



From Swasthya to Samagra Jeevan: Holistic Health Paradigms in Indian Knowledge System

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ABSTRACT

The Indian Knowledge System (IKS) gives a profoundly holistic perspective of health that transcends the mainstream biological notion of disease management. Rooted in historical writings such as the Vedas, Upanishads, Ayurveda, Yoga, and associated philosophical traditions, the concept of Swasthya is not restricted to physical well-being but implies a condition of dynamic equilibrium among body (śarīra), mind (manas), intellect (buddhi), and consciousness (ātman). Unlike current medicine, which commonly equates health with the absence of sickness, IKS conceptualizes health as dynamic equilibrium—physical, psychological, social, ecological, ethical, and spiritual. The notion of Swasthya denotes being established in one's actual self, expressing equilibrium among body, mind, and spirit.

The idea of Swasthya represents being rooted in one's own self, which reflects harmony between the body, mind, and soul. Expanding on this basis, Samagra Jeevan stands for holistic living based on spiritual awareness, ethical behavior, a disciplined lifestyle, and harmony with environment. This paradigm, which has its roots in Ayurveda, yoga, Vedanta, and traditional Indian philosophy, places a strong emphasis on self-realization, sustainability, balance, and prevention. With the aid of integrative and diagrammatic representations, this research investigates the conceptual underpinnings, theoretical frameworks, classical models, and current relevance of holistic health in IKS. The conceptual shift from Swasthya to Samagra Jeevan—a comprehensive, value-centered way of living that incorporates social harmony, health, ethics, spirituality, and ecological balance—is examined in this essay. The study emphasizes how health is viewed as a lifetime endeavor in line with dharma, purposeful living, and inner consciousness rather than as an episodic medical

consequence through a qualitative investigation of fundamental IKS sources. The importance of these paradigms in tackling modern global health issues like stress, lifestyle problems, and mental health crises is also examined in this study.

The Indian holistic health paradigm provides inclusive and sustainable models of well-being by emphasizing self-regulation, preventive treatment, and harmony with nature. According to the study, interdisciplinary approaches to public health, wellness education, and policy-making can be enhanced by incorporating IKS-based health frameworks into contemporary discourse. In the end, the transition from Swasthya to Samagra Jeevan emphasizes the necessity of rethinking health as an all-encompassing way of life rather than only the absence of disease.

KEY WORDS : Samagra Jeevan, social harmony, self-regulation, harmony, spirituality

1. Introduction:

Health is essentially defined by modern biomedicine as the absence of disease. But in 1948, the World Health Organization broadened this term to encompass social, mental, and physical well-being. The Indian Knowledge System envisaged health as a state of complete harmony even before this articulation. *Swa* (self) and *Stha* (established) are the roots of the Sanskrit word *Swasthya*, which means "to be established in one's true self." It suggests balance on a moral, spiritual, psychological, and bodily level. Health is the harmonious union of the body (*Sharira*), mind (*Manas*), intellect (*Buddhi*), and spirit (*Atman*), not just the functional efficiency of organs.

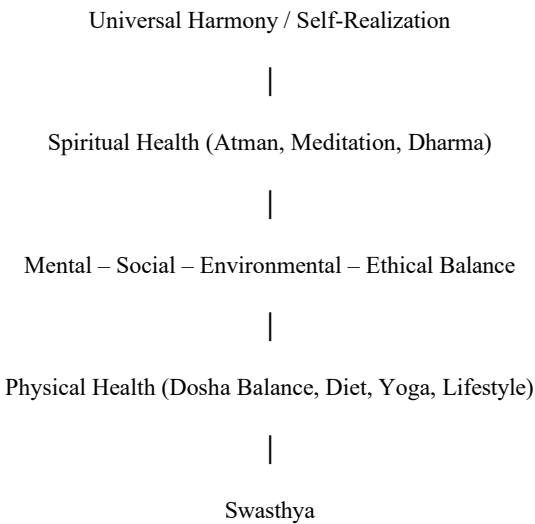
Swasthya goes beyond personal well-being to encompass moral behavior, ecological balance, societal harmony, and spiritual development under the more expansive notion of *Samagra Jeevan* (integrated or holistic living). In IKS, health is therefore a dynamic balance between the individual, society, and universe rather than a static state.

In contemporary biomedicine, health discourse primarily adheres to a disease-centered and mechanistic paradigm. Clinical practice is frequently still pathology-driven even though the World Health Organization (WHO, 1948) broadened the definition of health to include social, mental, and physical well-being. On the other hand, a holistic paradigm that views health as harmony between the body, mind, intellect, spirit,

society, and environment has long been expressed by the Indian Knowledge System (IKS).

The objectives of this study are to: (1) look at traditional definitions of health in IKS; (2) evaluate integrative theoretical models like Panchakosha theory and the Ayurvedic framework; and (3) talk about their current applicability in the discussion of global health.

Conceptual Framework of Holistic Health in IKS



According to this hierarchical concept, ultimate health culminates in spiritual realization and universal peace, but bodily balance serves as the foundation.

2. Literature Review

2.1 Ayurvedic Health Foundations

"Samadosha Samagnischa Samadhatu Malakriyah Prasanna Atma Indriya Manah Swastha Ityabhidheeyate" is the traditional concept of health found in the Charaka Samhita (Charaka Samhita, Sutrasthana 9.4).

This definition highlights the balance of:

- Doshas (Pitta, Kapha, and Vata),
- Agni (metabolic/digestive fire),
- Dhatus (seven body tissues),
- Malas (removal of garbage),
- in addition to spiritual and mental fulfillment.

Ayurvedic Model Components

- **Dosha balance** (Pitta, Kapha, and Vata)

Physiological processes are governed by these bioenergetic principles. Disease results from imbalance.

- **Appropriate Agni** (Metabolic & Digestive Fire)

Digestion, absorption, and transformation are governed by Agni. Toxin buildup is caused by disturbed Agni (Ama).

- **The Seven Body Tissues** (Healthy Dhatus)

Vitality and immunity are ensured by proper tissue feeding.

- **Effective Removal of Malas** (Waste Products)

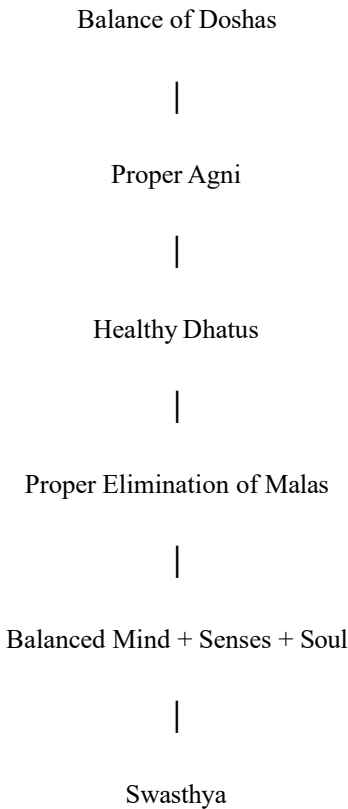
Internal cleanliness is preserved through balanced excretion.

- **Harmony of the Mind, Senses, and Soul**

Spiritual awareness and mental clarity are essential to good health.

Lad (1984) and Frawley (1999) interpret this as a biopsychosocial-spiritual model predating modern integrative medicine.

Ayurvedic Model Diagram



Through daily routines (Dinacharya), seasonal routines (Ritucharya), moral behavior (Sadvritta), and nutritional discipline, Ayurveda places a strong emphasis on preventive healthcare.

2.2 Yogic Psychology and Integral Health

The eightfold path, or Ashtanga Yoga, is described in Patanjali's Yoga Sutras as a methodical approach to psycho-spiritual integration (Patanjali, trans. 2001). According to Feuerstein (2001), yoga is an applied psychology that aims to restore inner homeostasis by stopping mental fluctuations (Chitta Vritti Nirodha).

2.3 Panchakosha Theory

The Panchakosha concept, which describes the five sheaths of human existence—Annamaya, Pranamaya, Manomaya, Vijñanamaya, and Anandamaya—is presented in the Taittiriya Upanishad. This layered model is interpreted as an early systems-based explanation of consciousness and embodiment by Radhakrishnan (1996). When taken as a whole, these works portray health as a complex and interrelated phenomena as opposed to a strictly biological state.

3. Conceptual Framework

3.1 The Ayurvedic Model of Swasthya

The Ayurvedic health model could have a hierarchical structure:

1. Dosha balance
2. Appropriate Agni
3. Equilibrium Dhatus
4. Effective removal of Malas
5. Harmony of the mind and spirit

This framework emphasizes prevention through daily routine (Dinacharya), seasonal adaptation (Ritucharya), and moral behavior (Sadvratta), integrating physiology, psychology, and spirituality.

3.2 Panchakosha-Based Integrative Model

Five sheaths (Panchakosha) that make up human existence are described in the Taittiriya Upanishad:

1. Annamaya Kosha: A physically fed body
2. Pranamaya Kosha, the life force that regulates vital energy
3. Manomaya Kosha: Emotions and the mind
4. Vijñanamaya Kosha: Knowledge and insight
5. Anandamaya Kosha: Spiritual awareness or bliss

Panchakosha Structure

Anandamaya (Bliss / Spiritual)

Vijnanamaya (Wisdom / Intellect)

Manomaya (Mind / Emotions)

Pranamaya (Vital Energy)

Annamaya (Physical Body)

Health requires balance across all five layers. Disturbance in one kosha affects others, reflecting a systems-based understanding of well-being.

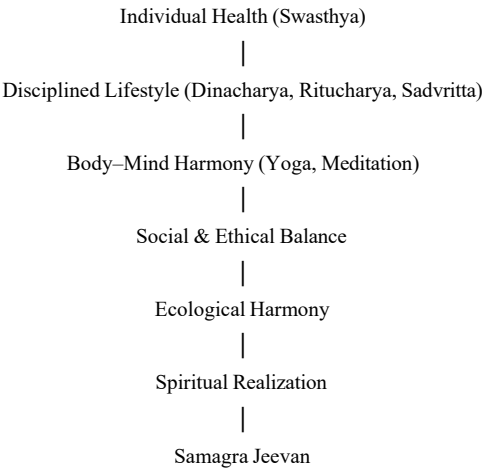
Change from Swasthya to Samagra Jeevan

Samagra Jeevan stands for integrated living in accordance with cosmic principles, whilst Swasthya denotes individual harmony. Spiritual enlightenment, ethical discipline, and lifestyle improvement are all part of this shift.

Moving from personal health to holistic living entails:

- Maintaining a disciplined lifestyle (diet, routine, moral behavior)
- Integrating the mind and body via yoga
- Ecological and social responsibility
- Spiritual realization As a result, Samagra Jeevan is built upon Swasthya.

Transition Flow



This progression highlights that holistic living is achieved when personal health expands into social responsibility, ecological consciousness, and spiritual wisdom.

4. Holistic Health and Yoga

4.1 Yoga's role in holistic health:

Yoga incorporates breath control, mental concentration, physical discipline, and spiritual meditation. Ashtanga Yoga, Patanjali's eightfold path, provides an organized approach to overall wellbeing:

- Yama (restraints in ethics)
- Niyama, or self-discipline
- Asana (Posture)
- Pranayama (control of breathing)

Pratyahara, or "sense withdrawal"

- Dharana, or focus
- Dhyana, or meditation

Samadhi, or self-realization

4.2 The Integrative Health System of Yoga

Yoga :

Exercise (Asana)

Mental (Dharana)

Emotional (Pranayama)

Spiritual (Dhyana)

Balance of Psycho-Physio

Comprehensive Health

Yoga enhances immunity, lowers stress, balances the autonomic nervous system, and increase emotional stability.

5. Preventive Holistic Health Cycle

Prevention is central in IKS. Rather than treating disease after manifestation, Ayurveda and Yoga emphasize maintaining balance.

Preventive Health Cycle

Right Diet → Right Lifestyle → Meditation → Ethical Living

↓

Inner Balance (Sattva)

↓

Disease Prevention

↓

Longevity & Well-being

↓

Samagra Jeevan

This cyclical model reflects sustainability—health maintenance becomes a continuous process of self-awareness and disciplined living.

5.1 Preventive Health Paradigm

Prevention occupies a central place in IKS. Core preventive principles include:

Appropriate diet (*Ahara*)

Balanced lifestyle (*Vihara*)

Mental discipline (Meditation)

Ethical living (*Dharma*)

This cycle fosters *Sattva* (mental clarity), resilience, and longevity. Unlike curative medicine, which intervenes post-pathology, IKS promotes proactive maintenance of equilibrium.

6. Systems Interaction Model

IKS views human health as interconnected with society and environment.

Body ↔ Mind ↔ Spirit

↑ ↑ ↑

Environment ↔ Society ↔ Ethics

Health disturbances arise from ecological degradation, unethical conduct, social disharmony, or mental imbalance. Thus, healing must address systemic interconnections.

7. Relevance in the Present

The shortcomings of reductionist healthcare are brought to light in the twenty-first century by lifestyle disorders, mental stress, ecological catastrophes, and social fragmentation. The IKS framework provides:

- Interventions based on lifestyle and prevention
- Integration of mind-body medicine

- Principles of ecological sustainability
- A life grounded in ethics and values
- Resilience in mental health with meditation

The current relevance of Swasthya and Samagra Jeevan is demonstrated by the widespread interest in Ayurveda, yoga therapy, integrative medicine, and mindfulness.

8. conclusion

The Indian Knowledge System's holistic perspective is reflected in the trip from Swasthya to Samagra Jeevan. Health is a harmonious synthesis of the body, mind, intellect, society, environment, ethics, and spirit more than just biological efficiency. Through self-realization, balance, discipline, and prevention, Ayurveda and yoga offer systematic approaches to accomplish this unification. The IKS paradigm provides a sustainable and integrative strategy for both individual and societal well-being in a time of global health issues.

A comprehensive and long-lasting model of health based on balance and self-realization is provided by the Indian Knowledge System. Samagra Jeevan expands this balance into moral behavior, social harmony, and ecological awareness, while Swasthya stands for balanced functioning at the bodily, mental, and spiritual levels.

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