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Like all research, it is possible that the origin of this philosophy was lost in the past and only the memory of the priests was preserved. However, it is believed that the technology of Ayurveda evolved from the knowledge that was considered to be the most powerful of all the Vedic sciences which addressed the science of medicine (Hindi: Ayurveda, Siddha, Unani). It is also called the 'Seven Sittings of Ayurveda.' In this time period, the yajurvedic texts were very much the most important ones in the knowledge that made up this natural science and of course Ayurveda constituted a major portion of the whole system. Therefore it is obvious that the text book that was the most important to its knowledge was the Bhaagavata Samhita. Although the Bhaagavata Samhita is a text book that belongs to the maitri yog (those that are true to the heart) because it was authored and compiled by the great sage and Acharya King Bhagiratha. Hi, I have a doubt on texts like Vastu Shashtra, Vastu Charak and Ashtanga Hridayam. The hindi/english version of these books are available online. Is it sufficient to learn from these books and you donot need to read the english version? There is a great website which provides online Vedic classes, i know they have a very extensive directory of all kinds of things. Look up Vedic Shuddhi and ShuddhiVidya, you will find books related to yoga, Vedic knowledge, astrology, meditation etc. The Hymns of Ashtanga Hridayam is included in the library, which is big. Some of you are asking where to download Ashtanga Hridayam in Hindi and English pdf formats. I am answering those questions here. To my knowledge, Sastrarajiv Dixit has written only 2 books in Hindi: Mayamatam and Manasara. The former is the most popular book on Vastu Shashtra/Astrology.

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