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1 Ashtangahridaya

Sutrasthana 29

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Hridaya was written by  
a Buddhist physician  
named Vagbhata circa

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Since the remaining seven branches will be dealt in the Uttara-sthana the

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six sections, Sutrasthana  
of Ashtanga Hridayam is  
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is an English translation  
of the first section

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original Sanskrit text.

The translation includes  
maximum Sanskrit  
words with their English  
meanings.

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The term "Ayu"  
meaning life is a  
combination of the  
Shareera (The Body),  
Indriya (Sense Organs),  
Satva (The Mind) &  
Atma (The Soul). The  
body when combined  
with other three i.e  
sense organs, mind and  
soul, becomes life.

Without the



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combination of all four,  
life does not exist.

Synonyms of life are

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(Ashta = 8; Anga =  
organ) deals with the 8  
angas or organs of the

body. namely: Kaya  
chikitsa (treats the body)

Baala chikitsa

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(pediatrics) Griha  
chikitsa (psychiatry)  
Urdhvanga...

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Sutrasthana - Apps on

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More: English to

English translation of  
ashtanga "eight limbs"

(ash + anga) meaning  
the eight parts or stages  
into which the sage

Patanjali divided Yoga

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when he traveled  
throughout India about  
200 B.C.E., studying  
everything that he could  
find by the name of  
Yoga.

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