

# Ethnobotany Reimagined: Ayurvedic Plant Knowledge and its Resonance in English medical Discourse

Priyanka Gupta<sup>1</sup>, Amita Arjariya<sup>2</sup>

<sup>1</sup>*Research Scholar, Mahatma Gandhi Chitrakoot Gramodaya Vishwavidyalaya Chitrakoot, Satna (M.P.), Department of Biological Science*

<sup>2</sup>*HOD Botany, Maharaja Chhatrashal Bundelkhand Vishwavidyalaya Chhatarpur (M.P.), SoS Botany and Research Centre*

**Abstract-** India's rich heritage of traditional medicine, preserved through Sanskrit texts like Ved, Puran Ramayan, Mahabharat (cultural and spiritual knowledge), Charaka Samhita, Sushruta Samhita (related to medical science), and Parashar Sangeeta (Related with agriculture) holds deep insight into human health and holistic well-being. However, modern medical education, primarily taught in English or local languages, often misses out on this ancient reservoir of practical knowledge. With the introduction of India's National Education Policy (NEP) 2020, a transformative shift is underway that promotes integration of traditional knowledge systems with contemporary science and technology. This research explores how Sanskrit medical literature can be revitalized and connected with modern disciplines such as Artificial Intelligence (AI), computer science, and interdisciplinary humanities to enhance the education and research ecosystem. The study underscores the importance of blending practical ancient wisdom.

**Keywords:** Sanskrit Literature, Traditional Knowledge, NEP, Artificial Intelligence, Holistic Medical Systems.

## INTRODUCTION

**Connecting Ancient Wisdom with Modern Science**  
Many important works of traditional Indian medicine—like the Charaka Samhita, Sushruta Samhita, and writings by Varahamihira and Parashara—were originally written in Sanskrit. These ancient texts contain valuable knowledge about health and healing. National Institute of Indian Medical Heritage (n.d.). e-Samhita: Sushruta Samhita. However, modern students in life sciences, pharmacy, and medicine often study in English or their regional languages, which creates a gap between this classical literature and present-day learning.

To bridge this divide, India's National Education Policy (NEP) 2020 has introduced a new approach

that encourages incorporating traditional knowledge into every field of study. Sharma, A. (2025), Roy, V.K., (2025). This aims to promote the use of ancient wisdom, especially in health sciences, to address modern health issues—like stress, hormonal imbalance, and lifestyle disorders—which are becoming more common due to fast-paced living and social pressures. Bashir, L., (2024).

## Embracing Multidisciplinary Research

NEP 2020 also encourages interdisciplinary research—linking ancient literature with technology, computer science, artificial intelligence, and other modern subjects. Sharma, A. (2025), Roy, V.K., (2025), Tirthali, D., (2024). Future research will combine areas such as literature, economics, politics, history, arts, music, and science to build a holistic understanding. This reflects how ancient knowledge systems were rooted in practical, experience-based learning—especially in fields like nutrition and medicine.

## NEP 2020 and Its Vision

The National Education Policy 2020 aims to bridge this gap by advocating for interdisciplinary and multilingual education Sharma, A. (2025), Roy, V.K., Kumar, (2025). It encourages: it all possible due to computer technology because by internet we can gain and disperse knowledge in multidiscipline as each words has its own meaning in the folk-lore knowledge the rules are given either in Shlok, folktales, totem and taboos so each one have their own important knowledge above these rules are based on practical in ancient literature people were connected with nature they have only symbol of energy like water, air, earth, sun, Vayu. The people believe that human being is the part of these Tattv 'Chati', 'Jal', 'Pawak', 'Gagan', 'Sameer' and all tattv present inside the body the ratio of these tattv are in different rotation in different person according to presence of these tattv they act it is given in

‘Darshan’, ‘Yog Darshan’, ‘Sankhya’, etc which has been also given in Bhagavad Gita, Sharma, N. (2015). so according to my ancient knowledge and their rules man can survive easily. But now a day people are distancing from ancient knowledge and rules by new education policy 2020. It is in trial that how people can again connect with- out Sanskrit and Traditional knowledge to survive. In whole world. Physically, socially and economically

- Study of classical Indian literature as foundational knowledge.
- Integration of traditional healing practices into medical and life science curricula.
- Use of AI and computer science to digitize and translate Sanskrit texts for broader access.

This paves the way for revitalizing ancient Indian wisdom in modern settings—without reducing its depth or content.

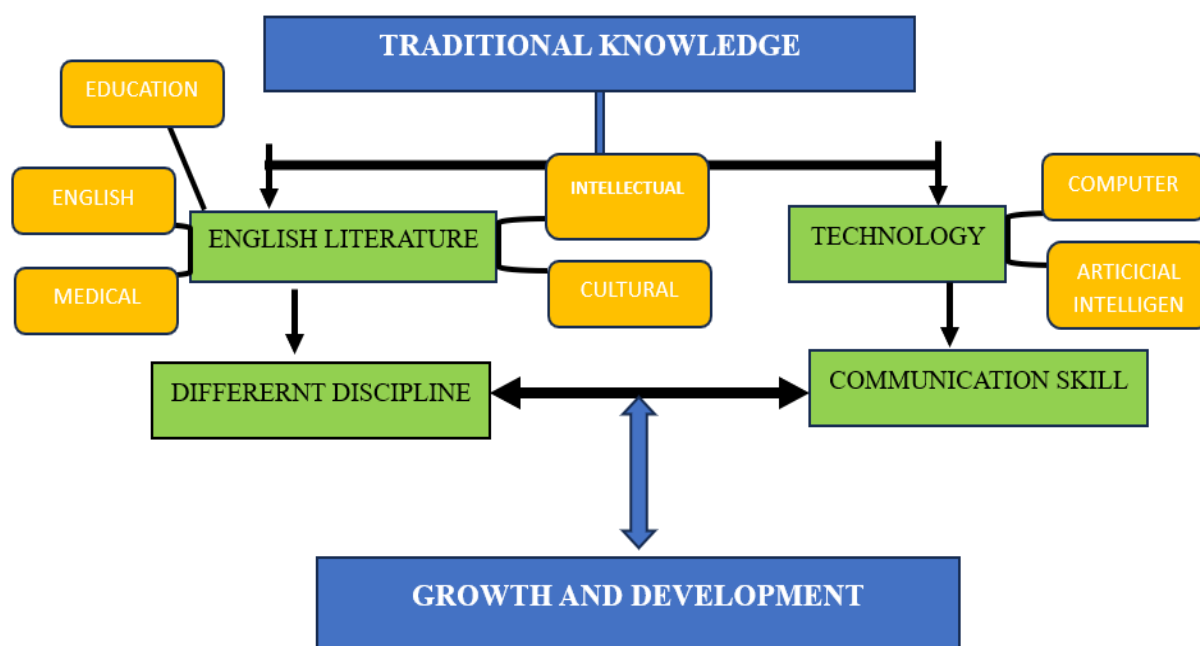


Fig.1. How tradition contribute to growth and development

## DISCUSSION

India's traditional medical literature—embodied in texts like Charaka Samhita, Sushruta Samhita, and the treatises of Varahamihira and Parashara—holds vast reserves of experiential and ecological wisdom. Written originally in Sanskrit, these works not only detail botanical knowledge, healing practices, and human physiology, but also reflect a cosmological understanding of health rooted in the elemental "Panch Tattva" system: Chati (earth), Jal (water), Pawak (fire), Gagan (space), and Sameer (air). These elements, believed to be cyclically present within every individual, guided ancient medical diagnostics and treatments through philosophy (Darshan), yogic science (Yoga Darshan), and metaphysical frameworks (Sankhya), also echoed in texts like the Bhagavad Gita. Sharma, N. (2015).

However, the linguistic and curricular disconnection between ancient Sanskrit texts and contemporary medical education presents a significant challenge. Students today often learn in English or local languages, which limits their engagement with

primary sources of indigenous knowledge. The National Education Policy (NEP) 2020 responds to this gap by encouraging multilingual and interdisciplinary pedagogy, thus facilitating the integration of traditional healing systems into formal curricula across medicine, pharmacy, and life sciences. Sharma, N. (2015).

NEP 2020's emphasis on interdisciplinary research enables collaboration across fields such as computer science, artificial intelligence, literature, and history. For example, AI tools can digitize and translate Sanskrit texts, making them accessible to younger generations while preserving the philosophical depth embedded in shlokas, folklore, taboos, and symbolic narratives. This technological interface ensures that ancient traditions are not merely archived, but actively applied to address modern health challenges like stress, hormonal imbalance, and lifestyle disorders brought on by rapid urbanization and societal pressures.

Furthermore, folklore and vernacular knowledge—expressed through ritual, oral literature, and taboo

customs—provide rich insights into localized practices of health and ecology. These traditions are not arbitrary but grounded in practical, nature-based logic. NEP’s vision is particularly meaningful in this regard: it reframes indigenous knowledge as valid and vital, rather than obsolete. By valuing ancient frameworks as scientific and experiential, it fosters a holistic worldview in education and research. Sharma, N. (2015). With the help of computer and develop communication systems the traditional knowledge system can disperse in all social, political, educational, medical, agricultural, cultural and industrial sites and not only India but a whole world will take a benefit of the cultural and traditional knowledge.

In essence, the NEP 2020 offers a visionary blueprint to reconnect students and researchers with India’s cultural and intellectual heritage. Through digital platforms, linguistic plurality, and cross-disciplinary research, ancient knowledge systems especially Sanskrit medical literature can be revitalized, recontextualized, and re-applied without losing their philosophical and cultural integrity.

#### CONCLUSION

India’s vast reservoir of ancient wisdom, embedded in Sanskrit literature like the Vedas, Puran, Ramayan, Bhagavad Gita, Shruti, Charaka Samhita, and Sushruta Samhita, etc. offers timeless insights into human health, nature’s cycles, and holistic well-

being. However, this knowledge remains underutilized in modern education systems due to linguistic and curricular gaps. The National Education Policy (NEP) 2020 proposes a bold and forward-thinking solution—fusing traditional systems with emerging technologies and interdisciplinary education.

This research highlights how NEP 2020 sets the stage for:

- Reconnecting Modern Learners with foundational Sanskrit medical texts to enrich life sciences and wellness disciplines.
- Restoring Balance between ancient philosophies of living—centered around nature and the five elements—and today’s fragmented lifestyles.
- Harnessing Technology & AI to digitize, translate, and disseminate Sanskrit texts for broader, global accessibility.
- Encouraging Multidisciplinary Collaboration, blending literature, science, technology, and arts to craft a truly holistic academic ecosystem.

Ultimately, this transformation is not just academic—it’s cultural, philosophical, and practical. By embracing both ancient insights and modern innovations, India can lead a new global paradigm where education nurtures not just intelligence, but integrated human flourishing—physically, socially and economically.

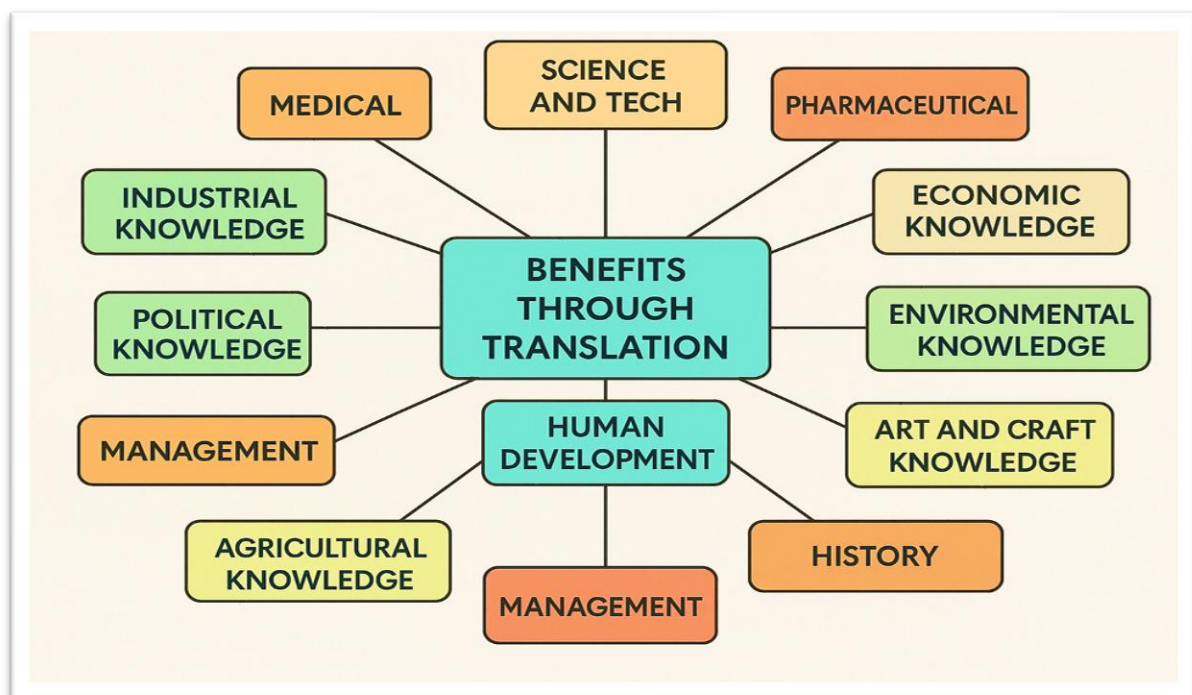


Fig.2. Exploring the Multifaceted Benefits of Translation Across Knowledge Domains

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