

INDIAN KNOWLEDGE SYSTEMS FOR MENTAL WELL- BEING, STRESS MANAGEMENT AND INNER BALANCE

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ABSTRACT:

The study focus on Indian knowledge systems for mental well- being, stress management and inner balance. The study pertaining to human development, mental well-being for enhance Indian knowledge systems. If we talk about stress management, it is problem solving, lifestyles habits and eats properly healthy like fruits and vegetables. Research based on the descriptive in nature. Data collected from the secondary sources such as report, articles, research paper, journal, websites etc. The finding of the study that Music and Vedic wisdom play important role in mental health well-being which reduce mental stress, soul, mind, and music can reduce anxiety and they control depression. In yoga, our body creates relaxation, sleep properly, eat healthy like fruits and vegetables. Now, we talk about mantras, when we utilize the different mantras to relax our mind and soul. Stress management improve the quality of many styles of release the stress due to eat healthy, lifestyle habits, time management and entertainment also. Now, last of my study part inner balance, it is the part of our life and they control inner hormones. It is concluded from the study that Indian knowledge systems form mental well-being, stress management and inner balance. In this mental well-being refers to the different forms of music like as RaagDarbari, LataMangeshkar and many more, Vedic wisdom to relax our mind, body and soul through by Vedas. It is related to our cultural and follows the Indian traditional knowledge system.

Keywords: Stress Management, Mental Well-being, Indian Knowledge System, Human Development, Inner Balance, Perception.

INTRODUCTION

In this research, A study about Indian knowledge systems for well-being, stress management and inner balance. First a fall, we talk about Indian knowledge systems for well-being. In the mental well-being focused on meditation, Vedic philosophy, yoga, ayurveda and they achieve mental health balance our Indian knowledge system. These are the components of mental health well being such as follow in diagram.

1. Mental Health Well-being:



Source: Prepared by Author

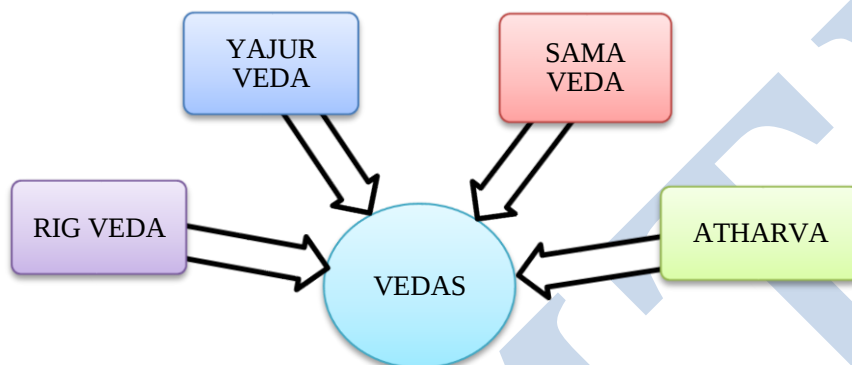
Music: Music is an art or science to helps in meditation and grow well- being mental health. A music explore some Indian classical music

like as can effect emotional such as follows:-

- RaagDarbari (It is control the human stress).
- Mishra Jogiya (When you are feel lonely then you should listen the Mishra Jogiya because it is for sadness).
- Arijit Singh (It is for emotional and heart touching music to listen Arijit Singh).
- Kishore Kumar (It is for relationship like as friendship goals, Son and Mother Relationship, Daughter and Father Bond).
- LataMangeshkar (It is for Spiritual related to desh bhakti songs, Bhajan).

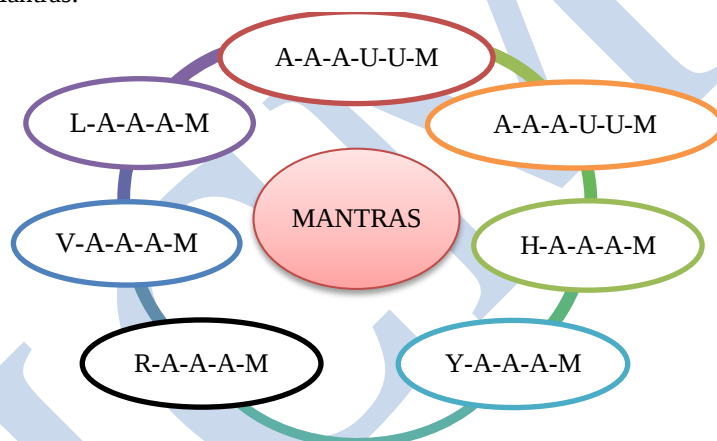
Vedic Wisdom: Vedic Wisdom can be defined as the practical knowledge in Indian knowledge system. They refer to philosophical, spiritual, Vedas, yoga, mantras and maintained discipline and self help of knowledge. They are including also bhagwadgeeta. It is called Vedic wisdom.

- Vedas: It is different types of Vedas such as follows.



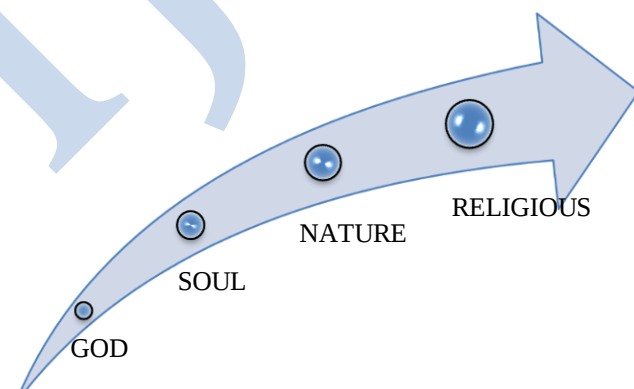
Source: Ancient Sages Rishis

- Mantras:



Source: Ancient Indian Sages (Rishis)

- Spiritual:



Source: Prepared by Authors'

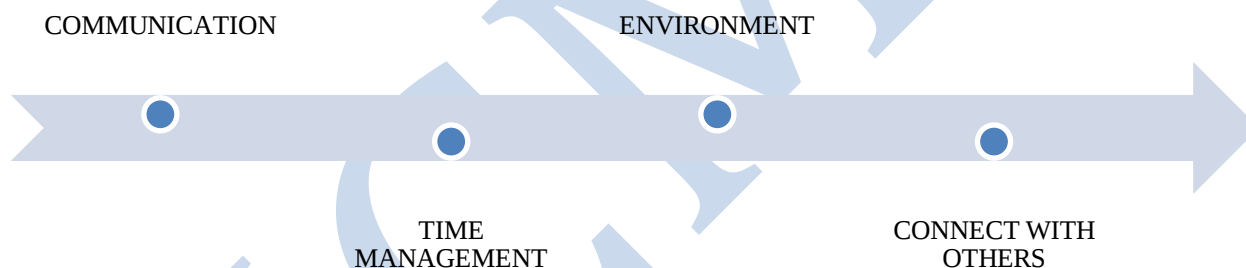
- Yoga: Yoga can be classified into many more different styles of yoga to active our body and relaxation our mind also.



Source: <https://www.yogabreezebali.com/blog/yoga-poses/>

Now, we focused about stress management in Indian knowledge system in my study. So, stress management is a part of human well-being, it is a part of life, cultural, and knowledge systems. Stress management refers to the lifestyles habits, eat healthy, properly sleep and mindfulness as well as hobbies and entertainment etc. It is involves to problem solving skills. They are more effectively in knowledge systems like as mindset, relaxation and lifestyle habits etc. It is shown as a following diagram.

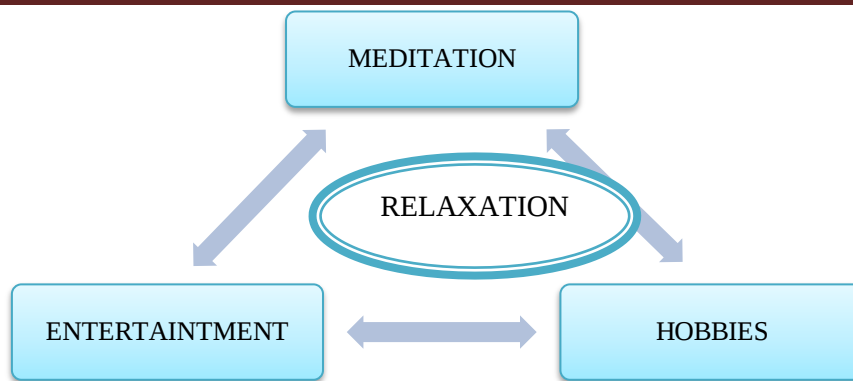
2. Mindset:



Source: Prepared by Author

- **Communication:** Communication is the different two way process one person to another person. In the communication, respect and express our feelings openly.
- **Time Management:** In the time management, we focus on tasks and essential work to complete on time.
- **Environment:** An environment can be refers globalized in education, knowledge system. And also avoid mews or different situations the trigger our stress.
- **Connect With Others:** Connect with others like family, friends and professionally as well as personally also. They helps to release stress. Then feel better and relax.

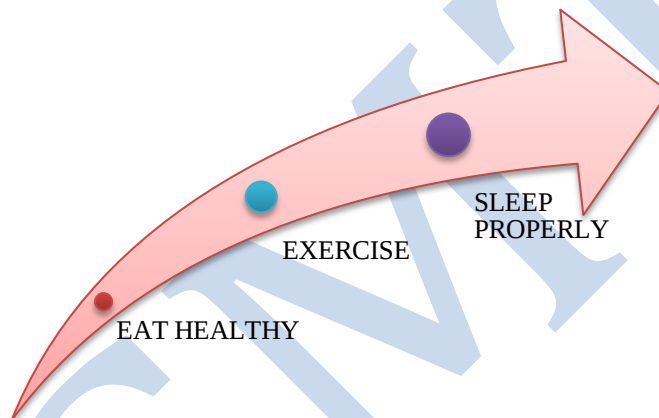
3. **Relaxation:** Relaxation can be refers to the meditation, laugh more, hobbies and entertainment etc. It can be shown in diagram such as follows.



Source: Prepared by Author

- **Meditation:** It can be clams the mind and relax our deep breathing. It is slows heart rate also. It is good for body relaxation.
- **Hobbies:** Hobbies can be define as the those activities our like as music, dance, feel the nature, reading Vedas, granth etc.
- **Entertainment:** In the entertainment, we entertained through by music, enjoyment.

4. **Lifestyle Habits:** Lifestyle habits are physical activities and regular exercise. It is shown as a following diagram.



Source: Prepared by Author

- **Eat Healthy:** When we talk about eat healthy in lifestyle habits, then we can say that it is a fuel our body with caffeine, limited sugar, nutrition food, vegetables and fruits also.
- **Exercise:** Exercise is a physically activity like as Zumba, gym, aerobics and singing and dance classes. They relief our stress.
- **Sleep Properly:** Sleep properly means that, we can take a sleep at least 8 hours per day. If we were not take sleep properly, they bad effect like as dark circles in our eyes, wrinkles on face, tiredness feel also.

In my study last introduction about inner balance in Indian knowledge systems. Inner balance refers to the harmonized our body, mind, emotions and inner peace. They are very thoughtful and challenging of a diagram shown with the help of a diagram such as follows:



- **Awareness:** It is accept our feelings like as anger, sadness and joy.
- **Emotional Stability:** It is involves in situations, strong emotions and find someone else.
- **Mind-Body Soul Harmony:** It is a possible or negative thoughts, ethical and spiritual self being a good person.

LITERATURE REVIEW

1. **Mr. SubashGiri& Mr. Mohalik& Mr. Parthasarathi Rout (2025)**,In this research paper, we explore the NEP 2020 in india knowledge system. They create the education system in cultural, global economy, critical thinki9nh and learning. IKS and Holistic development such as moral and ethical skill development, growth also.
2. **Sangeeta Singh, Prof. Chandra ShekharPandey (2025),**” In this study, we explore the mental health effects in the human being like as a mind, soul and body also. They enhance the knowledge of Bhagavad Gita, Vedas etc in good for mental health.
3. **RuchiBhati, MituMandal, Tripti Singh (June 2025)**,This research, we c an say that mental health become a concern due to illnesses, disorders, stress, depression according to the World Health Organization.
4. **Mr. YashpalkShirsagar, Prof. PushpaHongal (2024)**,In this paper, we can say that stress and health both of them part of Indian scriptures perspective. The stress effects on heath like as the lifestyle diseases, over thinking, attitude, ego, anxiety, depression, demotivate etc.

RESEARCH QUESTION

How to maintain inner balance in Indian knowledge system?

OBJECTIVES

1. To study about the Indian knowledge system in mental well-being.
2. To understand the stress management and maintain the inner balance of Indian knowledge system.

RESEARCH METHODOLOGY

In this research methodology in the perfection plan for conducting research, which is includes the techniques, reasoning, specific procedures used for collecting the collected data. Data collected from the secondary data sources. Secondary source from research paper, journal, website, articles, report, etc.

RESULT OF THE STUDY

1. The result of the study examined that mental health well-being. In mental health well-being include in the different types of music and Vedic wisdom also.
2. Next, the result of the paper, we found that stress management. Stress management release the stress through by mindset, eat healthy, take properly sleep, and lifestyles habits also.
3. The result of the research paper, we investigate that, Yoga can be reduction of stress level, maintained depression, anxiety and they also focus on overall wellness.
4. Now, the last result of the study, we check about mantras. Mantras refer to the creativity and mental clarity also.

FINDINGS

1. We find mental well-being, it can be reduce our body relaxation through by music like music is a therapy of release the mental health well-being. It is also utilize the Vedic wisdom. Vedic wisdom like Vedas and it is our cultural and traditional focus of deeper understanding of our life motive and promote overall harmony.
2. We find about stress management in our paper. In stress management, Meditation can be refers the better properly sleep total 8 hours per day. It is enhance the emotional health well-being. They reduce the reduced pain, blood pressure, and strong immunity system our body.
3. We find the different styles of yoga asana to improve our physical health and strength, flexibility. They are many different forms of yoga like padmaasan, trikonasana, balasana, bhujangasana, and many more.
4. We found the mantras for mental and emotional benefits like that it can be boost self awareness, reduce the negative mood swings, also balance the hormones.

CONCLUSION

It is concluded from the study that Indian knowledge systems form mental well-being, stress management and inner balance. In this mental well-being refers to the classical music and Vedic wisdom to relax our mind, body and soul also. Stress management involves in part of life cultural, hobbies, etc. Now, inner balance in Indian knowledge systems refers to the harmonized our body, emotions and inner peace of mind and soul. It can be emotional stability and awareness in Indian knowledge systems.

SUGGESTION

1. We suggest about the Vedic wisdom to relax our mind, health and it is our cultural and traditional also due to Vedas like we all know about to learn Vedas.
2. We suggest about stress management to improve our body, soul, mind stress through by meditation. Meditation doing in regular basis to pain relief and relaxation our body.
3. We suggest about yoga. Yoga is a daily routine. It can be utilize for relaxing our body, mind set, healthy body and healthy environment because health is wealth.
4. We suggest about mantras, We aware about creativity and mental clarity. It can be reduce the mental stress and anxiety also. They relax the self boost mood and awareness.
5. We suggest about inner balance. It can be fast recovery and problem solving. It is also improve the nervous system and physical health well-being.

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