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Einladung zum Vortrag

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The Medical Practices of Yogins in Medieval India

The Case of the Dharmaputrikā

As a contribution to the study of the relationship between *yoga* and *āyurveda*, two separate domains of knowledge in the Sanskrit textual tradition, I will present the *Dharmaputrikā*, an unpublished text composed in the 10-11th century at the latest, and preserved in two 12th century Nepalese manuscripts of the so-called “Śivadharma corpus”. Comprising about 340 verses that are divided into sixteen chapters of unequal length, the *Dharmaputrikā* forms a closed and highly systematic exposé on *yoga*. It provides us with new elements concerning the relationship between *yoga* and *āyurveda* in medieval India, as it fully integrates medical knowledge and practices into the yogic process. By doing so, the *Dharmaputrikā* sheds light on the appropriation and adaptation of elements of classical Indian medicine by *yogins* towards the end of the first millenium. This remarkable feature is manifest in chapter 4, which mentions the appearance of diseases due to excessive practice (*atyabhyāsa*) in the course of the conquest of the five bodily winds (*pañcajaya*); in chapter 7, which deals with diseases as “obstacles produced through carelessness“ (*pramāda jāntarāya*); and in chapter 10, named *yogacikitsā*, “therapy in the context of *yoga*”, which explains the method to treat this category of obstacle represented by disease.