Role of Maheshwari Sutrani in improving Pronunciation

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Abstract:
The problem of pronunciation is very much increased due to the mixing of many languages while talking. Another reason is variation of pronunciation of word in every region. With the help of Maheshwari Sutra Acharya Panini has made the grammar of Sanskrit. Maheshwari sutra plays an important role in accent of Sanskrit words. Sanskrit is said to be the mother of all languages and on this basis only Maheshwari sutra was selected for pronunciation efficiency in the present study. Aim of the present work was to see the effect of Maheshwari Sutra in improving pronunciation. Total 50 subjects were selected for the present study. For pronunciation exercise daily half hour revision of Maheshwari Sutras for 7 days was done. Firstly when their pronunciation was recorded, it was found that many words were pronounced wrongly. After proper guidance & daily revision for seven days it was observed that pronunciation of words was corrected in 80% students. 16% students pronounced all the 30 words correctly after the therapy while 4% students were unable to pronounce the words properly even after the therapy. Overall 23.90% improvement was observed. It can be concluded that Maheshwary Sutras are very effective in enhancing the speech power.

Key words: Maheshwari Sutra, Sanskrit, Panini, Word Pronunciation

Introduction:
Sanskrit is said to be the mother of all languages and hence it is also known as the language of god. All four Vedas i.e. Rigved, Yajurved, Samved and Atharvaved are written in Sanskrit. Ayurved is Upaved of Atharvaved which is also written in Sanskrit. But due to the modernization of society the Sanskrit language is not much used in practice and similarly has become difficult for pronunciation. With the help of Sanskrit grammar one can learn and talk Sanskrit. For talking proper Sanskrit in grammatical view Ashtadhyayi is very much helpful. Before 4000 thousands of years ago Acharya Panini wrote Ashtadhyayi, the best book on Sanskrit grammar. The whole book is written in Sutras. He made 8 division of this book called Ashta Adhyaya. In every Adhyaya he made again four parts called Pad. In every Pad (chapter) there are many Sutras. In Ashtadhyayi there are 3997 Sutras including Maheshwari Sutras (table-1) [1, 2].

Hence to Observe and validate the role of Maheshwari Sutras in subjects, to improve the function of tongue and to enhance the speech power with the help of Maheshwari Sutras the present study was planned.

By using Maheshwari Sutras Panini has made many Pratyahara’s and with the help of Pratyahar he made the grammar of Sanskrit i.e. Sandhi,

Materials & Methods: Total 50 student of first year BAMS were selected randomly from Mahatma Gandhi Ayurved College, hospital and Research centre, Wardha, Maharashtra, India.

Criteria for selection:
Inclusion criteria:
- Students having pronunciation difficulties in Sanskrit words and having their age between 18 - 21 years irrespective of sex and socio-economic status

Exclusive criteria:
- Students having good Pronunciation of Sanskrit words

Plan of Study:
Study design- Randomized prospective observational study.

Method of Therapy:
All the selected subjects were given the following therapy for practice
I. Listening CDs of Maheshwari Sutra
ii. Instructions for reading Maheshwari Sutra
iii. Pronunciation of Maheshwari Sutra
iv. Practice for Maheshwari Sutra

Exercise time- Daily half hour
Study duration 7 days
Follow up after 7 days.

Criteria for assessment:
Total 30 words were given for the proper pronunciation which was evaluated before and after the therapy. For each correct pronounced word score '1' was given whereas for wrong pronunciation score '0' (zero) was given. Total score of 30 words of each student was calculated before and after the therapy. From this data the percentage of improvement was calculated for each student. For statistical analysis 'Wilcoxon test' was used.

Observations and Results:
Before the therapy it was observed that out of 50 students 2% students pronounced all the 30 words correctly whereas after the therapy 16% students pronounced all the 30 words correctly. In 4% students no improvement was observed. In 8% students more than 45% improvement was observed. Overall 23.90 % improvement was observed which was statistically highly significant (Table-2).

Discussion:
During observations it was found that many students have no idea how to pronounce the words. When they read Maheshwari Sutras under proper
guidance it was observed that there was better improvement in the language especially in those students whose mother tongue was mostly similar to Sanskrit. While other students whom mother tongue was not similar to Sanskrit showed less improvement as compare to other students. Meanwhile it was also observed that their confidence level was increased. They recited Maheshwari Sutras very joyfully with confidence and smile on their faces. After starting the therapy, for first 2-3 days students read the Sutras by looking in the chart of Maheshwari Sutra but after that they didn't required the chart while reciting. It means their level of grasping was also increased. Before therapy 11 students out of 50 did not pronounced properly but after daily revision of Maheshwari Sutras they understood the real accent. It will be a subject of research to study that weather these could be helpful in the patients having speech disorders.

**Conclusion:**

Maheshwari Sutras plays an important role to improve the function of tongue. Maheshwari Sutras are very effective in enhancing the speech power. With the help of Maheshwari Sutras one can improve clarity of voice.

**References:**


**Table 2: showing the efficacy of therapy**

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**Chart-1:** Showing the mean score before and after the therapy