

THE DEMONSTRABLE 24 CONSTITUENTS

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The evolution of universe is always a subject of interest. Ayurveda with its origin in Vedic knowledge has described this process. Sushrut Samhita, one of the three ancient most texts of Ayurved gives a detailed view. The phenomenon is also compared with the different theories based on “ Darshanas.” In this paper, an effort has been made to explain this complex hypothesis in an elaborate but simplified way in context of Ayurved as a Health Science.

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