



ISSN No. : 2321-9653

# IJRASET

**International Journal for Research in Applied  
Science & Engineering Technology**

IJRASET is indexed with Crossref for DOI-DOI : 10.22214

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*It is here by certified that the paper ID : IJRASET46763, entitled  
**Physiological Study of Trayopasthambha (Ahara, Nidra Evam Brahmacharya) w.s.r.  
to Nidra (Sleep)***

*by  
**Dr. Sanjay Kumar Bhatnagar***

*after review is found suitable and has been published in  
Volume 10, Issue IX, September 2022  
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*International Journal for Research in Applied Science &  
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