

## P R E F A C E

The critical study and editing of the KK is mainly a study of the Pākasastra which was considered as a valuable and important knowledge in ancient times. The KK supplies very useful material of Dietology, Nutrition, Cookery and General Hygiene which are supposed to be important sciences even in modern times. The author has discussed these sciences in the light of Āyurvedic principles. But the KK has not received proper attention which it really deserves. It was not even tried to prepare the critical edition of the KK. Hence I have taken the KK to prepare its critical edition for the Ph.D. degree.

An attempt is made to provide English equivalents for some of the technical Sanskrit Terms used in the Āyurveda, but wherever it is not possible to do so, original Sanskrit words have been maintained. The technical terms like vāta, pitta and kapha are used in their original form. The Glossary of such technical terms is given in Appendix - I.

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