



Asian Journal of Modern and Ayurvedic Medical Science |

ISSN 2279-0772 [ONLINE]

Volume: volume1,number 1 | publication Date: Monday, July 01, 2013

Published by Mpasvo [article url]

<http://www.ajmams.com/viewpaper.aspx?pcode=01b25519-c40c-4efb-a7e0-517b75196f29>

**Title : AYURVEDA IN ENGLISH –
TODAY'S NECESSITY FOR
GLOBALIZATION**



Authors : *Dr. Tawalare K. K.

****Dr.Tawalare K. A.**

***Asst. Professor, PG Dept. of
Rachanasharir, Shri Ayurved
College, Nagpur**

****Asst. Professor, PG Dept of
Kriyasharir, Shri Ayurved College,
Nagpur**



Research Paper

Ayurveda In English – Today's Necessity For Globalization

*Dr. Tawalare K. K. **Dr.Tawalare K. A.

Declaration

The Declaration of the authors for publication of Research Paper in Asian Journal of Modern and Ayurvedic Medical Science (ISSN 2279-0772)*Dr. Tawalare K. K. **Dr.Tawalare K. A. the authors of the research paper entitled Ayurveda In English – Today's Necessity For Globalization s declare that , We take the responsibility of the content and material of our paper as We ourself have written it and also have read the manuscript of our paper carefully. Also, We hereby give our consent to publish our paper in ajmams , This research paper is our original work and no part of it or it's similar version is published or has been sent for publication anywhere else.We authorise the Editorial Board of the Journal to modify and edit the manuscript. We also give our consent to the publisher of ajmams to own the copyright of our research paper.

Received june 19 ,2013;accepted june 20, 2013 ,published july1,2013

ABSTRACT

It is true that Sanskrit is the basic language for Ayurveda. But in present era English is a worldwide accepted and most popular language. Only a small number of Ayurvedic studies are listed as per common western databases. Research papers written in English language can be understood and accepted all over the world. Many times we are unable to understand the article due to excess of Sanskrit words without explanation. Today Kerala is only state where most of colleges accepted English medium for Ayurveda. Higher authority of Ayurveda in central government should make English medium compulsory for Ayurveda course. The curriculum of Ayurveda needs to be designed in such a way that the products of an Ayurveda education should also move laterally to join in different areas of drug cultivation, nutrition and dietetics, botany, environmental sciences etc; however cross fertilization of mind can being the strengths of Ayurveda to benefit several sectors. Ayurveda science should be studied in English in various states having different regional languages.

Introduction: Ayurveda is the great life science. It is true that Sanskrit is the basic language for Ayurveda, but in present era

English is a worldwide accepted and most popular language. Scientific study materials of Ayurveda are widely available in Hindi,



Marathi or other regional languages. English language may not be explained the depth of Sanskrit, but English helps to provide global market for Ayurveda. Perfectly translated books in English are still not available. All of us are familiar to the fact that teaching or explaining some topics of Ayurveda in Sanskrit is a very difficult task. It would be essential step for globalization of Ayurveda, known example of this is Chinese traditional medicine which has adapted English and how their research publication come in outnumbers. They also put forth the scientific view of their therapies such Acupuncture. We also possess strong weapon in the form of Panchakarma, but there is also lacuna of statistical data which is needed to accept it worldwide. Results available on international Journal Pub Med for word Acupuncture is 17632 while for Panchakarma it is only 20 in numbers ^[1]. Number and impact of scientific publications based on Ayurveda is far less as compared to Traditional Chinese Medicine (TCM) ^[2]. Why we hesitated to accept English is still not known, though most of the streams of higher education in India flows in English e.g. basic Science, Law, Engineering, Commerce etc. Today lots of people from villages are taking self medication by reading ayurvedic books, magazines etc which are easily available in regional languages. This is harmful for society ^[3]. Therefore scientific material will be coded in such a way so that the common people are not able to misuse it.

Lacunas in Ayurvedic research:

Dr. (Med.) Christian Kessler – Hanover Medical School, Germany in his article “Criteria for the Establishment of Ayurveda” stated that, various studies are published in regional languages. There are no networks of competence or centers for excellence. Only a small number of Ayurvedic studies are listed as per common western databases ^[4]. To documents and publish research finding in peer review Journals, required data should be in English. In most

of states of India teaching of Ayurveda is in regional languages. This is the reason behind that Ayurvedic scholars are unable to publish their research work in standard journals ^[5].

Problems facing by scholars of Ayurveda: Required minimum qualification for admission in Ayurveda is 12th science which is in English medium. Therefore students do not find interest to study the Ayurveda in regional languages. Sometimes they feel depressed and attract towards the modern path. Other students who do not understand regional languages, sometimes they leave the B.A.M.S. course also. It is a fact that some students having higher percentage are not interested in taking admission in Ayurveda.

Why it is essential to translate the Ayurveda in English: More than 400 million people around the world speak English as their native language, & another 600 million speak it as their second language. On the whole planet a combined more than 2 billion individuals can speak the English ^[6]. Research materials available of 95% of websites on the internet are written in English. Research papers written in English can be understood and accepted all over the world. Today, other modern sciences also refer English version of Ayurvedic books for treatment of certain diseases. Syllabus for graduation and post graduation for Ayurveda are made available on CCIM website in English and this is better for Ayurveda. Now a day's some university goes one step ahead taking decision that students should write their synopsis, dissertation or thesis in English. More than 800 postgraduate theses are submitted in a year as part of partial fulfillment of the post-graduate degree. The study found that hardly 100 research papers are published annually in Ayurvedic journals ^[7]. Most of the national and international seminars, CMEs accept abstract or full paper only in English. For



post graduate students of Ayurveda, it is compulsory to publish minimum two research paper in national or international peer review journal. It may become easier when researcher have already studied Ayurveda in English medium from undergraduate level. Sometimes researchers hesitate to participate in these events due to non availability of essential data in English. However, concept based studies are not fitting in the frame of standard Journals; hence they are unable to publish them. A paradigm shift in Ayurvedic research is an urgent need for global health.

Many times we are unable to understand the article due to excess use of Sanskrit words without proper explanation. Lot of work about standardization of Ayurvedic preparations are published in most of regional languages, but they are not worldwide accepted. On the other hand foreign countries are doing research, publishing it and making it available on internet. There are limited English Journals for Ayurveda.

Scientific study cannot make progress without the publication of research findings. Research in Ayurveda is however, seriously handicapped by the paucity of peer reviewed journals. Research works are continuously going on in Ayurveda, but they are not worldwide accepted due to lack of scientific approach, proper presentation and perfect English translation ^[5].

Advantages of English language for Ayurveda: English is the world's most popular language for education, business and politics and the huge number of people learning English as a second language. It is quickly becoming the world's most spoken international language as it is easy to understand. Today's age is known as age of information and technology as well as power. The whole world is coming together through the internet, television and mobile phone. These things are becoming essential

parts of our daily life. The internet is identifying as a super highway of the information process such as obtaining and transforming the information through various sources. Most of above information are available in English on internet.

Today Kerala is only state where most of colleges accepted English medium for Ayurveda and it results in fast progress of Ayurveda. Due to fast academic and practical development of Ayurveda, Ayurvedic resorts, hospitals are attracting whole world and playing major role to reach its government in a better financial position. In Maharashtra, only deem Universities are run Ayurveda courses in English. English translated *Samhita* (compendia) and text books are limited. They help to build up our confidence.

Language discordance between doctor and patient during treatment do not reflect complete information about patient's health. It can be major cause for failure of treatment ^{[9] [10]}.

English is the official language of 53 countries ^[11]. Ayurvedic doctors can perceive better job opportunities. They would teach, practice or consult online across the world after learning Ayurveda in English. Thus Ayurveda can stand in an international market.

Solution for problems: Higher authority of Ayurveda in central government should make compulsory English medium for Ayurveda course. Central Government should publish authentic and standard *Samhita* and text books and should be included in the syllabus by CCIM. All books should be made available on-line. The medium of instruction or teaching for UG/PG should be in English for all colleges. Knowledge of Sanskrit is definitely useful but absence of knowledge of this language should not become an insurmountable hurdle. English translation of some



important phrases, terminologies and verses drawn separately from the *Samhita* which is important for better understand the original text. It can be useful for those students who did not learn Sanskrit previously. Also special courses can be run for those who have no background of Sanskrit, to bridge the gap. If this would be followed, students from SAARC countries and even from the west could be allowed to take admission into the Ayurveda course. It is the best way of promoting Ayurveda globally. The curriculum of Ayurveda needs to be designed in English in such a way that the students of an Ayurveda education should also move laterally to join in different areas of drug cultivation, agriculture, nutrition and dietetics, botany, environmental sciences etc which are already taught in English. Entrance test for undergraduate and post graduate courses of Ayurveda should be centralized. English language should be compulsory for all Ayurvedic examination. The national and international level CMEs or conferences should be arranged for finding the proper English translation of critical ayurvedic words to establish uniformity in translation, and similar training programs should be conducted for Ayurvedic teachers. Researcher whose paper has published in national or international Journals should be awarded specially. Some portion of Ayurveda such as *Ksharsutra* is included in the syllabus of Modern medicine, however cross fertilization of mind can being the strengths of Ayurveda to benefit several sectors.

Precaution: Perfect translation of original Sanskrit script under the guidance of expert is the main responsibility of writer. Word to word translation will not be possible or not required but perfect meaning should be focused through translated text. Proper care should be taken while translating in English, so that meaning should not be changed. For Ex. 'Functions of *Vata dosha* are *utsaha*, *ucchavaasa*, *nishvaasa*, *cheshta*

etc.' Nobody can understand the meaning of above sentence without the proper knowledge of Sanskrit. Hence the same sentence can be written as 'when *Vata dosha* is in equilibrium; it is responsible for enthusiasm (*utsaha*), expiration (*ucchavaasa*), inspiration (*nishvaasa*), movement (*cheshta*) etc.' Here we can keep Sanskrit terms side by side with translated terms and thus readers can read and understand meaning easily. Basic and specific term i.e. *Vata*, *Pitta*, *Kapha*, *Agni*, *Dosha* *Dhatu*, *Mala* etc. should be used as it is. These terms have vast meaning, they cannot be translated using single word. So these terms should be defined. For ex. *Dosha* means the substance which vitiates others, *Dhatu* means the substance which sustain or gives support to the body.

Conclusion: The need for paradigm shift, Ayurveda science should be studied in English in different states having different regional languages. English language has worldwide acceptance for communication. It helps in standardization of Ayurveda. It gives worldwide job opportunity. Latest research in Ayurveda should be shared internationally. It should be one step to intra-path system. JAMA (Journal of the American medical association) are hugely exercised about heavy metal content in ayurvedic formulation. So there is need to give attention toward GMP, testing heavy metals during preparation and must be published such huge work in English on website for global recognition of Ayurveda. When this problem overcome correctly then the so called an alternative science 'Ayurveda' would soon be proved as the Ultimate Health Science rescuing humanity.

Status of some standard Journals in Ayurveda ^[8]



References:

1. www.ncbi.nlm.nih.gov/Pubmed
2. Patwardhan, Bhushan and ashok DB Vaidya. 'Ayurveda: Scientific reseaech and publications.' Current Science, 97, no.8
3. Trisha Greenhalgh, Drug prescription and self-medication in India: An exploratory survey, Social Science and medicine, Volume 25, issue 3, 1987, pages 307-318
4. Christian Kessler – Criteria for Establishment of Ayurveda, Hanover Medical School, Germany, personal communication at conference in british Germany.
5. Kishor Patwardhan, Sangeeta Gehlot, Girish Singh, H. C. S. Rathore, Global challenges of graduate level ayurvedic education: a survey IJAR, Year-2010, Volume -1, Issue-1, Page 49-54.
6. [www. Globalenglishedu./the-benefits-of-taking-english-language-education/](http://www.Globalenglishedu./the-benefits-of-taking-english-language-education/)
7. Shailaja Chandra, Formal secretary, gov. of India, Ministry of health and welfare, Department of AYUSH. 'A report on status of Indian medicine and folk healing' submitted to AYUSH on October 13, 2011. Over2shailaja.wordpress.com
8. Prof. M. S. Baghel, issue in publication of Ayurvedic Research Work – National and International Scenario – shortcoming and solutions
9. Timmins Cl. The impact of language preference as an indicator of mammography use among Hispanic women. J Natl cancer Inst. 1990; 82 (21); 1715-16
10. Ngo – Metzger et al. JGIM, language Barriers among Asian Ameriicans.
11. www.europecities.com/en/666/wk_england/history/language

Name of Journal	Language
International Journal of Ayurvedic Medicine	English
Ancient Science of Life	English
Aryavaidyam	English
Ayu	English / Hindi
Ayurvedline	English
Global Ayurveda	English
Journal of NIMA	English
Nagarjun	English
Sachitra Ayurved	English / Hindi
Rasamarut	English
Journal of Ayurveda and Integrative Medicine	English
International Journal of Ayurveda research	English
BMC Complementary and Alternative Medicine	English
Evidence base Complementary and Alternative Medicine	English
JRAS (Journal of Ayurveda and Siddha)	English
Journal of Research and Education in India	English

