



## Patanjali and Ayurvedic Yoga (Paperback)

By Dr Vinod Verma

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...



**READ ONLINE**  
[ 1.21 MB ]

### Reviews

*It is really an amazing pdf which i have possibly go through. Indeed, it really is play, nevertheless an amazing and interesting literature. I am just very happy to let you know that this is the best ebook i have got study in my very own life and might be he very best ebook for actually.*

-- **Evan Sporer**

*This book might be really worth a read, and superior to other. This really is for all who statte there had not been a really worth studying. I am just happy to tell you that this is basically the very best pdf i actually have read through during my very own lifestyle and may be he best ebook for actually.*

-- **Elnora Ruecker**