

| Time period | Dates | Historical trends in India | Religious & philosophical traditions |
|--------------------|----------------|---|---|
| Prehistoric | 2500-1500 BCE | Indus Valley civilization | Unknown, script not yet deciphered |
| Vedic | 1500-800 BCE | Indo-Aryan civilization | Vedas |
| Upanishadic | 800-400 BCE | early Buddhism & Jainism Rise of asceticism & yoga | Upanishads, Samkhya |
| Epic | 400 BCE-600 CE | Early "Hinduism" Dynasties & small kingdoms | Bhagavad Gita, Yoga Sutras Epics (Mahabharata & Ramayana) |
| Medieval | 600-1750 CE | Rise of Bhakti & Tantra Muslim invasion & conquest | Puranas (tales of gods and goddesses), Bhakti (devotion), Tantric texts |
| Modern | 1750-1947 | Neo Vedanta British rule | Translation & dissemination of texts and teachings outside of India |
| Indian state | 1947-present | Independence, partition Hindu fundamentalism, secularism | Practice of yoga and Hinduism in the West; texts on yoga & meditation by Western authors |

In the Kali (age) there is fatal disease, continuous hunger and fear, awful dread of drought and revolution in the lands... abortion and hero-murder will prevail in this age... Money alone will confer nobility. Power will be the sole definition of virtue... Lust will be the only reason for womanhood... Boldness and arrogance will become equivalent to scholarship... The pretense of greatness will be the proof of it, and powerful men with many severe faults will rule over all the classes on earth.

-- quote from Vedic text