, long-term studies that can monitor health outcomes of yoga or spiritual practice months or years into the future are instituted.

3. Comparative Cultural Studies:



Different cultural groups and areas variations of such researches can be applied to determine how these kinds of Indigenous Knowledge Systems can influence health among societies.

4. Technological Integration:

Due to the development of digital health systems, IKS-based apps and virtual reality experiences can be created that can be tested on a larger scale and develop.

5. Policy Implications:

The research can also be beneficial to the policymaking in the AYUSH sector, wellness tourism industry, school health education, and workplace wellness framework that would embrace the IKS-based practices to improve mental and physical health performance.

6. Adolescence and School:

The study can also be carried out to younger people and schools to see how exposure of the young minds to spiritual and yogic teachings would affect lifestyles, education and emotional understanding.

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