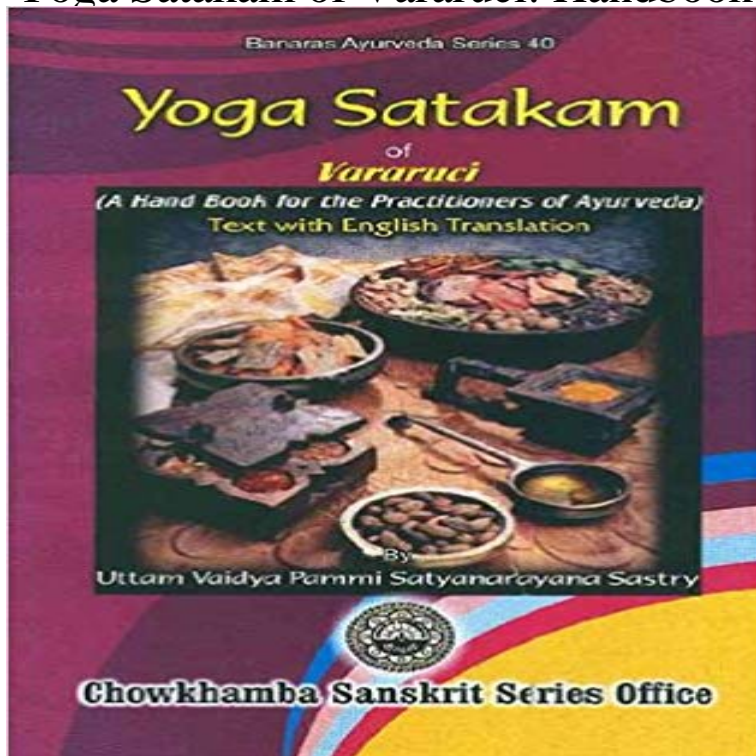


## Yoga Satakam of Vararuci: Handbook for Practitioners of Ayurveda



This Yoga sataka was said to be Vararuchi. There may be many Vararuchi. One is familiarly known, as one of Navaratnas in the court of Vikramaditya. Another work Astakarmasthanam is also of Vararuchi. There are many mss, by name Yoga sataka viz. Vidagdha Vaidya, Sripandita, Amruta prabhava, Pumachandra. Yogasataka vyakhya by Samanthabhadra etc. A commentary in Sanskrit by Purnasena is also available. Oriental Research Institute of Mysore published Yoga sataka of Panditaraya in 1985 under the editorship of Vaidya Sri C. Somayaji, DSAC, HPA and Sri H. Shankaraganapathi Phatak, M.A.. with the Sanskrit commentary of Purnasena. This was edited from seven mss. available to them. In introduction, it was said that the authorship is difficult to decide among Sripanditaraya, Sripandita, Nagarjuna and Vararuchi. Hence, the period of the author also is difficult to decide. It was also said that this book available in Sinhala and studied in Sri Lanka. It is noteworthy that two sanskrit commentaries are available and is translated into Sinhala.

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