

# A Review: The Concept of Bharatiya Research Methodology (Shodha) Ayush & Medical Research Perspective

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**Abstract—** The development of research methodology in Bharat can be traced back to ancient times, with roots in Vedic and classical Bharatiya scholarship. Early Bharatiya researchers, such as those from the Vedic tradition, employed rigorous methods of inquiry, including logic and philosophical debate. Key historical periods and figures, from the ancient period through colonial times to the present day, have significantly influenced the evolution of research methodologies. In this paper a review on the concept of Bharatiya research methodology (shodha) AYUSH & medical research perspective has been presented.

**Keywords—** AYUSH & medical research, research methodology, Vedic and classical, Homeopathy.

## I. INTRODUCTION

Derived from 'Shuddhi' (Purification), Purification of knowledge, experience & consciousness.

Foundations: Spirituality | Philosophy | Practicality.

Bharat's research tradition dates to the Vedic era, Research in: Medicine, Astronomy, Mathematics, Linguistics, Consciousness, Examples: Charaka & Sushruta Samhita, Panini's Ashtadhyayi, Aryabhata & Bhaskaracharya, Goal: Knowledge for Human Welfare.



The progress of research approach in Bharat can be tracked back to prehistoric periods, with foundations in Vedic and traditional Bharatiya scholarship. Initial Bharatiya investigators, such as individuals from the Vedic belief, employed precise techniques of investigation, incorporating reasoning and theoretical discussion. Key ancient eras and illustrations, from the early period through colonial eras to the present day, have substantially prompted the advancement of research approaches.

## II. WESTERN VS BHARATIYA METHODOLOGY

*Western Approach:* Objectivity, Measurement, Repetition

*Bharatiya Approach:* Subjective understanding, Experiential validation, Holistic perception

*Core Elements of Bharatiya Research:*

1. *Pratyaksha (Observation)* – Study of nature, mind & spirit
2. *Anumana (Inference)* – Logic & experience
3. *Upamana (Comparison)* – Connect known & unknown
4. *Shabda (Scriptural Testimony)* – Classical wisdom
5. *Aparoksha (Direct Experience)* – Inner realization





These 5 principles form the pillars of Bharat's ancient research tradition.

The Bharatiya research methodologies assumes a more universal method, surpassing the disciplinary limitations as a expedition for learning in exploration of truth. This perception of 'truth' goes further than the 'objective reality' (of Western Science) as distinguished by perceives; as a replacement for mystical progress and persona development. In Bharatiya Research Methodology (IRM), Tantrayukti is the approach or systemic method of reviewing a Tantra (science) to figure out its appropriate, unmistakable meaning for the detailed practical application (Jayaraman, Tantrayukti). Tantra Guna covers the key phases of the scripting procedure such as language, sequence, span, approach, etc. which make it worthful and broad.

### III. RELEVANCE IN THE MODERN ERA

- *Research limited to Western models:* Hypothesis → Data → Analysis
- *Missing:* Ethics, Empathy, Cultural roots
- *Bharatiya vision:* Knowledge must serve society
- *Goal:* Transformation , not just Publication

Truth and belief, though unanimously fundamental to epistemology, demonstrate beyond apparent intangible structures in Bharatiya and Western belief.

This relative study uncovers that Bharatiya philosophy, through its nuanced pramāṇa technique, approaches an complementary yet robust perception of reasonable understanding and truthfulness. Western epistemology, while systematically precise, can promote the extensiveness and contextuality seen in Bharatiya methodologies. Connecting these traditions not only decolonizes the discipline but also deepens our collective belief of knowledge in a pluralist sphere.

### IV. AYUSH & MEDICAL RESEARCH PERSPECTIVE:

- Homeopathy & AYUSH emphasize vital response, not just chemical reaction
- Disease = imbalance of body, mind, and spirit
- Focus on patient, not only disease
- Promotes humanistic and holistic healthcare.

### V. BHARATIYA RESEARCH PRINCIPLES

1. *Humility* – Spirit of learning
2. *Truth Seeking* – Truth over results
3. *Collaboration* – Harmony with nature
4. *Dedication* – Devotion to knowledge

*Quote:* Fusion of ancient principles with modern science creates a renewed Bharatiya vision.

#### *Future Vision for Universities*

- Integrate Bharatiya methodology into curriculum & mindset
- Encourage creation, not imitation
- Focus on human impact, not only impact factor

### VI. CONCLUSION & REFLECTION QUOTE

"True research makes one humble, awakens society, and nurtures respect for nature. Let us build an Bharat where every pursuit of knowledge uplifts humanity.

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**International Journal of Recent Development in Engineering and Technology**  
**Website: [www.ijrdet.com](http://www.ijrdet.com) (ISSN 2347-6435(Online) Volume 14, Issue 12, December 2025)**

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