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ASHTANGA HRIDAYAM BOOK PDF

This translation of the Astanga Hridayam is essential reading for English speaking students and practitioners of Ayurveda. This text acts as a vital bridge connecting international students of Ayurveda with the ancient sages and great teachers of this fascinating healing tradition.

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Dr Sanjay Pisharodi has provided an excellent new English version of the text that includes the Sanskrit, transliteration, translation and a lucid commentary that makes this Ayurvedic classic accessible in all of its depth and detail. I regard it as the best version of Ashtanga Hridaya available.

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Ashtanga Hridaya (Ashta = 8; Anga = organ) deals with the 8 angas or organs of the body. namely: Kaya chikitsa (treats the body) Baala chikitsa (pediatrics) Griha chikitsa (psychiatry) Urdhvanga...

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As usual the text in original and its faithful English translation have been furnished. These three sections deal mainly with one branch of Ayurveda, viz., Kaya cikitsa (inner medicine). Since the remaining seven branches will be dealt in the Uttara-sthana the sixth and the last section, consolidated lists of diseases, drugs, etc., will be ...

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Ashtanga Hridayam In English

More: English to English translation of ashtanga "eight limbs" (ash + anga) meaning the eight parts or stages into which the sage Patanjali divided Yoga when he traveled throughout India about 200

B.C.E., studying everything that he could find by the name of Yoga.

Translation of Ashtanga in English

This translation of the Astanga Hridayam is essential reading for English speaking students and practitioners of Ayurveda. The breadth of information, clarity, and practical application one can gain from reading and studying this book is unmatched by any of the other English translations.

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