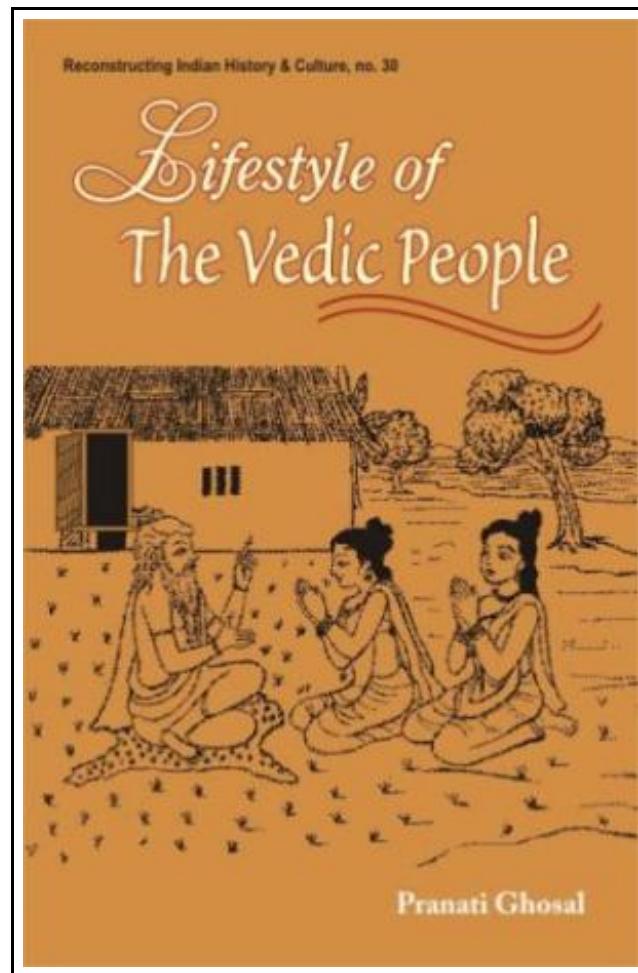


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D.K. Printworld (P) Ltd., New Delhi, 2006. Hardcover. Book Condition: New. First edition. 15 x 23 cm. Based on a deep analysis of the Vedic literature, the book deals with aspects of everyday life of the Vedic people: their housing, mode of production and occupation, social organization, education, food and drink, entertainment, dress and cosmetics, etc. Tracing the influence of Vedic learning on Upanisads and Sutra literature which have also been referred to here for details on the Vedic people and their traditions, this study focuses on the lifestyle of seers and the elite as well as that of the common people and stresses the importance of the ritualistic context in discussing aspects of daily life like preparing of food and food-eating habits, style of dressing, building of houses and so on. It deals with the Vedic people's approach to life, covering points such as their attitude towards knowledge and their quest for Brahman, their view of death and their yearning for heaven. This publication also examines the growth of the Vedic tradition from one based on the minimum requirements of life to a tradition involving refinement of things-a system of writing and a complex religion based on deep philosophical study and explanations of cosmology. The book will be useful to all students and scholars of ancient Indian religion and culture. Contents Foreword by R.C. Sharma Preface Introduction I. FOOD HABIT : 1. Grains : i. Barley ii. Wheat iii. Rice 2. Milk : i. Milk Products 3. Fruits and Vegetables 4. Meat 5. Fish 6. Preparation of Food 7. Use of Cooking Spices 8. Utensils/ Implements 9. Drinks 10. Food Prescribed on Sacrificial Occasions 11. First Food to the Child 12. Manners Concerning Food 13. Restrictions and Prohibitions on the Use of Food II. DRESS ARRANGEMENT : 1. Dress :...

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