

Editorial

Dev Sanskriti Interdisciplinary International Journal brings together the studies of interdisciplinary domains, science and spirituality, Indic and modern streams of learning is again presented from Dev Sanskriti Vishwavidyalaya. The current issue of the DSIIJ is concentrated on the study of the integration of Psychology and Veda. This integration is motivated by the complete integration of the immense but fairly contemporary view of the mind, emotions and psyche and how this performs in our lives. Perspective of the current issue explains the Integrating Psychotherapy and Vedic principles which teaches us how to rediscover critical knowledge and awareness of the natural forces and rhythms that complement and strengthen our human experience, through the understanding of the psyche and what our inner experiences are and also involving practical daily activities of yoga with thorough attention to our total environment to bring about radical changes in our mental outlook and in physical health fulfilling the unique vision of the groundbreaking scholar and great visionary, Pandit Shriram Sharma Acharaya, to mould its students into noble and enlightened human beings; selfless, warm-hearted, compassionate and kind individuals. Through our Journal, we present you a collection of research papers and studies that addresses and expresses the new dimensions of interdisciplinary research.

In first research paper, author Rajshree Chitale and Aruna Jadeja studied the importance of Pratyahar for Mental Health Care by analyzing the writings of Marathi Spiritual Leaders. In their study they concluded that the Verses and teachings by Marathi spiritual leaders, are ways by which one can directly talk and motivate mind. It is just hammering mind to do withdrawal of thoughts and reaching to a state of peace of mind. Where emotions can be managed and controlled without suppressing them.

Megha Jain in the second research paper of the current issue presented a model of information processing of consciousness, as described in Jain

philosophy for achieving consciousness homeostasis for psychotherapy. The author described an application-based consciousness theory that is transferable to a clinical setup in the dynamics of therapy.

The third research paper is a perspective given by Ramesh Bhat et. al. on Upanayana samskara emphasizing its importance in bringing out comprehensive development of an individual and discipline in the society by the person who performs it. The author concluded that Vedic literature strongly described, meaningful performance of Upanayana samskara followed by regular practice of Sandhyavandanam which enhance scholastic performance.

Ayurvedic psychotherapy would play a dual role: First, as a revival of authentic medical culture, the exercise of a practice with an assumed primordial dimension, and second as a discovery of authentic subjectivity, the revelation of a self with an assumed interior depth. Tanvi Dayanand in the fourth paper studied the Utility of Ghrita in Treatment of Unmada (Unstable Mind) with special reference to Charaka Samhita and discussed references and possible mode of action of Ghrita, especially Purana Ghrita (old clarified butter) in treatment of mind related pathologies. Lastly, Bejoy S Raj and Lumi Bhagat have given a holistic approach to Mental Health Care from the perspective of Shaddhatu Purusha Treatment. The authors described that in Shaddhatu Purush Chikitsa (treatment) it is believed that the disease is the resultant of some Past Karma which can be balanced by balancing the Panch-Bhuta's and Tri-Guna's.

We hope this special edition will help our reader in understanding the holistic approach of Ayurveda and Traditional practices, and alternative indigenous approaches of India including yoga for maintaining mental health. We warmly welcome researchers, psychologists and experts from every corner of the country to Dev Sanskriti Vishwavidyalaya, Haridwar.