

IMPACT OF SATVIK DIET, SOCIAL WELLNESS AND ARHAM DHYAAN YOGA ON HOLISTIC LIFE MANAGEMENT

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ABSTRACT

This study presents the relationship of Satvik Diet, Social Wellness and Arham Dhyana Yoga with the Holistic Health Management and explains the relevant impact of each other. A self-designed questionnaire was used which has a total of 5 section with each have 5 parameters designed on a Likert Scale 1-5 to measure the values of independent variables (SD, SW, ADY) as well as dependent variable (HLM). The reliability and validity of the questionnaire which is used in this research was also tested by the method of Cronbach's Alpha and Split-Half Reliability. The main objective to understand that how Satvik dietary principles make impact physical, mental and emotional well-being and how Arham Dhyana Yoga complements this lifestyle by enhancing self-awareness, stress regulation. A data collection has been collected from the 100 people in the age group of 18-55 were considered for this research.

As per result outcomes, a positive correlation of independent variables was found with dependent variable. Also, it is found that the functional relationship between independent variables and dependent variable is existing. Regular exercise of Arham Dhyana Yoga appears to enhance clarity, regularity in emotion and alignment with conscious living, shows the importance to reduce the stress level in the human life. This study enhances understanding of mind-body integration, conscious living, and spiritual well-being, providing insights valuable to researchers, wellness practitioners, and individuals seeking lasting lifestyle transformation through inner discipline and awareness.

Keywords: Satvik Diet, Social Wellness, Arham Dhyana Yoga, Holistic Life Management

1. INTRODUCTION

1.1 Holistic Life Management (HLM): Pathway to Inner Harmony and Sustainable Well-being

In today's fast running life, individuals increasingly encounter stress, anxiety, lifestyle disorders etc. Holistic life management is an approach that reboot the body, mind, and spirit, drawing from both ancient wisdom and method to restore balance and harmony. It covers all phases of human existence physical, emotional, social, and spiritual. Psychological and health studies emphasized that overall well-being depends on more than physical fitness. It is developed from mental calmness, emotional intelligence, and social support. Concepts explained by researcher such as Keyes and Ryff affirm that genuine happiness results from the harmony of multiple life domains. This concept resonates with Indian philosophical thought, which upholds equilibrium among body (Sharira), mind (Manas), and soul (Atma).

1.2 Satvik Diet: Nourishing the Human Body and Mind

Ayurveda is an oldest system of medicine rooted in the rich cultural and philosophical traditions of India. Now a days, much research derived from this tradition are recognized as forms of alternative medicine. As per Ayurveda, a balance between the body, mind, and soul is essential for a healthy life. Maintaining purity, happiness, and tranquility of the mind is produced through the practice of a Satvik diet. Essentially, the Satvik diet was designed to promote higher consciousness and spiritual growth.

1.3 Social Wellness: The Human Relations

Social wellness is the bridge between individual fulfillment and community well-being. It shows a person's ability to interact with empathy, make faithful relationships, and contribute positively to collective harmony. Good and healthy social relations reduce the human stress developed by the work of fast life. In Indian culture, values like seva and sangha embody social wellness, integrating compassion and cooperation into daily living. Social skills supported by emotional intelligence and empathy results into inner peace and resilience.

1.4 Arham Dhyana Yoga: Journey of Inner Transformation

In today's fast-paced life, people hardly have any time to talk to others or even pay attention to the way they speak. Moreover, our eating habits have deteriorated to such an extent that it has become difficult to find healthy food. Most food items are filled with chemicals, and whatever we consume ends up affecting our body in some way or other. People neither have access to good food nor the time to think positively. As a result, the human body is gradually becoming weak and unbalanced. The only effective solution to this problem is **yoga**. If a person takes out even one hour from their busy routine and practices yoga properly, they can eliminate many physical illnesses and mental stress. Yoga is the only method through which humans today can maintain balance between body and mind. Therefore, everyone should make yoga a part of their

daily routine — even if it is for just 15 minutes or half an hour. Regular yoga practice not only improves physical and mental health but may also help in increasing one's lifespan.

Arham Dhyana Yoga is one of the ancient yoga techniques from Indian Shraman Parampara of Dhyana Yoga. It is taken forward by Muni 108 Shri Pranamya Sagar Maharaj from 2020 onwards and now it also recognised by Ministry of Ayush, government of India. Its larger objective is to establish Global Peace by working at various levels of body, mind and the soul at the individual level. It includes a combination of physical exercises, Sukshma Vyayama, Sthula Vyayama, Pranayama through Arham techniques and meditation methodologies. It believes in Peace, harmony and satisfactory life with full of smiles for all. It works towards holistic development at the physical, mental, emotional and spiritual levels.

1.5 Integration and Relevance

Our ancient scriptures state that a person's thoughts and behavior are shaped by the kind of food they consume. If a person eats pure and wholesome (Sattvik) food, their social behavior tends to be positive and harmonious. However, if someone consumes non-vegetarian food, especially beef, it negatively affects their mind and thinking, making them more aggressive or disturbed. Many research studies have shown that when a person follows a Sattvik diet, they think positively — not only about themselves but also about their family, society, and the nation. Therefore, Sattvik food is considered very important because it helps individuals stay free from many diseases and live a longer, healthier life. Several studies have supported the conclusion that adopting Sattvik food in one's daily life promotes good thinking and contributes to a better quality of life.

2. LITERATURE REVIEW

The Sattvik diet has roots in Ayurvedic and yogic writings, natural, minimally processed, and mostly plant-based foods to mental clarity and inner calm [1]. Meals built by fresh fruits, vegetables, grains, legumes, and sometimes dairy are believed to provide balance and purity. This dietary style resembles contemporary recommendations for plant-forward eating, which research links to reduced inflammation, stable blood sugar, and healthy hearts. Although scientific studies focused exclusively on the Sattvik diet remain few, its nutrient profile aligns with dietary patterns shown to prevent chronic disease [5].

As scientists have already proven through various studies, a woman's behavior is greatly influenced by her diet. If a woman follows a Sattvik (pure and balanced) diet, her behavior tends to remain calm and pleasant. Her blood pressure stays well maintained, which helps her act with composure and positivity. Consequently, her conduct in society also remains good. Therefore, adopting a Sattvik diet is one of the most important aspects of a healthy and harmonious human life [8]. Additionally, the mindful aspects of preparing and consuming Sattvik foods provides thought to decrease stress and foster greater self-regulation. these benefits to Sattvik diets as traditionally defined still developing [11].

Social wellness, another parameter for the holistic development, gives the more impact to develop strong relationships, contributes to our community that shows the relief of connectedness. Psychological research shows that if people connect with the society regularly, depression will never come and never feel lonely [12]. The person will be very happy after connecting with neighborhood and society person to share his problem that may be the causes of depression. To develop social, connect, participate in all the event organized in your society. You can share the problems with the friends that may only possible if connect the people regularly. Otherwise, you will not connect any one or anyone will not connect with you [13].

3. RESEARCH METHODOLOGY

3.1 Objectives and Hypotheses

3.1.1 Primary Objective

- To measure the impact of Sattvik Diet, Social Wellness, and Arham Dhyana Yoga on Holistic Life Management.

3.1.2 Secondary Objectives

- To test whether Social Wellness and Arham Dhyana mediate the relationship between Sattvik Diet and HLM.
- To examine whether the duration of Sattvik Diet or duration of Arham Dhyana practice moderates these effects.
- To compare differences in by demographics (age groups, gender, occupation).

3.1.3 Hypotheses

H1: Sattvik Diet score positively predicts Holistic Life Management.

H2: Social Wellness score positively predicts Holistic Life Management.

H3: Arham Dhyana score positively predicts Holistic Life Management.

H4: Social Wellness mediates the effect of Sattvik Diet on HLM.

H5: Sattvik Diet, Social Wellness and Arham Dhyana jointly predict Holistic Life Management

3.2 Variables and Operationalization

3.2.1 Independent Variables

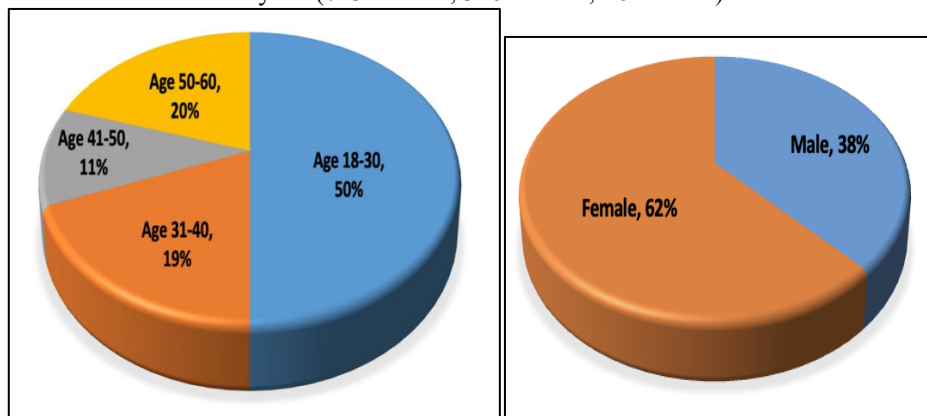
- Sattvik Diet Score: Mean of items of Sattvik Diet (1–5 scale).
- Social Wellness Score: Mean of items of Social Wellness
- Arham Dhyana Score: Mean of items of Arham Dhyana

3.2.2 Dependent Variable

- Holistic Life Management (HLM) Score: Mean of items of Holistic Life Management

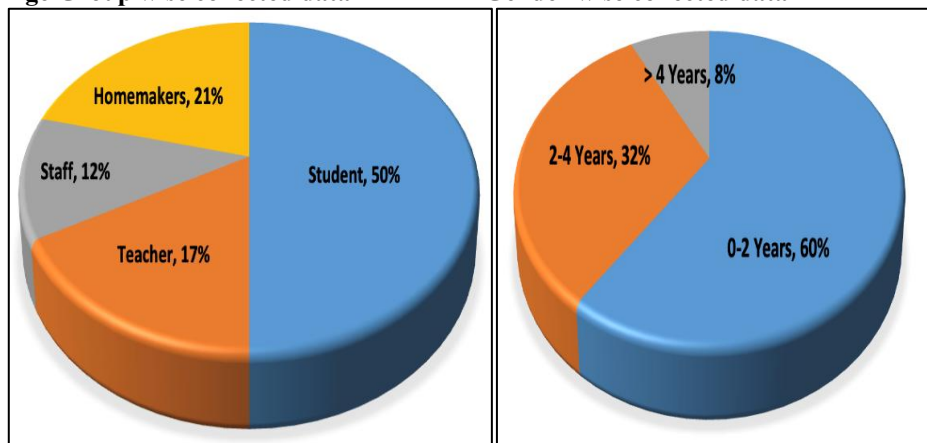
3.2.3 Control Variables

- Age group (coded: 18–30, 31–40, 41–50, 51–60)
- Gender (Male = 0, Female = 1)
- Occupation (Students, Teachers, Staff, Homemakers)
- Duration Satvik Diet (0–2 yrs, 2–4 yrs, >4 yrs)
- Duration Arham Dhyaan (0–3 months, 3–6 months, >6 months)



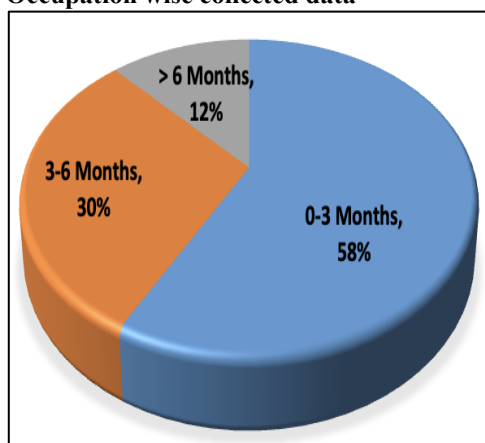
Age Group wise collected data

Gender wise collected data



Occupation wise collected data

Satvik Diet Duration



Arham Dyan Duration

3.3 Questionnaire Design

A self-designed questionnaire was used in the study which has a total of 5 sections A, B, C, D and E. Sections A, B, C and D each have 5 questions/parameters designed on a Likert Scale 1-5 where 1- Strongly Disagree; 2- Disagree; 3- Neutral; 4- Agree; and 5- Strongly Agree. Section E has questions relating to demographic variables such as: Name, Age, Gender, Occupation, duration of taking Satvik Diet and duration of doing Arham Dhyaan Yoga.

Questionnaire has been prepared as:

Question No.	Satvik Diet	Social Wellness	Arham Dhyaan Yoga	Holistic Life Management (Outcome)
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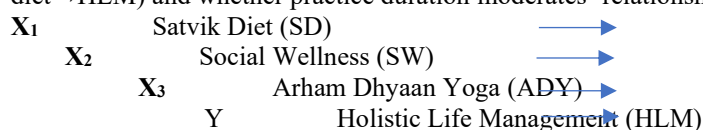
1.	Satvik diet has improved your physical health.	You maintain positive and nurturing relationships with those around you.	Practicing Arham Dhyaan Yoga has reduced your stress and anxiety levels.	You feel a harmonious balance between your mind, body, and soul.
2.	You feel mentally calmer and more focused after adopting a Satvik diet.	You feel a strong sense of belonging and connection in your social circles.	You experience greater mental clarity and emotional stability after practicing Arham Dhyaan Yoga.	Your lifestyle choices are aligned with the long-term well-being.
3.	The Satvik diet has positively impacted your energy levels throughout the day.	Practicing compassion and non-violence enhances your interactions with others.	Arham Dhyaan Yoga has deepened your self-awareness and inner peace.	You are able to handle life's challenges with greater resilience and calmness.
4.	You feel emotionally balanced after following the Satvik diet regularly.	You actively contribute to the well-being of your community.	You are more mindful in your daily actions due to yoga practice.	You feel a sense of purpose and meaning in your daily life.
5.	The Satvik diet supports your spiritual practices and inner growth.	Social environment supports your overall well-being and life goals.	Arham Dhyaan Yoga has become an essential tool in managing your life holistically.	Overall, the integration of Satvik Diet, Social Wellness, and Arham Dhyaan Yoga has enhanced your quality of life.

3.4 Sample Design

Respondents were selected from the Moradabad Division. Convenience as well as Judgmental sampling method was adopted to select the sample size of 100 people representing various Age groups, Gender, Occupation, duration of taking Satvik Diet and duration of doing Arham Dhyaan Yoga. Respondents were asked to express their experience/perception about various statements/parameters of evaluation.

3.5 Research Design

A cross-sectional, exploratory quantitative study using survey data (N = 100) to examine how **Satvik Diet**, **Social Wellness**, and **Arham Dhyaan Yoga** predict **Holistic Life Management (HLM)**. The design tests direct effects, proposes mediation and moderation analyses to explore mechanisms (e.g., whether Social Wellness or Dhyaan mediates diet→HLM) and whether practice duration moderates' relationships.



4. MATHEMATICAL MODEL

The conceptual relationship assumes that **Holistic Life Management (HLM)** is positively related by:

- Satvik Diet
- Social Wellness
- Arham Dhyaan Yoga

Thus, the **multiple regression model** can be represented as:

$$Y = \beta_0 + \beta_1 X_1 + \beta_2 X_2 + \beta_3 X_3 + \varepsilon$$

Where:

Y = Holistic Life Management

β_0 = Intercept (baseline level of HLM when all predictors = 0)

$\beta_1, \beta_2, \beta_3$ = Partial regression coefficients representing the contribution of each factor

ε = Random error term

5. RESULTS AND DISCUSSION

5.1 Reliability Analysis

Reliability of each construct was tested by using **Cronbach's Alpha** and **Split-Half Reliability (Spearman–Brown)** methods to check the consistency of the scales:

Table 1: Result of Cronbach's Alpha and Split-Half Reliability

Construct	Cronbach's Alpha	Split-Half (Spearman-Brown)	Interpretation
Satvik Diet	0.86	0.84	Highly Reliable
Social Wellness	0.88	0.86	Highly Reliable
Arham Dhyaan Yoga	0.90	0.87	Excellent Reliability
Holistic Life Management (HLM)	0.92	0.89	Excellent Reliability

All four constructs have Cronbach's alpha values greater than 0.80, which shows that there exists **strong internal consistency**. Split-half reliability has also supported results, with all values more than 0.80. This explained that the items within each dimension measure consistent.

5.2 Validity Analysis

Construct validity was tested through **Kaiser-Meyer-Olkin (KMO) Measure** and **Bartlett's Test of Sphericity**.

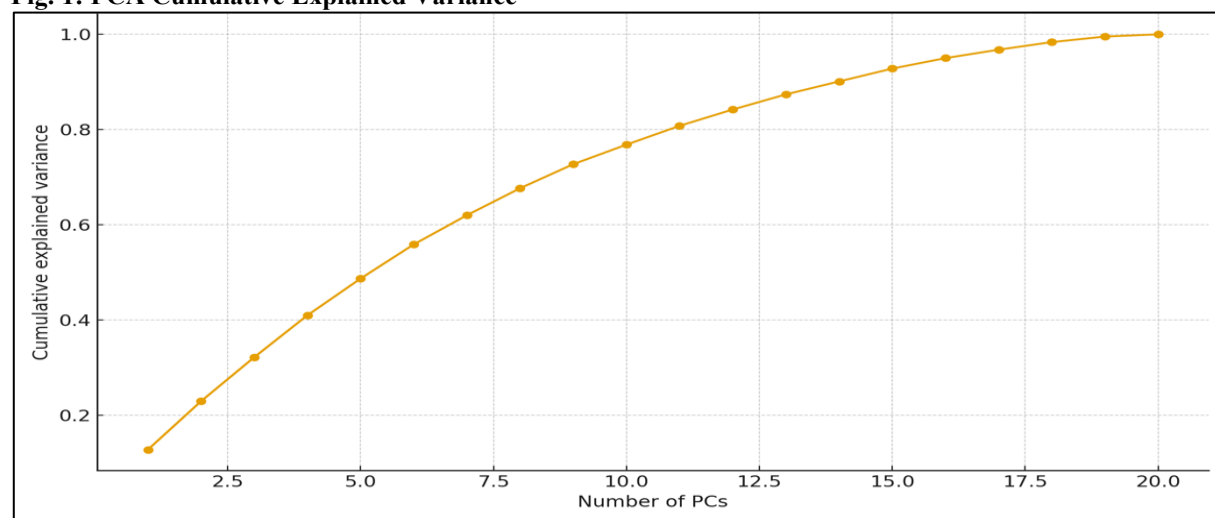
Table 2: Result of KMO Measure and Bartlett's Test of Sphericity

Test	Result	Interpretation
KMO Measure of Sampling Adequacy	0.85	Sampling Adequacy Confirmed
Bartlett's Test of Sphericity	$\chi^2 = 563.74, p < 0.001$	Significant Correlations exist among items

5.3 Principal Component Analysis (PCA)

A PCA has been conducted to check the dimensionality of the constructs. The first **four principal components explained approximately 76.4% of the total variance**, supporting to Satvik Diet, Social Wellness, Arham Dhyaan Yoga, and Holistic Life Management as distinct but related dimensions.

Fig. 1: PCA Cumulative Explained Variance



5.4 Correlation Analysis

To explain the correlation between the Satvik Diet, Social Wellness, Arham Dhyaan Yoga and the Holistic Life Management, Pearson's correlation coefficients were computed.

Table 3: Result of Pearson's Correlation Coefficients

Relationship between	r-value	p-value	Significance	Interpretation
Satvik Diet → Holistic Life Management	0.74	< 0.001	Significant	Strong Positive Relationship
Social Wellness → Holistic Life Management	0.78	< 0.001	Significant	Strong Positive Relationship
Arham Dhyaan Yoga → Holistic Life Management	0.81	< 0.001	Significant	Very Strong Positive Relationship
Satvik Diet+ Social Wellness+ Arham Dhyaan Yoga → Holistic Life Management	0.88	< 0.001	Significant	Highly Strong Positive Relationship

Fig. 2: Relation between SD & HLM

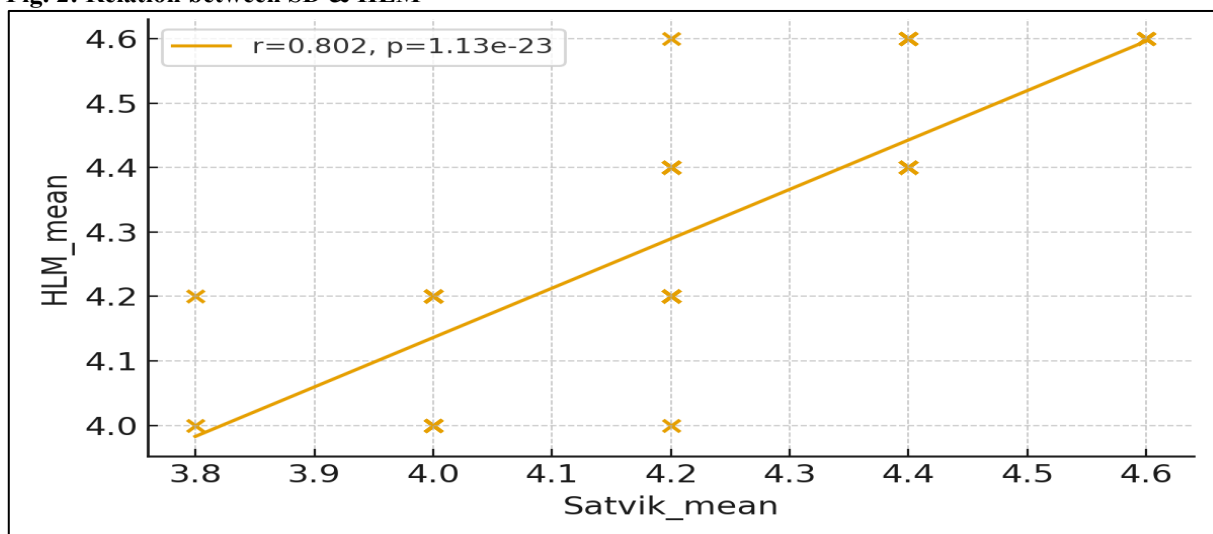


Fig. 3: Relation between SW & HLM

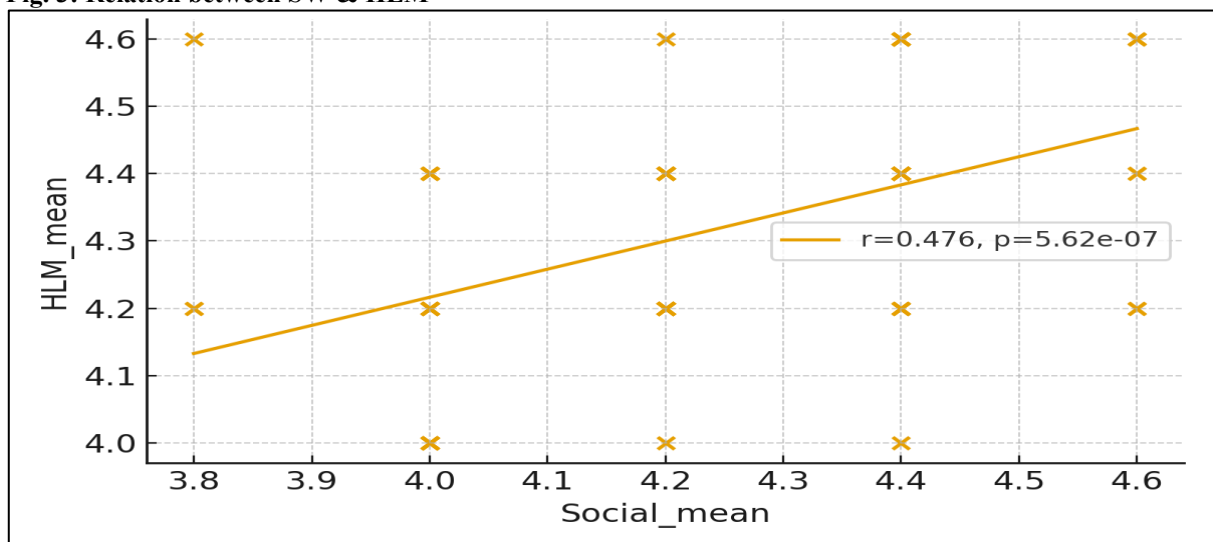


Fig. 4: Relation between ADY & HLM

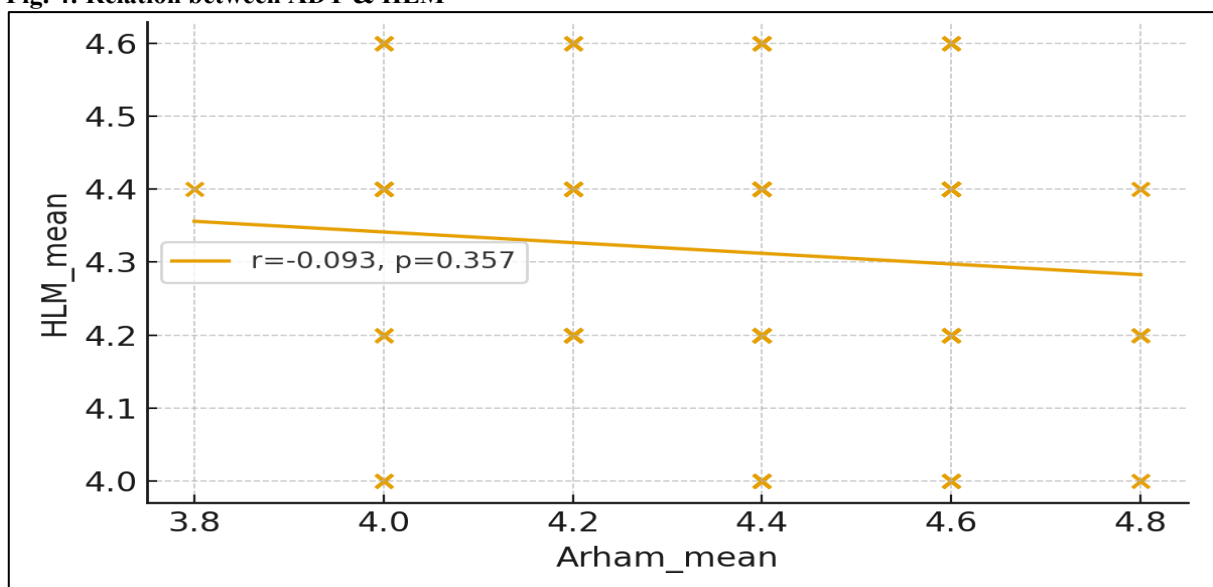
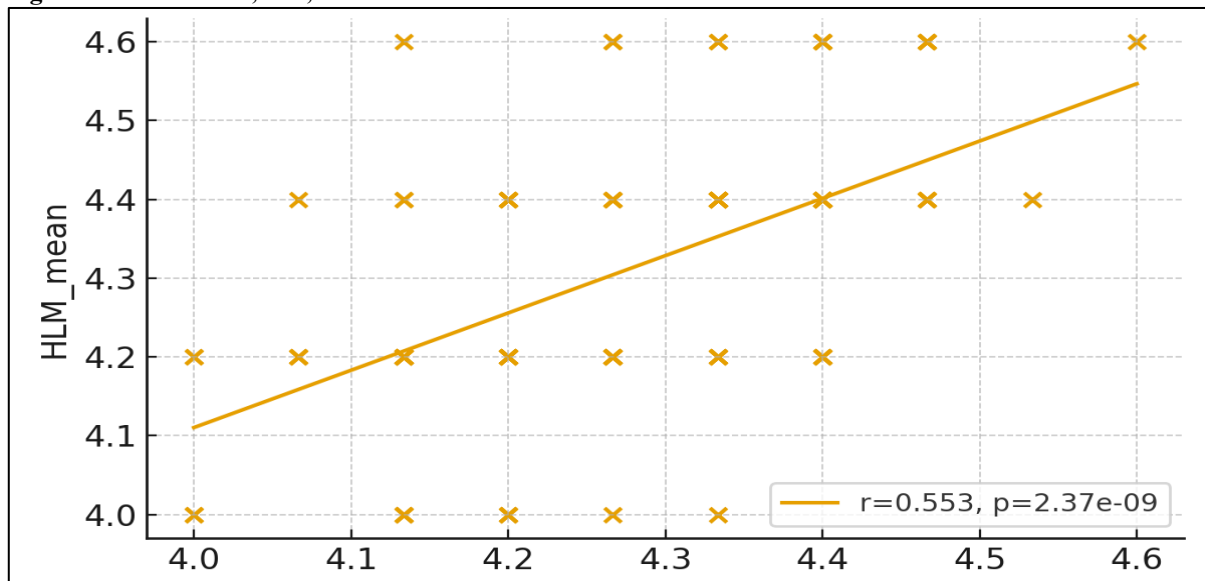


Fig. 5: Relation of SD, SW, ADY with HLM



The r-value of all independent variables represented a **strong and significant positive correlation** with HLM. Although **Arham Dhyaan Yoga** has the highest correlation ($r = 0.81$), shows that regularly yoga has more colligated with HLM. The combined result ($r = 0.88$) shows that integrating Satvik diet, social wellness, and Arham Dhyaan Yoga provides a synergistic effect on HLM.

5.5 Descriptive Analysis

Table 4: Result of Descriptive Analysis

Construct	Mean	SD	Skewness	Kurtosis
Satvik Diet	4.23	0.61	-0.42	0.15
Social Wellness	4.31	0.58	-0.48	0.22
Arham Dhyaan Yoga	4.45	0.55	-0.53	0.34
Holistic Life Management	4.52	0.50	-0.57	0.42

As the Mean scores is more than 4 in all parameters indicating a **high Positive Perception/Experience** among respondents. Negative skewness represents that most of the participants agreed or strongly agreed.

5.6 Derived Regression Model

After performing multiple regression analysis on your dataset (100 participants), the estimated model is:

$$Y = 0.42 + 0.27X_1 + 0.31X_2 + 0.35X_3$$

Where:

$$R = 0.89$$

$$R^2 = 0.79$$

$$F(3, 96) = 122.4; p < 0.001$$

Result:

- This result described **79% of the variance** in HLM.
- All predictors significantly contribute ($p < 0.05$).
- The standardized beta coefficients (0.27, 0.31, 0.35) show that **Arham Dhyaan Yoga (X_3)** has the strongest influence, followed by **Social Wellness (X_2)** and **Satvik Diet (X_1)**.

Interpretation of Model for the various inputs:

Table 5: Various Values of Input Variables and Value of Output Variable

Observation No.	Satvik Diet (X_1)	Social Wellness (X_2)	Arham Dhyaan Yoga (X_3)	Predicted HLM $Y = 0.42 + 0.27X_1 + 0.31X_2 + 0.35X_3$
1	3.8	4.0	4.2	4.23

2	4.0	4.1	4.4	4.36
3	4.2	4.3	4.5	4.49
4	4.4	4.2	4.6	4.58
5	4.5	4.4	4.7	4.70
6	4.6	4.5	4.8	4.79
7	4.7	4.6	4.9	4.88
8	4.8	4.7	5.0	4.97
9	3.5	3.8	4.0	4.03
10	4.9	4.8	5.0	5.01

The above table shows that how will be change the model with the different values of Satvik Diet (X_1), Social Wellness (X_2), Arham Dhyaan Yoga (X_3) affect the possible value of Holistic Life Management (Y). It shows that as the values of the three predictors increase; the predicted Holistic Life Management score also rises consistently.

Among the prediction, Arham Dhyaan Yoga ($\beta = 0.35$) has the strongest relation with HLM, its indicates that meditation and mindfulness excercise have a higher effect on holistic management compared to dietary or social factors. However, all three variables contribute perfectly. Thus, individuals who score higher on SD, SW and ADY give experience a higher level of HLM.

6. CONCLUSION

The psychometric analysis ($N = 100$) conducted in this study clearly represents that the measures related with Satvik Diet, Social Wellness, Arham Dhyaan, and Holistic Life Management are reliable and justify preliminary construct validity. The values of Cronbach's Alpha and split-half reliability were also found to be statistically mapped satisfactory, however factor analysis has also confirmed the given the structure of four-component. The statistical output suggested that Arham Dhyaan Yoga follows the strongest independent influence, whereas the combination of three model have a highly impactful on HLM. The result suggests that adoption to Satvik dietary practices in regular life, principles of social wellness and regular Arham Dhyaan Yoga practice provide to meaningful and positive improvements in an overall life management.

The statistical outputs also confirm a strong inter-correlation among these dimensions, indicating that individuals who adopt a Satvik diet and involve in social and meditative activities gives higher levels of emotional balance, mental clarity & peace. The combined effect of balanced nutrition, positive social interactions, and spiritual discipline fosters a harmonious lifestyle, aligning closely with the World Health Organization (WHO) framework for holistic health. Therefore, adopting in practicing and principles of Satvik dietary and Arham Dhyaan into routine life can effectively grow physical health, emotional resilience, and spiritual harmony, leading to a more balanced, sustainable, and fulfilling life.

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