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Brahma, Remembering Ayurveda, Taught It To
Prajapathi, He In Turn Taught It To Ashwini Kumaras
(twins), They Taught It To Sahasraksha (Lord Indra), He
Taught It To Atri's Son (Atreya Punarvasu) And Other
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WisdomThe Gita Says, That The State Of Yoga Is Not
Only The Total Peace And Stillness Of The Mind, Sense
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