

B.Sc. Yoga, 1st Semester

Paper - II : Introduction of Hatha Yoga and It's Texts

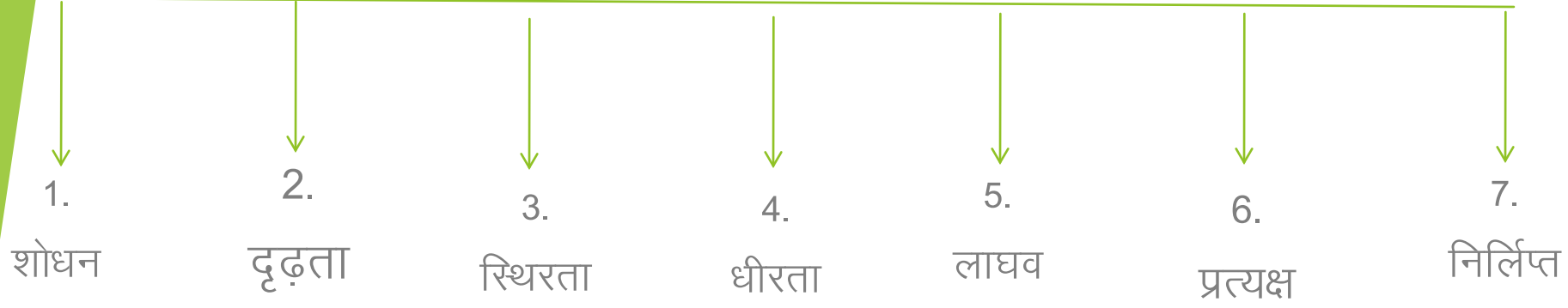
घेरण्ड संहिता का सामान्य परिचय

(Role of Shuddhi Prakriya in preventive and curative Health)

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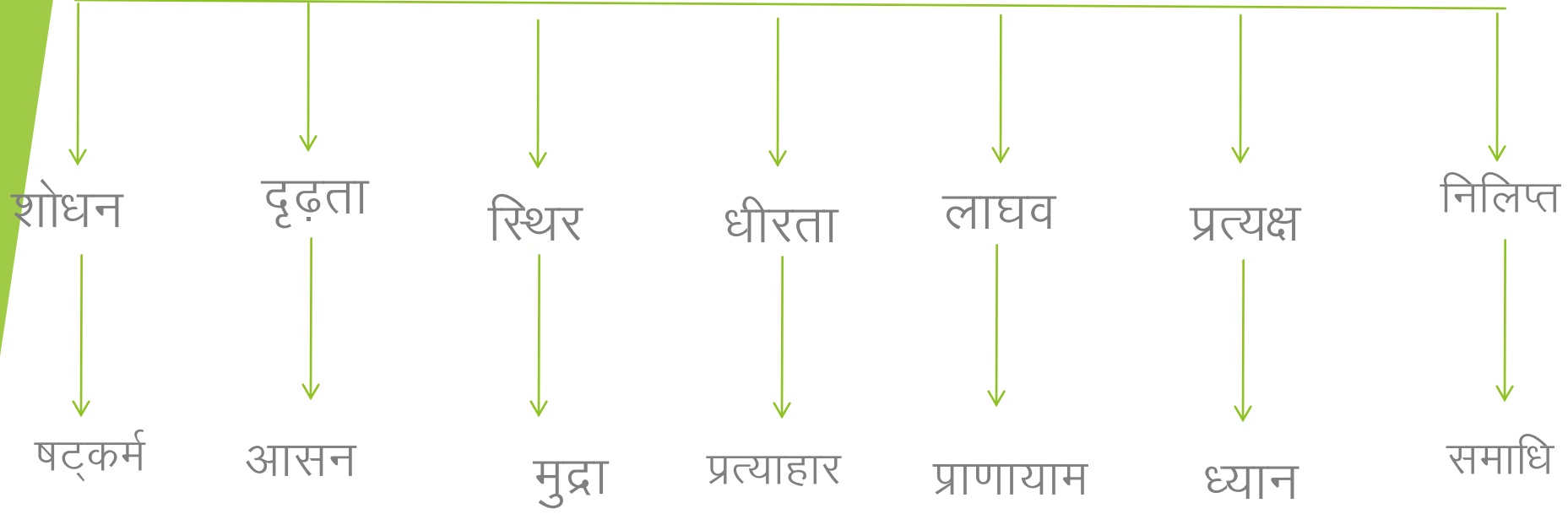
घेरण्ड संहिता

सप्तसाधन



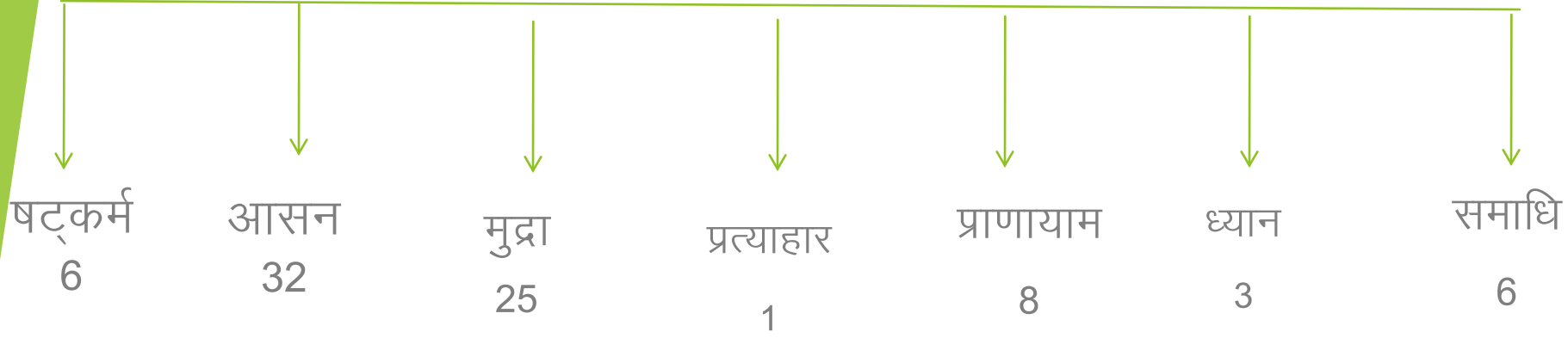
घेरण्ड संहिता

सप्तअंग

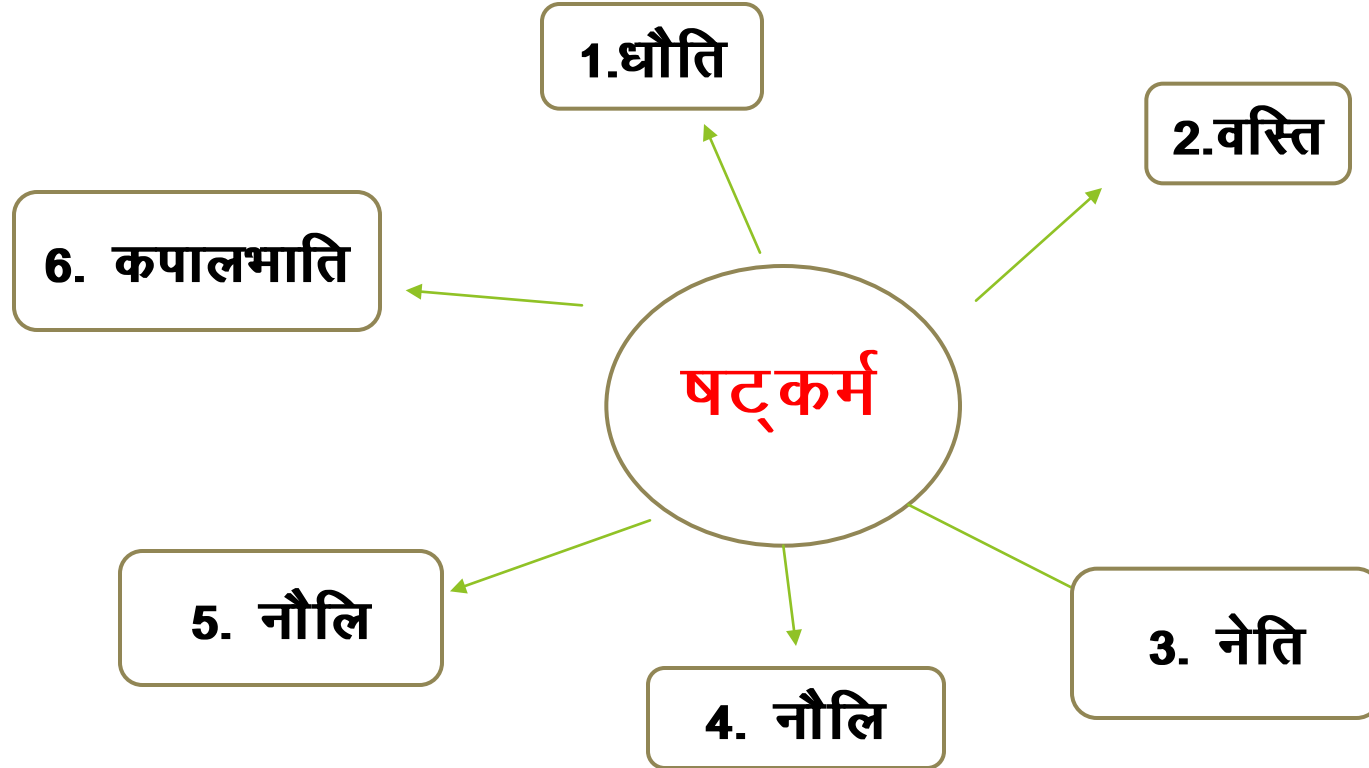


घेरण्ड संहिता

सप्तअंग



घट 'शुद्धि षट्कर्म



धौतिर्वस्तिस्तथा नेतिः लौलिकी त्राटकं तथा ।
कपालभातिश्चैतानि षट् कर्माणि समाचरेत् ॥ घेरण्ड संहिता 1 / 12



धन्यवाद