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"Basic Structure of Indian Knowledge System"

INTRODUCTION :-

Indian traditional knowledge systems evolved over countries through the culture of various communities. They are also called indigenous systems made upon by versatile people by time. diversified, habits on foods, dresses, languages, living styles and therapeutic method in health care.

Hence, India's indigenous knowledge and culture in respective of Ayurveda, Nutrition and yoga have been playing significant roles in various healing processes and human values.

Knowledge is very important for survival of organization. Historically employees have gathered knowledge through trial-and-error method or by working as an apprentic under the tenured knowledgeable employee.

Basic structure

(1.) Vedas:-

— It is well known that the vedas are the oldest surviving literary works in the whole world. Vedas — Trayi.

— There are four types of vedas :-

(i) Rig Veda (ऋग्वेद) :-
It is the oldest of among all the four vedas and it the earliest text of Indo-European.

(ii) Yajur Veda (यजुर्वेद) :-
It is the record of four vedas and is known as the book of rituals.

(iii) Sama Veda : (सामवेद) :-
It is referred to as the veda of chants and are believed to be compiled during 1200 or 1000 BCE.

(iv) Atharva Veda (अथर्ववेद) :-
It is the fourth veda and final veda and is widely referred as the veda of magic formulae.

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(2.) Upvedas (उपवेद)

In Hinduism the term Upveda or upved refers to traditional sciences / technical literature which have no connection whatever with the shruti or revealed veda.

The four upvedas are -

(i) Dhanurveda (धनुर्वेद) :-
It refers to the science of warfare and belongs to Yajurveda

(ii) Gandharvaveda (गान्धर्ववेद) :-
It deals with various aspects of aesthetics including art-forms like music, dance, poetry.

(iii) Ayurveda (आयुर्वेद) :-
It is the science of health and life and is associated with Atharvaveda.

(iv) Arthashastra (अर्थशास्त्र) :
It deals with public administration, governance economy and polity. It is associated with Atharvaveda.

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(3.) Vedangas (वेदांग.1)

— The vedanga are six auxiliary disciplines of Hinduism that developed in ancient times and have been connected with study of vedas.

(i) Shiksha (शिक्षा):
It focused on the letters of sanskrit and rules.

(ii) Kalpa (कल्प):—
It focused on standardizing procedures for vedic rituals

(iii) Nirukta (निरुक्त):
It focused on the linguistic analysis of

(iv) Jyotisha (ज्योतिष):—
It focused on vedic discipline on time keeping.

(v) Vyakarana (व्याकरण):—
It focused on the rule of grammar and linguistic analysis to establish the exact form of words.

(vi) Chandas (छन्द):—
It focused on poetic meter, including those on fixed number of syllables per verse.

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(4.) UPANGA (उपांग)

— The sub-mouldings of the plinth are called the name upanga.
It is commonly used in the construction of an adhisthana.

— There are four types of upangas:—

(i) Dharma sastras (धर्मशास्त्र):—
It includes smritis and the four sutras- Dharma sutra, Grihya sutra, Sulba sutra and Srauta sutra.

(ii) Mimansa (मीमांसा):—
It is a darshana and has two parts — Purva Mimansa and Uttar Mimansa.

(iii) Purana (पुराण):—
There are 18 Maha purans and 18 upapurans. They also speak of three levels of allegories — terrestial, astronomical & spiritual.

(iv) Nyaya (न्याय):—
It is a darshana and speaks of the "law of nature". It also contains precincts of logic. It includes vaisheshiki.

"Modern Science & Indian Knowledge System"

INTRODUCTION:—

"Knowledge as a category embraces a large and wide spectrum of domains.
Science is one of the domains of knowledge has evolved with the evolution of human-kind and depending on their ecological contexts, knowledge and cultures have been evolved.

The essence of Indian knowledge and tradition in which they differ from modern sciences like physics.
Two statements, one is relation to nature and the other a rediscovery to modern physics and world illustrate the trajectory of thinking in this contradiction by world.

However, proceeds to lay considerable emphasis on how in tradition, "knowledge has been constituted, stored and maintained.

Modern Medical Science in India:-

The modern medical science and India's wisdom and knowledgeable piece, upon once were showing the different. between those. who are the who practioners and those who are just lacks who pointificate on Indian knowledge; culture and tradition.

Branches of Modern Science:-

Science is commonly divided into three major branches —

(i) Natural Science.

(ii) Soial Suence.

(iii) Formal Science.

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(i) Natural Science.
— It is the study of physical world.
It is divided into two main categories
(a) Life Science
(b) Physical Science.

(ii) Social Science:-
— It is the study of human behaviour and functioning of society.

(iii) Formal Science.
— It is an area of the study that generates knowledge using formal systems. It includes mathematics, systems theory and theoretical computer system.

(iv) Applied Science:-
— It is the use of the scientific method and knowledge to attain practical goals and includes a broad range of disciplines such as engineering and medicine.

Modern Science & Technologies in India:-

Present day scholarship on Science from fields such as sociology, Epistemology or Historiography are mostly based on the assumption, that western science in its modern phase is the paradigm for a scientific knowledge system."

If we were to accept this criterion it is unlikely that we shall discover scientific knowledge in any other tradition since we do not find any knowledge system identical with the modern western knowledge system anywhere.

Yoga & Holistic Healthcare

INTRODUCTION:-

Perfect health is the way of attainment of peace and happiness. The concept of yoga and holistic health is becoming popular in last few decades in modern medicine, but it existed in traditional healing methods from ages.

Achievement of complete health and disease-free life can help the attainment of the ultimate goal of human life: peace and happiness.
Individuals subjectively experience the feeling of happiness and satisfaction.

Yoga is becoming popular among all: restless, sick or healthy. It is not only keeps one comfortable fit and beautiful but also improves memory, intelligence and creativity.

Meaning and Importance of YOGA :-

Yoga is very important for every person and it is a ideally suited to prevent and it is a ideally illness and to protect the body generally developing and fruitful sense of reliance.
Yoga is essential a spiritual discipline based on an extremely subtle science which focuses on bringing harmony between mind & body.

Elements of YOGA :-

In the Yoga sutras of patanjali, there are 8 elements of the yoga path, patanjali is a pure science of collection. The physical yoga practice the asan element- one only one of the 8 elements.

(i) Yama
(ii) Niyama
(iii) Asana
(iv) Pranayama
(v) Dharana
(vi) Dyana.
(vii) Pratyahara
(viii) Samadhi

Yogic Perspective of Holistic and Wellness :-

The preamble of world health organization, 1948, defines health positively, as complete physical, mental and social well-being, not merely negatively as the absence of disease or infirmity.

In other words, the wellness and illness are not two discrete entities as commonly understood but to continuum for indicating the state of wellbeing.

Holistic Health Benefits of Yoga :-

Yoga is often misunderstood as being limited to 'Asana' or poses. and its benefits are only perceived to be at the physical level.

(i) Yoga for all-around fitness.
(ii) Yoga for better posture, flexibility and joint health
(iii) Yoga for weight loss.
(iv) Yoga to improve immunity
(v) Yoga improves cardiovascular health.
(vi) Yoga to increase energy
(vii) Yoga for inner peace and stress relief
(viii) Yoga to live with greater awareness
(IX) Yoga to improve intuition.
(X) Yoga for better relationships.

CASE STUDIES.

INTRODUCTION :-

A case-study is an in-depth study of one person, group or event. In a case study, nearly every aspect of the subject's life and history is analyzed to seek patterns and causes of behaviour. Case studies can be used in a variety of fields including psychology, medicine, education, anthropology, political science and social work.

Benefits and limitations :-

A case study can have both strengths and weakness. Researchers must consider these pros and cons before deciding if this type of study is appropriate for their needs.

One of the greatest advantages of a case study is that it allows researchers to investigate things that are often difficult to impossible to replicate in a lab.

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Some other Benefits of a Case Study:-

(i) Allows researchers to collect the great deal of information.

(ii) Give researchers the chance to collect information on rare or unusual case.

(iii) Allows researchers to develop hypotheses that can be explored in experimental research.

On the negative side, a case study:-

(i) Cannot necessarily be generalised to the larger population.

(ii) Cannot demonstrate cause and effect

(iii) May not be scientifically rigorous

(iv) Can lead to bias.

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TYPES OF CASE STUDY:-

- There are few different types of case studies that psychological and other researchers might utilize:-

(i). Collective Case Studies:-
These involve studying a group of individuals. Researchers might study.

(ii) Descriptive Case Study:-
These are often used to causal investigation.

(iii) Exploratory Case Study:-
These are sometimes used to prelude to further, more in-depth research.

(iv) Instrumental Case Study:-
These occur when the individual or group allows researcher to understand which is observed.

(v) Intrinsic Case Study:-
This type of case study is when the researcher has a personal interest in the case.

Q. How to write a Case study?

There are also different methods that can be used to conduct a case study methods.

Prospective case study methods are those in which an individual or group of people is observed in order to determine outcomes. for example, a group of individuals might be watched over an extend period of time to observe the progression of a particular disease.

Retrospective case study methods involve looking at historial information. for example, researchers might start with an outcome, such as disease and then work their way backward to look at information about the individuals life to determine risk factors that may have contributed to the onset of the illness.