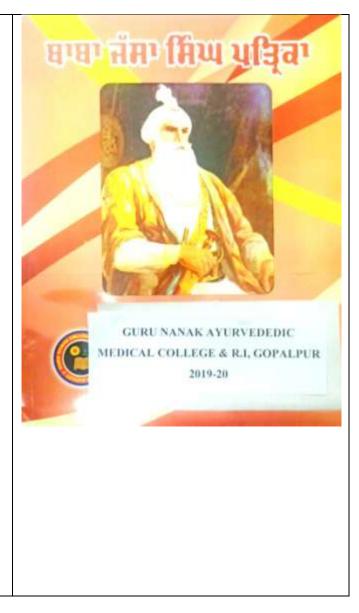
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				Retrospective Clinical Survey: A Study to Show the Effect of Nidra
				Viparyaya on Dhatu Sarata
				Dr. Manisha Sharma ¹ , Dr. Bharti ² , Dr. Sabharh Sharma ⁴ , Dr. Raman Toor ⁴
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				ABSTRACT Actions of Marketine has designated abure (food), white (sleeg) and invites charge (abuinence) as the main three pillars of lafe termed as recompositionides. These, when its dequate anjour at the right time provide stability to the body and improve halo (messagility) source (complexicon) and specified (metabolism) in the body. Among these, static plays a major role in one's life. Adequate sleep leads to arrays: (health), foir plays to the first organized and reproductive strength) and distratemptor and healthy life which is the body. Among these, static plays a major role in one's life. Adequate sleep leads to arrays: (health), foir plays to this of advances in playsical and reproductive strength), and distratemptor and healthy life which is the ultimate goal of Advances. On the other hand, advanced sleep leads to during these other manifest in the frame form of advances, and the other hand, advanced dury back with the strength, regummering (diseased state) or even death. So it can be such that abavenial or madequate white can manifest in the form of advancement, making a presse intro (diseased). For there economic guas, people are neglecting their daily useds of having proper share, native and other negated white at proper time. Due to these reasos, people are becoming more prove towards diseased state. Durinoshid-stater provides, grown by abayes (Currol in very magne and important concept of Ayaranda which is done to knew jeruwaret (manifield) of one (hife), doule and halo (interactily of regr. Divating purplets in some smeant these which
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6. JASSA SINGH AHLUWALIA PATRIKA PUBLISHED EVERY YEAR BY OUR COLLEGE



Volume-Z, Issue-H, November-2019 www.ijresm.com | ISSN (Online): 2581-5792 7.DR. RAVNEET KAUR DEPTT OF RAS SHASTRA PUBLISHED "EVOLUTION AVTARNA OF RASA Evolution (Avtarna) of Rasa Shastra SASHTRA (PHARMACEUTICS) IN AYURVEDA ". (Pharmaceutics) in Ayurveda: A Review Article Ravneet Kast Anistan Proksum Generation of Sana Barra & Barchaira Kabane, GUAM' & KI Ladiane, Inda-Alexet: Redpendet Arterns of Jayrends in described in rarises meanered too like Sumbles by our axiest upper bet Alexen of Ross Nation's Inder double ploying of Johanne States. Rossen's Advident Environ of Bases Nations. National A Method Environ of Bases Nations. States: Rodek at the reduction of Ross Nations. Rossen's Rodek Autor and states reduction of Bases States. Rodek at the reduction of Bases Nations. Rossen's Rodek Autor schedung without on a lower states area distillat during the Bases reduction of Bases Rossen's Rodek Autor schedung without on a lower states regionality and the Bases schedung. Rodek at the Rossen Rodek at the States. Rossen's Rodek Autor schedung without on a lower states area. Pariat Reprode: Artoria, Erslation, Basa Stantra, Supe, Systematic Justiyik. i Nandi i Ashvita i Wishona i Dherecariat i Agatya i Palaya i Torya 1. Introduction Literatorian Rase Stama is bonch of science fast sizch with pharmacenical processes. It is lowen as alloct identy A aureli systematic analysis of Ayarcelic testies glown that Rase Stama cases non faste reprive through Star Paragram (Berly Shiv radiation); Shiv is lawne as the first choican of Destas (Derto) in access time, how as the first choican of Destas (Derto) in access time, at the time, sho and sus lowen as Verya (sense) of Shiv st na jik; Leiz- jiLnakssPriAA i Byahanani I Nagarjara, Gonakhuah, Vyadi Rafa gor si many preparation in texts to hed different types of disease. Even The solid dat incuddle diseases are also be healed with the help of Panala Tog (percent) and above its superiority against Kashda subadites. Evolution of A speech According to Charak Semitin [3] CAR 36 by Fahren Deck quoties inform Value (1997) Shakor (1997) and part of AA of all Lei Thank (1996), informe genere-A -fluctuation (1997), informed genere-A virt Schrift in (1997), and an upwahi/M-Virt Schrift in (1997), and an upwahi/M-Nirt Schrift in (1997), and an upwahi/M-gilder's (1997), and an upwahi/M-Balana Likoving Skriba köddja skodali A viškovina skriba jilo oris 3/3 a Posta 2. Naterials & methods 2. Materials & methods The present licency research material included the dissoci-tion like haadmalynams and with resources yet. Non-samp and valuable material was cohered from the wall resources under all empresed to fill the gas regarding reduktion of Ease Shatts. 3.Nat) drips Dalob Properti This study is Explorating Review type. 1

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