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Ayurveda (/ ˈɛɪvərˈdɛɪ j ˈɛʃɪˈtɪm r ɛˈv iː d ɛˈtɪm, -ɛˈv eɪˈ-/) is a system of medicine with historical roots in the Indian subcontinent. Globalized and modernized practices derived from Ayurveda traditions are a type of alternative medicine.

Ayurveda - Wikipedia

Dzogchen (Wylie: rdzogs chen) or "Great Perfection", Sanskrit: à¤¸...à¤¸à¤¸; à¤¸-à¤¸à¤¸—, is a tradition of teachings in Tibetan Buddhism aimed at discovering and continuing in the natural primordial state of being. It is a central teaching of the Nyingma school of Tibetan Buddhism and of Bon.

Dzogchen - Wikipedia

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