



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

By Dr. Sanjay Pisharodi

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For students of Ayurveda 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 Ayurveda, Dr. Sanjay Pisharodi discovered some of the available English translations to be incomplete and inaccurate. In his book, Dr. Pisharodi presents the most authentic English translation of the Ashtanga Hridayam to date. This book has word by word translation of each Sanskrit verse, exact translation and transliteration of each verse, author's own commentary as well as translation of the commentaries of other Acharyas for that particular verse. This book gives unparalleled access to the knowledge imparted in the Ashtanga Hridaya. 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. This text acts as a vital bridge connecting international students of Ayurveda with the ancient sages and great teachers of this fascinating healing tradition.

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Editorial Review

Review

"Ashtanga Hridayam is one of the three great ancient classics of Ayurveda and among these, perhaps the most comprehensive and easy to understand. Dr Sanjay Pisharodi has provided an excellent new English version of the text that includes the Sanskrit, transliteration, translation and a lucid commentary that makes this Ayurvedic classic accessible in all of its depth and detail. I regard it as the best version of Ashtanga Hridaya available. All serious students of Ayurveda, East and West, can benefit from studying the book and keeping it as an important reference guide."

-Dr. David Frawley (Padma Bhushan)

Padma Bhushan (3rd highest civilian award) in 2015 by the President of India

Director, American Institute of Vedic Studies

Founder and first president of American Council of Vedic Astrology

"Though among Ayurveda's brhat trayi Astanga Hridayam is today the most actively consulted and employed of the three, a translation of this work by Vagbhata (whose name literally means "Language Expert") worthy of its author has long sadly been lacking. At long last this lacuna has been filled, with this effort which is written in clear, grammatical English and contains in addition traditional commentaries. All serious students of Ayurveda will find this rendition of great benefit, a book which is likely to actively benefit the spread of the Science of Life to all who require it."

-Dr. Robert E Svoboda

First person from the western world to complete the BAMS degree from India

Author of the section on Ayurveda in Encyclopaedia Britannica 2000, Prakriti, Aghora etc.

Svadhya (self study) of the Astanga Hridaya is a continuous exercise that an aspiring physician has to engage with to get established in the Ayurvedic thought process and to apply it in clinical practice. This process can be compared with repeated diving into the ocean to collect precious gems that lie on the ocean floor. Every time, the diver comes up with new discoveries and in a similar manner, the diligent student of the Astanga Hridaya is able to discover many layers of meanings and principles of Ayurveda through the constant svadhya. Dr. Sanjay's verse by verse, word by word translation and interpretation of the Astanga Hridaya is a good example of harvest that can be reaped through Svadhya. I am sure this work will serve as a stimulation for aspirants of Ayurveda to engage in a deeper study of the text.

-Dr. Ram Manohar

Research Director at Amrita School of Ayurveda

Director and Chief Scientific Officer at AVP Research Foundation

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available. All serious students of Ayurveda, East and West, can benefit from studying the book and keeping it as an important reference guide." -Dr. David Frawley (Pa??it V?madeva ??stri) Padma Bh??a? (3rd highest civilian award) in 2015 by the President of India Director, American Institute of Vedic Studies Founder and first president of American Council of Vedic Astrology "Though among Ayurveda's brhat trayi Astanga Hridayam is today the most actively consulted and employed of the three, a translation of this work by Vagbhata (whose name literally means "Language Expert") worthy of its author has long sadly been lacking. At long last this lacuna has been filled, with this effort which is written in clear, grammatical English and contains in addition traditional commentaries. All serious students of Ayurveda will find this rendition of great benefit, a book which is likely to actively benefit the spread of the Science of Life to all who require it." -Dr. Robert E Svoboda First person from the western world to complete the BAMS degree from India Author of the section on Ayurveda in Encyclopaedia Britannica 2000, Prakriti, Aghora etc. Svadhyaya (self study) of the Astanga Hridaya is a continuous exercise that an aspiring physician has to engage with to get established in the Ayurvedic thought process and to apply it in clinical practice. This process can be compared with repeated diving into the ocean to collect precious gems that lie on the ocean floor. Every time, the diver comes up with new discoveries and in a similar manner, the diligent student of the Astanga Hridaya is able to discover many layers of meanings and principles of Ayurveda through the constant svadhyaya. Dr. Sanjay's verse by verse, word by word translation and interpretation of the Astanga Hridaya is a good example of harvest that can be reaped through Svadhyaya. I am sure this work will serve as a stimulation for aspirants of Ayurveda to engage in a deeper study of the text. -Dr. Ram Manohar Research Director at Amrita School of Ayurveda Director and Chief Scientific Officer at AVP Research Foundation

About the Author

Dr. Sanjay Pisharodi is uniquely qualified in both modern and traditional medicine. After completing his degree in palliative medicine, he worked for many years with terminally ill patients and served as the director of several hospitals before deciding to leave behind his promising career to study Ayurveda and other traditional healing arts. He completed an Ayurveda practitioner level course in the United States and advanced training at the National Research Institute of Panchakarma as well as other prominent institutes in India, before going on to study privately with many prominent Ayurvedic physicians in South India. His passion for Ayurvedic medicine led him to establish the Purnarogya Holistic Health Care & Research Pvt Ltd, an institution that provides treatments and education and is dedicated to preserving, promoting, and propagating the teachings of Ayurveda—especially providing access to the ancient Sanskrit texts to international students.

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