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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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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.

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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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