



P E N G U I N



C L A S S I C S

# *The Roots of Ayurveda*

# Roots Of Ayurveda Selections From Sanskrit Medical Writings

**Steven E. Lindquist**



## **Roots Of Ayurveda Selections From Sanskrit Medical Writings:**

*The Roots of Ayurveda* D. Wujastyk, 1998 Ayurveda the ancient art of healing has been practiced in India for more than two thousand years and survives today as a living medical tradition whose principles are at the heart of many alternative therapies now used in the West This science of longevity has parallels with Buddhist thought and advocates a life of moderation through which the three humors of the body will be brought into balance The writings selected for this volume are taken from Sanskrit medical texts written by the first Ayurvedic physicians who lived between the fifth century b c and the fourteenth century a d Here readers will find wide ranging and fascinating advice on the benefits of garlic therapy prayers for protection against malevolent disease deities surgical techniques exercise regimens the treatment of poisons the interpretation of dreams and more

**The Bloomsbury Research Handbook of Emotions in Classical Indian Philosophy** Maria Heim, Chakravarthi Ram-Prasad, Roy Tzohar, 2021-04-08 Drawing on a rich variety of premodern Indian texts across multiple traditions genres and languages this collection explores how emotional experience is framed evoked and theorized in order to offer compelling insights into human subjectivity Rather than approaching emotion through the prism of Western theory a team of leading scholars of Indian traditions showcases the literary texture philosophical reflections and theoretical paradigms that classical Indian sources provide in their own right The focus is on how the texts themselves approach those dimensions of the human condition we may intuitively think of as being about emotion without pre judging what that might be The result is a collection that reveals the range and diversity of phenomena that benefit from being gathered under the formal term emotion but which in fact open up what such theorisation representation and expression might contribute to a cross cultural understanding of this term In doing so these chapters contribute to a cosmopolitan comparative and pluralistic conception of human experience Adopting a broad phenomenological methodology this handbook reframes debates on emotion within classical Indian thought and is an invaluable resource for researchers and students seeking to understand the field beyond the Western tradition

**Daemons Are Forever** David Gordon White, 2024-05-31 A richly illustrated tapestry of interwoven studies spanning some six thousand years of history *Daemons Are Forever* is at once a record of archaic contacts and transactions between humans and protean spirit beings *dmons* and an account of exchanges among human populations of the science of spirit beings *dmonology* Since the time of the Indo European migrations and especially following the opening of the Silk Road a common *dmonological* vernacular has been shared among populations ranging from East and South Asia to Northern Europe In this virtuoso work of historical sleuthing David Gordon White recovers the trajectories of both the inner demons cohabiting the bodies of their human hosts and the outer *dmons* that those same humans recognized each time they encountered them in their enchanted haunts sylvan pools sites of geothermal eruptions and dark forest groves Along the way he invites his readers to reconsider the potential and promise of the historical method in religious studies suggesting that a connected histories approach to Eurasian *dmonology*

may serve as a model for restoring history to its proper place at the heart of the discipline of the history of religions **The Routledge History of Madness and Mental Health** Greg Eghigian, 2017-04-07 The Routledge History of Madness and Mental Health explores the history and historiography of madness from the ancient and medieval worlds to the present day Global in scope it includes case studies from Africa Asia and South America as well as Europe and North America drawing together the latest scholarship and source material in this growing field and allowing for fresh comparisons to be made across time and space Thematically organised and written by leading academics chapters discuss broad topics such as the representation of madness in literature and the visual arts the material culture of madness the perpetual difficulty of creating a classification system for madness and mental health madness within life histories the increased globalisation of knowledge and treatment practices and the persistence of spiritual and supernatural conceptualisations of experiences associated with madness This volume also examines the challenges involved in analysing primary sources in this area and how key themes such as class gender and race have influenced the treatment and diagnosis of madness throughout history Chronologically and geographically wide ranging and providing a fascinating overview of the current state of the field this is essential reading for all students of the history of madness mental health psychiatry and medicine **Histories of Health and Materiality in the Indian Ocean World** Anne Gerritsen, Burton Cleetus, 2023-01-12 Introducing materiality into the study of the history of medicine this volume hones in on communities across the Indian Ocean World and explores how they understood and engaged with health and medical commodities Opening up spatial dimensions and challenging existing approaches to knowledge power and the market it defines therapeutic commodity and explores how different materials were understood and engaged with in various settings and for a number of purposes Offering new spatial realms within which the circulation of commodities created new regimes of meaning Histories of Health and Materiality in the Indian Ocean World demonstrates how medicinal substances have had immediate and far reaching economic and political consequences in various capacities From midwifery and umbilical cords to the social spaces of soap perfumes in early modern India and remedies for leprosy this volume considers a vast range of material culture in medicinal settings to better understand the history of medicine and its role in global connections since the early 17th century **Aging in World History** David G. Troyansky, 2015-10-05 In Aging in World History David G Troyansky presents the first global history of aging At a time when demographic aging has become a source of worldwide concern and more people are reaching an advanced age than ever before the history of old age helps us understand how we arrived at the treatment of aging in the modern world This concise volume expands that history beyond the West to show how attitudes toward aging the experiences of the aged and relevant demographic patterns have varied and coalesced over time and across the world From the ancient world to the present this book introduces students and general readers to the history of aging on two levels the experience of individual men and women and the transformation of populations With its attention to cultural traditions medicalization decades of historical

scholarship and current gerontology Aging in World History is the perfect starting point for an exploration of this increasingly universal aspect of human experience      The Mahabharata Patriline Simon Pearse Brodbeck,2017-03-02 The Sanskrit Mahabharata which contains the Bhagavad Gita is sorely neglected as a classic perhaps the classic of world literature and is of particularly timely human importance in today s globalised and war torn world This book is a chronological survey of the Sanskrit Mahabharata s central royal patriline a family tree that is also a list of kings Brodbeck explores the importance and implications of patrilineal maintenance within the royal culture depicted by the text and shows how patrilineal memory comes up against the fact that in every generation a wife must be involved with the consequent danger that the children might not sustain the memorial tradition of their paternal family The Mahabharata Patriline bridges a gap in text critical methodology between the traditional philological approach and more recent trends in gender and literary theory Studying the Mahabharata as an integral literary unit and as a story stretched over dozens of generations this book casts particular light on the events of the more recent generations and suggests that the text s internal narrators are members of the family whose story they tell      History of Toxicology and Environmental Health Philip Wexler,2014-09-18 This volume Toxicology in Antiquity II continues to tell the story of the roots of toxicology in ancient times Readers learn that before scientific research methods were developed toxicology thrived as a very practical discipline Toxicologists are particularly proud of the rich and storied history of their field and there are few resources available that cover the discipline from a historical perspective People living in ancient civilizations readily learned to distinguish safe from hazardous substances how to avoid these hazardous substances and how to use them to inflict harm on enemies Volume II explores the use of poison as weapons in war and assassinations early instances of air pollution the use of hallucinogens and entheogens and the role of the snake in ancient toxicology Provides the historical background for understanding modern toxicology Illustrates the ways ancient civilizations learned to distinguish safe from hazardous substances how to avoid the hazardous substances and how to use them against enemies Details scholars who compiled compendia of toxic agents      **The Himalayas** Andrew J. Hund,James A. Wren,2018-06-15 A thorough and detailed resource that describes the history culture and geography of the Himalayan region providing an indispensable reference work to both general readers and seasoned scholars in the field The Himalayas An Encyclopedia of Geography History and Culture serves as a convenient and authoritative reference for anyone exploring the region and seeking to better understand the history events peoples and geopolitical details of this unique area of the world It explores the geography and details of the demographics discusses relevant historical events and addresses socioeconomic movements political intrigues and controversies and cultural details as to give an overarching impression of the region as a coherent and cohesive whole Readers will come away with a vastly heightened understanding of the geographical region we recognize as the Himalayas and grasp the issues of geography history and culture that are central to contemporary understandings of the human culture in the region The alphabetically

arranged and succinct entries provide easy access to detailed authoritative information. Additionally, sidebars throughout the book relate compelling facts that point readers to new and interesting avenues of exploration. The volume also includes a chronological overview of the region, ten primary source documents, and a comprehensive bibliography of supporting works.

*Recipes for Immortality* Richard S Weiss, 2009-02-19 In this book, Weiss seeks to illuminate the present success of traditional doctors by examining the ways that Siddha practitioners in Tamil South India have won the trust and patronage of patients. They do this, he shows, by offering affiliation to a timeless and pure community, the fantasy of a Tamil utopia, and even the prospect of immortality.

The Wiley Blackwell Companion to Hinduism Gavin Flood, 2022-05-23 An accessible and up-to-date survey of scholarly thinking about Hinduism, perfect for courses on Hinduism or world religions. The Wiley Blackwell Companion to Hinduism examines the historical trajectories that have led to the modern religion of Hinduism. Covering main themes such as philosophy, practice, society, and science, this comprehensive volume brings together a variety of approaches and perspectives in Hindu Studies to help readers better appreciate the richness, complexity, and diversity of Hinduism. Essays by acknowledged experts in the field present historical accounts of all major traditions, analyze key texts, engage with Hindu theology and philosophy, address contemporary questions of colonialism and identity, and more. Throughout the text, the authors highlight the links, common threads, and issues that reoccur in the history of Hinduism. Fully revised and updated, the second edition of the Companion incorporates the most recent scholarship and reflects the trend away from essentialist understandings of Hinduism. New chapters examine the Goddess tradition, Hindu diaspora, Hinduism and inter-religious comparison, Hindu philosophy, and Indian astronomy, medicine, language, and mathematics. This edition places further emphasis on the importance of region-specific studies in analyzing Hinduism, discusses important theoretical issues, and offers fresh perspectives on current discourse in Hindu society and politics. Provides a thorough overview of major texts, their histories, and the traditions that preserve them. Describes the major textual traditions in Sanskrit with examples in different Indian vernacular languages. Addresses major issues and contemporary debates about the nature and study of Hinduism. Discusses the importance of systematic, rational thinking in Indian sciences, philosophy, and theology. Examines key socio-political themes in Hinduism that are of particular relevance to the modern world. The Wiley Blackwell Companion to Hinduism, Second Edition, is an excellent text for undergraduate courses on Hinduism in Religious Studies and Philosophy departments and an invaluable resource for scholars and researchers in Hindu Studies.

**The Idea of Ancient India** Upinder Singh, 2023-08-28 How can the complexities of ancient India be comprehended? This book draws on a vast array of texts, inscriptions, archaeology, archival sources, and art to delve into themes such as the history of regions and religions, archaeologists and the modern histories of ancient sites, the interface between political ideas and practice, violence and resistance, and the interactions between the Indian subcontinent and the wider world. It highlights recent approaches and challenges in reconstructing South Asia's early history and, in doing so, brings out the exciting complexities of ancient India.

Authoritative and incisive this revised Penguin edition with two new chapters is essential reading for students and scholars of ancient Indian history and for all those interested in India's past

**The New Health Age** David Houle, Jonathan Fleece, 2011-12-01 We live in a transformational time in the history of medicine and health care The twenty first century will be a time of dramatic change incredible breakthroughs and totally altered thinking about health medicine and health care delivery This book sets forth what health care and medicine will look like in the years ahead It takes a look at history the transformational changes going on today the health of Americans the nine dynamic flows that are shaping health care in the United States and definitions and descriptions of the new institutions of the future landscape of health care and medicine It is already being called THE book to intelligently shape and guide the discussion and reorganization of health care reform in America From leading futurist David Houle recently named Speaker of the Year by Vistage International and leading healthcare attorney Jonathan Fleece comes this surprising innovative look at the future of healthcare and how we can lead the successful reorganization of healthcare in America

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**Health and Religious Rituals in South Asia** Fabrizio Ferrari, 2011-03-07 Drawing on original fieldwork this book develops a fresh methodological approach to the study of indigenous understandings of disease as possession and looks at healing rituals in different South Asian cultural contexts Contributors discuss the meaning of disease possession and healing in relation to South Asian religions including Hinduism Islam Buddhism and Sikhism and how South Asians deal with the divine in order to negotiate health and wellbeing The book goes on to look at goddesses gods and spirits as a cause and remedy of a variety of diseases a study that has proved significant to the ethics and politics of responding to health issues It contributes to a consolidation and promotion of indigenous ways as a method of understanding physical and mental imbalances through diverse conceptions of the divine Chapters offer a fascinating overview of healing rituals in South Asia and provide a full length sustained discussion of the interface between religion ritual and folklore The book presents a fresh insight into studies of Asian Religion and the History of Medicine

**Dharma** Patrick Olivelle, 2009-01-01 This is the first scholarly book devoted to the study of the term dharma within the broad scope of Indian cultural and religious history

Most generalizations about Indian culture and religion upon close scrutiny turn out to be inaccurate. An exception undoubtedly is the term dharma. This term and the notions underlying it clearly constitute the most central feature of Indian civilization down the centuries irrespective of linguistic sectarian or regional differences. The nineteen papers included in this collection deal with many significant historical manifestations of the term dharma. These studies by some of the leading scholars in the respective fields will both present a more nuanced picture of the semantic history of dharma by putting contours onto the flat landscape we have inherited and spur further studies of this concept so central for understanding the cultural history of the Indian subcontinent.

*Medicine and Colonial Identity* Bridie Andrews, Mary P. Sutphen, 2003-09-02  
This volume shows how the study of medicine can provide new insights into colonial identity and the possibility of accommodating multiple perspectives on identity within a single narrative.

*Religion, Devotion and Medicine in North India* Fabrizio M. Ferrari, 2014-11-20  
This volume examines notions of health and illness in North Indian devotional culture with particular attention paid to the worship of the goddess Sitala, the Cold Lady. Consistently portrayed in colonial and postcolonial literature as the ambiguous smallpox goddess, Sitala is here discussed as a protector of children and women, a portrayal that emerges from textual sources as well as material culture. The eradication of smallpox did not pose a threat to Sitala and her worship. She continues to be an extremely popular goddess. *Religion, Devotion and Medicine in North India* critically examines the rise and affirmation of the smallpox myth in India and beyond and explains how Indian narratives, ritual texts and devotional songs have celebrated Sitala as a loving mother who protects her children from the effects and the fear of poxes, fevers and infantile disorders but also all sorts of new threats such as global pandemics, addictions and environmental catastrophes. The book explores a wide range of ritual and devotional practices including scheduled festivals, songs, vows, pageants, austerities, possession, animal sacrifices and various forms of offering. Built on extensive fieldwork and a close textual analysis of sources in Sanskrit and vernacular languages, Hindi, Bhojpur and Bengali, as well as on a rich bibliography on the struggle against smallpox in colonial and postcolonial India, the book reflects on the ambiguous nature of Sitala as a phenomenon largely dependent on the enduring fascination with the exotic and the horrific that has pervaded public renditions of Indian culture in indigenous fiction, colonial reports, medical literature and now global culture. To aid study, the volume includes images, web links, appendixes and a filmography.

*Religion and Identity in South Asia and Beyond* Steven E. Lindquist, 2013-12-01  
This volume brings together sixteen articles on the religions, literatures and histories of South and Central Asia in tribute to Patrick Olivelle, one of North America's leading Sanskritists and historians of early India. Over the last four decades, the focus of his scholarship has been on the ascetic and legal traditions of India, but his work as both a researcher and a teacher extends beyond early Indian religion and literature. *Religion and Identity in South Asia and Beyond* is a testament to that influence. The contributions in this volume, many by former students of Olivelle, are committed to linguistic and historical rigor combined with sensitivity to how the study of Asia has been changing over the



last several decades      **Science and Society in Modern India** Deepak Kumar, 2023-08-24 The book delineates the role and place of the Western scientific discourse which occupied an important place in the colonization of India During the colonial period science became one of the foundations of Indian modernity and the nation state Gradually the educated Indians sought to locate modern scientific ideas and principles within Indian culture and adopted those for the economic regeneration of the country The discursive terrain of the history of science especially in the context of a society with a very long and complex past is bound to be replete with numerous debates on its nature and evolution its changing contours its complex civilizational journey and finally the enormous impact it has on our own life and time The book offers a useful introduction to science society and government interface in the Indian context

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