

## EVALUATION OF IMPORTANCE OF RECITATION OF SHOLKA IN FIRST YEAR B.A.M.S. STUDENTS

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### ABSTRACT

The ancient scholars maintained the learning and the streamline flow of knowledge by rhythmic recitation for thousands of years even before the era of documentation. Ashtanga Hridaya is one of the most important texts in great-triad of Ayurveda. Sanskrit shlokas (verses) that compress deep meaning in few words are an integral part of Ayurveda. Student need to study theses verses of samhita to understand the subject, perform better in examination of Charak samhita & Sushruta Samhita. The author has tried to compose all subject matter in verse form to make it possible to remember easily through rhythmic recitation. This text has been composed by Acharya Vagbhat in 6<sup>th</sup> century AD. It is amalgamation 1<sup>st</sup> year B.A.M.S .students who rarely study Sanskrit in school find it difficult to learn such advanced level of Sanskrit. This project is based to evaluate the importance of recitation of shlokas for student. Detailed statistical analysis of the results presented in this paper.

**Keywords:** Ashtanga Hridaya, verses, recitation

### INTRODUCTION

Ashtang Hridayam, the “Heart or essence of all the eight branches of Ayurveda” is one of the fundamental ancient root texts of Ayurveda. It is written in a poetic form with beautiful Sanskrit verse, making it easier for a student to remember important subjects in a concise form. Today the Ashtang Hridayam continues to serve as a root source for Ayurvedic philosophy and protocol, providing clear guide lines in all aspects of health. Chanting the shlokas together, getting experience the richness of the beautiful ancient verse and feel the healing vibration of the words – the heart of Ayurveda. First year B.A.M.S. students are new to Ayurveda, this shloka recitation competition

would be setting a stellar foundation for their studies. Through this shloka recitation competition, students recite shlokas briefly and get more confidence toward subject – Ashtang Hridayam. This shloka recitation for every student is very helpful to understand the samhita. Such type of shloka recitation competition is strongly need for Ayurved student in current era

**Aim:** To evaluate the importance of shloka recitation.

#### Objectives:

1. To increase the confidence about shloka recitation.
2. To reduce the fear about the Sanskrit language.

**Goal:**

To establish the importance of Sholka recitation with conventional class room teaching for involvement of student.

**Materials & Methods:**

Present study was carried out in the department of Samhita & siddhanta, Shree Saptashruni Ayurved Mahavidyalaya & Hospital, Nashik. Permission from Principal & Head of Department was taken first year batch of 60 students was selected and enrolled into study. First, all 60 students of first year were assessed by Shloka Recitation Competition without intimation i.e. surprised to all the students. Four faculty members from Samhita Department (Assistant Professors & above) conducted the Sholka Recitation Competition without any check list. Feedback in the form of pre-test questionnaire was collected from the students. Questionnaire include various questions go get their views on the overall Sholka Recitation Competition, improve the confidence about the respective subject, fear about Sanskrit language reduced, uniformity of questions any sort of bias they experienced. Faculty members were involved in the Sholka Recitation Competition. Topic for Sholka Recitation Competition was selected from first year first term Ashtang Hridaya syllabus. 60 Students from 1<sup>st</sup>yr BAMS were divided into 6 groups named as Madhur (Roll no 1 to 10), Amla (Roll no 11 to 20), Lavana (Roll no 21 to 30), Katu (Roll no 31 to 40), Tikta (Roll no 41 to 50) and Kashaya (Roll no 51 to 60).

1. Round I (AdhyayaPathana) - 10 points: In this round total 6 Adhyaya from Ashtang Hridaya Sutrasthana Adhyaya 1 to 15 were asked to recite to each team. Every Student should recite one Shloka from that adhyaya. Marks were given for each verse.
2. Round II Shabdārtha - 10 points: Meaning of 2 words with its reference from Ashtang Hridaya Sutrasthana adhyaya 1 to 15 was asked to each group. Evaluation was done for correct word meaning and reference.
3. Prashna Manjusha (Rapid Fire Round) - 10 points: Rapid Fire Questions – total 5 questions were asked to each group for 2 marks each.

4. Shlok Purti – 10 points: Fill in the blanks from verses from AshtangHrudayaSutrasthanaadhyaya 1 to 15 were asked for 2 times to each group. 10 Marks was held for Sanghasutrata (5 pts) and Uchcharana Padhati (5 pts).

Total Marks for competition were 50

The questions for not intimated Shloka Recitation Competition were constructed by a group of faculty members with inputs from all those who have participated in teaching process. A number of questions in each topic covering the content area of verifying difficulty were taken. Final template / check list of questions to be asked in the Shloka Recitation Competition were prepared from each topic of first term syllabus of Ashtang Hridaya of first year. The portable / most correct answers for these questions were also discussed. All the faculty members involved in the Shloka Recitation Competition were provided with the check list in advance. After that 15 days before intimation was given to all students about Shloka Recitation Competition of first term syllabus of Ashtang Hridaya of first year i.e. the same syllabus as previous. Who have previously undergone not intimated Shloka Recitation Competition In the intimated Shloka Recitation Competition, all faculty members conducted competition with check list. Post competition feedback was collected from the students and faculty regarding their experience about intimated Shloka Recitation Competition. The total number of students attended the Shloka Recitation Competition were 60. As the study was an education project and Shloka Recitation are the routine part of the students study, it was given ethical exemptions by the institutional ethical committee.

**Evaluation**

- 1 Shloka Recitation competition was conducted in same group with intimation & without intimation to evaluate importance of Shloka recitation in students.
- 2 Feedback form was taken from students to know their experience about Shloka recitation in both conditions.
- 3 The result was compared with for both type of Shloka Recitation method for same set of student.

4 Analysis done by applying the paired-t-test of significance.

**Observations and Result:** Statistical analysis of the feedback questionnaire was made applying paired t-

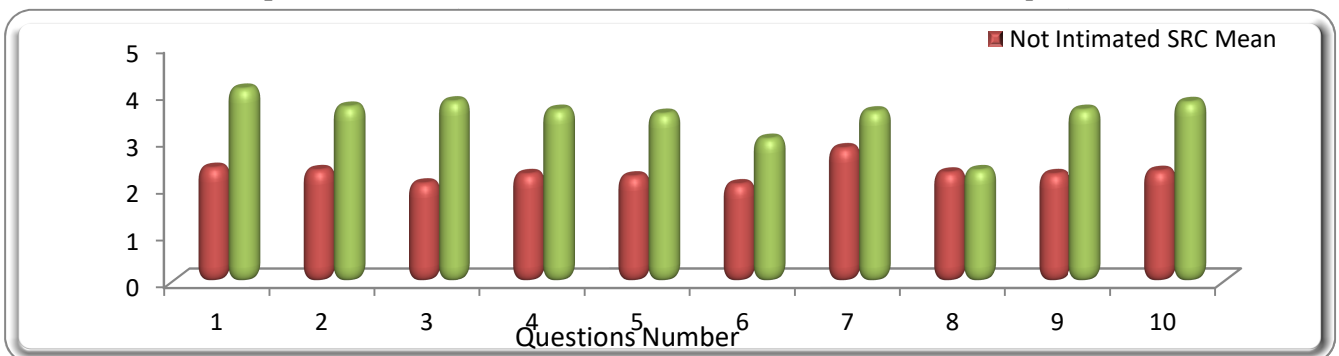
test (table no. 1) each response of questionnaire was assigned a numerical value on Likert scale and mean / average was calculated.

**Table 1:** Statistical analysis of the Questionnaire

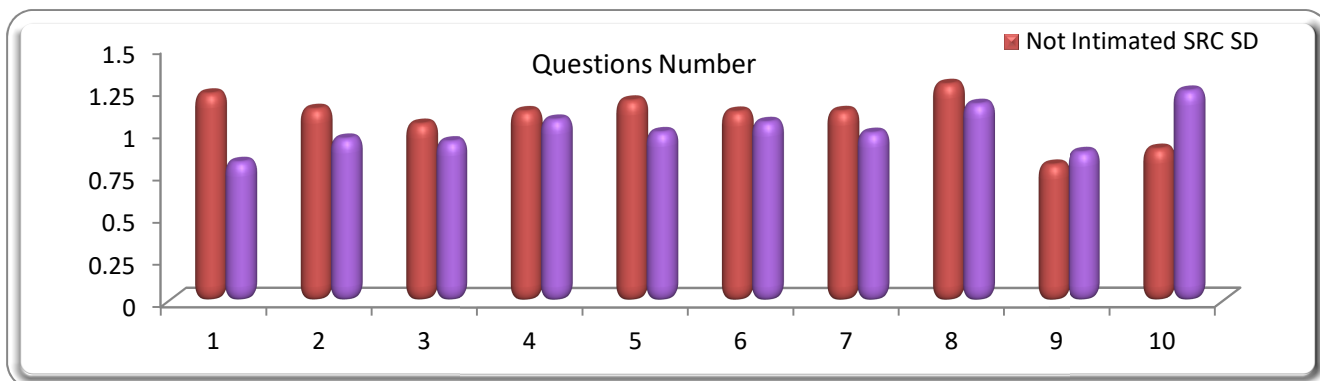
Question No.	Without intimation Sholka Recitation Competition (SRC)			With intimation Sholka Recitation Competition (SRC)			t-value	p-value
	Mean	S.D.	S.E.	Mean	S.D.	S.E.		
How was the overall SRC?	2.416	1.225	0.16	4.1	0.82	0.11	9.260	<0.0001 ES
Are you satisfied with SRC?	2.367	1.134	0.146	3.716	0.958	0.124	7.405	<0.0001 ES
Do you think that such type of SRC will help you do study the subject?	2.083	1.046	0.135	3.83	0.942	0.122	9.159	<0.0001 ES
Does this SRC improve your pronunciation?	2.283	1.121	0.145	3.65	1.071	0.138	6.685	<0.0001 ES
Do you think that SRC improve your confidence about respective subject?	2.233	1.184	0.153	3.566	0.997	0.128	6.673	<0.0001 ES
Do you fill that the fear about Sanskrit language is reduced after this competition?	2.066	1.118	0.144	3.033	1.057	0.136	4.361	<0.0001 ES
Was there uniformity of questions to all the students?	2.833	1.122	0.145	3.616	0.993	0.128	3.994	<0.0001 ES
Was there any objective bias during SRC?	2.316	1.282	0.165	2.366	1.164	0.151	0.204	0.8234 NS
Do you think that this recitation is helpful for understanding Samhita?	2.283	0.805	0.104	3.65	0.879	0.114	9.331	<0.0001 ES
Do you think that such type of competition should be held regularly?	2.35	0.898	0.116	3.816	1.242	0.161	7.403	<0.0001 ES

Where ES-Extremely Significant; NS – Not Significant

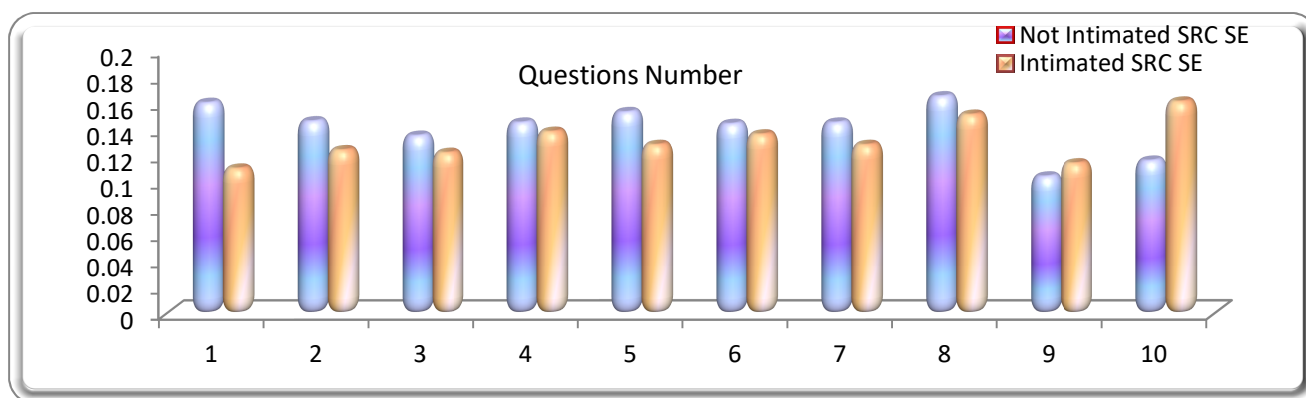
**Graph 1:** Mean of not intimated & intimated Sholka Recitation Competition



**Graph 2: SD of not intimated & intimated Sholka Recitation Competition**



**Graph 3: SE of not intimated & intimated Sholka Recitation Competition**



**Analysis of questionnaire showed**

1. Significant differences in student’s perception about not intimated and intimated Shloka Recitation Competition.
2. Students felt that the overall intimated Shloka Recitation Competition was better than the not intimated Shloka Recitation Competition
3. Students expressed that the questions designed were good and coverage of the syllabus was better in intimated Shloka Recitation Competition as compared to not intimated Shloka Recitation Competition.

4. There was uniformity in all the questions so the luck factor or carry over effect was minimized.
5. Shloka Recitation Competition improves student confidence about respective subject i.e. the Ashtang Hriday.
6. Students also reduced fear about Sanskrit language after this Shloka Recitation Competition
7. Student disagree with in subjective bias during both Shloka Recitation Competition

In table 2 & table 3, distribution of student responses to various questions (based on Likert scale) are mentioned.

**Table 2: Distribution of students’ responses to various questions (based on Likert scale)**

Sr No.	Item	Excellent / Strongly Agree		Good / Finely Agree		Average Agree		Poor / Disagree		Very Poor / Strongly Disagree	
		NI-SRC	I-SRC	NI-SRC	I-SRC	NI-SRC	I-SRC	NI-SRC	I-SRC	NI-SRC	I-SRC
1	How was the overall	5	21	5	26	17	11	16	2	17	0

	SRC?										
2	Are you satisfied with SRC?	5	15	2	19	17	20	22	6	14	0
3	Do you think that such type of SRC will help you do study the subject?	3	15	2	25	11	17	25	1	19	2
4	Does this SRC improve your pronunciation?	5	16	1	16	15	21	24	5	15	2
5	Do you think that SRC improve your confidence about respective subject?	6	11	0	21	14	21	22	5	18	2
6	Do you fill that the fear about Sanskrit language is reduced after this competition?	5	8	0	9	9	21	26	21	20	1
7	Was there uniformity of questions to all the students?	8	14	3	17	26	21	17	8	6	0
8	Was there any objective bias during SRC?	9	1	0	10	7	19	29	10	15	20
9	Do you think that this recitation is helpful for understanding Samhita?	1	10	1	24	21	22	28	3	9	1
10	Do you think that such type of competition should be held regularly?	1	28	2	3	26	22	19	4	12	3

NI- Not Intimated; SRC-Sholka Recitation Competition; I-Intimated  
 Excellent / Strongly Agree -5; Good / Finely Agree-4; Average / Agree-3; Poor / Disagree-2; Very Poor / Strongly Disagree-1

## DISCUSSION

The ancient scholars maintained the learning and the streamline flow of knowledge by rhythmic recitation for thousands of years even before the era of documentations. Ashtang Hridaya is the one of the most important text in great – triad of Ayurveda. The author of this Ashtang Hridaya i.e. Vagbhata has tried to compose all subject matter in verse form to make it possible to remember easily through rhythmic recitation. With the advent of science many technologies have emerge in the field of education and have given us new dimension of study. But this classical practice of recitation has been gradually losing its common uses. Acharya Vagbhata used 33 chhandas for estab-

lishment of Ashtang Hridaya. The verse i.e. Sholka contains a big meaning in very less word. The observation seen in overall procedure we can say that teaching – learning is two-way business. Involvement of both student and teacher components are essential. Asthang Hridaya Samhita contains 8 sthanas one of them sutrasthana is syllabus of first year BAMS. Ashtang Hridaya Samhita structured in poetic formation. By recitation of Shloka Ashtang Hridaya learn easily. Shloka contains big meaning in less word. Hence through Shloka recitation we can cover most part of syllabus very smartly in short time span. As per our study, maximum number of student stated that, by recitation of Shlokas they get lots of confi-

dence about study of Ashtang Hridaya & reduce the fear about Sanskrit. Recitation can make easy for hard topic. From examination point of view also a student has more chance to attend higher score if he quotes relevant verse into his answer.

## CONCLUSION

Shloka recitation is very important for students to study the Samhita, Performance of students has significantly increased in oral as well as theory examination. After this competition students reduced the fear about Sanskrit language and improve the pronunciation about Sanskrit word. After this competition, there is significant increased in their confidence level for study of Samhita.

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