

A Review Importance of Sanskrit language 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.

Index Terms—Sanskrit, Language, Ayurveda

I. Introduction

Sanskrit is the language which upholds the legacy of the democratic India, worldwide. It is also known as 'Devabhasha' i.e. 'language of God'. The term 'Sanskrit' is derived from the conjoining of the prefix 'Sam' meaning 'Samyak' which indicates 'perfectly', and 'Krit' that indicates 'done'. It is the first language to make grammar of its own and the term Sanskrit means 'refined', 'consecrated' and 'sanctified'. In the present scenario, Sanskrit language is helpful in understanding various Ayurvedic text which has a unique style of expression. Sanskrit is an ancient. Sanskrit language with its importance in learning and understanding of Ayurveda Samhitas

II. Lineage and Communication

Ayurveda always has been, and still is, handed down via Sanskrit *ślokas* and *sūtras*. As an Ayurvedic student, I've found that almost every class I attend is taught by a traditional Ayurvedic Doctor from India who was required to learn not only Sanskrit, but also the classic Ayurvedic texts. Not a class goes by where we don't hear a verse from *Aṣṭāṅga Hṛdayam* or *Caraka Samhitā*. My teachers sometimes need to recall a memorized verse from a Sanskrit text to answer a question correctly. For Ayurvedic professionals to understand one another, they must share a common language. I have met people from many different countries and cultures who practice Ayurveda, and regardless of their native language, they all share the common language of Ayurveda. While I don't think it's important to know Sanskrit when communicating with *rogis*, as most of them won't apprehend the nomenclature, it is important when working or learning around other Ayurvedic professionals, researching topics in this field, or reading Ayurvedic texts. Without knowing Sanskrit, one will be locked out of understanding many books and other resources.

III. Understanding

The principles of Ayurveda remain the same whether they're conveyed in English or Sanskrit, but when you learn them in English, your understanding of them will only be as deep as the translator's. There

is deeper wisdom held in the language of Ayurveda, as many of the Sanskrit words don't translate into English. This is due to the fact that the concepts the words are expressing don't exist in the American culture. To understand the philosophies underlying Ayurveda, we must connect with the words that embody these unfamiliar ideas. Ayurveda has been learned through chanting and sound for millennia, so the true meaning of Ayurveda resides in its native language.

IV. Purify the Mind

One of the most efficient ways to purify *manas* is to use Sanskrit and chanting. Spoken out loud or even internally in the mind, Sanskrit can purify the mind and create a more *sattvic* state. To use Vedic chants or mantras for these types of practices, knowledge of the Sanskrit alphabet and the sounds associated with it is vital.

V. Sound

In Sanskrit, the meaning of a word is considered inseparable from its sound, so when words are mispronounced, their meaning is lost. For example, if you say *ananda* with only one measure of sound on the first *a*, you're actually saying "no bliss." To tap into bliss, you need to pronounce *aananda* (*ānanda*) with two beats on that first *a* sound. For example, I always explain to my yoga teacher-training students that there are no wrong pose names, just new poses; for example, mispronouncing *nāvāsana* as *navāsana* turns boat pose into number nine pose. So to properly use Sanskrit as a healing tool, you must understand the sounds of Sanskrit.

VI. Accuracy

If you're going to work with Sanskrit words, why not do it right? There is no extra effort involved in saying *ka-pha* than there is in saying *ka-ffa* (*i.e.*, a breathy "p" sound versus an "f" sound). For someone new to Ayurveda, it is just as easy to learn the correct pronunciation of a word as it is to learn an incorrect one. Therefore, I think it is exponentially more important for a teacher of Ayurveda to know how to pronounce Sanskrit words than it is for the student. The students will echo the teacher's pronunciation. To learn Sanskrit properly they need an authentic learning experience, where the teacher is well versed in speaking the Sanskrit sounds. One of the things I appreciate most about my teachers is their precise pronunciation. Even though there are words they Americanize for students, I hear all of the authentic Sanskrit sounds that make up the words when they speak—the retroflexes, the aspirates, the nasal sounds. Hearing these sounds is so helpful. Since I understand the nuances of the Sanskrit alphabet, I can usually grasp the meaning of words more fully when the sounds of the Sanskrit characters that the words are rendered in are spoken exactly as the phonetic rules of the language dictate. So why not incorporate proper Sanskrit pronunciation into Ayurvedic education.

VII. Standardization

As Latin is to the Western medical industry, so is Sanskrit to Ayurveda. Most industries have their own languages. As a web designer, I need to be able to speak in HTML and CSS, which are computer languages. Architects, engineers, lawyers all speak a unique language that conveys the principles and concepts that inform their day-to-day work. Why should our industry be any different? Sanskrit is the precise way to communicate the meaning of Ayurvedic terms. Imagine trying to explain Ayurvedic concepts or use your own everyday language rather than standard-industry terms when discussing a case. The lack of a common language would significantly increase the potential for errors and miscommunications that could undermine the effectiveness of traditional Ayurvedic protocols.

VIII. Truth

Without knowing the language of Ayurveda, there will always be a barrier between the truth and you. Sanskrit embeds universal truths within it, and since Ayurveda and yoga constantly invoke the Self and the discovery of those truths, it can serve as a conduit to that magical ah-ha moment in your journey. Sanskrit is not an old, abandoned language; it is the living language of the Divine that lives deeply within us all, that unites us, and provides language for the deepest wisdom we could ever touch upon.

IX. In Conclusion

Although I love that Ayurveda continues to spread (*prasara*) around the world, adapting to an endless number of languages and cultures, I will always believe that there is just a bit more truth and understanding conveyed when the Sanskrit language is used. The principles of Ayurveda are powerful whether described in English, Spanish, or Hindi, but the true master of Ayurveda that will use this divine language and really *know* Ayurveda in its deepest sense.

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