



International Journal of Indian Medicine

www.ijim.co.in

ISSN: 2582-7634

Volume - 6, Issue - 09

September 2025



IJIM

INDEXED



International Journal of Indian Medicine



International Category Code (ICC): ICC-1702

International Journal Address (IJA): IJA.ZONE/258276217634

Tantrayukti Aarti: An Innovative Melodic Memory of Tantrayukti

Ingle P.¹, Puradkar G.²

1. PhD (Scholar), Professor & HOD Dept. of Samhita Siddhant, MES Ayurveda Mahavidyalaya, Lote Khed, Dist Ratnagiri.
2. PhD Guide, HOD, Dept. of Samhita Siddhant, APM's Ayurved Mahavidyalaya, Sion, Mumbai.

ABSTRACT:

Tantrayukti, the systematic framework of logical and literary devices found in classical Sanskrit literature, particularly Ayurveda Samhitas, is an essential tool for textual interpretation, critical analysis, and knowledge organization. Despite its scholarly value, the memorization and contextual application of the thirty-six Tantrayuktis pose significant challenges for students due to their abstract and theoretical nature. This study presents an innovative pedagogical strategy—the Tantrayukti Aarti. It is a devotional style composition designed to enhance learning outcomes through rhythmic recitation and cultural engagement. Grounded in educational psychology and traditional Indian teaching methodologies, this approach fosters multisensory learning and deepens conceptual comprehension. The article discusses the rationale, composition process, and pedagogical impact of this model, highlighting its potential to integrate creativity into Ayurveda education while preserving ancient epistemological frameworks.

KEYWORDS:

Tantrayukti, Ayurveda Samhitas, Sanskrit pedagogy, textual interpretation, innovative pedagogical strategy, Tantrayukti Aarti, multisensory learning.

CORRESPONDING AUTHOR:

Dr. Pradeep A. Ingle

PhD (Scholar), Professor & HOD Dept. of Samhita
Siddhant, MES Ayurveda Mahavidyalaya,
Lote Khed, Dist Ratnagiri.

Email: dr.pradeepingle@yahoo.in

How to cite this article: Ingle P., Puradkar G. Tantrayukti Aarti: An Innovative Melodic Memory of Tantrayukti . Int J Ind Med 2025;6(09):84 -87 DOI: <http://doi.org/10.55552/IJIM.2025.60915>

INTRODUCTION:

Tantrayukti is a very important concept in Ayurveda. It is the traditional methodology of interpreting classical Ayurvedic texts, serves as a vital tool for understanding the structure, style, and intent of ancient treatises like the Charaka Samhita, Suśruta Samhita and Vagbhat Samhita. Prayojan of Tantrayukti is to convey the vast knowledge briefly and to avoid misinterpretation. Acharya Charak and Acharya Vagbhat mentioned 36 Tantrayuktis while Acharya Sushruta mentioned 32 Tantrayuktis in number. These 36 unique techniques i.e. Tantrayukti are essential for students and teachers of Ayurveda. However, memorizing and applying these concepts can be challenging. To address this, I developed an innovative learning aid: Tantrayukti Aarti—a rhythmic and devotional-style tool that transforms complex concepts into a simple, memorable format. The model in the form of Aarti is a novel and distinctive approach.

Objectives of the Model:

- To simplify the memorization of all 36 Tantrayuktis.
- To create a creative and engaging learning experience.

•To encourage students to connect spiritually and emotionally with classical knowledge.

•To provide a ready-to-use teaching and competition aid.

Concept of the Model:

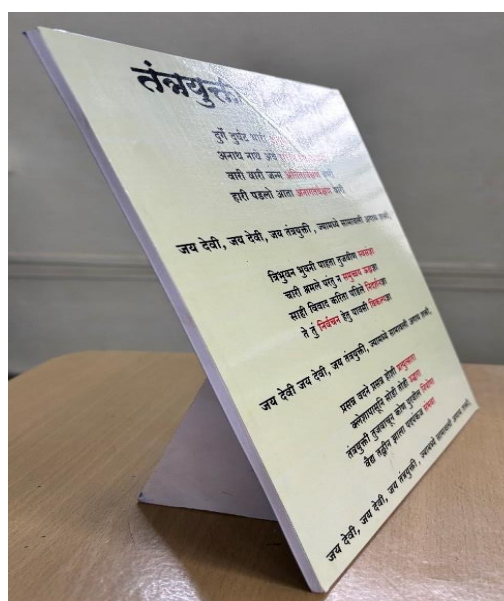
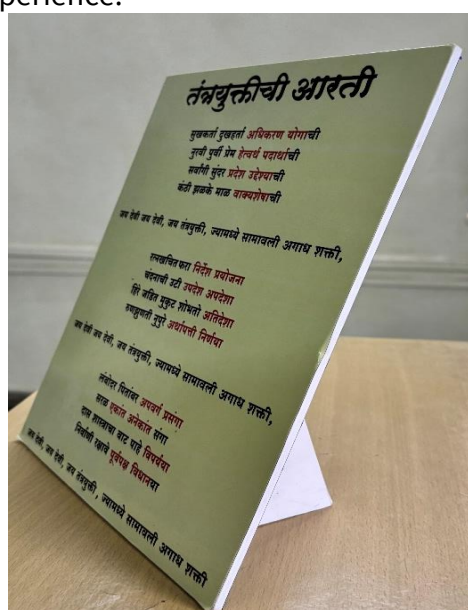
The Tantrayukti Aarti model is designed as a rhythmic hymn (Aarti) that lists and praises all 36 Tantrayuktis in a poetic format. This approach blends tradition and creativity—students chant the Aarti, making learning a joyful group activity. The melody and repetition enhance retention, while the devotional touch creates respect for ancient wisdom.

Materials Used:

Printed Aarti text on foam sheet with colorful illustrations.

Method of Preparation:

1. Selected all 36 Tantrayukti names from authoritative Ayurvedic texts.
2. Incorporated all these Tantrayuktis names in two very famous Aartis of Lord Ganesha and Goddess Durga.
3. Created a laminated chart on foam sheet with the full Aarti text.



Utility of the Model

- **Educational Innovation** -The model transform complex textual concepts into simplified, interactive and memorable learning aids.
- **Pedagogical Utility** -This tool significantly improve memorization of Tantrayukti for students and educators.
- **Cultural Integration** -The incorporation of traditional Aarti with academic content preserves cultural values.
- **Skill Enhancement** -Learners benefit through strengthened memory, creativity and active participation.
- **Reusable resource** -The model serve as long term teaching -learning material for academic institution.
- Ideal for wall magazines, competitions, and classroom presentations.

Outcome / Expected Impact

- Students can quickly recall and apply all 36 Tantrayuktis.
- Encourages respect for classical texts and Ayurveda pedagogy.
- Acts as an attractive, innovative, and reusable learning aid.

DISCUSSION:

Tantrayukti forms the backbone of Ayurveda textual interpretation, ensuring clarity, precision, and avoidance of misinterpretation while studying classical treatises. However, its abstract and theoretical nature often makes it difficult for students to memorize and apply all 36 techniques effectively. The Tantrayukti Aarti model addresses this challenge through an innovative pedagogical intervention that blends cultural familiarity with academic rigor. From a pedagogical perspective, the model provides a creative departure from rote learning. By converting complex

terminologies into a rhythmic hymn, it leverages repetition, melody, and group recitation to reinforce memory. This aligns with modern educational psychology, which emphasizes multisensory learning for better retention. Students not only read but also sing, listen, and emotionally connect, which makes learning both enjoyable and effective. The cultural dimension of this approach is equally significant. Aarti, being an integral part of Indian devotional practice, naturally evokes respect, devotion, and attentiveness. Integrating Tantrayuktis into this format preserves the sanctity of ancient wisdom while simultaneously contextualizing it in a format students can relate to. This fusion of tradition and pedagogy ensures that Ayurveda is taught not as a distant, difficult subject but as a living cultural and intellectual heritage. The model also demonstrates practical utility. Its design as a laminated, reusable chart makes it an effective teaching aid across classrooms, wall magazines, and academic competitions. Such visual and auditory reinforcement encourages group participation, enhances creativity, and fosters peer learning. Importantly, it cultivates pride and reverence for classical texts while ensuring that students gain mastery over technical concepts.

In essence, the Tantrayukti Aarti is more than a memory aid; it is a pedagogical innovation that bridges classical epistemology with contemporary learning needs. By making abstract knowledge accessible, rhythmic, and culturally meaningful, it demonstrates how traditional educational tools can be reimagined to enrich Ayurveda pedagogy and preserve timeless wisdom.

CONCLUSION:

The Tantrayukti Aarti model creatively bridges the gap between traditional Ayurvedic wisdom and modern learning strategies. By combining novelty, melody and

rhythm, it transforms a challenging topic into an engaging and memorable experience for students, making it a valuable tool for both education and cultural preservation. Overall, the Tantrayukti Aarti exemplifies how creativity, cultural heritage, and modern pedagogy can converge to produce an effective teaching methodology. It highlights the potential of innovative educational strategies in enhancing comprehension, retention, and appreciation of classical Ayurvedic literature.

REFERENCES:

1. Charaka Samhitā, *Siddhithana*, 12th Adhyaya. With Chakrapani Commentary. Varanasi: Chaukhambha Sanskrit Series; Reprint Edition, 2019.
2. Ashtanga Saṅgraha, *Uttarsthan*, 50th Adhyaya. With Indu Commentary. Varanasi: Chaukhambha Sanskrit Sansthan; Reprint Edition, 2018.
3. Ashtanga Hridayam, *Uttarsthan*, 40th Adhyaya. With Arundatta Commentary. Varanasi: Chaukhambha Sanskrit Sansthan; Reprint Edition, 2020.
4. Sushruta Samhita, *Uttartantra*, 65th Adhyaya. With Dalhana Commentary. Varanasi: Chaukhambha Orientalia; Reprint Edition, 2018.
5. Charaka Samhita, *Chikitsa Sthana*, Edited by Sharma PV. Varanasi: Chaukhambha Sanskrit Series; 2017.
6. Sushruta Samhita, *Sharira Sthana*, Edited by Sharma PV. Varanasi: Chaukhambha Orientalia; 2018.
7. Vagbhata, *Ashtanga Hridaya*, Sutrasthana & Chikitsa Sthana. With Sarvangasundara Commentary of Arunadatta and Ayurveda Rasayana of Hemadri. Varanasi: Chaukhambha Sanskrit Sansthan; Reprint Edition, 2019.
8. Bhavamishra, *Bhavaprakasha Nighantu*, Commentary by Chunekar KC. Varanasi: Chaukhambha Bharati Academy; Reprint Edition, 2018.
9. Lad V. *Textbook of Ayurveda: Fundamental Principles of Ayurveda*. Albuquerque, NM: The Ayurvedic Press; 2002.
10. Sharma H, Clark C. *Contemporary Ayurveda: Medicine and Science*. London: Churchill Livingstone Elsevier; 2011.

Source of Support: None declared

Conflict of interest: Nil

© 2025 IJIM (International Journal of Indian Medicine) |

An Official Publication of ARCA- AYURVEDA RESEARCH & CAREER ACADEMY

Website: www.ijim.co.in **Email:** ijimjournal1@gmail.com