

A History Of Ancient And Early Medieval India Upinder Singh

The Women Who Ruled India

2019-04-20 Archana Garodia Gupta 'People say that I am a quarrelsome woman...' TARABAI, MARATHA QUEEN (1675-1761) The history of India, more often than not, is a history of the men who were in charge. Largely forgotten are the women who, even centuries earlier, shaped the fates of entire kingdoms. In *The Women Who Ruled India*, writer and researcher Archana Garodia Gupta revives 20 such powerful figures from the archives, offering us a glimpse of their fascinating lives. Among them are Begum Samru, a courtesan who went on to become the head of a mercenary army and the ruler of Sardhana; Didda of Kashmir, known for her keen political instinct and a ruthlessness that spared no one; Rani Abbakka of Ullal, the fearless queen who took on Portuguese colonizers in their heyday; and Rani Mangammal of Madurai, the famed administrator who built alliances at a time when going to war was the order of the day. These women and others like them built roads, instituted laws and were generous patrons of the arts and sciences. Their stories of valour and diplomacy, leadership and wit continue to inspire today. Peppered with anecdotes that showcase little-known facets of their personalities, the accounts in this book celebrate heroic rulers who - 'quarrelsome' though they might have been - were iconoclasts: unafraid to forge new paths.

The Power of Gender and the Gender of Power

2010-08-26 Kumkum Roy Papers mostly presented at various seminars; some previously published.

Ancient Delhi

1999 Upinder Singh Covers ancient, medieval, and modern periods.

Asian Encounters

2014 Upinder Singh The centuries-old interactions between the different regions of Asia took various forms including the migration of people, trade in raw materials and goods, and the exchange of religious, literary, and aesthetic ideas and forms. Covering diverse aspects of these interactions, this volume studies the connections between India and other parts of Asia including China and Southeast Asia. It, therefore, approaches the subject of Asian cultural interactions during the pre-modern and early modern periods through the prism of politics, art, religion, and trade. By bringing together these inter-related aspects of cultural encounters, it explores the complex connected histories of the Asian people in a comprehensive manner. The diversities of cultural interactions addressed in this book range from issues of war and diplomacy to trade, trade routes and shipwrecks; from the making of grand monumental edifices to the circulation of tiny terracottas and coveted carpets, and from the religious to the secular domains in the exchange of cultural ideas and forms. Crucial for a comprehensive understanding of contemporary networks between the Indian subcontinent and various other parts of Asia, this work shows that interactions across cultures in pre-modern Asia were motivated not only by commercial but also cultural ties and explores the historical context in which they took place.

Ancient India

2010 Upinder Singh This volume brings together new research on a variety of themes related to

ancient and early medieval India like gender, archaeology, religion, landscapes, and literature.

China: A History

2010-04-15 John Keay Three thousand years of Chinese history in an accessible and authoritative single volume.

India

2010 John Keay Accommodating Pakistan and Bangladesh and other embryonic nation states like the Sikh Punjab, Muslim Kashmir and Assam, this text examines the legacy of the 1947 partition, and looks at the colonial era from the overall context of Indian history.

A History of Ancient and Early Medieval India

2008 Upinder Singh Basic Approach Developed as a comprehensive introductory work for scholars and students of ancient and early medieval Indian history, this book provides the most exhaustive overview of the subject. Dividing the vast historical expanse from the stone age to the 12th century into broad chronological units, it constructs profiles of various geographical regions of the subcontinent, weaving together and analysing an unparalleled range of literary and archaeological evidence. Dealing with prehistory and protohistory of the subcontinent in considerable detail, the narrative of the historical period breaks away from conventional text-based history writing. Providing a window into the world primary sources, it incorporates a large volume of archaeological data, along with literary, epigraphic, and numismatic evidence. Revealing the ways in which our past is constructed, it explains fundamental concepts, and illuminates contemporary debates, discoveries, and research. Situating prevailing historical debates in their contexts, *Ancient and Early Medieval India* presents balanced assessments, encouraging readers to independently evaluate theories, evidence, and arguments. Beautifully illustrated with over four hundred photographs, maps, and figures, *Ancient and Early Medieval India* helps visualize and understand the extraordinarily rich and varied remains of the ancient past of Indian subcontinent. It offers a scholarly and nuanced yet lucid account of India's early past, and will surely transform the discovery of this past into an exciting experience. Table of Contents List of photographs List of maps List of figures About the author Preface Acknowledgements A reader's guide 1. Understanding Literary and Archaeological Sources 2. Hunter-Gatherers of the Palaeolithic and Mesolithic Ages 3. The Transition to Food Production: Neolithic, Neolithic Chalcolithic, and Chalcolithic Villages, c. 7000-2000 bce 4. The Harappan Civilization, c. 2600-1900 bce 5. Cultural Transitions: Images from Texts and Archaeology, c. 2000-600 bce 6. Cities, Kings, and Renunciants: North India, c. 600-300 bce 7. Power and Piety: The Maurya Empire, c. 324-187 bce 8. Interaction and Innovation, c. 200 BCE-300 ce 9. Aesthetics and Empire, c. 300-600 ce 10. Emerging Regional Configurations, c. 600-1200 ce Note on diacritics Glossary Further readings References Index Author Bio Upinder Singh is Professor in the Department of History at the University of Delhi. She taught history at St. Stephen's College, Delhi, from 1981 until 2004, after which she joined the faculty of the Department of History at the University of Delhi. Professor Singh's wide range of research interests and expertise include the analysis of ancient and early medieval inscriptions; social and economic history; religious institutions and patronage; history of archaeology; and modern history of ancient monuments. Her research papers have been published in various national and international journals. Her published books include: *Kings, Brahmanas, and Temples in Orissa: An Epigraphic Study (AD 300-1147)* (1994); *Ancient Delhi* (1999; 2nd edn., 2006); a book for children, *Mysteries of the Past: Archaeological Sites in India* (2002); *The Discovery of Ancient India: Early Archaeologists and the Beginnings of Archaeology* (2004); and *Delhi: Ancient History* (edited, 2006).

Political Violence in Ancient India

2017-09-25 Upinder Singh Gandhi and Nehru helped create a myth of nonviolence in ancient India that obscures a troubled, complex heritage: a long struggle to reconcile the ethics of nonviolence with the need to use violence to rule. Upinder Singh documents the tension between violence and nonviolence in ancient Indian political thought and practice, 600 BCE to 600 CE.

Exploring Early India, Up to C. AD 1300

2016 Ranabir Chakravarti This third edition of *Exploring Early India up to c. AD 1300* offers a broad overview and connected narrative of early Indian history, taking into consideration major historical developments from the earliest times to c. AD 1300. Salient features of political, socio-economic and cultural history have been discussed elaborately, and regional diversities in early Indian history have been commented upon, keeping in sight the commonalities at the subcontinental level. Rich in empirical details and containing relevant illustrations and maps, the book delves into the historiographical thrusts and shifts in the study of early India and is marked by attempts to demonstrate elements of change in early Indian history beyond dynastic shifts. It also offers critical readings of diverse primary sources from the fields of archaeology, epigraphy, numismatics and art-history, and the various congruent, and contesting, images of the past which they generate. This book also includes two new appendices respectively on the Kushana political history and the seafaring to the island of Socotra in the light of recently discovered epigraphic data.

India's Ancient Past

2006-09-18 R.S. Sharma This book presents a complete and accessible description of the history of early India. It starts by discussing the origins and growth of civilizations, empires, and religions. It also deals with the geographical, ecological, and linguistic backgrounds, and looks at specific cultures of the Neolithic, Chalcolithic, and Vedic periods, as well as at the Harappan civilization. In addition, the rise of Jainism and Buddhism, Magadha and the beginning of territorial states, and the period of Mauryas, Central Asian countries, Satvahanas, Guptas, and Harshavardhana are also analysed. Next, it stresses varna system, urbanization, commerce and trade, developments in science and philosophy, and cultural legacy. Finally, the process of transition from ancient to medieval India and the origin of the Aryan culture has also been examined.

A New Look at Modern Indian History

1998-07 B. L. Grover

The World of India's First Archaeologist

2021-07 Upinder Singh Alexander Cunningham, India's first professional archaeologist, became the first Director General of the Archaeological Survey of India in 1871. This volume contains a collection of 193 letters he wrote between 1871 and 1888 to his Archaeological Assistant, J. D. M. Beglar. The letters, published here for the first time, edited and with an introduction by Upinder Singh, offer exciting, new insights into Cunningham's life and career, telling the story of the birth of Indian archaeology and some of its greatest discoveries in real time, in Cunningham's own words. The letters provide a unique perspective on the construction of Indian history in the nineteenth century. They reveal the evolution of Cunningham's ideas and methods, his interventions in debates on conservation and restoration, and his interactions with textual scholars in India and Europe. They throw light on the place of archaeology in the politics of colonial India, the role of the princely states, and the growing rivalry between Indians and Europeans over the right to interpret India's past. They also show the friendship between Cunningham and Beglar, based on a shared passion for archaeology. In doing all this, these letters bring alive the history of Indian archaeology in its crucial, formative phase.

Stone Age Present

1995-11-07 William Allman Have you ever wondered why men don't ask for directions? Why we react with anger to infidelity? Why we love music and art? Why war and racism still thrive in our most sophisticated cultures? In this fascinating synthesis of the disciplines of anthropology, psychology, linguistics, philosophy, and biology, William Allman shows us how our minds have evolved in response to challenges faced by our prehistoric ancestors, and reveals how our brains continue to harbor that legacy in the present day. Scientists speculate that many of the problems of modern life - from obesity to war -- arise because our "Stone Age mind" hasn't caught up with our technologically sophisticated world. But Allman also reveals how morality, rather than being the result of arbitrary convention, is deeply rooted in our need to cooperate, which has been essential to the survival of our species through its evolution.

India in the Persianate Age

2019-07-25 Richard M. Eaton SHORTLISTED FOR THE 2020 CUNDILL HISTORY PRIZE

'Remarkable ... this brilliant book stands as an important monument to an almost forgotten world' William Dalrymple, Spectator A sweeping, magisterial new history of India from the middle ages to the arrival of the British The Indian subcontinent might seem a self-contained world. Protected by vast mountains and seas, it has created its own religions, philosophies and social systems. And yet this ancient land experienced prolonged and intense interaction with the peoples and cultures of East and Southeast Asia, Europe, Africa and, especially, Central Asia and the Iranian plateau between the eleventh and eighteenth centuries. Richard M. Eaton's wonderful new book tells this extraordinary story with relish and originality. His major theme is the rise of 'Persianate' culture - a many-faceted transregional world informed by a canon of texts that circulated through ever-widening networks across much of Asia. Introduced to India in the eleventh century by dynasties based in eastern Afghanistan, this culture would become thoroughly indigenized by the time of the great Mughals in the sixteenth, seventeenth, and eighteenth centuries. This long-term process of cultural interaction and assimilation is reflected in India's language, literature, cuisine, attire, religion, styles of rulership and warfare, science, art, music, architecture, and more. The book brilliantly elaborates the complex encounter between India's Sanskrit culture - which continued to flourish and grow throughout this period - and Persian culture, which helped shape the Delhi Sultanate, the Mughal Empire and a host of regional states, and made India what it is today.

History of Ancient India Book

Mocktime Publication History of Ancient India Book Keywords: ancient history of india, History Of Ancient India, ancient india, ancient india by rs sharma, ancient civilization of india, ancient india upinder singh, ancient history of india pdf, ancient india culture, old history of india, ancient period of india, early medieval period in india, ancient history of india for upsc, early indian history, ancient history of india pdf for upsc, ancient history of india by rs sharma, earliest indian civilization, ancient india ncert, ancient india by rs sharma old ncert, ancient history of india upsc, ancient india by romila thapar, ancient india science and technology, ancient india upsc, ancient india old ncert, poonam dalal dahiya ancient and medieval india, ancient history of sikkim, ancient india rs sharma ncert, early medieval india, ancient medieval and modern history of india, ancient india economic, history of ancient and early medieval india, ancient indian historiography, ancient ports of india upsc, early indian civilization, india in ancient times, ancient history of india ncert, early india by romila thapar, ancient india old ncert by rs sharma,

Mysteries Of The Past: Archeological Sites In India

2004-01-01 Upinder Singh

Cultural History of Medieval India

2007 Meenakshi Khanna Cultural History Of Medieval India Is A Part Of The Series, Readings In History. The Books In This Series Have Been Edited And Put Together By Eminent Historians For Their Students. This Anthology Of Readings Seeks To Explore Indian Culture In The Medieval Period Through Five Themes: Kingship Traditions, Social Processes Of Religious Devotion, Inter-Cultural Perception, Forms Of Identities, And Aesthetics. Written By Well-Known Scholars, The Eleven Essays In This Book Present Sub-Cultures In Diverse Regional Settings Of The Subcontinent. The Articles Suggest That Culture Does Not Exist As Fragments Of The Great And Little , Or Classic And Folk In Any Given Tradition. In Fact, Variants Within A Given Tradition Interact With One Another And Assimilate New Characteristics Over Time. These Interactions Also Take Place Across Boundaries Of Different Religious And Cultural Spheres, And In The Process, Give Meaning To The Notions Of The 'Self' And The 'Other'. In An Attempt To Define The 'Other' One Discovers The 'Self'. These Readings Introduce A New Way Of Understanding Medieval Indian History By Engaging With Interdisciplinary Methods Of Research On Issues That Are Significant To Everyday Existence In A Plural Society Like That Of India. This Book Will Be Of Great Value To Students Of History, As Well As To Other Readers Interested In The Culture Of The Medieval Period In India.

Delhi

Upinder Singh

The 'Early Medieval' Origins of India

2020-12-03 Manu V. Devadevan India is generally regarded as a civilization with a set of intrinsic attributes that emerged in the age of the Vedas or, better still, in the Harappan times. In recent decades, historical studies have moved away from rigid perspectives of singularity in origin and expansion; the emphasis now is on pluralities and long-term processes spanning centuries and millennia. There is also an influential school of thought which rejects antiquity claims such as these and holds that India is a construct of the colonial and nationalist imagination. In his radical reinterpretation of India's past, Manu V. Devadevan moves away from these reifying assessments to examine the evolution of institutions, ideas and identities that are characterized, typically, as Indian. In lieu of endorsing their Indianness, he traces their emergence to specific conditions that developed in India between 600 and 1200 CE, a period which historians now call the 'early medieval'.

A History of Ancient and Early Medieval India

2008 Upinder Singh A History of Ancient and Early Medieval India is the most comprehensive textbook yet for undergraduate and postgraduate students. It introduces students to original sources such as ancient texts, artefacts, inscriptions and coins, illustrating how historians construct history on their basis. Its clear and balanced explanation of concepts and historical debates enables students to independently evaluate evidence, arguments and theories. This remarkable textbook allows the reader to visualize and understand the rich and varied remains of India's ancient past, transforming the process of discovering that past into an exciting experience.

India: The Ancient Past

2016-07-01 Burjor Avari India: The Ancient Past provides a clear and systematic introduction to the cultural, political, economic, social and geographical history of ancient India from the time of the pre-Harappan culture nine thousand years ago up until the beginning of the second millennium of the Common Era. The book engages with methodological and controversial issues by examining key themes such as the Indus-Sarasvati civilization, the Aryan controversy, the development of Vedic and heterodox religions, and the political economy and social life of ancient Indian kingdoms. This fully revised and updated second edition includes: Three new chapters examining the differences and commonalities between the north and south of India; Extended discussion on contested issues, such

as the origins of the Aryans and the role of feudalism in ancient India; New source excerpts to introduce students to the most significant works in the historiography of India, and questions for discussion; Study guides, including a list of key issues, suggested readings and a selection of internet sources for each chapter; Specially designed maps to illustrate different time periods and geographical regions This richly illustrated guide provides a fascinating account of the early development of Indian culture and civilization that will appeal to all students of Indian history.

MAP Entries for History Optional

2021-12-04 Access History is a popular optional subject in Civil Services Mains Examination and Allied Civil Services. History Optional includes a compulsory question of 50 marks on map entries in Paper-I. However, to locate and remember the entries is a challenging task in itself and the cumbersome process of preparing notes for them adds to the woes of a civil services aspirant. It requires ample amount of precious time and energy for these tasks. 'Map Entries for History Optional' contains more than 400 map entries with descriptive notes, in a concise and lucid form. The book will properly cater to the requirements of the candidates to score high marks in History Optional. Salient features: - Specific focus on the civil services examination - Over 400 entries related to historical map entries - Precise, informative write-up on each entry - Solved Questions from 2013 to 2017 Map Entries for History Optional Contents 1. Hominid Fossil Sites 2. Palaeolithic Sites - I 3. Palaeolithic Sites - II 4. Palaeolithic Sites - III 5. Palaeolithic Sites - IV 6. Mesolithic Sites - I 7. Mesolithic Sites - II 8. Mesolithic Sites - III 9. Neolithic Sites - I 10. Neolithic Sites - II 11. Neolithic Sites - III 12. Neolithic Sites - IV 13. Neolithic Sites - V 14. Indus Valley Civilisation Sites - I 15. Indus Valley Civilisation Sites - II 16. Indus Valley Civilisation Sites - III 17. Indus Valley Civilisation Sites - IV 18. Chalcolithic Sites - I 19. Chalcolithic Sites - II 20. Chalcolithic Sites - III 21. Chalcolithic Sites - IV 22. Megalithic Sites - I 23. Megalithic Sites - II 24. Megalithic Sites - III 25. Painted Grey Ware (PGW) Sites - I 26. Painted Grey Ware (PGW) Sites - II 27. Ancient Capital - V 28. Ancient Capital - VI 29. Ancient Capital - VII 30. Ancient Capital - VIII 31. Inscription Sites - I 32. Inscription Sites - II 33. Major Rock Edicts of Ashoka - I 34. Major Rock Edicts of Ashoka - II 35. Minor Rock Edicts of Ashoka - I 36. Minor Rock Edicts of Ashoka - II 37. Pillar Edicts of Ashoka 38. Ashoka's Inscriptions for Famine Relief 39. Rock Cut Cave / Cave Paintings - I 40. Rock Cut Cave / Cave Paintings - II 41. Ancient Port Cities - I 42. Ancient Port Cities - II 43. Ancient Cities and Trade Centres - I 44. Ancient Cities and Trade Centres - II 45. Ancient Cities and Trade Centres - III 46. Ancient Cities and Trade Centres - IV 47. Ancient Cities and Trade Centres - V 48. Temple Sites - I 49. Temple Sites - II 50. Temple Sites - III 51. Temple Sites - IV 52. Ancient Education Centres 53. Fort Cities 54. Northern Black Polished Ware (NBPW) Sites - I 55. UNESCO World Heritage Sites of Ancient and Early Medieval India - I 56. Northern Black Polished Ware (NBPW) Sites - II 57. Northern Black Polished Ware (NBPW) Sites - III 58. Buddhist Sites - I 59. Buddhist Sites - II 60. Buddhist Sites - III 61. Jain Sites 62. Ancient Capital - I 63. Ancient Capital - II 64. Ancient Capital - III 65. Ancient Capital - IV 66. Early Medieval India - I 67. UNESCO World Heritage Sites of Ancient and Early Medieval India - II 68. UNESCO World Heritage Sites of Ancient and Early Medieval India - III Previous Years' MAP Solved Questions - History Optional (Mains)-2017 - History Optional (Mains)-2016 - History Optional (Mains)-2015 - History Optional (Mains)-2014 - History Optional (Mains)-2013

History of Ancient India (Hindi)

Upinder Singh History of Ancient India (Hindi)

A History of the New India

2018-09-03 Eugene F. Irschick Providing a different approach to the history of India than previously advocated, this textbook argues that there was constant interaction between peoples and cultures. This interactive, dialogic approach provides a clear understanding of how power and social relations operated in South Asia. Covering the history of India from Mughal times to the first years of

Independence, the book consists of chapters divided roughly between political and thematic questions. Topics discussed include: Mughal warfare and military developments The construction of Indian culture Indian, regional and local political articulation India's Independence and the end of British Rule Women and governmentality The rise of the Dalit movement As well as a detailed timeline that provides a useful overview of key events in the history of India, a set of background reading is included after each chapter for readers who wish to go beyond the remit of this text. Written in an accessible, narrative style, the textbook will be suitable in courses on Indian and South Asian history, as well as courses on world history and South Asian studies.

Delhi

2006 Upinder Singh Not many people know that the busy and bustling capital city of Delhi and its surroundings have a long past, going back thousands of years. Prehistoric stone tools have surfaced here and many ancient remains have been found, sometimes accidentally by farmers tilling their fields, and at other times by archaeologists carrying out systematic excavations. A mound one passes everyday or a narrow strip of stream tells a story of ancient times. Centuries of history coexist with metro stations and plush cars. The readings in this book give us glimpses of the lives of people who lived in the Delhi area over the centuries, and how these details have been pieced together by historians. It brings into focus the importance of the historian's method and the sources of information found in ancient texts, archaeology and even legends and folklore, sometimes hanging on the thread of a slender historical fact. The editor of the volume, points to the urgency of further exploration and documentation to fill in the still all-too-meagre details of Delhi's ancient history. However, she ends on a note of caution, bordering on alarm, when she points out that invaluable evidence of the city's past is being extensively destroyed due to quarrying and the construction of new roads and buildings. Such activities are an integral part of the modernization of a living city but the balance between modernization and the preservation of ancient remains is indeed very fragile and needs to be maintained from an informed and realistic perspective. This collection of essays has been put together by a teacher for students of history, but will also be of enormous value to a large number of other interested readers. Upinder Singh's Professor of history at the University of Delhi.

Ancient India

2016-01-01 R. C. Majumdar This is a comprehensive, intelligible and interesting portrait of Ancient Indian History and Civilization from a national historical point of view. The work is divided into three broad divisions of the natural course of cultural development in Ancient India: (1) From the prehistoric age to 600 B.C., (2) From 600 B.C. to 300 A.D., (3) From 300 A.D. to 1200 A.D. The work describes the political, economic, religious and cultural conditions of the country, the expansionist activities, the colonisation schemes of her rulers in the Far East. Political theories and administrative organizations are also discussed but more stress has been laid on the religious, literary and cultural aspects of Ancient India. The book is of a more advanced type. It would meet the needs not only of general readers but also of earnest students who require a thorough grasp of the essential facts and features before taking up specialized study in any branch of the subject. It would also fulfil the requirements of the candidates for competitive examinations in which Ancient Indian History and culture is a prescribed subject.

Indian Feudalism, C. A.D. 300-1200

1980 Ram Sharan Sharma

Ancient India

2016 Mahajan V.D. Ancient Indian history has always been mystical; more so a virtual utopia for historians and researchers. This scholarly text narrates the ancient Indian history from the genesis

of civilisations to the early middle ages. It examines the sources, chronology of civilisations and authoritatively details the facts, feats, triumphs and religious crusades of the period. It unveils the rich cultural, religious and social diversity that is uniquely and peculiarly Indian. The book is of immense use to students and scholars of history and for candidates preparing for civil services examinations.

Ancient India

2021 Upinder Singh In *Ancient India: Culture of Contradictions*, one of India's most distinguished historians takes readers on an exhilarating voyage of discovery into the distant past. Upinder Singh urges us to abandon simplistic stereotypes and instead think of ancient India in terms of the coexistence of five powerful contradictions-between social inequality and promises of universal salvation, the valorization of desire and detachment, goddess worship and misogyny, violence and non-violence, and religious debate and conflict. She does so using a vast array of sources including religious and philosophical texts, epics, poetry, plays, technical treatises, satire, biographies, and inscriptions, as well as the material and aesthetic evidence of archaeology and art from sites across the subcontinent. Singh's scholarly but highly accessible style, clear explanation, and balanced interpretations offer an understanding of the historian's craft and unravel the many threads of what we think of as ancient Indian culture. This is not a dead or forgotten past but one invoked in different contexts even today. Further, in spite of enormous historical changes over the centuries, the contradictions discussed here still remain. Beautifully written, deeply original, and profusely illustrated with masterpieces of ancient, medieval, and modern art, the book brings to life the rich complexity of ancient India and its connections with the present in a vivid and compelling manner.

Kings, Brāhmaṇas, and Temples in Orissa

1994 Upinder Singh *Illustrations: 21 Maps* Description: Royal endowments to Brahmanas have been interpreted either as a factor of political integration or disintegration in Indian history. Through the first thorough presentation and analysis of the epigraphic data from Orissa, this study argues that the period AD 300-1147 was one of intensive state formation and political development in which royal grants played an important integrative role. During this period, Brahmanas, many of whom were ritual specialists associated with the Yajurveda, emerged as land-holders endowed by royal decree with privileged control over land. Despite the consistent appearance of sectarian affiliations in the royal inscriptions, temples did not benefit from royal patronage on a comparable scale. Until the close of the period under review, it was the gift of land to Brahmanas, not the royally-endowed temple establishment that was a major basis of royal legitimation and political integration in Orissa.

The Lost River

2010-03-12 Michel Danino The Indian subcontinent was the scene of dramatic upheavals a few thousand years ago. The Northwest region entered an arid phase, and erosion coupled with tectonic events played havoc with river courses. One of them disappeared. Celebrated as 'Sarasvati' in the Rig Veda and the Mahabharata, this river was rediscovered in the early nineteenth century through topographic explorations by British officials. Recently, geological and climatological studies have probed its evolution and disappearance, while satellite imagery has traced the river's buried courses and isotope analyses have dated ancient waters still stored under the Thar Desert. In the same Northwest, the subcontinent's first urban society"the Indus civilization"flourished and declined. But it was not watered by the Indus alone: since Aurel Stein's expedition in the 1940s, hundreds of Harappan sites have been identified in the now dry Sarasvati's basin. The rich Harappan legacy in technologies, arts and culture sowed the seeds of Indian civilization as we know it now. Drawing from recent research in a wide range of disciplines, this book discusses differing viewpoints and proposes a harmonious synthesis"a fascinating tale of exploration that brings to life the vital role the 'lost river of the Indian desert' played before its waters gurgled to a stop.

The Discovery of Ancient India

2004 Upinder Singh Focuses On The Ideas And Work Of Alexander Cunningham And Examines The Contribution Of His Assistants-Beglar And Carlleyle. Examines The Defenitions Of Archaeological Research, The Conflict Between Archaeologists And Scholars And Different Approaches Towards The Conservation Of Historical Monuments. Reconstructs The History Of-Bodh Gaya, Sanchi And Bharat And Amravati. Useful For General Readers Interested In India`S Antiquity, Students And Researchers. Has 10 Chapters Followed By A Useful Bibliography And An Index.

Rethinking Early Medieval India

2011-03-10 Upinder Singh The reader presents a new approach to the understanding of early medieval India. It discusses political history and models; village, town, and society; religion and culture; and language and ideas as well as the key debates.

A Comprehensive History of Medieval India

2011 Salma Ahmed Farooqui Presents a consolidated timeline of medieval India by taking into account the period that marked the end of ancient India, and focusing on the importance of the transitory centuries when Delhi had begun to surface as the new power center, triggering prominent trends in thought and institutions. This book analyzes the nature of social forces, complexity of causation and the interdependence of change and continuity in the light of the crucial transition from ancient to early medieval India, with the emergence of the Delhi Sultanate and the Vijayanagar-Bahmani kingdoms. Proceeding to detail the most effervescent period in Indian history - the era of the great Mughals - the text provides an insight into the ideological-philosophical basis of the times, focusing on the Sufi and Bhakti movements, and culminates with the rise of the Marathas, the advent of European companies, and the eventual establishment of the British in Bengal. Keeping in mind that the history of medieval India has not moved in a linear fashion, and that much of the period saw phases of expansion and realignment of political attributes, this book contributes to a deeper understanding of the much misread period of Indian history with a view that takes into account the resultant interface between the political, social, economic, religious and cultural elements and devotes to this crucial period the attention it deserves.

The Penguin History of Early India

2003 Romila Thapar A Largely Rewritten Version Of A Classic History Of Early India Concerned Not Only With The Past But Also With The Interaction Of The Past And The Present. Romila Thapar S Penguin History Of Early India Brings To Life Many Centuries Of The Indian Past. Dynastic History Provides A Chronological Frame But The Essential Thrust Of The Book Is The Explanation Of The Changes In Society And Economy. The Mutation Of Religious Beliefs And Practices, The Exploration Of Areas Of Knowledge In Which India Excelled, Its Creative Literature, Are All Woven Into A Historical Context. In This Version, The Opening Chapters Explain How The Interpretations Of Early Indian History Have Changed. Further, Although The Diversity Of Sources And Their Readings Are Well Known, Nevertheless, This Narrative Provides Fresh Readings And Raises New Questions. Romila Thapar Gives A Vivid And Nuanced Picture Of The Rich Mosaic Of Varied Landscapes, Languages, Kingdoms And Beliefs, And The Interaction Between These That Went Into The Making Of A Remarkable Civilization.

Rethinking Early Medieval India

2012-06-07 Upinder Singh This book changes the way we look at the history of early medieval India (c. 600-1300 CE). Deftly tackling issues of periodization and continuities, it highlights the complex and multilinear nature of historical processes. From feudalism and state formation and economic

and social structures in villages and cities to explorations in religion, art, and intellectual history of the period, this book sheds light on the economic, political and cultural history of the pre-Sultanate and non-Sultanate early medieval India.

The Idea of Ancient India

2023-08-28 Upinder Singh How can the complexities of ancient India be comprehended? This book draws on a vast array of texts, inscriptions, archaeology, archival sources and art to delve into themes such as the history of regions and religions, archaeologists and the modern histories of ancient sites, the interface between political ideas and practice, violence and resistance, and the interactions between the Indian subcontinent and the wider world. It highlights recent approaches and challenges in reconstructing South Asia's early history, and in doing so, brings out the exciting complexities of ancient India. Authoritative and incisive, this revised Penguin edition-with two new chapters-is essential reading for students and scholars of ancient Indian history and for all those interested in India's past.

Malevolent Republic

2024-03-28 K.S. (Kapil Satish) Komireddi After decades of imperfect secularism, presided over by an often corrupt Congress establishment, Nehru's diverse republic has yielded to Hindu nationalism. India, the first major democracy to fall to demagogic populism in the twenty-first century, is racing to a point of no return. Since 2014, the ruling BJP has unleashed forces that are irreversibly transforming the country. Indian democracy, honed over decades, is now the chief enabler of Hindu extremism. Bigotry has been ennobled as a healthy form of self-assertion. Anti Muslim vitriol has deluged the mainstream. Religious minorities live in terror of a vengeful majority. Congress now mimics Modi; other parties pray for a miracle. In this highly acclaimed critique of post-Independence India from Nehru to Narendra Modi, revised and expanded with a new chapter, K.S. Komireddi charts the dismaying course of the world's largest democracy. He argues that the missteps of the nation's founders, the mistakes of Nehru, the betrayals of his daughter and her sons, the anti-democratic fetish for technocracy carried to extremes by Manmohan Singh—all of them prepared the way for Modi's march to absolute power. If secularists fail to wrest the republic from Hindu supremacists, Komireddi argues, India may go the way of Yugoslavia and collapse under the burden of sinister ethno-religious nationalism. A gripping short history of modern India, *Malevolent Republic* is also a passionate plea for India's reclamation.

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Project A History Of Ancient And Early Medieval India Upinder Singh

Recreational after school programs

After school programs can be divided into 3 broad categories: academic, recreational and social. Balanced development takes place when there is compatibility between the physical, mental as well as the educational achievements of the child. As the name suggests recreational after school programs are based on a sport or recreation. Some of the more common physical activities include football, swimming and basketball. Some clubs offer programs like gymnastics, trekking and hiking. In this case, youngsters are often given a short class in first-aid class also.

Recreational after school programs offer children an opportunity to let off some steam and to destress themselves. The closed classroom atmosphere and a day full of textbooks and writing cause the child to repress his natural enthusiasm. He curbs his energy when he is required to sit quietly in class and learn. Physical activity is an all-time low during such times. This physical lethargy and inaction is countermanded by recreational activities. Growing concerns of obesity and child diabetes make it necessary for children to indulge in some strenuous exercises that will allow them to work up some sweat.

A History Of Ancient And Early Medieval India Upinder Singh: There you go, a sure fire way of having an adventure vacation without having to go to an overly priced destination city that you have no idea about. It's a great way of making sure that your vacation is spent well and not in front of the couch in your living room.

So why not there go for it now nothing to lose and just everything to gain with so much to see in this little blue planet we have.

An Enchanting Adventure Vacation in Fiji

Fiji is one of the most enchanting and romantic places in world that is why it has also become a favorite adventure vacation destination. Also called as the "Republic of the Fiji Islands," this island nation has become quite popular to people who would want to getaway from the toxicities of the suburbia and enjoy a once in a lifetime adventure.

File Pdf A History Of Ancient And Early Medieval India Upinder Singh When it comes to the date of your vacation, you would not have to worry because the place has hot and humid weather all-year long. If you are planning to do some outdoor activities, go there between July to December. Avoid going there during the rainy season of season of February to May because

not much activities can be done.

In terms of place to stay and accommodation, worry no more because you can get the best services and amenities at the beachfront Mosquito Blue or opt for vibrant and decent lodgings at the place called “Pousada Ibiscus” which is less expensive.

An Adventure Vacation in Turkey

Many people would raise eyebrows if a vacation off to Turkey is mentioned. But, to those that are into adventure vacation, a trip to Turkey, especially in Gaziantep spells as a fun-filled ADVENTURE! This is because the place, the Gaziantep province, can be found at the southeast part of the country—which most tourist have not stepped foot onto.

Rating : A History Of Ancient And Early Medieval India Upinder Singh

Also known and dubbed quite aptly as the Gulf of Mexico’s “Miracle Mile,” and the silky-smooth sand next to the radiant blue water is truthfully a celestial sight to regard. Lay your uncertainties behind and let the water and the sun do all the work. It is the biggest city sandwiched between Pensacola, Florida and Tallahassee, Florida. It is the greater in terms of population than two major cities of the Panama City-Lynn Haven. It is the county seat of Bay CountyGR6 and is situated just east of the hottest adventure vacation destinations, the Panama City Beach.

Why take an adventure vacation in Panama City

In the recent years, the Panama City Beach, became the number 1 Spring Break spots in the United States. Not only does it have one of the most beautiful beaches in the country, but people can also enjoy parties almost anywhere on the beach.

What makes Panama Beach a truly enjoyable adventure vacation destination is the thought of joining over 250,000 Spring Breakers yearly. In fact, the place is preferred by more and more people as their definitive good-time destination because it offers all the things that beach worshippers look for. Panama City is situated in what they dub as Florida’s panhandle, the whole 27 miles of sugary white sand that cozy up to the Gulf of Mexico, exuding warm breezes off the waters edge and breath-taking surf for the hardcore water sports enthusiasts.

Lolita A History Of Ancient And Early Medieval India Upinder Singh

Some patients will experience immediate relief after the first session but others will not experience anything at all. This is the reason that an average session should be done 12 to 15 times at least 2 to 3 times a week.

If acupuncture works for you, then the only thing you need are follow up sessions. This can be done twice every 2 weeks or monthly. It is really up to you. But don’t forget to also see your regular doctor so he or she can also monitor the progress of your condition.

Types of Acupuncture

There are different types of acupuncture. Whichever you decide to use, they are designed to do the same thing and that is to relieve pain or treat certain diseases.

First A History Of Ancient And Early Medieval India Upinder Singh...Given that this has been practiced for more than 2000 years, various styles of acupuncture have been developed. So, before you decide to go for a session, you should know what technique is used so they can explain to you what happens.

When looking for an acupuncturist, you should also ask where they got their training, how long they have been in the practice and most importantly, what experience the specialist has had in treating the condition you are experiencing.

They should also be able to present their credentials like where they graduated and their state board license. If you live in a state that does not require a license, make sure they have something to show which certifies that they can practice their profession like a document from the National Commission for the Certification of Acupuncturists.

History A History Of Ancient And Early Medieval India Upinder Singh:Fifth, medical doctors do not believe in the potential of alternative medicine. This is not true because there are more doctors these days that are open to the idea that there are other ways to help patients aside from conventional medicine. In fact, some of them even recommend an acupuncturist if they know that what they have done is not effective.

Another myth is that every patient will undergo the four needle technique. This is not true and it will only be used when the specialist feels that the energy of the patient is virtually not moving as a last resort.

The seventh myth is that it is better for a medical doctor to perform acupuncture. This is wrong because the training is much different than that taught in medical school. Students who have an acupuncturist license train for 3,000 hours before they are allowed to practice this profession. So between an acupuncturist and a medical doctor, you should go with someone who has learned about this much longer.

*Opportunity A History Of Ancient And Early Medieval India Upinder Singh*__ Due to this vulnerable situation, many cardholders decide to purchase a membership to an air ambulance service that will cover any fees associated with getting the patient home. Such a company will charge a set fee, typically charged monthly or annually. For this fee, the covered person or family can choose to fly via air ambulance from any hospital far from home to the hospital of their choice. All of this is at no additional cost. Since such a flight home on a medically staffed air ambulance is expensive, this membership can save a great deal of money. One trip on an air ambulance can cost between \$10 and \$75,000.

Even a premium credit card wont cover those expenses.

Before traveling away from home, it is crucial that you learn the ins and outs of your coverage from a credit card. Even premium credit cards with fabulous benefits may leave you open and vulnerable in a medical emergency. All credit card agreements vary, so read the fine print very carefully.

If you are not guaranteed coverage of a flight home on a medically staffed air ambulance to the hospital of your choice, then you are not adequately covered with your credit card.

Additional coverage is necessary to protect yourself, your family, and your wallet.

Happiness A History Of Ancient And Early Medieval India Upinder Singh

Much of the reason for the lack of explicit language on same sex adoption is that it is relatively new as a social issue, at least within the public consciousness. Another reason is because it is often seen as such a controversial subject. It is a hotly contested issue, with firmly held opinions on each side.

Some opponents object to gay adoption on moral grounds. They feel that homosexuality is amoral in itself, and so adoption by homosexuals is amoral by extension. They may also believe that participants in same sex relationships cannot perform as well as parents as traditional heterosexual parenting units. Several organizations, among them the American Psychological Association and the American Academy of Pediatrics hold that homosexual couples are just as qualified to be parents as heterosexual couples.

There are others who fear that being raised by a same sex couple will influence a child to be homosexual, or that there may be a detrimental effect on the child's overall well-being.

Research has shown that this is not the case, however, as the sexual orientation of parents is not related to that of their children and that children of same sex couples perform just as well on several measures of overall well-being. What's more, a study conducted UCLA estimates that disallowing adoption by LGBT couples can cost the United States between \$87 million and \$120 million annually. Researchers say this is because these couples are often willing to adopt children that heterosexual couples are not, such as older children, children with behavioral problems, and children who are HIV positive. If these children go unadopted, the financial

strain of their care falls on the foster care system, sapping government funds.

observation A History Of Ancient And Early Medieval India Upinder Singh. **Acupuncture is an Example of Holistic Healthcare**

Holistic healthcare by definition is being able to cure an illness through the use alternative means. This means no medication is given to the patient and an instrument like a bunch of needles could do the trick.

Acupuncture has been around for than 2000 years. It is only recently that this holistic form of healthcare has reached the US. Studies have shown that it can treat minor problems and prevent some from happening.

The needles used in acupuncture are very thin but thicker than the human hair. This makes it smaller than those used on hypodermic needles.

Investment A History Of Ancient And Early Medieval India Upinder Singh

When looking for an acupuncturist, make sure that person is licensed. Before he or she can obtain one, they have to complete 4 years of training at an approved college of oriental medicine. In the state of California, one governing body that gives the person the title is the California Acupuncture Committee.

If they get this from another organization, a copy of their license must always be clearly displayed in the practitioner's office. One example is the National Certification Commission for Acupuncture and Oriental Medicine.

When choosing an acupuncturist, there are a few things you should ask aside from their credentials. You should know what styles of acupuncture is used as there are some techniques that do not use needles to treat a patient.

Story of" A History Of Ancient And Early Medieval India Upinder Singh;But acupuncture is not risk free. Hematoma may develop if the needle punctures a circulatory structure. It is also possible that pneumothorax may occur if the needle is inserted too deep. There is also the risk of HIV and hepatitis if the needle was not properly sterilized.

Now that you know what acupuncture is, you must not forget that it is merely an alternative and not a proper form of medical treatment. This means you should still be examined by a professional in the medical field who can determine the severity of your illness or disease.

Happiness A History Of Ancient And Early Medieval India Upinder Singh

Advertising for free seems like an impossible thing when heard. But there are several ways by which the cost of advertisement can be conserved, with the help of some imagination and creativity.

A business wanting to advertise, can write articles related to their field of expertise that can be submitted to media and publications having interest in that particular field. The advertising article can have information about the company and dealership opportunity. Due to the rise in Internet users and websites, new websites have sprung up which offer free services. Articles can be written for these websites and they can be broadcasted for free, which will be viewed by hundreds of people everyday.

Once the business has gained some recognition, within no time it will gain popularity also among the crowds. This popularity can lead to them being invited on radio and television talk shows and even to interviews. Such kind of opportunities shouldn't be missed as they provide a chance for free promotion. If it is taking a long time to get a break, the producer can be addressed with a letter that can be followed up by a telephone call or in-person visit. During the visit, the nature of expertise can be discussed about the business, which will be of interest to the viewers of the particular channel. Once a businessperson gains the status of being public-friendly, more offers start pouring in.

For Free A History Of Ancient And Early Medieval India Upinder Singh

There is a great consensus among the parents whether their children would outgrow asthma as they grow up. But the truth is it depends from child to child. While some children experience improvement in their teens others see asthma becoming even more severe. But almost half of the children who have asthma outgrow asthma as they grow although some symptoms may come back later.

Many parents have questions like whether their children can take part in sport activities. The answer is both yes and no. Some kids may get an asthma attack when they participate in exercises like running. But with proper management a teenager suffering from asthma can actively participate in sports. Special aerobic exercises can improve airway function. This strengthens the breathing muscles. Some of the ways that one can participate in sports is to follow the regimen of stretching the muscles prior to and after exercising, nose-breathe instead of breathing through the mouth and make sure that humidified air passes through the airways. Also parents should make sure that the adolescent has taken all prescribed medication supposed to be taken before they begin exercising. Carrying a reliever is a must for asthmatic teens which would come handy if asthma attack occurs. Asthmatic teenagers should make sure that they wear something over their mouth and nose to stop cold air from entering. It is not easy for adolescent teens to attend school when they have asthma but it is not difficult also at the same time if proper coordination is made among the teenager, doctor, family and school employees. It is a good idea to consult teachers, nurses and other pertaining employees of the school and let them know that the teenager has asthma and may have special requirements. Also, let the school management know on medications the teenager regularly takes and how to help the teenager when an attack occurs. The school staff should be asked to treat the teen normally once the attack subsides. The physical education coach should also be informed about the condition so that he/she can let the kid stretch the muscles before any exercises or to deal with asthma attack induced due to exercises. Also, before admitting the teenager to a new school care must be taken to check the quality of air, irritants and allergens if any present in the school. The school staff should take considerations to avoid symptoms which could hamper the energy level kids. Also asthmatic teens should be assured from time to time that they are no different from others and asthma in any way does not slow them down, They need this emotional confidence otherwise they may have personality problems.

Opportunity A History Of Ancient And Early Medieval India Upinder Singh-Cholesterol screening helps to determine the cholesterol and fat levels in the blood. Children and adolescents with normal cholesterol level is a thing of the past. Because of the changing lifestyle and junk food trend, even they have a high risk to develop high levels of cholesterol which also increases the risk of developing heart diseases which can affect the blood vessels and the coronary arteries. The main cause of this change is obesity, junk food high in fat, fast food diets, sedentary lifestyle and high cholesterol level in family history. Keeping the blood cholesterol levels at normal is a good way of avoiding high blood pressure and coronary artery diseases.

The blood cholesterol level can vary from individual to individual. Healthy levels of LDL is less than one hundred and thirty milligrams, HDL is greater than thirty five milligrams. If the HDL is less than thirty five milligrams then the adolescent is at a higher risk of developing heart diseases. And LDL more than one hundred and thirty milligrams is dangerous. But a high level of LDL cholesterol is a problem in many citizens of America. And there is an expected increase in number, the figure is unknown, of adolescents who have a family history of high cholesterol levels.

An adolescent or a child who has a parent having high levels of blood cholesterol and family history of heart diseases at an early age, should take cholesterol test from the age of two.

Adolescents who are obese also should have lipid test along with cholesterol test. The lipid test

shows levels of kinds of fats in blood such as triglycerides, LDL and HDL.

Reading A History Of Ancient And Early Medieval India Upinder Singh

Variations of Conventional Acupuncture

Auriculotherapy or ear acupuncture is one of the variations of conventional acupuncture. In this practice, it is believed that the ear provides a map for all the major bodily organs. A specific area or point on the ear corresponds to a particular organ, such as the heart, kidneys, or liver. Thus, the needles are placed in particular points around the ear and on the ear cartilage.

Staple acupuncture is a method used in smoking cessation, wherein staples are placed for a certain period anywhere on the ear area to provide stimulation.

Indeed there is growing evidence that this traditional Oriental practice can rival any modern forms of treatment. If you are one of the many people who are looking for a widely recognized and time honored therapeutic practice, acupuncture may just be the alternative treatment for you.

Obsession A History Of Ancient And Early Medieval India Upinder Singh

Air Ambulance and Transported to Any Hospital of Choice

Whether you have pre-existing medical conditions or are as healthy as a horse, you never know what might happen. When you are close to home, you know just where to head in an emergency. If a medical emergency should arise, you would travel to your trusted local hospital to receive superior medical treatment near friends and family, but what happens when you are away from home?

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What makes MedjetAssist so different from other medical evacuation services? Like other medical evacuation services, MedjetAssist sends an air ambulance and medical staff to pick you up from the hospital to transport you to another medical facility. The difference lies in the details. MedjetAssist allows the patient to determine the hospital of their choice as the final destination. Most medical evacuation services require the transit to be deemed medically necessary. With MedjetAssist, it does not matter what the reason. MedjetAssist will be there to pick you up.

Instruction A History Of Ancient And Early Medieval India Upinder Singh; It might not be something to replace regular trips to the doctor but with its many possible benefits, acupuncture might be worth trying out very soon.

Part of the curriculum will also include basic courses in traditional medicine covering subjects such as anatomy, biosciences, medical terminology, herbal medicine, moxibustion, and acupressure. In some schools, they may require students to also learn about nutrition and various kinds of research.

Once they graduate, they may start in an entry level position earning \$40,000 or more which will soon double or triple after years of experience and working themselves up the ladder. If you want to look for a school that offers acupuncture degrees, it is best to go online and see which one has the best program that suits your requirements.

Review A History Of Ancient And Early Medieval India Upinder Singh...a charming

bookstore at the heart of a forgotten city, volumes were not just vessels of stories; they were portals to alternate realms. The Bookbinders Haven, it was mysteriously known, held the

power to spin narratives into reality. Dusk settled, the books murmured tales of forgotten lands, and the air crackled with the enchantment that only those who dared to peruse would uncover.

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observation A History Of Ancient And Early Medieval India Upinder Singh

In the long-term scenario bruises, sprains and strains heal pretty quickly in kids and teenagers but it is important that the adolescent sticks to the restrictions imposed during the treatment and healing process like restriction of activity and regularly attending physical therapy sessions if any. It is noted that majority of the sports related injuries results either due to traumatic injury or excessive use of muscles and joints. But, they can be avoided and prevented with right training, by wearing right protective gears and by using right equipment for training.

Tennis Elbow in Adolescents

Tennis elbow is a condition in which tendon fibers that attach on epicondyle on the elbow's exterior degenerates. The tendons talked about here anchor the muscles that help wrist and hand to lift. Although tennis elbow occurs mostly in patients of thirty to fifty years of age but it can happen to people of any age. Also tennis elbow affects almost fifty percent of teenagers who are in racquet sports thus the name "tennis elbow". But still most of the patients who suffer with tennis elbow are people who don't play racquet sports. Majority if the times there isn't any specific injury before the symptoms start showing up. Tennis elbow can also happen to people who use their forearm muscles frequently and vigorously for day to day work and recreational activities. Ironically some patients develop the condition without any of the activity related reasons that leads to the symptoms.

The symptoms of tennis elbow include severe burning pain on the elbow's exterior region. In majority of the cases this starts as a slow and mild pain gradually worsening with the passage of few weeks or sometimes months. The pain worsens when one tries to lift objects. In some cases it may pain even while lifting light objects like a book or full coffee cup. In the severest cases it can pain even at the movement of the elbow.

Study case A History Of Ancient And Early Medieval India Upinder Singh

A lot of people are unaware that acupuncture is not yet legal in every state. You can find work or start your own practice in California, New York, Texas, Hawaii and Oregon with 8 more states that are still pending legislation.

We mentioned that you have to study in a school certified by the Council of Colleges of Acupuncture and Oriental Medicine (CCAOM). One more hurdle you have to face before getting your license is passing an exam given by them except in the state of California which has its own regulating body and board certification exam in order for you to practice your profession.

An acupuncturist degree is just the first step in becoming your own boss. To become a master, you have to learn everything there is to know as a student so those who entrust themselves to you in the future will not have any problems.

Instruction A History Of Ancient And Early Medieval India Upinder Singh Instruments

Modern acupuncturists nowadays use disposable fine stainless steel needles that are 0.007 to 0.020 inches in diameter which are sterilized with either ethylene oxide or by autoclave. Since they are way finer than hypodermic syringe needles, being poked by these needles are relatively painless. The upper third of the needle is covered with either a thicker bronze wire or plastic to make the needle sturdier and easier to handle. The length of the needle and how far they are inserted is all up to the acupuncturist and his practised style of acupuncture.

Example Of Treatment

If a patient has a headache, he/she is diagnosed and is treated by stimulating the sensitive points located at the webs between the thumbs and palms. In acupuncture theory, these points are connected to the face and head and can be used for treatment of headaches and other ailments involved. Needles are then carefully inserted into the skin until the patient feels a twinge, which is usually accompanied by a slight involuntary twitching of the area. During this treatment, a number of things may occur.

- Sensitivity to pain in where needles are inserted.
- A hint of nausea during treatment in case of bad headaches.
- Near-immediate headache relief.

Life Lessons from A History Of Ancient And Early Medieval India Upinder Singh

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