

DECLARATION BY THE CANDIDATE

I hereby declare that the thesis entitled “Study Of *Nidra As Adharniya Vega & Its Management With Bhramari Pranayam*” submitted by me to the Bharati Vidyapeeth University, Pune for the degree of **Doctor of Philosophy (Ph.D.)** in Swasthavritta under the Faculty of Ayurved is original piece of work carried out by me under the supervision of Prof. Dr. V. V. Bhalsing.

I further declare that it has not been submitted to this or any other university or Institution for the award of any degree or Diploma.

I also confirm that all the material which I have borrowed from other sources and incorporated in this thesis is duly acknowledged. If any material is not duly acknowledged and found incorporated in this thesis, it is entirely my responsibility. I am fully aware of the implications of any such act which might have been committed by me advertently or inadvertently.

Place : Pune

Date / /2016

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