



SANSKRIT – A TOOL FOR UNDERSTANDING AYURVEDA AND ITS
PRINCIPLES

Review of article

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ABSTRACT

Sanskrit is a language of Vedas and Puranas having science-based grammar. Suffixes and prefixes are used to give a single word many meanings any subject may be learned and practiced using practical and textual knowledge. The secret behind Ayurveda is Sanskrit. This articles mainly focus on knowledge of Sanskrit in terms of Ayurveda. This article fundamental core argument is that fundamental Sanskrit knowledge is necessary for comprehending the essence of Ayurveda. This ancient language offers a direct path to understanding the mind- body science of Ayurveda, which has a long history. A practitioner can better express a serene state from which he or she can best promote health of others by using Sanskrit which is also a mental cleanser of mind. Unesco also approves that those who meditate in Sanskrit remain free from mental and physical illness. In this way, the knowledge of Sanskrit and its *Vyakaran(grammar)* is essential to understand Ayurveda and its principles

Key Words: Ayurveda, Sanskrit, *Veda*, Samhita, *Vyakaran*

INTRODUCTION: The term Sanskrit is derived from the two words *Sam* meaning *Samyak* which indicates perfectly and *krit* indicates done. The word "Sanskrit" means "refined and sanctified".¹ Sanskrit is considered the first language with its own grammar. This language was constructed by the great Sanskrit grammarian Panini to enable scientific ideas¹. Shadkalpdrum is one of the important dictionaries of Sanskrit.Sanskrit is a tool to understand Ayurveda concepts. All Samhitas like *Charak Samhita*, *Sushruta Samhita*, *Ashtanga Hraduya*, etc were written in Sanskrit. So the Sanskrit language is essential to understand the deep meaning hidden in classical texts and commentaries. Concepts from Ayurveda are mainly conveyed through shlokas which can be

easily understand only with the help of knowledge of Sanskrit *Vyakaran* and other tools like *Tantrayuki*, *Nyaya*, *Vadmarga*, etc. Sanskrit is also used to provide therapy in the form of *Mantras* along with medicine. In this way, Sanskrit is a must to understand the essence of Ayurveda.

Ayurveda concepts are explained in Samhita generally for *Trividh Buddhigamyasisya* (easily understood by all), so several methods were given for Ayurveda teaching methodology like *Addhyan(study)* *Addhyapan(teaching)* *Sambhashaparishad*(seminars)were described in *Samhita*. Various sutra or concepts of Ayurveda can be easily understood by the methodology of *Path(study)*, *Avbodh(meaning)*, and *Anusthan*. (Practice)² The hidden meaning

of shloka can be understood by the methodology of *Pad and Paad* explained by Acharya Sushruta. First of all the *Pad* must be understood before any *Paad*. For example, *Sad Rasa* (taste) is a *Pad* that explained the six *rasas*(taste) of Ayurveda in a sequential manner. To understand this concept, proficiency in Sanskrit is a must for every Ayurveda scholar.

AIM&OBJECTIVE:

-Understanding the importance of Sanskrit and its application in Ayurved

MATERIAL AND METHOD: The texts book of Charak Samhita, Sushruta Samhita, etc, and its commentaries and research articles are studied and reviewed.

Sanskrit and Darshan-

Darshana also contributes its own part to Ayurveda. For example, in Astanga Hrudaya ‘*Ragaadi rogana*’³ the word ‘*Ragadi*’ includes *dwesha*(jealous), *moha*(confusion), *mada*(ego), etc along with *raga*(affliction). *Upama*(analogy) is mostly used in Ayurveda to clarify concepts. For example, the color of *Ojas* is correlated with the ghee and the taste is like *Madhu*(honey)³ In the same way, the color of *Suddha rakta* (pure blood) can be known by similes *Gunjaphal Savarna*(color)⁴ It helps in the diagnosis of diseases, for example, *Udambara kustha* (leprosy) resembles the fruit of *Udumber* and other diseases like *krosthushirsha*(synovitis of the knee), *Urustambha*⁵, etc.

Sanskrit and Nyayas-Nyayas is also the best tool to define the complicated principle of Ayurveda in a simple form. For example, *Kalpana Chatuska* is explained after *Bheshaja*, *Swasthya*, and *Nirdesha Chatuska* in a sequential manner. This can be easily understood by *Suchikhata Nyaya*. The formation of *Dhatu* in a sequential manner can be

easily understood by the *Kedarikulya Nyaya*, *Khelkapot Nyaya*, etc. These Nyayas are mostly explained in commentaries which cannot be understood without the knowledge of Sanskrit and its grammar.

Sanskrit and Nirukti-: In Ayurveda, the *Nirukti* term is used to derive a word to express the meaning of the context where it is used. For example, the origin of the term “*Roga*” from “*Rujayte Anena Iti Roga* and *Rujati Iti Roga*”⁶ both explain the meaning of disease. The first *nirukti* defines the disease as a tool to give pain but in the second derivation disease is itself independently giving pain because suffix added along with the root.

Sanskrit and Dravyaguna-: In *Dravyaguna*(Ayurvedic Pharmacology), the drug is explained on the basis of *Namroopgunavigyan* (i.e. on its morphology and action). *Peetdaru* synonym of *Devdaru* is because its roots are yellow. According to Ayurveda” *Shastra Jyoti prakashartham darshana buddhiratmana*”⁷, means textual knowledge and practical knowledge is essential to learn and practicing any science. So one must be mastered the language in which the original texts were written.

Sanskrit and Mantra Chikitsa -: In Ayurveda various *Mantra Chikitsa* are explained for treating the disease like *Vishnusahahtranaam Path* in the treatment of *Jwara*(Fever), and *Rudra Pooja* in *Unmada Chikitsa*(psychosis). *Mantra Chikitsa* and *Aristabandhana* (Ligation) are also mentioned in the guideline of *visha chikitsa* (poisoning treatment) by Acharya Charaka. Various mantras are used before collecting the drug and in certain procedures of *Panchakarma* like *Vaman* and *Virechan*.

DISCUSSION: Sanskrit is a Vedic language having systemic structural grammar. All the Ayurveda Samhita such as the *Brahmtrayi* and the *Laghutraayi* were authored in Sanskrit. Ayurveda teaching methodology includes sequential order of *Pad* then *Paad* and then understanding the *complete meaning of sloka*. Sanskrit is a must for understanding the *Paad* for example, the *paad yadhabalam* not only explains the strength but also explains the limit of strength. In clinical practice, one should have the proficiency in Sanskrit language as all the Ayurveda treatment guidelines are explained in the form of *Chikitsa sutra*.

CONCLUSION: To improve the standard of Ayurvedic research one should have deep knowledge of Ayurveda concepts to validate or reestablish the known facts. An ancient manuscript can also be understood if you know the grammar of Sanskrit. As the principles of treatment for disease are also given in the form of *Chikitsa sutra*. An understanding of Sanskrit will also help in improving the quality of research done in Ayurveda. In this way, Sanskrit acts as a tool to understand the deep principles of Ayurveda which is essential to treat the disease in clinical practice.⁹ So understanding of Sanskrit language is must for Ayurveda scholars as well as Ayurveda practice.

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