**Connecting the Unconnected Dots of Ancient Indian Psychology to Modern Times**

**Palak Nema**

**M.A. Student**

**Institute for Excellence in Higher Education**

**Email: palaknema2000@gmail.com**

**Mobile - 9669296069**

**Vishal Yadav\***

**Guest Faculty**

**Mahatma Gandhi Antarrastriya Hindi Vishwavidyalya, Wardha, Maharastra, 442001**

**Email: vishalbhu1992@gmail.com**

**Mobile: 09889700494**

**ABSTRACT**

 The arrival of psychology as a discipline in India was a consequence of the process of colonization. Though later on, it went through the process of indigenization by test adaptation, translation, and interpretation of psychological perspectives such as cognitive, behaviorist, humanistic etc., in the Indian context, which is termed indigenous psychology. However, it cannot incorporate the Indian school of thought into the discipline. This chapter aims to briefly explain the Indian school of thought from a psychological perspective. It attempts to create awareness regarding the relevance of Indian psychology, which will induce further research and provide a new direction to this field. It will help in unlocking the opportunities to extend the work on Indian psychology in order to enrich and strengthen it as a discipline relevant worldwide.

**Keywords**: Colonization, Ancient Indian literature, Indigenous psychology, Indian psychology.

**INTRODUCTION**

           Throughout the history of evolution, we have tried to understand human behavior as well as an understanding of the self, what we now termed as psychology. The ancient thinkers, sometimes called sages, were engaged in a continuous effort to know and understand concepts of the self, mind, and its control, how to achieve salvation (self-actualization), and the way to achieve self-actualization. This is evident in our ancient Indian Vedic scriptures that deal with the mind, states of consciousness, personality types, and pathology. However, the irony is that in India, psychology was introduced as an alien branch of study, i.e. Euro-American, which causes a delayed acceptance of Psychology in general masses as a subject native to us. Moreover, Universal psychology, which is nothing but Euro-American psychology, remains untouched by the Indian school of thought, which is today considered Indian psychology.

This chapter attempts to draw a timeline to understand our knowledge, the process of colonization of Psychology and the current emerging trend of reviving the" Indian psychology" to provide an impetus to future research in this direction as well as give a novel perspective to the ancient Indian wisdom with the lens of 21st century.

**Psychological review of ancient Indian literature**

           The review of the ancient Indian literature right from the Vedic period (approx. 10000-5000 BC) to the Vedanta (2000-700 BC) and several kinds of literature from 500BC to 100 BC ( Epics, Bhagwatgeeta, six orthodox schools and heterodox schools of philosophy) highlights the subject matter of psychology in every aspect. The examples given in the Upanishads narrated in the form of stories which presents a situation of which an individual is a part, how he /she behaves in that particular situation and what is the consequence of that action; thereby, it tries to convey what ought to be done in order to deal with that situation effectively. It revolves around Maya (world) and Atman (soul or self).

**Vedic literature and psychology:**

 In Vedic studies, i.e. Study of four Vedas (Rigveda et al.), which are considered the core texts, we found that the "Mind" is conceptualized as a functional element of Atman (Soul or self). The Rig and the Yajurveda mention the chanting of mantras for noble thoughts to come to mind (Gautam, 1999). In simple terms, they believe that thoughts can be purified through mantras. The Vedas also highlight the linkage of thoughts to facial appearance and expression and the influence of purified thoughts on instinct. It focuses on the preventive aspect of psychopathology, e.g. Prevention from pain (depression).

 On delving deep into the ocean of Vedic knowledge, we come across several psychology-related topics, for instance, the earliest Veda e. Rigveda talks about the mind's speed and mentions the prayers for mental happiness, thereby recognizing the role of the mind in healing. It also mentions methods of increasing media ( intelligence) (Gautam, 1999). Apart from this, Rigveda ( later in Bhagwatgeeta) highlights the Trigunatmak personality type, i.e. Saatvik, Rajsik and Tamsik and their inter-relation with Aahar( food), Vichar ( thought) and vyavhaar (behaviour) that is currently being the subject matter of health psychology. It also identified mental illness independent of physical illness (Prakash, Chaudhury,& Ali, 2023).

 In addition, Yajurveda describes the structural and functional aspects of the mind. One of the Vedic shlokas tells that Atman (Self) consist of three elements, and the mind is a part of the self which represents knowledge along with vitality (action) and matter (worldly object). Therefore, prayer has been made for the mind may work for the welfare of all. Besides the mind, Atharvaveda deals with subjects like preserving willpower, emotions, inspiration, consciousness, etc.

In Upanishads, written after the Vedas, terms like perception, memory, etc., have been mentioned. For instance, Brihadranyaka Upanishad describes chitta, thought, smriti (memory) and theories of perception. Also, it describes six mental powers, namely Bhavna Shakti ( imagination power), Smarana Shakti (Power of Memory), Vedana Shakti (power of perception), Manisha Shakti ( power of judgement), Sankalpa Shakti ( will or volition) and Dhahran shakti ( power to hold) (Sivanand, 1983). All these are the subject matter of cognitive psychology which received recognition after the 1960s.

 The epics of Indian literature, namely Ramayana and Mahabharata, written by Valmiki and Vedavyasa, respectively, also elicited some light on symptoms of depression and anxiety as depicted in Bhagwat Geeta that Arjuna experienced in the middle of the battlefield. It also shows how the psychotherapy ( which is today considered cognitive restructuring) had been done by Krishna to give Arjuna insight into his deeds. The discourse between Arjuna and Krishna is still relevant today and is being used in cognitive restructuring.

**Ayurveda and psychology**

 Ayurveda has its roots in Atharvaveda. The principal classical documents of Ayurveda are Charak Samhita and Sushrut Samhita of about 1400 BC and 1500 BC, respectively. These documents deal with Mental disorders, their causative factors and treatment, and Personality types according to tribunals.

One of the chapters on Manasrog describes 14 causative factors for mental disorders such as Pragyaparadh ( socially unsanctioned behaviour), Manasdosh ( psychological factors), Manobhighat kardravya (trauma due to Substance abuse), Malinahar vihar ( bad lifestyle), Chinta man ( inappropriate anxiety) and so on(Gautam, 1999).

 Moreover, the texts present a systematic classification of mental disorders under Nijmanas rog ( endogenous mental illness) and Agantujmanas rog ( exogenous mental illness) (Prakash, Chaudhury,& Ali, 2023), wherein it further divides Nijmanas one into Manas dosh janya, those induced by psychological factors which can be associated with neurotic disorders and Sharir Doshanubandh janya those induced by physical illnesses which may be associated with organic brain dysfunction. (Gautam, 1999). The texts also clearly mention sleep disorders.

**Yogic science and psychology**

 The principal text in yogic science is the Yogasutra of Patanjali. The primary purpose of yoga is the union of mind and body. For this, Ashthangic yoga (eightfold path) should be practised. Apart from this, karma yoga, Jnana yoga, Hatha yoga, Raj yoga, Mantra yoga and Laya Yoga are the six yogic disciplines described in the Upanishad. All these aim to convert the self into a transcendental being. The yogic philosophy and meditation techniques are now being used in psychotherapy. Yoga has now become a subject matter of positive psychology.

           The above discussion highlights the presence of Psychology in Indian discourse and thought way before the period when the branch developed in the West. Indian thought touched upon almost every area of Psychology, such as cognitive psychology, positive psychology, psychopathology, and health psychology. However, with the passage of time and Turkish invasions, this school of thought had faded away, and no further work had been done in this direction.

**Colonial influence and introduction of Psychology in India**

 The effects of colonization reflect not only in politico-economic conditions but also in our psyche, social relationships, minds and attitudes, coping mechanisms, frame of reference, context, environment, behaviour and in the transgenerational transfer of trauma. This effect is under-realized and under-recognized.

 Psychology in India arrived in the process of introducing Western science & methods and destroying indigenous culture for the benefit of the Britishers. Unfortunately, psychology taught and practised today in India has minimal contribution to the Indian school of thought because it had been adopted uncritically during the colonial period(Rao & Paranjpe, 2016). The first psychological laboratory in India was established in 1915 at Calcutta University by the endeavour of B. N. Seal (Sanyal, 2021). Although psychology adopted as an alien subject, some Indian psychologists were tried to contribute their original idea to the field even at that time; however, it has not been recognized so far.

 The renowned name in this group was India's first psychoanalyst Girindrasekhar Bose(Hiltebeitel, 2018), who informed Freud about his unique "opposite wishes" theory which states that no wish exists without a counterpart in the psyche. The ideas of projective identification and intersubjectivity were contained in his theory long before they were explicitly developed in the West.

Apart from this, the leading psychologist in India was trained in UK & US and brought Western concepts, methods and even research topics. In this way, psychological research in India becomes imitative and replicative of foreign studies devoid of native contribution. This made us mere recipients rather than exchange agents of knowledge that we had.

**From Indigenous Towards Indian Psychology: A Paradigm Shift**

 Since psychology in India was introduced as an alien discipline, it cannot connect with the national ethos. Unlike natural science, such as physics and chemistry, psychology, a social science, is bound by culture and context (Rao & Paranjpe, 2016). Therefore, psychologists began the process of indigenization of psychology. This includes the Indian adaptation of the Western concept and perspectives. For instance, Indian adaptation of various intelligence tests, projective techniques, etc. Although indigenous psychology is being developed, it lacks the essence of the Indian school of thought. Therefore, a paradigm shift is now being observed in the form of Indian psychology. Indian psychology has its roots in India, but it is relevant worldwide. It has a metatheoretical base, which may contribute positively to the field. For example, today, the world has been experiencing and getting benefits from the power of yoga and various forms of meditation, which highlights the significance of Indian psychology. Therefore, it is high time to push for the revival of Indian psychology to establish it as an independent discipline that will serve the national ethos and enrich psychology.

**CONCLUSION**

 The Indian school of thought contains immense wisdom which needs to be unfolded in order to move one step ahead in the direction of establishing Indian psychology as a discipline recognized worldwide. However, its quest for recognition should not be seen from a narrow perspective. Also, developments in Indian psychology should not be considered a revival of ancient knowledge. Rather, it should be treated as further development in the discipline to make it advanced knowledge which will be significant and relevant today and in the future. Furthermore, the concepts of Indian psychology should be confined to a particular branch of psychology because it can contribute to every branch in one way or another. Since the main ingredient of Indian psychology is itsits positive outlook on human potential, it cannot be confined to a particular region and culture but may serve thee entire community. From the above insights, it can be concluded that there is a need to look up this emerging research area of Indian psychology from an optimistic and progressive lens to overshadow the misconceptions around it, with the hope of further betterment of individual's self and a community as a whole.

**REFERENCES**

Dalal, A. K.,& Mishra, G. (2010).The Core and Context of Indian Psychology. Psychology and Developing Societies 22(1), 121–155.

Gautam, S. (1999). Mental health in ancient India & its relevance to modern psychiatry. Indian journal of psychiatry, 41(1), 5.

Hiltebeitel, A. (2018). Freud's India: Sigmund Freud and India's First Psychoanalyst Girindrasekhar Bose. Oxford University Press.

Prakash, J., Chaudhury, S., & Ali, T. (2023). Mental health issues in information technology industry. *Industrial Psychiatry Journal*, *32*(1), 1.Rao, K. R., & Paranjpe,

Rao, K. R., & Paranjpe, A. C. (2016). *Psychology in the Indian tradition*. New Delhi: Springer India.

Sanyal, N. (2021). History of Psychology at Calcutta University Across the Century. Psychology in Modern India: Historical, Methodological, and Future Perspectives, pp. 35–60.

**\*Corresponding Author**

**Dr. Vishal Yadav,**

**Guest Faculty, Department of Psychology,**

 **Mahatma Gandhi Antarrastriya Hindi Vishwavidyalya, Wardha, Maharastra, 442001**

 **Email: vishalbhu1992@gmail.com**

 **Mobile: 09889700494**