

NEW BOOKS ON INDIA IN 1974

By A. PLESHKOV, APN

Every year the Nauka Publishing House brings out from 20 to 30 new books about India. Among these books are theoretical studies made by Soviet Indologists of the history, economics and ethnography of India, Russian translations of the works of Indian writers, publications of ancient and medieval literary masterpieces and all kinds of collections of articles and stories. In the present article we want to tell the readers what the publishing house intends to bring out in 1974.

The readers' attention will undoubtedly be drawn by works devoted to general problems of social and political development of the Eastern countries including India. Among them is a study by N. Simoniya, a Soviet scholar, entitled *Countries of the East: The Roads of their Development* and a collection of articles *Middle Strata of the Urban Society in Eastern Countries* where an estimation is made of the place and part played by the so-called "middle class" in the social structure and political life of the young national states.

Those who are interested in oriental philosophy will like to read a collection of articles entitled *Religion and Social Thought in the Countries of the East*. It is devoted to the history of Islam, Buddhism, Hinduism and Christianity and the part played by these religions in the contemporary ideological and political struggle going on in the countries of the East. It should be noted that the material included in the collection is based on the study of original sources in many oriental languages.

India: Contemporaneity and History is a collection of works that throw light upon topical problems of social and political life in modern India, as well as on problems of the history of the national-liberation movement. Among other things the book shows the part played by the anti-colonial revolts of the masses in 19th century, the activities of the Indian National Congress and of M.K. Gandhi before the liberation of the country took place.

M. Pleshova's book *The State of Uttar Pradesh, Its Social and Political Problems* is one of the first works in Soviet Indological literature devoted to the problems of a single Indian state. It deals in detail with the political events of 1967-1971 and among other things with the upsurge of the mass democratic movement which ended in the victory of the Indian National Congress.

The Soviet reader will also be interested to read the first monograph published in Russian devoted to the women of independent India. Its author F. Salimova, uses documents, literary sources and personal impressions, to tell about the position of Indian women and the part played by them both in social life and in the family, as well as about the active struggle of Indian women for their rights, for peace and progress.

Speaking of books on ethnography, mention should be made of the collection of articles entitled *Ethnical Processes in South Asia* devoted to the ethnical history and national consolidation of the peoples of India, Bangladesh, Pakistan, Nepal, Bhutan, Sri Lanka and the Maldiv Islands in the 19th-20th century as well as of I. Semashko's work *The Bhils (A Historical and Ethnographic Survey)*.

Readers of the **Soviet Land** will be probably interested to learn about the new publications of Indian literary masterpieces in the Soviet Union. Thus *Silakkhandavagga*, the first part of the Buddhist canon *Dighanikaya*, will be published for the first time in Russian in 1974. This masterpiece is of great value for the study of ancient Indian literature and culture. The translation into Russian from the Pali language, the introduction and the detailed philological commentary have been made by A. Syrkin, a well-known Moscow Indologist.

The Nauka Publishing House also intends to bring out two works devoted to the creative work of Amir Khusrav Dehlavi, a classical writer of Tajik, Persian and Indian literatures, whose 700th birth day will be marked, according to a resolution of UNESCO, all over the world. One of the works will be a publication in Persian of the critical text of the poem *Matla-al-anwar* (The Ascent of the Heavenly Bodies) with which the famous *Khamsa* begins. The critical text has been prepared for the press by Indologist T. Magerramov on the basis of eight very old manuscripts. The Soviet reader will also be given an opportunity of acquainting himself with the lyrical verse of the great Indian poet. Some of his verses, characteristic of great poetical skill, will be published in Russian for the first time.

Yet another literary masterpiece will also be published in Russian for the first time. This is Bahtavar's philosophical poem *Sunesar* which dates to the early 19th century. It has been translated from the Braj by I. Serebryakov, a Soviet Indologist and Nehru Prize winner. The publication of the poem will widen the scholars' ideas of the processes that took place in the spiritual life of India at the dawn of the national-liberation movement.

The history of literature is represented in the plans of the Publishing House by a monograph by V. Lashmukov, a Moscow scholar, entitled *H.N. Apte, an Indian Enlightener and Novelist* and by a study made by E. Tyomkin, a Leningrad Indologist, devoted to the world outlook of Bhamah and the dating of his treatise *Kavyalankara* (Poetic Ornaments).

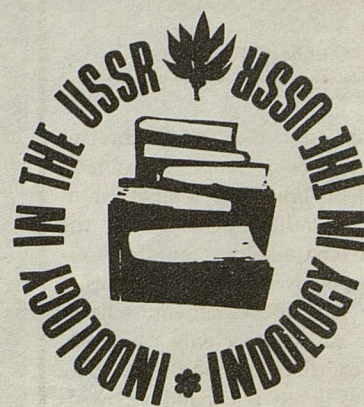
P. Grintser's monograph *Ancient Indian Epics* will be published in the series *Studies of Oriental Mythology and Folklore*, while a collection of stories by South Indian writers and another by Hindi writers will be published in the series *Modern Oriental Short Stories*.

Special attention should be drawn to *Folklore and the Language of the Gissar Parias* made by I. Oransky, an Orientalist from Leningrad. In the 1950s the author discovered in the Gissar valley (the Tajik SSR) Parias, a previously unknown group of the population, who had come from India. The book contains interesting folklore texts published both in the original and in Russian translation, as well as an ethnographic survey, a survey of Paria grammar and a detailed vocabulary.

There can be no doubt that such books as *Myths of Ancient India, Lightning and Lotus Flowers, Indian lyrical poetry of the 20th century*, as well as G. Bongard-Levin's and A. Gerasimov's joint work *Wise Men and Philosophers of Ancient India* will be sold out very quickly.

Speaking of new books on India which will be published in 1974, mention should of course be made of the Third edition of the *Bibliography of India*. It includes the description of all Indological literature published in Russia and the Soviet Union beginning from the 18th century to 1967. This volume will have about 2,000 pages.

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BACTRIA OF THE KUSHANS MAKES ITSELF HEARD

By B. STAVISKY

Head of the Archaeological Expedition in Kara-Tepe

The Kushan Empire, a mighty power of the ancient world which embraced in its period of efflorescence, in addition to the territory of Hindustan, almost the whole of Afghanistan and parts of what are now the Soviet Central Asian republics, has been attracting lately the attention of historians of India, the Soviet Union, Pakistan, Afghanistan, as also of Japan, the USA, France, Italy and Iran.

It is known that the Kushan Empire arose on the territory of Bactria (later Toharistan), an ancient cultural region situated on both sides of the Amu-Darya River (ancient Oxus) touching its middle and upper reaches. Nomadic tribes that settled here after the fall of the Greco-Bactria emperors at the end of the 2nd and the 1st centuries B.C. were the forebears of the Kushans who, "more than a hundred years later", according to ancient chronicles, set up in Bactria a strong Kushan state, the nucleus of a mighty and extensive future empire.

The first relics of the Kushan Empire that became known to modern archaeology way back in the '20s of the last century were coins (small copper ones, and some golden), round plates with images of bearded kings, usually standing before altars, and patron gods forming a motley and unusual pantheon. Also strange were the legends (short inscriptions) on the coins. Several of these legends were in Greek. Some Indian ones were also found, but in most of the coins the inscriptions were written in an incomprehensible language, though with Greek letters.

The study of these inscriptions by historians at the end of last century, most of whom were working in India, made it possible to decipher the names of the Kushan emperors: Kujula Kadphises, Vima Kadphises, Kanishka, Huvishka, Vasudeva. They also discovered the order in which they reigned.

1984

Inspecting a model of
a residential area in Moscow

placing of tiny tots in creches or kindergartens is no longer a problem. Most schools operate in a single shift.

Daily 1.5 million persons visit the capital from outside: guests, tourists and people on business. This is why the city development scheme takes into account not only the steady but also the floating population. The network of hotels is expanding considerably.

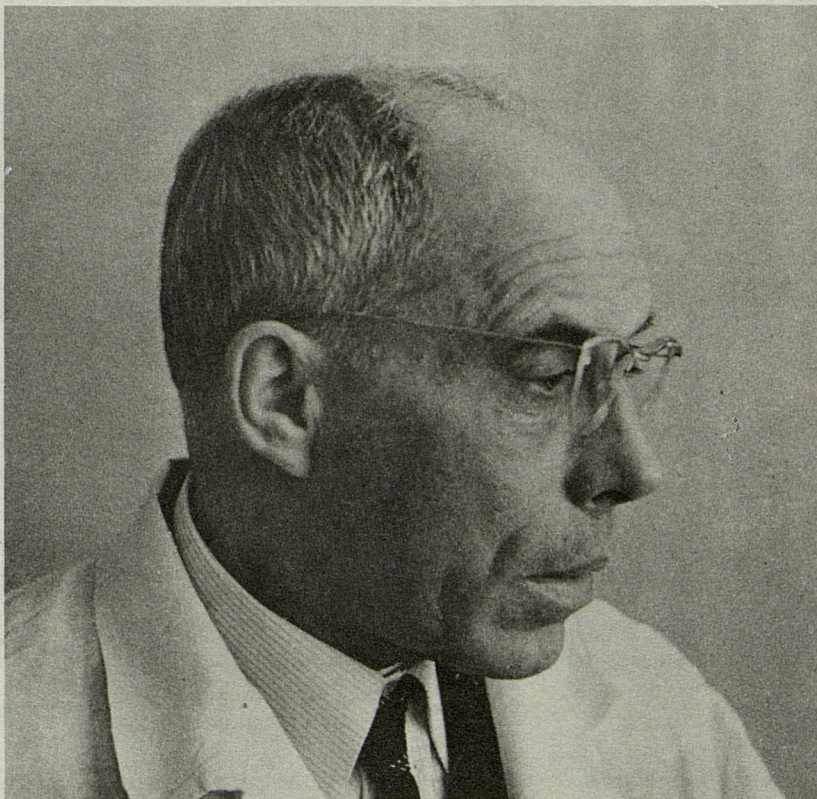
Urgent transport problems, the most acute for all metropolitan cities the world over, are being solved. There are at present a quarter of a million passenger-cars in Moscow. In the near future their number will reach the million mark. A radical improvement in the existing network of transport thoroughfares is planned for the more rational organisation of the city's traffic. New speed-ways will be laid, while some of the streets will be broadened. The construction of underground garages will be stepped up. New underground stations will appear in almost every residential area. There are at present nearly a hundred underground stations.

The problems of water supply and keeping the city green are important aspects in the planning and development of the city. At present Moscow does not suffer from any water shortage, nonetheless a third hydraulic system is already under construction to augment the water supply. It will give the capital an additional source of pure water. The programme for greenery is an integral part of the master plan. The main idea is creation of large green areas.

Besides the tremendous successes achieved in the renovation and development of the capital, shortcomings still exist arising from the previous practice of putting up buildings only in accordance with standard designs which by their similarity deprived some of the zones of the city of any individuality of their own. Some disharmony has also grown in the architecture of the new building complexes and of the central areas with their historical ensembles that make Moscow inimitable. The quality of construction, the main aim of which was to eliminate the housing shortage as quickly as possible, did not always conform to modern standards.

Now architects are working for greater diversity in construction. Moreover, the experience of Soviet and world technology in building is being generalised.

Moscow's harmonious development requires several years of well-defined and scientifically worked-out plans, and preparation of forecasts of trends of growth. These features are to be found in the new master plan for the development of the Soviet capital. **



Prof. YURI NIKOLAYEV

Over 2,000 years ago the celebrated Greek scientist Hippocrates said that wisdom lies in the ability to comprehend all that is created by nature.

The Soviet psychologist Yuri Nikolayev, Doctor of Medicine, chose these words as a motto for his book entitled *Fasting For Health*.

At first glance, the title of the book may appear a bit unusual. For centuries man has been combating hunger as his most malignant enemy. Till this day, in many parts of the world adults and children die of starvation; they lack essential foods.

Here is a man of vast experience who can bring about a complete cure of mental diseases by subjecting them to a course of treatment based on fasting. The professor is never tired of repeating: "He who wants to understand the fundamental principles of my method of treatment must read *Ayurveda*."

Let us, however, start from the beginning.

As one enters Prof. Nikolayev's apartment in Moscow, one is immediately attracted by three big busts on the bookshelf.

Two of them are easily recognisable: Leo Tolstoy and Mahatma Gandhi. But the third puzzled me.

"You ought to be ashamed of yourself," said the professor, "you consider yourself to be an Indologist but you cannot recognise Swami Vivekananda."

Indeed, what a shame! How could I fail to recognise the kindly and dignified face of the man whose name has long been in the text-book of Indian history.

However, what do the champions of Indian freedom and thinkers have to

do with the Soviet doctor of medicine?

It turned out that they do have.

Yuri Nikolayev was born into the family of a village doctor whose love for Leo Tolstoy bordered on idolatry.

On choosing a medical profession, Nikolayev, like his father, followed much of Tolstoy's teachings.

For instance, from his early childhood right down to the present day Nikolayev has been a confirmed vegetarian. Moreover, under his influence his wife and children have also taken to a vegetarian diet. True, the children are now grown-up people but most likely they will continue their vegetarian habits.

On becoming a vegetarian, the young doctor started taking interest in the literature on food habits. He found some Indian books on the subject, including one on *Ayurveda*.

A thorough study of these books led him to the Indian philosophy. Mahatma Gandhi and Swami Vivekananda appeared to him particularly significant. He found many a precious gem of thought in books of Indian philosophy.

"This is the way India came into my life," said Prof. Nikolayev. "The day I visited that country was one of the happiest in my life."

When Nikolayev came to India he was already a leading physician in the treatment of mental disorders. Thousands of people whom he had cured kept sending letters to him from all over the Soviet Union.

Nikolayev was happy to share his experience with his Indian counterparts while always emphasising how much he had gained from reading ancient Indian books on medicine. He pointed out that this basic method

By OUR CORRESPONDENT

From Ayurveda To Modern Medicine

of treatment involving total abstinence from food came from *Ayurveda*.

What is the method developed by Prof. Nikolayev?

On coming to his hospital, a patient first of all undergoes a thorough medical check up, including an electrocardiogram, blood pressure, pulse and weight. Then all the doctors have a talk with the patient jointly to prescribe the length of the period of fasting which usually lasts from 25 to 30 days.

In this manner each patient is psychologically prepared for a period of abstinence from food.

During this period patients are given a daily bath and a thorough massage. Besides, they take a long stroll every day. Equally important is the fact that in the time left after sleep, treatment and walk, patients are encouraged to do something useful (work therapy). They are also seen reading, playing games and even dancing to the tune of music.

Throughout their treatment patients are given nothing except sweetbrier-water, mineral and pure water.

No matter how successful the results of this kind of treatment, Prof. Nikolayev always emphasises that treatment by fasting must necessarily be carried on under a careful medical supervision. One should never resort to it on one's own.

During his 25 years of practice Prof. Nikolayev has treated over 7,000 cases.

The case histories inevitably bring back the title of Nikolayev's book *Fasting For Health*. Thousands of people who are at present engaged in useful activities owe their health to the man who studied *Ayurveda* to find this method of treatment. **