

# Sanskrit is a spirit talent for Social life. Aim- Sanskrit is a spirit talent for Social life.

**1Name of 1st Mr Ravindrasinh Rajput**

<sup>1</sup>Designation of 1<sup>st</sup> Assistant Professor

<sup>1</sup>Name of Department of 1<sup>st</sup> Faculty of Paramedical

<sup>1</sup>Name of organization of 1<sup>st</sup> Gokul Global University, Sidhpur, Patan, Gujarat – India

## Objective

Sanskrit was developed in the Vedic period . Sanskrit has varied meaning to single word. Practical and textual Sanskrit is the key To Ayurveda.

The main purpose of this article, Sanskrit language is helpful in human health, physically,mentally and socially . appear as integral part of Sanskrit.

**Key word-** Ayurveda, science, physically,mentally

**Type of study-** Lituratu

## Introduction

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

Sanskrit was developed in 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.

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 इपि मानसाः स्युस्तयोः गुणाः । िेषां गुणानां साम्यं यत्तदाहाः स्वस्थलक्षणम् ॥

समदोषाः समापि च सर्वधािु मलपियाः । प्रसन्नात्मेन्द्रिय मनाः स्वस्थ इत्यपभपधयि ॥

for physical health---

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

ब्रह्मा स्मृत्वाऽऽयुषो वेदंप्रजापतिमतिग्रहाि् । अ.ह. १/३

According to this lines ,Ayurveda is a come from god .And sanskrit is also god Language . 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 “पचपित्सा”- root sound kit(पि) to be aware in its root sense means the aspiration to get the state of awareness of the sense within and the पचपित्सि” 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.

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 Attension.

Congnitive 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.

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.

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.

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

**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.

**REFERENCES:-**

1. Joshi V. Ayurvedesanskritam, Sandhiprakaran, Dhanvantari publication, 2017, page no.16
2. Bhoje. M, Sansrutadhyanm, Samasaprakaranam, Moray Prakashan, 2017 chapter no 7- page no 114
3. Bindalkar, Vishakha Shashikant, Vinod Ade, and Saurabh Deshmukh. “Ayurvedic Management of Kitibha Kushta with respect to Guttate PsoriasisA Single Case Study.” International Journal Of Ayurvedic Medicine 11, no. 1 (March 2016): 136–42.
4. Chandankar, Sneha Bhimrao, and Vaishali Kuchewar. “Management of Vipadika through Ayurveda.” International Journal Of Ayurvedic Medicine 10, no. 1 (March 2017): 122–24.
5. Chavhan, Manish Hirasing, and Sadhana Misar Wajpeyi. “Management of Dadru Kushta (Tinea Corporis) through Ayurveda- A Case Study.” International Journal Of Ayurvedic Medicine 11, no. 1 (March 2016): 120–23.
6. Deogade, Meena Shamrao, and Shiva Rama Prasad Kethamakka
7. Atharvaveda Samhita. Trans. W.D. Whitney. Vols. VII, VIII. Cambridge: Harvard University, 1905. (1st Ed.).
8. Atharvaveda. Trans & Ed. B.B. Goswami. Kolkata: Haraf Prakashan, 1989. (1st Ed.).
9. Gope, Y. History of Vedic Literature. Kolkata. Sanskrit Book Depot, 2003. (1st Ed.).
10. Rig Samhita- 1/116/15
11. Shuklayajurveda
12. Atharva Veda- 5/113/270 13 Mahabharata -1/202/11
14. Manusamhita -11/88 15. Bhattacharya, R. S. An Introduction to the Yogasutra. Delhi: Bharatiya Vidya Prakashana, 1985. (1st

