

## Sanskrit and yoga

wellness, by Sanskrit !

Did you know If you are speaking Sanskrit you are doing Yoga?

Very few people know that Sanskrit is not only a medium of expression but also aids in overall development of a person. It is not only a self-developed language but also a 'Samskarit'(संस्कारित) bhasha. The great sages Maharshi Patanjali, Maharshi Panini and Maharshi Katyayini has added flavor to it. These three Maharshis have fine tuned the language by adding different Yoga-kriyas into pronunciation. That is the beauty and secret of Sanskrit.

When you cook 'Pulses', you add flavour to it by putting Cumin, Garlic, Fenugreek, Asafoetida etc and ghee(जीरा; मेथी; लहसुन; और हींग का तड़का). This is now called 'Samskarit Daal'(संस्कारित दाल). This daal takes out all the vikaras of digestive system in addition to nourishing the body. The person eating this 'daal' doesn't know that it is a 'Daal with medication' and unknowingly he is enjoying both food and medicine together. Exactly this is the case with Sanskrit language.

Now what are those additional medicinal value in Sanskrit language for us?

To know this we need to have a comparative analysis of Sanskrit with other languages. There are four qualities of this language which makes it special and better than all other languages:

1. Anuswara [अनुस्वार (अं)], Visarga [विसर्ग(अः)]

All masculine[पुल्लिंग] words end at Visarga,

for ex: रामः बालकः हरिः भानुः etc

and all neuter[नपुंसक लिंग] words end at Anuswara, for ex: जलं वनं फलं पुष्पं etc

Now if you observe closely you'll be amazed to find that you are doing yoga while speaking them. In pronouncing visarga and in doing Kapaalbhati pranayaam[कपालभाति प्रणायाम], we throw belly air, outwards a bit forcibly. That means as many times you speak any Sanskrit word with visarga you'll be doing kapaalbhati automatically and thus getting its benefits.

Similarly, speaking any Sanskrit word with anuswar in it ends up making you doing 'Bhraamri' pranayaam [भ्रामरी प्रणायाम]. In this pranayaam, we have to breath out via nose with humming sound like a bee. That means as many times you speak any Sanskrit word with anuswara you'll be doing 'Bhraamri' pranayaam automatically and thus getting its benefits.

..and we all know the benefits of these two yoga-kriyas, courtesy Swami Ramdev :)

Now say 'Ram eats fruit' which will be said in Sanskrit as "रामः फलं खादति" and see you've done both yoga. There is almost no sentence in Sanskrit language having no anuswara and visarga. So it is said that Sanskrit speaking is like doing yoga while talking.

2: Shabd-Roop [शब्द-रूप]

Second feature of Sanskrit is its word forms or Shabd-Roop. How many forms can a word take in any other language? One. In Sanskrit it is 25 !!!!!!!!

For example: Following are different forms of the word 'Ram'[राम]

रम् (मूल धातु)

रामः रामौ रामाः

## Sanskrt and yoga

रामं रामौ रामान्

रामेण रामाभ्यां रामैः

रामाय रामाभ्यां रामेभ्यः

रामस्य रामयोः रामाणां

रामे रामयोः रामेषु

रामत् रामाभ्यां रामेभ्यः

हे राम! हेरामौ! हे रामाः!

In Sankhya-philosophy (सांख्य दर्शन) there are 25 fundamental elements [मौलिक तत्व], knowing which a person can attain knowledge. The more you use all 25 forms of every word in Sanskrit, you'll come closer to the power of words, which ultimately reveal itself to the speaker in terms of effects. Following are 25 fundamental elements according to Sankhya-Darshan:

1. Atma [आत्मा]

2. Antah-karan 4 [Mind, Intellect, Psyche, Ego] (अंतःकरण 4 ) मन बुद्धि चित अहंकार

3. Gyanendriyas 5 [ nose, tongue, eyes, skin, ear] (ज्ञानेन्द्रियाँ 5) नासिका जिह्वा नेत्र त्वचा कर्ण

4. Karmendriyas 5 [hand, foot, genital-organ, Anus, speech] (कर्मेन्द्रियाँ 5) पाद हस्त उपस्थ पायु वाक्

5. Tanmatraas 5 [words, forms, taste, odor, touch] (तन्मात्रायें 5) गन्ध रस रूप स्पर्श शब्द

5. Mahabhoot 5 [Earth, water, Fire, Air, Sky] ( महाभूत 5) पृथ्वी जल अग्नि वायु आकाश

3: DwiVachan [द्विवचन]

Third specialty of Sanskrit language is 'DwiVachan'[द्विवचन]. All other languages have 'Singular' and 'Plural' numbers but in Sanskrit there is one additional number called DwiVachan. This is very useful and beneficial too.

for example: There are three forms of word 'Ram' in DwiVachan: रामौ , रामाभ्यां और रामयोः

while pronouncing them, three types of yogic kriyas are performed:

Moolbandh[मूलबन्ध], Uddiyaan Bandh[उड्डियान बन्ध] and Jaalandhar bandh[जालन्धर बन्ध], these are very important yogic kriyas.

4: Sandhi सन्धि

Most important quality is 'Sandhi' i.e. association. When two words come closer to each other they make an association which changes the form and pronunciation of the combined word. In the changed pronunciation, tongue has to put some special effort. All such efforts are experiments in Acupressure treatment system.

Example: "'इति अहं जानामि" could be spoken in 4 ways and in every type, our speech tool has to make extra effort:

1 इत्यहं जानामि।

2 अहमिति जानामि।

3 जानाम्यहमिति ।

## Sanskrt and yoga

4 जानामीत्यहम्।

In all of the above pronunciations, the acupuncture system is working. As a result it keeps mind, intellect and entire body healthy.

That is why it is also called 'dev vaani', because just by reciting you can have 'divyata' and you'll become 'devta' and whatever a devta speaks is called dev vaani :)

It is such a pleasure to read different aspects of this language which is less of a language and more of a systematic institution which works as alchemy for everybody who knows it by heart. Though the level of transformation inside depends on the purpose and intention of the reader.

Additionally, in modern days, the usage of Sanskrit has reached to Computers. This is due to its compactness and perfection as you too observed.

We all know that machine understands signal language. Circuit boards pass signals as per the commands passed to it in form of machine language or group of instructions. Scientists had been researching for years on how to pass commands that could do more tasks in less number of commands so as to save the machine memory which in turn could cause cheap circuitry.

Thanks to Sanskrit which is considered most compact. Though it had to be compact because during ancient times when there was no printing technology, people had to memorize everything to carry the knowledge down the generations. Compactness of Sanskrit caused more meaning in less words.

NASA declared it to be "the only unambiguous language on the planet".

Therefore, work is on to implement Sanskrit language as PCB[Printed Circuit Board] language and after wards using them as software language.

Very soon software engineers would be required to learn this language. I guess for that German scientists would be more helpful than Indian Pundits because India is cursed to not accept its own knowledge unless it is approved by western countries. Examples are galore: Yog was a matter of humiliation 2 decades ago in India and I've seen that, then Yog becomes foreign-return and becomes Yoga and now it is a fashion.

We need to awake the people around us who do not know that we are really a great nation. Coming to the example of Sanskrit language, today in India, most schools do not teach it and wherever it is taught it is not taught in the same creative and interesting way in which they are taught English poems and jingles and dancing on bollywood numbers.

My own example: my school was following gurukul ashram parampara still the way of teaching sanskrit made me feel that it was a burden until I found a teacher who was well versed in vedas. He ensured that instead of making us memorize dhatu-roop, shabd-roop by heart we understand the significance of it. this created the love of this language.

May this love be continued...

by - Vinay Kumar Jha