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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  
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