



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.



Volume 1, Issue 1, September 18, 2015



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

श्रीचन्द्रशेखरेन्द्रसरस्वतीश्रीचरणाः

विषयसूची

| | |
|-----------------------------|---|
| Message from the Principal | 1 |
| Message from the HOD | 1 |
| तालपत्रम् | 2 |
| From the doctor | 2 |
| News on students activities | 3 |
| Article by students | 3 |
| विद्यास्य किञ्चित् | 4 |

श्रीधन्वन्तरिवाग्विलासिनीसभा-
वृत्तपत्रिका समितिः,
संस्कृत-संहिता-सिद्धान्तविभागः,
श्रीजयेन्द्रसरस्वतीआयुर्वेदमहाविद्यालयः
नजरत्पेट्टे, चेन्नै, तमिलनाडु-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. |
| Chairpersons: | Hon'ble Vice Chancellor & Hon'ble Registrar of SCSVMV University. |
| Chief Editors: | Principal, SJSACH HOD, Department of Sanskrit, Samhita & Siddhanta, SJSACH |
| Associate Editors: | Sri S. Thiagarajan, Dr. PK Moharana, SJSACH |
| Editorial board: | SDVS Representatives, SJSACH |
| Advisory board: | Teaching Staff Panel, SJSACH |
| Financial support: | Dr. S. Lakshmanan, Administrative Officer, SJSACH |
| Design: | Dr. K.G. Sridar, Dhvani.J, SJSACH |

तालपत्रम्

(शि.त्यागराजः— Sanskrit Lecturer)

इदं तालपत्रमिति पदं न केवलम् अस्मान् कञ्चन 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, Thamarapakkam. 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. Nirmala 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.sjsach.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: “ऊर्ध्वजन्तुविकारेषु विशेषान्नस्यमिष्यते |”

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

- Megha S Nair, Devishree Nair

पत्रसमिति:

श्रीचन्द्रशेखरेन्द्रसरस्वतीविश्वमहाविद्यालयीय
-श्रीजयेन्द्रसरस्वती आयुर्वेदमहाविद्यालयस्य संस्कृत-
संहिता-सिद्धान्तविभागपक्षतः आयुर्वेदाध्यापकानां
समेषां सर्वेषामपि आचार्याणां समादरेण सहयोगेन च
प्रकाश्यमानेयं वृत्तपत्रिका।।



जगद्गुरुणां श्रीचन्द्रशेखरेन्द्रसरस्वतीस्वामिपादानां दिव्यानुग्रहेण,
श्रीजयेन्द्रसरस्वतीस्वामिपादानां, श्रीशङ्करविजयेन्द्रसरस्वती-
स्वामिपादानां च प्रत्यक्षानुग्रहेण च प्रचाल्यमानस्य
श्रीचन्द्रशेखरेन्द्रसरस्वती-विश्वमहाविद्यालयीय-श्रीजयेन्द्रसरस्वती
आयुर्वेदमहाविद्यालयस्य संस्कृत-संहिता-सिद्धान्तविभागेन
आयोज्यमानायाः श्रीधन्वन्तरि-वाग्विलासिनीसभापक्षतः
प्रकाश्यमानेयं वाग्विलासिनी नाम्नी वृत्तपत्रिका | संस्कृत-
आयुर्वेदच्छात्राणां सर्जनात्मकतां शक्तिं बहिरानेतुं कश्चन लघुप्रयत्नोऽयं
भवति | अत्रास्मदायुर्वेदच्छात्राणां विविध-शैक्षणिकांशेषु
भागग्रहाणविषयवार्ताः, आयुर्विदां, छात्राणां च रचनाः,
संस्कृताङ्गलयोः भाषयोः प्रकाश्यमानाः भवन्ति | तदत्र छात्राः
सोत्साहं स्वज्ञानशक्तिं प्रकटयितुं स्वीयकृतीः समर्प्य सहकुर्वन्तु इति
पत्रसमितिपक्षतः विज्ञाप्यते |

विद्यास्म किञ्चित्

नीतिसमुच्चयः—1

षड्दोषा पुरुषेणेह हातव्या

भूतिमिच्छता।

निद्रा तन्द्रा भयं क्रोधः आलस्यं

दीर्घसूत्रता।।

वैद्यकीयसुभाषितम्

सद्यो मांसं नवान्नं च बाला स्त्री क्षीरभोजनम् |

घृतमुष्णोदकस्नानं सद्यः प्राणकराणि षट् ||

चिन्तना:

- ◆ भगवद्गीता धर्मं बोधयति इति जानीमः। तत्सूचयतीव श्रीभगवद्गीतायाः प्रारम्भः ' धृ' इत्यक्षरेण समाप्तिः 'मः' इत्यक्षरेण च भवति। (धृ+मः= धर्मः)
- ◆ संस्कृतभाषायाः संस्कृतमिति नाम क्रिस्तोः परं दशमशताब्द्यामेव स्थापितम्। तावता भाषा, वाक्, वाणी इत्यादीनि भाषामात्रस्य यानि नामानि भवन्ति तानि सर्वाण्यपि संस्कृतभाषायाः एव आसन्।।



Sri Jayendra Saraswathi Ayurveda College & Hospital

Dept of Sri Chandrasekharendra Saraswathi Viswa Maha Vidyalaya
(Declared as Deemed-to-be University under Section 3 of the UGC Act, 1956)

Chennai - Bangalore Highway, NH4, Nazarethpet, Thiruvallur District, Tamilnadu - 600123 || 044-2649 2649 / 2627 4583 || sjsach@gmail.com

