



A Role of Sanskrit Literature in Preservation of Human life

Dr. Indrajit Pramanik

Research Scholar, Department of Sanskrit, Pali & Prakrit

Visva Bharati University, Santiniketan, West Bengal

Abstract: In present time man is facing so many problems like global disturbance, terrorism environmental pollution, natural imbalance, social disintegration, corruption, insecurity, harassment etc. These problems have scared the whole world. In this situation saving human life should be first religion. There is a famous saying 'Health is Wealth'. Sanskrit Literature throws light on all these subjects. Sanskrit Literature is the only way to gather enormous knowledge, through the Vedas, Scriptures, Ramayana, Mahabharata and Puranas. Sanskrit being the most ancient language has some hidden messages for life. The positive attitude, environmental science, communal harmony, management, science and many other topics appear as integral part of Sanskrit. Ayurveda is one of the great parts of Sanskrit literature. Ayurvedic mantras mention physiology, medicine, etc. Some of the Vedic mantras mentioned in the context of the use of herbs in medicine, surgery, gynaecology and various infectious diseases are discussed in this chapter.

Now, As the number of Corona Virus affected patient is increasing day by day, Covid-19 is an infectious disease caused by a new virus which causes a respiratory illness with symptoms such as a cough, fever, and in more severe cases, difficulty breathing. The pandemic has made it really difficult to de-stress our minds and body. In this case, yoga can be therapeutic. Practicing it every day can promote relaxation and control mind. It helps us to build a strong physical, mental and spiritual health system. When combined with breathing and meditation, it acts as the best element to take care of our mind, body and soul.

Not only yoga, some of the key nutrients that are important in immunity are mentioned in Ayurveda. Some examples of such immunity-boosting herbs are turmeric, cumin, coriander, and garlic which are commonly used in an Indian family. Hygiene and quarantine were always important for health, mental, and social reasons. Even during the Vedic age, many of the hygiene practices were followed and are mentioned in Vedas

According to Professor Baliathan, the Samhita period between the first and eighth centuries AD can be considered as the golden age of Indian Ayurveda. So, Indian medical science is popularly known as 'Ayurveda' which means 'the Veda for lengthening of the span life.' 'Bhaishajya-suktani' of Atharvaveda reveal the knowledge of medical science in ancient India.

Key words : disintegration, enormous, gynaecology, communal harmony, therapeutic, meditation.

Sanskrit being the most ancient language has some hidden messages for life. The positive attitude, environmental science, communal harmony, management, science and many other topics appear as integral part of Sanskrit. Management is one of the most important part of human life. Everyone manages one or the other thing on daily basis to enjoy successful life. Sanskrit literature also gives many concepts of management. Sanskrit is a treasure of all types of knowledge, whether it is mathematics, science, agriculture, astronomy, astrology, social science etc. Hence, it can be studied with different angles and from different perspectives.

Man of today's world is consuming uncontrollably. The practical side of self control and self discipline is becoming weak for it. He is not ready to walk on divine path due to want of long cherished beliefs and self interests. In present time man is facing so many problems like global disturbance, terrorism environmental pollution, natural imbalance, social disintegration, corruption, insecurity, harassment etc. These problems have scared the whole world. In this situation saving human life should be first religion. There is a famous saying 'Health is Wealth'. Sanskrit Literature throws light on all these subjects. Sanskrit Literature is the only way to gather enormous knowledge, through the Vedas, Scriptures, Ramayana, Mahabharata and Puranas. In one sentence it can

be said that the Sanskrit Literature is a panoramic store of 'Para and Apra Vidya'. A person gets safe only by having a proper knowledge of its secrets.

A pandemic is defined as 'an epidemic occurring worldwide or over a very wide area, crossing international boundaries and usually affecting a large number of people.' The classical definition includes nothing about population immunity, virology or disease severity. By this definition, pandemics can be said to occur annually in each of the temperate southern and northern hemispheres, given that seasonal epidemics cross international boundaries and affect a large number of people. There are many diseases are called pandemic, like Chikungunya, Cholera, Ebola virus disease, Corona virus disease, Hendra virus infection, Nipah virus infection, SARS, Influenza, Plague, Smallpox, Yellow fever, Zika virus disease etc. However, seasonal epidemics are not considered pandemics.

In the past, the environment was good. There were no diseases and germs. Over time, however, people use the environment in their own way in an arbitrary and unscientific way, resulting in the environment being gradually polluted and disease germs spreading to the earth's fauna. As a result, an epidemic situation has been created on earth.

Ayurveda is one of the great part of Sanskrit literature. According to Professor Baliathan, the Samhita period between the first and eighth centuries AD can be considered as the golden age of Indian Ayurveda. During this time three important books were written:

1) Charak Samhita (1st century AD):

This is a version of a book on Ayurveda written by Rishi Agnivesh. The original book was written more than a few centuries ago and this edition was edited by Charak

2) Sushruta Samhita (2nd or 3rd century AD)

It is a surgery book edited by Nagarjuna. The original book is said to have been written by Sushruta around 600 BC.

3) 'Astanga Samagra' and 'Astanga Hriday' (8th-9th century AD)

It was composed by Bhagwata.

Charak's editing was so excellent that despite not being the original author, the book came to be called Charak Samhita. Here the the word 'Ayurveda' is first used. Not only that, but it is here that the transition from the (blind) belief-dependence of the first subject to rationality takes place. A detailed discussion of medicine was its main feature. This book was the last word, especially in the case of 'internal medicine'.

Sushruta's name is intimately associated with surgery. The Sushruta Samhita basically speaks of surgery. There is a detailed discussion of surgical procedures, equipment, medications, and surgical trauma care. The historic contribution of Sushruta, the ancientsurgeon of India, is well recognised for his innovativemethod of rhinoplasty, extracapsular lens extraction incataract, anal and dental surgeries. However, little isknown regarding his vivid description of diabetes(madhumeha), angina (hritshoola) and obesity (medoroga).

Dhanwantari, who is recognised as the Lord diety of Ayurveda (science of life) the Indian system of medicine.The main vehicle of the transmission of knowledgeduring that period was by oral method. The languageused was Sanskrit — the vedic language of that period (2000-500 BC). The most authentic compilation of histeachings and work is presently available in a treatisecalled "Sushruta Samhita". This contains 184 chaptersand description of 1120 illnesses, 700 medicinal plants,64 preparations from mineral sources and 57preparations based on animal sources.¹

From the Rigved Samhita, it is possible to know that how advanced the medical system was in the Vedic age, after the surgical system and the removal or removal of any part of the body.

"चरित्रं हि वेरिवाच्छेदि पर्णमाजा खेलस्य परितक्म्यायाम् ।

सद्यो जंघामायसीं बिशपलायै धने हिते सतवे प्रत्यधत्तम् ॥ " 2

So in this discussion of medical science, it is clear that, there was a great improvement in various departments of medical science in the Vedic age. Ayurveda is written in the form of Upveda or Panchamaveda by separating medicine from Atharvaveda. Ayurvedic mantras mention physiology, medicine, etc. Some of the Vedic mantras mentioned in the context of the use of herbs in medicine, surgery, gynecology and various infectious diseases are discussed in this chapter. The experience of physicians and physiologists over the ages has established Ayurveda on a scientific basis. Surgery is one of the different departments of Ayurveda. Among the physicians and surgeons of the Vedic age, Sushruta, a descendant of the Vedic sage Bishwamitra, was one of the surgeons. The Sushruta Samhita, written by Sushruta, mentions about one hundred and one smooth and twenty sharp instruments. Crocodile forceps, hobsels, etc. are known as modern weapons medical equipment.

There is no denying that the Vedic mantra is the root of medical science. Paleo, biliary disorders, eye diseases, measles, etc. have been treated. In the rage caused by 32 biliary disorders, the juice has become essential. In the 13/20 mantra of Shuklayajusanghita. The role of basak tree in curing blood pressure, lung related, heart disease etc. has been explained, in Atharvaveda Vedic Kalpa 5/113/260 mantra, even in case of stroke, paralysis etc. the context of Vedic mantra is immense. There is even evidence in the Vedic mantras of how much progress was made in surgery and osteology. 4/3/2/3, 4/3/2/4, 4/3/2/1 mantras of Arthaveda are proof of that. The present-day plastic surgery or reconstructive surgery can be compared to the science of preparing the first nasal spray discovered during the Sushruta period. Sushruta was skilled in removing bladder stones, treating broken bones, cataracts, hernias, etc. After the dissemination of the weapon, he first disinfected it, first mentioned the bark of the plant, then the animal, and then the bandage on the wound.

In today's world, Science has discovered a virus that is not an animal, but an inanimate object, an animal and an inanimate object. The virus is waiting for the environment, the environment is alive when it is, if not, it is dead. Bile is inanimate at the same time, at the same time it breathes life into the blood cells. 'Durba'(scientific name Cynodon dactylon) a type of grass can fight against the virus, so it has been said in the sukta of the Vedas :

"इन्द्राग्नीः ताभीः अर्वाभीः रूचं नो धत्ते वृहस्पते ॥ " 3

When the body is deficient in vitamins or nutrients, the virus is easily transmitted. Durba Juice helps to grow boost immunity. Durba has the equivalent power of bile, the rays of the sun and the influential power of ghee, which is clearly mentioned in the Vedic mantras.

In the field of medicine, Physicians are advancing one aspect at a time through tremendous research. One of the herbs that Ayurveda and Homeopathy practitioners have discovered to cure various ailments in this way is the Herbaceous tree. The homeopathy medicine Justicia Atatoda and Justicia Rubram made from white herbaceous (botanical name Adhatoda vasica Nees) and the red herbaceous (botanical name Jacubinia tinctoria Hemsl). Although the properties of this medicine are usually chest, head and throat, its special efficacy is also manifested in various lung ailments. So it has been said in a sukta of the Atharva Veda :

"विद्या ते वृष त्रेधा । विद्या ते धाम विभृता पुरुत्रा ।

विद्या ते नाम गुहा तमुत् संयत् रुक्म ऊर्व्या श्रीये रुचानः ॥ " 4

Reviewing the history of our India, it is known that Mahamuni Patanjali was the first guide of Yogadarshan. He has written a famous book called "Yogasutra" in which he talks about Ashtanga Yoga Yama, rules, asanas, pranayama, withdrawal, concept, meditation and samadhi. Gayatri mantra chanting has been mentioned in Pranayama. Yoga as an integral part of the program. This concept of holistic beauty care is unique and is practised worldwide. Yoga is very relevant in today's day and age, especially in the context of our fast-paced modern lifestyle, for both health and beauty.

Now, As the number of Corona Virus affected patient is increasing day by day, and the lockdown seems inevitable, people are getting anxious and depressed. The pandemic has made it really difficult to de-stress our minds and feel free or happy. In this case, yoga can be therapeutic. Practicing it every day can promote relaxation and control mind. People regardless of age, gender, nationality, colour and creed stand united today in the fight against Corona virus disease. Covid-19 is an infectious disease caused by a new virus which causes a respiratory illness with symptoms such as a cough, fever, and in more severe cases, difficulty breathing. It spreads primarily through contact with an infected person when they cough or sneeze. This is the reason why social isolation in the form of a lockdown has been implemented in many countries across the globe. Considering the importance of keeping our immune system strong, it is imperative that we spend the time wisely. The word meditation itself means dhyanam, which factors self-learning, conciliation with self. The word dhyanam has appeared many times in Vedas starting Rig-Veda like appearance is in Verse 10.11.1 of the Taittiriya Aranyaka. Similarly appeared in Kaushitaki Upanishads 3.2 where it talks about mind and meditation in prayer.

The practice of Yoga asanas and meditation provides natural support to the immune system. By lowering stress hormones in our body, yoga fortifies the immune system. Apart from this, Yoga conditions the lungs and respiratory tract, stimulates the lymphatic system removing toxins from the body, and ensures the optimal functioning of our organs. Yoga can be practiced anywhere and at any time because Yoga does not need any equipment such as weights, or machines etc. When you begin the day with Yoga, it keeps you active, energetic, positive and clear-headed. Follow a regular practice of these basic asanas, meditation techniques along with a nutritious diet to emerge stronger, and healthier post the lockdown.

Not only physical fitness we should alertness about eating and drinking. In this context, it is worth mentioning that there is a clear mention in Sanskrit literature of which food is acceptable and which food is forbidden.

" तौ तु पीत्वा परं पानं मदरक्तान्तलोचनौ ।

दृष्ट्वैव तां वरारोहं व्यथितौ सम्बभूवतुः ॥ " 5

or

” अपः शस्तं विषं मांसं सोमं गन्धांश्च सर्वशः ।

क्षीरं क्षौद्रं दधि घृतं तैलं मधु गुड कुशान् ॥”⁶

According to the Vedas, it is considered that the human body and the whole universe consist of five elements – air, water, fire, earth, and space. The last rite of ritual is to return the body to its five elements of the origin. The roots of these beliefs are very old and can be found in the Vedas, in the hymns of Rigveda section 10.16.

Now more and more health organizations are warning about the health-related risks associated with eating meat after these pandemics. Raising animals for food was always a breeding ground for diseases that can be easily transmitted to humans. Health experts believe Covid-19 originated at a “wet market” in China, where shops sell both live and dead animals for human consumption. It is still not proved that the meat industry is entirely responsible for the corona virus, but yes corona virus and similarly many other Pandemics in the past have always been linked with animals. It is found that 6 out of 10 most Infectious diseases come from Animals like H1N1 swine flu, H5N1 bird flu, Ebola, SARS, and many more.

Although there are no vaccines for this pandemic until now, the best step is to take measures to elevate the immunity, so there will be fewer chances of getting infected by this disease. Despite there is no such unique food, fruits, or medicine that can be a guarantee to boost the immune system and protect us against corona virus immediately. Still, vegetables and fruits are the best examples of immune-boosting vitamins, minerals, and antioxidants. Some of the key nutrients that are important in immunity are mentioned in Ayurveda. Some examples of such immunity-boosting herbs are turmeric, cumin, coriander, and garlic which are commonly used in an Indian family.

Hygiene and quarantine were always important in Hinduism for health, mental, and social reasons. Even during the Vedic age, many of the hygiene practices were followed and are mentioned in Vedas. These hygiene practices are part of Hinduism and followed from many centuries in India. These practices are very much required in the present day during this Pandemic. Some of these practices are like washing hands with antiseptics/germicides after urination or defecation. Though these antiseptics were made from turmeric, neem, and replaced now by sanitizers, hand wash in the present day. Washing our hands before and after having food. Putting down sleepers outside of house and many more such small traditions were followed. Similarly, if someone dies, the entire family is like quarantine for the rest of the village was another way hygiene which is followed. Also during the menstruation cycle, women were something like social distancing. Similarly in many such scenarios families or person was in quarantine or at least social distancing was followed. These practices were followed to keep our self-safe and hygienic.

Atharva Veda is one of the great parts of Sanskrit literature. It is interesting that over 60% of Atharva Veda is devoted to Ayurveda the traditional system of medicine in India. ‘Charaka Samhita’ is based on many chapters of the Atharva Veda, which deal with the causes of pandemic and possible ways to fight them. It is interesting to note that while Asian, US and European scholars have conducted researches on Atharva Veda. In future, we will expect that the research on the scripture may provide some solution to Corona Virus which has now spread in all parts of the world.

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² Rig Samhita- 1/116/15

³ Shuklayajurveda

⁴ Atharva Veda- 5/113/270

⁵ Mahabharata -1/202/11

⁶ Manusamhita -11/88

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