PREFACE

The Subhāṣītas are the cream of Sanskrit literature. They are packed with good morals in decorus style. Some of these Subhāṣītas abound in good many elements of health, both physical and mental. They are collected separately in a book by Dr. Bhaskar Govind Ghanekar and were named after the same i.e. Āyurvedīya Subhāṣīta Sāhitya or Vaidyakīya Subhāṣīta Sāhitya. Elements of health and poetic excellences go hand in hand in these Āyurvedic Subhāṣītas. They are careful choices in beauty and matter as such they are appealing to the heart of readers of all the times.

They advise us to adopt precautions like Mitāhāra, Pariṣṛama, Prāṇāyāma, Āsanas and others against this diseases to maintain perfect health. They guide us in all walks of our life to lead a successful life. An humble attempt is made here in this thesis to bring out the good features of these Āyurvedic Subhāṣītas.

Many individuals extended their help to me at different stages of this study. Primarily, it has been my good fortune to have been associated with Dr. M. N. Joshi M.A, Ph.d. Reader in Sanskrit, Karnatak University Dharwad, my guide as a
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Dharwad

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Krishna .V. Joshi.