

## Rog Da Gurmat Paripek: Gurmat View of Ailments



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**(Ivah West)**

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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: Panjabi . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.In the present day hectic life style, health is a matter of concern for everyone. It is rare to find a person who does not suffer from any ailment. This book Rog Da Gurmat Paripekh , in Punjabi language, attempts to take a view of the matter of human ailments as laid down in the Sikh way of life prescribed in their scripture Shri GURU GRANTH Sahib . The objective of the book is to use less of the narrative and base the total analysis on the quotations from the Guru GRANTH Sahib. A total of 303 quotes have been selected in order to find an answer to various questions such as - What are the types of ailments? Who all are ailing? Why ailments? Who suffers from ailments? How can ailments be cured? - and so on. The question of Usage of Gurbani for cure from ailments is also sought to be answered. The commentary and the quotes have been interspersed in such a manner that they complement each other for better comprehension by the reader.

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