

Understanding and Defining Hindu and Integrative Spiritual Care

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CENTRAL PROPOSITION

Conceptual clarity.
Care across contexts.

An integrative definition grounded in Hindu philosophy and practitioner knowledge.



Read the research

01 Background and question

Spiritual care lacks a shared definition that accommodates diverse worldviews and professional settings. This study develops an integrative foundation for recognising care practices while preserving the beliefs and needs of the person receiving care [1].

RESEARCH QUESTION

What defines spiritual care when Hindu philosophical resources and contemporary professional practice are brought together?

02 Conceptual framework

Hindu care

Worldview-sensitive professional support

Integrative care

Coherence across religious and secular views

Tarka refines a definition through enumeration, formulation and validation. Design science connects these steps with practice and theory [1-3].

03 Evidence and method

Five practitioners contributed 25 workday observations and three focus-group discussions. Data were collected in 2021-2022. Cognitive tests, peer interviews and ten practice cases were used to refine and validate the definition [1].

04 From practice to definition

The original practice inventory shows how shared care activities meet context-specific responsibilities [1].

Table 2. First focus-group discussions result: inductively designed list of activities.

Similar activities	Dissimilar activities
- Yoga interventions, meditation - Guidance of colleagues who are non-Hindu spiritual caregivers - Individual conversations: based on Hindu concepts - Group Satsang: kirtana, singing, mantra recitation - Working with cultural elements (food/ cooking, clothing/ symbols, communicating in one's own language, listening to music, organizing and facilitating Hindu celebrations) - Rituals - Multidisciplinary meetings	<i>Justice/ Prison context</i> - Acting as an intermediary: standing up for clients' rights <i>Care context</i> - Presentation and training: new information from the organization/other organization - Training care employees: meaning / communication - working intramurally and extramurally - in employment: employer - independent: disciplines, SKGV4/ VGVZ5 such as care, justice, police, defense - Advisory role - Signaling

Original Table 2, first part, reproduced from [1], p. 164. The table continues on p. 165.

Uddeśa

Enumerate possible attributes

Lakṣaṇa

Formulate differentiating features

Parikṣā

Test and refine the definition

05 Findings and contributions

A Define the purpose of care

Support, guidance and counselling address emotional and spiritual well-being during life's challenges and transitions [1].

B Protect the client's worldview

Practices should help people connect with their own existential beliefs about meaning and purpose [1].

C Build room for pluralism

An integrative definition can connect religious, philosophical and secular approaches while retaining contextual differences [1].

06 Discussion

A shared vocabulary can clarify professional roles, support training and improve dialogue across care settings. The paper also considers organisational applications, while its main conceptual focus remains care for individuals [1,4].

07 Limitations and next steps

The small, relatively homogeneous participant group limits generalisation. Interfaith validation and evidence of organisational outcomes require further study [1].

CONCLUSION

Conceptual clarity can support spiritual care that is professionally recognisable and responsive to individual worldviews [1].

SELECTED REFERENCES

[1] Bindlish, P. K., Nandram, S. S., & Joshi, G. (2025). Understanding and Defining Hindu and Integrative Spiritual Care. Journal of Management, Spirituality & Religion, 22(2), 151-182. doi:10.51327/KVHE7862.

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[4] Liefbroer, A. I., Olsman, E., Ganzevoort, R. R., & van Etten-Jamaludin, F. S. (2017). Interfaith spiritual care: A systematic review. Journal of Religion and Health, 56, 1776-1793.