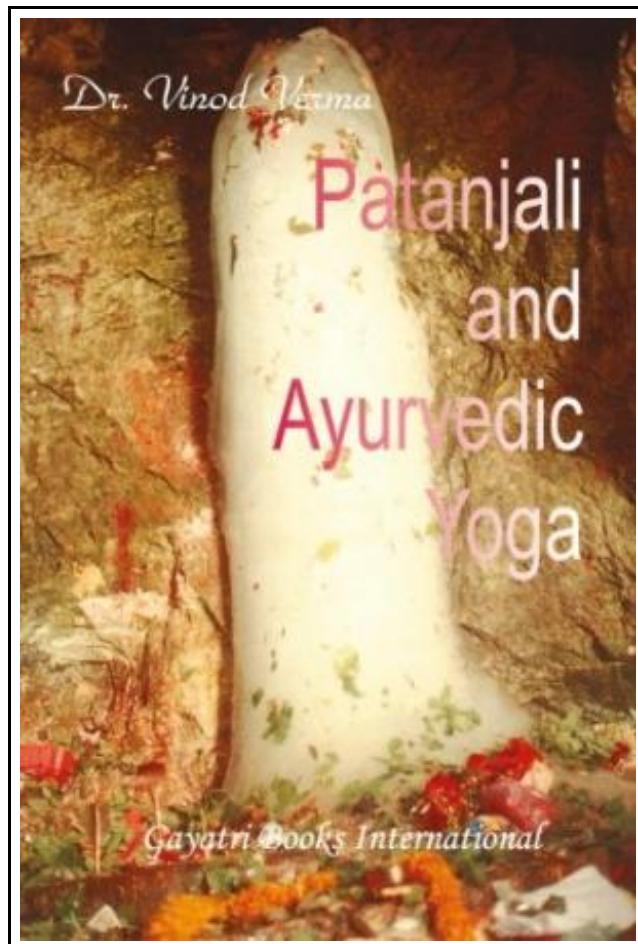


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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Patanjali Yoga Sutras or Aphorisms written about 2600 years ago, condense the yogic tradition that existed in India 3600 years before that time. This period was also the golden period of Ayurveda. Both these disciplines are concerned primarily with the well being of the body, though their aims are different. The aim of yoga is to achieve eternity by getting over the bondage with the body and being one with the Universal Soul or Purusha. One needs a strong and healthy body to rise over the physicality. Ayurveda is the Science of health and healing from ancient India and is primarily concerned with the optimum quality of life, longevity and freedom from ailments. The author has shown in her previous books how Charaka has emphasized the values of yoga for maintaining good health. Charaka has stressed the importance of sattva (inner peace and stillness) to balance rajas (activity) and tamas (inertia) for maintaining health and equilibrium. Present book integrates the disciplines of yoga and Ayurveda and demonstrates that both have the same fundamental principles of Samkhya school of thought. Dr. Verma has compared the concept of body in both these disciplines and given special programmes to integrate this timeless wisdom in everyday life of modern people. The book is extremely valuable for understanding both the classical yoga as well as essence of Ayurveda. It is a precious guide to manage stress, enhance concentration and memory, as well as body s energy. This book is equally important for scholars who are interested in the concept of body and human creative dimension. This is the third edition of the book. Other publications of Dr. Verma 1.Patanjali s Yoga Sutra: A...

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