



Sanskrit is a god gift for Human being.

Aim- Sanskrit is a god gift for human being.

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Objective -

Sanskrit is a language with a grammar and history structured in science. Sanskrit was developed in the Vedic period. Sanskrit has varied meaning to single word. Practical and textual knowledge is inventible to learn and practice any scientific subjects. Sanskrit is the key To Ayurveda. The main purpose of this article, Sanskrit language is helpful in human health, physically,mentally and socially. Sanskrit being the most ancient language has some hidden messages for life. The positive attitude, environmental science, communal harmony, management, science and many other topics appear as integral part of Sanskrit.

Key word- Ayurveda, science, physically,mentally

Type of study- Lituratue

Introduction-

The Sanskrit word deh देह –means the body in its growing phase and sharer शरीर refers to the body in deteriorating phase. This shows the richness of Sanskrit in the sense that how a language creates awareness about oneself. The healing power of language has been experience by many people.

Sanskrit was developed in the Vedic period. Four Vedas are written entirely in the Sanskrit language which records the knowledge of the Vedic period.

Scientifically, Sanskrit language is from Bharopiy (भारोपिय) family Latin ,English , rusi ,greek , farsi , speni are languages with the same family. In India, Hindi, Marathi, Gujrathi, oddiya, telgu, kannadi all languages related with the sanskrit.

- Pāṇini describes grammar and makes Sanskrit easy to learn and understand .

- **Sanskrit is a god gift for human being, how –**

---- **Being to be health.**

➤ **Def .of health** -- Health is a state of complete physical ,mental and social well being.

➤ सत्वं रजस्तम इति मानसाः स्युस्त्रयोः गुणाः ।

तेषां गुणानां साम्यं यत्तदाहुः स्वस्थलक्षणम्॥

➤ समदोषः समाग्नि च सर्वधातु मलक्रियः ।

प्रसन्नात्मेन्द्रिय मनः स्वस्थ इत्यभिधियते ॥

➤ for physical health---

Sanskrit is essential to know the Ayurved. Sanskrit is the key To Ayurveda. Ayurveda is upaveda of Atharva Veda.

➤ ब्रह्मा स्मृत्वाऽऽयुषो वेदं प्रजापतिमतिग्रहात् । अ.ह. १/३

According to this lines ,Ayurveda is a come from god .And sanskrit is also god Language .

The ancient Ayurvedic philosophy, medicines, herbal treatments, treatment techniques, lifestyle modification procedure, and all medical guidelines were first written in Sanskrit. To know Ayurveda well, to know the Sanskrit is essential.

Both Ayurveda and Sanskrit are interrelated to each other. A Sloka or Sutra is in the poetic form used in the Ayurvedic texts, enabling to really learn the source of nourishment and fullness of life through relation to Ayurveda through Sanskrit

Sanskrit word “ स्वस्थ” .referring to health,in its root sense signifies “one who is settled in oneself” To remain healthy is to remain steady ,immobile, and settled within.

Other sanskrit word chikitsa “चिकित्सा”- root sound kit(कित्) to be aware in its root sense means the aspiration to get the state of awareness of the sense within and the चिकित्सक” means spiritual healer,a master,a guide who could facilitate the process of the inner awareness for one who is in the fallen state of consciousness.

All the life in the universe ,mobile,or immobile has a consciousness in it .And the purpose of sadhana is to awaken that devine consciousness to live a meaningful life.

Sanskrit alphabet (varnmala) constitute all the fundamental sounds of human body. language is the manifestation of inner sound. So even by reciting the Sanskrit varnas causes healing .like practicing anusvar (.) used as the dot above the letter. It is pure nasal sound. and when used with vowel is equivalent to doing brahmari pranayam. Similarly the sound of visarga (:) has the hissing sound when used with the vowel .The sound is produced by releasing the air which results in the activation the flow of prana . when articulated rightly it has the benefit of kapalbhati kriya.

Mantra yoga or the repeated practice of chanting mantras with complete faith ,will inner harmony and devotion leads to the invocation and connect with the higher consciousness .The sound of om if chanted properly leads to immense harmony., higher connect and well being. Mantra has the power of “Jivanmukti” which means freeing oneself from the limited ,narrow consciousness and ascending to higher devine consciousness. Chanting ,“Om Shanti Shanti Shanti” consciously before the meal ,while preparing the meal and after the meal ,helps in peaceful digestion of food. it's important to eat in peace and offer the food as food is a mode for strengthening our physical instrument for the devine consciousness.

Sanskrit has also been shown to be beneficial in the treatment of speech disorders. According to research ,learning a language enhances brain functioning and individual's academic performance ,they score higher in areas such as Mathematics and science ,which some people find challenging .because Sanskrit improves memory

And Attention.

Cognitive neuroscience research at the university of Trento(Italy)shows his work that people who memorize long Sanskrit texts have brains that literally expand and become better with sharper memory and cognitive skills.

Sanskrit mantras chanting improves immunity and helps to calm the mind .when you chant specific mantras ,you apply pressure on your tongue, vocal cords, lips,palate and other bodily connecting points. It is in charge of numerous bodily processes,including immunity and the production of some happy harmones.your immunity will greater if you are happy.

The mantras specific vibrating tones assist to stimulate harmones that soothe the mind and promote relaxation .it also aid concentration and so acts as a calming agent for mind.

One of the finest languages for artificial intelligence is Sanskrit.

There are number of discipline where saint employed Sanskrit including astronomy and medicine as well as maths and astrology to name a few.due to its tight grammatical rules ,it is regarded as the finest language for natural language processing .Sanskrit phrases,on the other hand ,are never out of place or context n a particular theme.

Sanskrit,according to a number of research centres and researchers ,is the finest language for enhancing Artificial intelligence and may be used as a guide to proceed Refer to this NASA article,which claims that knowing Sanskrit will help a person better comprehend AI.

Some Sanskrit unique shloka as follows- this shlok has only all vyanjana (व्यंजन) in sequence but it is meaningful—

कःखगीघा ङ् चिच्छौजाझाञ्जोऽटौठीडढणः ।

तथोदधीन पफ़र्बोभीर्मयोऽरिल्वाशिषां सह ॥

अर्थ – पक्षियों क प्रेम ,शुद्ध बुद्धि का, दुसरे का अपहरण करने पारंगत ,शत्रु संहारको में अग्रणी ,मन से निश्चल तथा निडर ,महासागर क सर्जनकौन ...राजा मय ,!जिसको शत्रुओंके भी आशीर्वाद मिले है।

conclusion - We have discussed various aspects of information related to the importance of Sanskrit language and the status of Sanskrit in the education of Ayurveda is unique. We love that Ayurveda continues to spread throughout the world, adapting to an endless number of languages and cultures, will always believe that when the Sanskrit language is used there is just a little more truth and understanding. Ayurveda's concepts. Sanskrit mantras chanting improves immunity and helps to calm the mind . **Sanskrit language is beneficial in health, physicaly,mentally and socially . so we can say Sanskrit is a god gift for human being.**

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