

A REVIEW ON TEACHING PADARTHA VIGYANA IN CLASSICAL SANSKRIT: THE CHALLENGES AND THE SOLUTIONS

Dr. Harshali Ramdas Murade*

M.D. (Ayurved Samhita), Professor & HOD Government Ayurved College, Baramati, Pune,
Maharashtra – 413115.

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*Corresponding Author

**Dr. Harshali Ramdas
Murade**

M.D. (Ayurved Samhita),
Professor & HOD
Government Ayurved
College, Baramati, Pune,
Maharashtra – 413115.

ABSTRACT

Padartha Vigyana is the science of substances in the universe and their relationship with living beings. It forms the philosophical foundation of Ayurveda and provides a systematic understanding of fundamental categories and principles. Padarth Vigyana can be challenging for students pursuing a Bachelor of Ayurvedic Medicine and Surgery (BAMS) due to its abstract concepts, lack of practical application, and language and terminology. The study of Padarth Vigyana in classical Sanskrit can be time-consuming, straining students' schedules, and limiting the emphasis on Ayurvedic practice. To address these challenges, with modern teaching methods like game-based learning & role play, students can better focus on subjects more relevant to their clinical practice. For this purpose, this paper focuses on the implementation of modern teaching methods for a better understanding of padarth Vigyana such as game based learning & role play.

KEYWORDS: Game Based Learning, Role Play, Teaching, Padarth Vigyana, Advanced Teaching.

INTRODUCTION

Padartha Vigyana serves as the conceptual cornerstone of Ayurveda and offers a methodical comprehension of the basic categories (padartha) that constitute the cosmos and the rules that control their interactions. Students and practitioners of Ayurveda who study Padarth Vigyana better understand fundamental ideas such as Dravya (substance), Guna (quality), Karma (activity), Samanya (universal), and Vishesha (specific). By passing on important knowledge to future generations, studying Padarth Vigyana as part of an Ayurvedic education aids in

preserving the traditional knowledge and intellectual history of Ayurveda. However, due to its abstract notions, lack of practical application, language and terminology, time-consuming nature, and little emphasis in Ayurvedic practice, studying Padarth Vigyana can offer challenges for first-year BAMS students. Students can have a greater grasp of the concepts behind Ayurveda by studying Padarth Vigyana, which will help them offer their patients more individualized and effective healthcare.

In order to explain reality, Padarth Vigyana takes a philosophical and metaphysical perspective that deals with abstract ideas like substance, quality, and universals. A mathematical and experimental science that deals with probability and uncertainties is quantum physics. Both disciplines investigate the interconnectedness of reality; Padarth Vigyana discusses the inherent unity of things and properties, whereas quantum physics focuses on entanglement. Modern teaching techniques, such as interactive lessons, group projects, and real-world examples, are crucial to comprehending these subjects. These techniques foster the development of viewpoints, analysis, and critical thinking—skills that are crucial for Ayurvedic practitioners. By integrating innovative teaching strategies, Padarth Vigyana can be revitalized, student involvement raised, and its philosophical concepts made more approachable, usable, and valuable in the context of Ayurvedic practice and modern society. This paper emphasizes integrating game - based learning & Role play in teaching & learning methods of Padartha Vigyana.

DISCUSSION

➤ IMPORTANCE OF PADARTH VIGYANA

Padartha Vigyana means the science which deals with the substances in the universe, and their relationship with living being in terms of their properties, functions; methods of understanding them, etc. It forms the philosophical foundation of Ayurveda. It provides a systematic understanding of the fundamental categories (padartha) that make up the universe and the principles that govern their interactions. This knowledge is essential for comprehending the Ayurvedic view of reality, health, and disease. Ayurvedic concepts such as Dravya (substance), Guna (quality), Karma (action), Samanya (universal), and Vishesha (particular) are deeply rooted in Padarth Vigyana. Studying Padarth Vigyana helps Ayurvedic students and practitioners grasp these essential concepts in their entirety.

Padarth Vigyana is a branch of Indian philosophy. By studying it, Ayurvedic practitioners can appreciate the integration of Ayurvedic principles with the broader philosophical thought

of ancient India. Understanding this subject helps Ayurvedic practitioners make informed clinical decisions. It allows them to analyze the interactions between substances and qualities, facilitating the identification of causative factors in disease and devising appropriate treatments. A deep understanding of Padarth Vigyana can inspire and facilitate research in Ayurveda. It encourages exploration into the philosophical foundations of science, promoting the development of new perspectives and insights.

Emphasizing Padarth Vigyana in Ayurvedic education helps preserve the ancient wisdom and intellectual heritage of Ayurveda, passing down this valuable knowledge to future generations. It forms the backbone of Ayurveda's theoretical framework and philosophical basis. By studying this subject, Ayurvedic practitioners gain a deeper understanding of the principles governing health and disease, enabling them to provide more effective and personalized healthcare solutions to their patients.

➤ DIFFICULTIES OF UNDERSTANDING PADARTH VIGYANA FOR 1ST BAMS STUDENTS

Studying Padarth Vigyana can present certain difficulties for students pursuing a Bachelor of Ayurvedic Medicine and Surgery (BAMS) due to the following reasons.

1. **Abstract Concepts:** The concepts in Padarth Vigyana can be quite abstract and philosophical in nature. BAMS students are more accustomed to studying practical aspects of Ayurveda, such as the diagnosis and treatment of diseases, rather than delving into intricate philosophical discussions.
2. **Lack of Practical Application:** Unlike other subjects in BAMS, Padarth Vigyana may not have direct and practical applications in clinical practice. This can make it challenging for students to see the immediate relevance of studying this topic in relation to their future roles as Ayurvedic practitioners.
3. **Language and Terminology:** Padarth Vigyana texts are often written in classical Sanskrit, which can be difficult for BAMS students to comprehend, especially if they are not well-versed in this ancient language. The terminology used in philosophical discussions may also be different from the terminology used in Ayurvedic clinical practice.
4. **Time-Consuming:** The study of Padarth Vigyana requires a considerable amount of time and effort to grasp the complex philosophical ideas and intricate arguments presented in the texts. BAMS students already have a rigorous curriculum, and adding a philosophical subject can further strain their study schedule.

5. Limited Emphasis in Ayurvedic Practice: While having a general understanding of philosophical concepts can enrich a student's overall knowledge, the emphasis on Padarth Vigyana in Ayurvedic practice is relatively limited. BAMS students may feel that their time and efforts could be better spent on subjects more directly relevant to their clinical practice.

➤ **NEED TO INTRODUCE NEWLY ADVANCED TEACHING METHODS TO LEARN PADARTH VIGYANA**

Comparing Padarth Vigyana with quantum physics is an interesting analogy, but it's important to note that these are two distinct fields of study with different frameworks and historical backgrounds.

Padarth Vigyana adopts a philosophical and metaphysical approach to understanding the nature of reality. It deals with abstract concepts, such as substance, quality, and universals, to explain the underlying structure of existence. Whereas, Quantum physics is primarily a mathematical and experimental science that seeks to describe and predict the behavior of particles and energy. It deals with probabilities and uncertainties, as opposed to deterministic classical physics.

Both Padarth Vigyana and quantum physics explore the interconnected nature of reality. Padarth Vigyana discusses the inseparable inherence (samavaya) between substances and their attributes, while quantum physics highlights phenomena like entanglement, where particles can be correlated in ways that transcend classical notions of separateness. Both fields touch upon the subatomic nature of reality. Padarth Vigyana's study of subtle elements (tanmatras) and quantum physics' exploration of elementary particles share some conceptual similarities.

While there are intriguing parallels between the philosophical ideas discussed in Padarth Vigyana and the conceptual framework of quantum physics, it's essential to approach the comparison with caution.

For a better understanding of these both fields, we have to approach them with advanced teaching and learning methods that are practically useful.

Interactive learning experiences, collaborative activities, and real-world examples can improve retention and understanding. Students are more likely to remember and apply

concepts when they are actively involved in the learning process. Integrating practical workshops, case studies, and projects can help students connect philosophical principles with their applications in Ayurvedic practice. This bridge between theory and practice is essential for the comprehensive understanding of any subject.

Advanced teaching methods often involve problem-solving exercises, discussions, and the Socratic method. These approaches encourage students to think critically, analyze information, and develop their own perspectives, which are essential skills for any practitioner of Ayurveda. Embracing new teaching methods aligns education with the advancements in technology and prepares students to navigate the digital landscape that they will encounter in their future careers.

Overall, integrating newly advanced teaching methods in teaching Padarth Vigyana can revitalize the subject, enhance student engagement, and make its philosophical ideas more accessible, relevant, and applicable in the context of Ayurvedic practice and the modern world. For this purpose, this paper emphasizes GBL & role-play methods for a better understanding of this subject.

A] GAME BASED LEARNING

Game-based learning is an active learning technique that uses games to improve student learning. The learning, in this case, comes from playing the game, which promotes critical thinking and problem-solving skills. Textbooks are as universal as formal schooling and have been used for a long time. And revision of textbooks takes time. Game-based learning, on the other hand, is very flexible. It is highly adaptable and can be updated very quickly, making it an effective learning tool.

Game-based learning can be an engaging and effective way to teach Padarth Vigyana. By incorporating game elements into the learning process, students can have fun while exploring complex philosophical concepts. Here are some ideas for implementing game-based learning for Padarth Vigyana.

1. Padarth Vigyana Quiz Game: Create an interactive quiz game where students answer questions related to the categories of padarthas, their attributes, and their interactions. Design different levels of difficulty to cater to students with varying levels of understanding.

E.g. Identifying Dravya by analogy – Upmana Pramana.

2. Substance-Attribute Matching Game: Develop a game where students match substances with their corresponding attributes or qualities. This game can help reinforce the relationships between substances and their characteristics.

E.g. Dravya- Guna – Karma matching game like Mudga – Laghu- Lekhana

3. Treasure Hunt: Organize a virtual treasure hunt where students must find hidden information about padarthas, such as definitions, examples, or philosophical concepts, within the game's virtual world.

E.g. Clues about Disha in treasure hunt

4. Padarth Trading Card Game: Create trading cards representing different padarthas and their attributes. Students can engage in card battles, with each card's attributes contributing to the outcome of the game.

E.g. Dravya – Guna - Karma, Disha

5. Virtual Reality (VR) Experience: Develop a VR experience where students can immerse themselves in a virtual world representing the categories of padarthas. They can interact with virtual objects and learn about their properties.

E.g. Srushti Utpatti

6. Puzzle Games: Design puzzle games where students must solve riddles or puzzles related to padarthas and their interconnections. This approach encourages critical thinking and problem-solving skills.

E.g. Riddles of Guna-Karma to identify Dravya, Fishpond

7. Collaborative Board Game: Create a collaborative board game where students work together to explore the concepts of padarthas and achieve specific objectives collectively.

E.g. Circular Board game of Dravya – Guna – Karma

8. Debate Tournament: Organize a debate tournament where students discuss and argue philosophical concepts related to padarthas, encouraging them to think critically and defend their viewpoints.

E.g. Discussion over number of dravya & guna according to different acharyas

9. Padarth Vigyana Trivia Challenge: Host a trivia challenge event with different teams competing against each other, answering questions related to Padarth Vigyana. This approach fosters healthy competition and enthusiasm for learning.

E.g. Rapid Fire games

By incorporating game-based learning strategies, educators can make Padarth Vigyana more enjoyable and accessible to students. These interactive and immersive experiences can

promote active engagement, enhance retention, and encourage a deeper understanding of the philosophical foundations of Ayurveda.

B] ROLEPLAY

Role-play is an effective teaching method that can be employed to make the study of Padarth Vigyana more engaging and experiential. Here's how you can use role-play to teach Padarth Vigyana.

1. **Selecting Roles:** Assign specific roles to students based on key philosophical concepts or historical figures related to Padarth Vigyana.

E.g. students can play the role of ancient Indian philosophers like Gautama, Kanada, or philosophers from other cultures who contributed to the understanding of fundamental principles.

2. **Historical Debates:** Organize role-play debates where students take on the roles of different philosophers and engage in discussions on philosophical concepts. This approach encourages students to explore different perspectives and critically analyze various viewpoints.

E.g. Vatakalakaliya adhyaya

3. **Scenario Role-play:** Create role-play scenarios that reflect real-life situations encountered in Ayurvedic practice. Students can play the roles of Ayurvedic practitioners applying Padarth Vigyana principles to diagnose and treat patients with specific imbalances.

e.g. Srushti utpatti siddhanta according to Sankhya Darshana

4. **Substance-Attribute Interaction:** Divide students into groups and assign each group a specific substance or attribute. Have them role-play the interactions between these substances and attributes, highlighting the relationships described in Padarth Vigyana.

E.g. Panchamahabhootas, Dravya & Panchamahabhoota Sanghatana

5. **Panel Discussions:** Conduct panel discussions where students play the roles of experts from different philosophical schools, debating the fundamental concepts and their significance in Ayurveda.

E.g. Number of Pramana according to different Acharya

6. **Philosophical Storytelling:** Encourage students to create and perform short skits or monologues that narrate stories related to Padarth Vigyana, incorporating philosophical insights and concepts into the narratives.

E.g. Stories related Darshankartas like Kanada

7. Virtual Role-play: Utilize online platforms or virtual classrooms to conduct role-play sessions with students from different locations, encouraging global collaboration and cultural exchange of ideas related to Padarth Vigyana.

E.g. Dravya Vigyana

After each role-play activity, facilitate reflective discussions, allowing students to share their insights and experiences while connecting their role-play experiences to the broader philosophical concepts of Padarth Vigyana. Role-play teaching in Padarth Vigyana encourages active learning, critical thinking, and empathy for different perspectives. It provides students with a more immersive and memorable educational experience, fostering a deeper appreciation for the philosophical foundations of Ayurveda.

CONCLUSION

Online platforms and digital content make Padarth Vigyana teachings more widely accessible, reaching students from all over the world and with a variety of backgrounds while fostering cooperation and understanding across cultures. Despite these difficulties, it's crucial to acknowledge that Padarth Vigyana has contributed significantly to developing the theoretical groundwork for Ayurveda and comprehending its philosophical foundations. It aids students in gaining a deeper understanding of the fundamentals of Ayurveda and how it aligns with traditional Indian philosophical concepts.

BAMS students can seek advice from knowledgeable instructors, participate in class discussions, and approach the subject with an open mind to examine its relevance and applicability in the larger context of Ayurvedic medicine to overcome challenges. Students can access personalised learning routes using contemporary teaching techniques, concentrating on their areas of need. Platforms for adaptive learning can pinpoint a user's strengths and shortcomings and offer individualised support. Students are encouraged to become lifelong learners, pursuing constant self-improvement and staying up to date with current advancements in Ayurveda and allied subjects by using creative teaching techniques. The active learning method of game-based learning enhances student learning by encouraging critical thinking and problem-solving abilities. The interactive quizzes, substance-attribute matching games, treasure hunts, trading cards, virtual reality experiences, puzzle games, cooperative board games, debating competitions, and trivia tests make it a fun way to teach Padarth Vigyana. Assigning roles based on significant philosophical ideas or historical individuals, holding historical debates, scenario role-plays, substance-attribute

interaction, panel discussions, and philosophical storytelling are all excellent ways for Padarth Vigyana to educate. The exchange of ideas about Padarth Vigyana on a worldwide scale and across cultures can be facilitated by virtual role-playing. These approaches promote critical thinking, empathy, and active learning, making for a more engaging and lasting educational experience.