



## Sterling Book of Essence of Indian Thought

By Baldeo Sahai

Sterling Publishers Pvt.Ltd. Paperback. Book Condition: new. BRAND NEW, Sterling Book of Essence of Indian Thought, Baldeo Sahai, This book is about the contribution of India to the thoughts, cultures and traditions of the world. The debt owed by the west to other civilisations and to India in particular, goes back to the earliest epoch of the 'Western' scientific tradition, the age of the classical Greeks and continued until the dawn of the modern era, the renaissance when Europe was awakening from its Dark Ages. This book is a humble attempt to put together some of the aspects of India's contribution to the thoughts of the world. Upanishads and Yoga both speak of universal values and constitute the heritage of all people. Other subjects like Ayurveda, Kamasutra and various forms of Indian arts - painting, music and dance have been analysed and discussed elaborately. The book draws attention to the Indian art of storytelling, the origin of mathematics, including the zero and decimal system.



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