

COLUMN

Editorial

Dev Sanskriti: Interdisciplinary International Journal, published by Dev Sanskriti Vishwavidyalaya, Haridwar, continues to uphold its founding vision—to serve as a platform for research on interdisciplinary subjects grounded in indigenous Indian knowledge systems, with a focus on harmonizing science and spirituality. Rooted in the inspiration of Yugrishi Pandit Shri Ram Sharma Acharya, the journal remains committed to fostering insightful scholarship that contributes meaningfully to individual upliftment and societal transformation.

The current issue features a diverse array of contributions spanning yogic science, philosophy, and Ayurvedic clinical practices—each offering unique insights into ancient Indian wisdom adapted for contemporary relevance.

The first research article by Yadav, Sharma, and Sharma investigates the impact of *Pragya Yoga* and *Savita Dhyana* on stress levels and sleep quality among women. Conducted as a randomized controlled trial, the study found significant reductions in perceived stress and improvements in sleep, highlighting the therapeutic integration of yogasana, mantra, and meditation.

The second research article by Thingom Sophia Devi examines the effect of yoga practice integrated with philosophical teachings on perceived stress among elderly women. The findings suggest that the inclusion of yoga philosophy enhances stress reduction more effectively than physical practice alone, reaffirming the holistic potential of yogic traditions.

The third article, a perspective written in Hindi by मधु सिंह एवं अन्य, offers an analytical reflection

on the life and writings of पंडित श्रीराम शर्मा आचार्य as a 'संस्कृति पुरुष'. It explores his role as a cultural architect and thought leader who contributed profoundly to the revival and reconstruction of Indian culture through literature, practice, and personal example.

The fourth article, a case study by Patel et al., presents the Ayurvedic management of *Switra* (Vitiligo) in a pediatric case using *Shamana Aushadhi*. With noticeable clinical improvement in lesion pigmentation and skin texture, the report reinforces Ayurveda's relevance in addressing chronic skin conditions safely and effectively in children.

The fifth article by Bhalara and Dudhamal discusses the application of *Ethnic Marma Therapy* in managing *Avabahuka* (frozen shoulder). Through a 21-day intervention and follow-ups, the study observed significant functional recovery without any pharmacological aid, showcasing the enduring value of traditional Marma practices in musculoskeletal disorders.

We express our deep appreciation to all reviewers and contributors for their scholarly dedication and valuable efforts. We hope this issue will encourage deeper engagement with indigenous knowledge systems and inspire further academic inquiry in the fields of yoga, Ayurveda, philosophy, and allied disciplines.

We welcome feedback and suggestions from our readers to continue improving the journal as a meaningful platform for interdisciplinary research rooted in Indian traditions.

Enjoy reading and enrich yourself. Have a wonderful year ahead!