

Musical Ayurved: An innovative technique in the Teaching-Learning process

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Abstract:

Ayurveda, being the science of life, is a diverse discipline. The verses in the Samhitas contain concepts, manifestations and remedies regarding various health issues. So far as education technology is concerned, these verses contain an immense importance. Keeping in view these facts, the author used an innovation of musical composition of Ayurvedic verses for the sake of memorizing and understanding.

Key Words: Samhitas, Ayurved, Music

Ayurveda, being the science of life, is a diverse discipline. As faculty in medical education, the basic curriculum of Ayurveda is derived from the classical scriptures written by sages of ancient times. Charak samhita, Sushrut Samhita and Ashtanga Hridaya are fundamental scriptures in Ayurveda. These scriptures are principally written in Sanskrit language and these are mainly in the poetic pattern. The verses in these Samhitas contain concepts, manifestations and remedies regarding various health issues. So far as education technology is concerned, these verses contain an immense importance. Due to the poetic composition, one may memorize these verses easily. The verses are composed in different meters which are called as Chhandas or Vritta. Chhandas are bound by certain rules like number of letters, phonetics, etc. Because of typical composition, every Chhandas has its own specific tune of singing or notation. However,

the conventional tunes are similar for different verses composed in similar Chhandas. Repetitive tune leads to difficulty in learning the verses by rote.

In the faculty of Ayurveda, one has to study the Sanskrit verses from Samhita, if he/she desires to understand ethos of the subject. Every single subject finds various such verses in Samhita related to the contents of the subject. The verse i.e. shlok contains a big meaning in very less words. From examination point of view also, a student has more chance to attain higher score if he quotes relevant verses into his answer. Keeping in view these facts, the author used an innovation of musical composition of Ayurvedic verses for the sake of memorizing and understanding. Generally music fascinates mankind. Indian society, especially our students are also fond of popular film songs. Hence, the author adopted the technique of learning verses composed on the tune of popular film songs. However any verse cannot be sung on the tune of any song. The facilitator (here, the author) has to identify the song which suited a particular verse with respect to its music. For example, here is a verse which explains a disease called Vidari (resembles Chronic Pharyngitis).

सदाहतोदं श्वयथुं सरक्तं अन्तर्गले पूति विशीर्णमांसं
पित्तेन विद्याद्वदने विदारीं पार्श्वे विशेषात्स तु येन शोते(१)

This verse can be sung on the tune of the following superhit hindi film song:

मैय्या यशोदा ये तेरा कन्हैया पनघट पे मेरी पकडे है बैय्या
तंग मुझे करता है संग मेरे लडता है रामजी की कृपा से मैं बची (२)

The letters, meter and music suits the song nicely.

सदाहतोदं श्वयथुं सरक्तं = मैय्या यशोदा ये तेरा कन्हैया
अन्तर्गले पूति विशीर्णमांसं = पनघट पे मेरी पकडे है बैय्या
पित्तेन विद्याद्वदने विदारीं (है) = तंग मुझे करता है संग मेरे लडता है
पार्श्वे विशेषात्स तु येन शोते = रामजी की कृपा से मैं बची

Musical memory of a man is stronger than verbal memory. Hence the students can quickly memorize the songs. Nobody gets the word-to-word script of a song; still he quickly knows the words of a song because of music. Similarly, in this technique, the students are familiar to the musical tune. So with the help of the facilitator, they can pick up the words with the music in very less time. Memorizing a number of Sanskrit verses may be very difficult and boring for many students; especially when they have come after passing out 12th science. However, musical composition makes this task entertaining and therefore easy. Every song is different from the other. Hence this technique makes every verse different from the other verse composed in the same Chhandas (meter) thereby minimizing the repetition. The author since last 5 years has been using this technique to motivate students memorize classical Sanskrit verses. There are various groups of verses which are of similar theme e. g. types of Vata, Adhimantha, Shwasa. Such groups can be learnt with the tunes of songs of same film. This makes the task interesting.

References:

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2. Film Hum Sath Sath Hai, Music Director Ram-Laxman.