BIBLIOGRAPHY


47. Shiv Kumar Dr, *Sānkhya Thought in the Brahmanical Systems of Indian Philosophy*, Eastern Book Linkers, 58 25, New Chandrawal Road, Jawahar Nagar, Delhi – 11007, 1983.


77. T. Krishnamacharya, *Yogāsanagalu*, Published by Director-Prasaranga, University of Mysore- 570012, 1981.


81. V.N.Bhave Dr., N.S.Dodhar Dr. & S.V.Bhave Dr., *You and Your Health*, Director- National Book Trust, India - A-5, Green Park, New Delhi - 110016


94. *Yoga Sudha*, A monthly Journal, Published by Swami Vivekanada Yoga Prakshana, Eknath Bhavan, #19, Gavipuram Circle, Kempegowda Nagar, Bangalore – 560019


100. www.healthscout.com, a healthcare website headquarters at 2300, Wilson Boulevard #600, Arlington, VA 22201, USA.
101. www.umm.edu, official website for University of Maryland Medical Center, 22. S. Greene St. Baltimore, MD 21201-1595, USA.


103. www.the-best-1.com, a healthcare website.


*******
### Scheme of Transliteration

<table>
<thead>
<tr>
<th>अ - a</th>
<th>आ - ā</th>
<th>इ - i</th>
<th>ए - ē</th>
<th>ऐ - ai</th>
<th>ओ - o</th>
<th>औ - au</th>
<th>ऑ - əʊ</th>
</tr>
</thead>
<tbody>
<tr>
<td>छ - q</td>
<td>च - ch</td>
<td>ज - j</td>
<td>घ - gh</td>
<td>छ - q</td>
<td>च - ch</td>
<td>ज - j</td>
<td>घ - gh</td>
</tr>
<tr>
<td>ड - ṭ</td>
<td>ठ - ṭ</td>
<td>ड - ḍ</td>
<td>ढ - ḍ</td>
<td>ड - ṭ</td>
<td>ठ - ṭ</td>
<td>ड - ḍ</td>
<td>ढ - ḍ</td>
</tr>
<tr>
<td>त - t</td>
<td>थ - th</td>
<td>द - d</td>
<td>ध - dh</td>
<td>त - t</td>
<td>थ - th</td>
<td>द - d</td>
<td>ध - dh</td>
</tr>
<tr>
<td>प - p</td>
<td>फ - ph</td>
<td>ब - b</td>
<td>भ - bh</td>
<td>प - p</td>
<td>फ - ph</td>
<td>ब - b</td>
<td>भ - bh</td>
</tr>
<tr>
<td>य - y</td>
<td>र - r</td>
<td>ल - l</td>
<td>व - v</td>
<td>य - y</td>
<td>र - r</td>
<td>ल - l</td>
<td>व - v</td>
</tr>
<tr>
<td>ष - ṣ</td>
<td>च - s</td>
<td>ह - h</td>
<td>ध - kṣ</td>
<td>ष - ṣ</td>
<td>च - s</td>
<td>ह - h</td>
<td>ध - kṣ</td>
</tr>
</tbody>
</table>