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sthana, Cikitsita sthana and kalpasiddhi sthana-the third, fourth and fifth sections of Astangahrdaya of Vagbhata. As usual the text in original and its faithful English translation have been furnished. These three sections deal mainly with one branch of Ayurveda, viz., Kaya cikitsa (inner medicine).

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(SarvangaSundara) of Arunadatta and (AyurvedaRasayana) of Hemadri. The Astanga Hridaya was written by a Buddhist physician named Vagbhata circa 500-600 CE.

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The Ashtanga Hridayam, the "Heart or Essence of all the Eight Branches of Ayurveda," is one of the fundamental

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ancient root texts of Ayurveda. Today, the Ashtanga Hridayam continues to serve as a root source for Ayurvedic philosophy and protocol, providing clear guidelines in all aspects of health.

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