



Swasthya



Indian Knowledge System *for* Health, Nutrition *and* Well-Being

Rooted in Wisdom
Nourishing Lives
Building a Better Tomorrow



YOGA



AYURVEDA



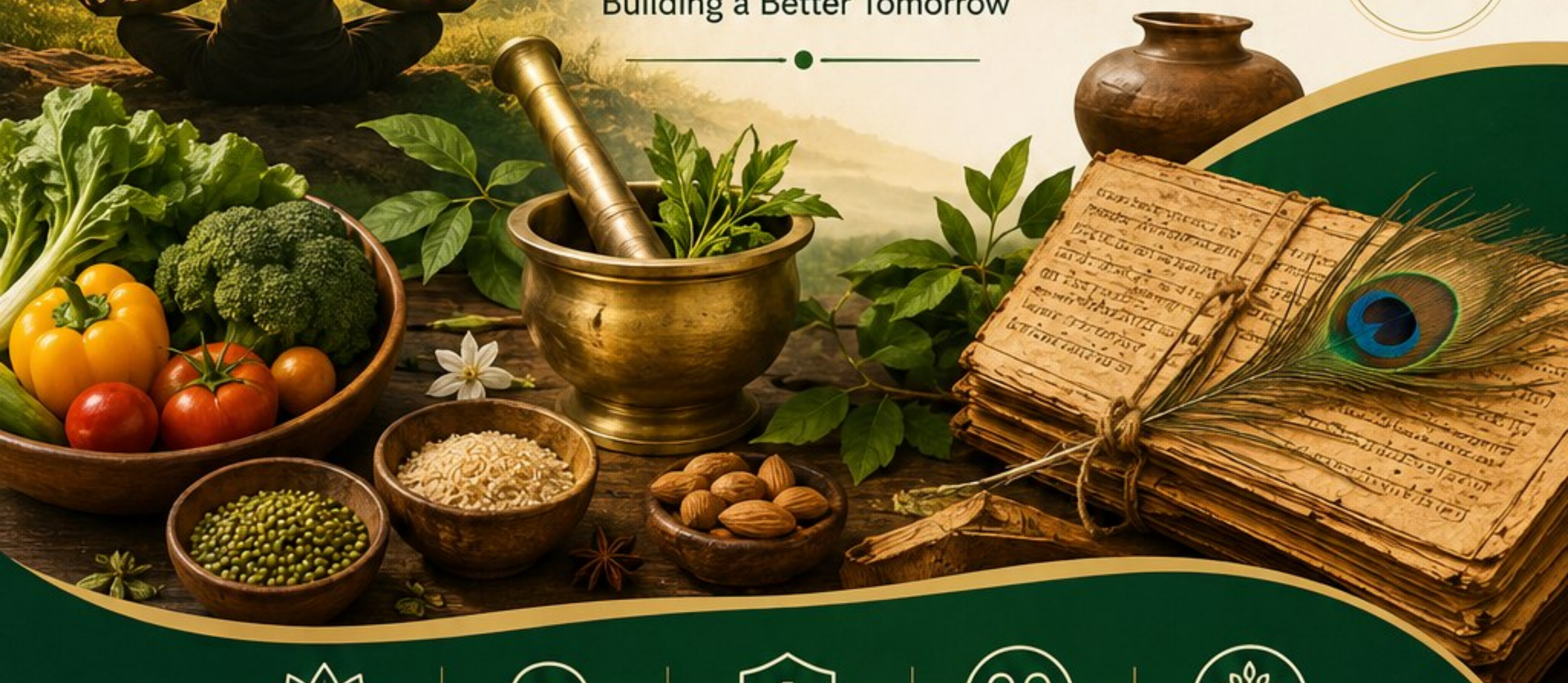
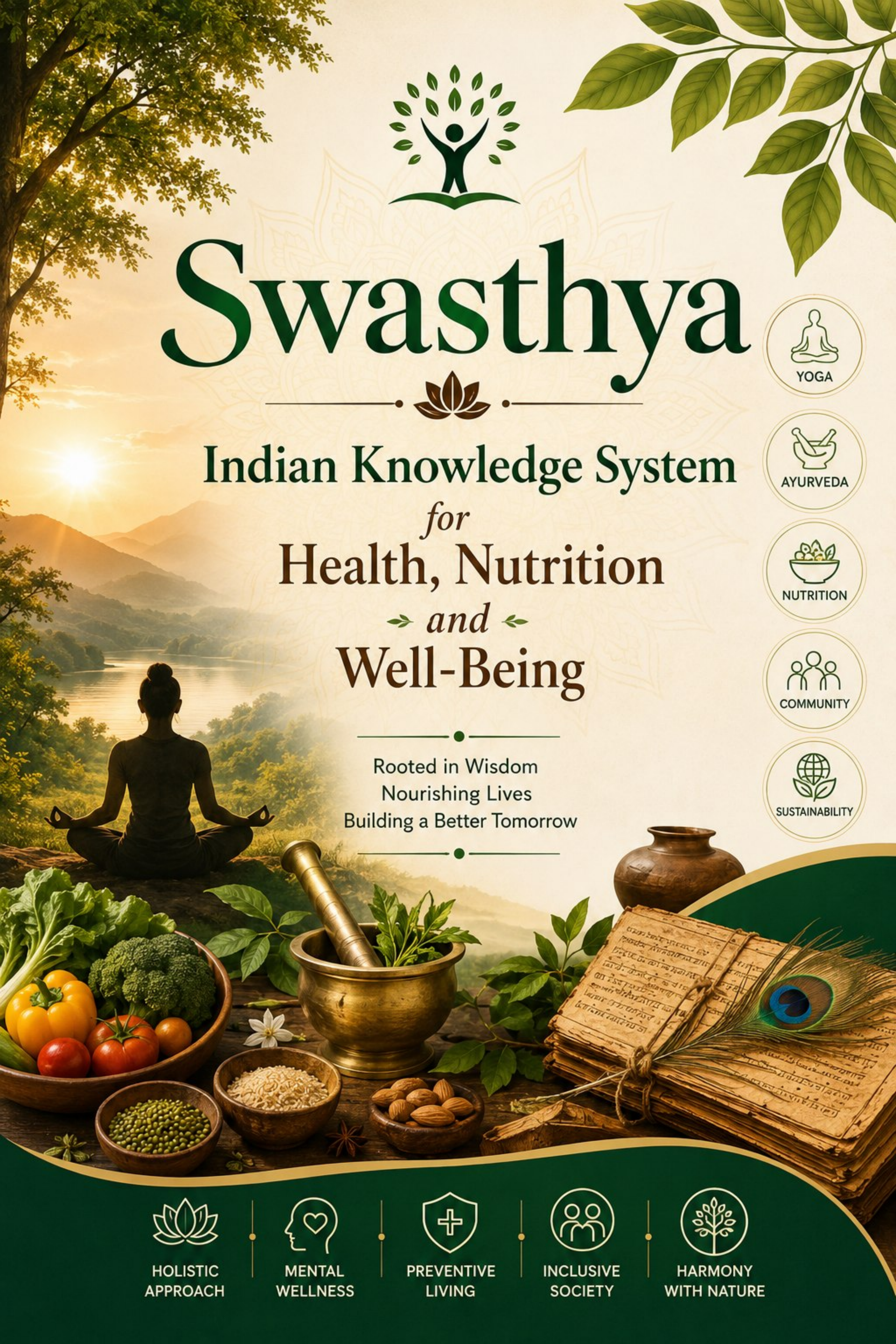
NUTRITION



COMMUNITY



SUSTAINABILITY



HOLISTIC
APPROACH



MENTAL
WELLNESS



PREVENTIVE
LIVING



INCLUSIVE
SOCIETY



HARMONY
WITH NATURE



Swasthya:

Indian Knowledge System

for

Health, Nutrition
and Well-Being



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2026

Swasthya:

Indian Knowledge System for
Health, Nutrition and Well-Being

Dr. Harshvardhan Singh

First Edition



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Swasthya: Indian Knowledge System for Health, Nutrition and Well-Being

First Edition, 2026

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Medical and Health Disclaimer

This book is intended for **educational, informational, academic, cultural, and health-literacy purposes only**. It discusses Indian Knowledge System perspectives on health, nutrition, preventive healthcare, Ayurveda, yoga, daily routine, seasonal discipline, traditional remedies, community health, mental wellness, school health education, and preventive health literacy.

The content of this book should **not** be understood as medical diagnosis, medical treatment, clinical prescription, therapeutic advice, emergency care guidance, or a substitute for consultation with qualified healthcare professionals. Readers should not use the information in this book to self-diagnose, self-medicate, discontinue prescribed treatment, delay medical consultation, or replace professional medical advice.

Any discussion of herbs, food practices, yoga, breathing practices, meditation, immunity-supporting routines, seasonal regimens, traditional home remedies, or lifestyle changes is presented from an educational and preventive health-literacy perspective. Such practices may not be suitable for every individual. Suitability may vary according to age, constitution, pregnancy, lactation, childhood, old age, disability, chronic illness, allergies, medication use, surgery, mental health status, and pre-existing medical conditions.

Readers are strongly advised to consult qualified medical practitioners, registered health professionals, certified yoga professionals, qualified Ayurveda practitioners, nutrition professionals, or other appropriate experts before adopting any health-related practice, particularly in cases of diabetes, hypertension, heart disease, kidney disease, liver disease, autoimmune conditions, severe allergies, respiratory illness, pregnancy, psychiatric conditions, long-term medication use, or any serious health concern.

In case of acute symptoms, severe pain, injury, breathing difficulty, chest pain, high fever, sudden weakness, suicidal thoughts, severe psychological distress, poisoning, allergic reaction, or any medical emergency, readers should seek immediate professional medical help and contact emergency services.

The author and publisher do not claim that the practices discussed in this book can cure, treat, prevent, or diagnose any disease. The book aims to promote informed understanding, preventive awareness, responsible lifestyle reflection, and culturally rooted health education.

Author Profile

Dr. Harshvardhan Singh is an education researcher, psychometrician, author, and curriculum-evaluation professional working in the areas of educational measurement, learning assessment, teacher education, inclusive education, research tool development, Indian Knowledge System studies, preventive health education, and policy-relevant educational research.

His academic and professional work focuses on evidence-based educational reform, learner diversity, pedagogical improvement, health literacy, life skills, socio-emotional development, and the development of structured educational resources for students, teachers, researchers, and institutions. His broader writing engages with the relationship between traditional knowledge, contemporary education, holistic well-being, school systems, and community development.

In this volume, Dr. Singh examines the idea of **Swasthya** as a holistic and preventive framework for health, nutrition, daily discipline, seasonal adaptation, mental wellness, school health education, and community-based preventive health literacy. The book reflects his interest in connecting Indian Knowledge System perspectives with modern educational, social, and public-health needs.

Preface

Health has often been understood in modern life as the absence of disease. This narrow view has shaped many personal, institutional, and policy decisions, where attention is given to illness only after symptoms become visible. However, Indian Knowledge System traditions offer a deeper and more integrated understanding of health. The idea of **Swasthya** does not merely refer to freedom from illness. It refers to a state of balance, stability, self-regulation, harmony, and alignment between the body, mind, senses, conduct, environment, and community.

This book, ***Swasthya: Indian Knowledge System for Health, Nutrition and Well-Being***, has been written to present this broader vision of health in a systematic, accessible, and educational form. The central purpose of the book is to explain how Indian traditions understood preventive healthcare, daily discipline, seasonal health practices, food, yoga, mental wellness, community health, and health literacy as interconnected dimensions of well-being.

The concept of **swasthya rakshanam**, or preservation of health, is one of the strongest foundations of the Indian health tradition. It places prevention before treatment and self-regulation before crisis management. Instead of waiting for disease to appear, Indian knowledge traditions encourage individuals and communities to cultivate habits that preserve vitality, clarity, resilience, and balance. This preventive orientation is highly relevant in the present age, where lifestyle disorders, stress, sedentary routines, poor nutrition, sleep disruption, digital overload, and social isolation are becoming major concerns.

This book begins with the concept of preventive healthcare in Indian knowledge traditions. It introduces the reader to the idea that health is not a static condition but a dynamic state of balance. Ayurveda, yoga, mental discipline, community practices, seasonal living, and traditional food wisdom are presented as parts of a larger preventive framework. The discussion does not treat Indian knowledge merely as heritage or nostalgia; it presents it as a living source of practical insight that can support contemporary health education and wellness awareness.

The chapters on **Dinacharya** and **Ritucharya** explain how daily routines and seasonal adaptation can help individuals live in rhythm with natural cycles. These chapters highlight the importance of sleep, waking time, oral care, movement, food timing, sunlight, rest, and seasonal discipline. In a world where many people live disconnected from natural rhythms, these ideas offer a meaningful way to rethink personal health practices.

The book also discusses traditional home remedies and community health. Indian society has historically carried health knowledge through families, elders, local healers, kitchens, festivals, panchayat structures, and informal care networks. These traditions show that health was never seen only as an individual matter. It was also a community responsibility. In this sense, preventive healthcare becomes a social practice, not merely a personal habit.

Mental wellness and emotional resilience are also central to the idea of Swasthya. Indian traditions recognized that emotional imbalance, stress, fear, anger, grief, and uncontrolled desire can disturb both mental and physical health. At the same time, practices such as meditation, breath regulation, ethical conduct, self-discipline, gratitude, detachment, and purposeful living can strengthen psychological balance. This book presents mental wellness not only as the absence of disorder but as the cultivation of inner stability, resilience, self-awareness, and meaningful living.

The later chapters explore the integration of traditional and modern preventive healthcare, the role of schools in health education, and a model for preventive health literacy. These sections are especially important for educators, school leaders, teacher educators, health educators, community workers, and

policy-oriented readers. If health awareness is introduced early through schools and communities, preventive habits can become part of everyday life rather than occasional advice.

This book does not claim that traditional knowledge should replace modern healthcare. Rather, it argues for a responsible, respectful, and evidence-informed dialogue between traditional wisdom and contemporary health systems. Modern science provides diagnostic precision, emergency care, public health infrastructure, and evidence-based treatment. Indian knowledge traditions offer insights into prevention, lifestyle regulation, food discipline, seasonal adaptation, mental balance, and holistic well-being. A balanced approach can strengthen health education and preventive awareness.

The book is intended for students, teachers, researchers, health educators, wellness practitioners, community workers, school leaders, parents, and general readers interested in Indian Knowledge System-based approaches to health and well-being. It may also serve as a reference for courses related to health education, value education, yoga education, school health programmes, community health, life skills, holistic education, and Indian Knowledge Systems.

I hope this book encourages readers to reflect on health not as a temporary goal but as a lifelong discipline. Swasthya is not merely something to be restored after illness; it is something to be preserved, cultivated, and shared. In this sense, the journey of health is also a journey of self-awareness, balanced living, social responsibility, and harmony with nature.

Dr. Harshvardhan Singh

2026

Acknowledgement

I express my sincere gratitude to the Indian knowledge traditions that have preserved rich insights into health, nutrition, preventive care, yoga, mental balance, daily discipline, seasonal living, and community well-being across generations. The wisdom embedded in Ayurveda, yoga, classical texts, community practices, food traditions, and educational thought has inspired the conceptual foundation of this book.

I acknowledge the contribution of teachers, researchers, practitioners, traditional knowledge holders, health educators, wellness professionals, and community elders whose work and lived experiences continue to keep preventive health wisdom alive. Their role in transmitting knowledge through practice, dialogue, observation, and care remains invaluable.

I also acknowledge the growing national and global interest in preventive healthcare, holistic well-being, health literacy, traditional medicine, school health education, and sustainable lifestyles. This wider context has made it possible to revisit Indian Knowledge System perspectives with renewed seriousness and contemporary relevance.

I am thankful to **BOOKSKART WORLD** and its imprint **EP DOWNLOADS** for publication support and for providing a platform for educational and knowledge-based publications.

I extend my appreciation to readers, educators, students, parents, community workers, and wellness learners who may use this book for reflection, teaching, discussion, and responsible health awareness. Their engagement gives meaning to the effort of writing.

Finally, I acknowledge my family, colleagues, students, and well-wishers for their encouragement, patience, and support during the preparation of this work.

Methodological Note / Source Note

This book is a **conceptual, educational, synthesis-based, and knowledge-interpretive work**. It draws upon Indian Knowledge System perspectives, particularly ideas associated with Ayurveda, yoga, preventive living, daily discipline, seasonal adaptation, food wisdom, mental wellness, community health, school health education, and preventive health literacy.

The book does not present itself as a clinical trial, medical textbook, pharmacological manual, treatment protocol, or prescriptive health guide. Its purpose is to organize and explain selected traditional and contemporary ideas in a form suitable for educational discussion, health-literacy development, school and community awareness, and interdisciplinary reflection.

Traditional terms such as *Swasthya*, *Dinacharya*, *Ritucharya*, *Prakriti*, *Dosha*, *Agni*, *Ojas*, *Ahara*, *Sadvritta*, *Rasayana*, *Pranayama*, and related concepts are used in a broad educational sense. These terms are explained in simplified language so that general readers, students, and educators can understand their preventive and holistic significance. In places where modern health, public health, psychology, nutrition, and education-related terminology is used, it is presented to build bridges between traditional frameworks and contemporary discourse.

The book adopts a balanced position. It neither romanticizes traditional knowledge uncritically nor dismisses it as outdated. It recognizes the importance of responsible interpretation, safety, scientific validation, contextual application, and professional guidance. Traditional practices discussed in this book should be understood as part of a wider cultural and educational framework and not as substitutes for professional medical care.

The examples, tables, models, and educational explanations included in the book are intended to support understanding. They should be adapted carefully according to local context, age group, health status, school setting, community needs, and expert advice.

Sanskrit and Indian knowledge terms have been transliterated in a simplified form for readability. Minor variations in spelling may exist across different texts and traditions. The book uses accessible English explanations rather than highly technical Sanskrit exegesis so that the content remains useful for a wider audience.

How to Use This Book

This book may be used as a **reading text, reference book, teaching resource, discussion material, or conceptual guide** for understanding Swasthya and preventive health from an Indian Knowledge System perspective.

Teachers and teacher educators may use the book to introduce students to holistic health, school health education, yoga education, life skills, value education, and preventive well-being. The chapters can be converted into classroom discussions, seminars, reflective assignments, poster activities, and health-awareness sessions.

Students may use the book to understand how health is connected with daily routine, food, sleep, seasons, movement, mental balance, emotional resilience, and social responsibility. The key ideas can help them reflect on their own lifestyle habits and health-related decision-making.

Parents and families may use the book as a source of awareness about preventive living, disciplined routines, food practices, community support, emotional balance, and responsible use of traditional wisdom.

Community workers and wellness educators may use the book to design awareness sessions on preventive health literacy, seasonal health practices, school-community partnerships, and culturally rooted health education.

Researchers may use the book as a conceptual starting point for further study on Indian Knowledge Systems, health education, preventive healthcare, school health programmes, mental wellness, community health, and integrative approaches to well-being.

Readers are advised to use the book thoughtfully. The practices discussed should be understood as educational and reflective content. Any personal health decision should be taken with appropriate professional guidance.

Abbreviations

Abbreviation	Full Form
AAHLS	All Aspects of Health Literacy Scale
AYUSH	Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homoeopathy
CHW	Community Health Worker
eHEALS	eHealth Literacy Scale
IKS	Indian Knowledge System
MOU	Memorandum of Understanding
NCD	Non-Communicable Disease
NEP	National Education Policy
PHC	Primary Health Centre / Primary Healthcare
RBSK	Rashtriya Bal Swasthya Karyakram
RKSK	Rashtriya Kishor Swasthya Karyakram
SEL	Social and Emotional Learning
S-TOFHLA	Short Test of Functional Health Literacy in Adults
TOFHLA	Test of Functional Health Literacy in Adults
WHO	World Health Organization

Content

Section	Title	Page No.
Chapter 1	The Concept of Preventive Healthcare in Indian Knowledge Tradition	16-51
Chapter 2	Dinacharya: Daily Discipline for Health	52-76
Chapter 3	Ritucharya: Seasonal Health Practices	77-106
Chapter 4	Traditional Home Remedies and Community Health	107-129
Chapter 5	Mental Wellness and Emotional Resilience	130-152
Chapter 6	Integrating Traditional and Modern Preventive Healthcare	153-173
Chapter 7	Preventive Health Education in Schools	174-194
Chapter 8	Model for Preventive Health Literacy	195-215
Conclusion		216
Glossary of Key Terms		217-218
References / Bibliography		219-220
Suggested Reading		221
Index		222-223
About the Author		224
About the Publisher		224
Other Books by the Author		225
Reader Feedback / Contact		

List of Tables

Page numbers should be inserted after final formatting.

Table No.	Title
Table 1.1	Ayurvedic Doshas: Elements, Characteristics, Mental Tendencies, and Imbalance Signs
Table 1.2	Yoga Practices, Physical Benefits, Preventive Impact, and Recommended Frequency
Table 1.3	Major Herbal Remedies for Immune Support and Traditional Applications
Table 1.4	Stress Management Techniques, Mechanisms, Preventive Benefits, and Practice Frequency
Table 1.5	Ancient Text Principles, Classical Recommendations, Modern Validation, and Current Applications
Table 1.6	Panchayat Health Functions, Traditional Practices, Health Impact, and Modern Equivalents
Table 1.7	Traditional, Modern, and Integrative Models across Healthcare Domains
Table 1.8	Conservation Approaches for Medicinal Plants and Preventive Healthcare
Table 1.9	Educational Strategies for Preventive Healthcare Awareness
Table 1.10	Policy Domains, Interventions, and Expected Outcomes for Traditional Preventive Healthcare
Table 2.1	Benefits of Dinacharya across Health and Behavioural Domains
Table 2.2	Constitution-wise Wake Time and Morning Water Practices
Table 2.3	Seasonal Food Recommendations and Foods to Minimize
Table 2.4	Constitution-wise Yoga Practices and Intensity Levels
Table 2.5	Environmental Conditions for Healthy Sleep
Table 2.6	Traditional Dinacharya Practices and Modern Adaptations
Table 2.7	Chronic Stress Impact and Dinacharya Intervention Mechanisms
Table 2.8	Dinacharya Interventions for Chronic Disease Prevention
Table 3.1	Six Ritus: Time Period, Solar Phase, Energetic Phase, and Environmental Quality
Table 3.2	Recommended Foods for Seasonal Health and Preparation Methods
Table 3.3	Monsoon Health Risks, Causes, Ayurvedic Prevention, and Dosha Involvement
Table 3.4	Comparative Features of Hemanta and Shishira Ritu
Table 3.5	Seasonal Food Categories, Foods to Minimize, and Physiological Rationale
Table 3.6	Seasonal Bathing, Oil Massage, Exercise, and Sleep Practices

Table 3.7	Common Myths and Scientific Facts Related to Ritucharya
Table 4.1	Indian Traditional Medicine Systems: Origins, Philosophy, Methods, and Geographic Prevalence
Table 4.2	Traditional Health Systems: Focus, Principles, and Applications
Table 4.3	Community Engagement Models for Traditional Remedies and Health Outcomes
Table 4.4	Research Approaches for Validating Traditional Home Remedies
Table 5.1	Dimensions of Mental Wellness and Their Daily-Life Impact
Table 5.2	Domains of Resilience, Observable Outcomes, and Impact Timeline
Table 5.3	Mindfulness Practices, Benefits, Time Requirement, and Difficulty Level
Table 5.4	Ayurvedic Interventions for Mental Health and Implementation Methods
Table 5.5	Nutrients, Food Sources, Mental Health Functions, and Deficiency Effects
Table 6.1	Levels of Prevention, Timing, Goals, and Examples in India
Table 6.2	Comparative Overview of Ayurveda, Unani, and Siddha Systems
Table 6.3	Traditional and Modern Approaches with Integration Potential
Table 6.4	Integrated Healthcare Dimensions and Outcomes
Table 6.5	Challenges in Integrating Traditional and Modern Healthcare
Table 6.6	Educational Components for Integrated Healthcare Training
Table 6.7	Funding Sources for Traditional and Integrative Healthcare
Table 7.1	School Health Programmes, Focus Areas, Age Groups, and Implementation Scope
Table 7.2	Nutritional Components for Adolescents: Intake, Sources, and Benefits
Table 7.3	Teacher Training Approaches for Preventive Health Education
Table 7.4	School Mental Health Intervention Tiers and Expected Outcomes
Table 7.5	Policy Levels, Mechanisms, Implementation Requirements, and Status in India
Table 8.1	Components of Preventive Health Literacy, Applications, and Assessment Indicators
Table 8.2	Population Segments, Health Literacy Levels, Service Utilization, and Barriers
Table 8.3	Educational Settings for Health Literacy Intervention and Measurable Outcomes
Table 8.4	Digital Health Application Features and Literacy Impact
Table 8.5	Cultural Communication Strategies for Preventive Health Literacy
Table 8.6	Health Literacy Assessment Tools: Administration, Dimensions, Applications, and Limitations

List of Figures

Page numbers should be inserted after final formatting.

Figure No.	Title
Figure 1	Preventive Healthcare in Indian Knowledge Tradition
Figure 2	Ayurvedic Foundations of Preventive Healthcare
Figure 3	Daily and Seasonal Regimen for Health Preservation
Figure 4	Yoga as a Pathway to Preventive Health
Figure 5	Traditional Practices for Immune Boosting
Figure 6	Mental Wellness in Indian Knowledge Traditions
Figure 7	Ancient Texts and the Foundations of Preventive Healthcare
Figure 8	Community Health Practices and Collective Well-Being
Figure 9	Intersection of Modern Science and Indian Knowledge Systems
Figure 10	Education, Sustainability and the Future of Preventive Healthcare





Swasthya: Indian Knowledge System for Health, Nutrition and Well-Being presents a holistic and preventive vision of health rooted in Indian Knowledge Systems. The book explores the idea of Swasthya as a state of balance, vitality, mental clarity, emotional stability, disciplined living and harmony with nature.



Drawing upon concepts from Ayurveda, yoga, daily routine, seasonal discipline, food wisdom, mental wellness, traditional home remedies, community health and school health education, the book explains how health can be preserved before illness emerges. It introduces readers to key ideas such as *swasthya rakshanam*, *Dinacharya*, *Ritucharya*, *Prakriti*, *Agni*, *Ojas*, *Ahara*, *Sadvritta*, yoga, meditation and preventive health literacy.



Written in an accessible educational style, the book is useful for students, teachers, teacher educators, wellness educators, researchers, parents, community workers and general readers interested in Indian Knowledge System-based approaches to health and well-being.



The book does not present traditional knowledge as a substitute for modern healthcare. Instead, it encourages a responsible, evidence-informed and culturally rooted dialogue between traditional wisdom and contemporary health education. Its central message is clear: **health is not only to be treated after disease appears; it is to be preserved, cultivated and shared through balanced living.**



A timely book for readers interested in preventive health, holistic education, Indian Knowledge Systems, yoga, nutrition, mental wellness and community well-being.

