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Candidates preparing for entrance exams to get admission in Ayurveda related courses can find several books and also guidance from different websites. Some of the exams are mentioned below: ...

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Contents: Historical Development of Bhaishajya Kalpana - Bhaishajya Kalpana-Adharabhuta Siddhantas - Mana Paribhasa - Ausadha Kalpana - Curna Kalpana - Vati Kalpana (Preparation of Pills/ Tablets) - Avaleha Kalpana - Sneha Kalpana - Sandhana Kalpana - Pathya Kalpana - Bahya Kalpana - Netra Kalpana - Mukha Kalpana (Gandusa and Kavala Kalpana) - Nasika Kalpana - Dhumapana Kalpana - Vast Kalpana - Dravya Sodhana - Ausadha Nirmana Sala and Yantras - Ausadha Vitarana (Marketing of Ayurvedic Drugs).

Treatise on practical therapeutics in ayurveda system in Indic medicine.

The Alchemical Body excavates and centers within its Indian context the lost tradition of the medieval Siddhas. Working from previously unexplored alchemical sources, David Gordon White demonstrates for the first time that the medieval disciplines of Hindu alchemy and hatha yoga were practiced by one and the same people, and that they can be understood only when viewed together. White opens the way to a new and more comprehensive understanding of medieval Indian mysticism, within the broader

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context of south Asian Hinduism, Buddhism, Jainism, and Islam. "White proves a skillful guide in disentangling historical and theoretical complexities that have thus far bedeviled the study of these influential aspects of medieval Indian culture."—Yoga World "Anyone seriously interested in finding out more about authentic tantra, original hatha yoga, embodied liberation . . . sacred sexuality, paranormal abilities, healing, and of course alchemy will find White's extraordinary book as fascinating as any Tom Clancy thriller."—Georg Feuerstein, Yoga Journal

The book contains remedies using

- Household ingredients such as ghee, honey, garlic, turmeric.
- Spices such as ginger, cumin, black pepper and clove.
- Pulses like black gram, green gram, horse gram.
- Dairy products such as butter, ghee and yoghurt.
- Dry fruits and nuts such as walnuts, dates, almonds and raisins.
- Fruits such as pineapple, custard apple, banana and mango.
- Vegetables like okra, cucumber, radish, carrot and more!

Remedies from ancient Ayurveda textbooks - Charaka Samhita, Sushruta Samhita, Ashtanga Hrudayam etc. Explanation of how exactly the remedies are useful, in which particular symptoms, in which stage of disease? Folklore, tribal remedies from communities such as Soliga, Guni etc.

Text with translation of the *ayurvedasaukhya*, one of the 22 sections of *To ar nanda*, encyclopaedic work compiled under the guidance of *To ar amalla*, d. 1589.

Complemented by (work): *The ECG Made Easy*. Eighth edition. 2013.

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