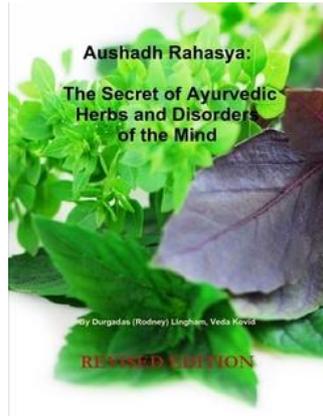


# Publications by Durgadas:

Available from [www.lulu.com](http://www.lulu.com) and [www.amazon.com](http://www.amazon.com)

## Aushadh Rahasya:

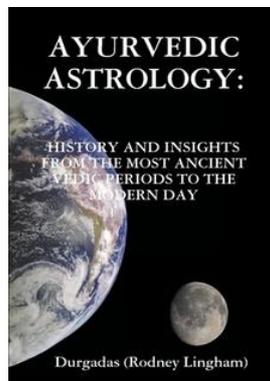
*The Secret of Ayurvedic Herbs and Disorders of the Mind*



Aushadh Rahasya is a book that describes Ayurveda and herbs in a unique fashion and includes in-depth studies on Psychological and Neurological conditions such as Fibromyalgia, Insomnia, Anxiety, Hemiplegia and more. A complete description on Yogic and Spiritual techniques is given, as also Astrological remedies along with a Complete Examination of the Patient, and useful Herbal Formulas in Ayurveda and their uses.

## Ayurvedic Astrology:

*History and Insights from the most ancient Vedic Period to the Modern Day*



Ayurvedic Astrology explores the ancient science of Hindu Medical Astrology, a branch of the ancient system of medicine in India - Ayurveda, called "Bhutavidya" or Psychology. It explores Ayurvedic Diet

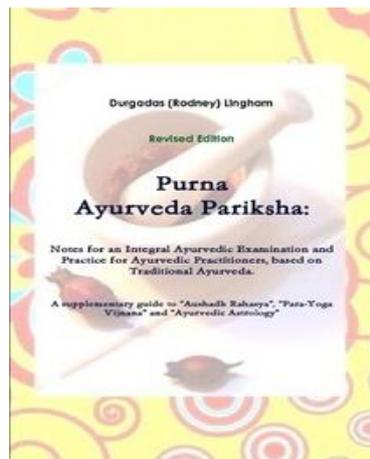
and Lifestyle, as well as simple and effective remedies to health and well-being and rectification of planetary afflictions.

**Ashwini Rahasya:**  
***The Yogic and Ayurvedic Secrets of the Ashwin Gods***



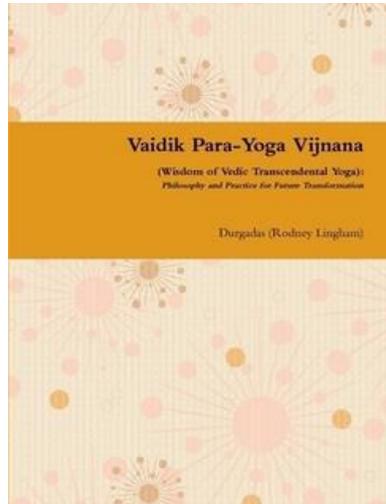
Learn the ancient secrets of the Vedic Ashwin Gods - the Twin Gods of the Vedas in relation to their powers in Yoga and Ayurvedic Healing. The Ashwins have many powers, such as those in Tantric Yoga, which are explored here. Here, the teachings and wisdoms of the Ashwins are presented, and their functions and powers shown, in relation to deities, practices and systems in later Hinduism.

**Purna Ayurveda Pariksha:**  
***Notes for an Integral Ayurvedic Examination and Practice for Ayurvedic Practitioners, based on Traditional Ayurveda***



It discusses many aspects of an Integral or Full (Purna) Ayurveda system, including many insights from the Classic Ayurvedic texts, the Rig Veda and also special selected passages dealing with higher Ayurvedic Pulse diagnosis, several more Prakriti (Dosha) types, meditations and more!

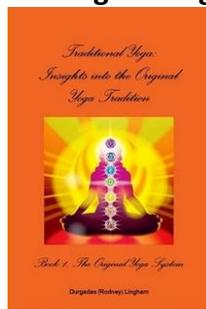
**Vaidik Para-Yoga Vijnana**  
**(Wisdom of Vedic Transcendental Yoga):**  
***Philosophy and Practice for Future Transformation***



Vedic Para-Yoga is not a 'new' Yoga, but the essence of the oldest Vedic Yoga of India and its philosophy. Vedic Para-Yoga is a guide to life's Philosophical answers from the Vedantic traditions of the Vedas, to subjects such as avatars, chakras, lokas (cosmic spheres), human psychology, world ages as well as rare insights into the Vedic origins of Tantra, Yogic concepts and deities such as Shiva, the Ten Wisdom Goddesses (Dasha Mahavidya) and much more. It includes real-life practices that are the basis of Durgadas's own sadhana or spiritual practise - many of which are special new insights and kriyas (practices) that have been revealed to him through his study of the most ancient texts, as well as in meditation and years of intense practise and research in the fields of Vedic Wisdom of the Rig Veda, of Vedanta, Ayurveda, Yoga and Tantrism.

It discusses Durgadas's new Advaita Philosophy, the Para-Yoga Guna and Cosmology System, a New Ayurveda and also 100 Levels of the Mind.

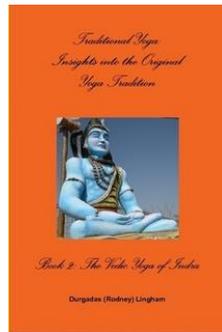
**Traditional Yoga: Insights into the Original Yoga Tradition,**  
**Book 1: The Original Yoga System**



This book provides a deeper insight into the **Original Yoga system of India** as per tradition and the true insights with regards to the *Eight Limbs of Yoga*, especially with regards to *Asana* (Posture), *Dhyana* (Meditation), *Pranayama* (Breathing Techniques) as also the *Chakras* and their relationship with the mind and states of consciousness. It shows how Yoga was originally an Integral system, not one merely reduced to classroom instruction. You will also find information regarding the deeper

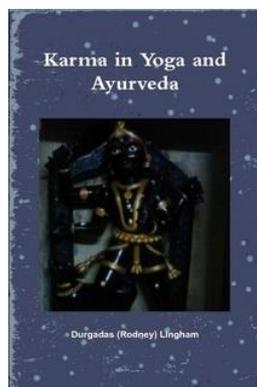
aspects of karma and how it can impact us on several levels beyond the individual level In addition, this book *examines Yoga from the viewpoint of India's oldest texts, the Vedas, such as the Rig Veda and has a special section devoted to examples of the Vedic Yoga hymns that are largely ignored.*

### **Traditional Yoga: Insights into the Original Yoga Tradition, Book 2: The Vedic Yoga of Indra**



This book, **Traditional Yoga: Book 2: the Vedic Yoga of Indra** is a sequel to Traditional Yoga: Book 1, Insights into the Original Yoga System and leads on from Book 1 to discuss the deeper application of the **Vedic Yoga of the god Indra** with relation to later *Tantra* as also discussing the correlation of later *Puranic* and *Tantric* deities and practices from the *Rig Veda* onwards.

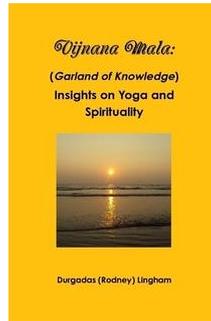
### **Karma in Yoga and Ayurveda**



Everyone has heard about the doctrine of karma, but how many actually understand the deeper subtle side behind karma and how it works? This book, describes what karma really is and how it works as also what subtle factors are behind our karmas, reincarnation and also the path of going beyond them as well as different types of karmas and how they can affect us.

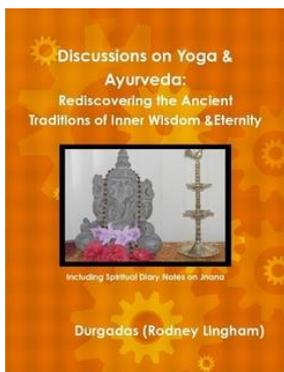
Discover the exact reasons why people are born with incurable diseases and psychological afflictions and suffering, and also how our gross body is formed from karma - factors which are not due to simply to some unknown cause or of an unjust God, but due to our own previous actions, or karmas!

## Vijnana Mala (Garland of Knowledge): Insights on Yoga and Spirituality

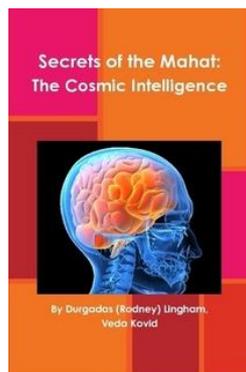


**Vijnana Mala** is composed in an easy *sutra-style* for Yoga teacher, students and all interested in spirituality and Yoga to follow as a series of teachings on traditional Yoga that adds insights to the Yoga tradition, which are derived from many of Durgadas's inspirational teachings in the subjects. These teachings expand on fundamentals of the Yoga tradition and what is truly behind the tradition.

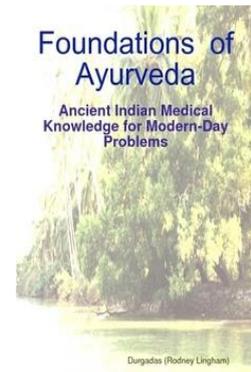
### Other books by Durgadas:



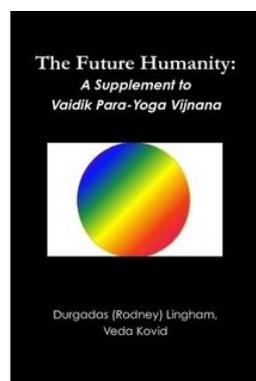
Discussions on Yoga and Ayurveda



Secrets of the Mahat: The Cosmic Intelligence



Foundations of Ayurveda



**The Future Humanity:  
A Supplement to Vaidik Para-Yoga Vijnana**