



“Review Article on Indian Knowledge System Needs Transformation from One Generation to Another Generation”

Mr. Amit P. Sinhal¹ Mr. Kishan Ashok Zodage²

¹ Mob. No.+91 9225130175, Email. - amitpsinhal@gmail.com

Affiliation Institute – OBVS’s Prof. Ravindra Nikam College of Pharmacy, Gondur, Dhule.

² Mob. No. +918830598519, Email. Kishanzodage@gmail.com

Affiliation Institute- OBVS Nikam College of Pharmacy, Gondur, Dhule. 424002

ABSTRACT:

The Indian Knowledge System (IKS) is an ancient system from India (Bharat Varsha) that covers a wide range of subjects, including physics, mathematics, chemistry, biology, and life sciences. Although ancient, it is scientifically valid and holds great value even today. This system contains wisdom that has been passed down for generations and is essential for improving life and promoting well-being. To ensure a better future and stronger society, it's important that the knowledge from IKS is preserved and shared with future generations.

Keywords: Indian Knowledge System (IKS), Conch, Tulsi, Camphor, and Alkaline Water etc.

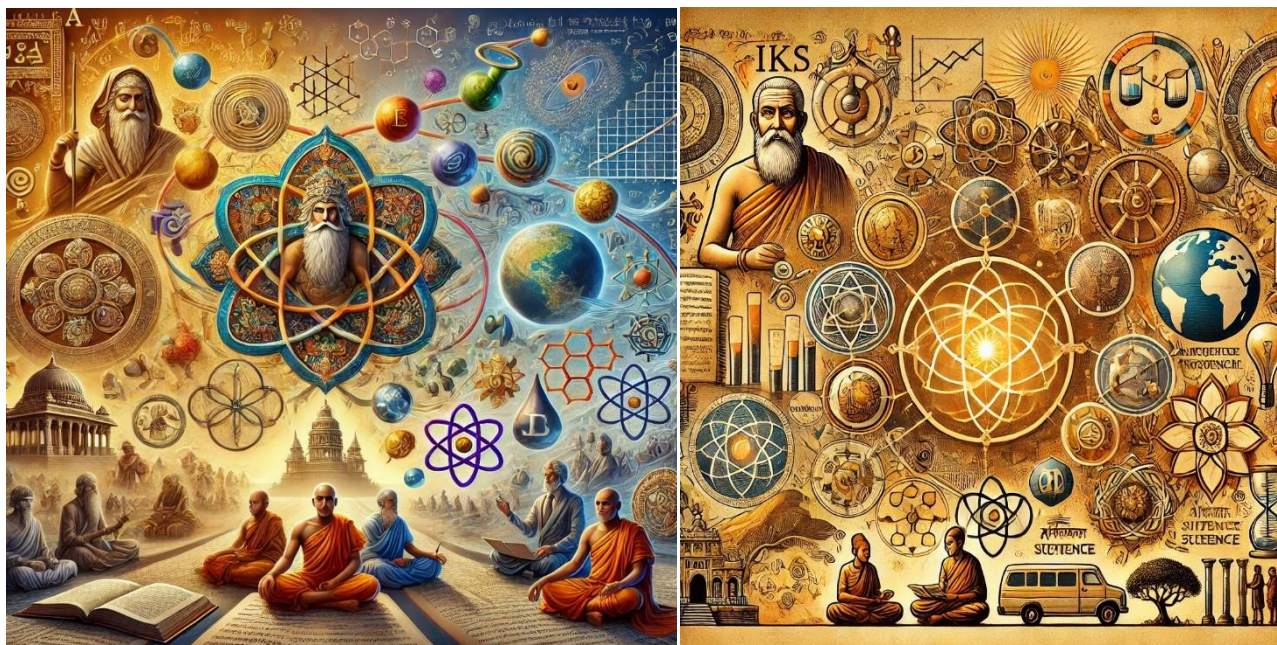
Introduction:

The Indian Knowledge System (IKS) represents a vast collection of knowledge that has developed over thousands of years in the Indian subcontinent. It is an organized way of passing knowledge from one generation to the next, not just a cultural tradition. The roots of IKS lie in ancient texts like the Vedas, Upanishads, and Upvedas, which serve as a foundation for this system.

IKS covers a wide range of subjects, including traditional medicine, astrology, yoga, and meditation. These practices have shaped India's history and culture. By incorporating IKS into education, students can develop self-awareness, emotional balance, and empathy, helping them make better decisions and maintain healthier relationships. The Indian approach prioritizes the well-being of all and emphasizes reviving ancestral knowledge to share India's unique cultural and philosophical contributions with the world.

The National Education Policy (NEP) 2020 highlights the significance of India's legacy of knowledge in areas such as philosophy, science, art, and governance. The Jnan (knowledge), Vignan (science), and Jeevan Darshan (life philosophy) systems stress the importance of experience, observation, and analysis in shaping Indian education and society.

Figure 1: Image representing the Indian Knowledge System (IKS) showing its ancient roots and modern-day relevance across various fields.



IKS also includes the world's oldest medical system, which focuses on a holistic approach to health and well-being. The goal is to preserve health and prevent disease through practices like consuming fresh, minimally processed foods, using Rasayanas (age-defying formulas), detoxifying the body, and taking adaptogenic herbs to balance stress.

Conch Blowing (Shankh): According to IKS, blowing a conch can improve lung function by enhancing air intake, loosening mucus, and preventing complications like pneumonia. It also has mental benefits, such as promoting relaxation, focus, and emotional balance. Regular conch blowing is said to benefit heart health and help with conditions like stammering and respiratory issues.

- **Tulsi (Ocimum Tenuiflorum):** Tulsi, especially the Krishna variety, is rich in antioxidants and phenolic compounds, which help detoxify the body and protect against toxins. It supports liver function and safeguards organs like the kidneys and brain from harmful substances. Studies have shown that Tulsi also helps fight free radicals, reduce DNA damage, and prevent tumour growth.
- **Camphor:** In IKS, camphor is used in various forms to relieve pain, reduce inflammation, and improve digestion. It provides a cooling sensation that soothes sore muscles and reduces irritation. Camphor is also used to treat coughs, colds, and skin conditions.
- **Home Kitchen Ingredients:** IKS emphasizes the importance of a balanced, nutritious diet for health. Spices like pepper, ginger, cumin, and asafoetida are regularly used to improve digestion and overall well-being. Seasonal eating is also considered essential for maintaining good health.
- **Fasting:** Fasting is a key practice in IKS for detoxification and mental clarity. It helps improve organ function, promotes DNA repair, and reduces cancer cell growth. Spiritually, fasting is seen as a way to deepen one's connection with the divine.
- **Lifestyle Changes:** Food, sleep, and routine are essential for a healthy life in IKS. Eating meals at regular times is important for proper digestion. Breakfast should be early, lunch should be the largest meal, and dinner should be light and eaten a few hours before bed.
- **Alkaline Water in Copper Pots:** Storing drinking water in copper pots, as recommended by IKS, helps purify water and slightly increases its pH, making it safer for consumption.
- **Meal Timing for Health:** According to IKS, eating meals at consistent times helps with digestion and overall energy. Breakfast should be eaten within an hour of waking, and meals should be spaced 4-5 hours apart for better digestion and nutrient absorption.

Conclusion:

The "Indian knowledge tradition" includes the vast and diverse knowledge developed over thousands of years across the Indian subcontinent. This wisdom is passed down from one generation to the next through the Indian Knowledge System (IKS), which is an organized way of sharing knowledge, not just a tradition. IKS provides many practices for a healthy lifestyle. Some key examples include daily conch (Shankh) blowing to improve lung function, drinking alkaline water stored in copper pots, boosting metabolism by eating meals at regular times, and using Indian spices in everyday cooking. Today, it's important to continue passing on the Indian Knowledge System to preserve and promote a healthy society.

Ethical Approval:

This review article does not contain any use of animal model.

Conflict of Interest:

Authors declared that no conflict of interest for review of article.

Funding:

NA.

REFERENCES:

1. Kasture, Haridas Shridhar. "Yajurveda panchakarma vijnana." Calcutta: Sri Baidyanatha Ayurveda Bhavan Limited 6 (2006).
2. Khanna A, Shukla P, Tabassum S. Role of *Ocimum sanctum* as a Genotoxic protective agent on chlorpyrifos-induced genotoxicity. *Toxicol Int.* 2011;18:9–13.
3. Bharath BK, Anjaneyulu Y, Srilatha C. Immuno-modulatory effect of *Ocimum sanctum* against endosulfan induced immunotoxicity. *Vet World.* 2011;4:25–7.
4. Mediratta PK, Tanwar K, Reeta KH, Mathur R, Benerjee BD, Singh S, et al. Attenuation of the effect of lindane on immune responses and oxidative stress by *Ocimum sanctum* seed oil (OSSO) in rats. *Indian J Physiol Pharmacol.* 2008;52:171–7.
5. Makwana M, Rathore HS. Prevention of hepatorenal toxicity of acetaminophen with *Ocimum sanctum* in mice. *Int J Pharm Technol.* 2011;3:1385–96.
6. Mahaprabhu R, Bhandarkar AG, Jangir BL, Rahangadale SP, Kurkure NV. Ameliorative effect of *Ocimum Sanctum* on meloxicam induced toxicity in Wistar rats. *Toxicol Int.* 2011;18:130–6.
7. Lahon K, Das S. Hepatoprotective activity of *Ocimum sanctum* alcoholic leaf extract against paracetamol-induced liver damage in Albino rats. *Pharmacognosy Res.* 2011;3:13–8.

8. Pemminati S, Nair V, Dorababu P, Gopalakrishna HN, Pai MR. Effect of ethanolic leaf extract of *Ocimum sanctum* on haloperidol-induced catalepsy in albino mice. *Indian J Pharmacol.* 2007;39:87–9.
9. Ubaid RS, Anantrao KM, Jaju JB, Mateenuddin M. Effect of *Ocimum sanctum* (OS) leaf extract on hepatotoxicity induced by antitubercular drugs in rats. *Indian J Physiol Pharmacol.* 2003;47:465.
10. Sharma PV, Susruta Samhita V. *I. Sutra Sthana 45, 246 verse 13.* Varanasi: Chaukamba Visva Bharati; 2004. p. 418.