

Ancient Indian Yoga ; Its Relevance In Modern Medical Science and Holistic Well Being - A Philosophical Approach

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Abstract: *The ancient Indian knowledge system of Yoga, as described in the Vedas, Upanishads, Bhagavad Gita, and Patanjali's Yoga Sutras, offers a time-tested path for physical, mental, social, and spiritual well-being. In the present era of materialism, excessive focus on desire and wealth has led to emotional instability, stress, depression, and an increase in suicide rates. This research explores the philosophical foundation of Yoga, various traditional systems, its therapeutic dimensions in modern medical science, and relevance as an alternative medical system.*

Keywords: Vedas, Upanishads, Bhagavad Gita, and Patanjali's Yoga Sutras ,Equanimity, Mental Health, Cortisol Reduction ,Meditation, Karma Yoga, Spiritual Health