



वाग्विलासिनी

A Tri-Monthly Newsletter
of Sri Dhanvantari Vagvilasini Sabha

Department of Sanskrit, Samhita & Siddhanta

Sri Jayendra Saraswathi Ayurveda College & Hospital, Nazarethpet, Chennai-600 123.



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मैत्री भजताऽखिलहृज्जेव्रीम्
आत्मवदेव परानपि पश्यत
युद्धं त्यजत स्पर्धां त्यजत
त्यजत परेष्वक्रममाक्रमणम्
जननी पृथिवी कामदुगाऽऽस्ते
जनको देवः सकलदयालुः
दाम्यत, दत्त, दयध्वं जनताः
श्रेयो भूयात् सकलजनानाम्।

श्रीचन्द्रशेखरेन्द्रसरस्वतीश्रीचरणाः

विषयसूची

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श्रीधन्वन्तरिवाग्विलासिनीसभा-
वृत्तपत्रिका समिति,
संस्कृत-संहिता-सिद्धान्तविभाग,
श्रीजयेंद्रसरस्वतीआयुर्वेदविद्यालय,
नाजारथपेट, चेन्नई-६००१२३

Message from the Principal

It has been twenty glorious years with Sri Dhanvantari Vagvilasini Sabha. Sanskrit improves communicative skills. It improves reading and writing capabilities. The Dhanvantari Vagvilasini Sabha is conducted with a vision of enhancing the skills and knowledge of students on both Sanskrit and Ayurveda. I wish all the students and scholars all success. Let this be a positive note. Let us all make use of this opportunity and enjoy the true benefits of it. I wish that this continues with all success.

- Prof.Dr.RamadasMaganti

Message from the HOD

It is my pleasure to note, as the HOD of Sanskrit Samhita and Siddhanta, that, Sri Dhanvantari Vagvilasini Sabha, a unique programme of our department has decided to propagate Sanskrit along with Ayurveda, through a trimonthly newsletter. This would unravel the knowledge contained in the ancient texts in its real sense and will help to explore new avenues of innovations. This newsletter would contain the intellectual topics as Ayurveda being delivered by students in Sanskrit, released only after a thorough scrutiny by the editorial board to propagate the importance and efficiency of both Sanskrit and Ayurveda. I wish Sri. S.Thiagarajan, my department Sanskrit colleague and Dr. PK Moharana, Associate professor, all success in this new venture.

- Prof.Dr.S.Swaminathan

EDITORIAL DESK

Patronage:	HH Sri Jayendra Saraswathi Swamigal & HH Sri Sankara Vijayendra Saraswathi Swamigal of Kanchi Mutt.
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तालपत्रम्

(शि.त्यागराजः— Sanskrit Lecturer)

इदं तालपत्रमिति पदं न केवलम् अस्मान् कश्चन वृक्षविशेषस्य पत्रं बोधयति। अपि तु भारतीयसंस्कृतिं बोधयति। यतः अस्मत्पूर्वजाः ऋषयः अमुकेनैव स्वरचनां निर्णीतवन्तः। न केवलं तावदेव, इदानीमस्माभिः यानि वैज्ञानिकप्रसिद्धानि वस्तूनि (Technological things) दृश्यन्ते तेषु एकोनशतं प्रतिशतम् (99%) तैरेव पूर्वजैः प्रदत्तानि। कथं तानि संप्रति अविद्यमानेभ्यः शतोत्तरशतं वत्सरेभ्यः प्राक् जीवितवद्भ्यः अस्मादृशैराधुनिकैः प्राप्तम्? “ महाभारते इत्थं घटना बभूव” , “ रामायणे रामः

एवमवोचत्” , “ आचारनियमः स्मृतावित्थं प्रतिपादितः” इत्यादयो विषयाः कथं ज्ञातमस्माभिः? तेषां कवीनाम् , ऋषीणां वा कृतयः कुतः अस्माभिः प्राप्ताः? कथं वा ते अक्षराणि प्रयुक्तवन्तः? इत्यादीनां सर्वेषामपि प्रश्नानामिदमेव अद्वितीयमुत्तरं भवति तालपत्रम् इति।

तर्हि अस्मत्संस्कृतेः महत्त्व-प्रतिपादकं तालपत्रमधिकृत्य ज्ञातव्यं न अनावश्यकम् इति वक्तव्यम्। यतः संस्कृतभारतस्य संस्कृतीरधिकृत्य ज्ञातव्यं प्रतिभारतीयानां आवश्यकं भवति। तत्प्रतिपादकस्य तालपत्रस्य विषये अद्यतनानां

तृतीयपरंपरान्तर्गतानां (3G) मनागपि इच्छा न वर्तते एव। अथापि ये तत्र जिज्ञासवः भवन्ति तेषां युक्तिदाः, ज्ञानदाः, मार्गदर्शकाः वा न भवन्ति इत्यतः पाश्चात्यसंस्कृतेः आचरणे इच्छुकाः अद्यतनीयाः इत्यतश्च सेयमस्माकं भारतीयसंस्कृतिः नष्टप्राया दृश्यते।।

वृक्षस्य शाखायामुपविश्य मूलच्छेदं यः करोति सः मूढः इत्युच्यते चेत् सांस्कृतिकदेशेऽस्मिन् स्थित्वा संस्कृतेः नाशं यः करोति तस्य किं वा अभिधानम्? अतः संस्कृतम्—संस्कृतिः- सांस्कृतिकमित्येतेषां त्रयाणां रक्षणं प्रत्येकस्यापि भारतजस्य दायित्वं भवति।

From the Doctor

(Dr. Pradeep Kumar Moharana)

Dear students,

Health is a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity: WHO, June 1946.

Every human being wants to live long. It is not enough. Live healthy for long. So longevity is the ultimate goal of all medical systems.

Nowadays, new diseases are emerging at an unprecedented rate, of one a year, which is ‘historically unprecedented’ and are becoming more difficult to treat,” says the World Health Organisation’s annual report. Day by day, we are developing antibiotic resistance due to haphazard use of antibiotic even in non-infectious disease. In such contexts, alternative systems of medicine, Ayurveda can join hands for providing relief to the ailing.

Let all the systems of medicines come together for the betterment of mankind.

News on students activities

"I am India" at Chinmaya Mission

August 14, 2015 saw an energetic environment of young college students at the Chinmaya Heritage Centre, Thamaraiakkam. Students from our college participated in various competitions of this event named "I am India" and brought back many prizes. To mention a few, our students won the first prize in group dance, first prize and third prize in group singing, second and third prizes in solo singing, first prize in quiz, first prize in English elocution and second prize in solo dance. Hearty congratulations to all the winners!



Sanskrita Mahasammelanam

Our students participated in a three day Mahasammelanam related to Sanskritam at Meenakshi college from 11th September to 13th September of 2015. It is filled with informative interactions with eminent personalities - the Chairman of SIET, Environment minister, Smt. Nimlala Sitharaman, Minister of state for commerce and industry, Dr. S.Swaminathan, our HOD, to name a few. The sammelanam also 'experienced' Ayurveda through the free health camp conducted by our interns under the guidance of Dr. Ramdas Maganti, Dr. P.K. Moharana, Dr. Saravanan, Dr. Muni Lokesh, Dr. Roshni, Dr. Sudheer and Dr. Uday Kumar

more @ <http://www.apsach.org.in/2015/09/sanskrita-mahasammelanam>



आयुषो वेदः आयुर्वेदः

We say that Ayurveda is the science of life. But what do we exactly mean by it? It is not just confined to the curing of diseases, but includes what we eat, how we live, in which environment we live and the state of our mental health. Ayurveda tells us about the framework in which we can modify our lifestyles to optimize our bodily functions.

Ayurveda emphasizes on maintenance of mental health for a balanced physical state thereby helping us to age gracefully. "ब्राह्मे मुहूर्ते उत्तिष्ठेत्", says Ayurveda, because it is that time of the day when the environment is in its most peaceful state and the air is in its purest form which energises every cell in our body by which we are able to give the most of our potential. Suryanamaskaram, Abhyangam followed by a warm water bath, and a day followed by a healthy balanced diet is the lifestyle best for our metabolism.

A hectic lifestyle is the worst thing your body can ever ask for. So, never forget to relax yourself with a few minutes of meditation. There is nothing better than a good night's sleep after a long day at work. A glass of warm milk may help if you have difficulty in getting a sound sleep. Some other things that can be included in your daily life are—a small amount of ghrutam to maintain the ojas and improvement of intellect, a pratimarshanasyam for prevention of diseases of the eyes, nose, ears, as it is said: "ऊर्ध्वजत्रुविकारेषु विशेषान्नस्यमिष्यते।"

So we can rightfully say that our science is the best way of living a healthy life.

- Megha S Nair, Devishree Nair

