

Utility of Music in Ayurveda Classics

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Music is a universal language. Music can be defined according to different perspectives. Sometimes, music reflects the environment and times of its creations. According to Webster's Dictionary, it is the art of arranging tones in an orderly sequence so as to produce a unified and continuous composition. Music is mutually related to Ayurveda in many ways. Ayurveda is essentially a holistic treatment, and it is prescribed as a natural therapeutic method. It mentions that *pittaja* diseases can also be mitigated by such measures as enjoying pleasant music. (*Astanga hrdaya sūtra*, 13/6). On the other hand, it can be observed that there is a phenomenon as to how this information flows from generation to generation. This body of knowledge is not committed to writing, but is passed from generation to generation by means of oral transmission. Ayurveda classics were written mostly in a very concise style known as "sutra" and in combined form of both prose and verse. According to Indian view, the ancient Indian knowledge is preserved in *chandas śāstra* (poetics) as, at the transition from *vedic* to classical epic Sanskrit poetry. According to *Āyurveda* classics, there are steps of learning methods. This is the main system of grasping and mastering the text. Among these steps, the important step is "study", and it entirely depends on *chandas śāstra*. Then *Ācārya Chakrapāni*, Great commentator of *Caraka Samhitā* has mentioned that most of the facts are written in *padya* because it increases memory of the learners. (*Caraka.ni.1/41*) Aim of this study is to explore and analyse the utility of music in *Āyurveda*. All the data have been collected and compiled from ancient and important *Āyurveda* classics, namely *Charaka Samhitā*, *suśruta Samhitā* and *Astāngahrdaya Samhitā*. These collected data positively show that the music has been highly utilized in the major classics of Ayurveda to promote the learning ability of the students and enhance the skills of treatment of the physicians by easing the memorizing capacity of the learners.

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