



Editorial

It is my pleasure to present Volume II, Issue II of Vimarsh Pravah Research Journal. This issue reflects our continued commitment to promoting high-quality, interdisciplinary research that bridges traditional knowledge with contemporary academic inquiry.

The present issue begins with studies that revisit the rich intellectual heritage of traditional systems of knowledge. The exploration of the origins and development of Āyurveda as a medical system and the examination of Tibetan medicine, with a special focus on Sikkim, illuminate the relevance of indigenous healing traditions in contemporary discussions on health, well-being, and holistic living. Complementing these contributions is a psychological analysis of the Śiva Saṅkalpa Sūktam, which bridges ancient philosophical wisdom with modern perspectives on mental health, intention, and human flourishing.

The articles featured in this issue also explore a wide spectrum of subjects, including historical trade and governance, educational challenges, accessibility in the age of Artificial Intelligence, independent cinema, and the psychological dimensions of ancient Indian texts. Together, these contributions highlight the richness of scholarly perspectives and their relevance to present-day discourse. The diversity of these contributions reflects the interdisciplinary vision of Vimarsh Pravah.

I extend my sincere gratitude to all the authors for entrusting us with their scholarly work and for their dedication to advancing knowledge. I also express heartfelt thanks to the members of the Editorial Board and our reviewers for their support, valuable suggestions, and efforts in bringing out this issue.

I hope this issue will be useful to researchers, scholars, and students, and encourage further learning and exploration.

Thank you.

Warm regards,

Dr. Girish Shastri
Editor-in-Chief
Vimarsh Pravah Research Journal