



## The Siva Samhita (Sanskrit text with English translation)

By Rai Bahadur Srisa Chandra Vasu (Tr.)

Munshiram Manoharlal Publishers Pvt Ltd, New Delhi, 2017. Hardcover. Condition: New. Reprinted. 87pp. The Siva Samhita is a Sanskrit text on yoga enumerating its concepts and cognate principles. In the five chapters are discussed and elaborated the essentials necessary for the practice of yoga, ways of attaining siddhi, the philosophy of existence, importance of yoga, the spirit, maya or illusion, the microcosm, the functions of the body, the principles of pranayama or breathing, asanas or postures, the Kundalini and its awakening, the various forms of yoga, etc. An important treatise on the subject, the present text with its translation into English should prove to be of immense value to the scholars and the students of the subject.



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