

Review Article

Method to Study of Ayurved Samhita - Future need for Globe

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ABSTRACT:

Ayurveda is eternal science of life. The beneficial and detrimental life, are well explained in Ayurveda. As it is the ancient science for living healthy life it includes the detail study of life. The method of learning Ayurveda was Moukhiki (recitation) in that era. As the whole literature is available in the Aarsh Sanskrit language one should understand it very carefully. Without understanding the verse the recitation becomes useless. This article seeks explore the way in which the exact method of studying Ayurved Samhita is explained.

Today in the world of globalization Ayurved science is becoming very popular. Due to least side effects, its route cause treating theory and preventive measure for disease process, it is becoming very useful all across globe. Hence the proper method to study the Ayurved Samhita is becoming necessary. To understand the concept of Ayurved Samhita proper research methodology.

KEY WORDS: Ayurved, Samhita, globalization

INTRODUCTION:

Ayurveda is the eternal science of life. Not only is the treatment of diseases but also prevention and maintenance of the healthy life the main objective of Ayurveda. Due to its extreme usefulness Ayurveda is becoming more popular globally. Many patients are visiting India from all over the world in order to get the Ayurved treatment. This globalization attracts researchers towards Ayurveda and more and more researchers from all over the world learning and understanding the concepts in Ayurveda science.

The traditional methods of studding Ayurveda was recitation and understanding through Guru Shishya parampara in Gurukul system. All the literature available in Ayurveda is in Sanskrit language. To understand the concepts as it is one should have the good knowledge of Sanskrit also. To seek the attention on the method of learning Ayurveda this topic is selected.

Aim-

What are all exact methods of learning Ayurveda from Samhita.

Objectives -

1. To study the methods given in Ayurved text for learning Ayurved.
2. To understand the proper way to inculcate the concepts stated in Ayurved classics.

MATERIAL & METHODS:

In Sutrasthan of Charak Samhita and Sushrut Samhita the best methods of learning and teaching Ayurveda are well explained. So the literary study, collecting references from both the Samhitas is done in literature study design.

A. Learning and teaching methodology from Charak samhita¹-

The ancient Ayurveda is described in the 3 grade text call Brihatrayee (3 great texts of Ayurveda)

Amongst them Charak Samhita the school of Physicians, explains the learning methodology in detail. This ancient or traditional knowledge of

Ayurveda can be obtained in 3 steps.

1. Vakyashah
2. Vakarthashah
3. Arthaavayavshah

1. Vakyashah – Understanding the sentence as it is stated. Or through the study of the text.

2. Vakarthashah – Understanding the concept as it is first. Then to study in detail with following steps/protocols –

- Pratidnya – proposition /Hypothesis
- Hetu – Logical reasoning
- Udaharan – example or instance
- Upanaya – correlation or comparison
- Nigaman – conclusion

and lastly understand or explained it in a very simple language so that everyone can understand it very easily.

3. Arthaavayavashah – at the last step understanding the difficult or hard concept and expressing it in own language.

B. Learning and teaching methodology from Sushrut Samhita² –

Acharya Sushrut has explained the learning methods as follows –

1. Divide the verse in Pad (small part of the verse)
2. Divide the verse in Pada (the forth part of the verse)

This means dividing the verse in four parts i.e. Pada. First explain or teach one of the smallest parts i.e. Pad then the Pada.

Revised the Pad part and then revised the Pada along the Pad with the speed not so fast or so slow.

Also the pronunciation of the verse should be very clear and clean without the nasal voice.

Without making unusual facial expressions while pronunciation.

Without making any unusual movements of body.

Voice should not be so loud or so low.

Without making any special efforts while pronunciation.

In short the pronunciation of the verse should be easy

and clear. So that one can understand the meaning during the pronunciation only.

RESULTS:

In ancient era also the learning and teaching methodology were well developed.

Ayurveda is experienced and evidence based life science. While doing the different researches in Ayurveda the research methodology explained by Charaka and Sushruta should be followed.

For the teaching and learning also the method given by Sushrut is very useful.

Through the method of Charaka the understanding of concepts become very easy.

DISCUSSION:

In present era also methodology described in Ayurveda classics is useful. Without understanding all the basic concepts the knowledge has no value for any interpretation. Now a day's many peoples are using treatment of Ayurveda as symptomatic treatment only. Beyond this while rendering proper Ayurvedic treatment the basic principles should be clear for the Vaidyaa and for this purpose also understanding and learning the original context is very important.

Through the method explained by Acharya Charaka scientific view develops clearly. Everywhere in the classics the hypothesis is proven with all the accessories like logical reasoning etc.

With the methods explained by Acharya Sushrut the sutras or verse becomes fix in mind. As at that ancient time the writing style was not developed the student has to learned the verses thoroughly. But in present era also the acknowledgement of verse can be done with this method. For the better understanding the verse or sutra is divided and meaning of every word (Pad) then meaning of complete sentence is draw.

CONCLUSION:

Due to globalization of Ayurveda the researchers are attracted towards the study of Ayurveda.

For the study of Ayurveda, the learning and teaching methodology described by Ayurveda should be followed carefully.

There is lot of scope for the researchers of Sanskrit and Ayurveda for learning and understanding the Ayurveda classics.

Ayurveda is an eternal life science. So in present days it is becoming very useful learning and teaching methodology for new learners.

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