



# Acharya Vagbhata's Astanga Hridayam Vol 1: The Essence of Ayurveda (Volume)

*Dr Sanjay Pisharodi*

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For students of yurveda who are unable to read Sanskrit, learning the intricacies of this subtle and complex healing science is challenging, if not impossible. Without the ability to transfer the principles expounded in the ancient texts into practical application according to the time, place, and person being treated, proper results cannot be achieved. During his own study of yurveda, Dr. Sanjay Pisharodi discovered some of the available English translations to be incomplete and inaccurate. Now, as the founder of the Purnarogya Holistic Health Care & Research Pvt Ltd, an institution dedicated to preserving, promoting, and propagating the teachings of the yurvedic texts, he presents the most authentic English translation of the A ga H dayam to date. Because it is the most practical, concise, and clinical in its presentation and contains the essential points from all the great classics, this text serves as an excellent teaching tool. Through exacting transliteration and translation of every word and verse, Dr. Pisharodi provides unparalleled access to the knowledge imparted in the A ga H daya, including the enriching commentary. This text acts as a vital bridge connecting international students of yurveda with the ancient sages and great teachers of this fascinating healing tradition.

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