



# International Journal of Research Publication and Reviews

Journal homepage: [www.ijrpr.com](http://www.ijrpr.com) ISSN 2582-7421

## Foundational Aspects and Basis of Vedic Sciences in the Indian Knowledge System

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### ABSTRACT

This research paper looks at the basic ideas and historical importance of Vedic Sciences as a key part of the Indian Knowledge System (IKS). IKS is a broad and deep field that includes philosophy, science, spirituality, and art. It is based on ancient knowledge. This study focuses on the scientific and practical contributions of major parts of Vedic Sciences, such as metaphysics, ethics, mathematics, medicine, and education. The paper also stresses the importance of keeping academic integrity by telling the difference between real historical contributions and modern claims that haven't been proven. It ends by showing that IKS is still important today for living sustainably, being moral, and being healthy in all areas of life.

### Introduction

The Indian Knowledge System (IKS) is a very old and large intellectual tradition that includes a wide range of knowledge, such as science, art, philosophy, and spirituality. Vedic Science is the main idea behind this system. It is the body of knowledge found in the Vedas and other ancient Indian texts. This paper wants to look into the basic ideas and real-world uses of Vedic Sciences in areas like astronomy, medicine, math, architecture, and moral philosophy. It gives a fair view by separating historically proven contributions from modern reinterpretations that are based on speculation. It also stresses how important this knowledge is in today's academic and social settings.

### Chapter 1 – The Indian Knowledge System (IKS)

The Indian Knowledge System (IKS) is a way of learning that is based on India's old ways of doing things. Sacred texts like the Vedas, Upanishads, and epics, as well as practical knowledge from Ayurveda, Jyotish, Vastu, and the performing arts, are all part of it. IKS supports holistic education through schools like the Gurukul and universities like Nalanda and Takshashila. This chapter talks about how IKS is interdisciplinary and interconnected, its core values like Dharma and Karma, and how important it was and still is in education, science, and everyday life.

### 1. INTRODUCTION: Revealing the Indian Knowledge System and Vedic Sciences

The Indian Knowledge System (IKS) is a deep and lasting way of understanding the world that has its roots in India's ancient history. It is a huge and varied collection of knowledge that includes philosophy, different sciences, arts, and spiritual traditions that have developed over thousands of years on the Indian subcontinent. This all-encompassing system has been key to shaping India's culture, society, intellectual processes, and way of life. IKS is not just a historical artefact; it is often called a "living, breathing tradition" that highlights the deep connections between material, intellectual, and spiritual realms, promoting a sense of harmony and sustainability in its use.

"Vedic science" stands out as an important part of this large framework. In general, it refers to a large body of ancient knowledge that comes from the Vedas and includes spiritual teachings, philosophical insights, ethical principles, and ritualistic practices. It is often used interchangeably with terms like Vedic knowledge, ancient Indian science, Vedic philosophy, Indian metaphysics, and Vedic wisdom. This ancient wisdom answers basic questions about the nature of reality, existence, and consciousness, showing how deeply rooted ancient Indian thought is in culture.

But it's important to understand that the term "Vedic science" has two meanings in modern conversation. It is a real historical body of knowledge, but in modern times it has also been linked to a "pseudoscientific system." This modern use is often connected to Hindu nationalism in India, where supporters sometimes make unproven claims that ancient Indians had advanced technologies like aeroplanes, stem cell technology, and the internet. For this report, it is important to separate the documented historical contributions from the unverified, anachronistic claims in order to ensure a balanced and academically rigorous exploration.

The goal of this report is to give a basic understanding of Vedic Sciences in the larger context of the Indian Knowledge System. It will look into its historical roots, main philosophical ideas, and important contributions to a number of scientific and practical fields. The goal of the discussion is to be clear, academically sound, and fair, using only historical records and scholarly interpretations as sources. A better understanding of this complex and rich knowledge system can be gained by looking at both its traditional and modern meanings.

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## 2. The Indian Knowledge System (IKS): A Tapestry of Old Knowledge

The Indian Knowledge System (IKS) has a long history and has been changing and growing for thousands of years. Its origins can be traced back to the sophisticated Indus Valley Civilization, flourishing between approximately 3300 and 1300 BCE, and subsequently extending into the pivotal Vedic period, from around 1500 to 500 BCE. During the Vedic Period, a collection of texts known as the Vedas were composed, which are considered among the oldest sacred scriptures globally and form the fundamental bedrock of Indian philosophical and spiritual thought. These ancient texts are more than just religious hymns; they encapsulate profound spiritual insights alongside early scientific knowledge, serving as a crucial source for understanding the initial development of Indian science and technology, and demonstrating a sophisticated understanding of natural phenomena for their time. Following this foundational era, the Classical Period, roughly from 500 BCE to 1200 CE, witnessed remarkable advancements across diverse fields, including mathematics, astronomy, and medicine, marked by the emergence of influential scholars and significant centers of learning.

A key feature of IKS is its focus on holism and interconnectedness. IKS sees the world as a whole that is intricately connected, unlike many modern academic approaches that tend to separate knowledge into distinct, isolated disciplines. This view suggests that everything, from the natural environment to people and even the spiritual realm, is seen as intrinsically linked, leading to a worldview that values harmony and balance. Ayurveda, the traditional Indian system of medicine, is a great example of this integrated approach. It combines ideas from biology, chemistry, psychology, and spirituality to understand the human being, the environment, and the universe as a single, unified system. This holistic view suggests that solutions or understandings were consistently sought by considering multiple dimensions at once, leading to comprehensive systems that address the whole spectrum of existence.

Another thing that makes IKS stand out is that it is interdisciplinary. It doesn't see knowledge as separate subjects; instead, it says that all fields, whether they are scientific, philosophical, or artistic, are connected in some way. This interdisciplinary view is a key part of Indian agriculture, which historically took into account not only planting methods but also the effects of weather patterns, celestial bodies, and the rhythms of nature.

Indian arts, such as dance and music, also follow this principle, combining physical movements, mental focus, and spiritual energy to create a complete experience. This practical integration of different areas of knowledge likely led to sustainable practices and a deep respect for natural systems, which can teach us valuable lessons as we deal with fragmented knowledge and complex environmental problems. The ancient Indian education system, which was a key part of IKS, was based on spiritual, moral, and intellectual growth. It focused on building character while also teaching knowledge in many areas. This shows that knowledge was not just for intellectual growth, but was also linked to moral behaviour and personal growth.

The Vedas, written between 1500 and 500 BCE, are the most important texts for Vedic knowledge. They include the Rigveda, Samaveda, Yajurveda, and Atharvaveda. These sacred texts contain a wide range of hymns, complex rituals, and deep philosophical discussions that have had a huge impact on the religious and spiritual beliefs of the Indian subcontinent.

Scholars say that the Vedas are a key source for understanding the early development of Indian science and technology, showing that people of that time had a sophisticated understanding of natural phenomena. This goes against the common belief that ancient religious texts are only spiritual, showing that the Vedas were comprehensive knowledge systems of their time, combining both spiritual and what we now call scientific understanding. This points to a different way of thinking about history, where knowledge wasn't strictly divided into categories like it is now, but was instead deeply rooted in a larger spiritual and philosophical framework.

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## 3. Vedic Sciences: What They Are, How to Understand Them, and Where They Fit In

From a traditional point of view, "Vedic science" is seen as a large body of ancient knowledge that was carefully taken from the Vedas. This system combines spiritual teachings, deep philosophical insights, moral rules, and complex rituals in a way that works perfectly. Its academic and spiritual aspects are well-known in many traditional schools of thought, such as the Purana, Vedanta, and Dharmashastra. Vedic science includes a wide range of fields that are thought to be necessary for both spiritual growth and material understanding. It has an impact on practical areas like Ayurveda (traditional medicine) and martial arts, as well as on basic questions about reality, existence, and consciousness. The wide range of this ancient knowledge system is shown by its many names, which include Vedic knowledge, ancient Indian science, Vedic philosophy, Indian metaphysics, Vedic wisdom, Ayurveda, Vedanta, and Vedic studies.

In modern times, though, the phrase "Vedic science" means a lot of different things. While its traditional meaning focusses on a complete and interconnected body of knowledge, it has also come to be linked to a "pseudoscientific system." This link is often made in India by Hindu nationalists, who claim that ancient Indians had advanced technologies like aeroplanes, stem cell technology, and the internet, but these claims have no historical or scientific proof. For academic clarity, it is important to separate these unverifiable, out-of-date claims from documented historical contributions that can be verified through ancient texts and archaeological evidence. This difference is important for a deep understanding because there is a lot of disagreement about what "science" means in "Vedic science." One must think about whether it refers to modern scientific methods that can be tested and proven wrong

or to a more general, holistic view of knowledge that was common in ancient times. This brings up an important academic point: the term "Vedic science" can be misleading if it suggests a direct connection to modern scientific methods or if it is used to back up technological claims that have no evidence.

The importance of Vedic knowledge is made even clearer by its use in different traditional schools:

- **Vedanta:** This school of orthodox Hindu philosophy gets most of its ideas from the Upanishads, which are important parts of the Vedas. Vedanta includes all of the knowledge in the Vedas, such as philosophy, ethics, and rituals. It is a general term for different areas of study that come from the Vedas, like phonetics, rituals, and prosody. The main idea of Vedanta is the ultimate reality, or Brahman, and the idea of freedom, or moksha, for the individual soul, or Atman.
- **Purana:** This huge collection of Sanskrit texts is very important for keeping India's rich cultural history alive, including legends, religious ceremonies, and different arts and sciences. The Puranas call Vedic science the complete body of knowledge and spiritual teachings that come from the Vedas, which a respected sage like Vishvamitra wanted to learn.
- **Dharmashastra:** These texts contain detailed instructions (shastra) about how to behave religiously, how to make a living (dharma), how to perform ceremonies, and how to understand the law. Dharmashastra puts Vedic science in the category of the scholarly study of the Vedas. But it also has an important historical note: this knowledge "was not accessible from the lowest castes under normal circumstances." This statement shows an important social and historical context, showing that while the content of Vedic science was deep, it was not available to everyone.

This suggests that the ancient Indian knowledge system was inherently unfair, and that knowledge was often a privilege that came with social status rather than a right that everyone had. Knowing about this limitation gives us a fuller and more nuanced view of ancient Indian society and its ways of knowing, which brings up important questions about the power structures built into historical knowledge systems.

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#### 4. Basic Ideas: The Philosophical and Spiritual Basis of Vedic Sciences

The Vedic tradition's philosophical and spiritual ideas are the foundation of the whole Indian Knowledge System. These ideas aren't just abstract mental games; they give us a full picture of how to understand life, act ethically, and seek happiness.

Important Philosophical Ideas in Vedic Thought

##### Definition of the term

Dharma means duty, righteousness, moral responsibility, and showing others how to live a good life.

Karma is the law of cause and effect. Your actions shape your future. Rebirth (Samsara): After death, the soul gets a new life. This is closely related to Karma.

Atman is the person's own self or soul. Brahman is the highest reality and the universal mind. Moksha is the freeing of the soul from the cycle of rebirth. Sukhha is the search for happiness and contentment, both material and spiritual.

Dharma is a central idea in Bharatiya knowledge systems that means duty, righteousness, and moral responsibility. It guides people towards living a good life and making moral decisions. The Bhagavad Gita, a sacred text, strongly emphasises selfless action and duty (dharma) as a way to find spiritual fulfilment. Karma, which means the universal law of cause and effect, is closely related to Dharma. This principle says that every action, whether physical, mental, or verbal, has consequences, and that one's actions in the present determine their future experiences. This means that moral responsibility and ethical conduct were not separate from the pursuit of knowledge, but were a part of it. In ancient India, learning and using knowledge were often framed in terms of strong moral and ethical values. This meant that knowledge was not just for intellectual curiosity or making money, but for living a meaningful life in line with universal principles.

The idea of Rebirth, or Samsara, says that after the body dies, the soul goes through a process of transmigration, taking on a new life in a different form. This cycle is closely linked to Karma, which says that the actions and their consequences from past lives affect the conditions of future lives. The Upanishads, which are a collection of important texts in the Vedas, explore deep metaphysical questions about the nature of the self (Atman) and the ultimate reality of the universe (Brahman). Vedanta philosophy, which is heavily based on the Upanishads, expands on the main idea that Brahman is the ultimate reality and the liberation (moksha) of the individual soul (Atman) is the highest goal. Moksha is not always clearly defined in the materials provided, but it is the ultimate freedom from the cycle of rebirth, a state of deep spiritual freedom and unity with the divine. The Idea of Sukhha is also about the search for happiness and contentment in life, which includes both material and spiritual aspects. The Ideal of Life, on the other hand, is about the bigger ideas and values that give life meaning and purpose.

The Bhagavad Gita and the Upanishads have had an effect. The Upanishads, which are important parts of the Vedas, taught a lot about cosmology, rituals, and ethics, and they also asked a lot of metaphysical questions about the self (Atman), the universe (Brahman), and the nature of reality. These texts laid the groundwork for much of Indian philosophy that came later. The Bhagavad Gita is a sacred Hindu text that teaches deep lessons about selfless action, duty (dharma), and righteousness. It has had a big impact on world leaders and thinkers like Mahatma Gandhi, Aldous Huxley, and Albert Einstein. Its teachings stress the importance of doing one's duties without being attached to the results, a principle that guided many aspects of life and government.

##### What Yoga and Meditation Do

Yoga and meditation are examples of how to use Vedic spiritual principles in real life to improve your health and well-being. Patanjali's Yoga Sutras laid out a structured and systematic way to achieve mental and physical well-being, showing a path to self-realization through various practices.

Meditation techniques like Vipassana and Raja Yoga have also become popular around the world, showing that these ancient practices are still useful for finding inner peace and clarity. The fact that these practices are discussed right after deep philosophical ideas shows that in the Vedic framework, deep metaphysical insights were not just abstract intellectual exercises but were directly connected to practical ways to achieve personal well-being and a peaceful life. People thought that seeking spiritual knowledge (Atman, Brahman) was a good way to improve their physical and mental health through practices like yoga. This shows how IKS is a holistic system where philosophical depth informs and validates practical disciplines, making it hard to tell what modern thought often separates as "philosophy," "religion," and "health science."

## Chapter 2 – Vedic Sciences and Its Contributions

Vedic Sciences are different areas of knowledge that come from the Vedas. These include philosophy (Vedanta), ethics (Dharma), and the following sciences:

- Ayurveda is a traditional Indian form of medicine that focuses on holistic healing through diet, plants, and surgery (for example, Sushruta Samhita).
- Math: Scholars like Aryabhata and Brahmagupta came up with ideas like zero, the decimal system, and Pi.
- Astronomy: Vedanga Jyotisha and Aryabhatiya talk about old observatories and how to do math
- Education: The Gurukul system and ancient universities encouraged learning through experience and values.
- Architecture—Vastu Shastra for creating peaceful living spaces and Jyotish for learning how the stars affect us.

This chapter shows how real science has moved forward and also talks about how Vedic Science is sometimes used as pseudoscience in modern times.

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## 5. The basic pillars are scientific and practical fields.

The Vedic tradition in the Indian Knowledge System was important for more than just its deep philosophical and spiritual aspects. It also laid the groundwork for big improvements in what we now call scientific and practical fields. These contributions show that the author has a deep understanding of the natural world and human experience, which they often developed with a clear practical goal in mind.

### Astronomy and Math

Ancient India is known for its amazing contributions to maths and astronomy, which can be traced back to the Vedic texts. The Vedic period itself includes early mentions of astronomical observations and basic geometric principles, showing that people were interested in these subjects early on.

The Concept of Zero and the Decimal System are two of the most important things that have been given to the world. The Indian mathematician Aryabhata is widely credited with introducing the concept of zero and the decimal system in the 5th century CE. The earliest recorded use of zero as a number, along with the creation of rules for arithmetic operations involving zero, can be found in the works of Brahmagupta in the 7th century CE. These works laid the groundwork for modern mathematics. The modern numeral system, also known as the Hindu-Arabic numeral system, originated in India. In addition to these, ancient Indian mathematicians like Baudhayana and Aryabhata were instrumental in calculating the value of Pi and developing trigonometric functions, which shows that they had a deep understanding of geometric and celestial calculations.

Aryabhata's seminal work, "Aryabhatiya," written in 499 CE, provided accurate calculations for the solar year and the circumference of the Earth.

The Vedic period is where ancient Indian astronomy got its start, and texts like the Vedanga Jyotisha contain a lot of important information about it. This text, which is thought to have been written around the 1st millennium BCE, is one of the oldest systematic works on astronomy and calendrical science in India. It gave detailed instructions for how to perform rituals based on astronomical calculations, showing how astronomical knowledge can be used in everyday life. This shows that ancient Indian advances in astronomy were not based on guesswork or spiritual intuition alone, but on careful observation and a deep understanding of mathematics. Over hundreds of years, Indian calendars became more accurate. For example, the Hindu calendar is based on lunar and solar cycles and uses intercalary months to keep lunar months in sync with the solar year. This accuracy is due to the careful combination of astronomical observations with mathematical rigour, which is similar to the basic principles of what we now call scientific methodology: using empirical data and logical and mathematical analysis.

### Ayurveda medicine

Ayurveda is the traditional Indian system of medicine that takes a holistic approach to healing by combining biology, chemistry, psychology, and spirituality. It is based on the idea of interconnectedness, which means looking at the complex relationship between the body, mind, and spirit and seeing the human being as a whole being in the environment and the universe. This holistic view is a defining feature of Ayurveda, which stresses balance and harmony.

The Charaka Samhita and the Sushruta Samhita are two of the most important texts in Ayurveda. The Charaka Samhita is said to have been written by Charaka, and the Sushruta Samhita is said to have been written by Sushruta. These texts contain a lot of medical information. People often call Sushruta

the "Father of Surgery" because he was the first to make major improvements in reconstructive surgery, including advanced plastic surgery techniques. Ayurveda also had a lot of information about the healing properties of over 700 medicinal plants, showing a deep understanding of herbal medicine and how to use it.

### **Astrology (Jyotish) and architecture (Vastu Shastra)**

Vastu Shastra and Jyotish are two other important practical fields in the IKS. Vastu Shastra is the old Indian science of architecture and design. Its principles aim to create living spaces that are in harmony with the forces of nature. This discipline embodies the IKS emphasis on balance and harmony with the environment. Jyotish, or Vedic astrology, is the study of how celestial bodies affect people's lives and destinies. Its practical uses are clear in calendrical calculations, which were necessary for planning agriculture, religious ceremonies, and civic organisation.

### **Other Areas**

The materials you gave me don't go into as much detail, but ancient India also made important contributions in other areas. Metallurgy and engineering made big leaps forward, showing that people had advanced technical skills. Chanakya's Arthashastra, a detailed book about government, economics, and military strategy, had a big impact on the fields of statecraft and economics. This book called for policies that would make government more efficient and trade more regulated, showing how knowledge can be used to organise and run society. The main idea that runs through all of these different fields is that ancient Indian scientific knowledge was practical and useful. These activities weren't just theoretical or abstract intellectual exercises; they were a big part of everyday life, religious practices, how society was organised, and people's health. The knowledge was created for a clear reason: to solve real-world problems, organise society, live in harmony with nature, and make life better for people. This shows how important applied knowledge was.

### **Important scientific discoveries made in ancient India**

In Mathematics, The Concept of Zero Aryabhata and Brahmagupta: They laid the groundwork for modern math by using it as a placeholder and for math operations.

Aryabhata's Decimal Place-Value System is the basis for the modern numeral system (Hindu-Arabic).

In Astronomy: Calculating Pi and Trigonometry by Baudhayana and Aryabhata. This was a more advanced way to understand how to do geometric and celestial calculations.

Astronomy Advanced Calendar Systems (like the Hindu Calendar) Vedanga Jyotisha keeps track of the lunar and solar cycles very accurately for farming, religious, and civic purposes.

Ayurveda is a holistic healing system that combines the body, mind, and spirit. It has knowledge of over 700 medicinal plants.

Medicine (Surgery) Reconstructive/Plastic Surgery Sushruta ("Father of Surgery") made important improvements to surgical methods.

Architecture Vastu Shastra (ancient tradition) Principles for living spaces that are in harmony with natural forces.

Arthashastra by Chanakya is a complete guide to government, administration, and military strategy.

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## **6. The Ancient Indian Education System: Nurturing Knowledge**

Ancient India's education system was unique and very effective at spreading and improving knowledge. This system didn't just teach academics; it also aimed to help the whole person grow and prepare them for a meaningful life in society.

### **The Gurukul System and Education as a Whole**

The Gurukul system is the basis for all ancient Indian education. In this unique teaching style, students, called shishyas, lived with their teachers, or gurus, in the guru's home or a special ashram. This way of living made learning more hands-on, as students could learn not only from formal lessons but also by watching, participating in daily life, and interacting closely with their teacher. This shows that ancient Indian education wasn't just about memorising things or learning theory; it was also about creating a deeply immersive, experiential, and personalised learning environment. The focus on living with the guru helped build a strong bond between teacher and student and made it easier to pass on values and character along with academic knowledge.

The Gurukul system was known for its focus on holistic education. It went beyond just intellectual growth and also focused on spiritual, moral, and character development. The goal was to teach a wide range of subjects, such as different sciences, arts, medicine, math, and philosophy, while also building strong moral character. This is different from modern mass education models, which focus on intellectual growth as part of overall personal growth. This means that the information shared was not only true but also moral and useful, and it was part of a way of life that got people ready for everything that life threw at them.

### **Famous Places of Learning**

In addition to the personalised Gurukul system, ancient India had several important learning centres that grew into famous universities. These schools were very important for spreading knowledge and studying it in depth. They drew scholars and students from all over Asia and even India, making India a centre of intellectual excellence.

Nalanda University, which was founded in the 5th century CE, is one of the first residential universities in the world and a truly global centre for higher learning. At its peak, Nalanda was a huge academic complex that housed over 10,000 students and 2,000 teachers. The university had a wide range of subjects in its curriculum, such as advanced mathematics, astronomy, medicine, and philosophy. It was also famous for its huge library, which had thousands of priceless manuscripts and served as a huge storehouse of ancient knowledge. The existence of such a sophisticated, large-scale educational institution challenges a Eurocentric view of early university development, showing that highly organised academic centres thrived in ancient India. The fact that they offered courses in many different fields shows that IKS was a holistic approach to learning, since these academic centres taught these subjects in an integrated way.

Takshashila University is another well-known ancient centre of learning that is often mentioned with Nalanda as an important institution that had a big impact on the intellectual landscape of ancient India. The materials provided don't go into as much detail about its curriculum, but its historical importance as a centre of knowledge is well-known. Vikramashila and Valabhi Universities were also important places to study, especially for Buddhist and Vedic students, respectively. The fact that there were so many of these universities shows how widespread and varied ancient Indian academia was, making India a "Vishwaguru" (teacher of the world) in both philosophical and structured, advanced academic fields. These schools created a place where people could do serious research and share ideas, which added a lot to the Indian Knowledge System's rich tapestry.

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## Conclusion:

### The Lasting Impact of Vedic Sciences on IKS

This report has tried to make clear the basic ideas and principles behind Vedic Sciences by putting them in the context of the huge and complex Indian Knowledge System (IKS). When looked at in its historical and traditional context, "Vedic Science" is a deep and broad body of knowledge. In the modern sense, it is not a single scientific field but an integrated framework that includes many philosophical, spiritual, and practical fields, all of which are connected and work towards a complete understanding of reality and existence.

Dharma, Karma, Atman, and Brahman are some of the main philosophical ideas that make up this system. They gave all knowledge and action an ethical and metaphysical framework. This ethical grounding suggests that the pursuit and use of knowledge were closely linked to ideas of living a good life and cosmic order. At the same time, the Vedic tradition had a big impact on what we now think of as scientific fields. These include the revolutionary idea of zero, the creation of the decimal system, major advances in astronomy and calendar calculations, and the highly developed medical system of Ayurveda, which includes pioneering surgical techniques and a wealth of knowledge about herbal medicine. These accomplishments show a strong focus on empirical observation and mathematical rigour, which are key parts of the scientific method.

The IKS, which includes its Vedic parts, played a key role in making India a "Vishwaguru," or "Teacher of the World." The Gurukul system, which focused on holistic and experiential learning, along with well-known universities like Nalanda, created a unique model of education that prioritised character development along with intellectual growth. These institutions were not just local centres; they were global hubs of interdisciplinary knowledge, drawing scholars from all over Asia and contributing to a rich intellectual exchange.

Even today, the ideas behind the IKS, especially in areas like Yoga, Ayurveda, and its overall focus on interconnectedness and sustainability, still shape the way people think around the world and provide useful insights for modern society. This suggests that the IKS's holistic, interconnected, and sustainability-focused ideas are not just relics of the past but could be used to solve current problems, especially in areas like environmental sustainability, integrated health, and ethical technology development. This means that people from different cultures should learn from each other and that ancient knowledge could help make the world a better place in the future.

It is important to study "Vedic Science" in a serious way and with a lot of thought. This means carefully separating real historical achievements from modern pseudoscientific claims that can't be proven. It also means recognising the limitations of history, like the caste-based restrictions on access to knowledge, which gives us a fuller and more balanced picture of the ancient system. Even though it is complicated, IKS has left a lasting legacy in the form of its integrated worldview, its focus on living ethically, and its deep practical contributions to people's health and the organisation of society. The IKS's study of Vedic sciences gives us a lot of ancient wisdom that is still very useful for understanding our lives and our place in the interconnected world. It encourages us to think of history not as a static past but as a dynamic source of lessons that will last.