



ROLE OF SANSKRIT LANGUAGE IN AYURVEDA

Importance of Sanskrit study in the BAMS students

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Abstract : Sanskrit is one of the oldest known languages, and its literature dates back thousands of years. The Vedas, the oldest scriptures of Hinduism, were written in Sanskrit, making it the language of sacred texts and religious rituals. Additionally, a vast body of classical Sanskrit literature, including epics like the Ramayana and Mahabharata, as well as numerous philosophical, scientific, and poetic works, showcases the rich cultural heritage of India. Many classical Indian disciplines, such as Ayurveda (traditional medicine), Yoga, Jyotisha (astrology), and Arthasāstra (political science), were originally composed in Sanskrit. By understanding Sanskrit, one gains access to the source texts and ancient wisdom of Indian knowledge systems. Sanskrit is renowned for its linguistic structure and precision. Its grammatical rules and complex syntax have fascinated linguists worldwide, contributing to the development of linguistic studies. While Sanskrit was primarily associated with ancient India, its influence extended far beyond its borders. Many neighboring countries, such as Nepal, Bhutan, Sri Lanka, and parts of Southeast Asia, have been historically influenced by Sanskrit literature and culture.

Sanskrit played a vital role in the oral transmission and preservation of Ayurvedic knowledge through generations of scholars and practitioners. The precise and structured nature of Sanskrit ensured the accuracy and continuity of this traditional medical system. Ayurveda is not merely a system of medicine but a holistic approach to health and well-being. Many of the philosophical and spiritual aspects of Ayurveda are conveyed in Sanskrit, making it a language of spiritual exploration and higher consciousness.

IndexTerms – Sanskrit , language , importance, devvani

I. INTRODUCTION

Apart from medical texts, Sanskrit literature includes a vast collection of Ayurvedic works, ranging from herbal compendia to treatises on diagnostic methods and surgical procedures. These texts offer a comprehensive understanding of Ayurveda's diverse applications. Sanskrit was first introduced by the Lord Brahma; therefore it is called the Deva-Vani. The phonology and morphology of the Sanskrit language differ completely. They have been fixed and precise from the very beginning. Sanskrit is the language of Bhartiya's writings. Sanskrit kept the glory of eternal Bhartiya in its perfect linguistic representation on the earth. One of the Indian scriptures, i. e. Ayurvedic text is also in Sanskrit language. All Ayurvedic texts are written in Sanskrit language

भाषारम्या श्रवणसुखदा संस्कृता देववाणी। • विश्वे लसतुं सर्वदा स्निग्धवाणी ॥

The greatness of Sanskrit language is clearly expressed in this shloka. Sanskrit is the language that is introduced or produced in its perfect form.

. संस्कृतं हि संस्कृतेर्मूलम् ।

The Sanskrit language is fundamental to our culture. It is said that, Every action an Indian takes is somehow connected to their spirituality. Consequently, the Sanskrit-written Ayurveda-shastra is an essential component of our lives. Ayurveda is both a medical and a spiritual science that dates back thousands of years.

As the name suggests, Ayurveda is the science of life and not a system-specific medicine. holistic in every way. It is a science without a beginning or an end; a divine, all-encompassing medical science that promotes the common good; an everlasting, all-knowing system; and one that is worth a lifetime of study.

आयुः कामयमानेन धर्मार्थसुखसाधनम्

आयुर्वेदोपदेशेषु विधेयः परमादरः ॥ (A. H. Su. 1/2) –

it Purusharthas are the goals of life. These four things—dharma (virtue), artha (wealth), kama (desire), and moksha (liberation)—come in fours. One should adhere to the rules of Ayurveda with the utmost respect if they want to live a life that is truly beneficial to Purusharthas. A good Ayurvedic doctor should possess the following traits:

श्रुते पर्यवदातत्त्वं बहुषो दृष्टकर्मता । ts दाक्ष्यं शौचमिति ज्ञेयं वैद्ये गुणचतुष्टयम् ॥

(C.S. Su. 9/6)

The four qualities of a physician are superior medical knowledge, extensive practical experience, skill, and purity.. तस्माच्छास्त्रे

अर्थविज्ञाने प्रवृत्तौ कर्मदर्शने

in भिषक् चतुष्टये युक्तः प्राणाभिसरः उच्यते ॥ (C.S. Su. 9/18)

A doctor who is properly involved in the study of medical science, has mastered its real implications, correctly applies therapy, and has practical experience is known as a Pranabhisara Vaidya.

of दक्षस्तीर्थातशास्त्रार्था दृष्टकर्मो शुचिर्भिषक् ।

(A. H. Su. 1/28) One peculiar quality that a good doctor should have is academic qualification. It implies that he should have received direct instruction from his teachers and the Samhita Granthas on the science of medicine, specifically the complex implications of the Cr Theory.

अतो अभियुक्तः सततं सर्वमालोच्य सर्वथा तथा युञ्जीत भैषज्यमारोग्याय यथा ध्रुवम्

(A. H. Su. 12/73)

A doctor who is committed to medical science should always administer medications after carefully considering all relevant factors. aiming for a firm recovery of health. सततमभियुक्तः सदाऽऽयुर्वेद पाठवबोधनुष्ठानपरो वैद्यः ।

(Sarvangasundara Com. Arunadatta)

A physician should acquire knowledge of Ayurveda in a sequential manner as:- a) 34 i. e. Recitation

b) i. e. Deeper Understanding c) a i. e. Preaching, advocacy.

The methods of learning science are:

a) Adidhi information is just absorbed. b) Bodha involves deeper understanding & gaining knowledge c) Acharana - practice d) Pracharana preaching, advocacy or

spreading of information Ayurveda was initially taught through the Gurukul system. The only language used to teach Ayurveda was Sanskrit. The Samhitas, which are the foundational works of Ayurveda, were created to aid the Gurukul Education System. Ayurveda-Shastra, which was previously taught through the Gurukul system, abruptly shifted to the western university system in the past century. After 1971, i. e. after the founding of CCIM, Ayurveda was taught in local languages, or vernacular languages. Sanskrit is now a 250-point subject for B. A. M. S. students. HSC is required for B. A. M. S. admission. Sanskrit background is not required today. In this situation, it is challenging for students to read and comprehend original Ayurvedic texts. Due to improper Sanskrit language knowledge,

most of the time, students rely on text translation. Many early philosophers believed that Sanskrit and Ayurveda were inseparable. The value of Sanskrit in Ayurvedic education is immeasurable; Sanskrit and Padartha Vidnyan form the foundation of our traditional way of thinking. A student should be able to read original texts by the end of their Sanskrit education. The Sanskrit curriculum needs to be reviewed to make it more practical-oriented and to enable students to read original texts and comprehend the Samhita Granthas. English language proficiency is necessary if one wants to study allopathic medicine. Arabic language proficiency is necessary if one wants to study unani medicine. Students should follow the same guidelines if they want to become ayurvedic doctors.

The inability to understand the original Ayurvedic texts should not be a barrier. The students will gain a true and clear understanding of Ayurveda with the aid of appropriate Sanskrit knowledge, which will ultimately result in the production of effective Ayurvedic doctors for society.

Integration with Vedic Sciences: Ayurveda is closely connected with other Vedic sciences like Yoga, Meditation, and Jyotisha (Vedic astrology). The knowledge and teachings of these disciplines are often conveyed in Sanskrit, fostering a deeper integration of Ayurveda with the broader Vedic tradition.

Modern Ayurveda Education: Even in modern times, many Ayurvedic institutions and universities continue to teach Sanskrit as part of the BAMS (Bachelor of Ayurvedic Medicine and Surgery) curriculum. It ensures that future Ayurvedic practitioners have access to the original Ayurvedic texts and can engage in research and scholarly activities related to Ayurveda.

In summary, Sanskrit is the language of Ayurveda, serving as the vehicle through which this ancient system of medicine was codified, preserved, and transmitted. The symbiotic relationship between Sanskrit and Ayurveda highlights the significance of the language in understanding the essence and profound wisdom of this traditional healing art.

Referances

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