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Importance of Sanskrit Language in Learning Ayurveda

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ABSTRACT

Ayurvedic research has been written in Sanskrit. Sanskrit is a language with a grammar and history structured in science. By adding the suffixes and prefixes, it gives 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, the value of Sanskrit language in terms of Ayurvedic knowledge, is that basic Sanskrit knowledge is essential for understanding the essence of Ayurvedic. Ayurveda is a mind-body science with a rich history and this ancient language is a clear way to get there. Sanskrit is also a mental purifier of the mind, which helps a practitioner to represent the peaceful condition from which he or she can best support the health of others.

Key Words: Sanskrit, Language, Ayurveda, Prefixes, Suffices

INTRODUCTION

Sanskrit is an ancient language of India. According to Indian traditions, Sanskrit is the language of Gods. Sanskrit was fully developed in the Vedic period. Further, Pāṇini describes grammar and makes Sanskrit easy to learn and understand¹ Four Vedas are written entirely in the Sanskrit language which records the knowledge of the Vedic period. Ayurvedic included in the Atharva Veda Upaveda. The ancient Ayurvedic philosophy, medicines, herbal treatments, treatment techniques, lifestyle modification procedure, and all medical guidelines were first written in Sanskrit. There are four Vedas, which document the knowledge of the Vedic period, are composed entirely in the Sanskrit language. Ayurvedic contained in the Upaveda of Atharva Veda. The ancient Ayurvedic philosophy, herbs, herbal formulations, treatment methods, lifestyle management protocol, and all medical instructions were first written down in Sanskrit, both Ayurveda and Sanskrit are interrelated to each other. A Sloka or Sutra is in the poetic form used in the Ayurvedic texts, enabling the student to really learn the source of nourishment and fullness

of life through relation to Ayurveda through Sanskrit. The mind-body philosophy of Ayurveda has a rich history and this ancient language is a clear path to get there. Sanskrit is also a mental purifier of the mind, which helps a practitioner to represent the peaceful condition. Well-versed knowledge and proper understanding of Sanskrit are important for Ayurveda according to many Ayurvedic doctors. Sanskrit training should be such that a student should be able to read original texts²

This language is required to understand the Ayurvedic texts correctly. The link between Sanskrit and Ayurveda Sanskrit is known as the mother language of

the entire world, an explosive source of infinite wisdom. The four Vedas, which record the knowledge of the Vedic period, are entirely written in Sanskrit. Ayurvedic wisdom is found in the Atharva Veda Upaveda. The ancient Ayurvedic philosophy, herbal remedies, method of treatment, management of lifestyles, and all the medical guidelines were first written in Sanskrit. Because Ayurveda is codified using Sanskrit, a good knowledge of the grammar was fully explained by

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Panini who made 3959 rules for Sanskrit.³ A Shloka, or Sutra is the poetic form of the language used in the textbooks for the Ayurvedic heart. Ayurvedic knowledge in some sort is a direct or indirect translation from the original Sanskrit text.

Together, learning Sanskrit and Ayurveda enables students to fully accept the best of both worlds: studying the origins of nourishment and the fullness of life in Sanskrit often provides the deepest knowledge. One of the best things about Ayurvedic language is that you can more easily understand many of the Ayurvedic terms by splitting them into their original parts until you understand the root words. It's easy to find out, for example, that *udarroga* refers to abdominal disease after you learn that *udar* means "abdomen" and *roga* means "disease." One of the main impediments to Sanskrit learning is the number of ways words are pronounced. There is the American version of Sanskrit which phonetically spells words like *ushna*.

This is beneficial to those unfamiliar with the Sanskrit language, but poses a challenge for those with a little knowledge of Sanskrit, as some of the sounds are lost or not obvious.

Importance of knowing Sanskrit in Ayurveda

Ayurveda is one of the ancient sciences of the world, so Sanskrit is the most ancient language of world. All most all the texts of Ayurveda written by ancient philosophers and risk like Sushruta, Charka of vagbhata are Sanskrit language. Sanskrit is the key to Ayurveda. One wants to excel in Ayurveda inevitably to learn Sanskrit. The traditional stream of knowledge has come down from generation through Sanskrit medium itself. Without knowing Sanskrit, it is difficult to gain the knowledge of Ayurveda. Ayurveda is (*Rishi praneetha Shastram*) the literacy working of Ayurveda *Brihat Trayam* a *Laghu Trayam* is written in Sanskrit. Ayurveda is *aupveda* of Arthveda.⁴

All Vedas are explained in Sanskrit. The concept of sutras given by Acharya Panini is better used in Ayurveda. All the concepts of Ayurveda are explained in *sutrarooporslokoop*.

For example-⁵

“सर्वरोगोपमिंदेग्नौ”

This shlok means *mandagni* is the main causative factor for all the diseases.

It shows a single *shlok* can help to treat all the diseases, few letters free from any doubts, essence, applicable to entire world, free from confusion are the sutra *lakshnas*. Ayurveda is also written in *slokarupa* and there is a definite meaning in slokas.

The line of treatment or *chikitsa* in Ayurveda is explained in sutra form.

For example:-⁶

वातोत्तरेषुसर्पस्विमनश्लेष्मोत्तरेषुकुष्ठेषु ।
पतितोत्तरेषुमोक्षोरक्तस्यवरिचनंचार्गुर ॥

The whole treatment of *kushtharoga* given in one *shlok*. Without getting the Sanskrit we can't get any knowledge about Ayurveda and to know the line of treatment Sanskrit is required because the line of treatment or *chikitsa* in Ayurveda is explained in sutra form.

So, we should learn Sanskrit properly. If we understand the *shlok* properly we can treat the patient easily. Ayurveda is not only a medical science but also a life science and it is a part of literature also. Here, the *chikitsasutra* explained in *slokarooopa* and if it's not in *slokarooopanoone* can remember this, if the textbooks of Ayurveda are going to be expressed in the phrase. It becomes difficult to recollect. So it is written in *Sutra Roopaor sloka*

Roopa and is very convenient for all. This is why Ayurveda was placed in the first position in the ancient medical system. Sanskrit and Ayurveda are co-related because without Sanskrit Ayurveda is difficult to learn the same way the beauty of Sanskrit is doubled by Ayurveda. So if we want to learn Ayurveda authentically, we should learn Sanskrit.

The uniqueness of the language Sanskrit

“Sanskrit is available here and which is not available here will not be available anywhere.”

This implies the Sanskrit language is a separate entity and has a separate identification

All Ancient textbooks are written in Sanskrit.

The grammar is the basic thing to learn Sanskrit which helps to learn Ayurveda like *varna, uccharansthan*.

For example-⁷

The sounds emitted 'अ' and कवर्ग(कख्गघङ्),वसिर्ग are pronounced from कण्ठ, then 'इ' and 'च'वर्ग(चछ्जझञ्) यश् from the तालु, then 'ऋ' and 'ट' वर्ग(टठ्डढण्) र्ष from the मूर्धा, and लृत्ववर्ग(त्थ्दध्ण्)ल्स् from दन्त etc.

Importance of Sandhi

The word “sandhi,” means “junction” or “combination.” It refers to the “combination” of two sounds that sit next to each other.

For example:⁸

आयुर्वेद + उपदेशेषु = आयुर्वेदोपदेशेषु (गुणस्वरसंधि)

It shows that two words can easily combine with each other by using *sandhi egunasandhi* as per the above given example.

So we can use the sandhi to make any word which has a combination of two words which helps to learn Sanskrit and Ayurveda.

Importance of *Samasa*-

The *Samasa* literally means the *Sanskrit* compound.

For example :-⁹

कृष्ण + श्रति = कृष्णाश्रति ...(व्याधकिरणत्पुरुषसमास)

Krushna and *shrit* are two words combine with each other to make a single word which means one who is *ashrit* of Krishna with the help of *samasa* by this way we can use *samasa* in Sanskrit.

In Sanskrit, a word generally has a lot of synonyms.

For example;-*Amalaki* has number of Synonyms like *dhari-ka*, *shiva*. One word can give so many meanings according to prefix and suffix. A number of related articles are available ¹⁰⁻¹³.

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 are strong when they are represented in English, Spanish or Hindi, but the true master of Ayurveda who will use divine Sanskrit language and then really know Ayurveda in its deepest sense.

The literature of Ayurveda is Sanskrit itself. All the important literary works of different concepts related to body, mind, soul, disease, and their treatments. Philosophies explained in Ayurveda uses "Sanskrit" as its media. "Sanskrit" plays an important role in understanding "Ayurveda".

Since Presentation in sutra/ Slokarupa it becomes easier to understand and remember the concepts well. Thus Sanskrit plays a very important role in learning as well as understands the science of Ayurveda.

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