

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 *Maheshwari 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*,

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Samas, Karak, Vibhaktyartha, Subant, Tingant, Vachyaprayog, Taddhit, Krudant.

These are -

माहेश्वरी सूत्राणि.

- | | |
|-----------------|--------------|
| 1)अइउण् । | 2)ऋलृक् । |
| 3)एओङ् । | 4)ऐऔच् । |
| 5)हयवरट् । | 6)लण् । |
| 7)जमडणनम् । | 8)झभञ् । |
| 9)घढघष् । | 10)जबगडदश् । |
| 11)खफछठथचटतव् । | 12)कपय् । |
| 13)शषसर् । | 14)हल् । |

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

- Listening CDs of *Maheshwari Sutra*
- Instructions for reading *Maheshwari Sutra*
- Pronunciation of *Maheshwari Sutra*
- Practice for *Maheshwari Sutra*

मकरंद,	चंचल,	यज्ञ,	छत्री,	भन्नाट,	अमृत,
झंझावात,	रत्नमाला,	दीपावली,	शशीकांत,	खांदा,	द्रवीड,
मर्कट,	राज्ञी,	ब्लॅकेट,	घनुर्घर,	क्रीकेट,	व्हॉलीबॉल,
कर्कटक,	ज्ञानेश्वर,	हृदय,	श्रवण,	प्रज्ञावंत,	त्र्यंबकेश्वर,
चिबर्टिका,	कृष्ण,	लृकार,	प्रद्युम्न,	दृष्टद्युम्न,	

SN	Addhyaya	No. of Sutras
1	Pratham	352
2	Dwitiya	268
3	Tritiya	631
4	Chaturth	635
5	Panchama	555
6	Shashtha	736
7	Saptama	438
8	Ashtama	368
9	Pratyahar/ Maheshwari sutras	14
	Total	3997

Exercise time- Daily half hour

Study duration 7 days

Follow up after 7days.

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 'Wilkocson 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

Table 2: showing the efficacy of therapy

	n	Mean	Diff	SD	SEM	%	W	T+	T-	P
BT	50	22.68	5.42	4.47	0.63	23.90	1062	33	1095	<0.001
AT	50	28.10		1.99	0.28					

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 *Sutras* 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.

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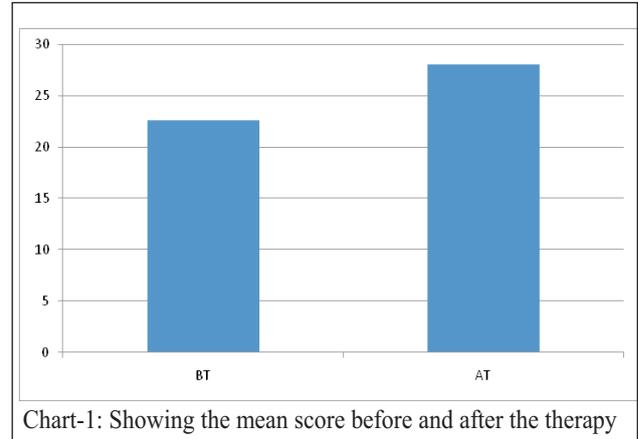


Chart-1: Showing the mean score before and after the therapy

