

Pregnancy Malayalam Guide

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"A" Malayalam and English dictionary Hermann Gundert 1872

[Managing Morning Sickness](#) Miriam Erick
2004-01-01 Based on the author's work with thousands of women, this new edition presents an added decade's worth of information and experience that makes it the most up-to-date resource in the field of morning sickness. Included are remedies, nutritional guidelines, and recipes.

[The Miracles of Your Mind](#) Joseph Murphy
2018-12-18 In this book Dr. Joseph Murphy explains how the latent powers inherent in our subconscious can improve our lives. He discusses the two minds that each of us possess; the objective mind and the subjective mind, and how to integrate them. He also explains how to harness the power of mind, especially the subconscious mind. Dr. Joseph Murphy, the founder of 'The Church of Divine Science', produced books, tapes, and radio broadcasts on spiritual matters, the historical values of life, the art of wholesome living, and the teachings of great philosophers-both from the Eastern and Western cultures.

[Sunshine After the Storm](#) Alexa Bigwarfe
2013-10-01 "This supportive guide to navigating pregnancy and infant loss will arm you with life-changing tools that will help you feel part of a dynamic community."--Back of book.

Nurture Erica Chidi Cohen 2017-10-24 "What a gift to new and expecting moms. You have no idea the mountain and rollercoaster you're about to embark on, but Nurture somehow gives you a

peek in and gives you essential information to help ground you." -Catherine McCord, founder of Weelicious and One Potato A comprehensive and judgement-free pregnancy companion: Nurture is the only all-in-one pregnancy and birthing book for modern mothers-to-be and their partners who want a more integrative approach. Author Erica Chidi Cohen has assisted countless births and helped hundreds of families ease into their new roles through her work as a doula. Nurture covers everything from the beginning months of pregnancy to the baby's first weeks. This empowering book includes: • Supportive self-care and mindfulness exercises, trimester-specific holistic remedies, nourishing foods and recipes for every month of pregnancy, and expert tips for every birth environment. • More than 40 charming and helpful illustrations, charts, and lists can be found throughout. • Dozens of important topics that every modern mom needs to know including fetal development, making choices for a hospital, home or birth center birth, the basics of breastfeeding, tips on what to expect postpartum, and more. Nurture is an all-inclusive pregnancy and birthing guide book that gives soon-to-be mothers and their partners the information they need to make decisions, feel confident, and enjoy the beauty of creating new life. Nurture is a thoughtful and helpful gift for expecting mothers and their partners. Erica Chidi is co-founder and CEO of Loom in Los Angeles, CA. She began her work in San Francisco, volunteering as a doula within the prison system, working with pregnant inmates. She went on to build a successful doula

and health education practice in Los Angeles and has been featured in Women's Health, Vogue, Goop, The Cut and Marie Claire. *Current Catalog* National Library of Medicine (U.S.) First multi-year cumulation covers six years: 1965-70.

AYURVEDIC GARBHA SANSKAR Dr. Shri Balaji Tambe 2020-05-09 Originally written in Marathi, 'Ayurveda Garbha Sanskar' is a book that serves as a guide to a couple who are looking to start a family, starting out by getting pregnant, giving birth to a healthy child and nurturing the little one. The book comprehensively provides people everything that a person wants to know about conceiving, pregnancy and delivery to nurturing the little one for up to 2 years of age. Not simply a book laden with known-lectures, rather this book can be seen as an elaboration of various ancient Ayurvedic practices that leads to the complete well-being of the mother and child's physical, spiritual and psychological health. It also advises on the traditional herb mixes, yoga, music and mantras that the new-mothers or the mothers-to-be may find helpful. Besides, this book also charts a nutritious Ayurvedic diet-plan for the couples to detoxify their bodies and be healthy in the right sense of the term. Once a mother conceives, she must be able to nourish and condition the little one in her womb. Likewise, this book also provides a month-by-month nutrition plan that helps in proper nourishment of the baby. Yoga and full-body herbal oil massages during pregnancy are also recommended for the mothers-to-be along with a list of health tonics prescribed in this book. In order to reach out to more people worldwide, this book has been translated in English, and is available in hardcover.

Traditional Recipes for Pregnancy & Motherhood Sonal Chowdhary and Supriya Arun 2019-08-14 Includes 80 Recipes from across India and 6 Superfoods Pregnancy is a transformative stage in a woman's life. Everything she eats, does or even thinks may have an effect on the development of her baby. The health and wellbeing of a baby—inside the womb as well as outside—is completely dependent on the mother's diet. Rich and wholesome food for the mother equals a robust and happy baby. This is where the wisdom from

grandma's kitchen comes in to play. Before you crinkle your nose, did you know that moringa, fenugreek, shatavari and garlic can help to improve lactation, while edible gum/gond and Turkey berry are ingredients that can provide strength to the mother post her delivery? Remember, it worked for your mother and your grandmother, so why not give it a try? Most new moms-to-be worry about weight gain during pregnancy and to top it, many feel our desi food has too many calories. *Traditional Recipes for Pregnancy & Motherhood* is an attempt to build a bridge between the traditional and the modern by getting new mothers acquainted with the richness and wisdom of Indian cuisine. Along with detailed information on 6 superfoods that is vital in any pregnant woman's diet, this book also provides medicinal values of all the major ingredients—most of them rooted in Ayurveda—used in the recipes inside. In addition, it also doles out tips on the much-discussed topic—how to maintain an ideal weight throughout pregnancy and after! SONAL CHOWDHARY is a Holistic Nutrition Consultant with specialisation in weight management, sports and clinical nutrition. She is a Certified Holistic Cancer Coach from Centre for Advancement in Cancer Education, Richboro, PA, USA. SUPRIYA ARUN is a Nutrition and Wellness Consultant certified in clinical, weight management and sports nutrition. She is also certified in Personal Training from American College of Sports Medicine. "Just what the doctor ordered!" —Dr. Rajeev Agarwal, Director, Care IVF "Simple, easy to read and an interesting book. Well recommended!" —Rekha Sudarshan, Lactation Expert "A book that beautifully merges nutritional science with tradition and I highly recommend it." —Kinita Kadakia Patel, Award-winning Sports Nutritionist & Author

Catalogue of Malayalam Books in the British Museum British Museum. Department of Oriental Printed Books and Manuscripts 1971 *Mindful Pregnancy* Tracy Donegan 2020-03-18 Enjoy a natural, positive, stress-free pregnancy. Trimester by trimester, this beautiful book gives you safe yoga, meditation, natural remedies, nutrition, and hypnobirthing techniques to match your stage of pregnancy. Encouraging, practical advice from midwife and positive birth

expert, Tracy Donegan, will help you to understand your body, relish your pregnancy, and bond with your growing baby. Troubleshoot pregnancy aches and pains with appropriate exercises, quell morning sickness with natural remedies and food, bond with your baby through meditation and movement, and prepare your body and mind safely and healthily for childbirth using strengthening exercises and hypnobirthing techniques. Feel empowered to nurture and give birth to your baby with strength and confidence, and embrace your life as a new mum. "A must-read for all parents who want to create a healthier, more joyful, more peaceful world." - Deepak Chopra, MD

Guide to Indian Periodical Literature 2007

South and Southeast Asia Video Archive

Holdings University of Wisconsin--Madison.

South and Southeast Asia Video Archive 1991

Surfacing Margaret Atwood 2012-03-27 From

the author of the New York Times bestselling novels *The Handmaid's Tale*—now an Emmy Award-winning Hulu original series—and *Alias Grace*, now a Netflix original series. Part detective novel, part psychological thriller, *Surfacing* is the story of a talented woman artist who goes in search of her missing father on a remote island in northern Quebec. Setting out with her lover and another young couple, she soon finds herself captivated by the isolated setting, where a marriage begins to fall apart, violence and death lurk just beneath the surface, and sex becomes a catalyst for conflict and dangerous choices. *Surfacing* is a work permeated with an aura of suspense, complex with layered meanings, and written in brilliant, diamond-sharp prose. Here is a rich mine of ideas from an extraordinary writer about contemporary life and nature, families and marriage, and about women fragmented...and becoming whole.

[The Ten Basic Principles of Good Parenting](#)

Laurence Steinberg 2005-05-09 A guide to raising children covers the principles of adapting a parenting style to match a particular child's needs, establishing a structure and limits, and promoting such qualities as honesty, kindness, and independence.

The Girl Who Smiled Beads Clemantine Wamariya 2018-04-24 NEW YORK TIMES BESTSELLER • "The plot provided by the

universe was filled with starvation, war and rape. I would not—could not—live in that tale." Clemantine Wamariya was six years old when her mother and father began to speak in whispers, when neighbors began to disappear, and when she heard the loud, ugly sounds her brother said were thunder. In 1994, she and her fifteen-year-old sister, Claire, fled the Rwandan massacre and spent the next six years migrating through seven African countries, searching for safety—perpetually hungry, imprisoned and abused, enduring and escaping refugee camps, finding unexpected kindness, witnessing inhuman cruelty. They did not know whether their parents were dead or alive. When Clemantine was twelve, she and her sister were granted refugee status in the United States; there, in Chicago, their lives diverged. Though their bond remained unbreakable, Claire, who had for so long protected and provided for Clemantine, was a single mother struggling to make ends meet, while Clemantine was taken in by a family who raised her as their own. She seemed to live the American dream: attending private school, taking up cheerleading, and, ultimately, graduating from Yale. Yet the years of being treated as less than human, of going hungry and seeing death, could not be erased. She felt at the same time six years old and one hundred years old. In *The Girl Who Smiled Beads*, Clemantine provokes us to look beyond the label of "victim" and recognize the power of the imagination to transcend even the most profound injuries and aftershocks. Devastating yet beautiful, and bracingly original, it is a powerful testament to her commitment to constructing a life on her own terms.

[A Malayalam and English Dictionary: The vowels](#)
Hermann Gundert 1872

[Delhi to Kolkata Footprint Focus Guide](#) Vanessa

Betts 2013-10-30 This region takes in the contrasts of India. From the brash and chaotic Delhi, through Varanasi, India's holiest city, to the cultural hub that is Kolkata, these cities will truly provide an experience of India. Footprint Focus provides invaluable information on transport, accommodation, eating and entertainment to ensure that your trip includes the best of these dynamic destinations. • Essentials section with useful advice on getting to Delhi, Varanasi and Kolkata. •

Comprehensive, up-to-date listings of where to eat, sleep and play. • Includes information on tour operators and activities, from tightly packed markets to visiting the holy riverbank. • Detailed maps for Delhi, Kolkata and other key destinations. • Slim enough to fit in your pocket. With detailed information on all the main sights, plus many lesser-known attractions, Footprint Focus Delhi to Kolkata provides concise and comprehensive coverage of one of India's most fascinating regions. The content of Footprint Focus Delhi to Kolkata guide has been extracted from Footprint's India Handbook.

Drugs in Pregnancy and Lactation Gerald G. Briggs 2012-03-28 An A-Z listing of drugs by generic name. Each monograph summarizes the known and/or possible effects of the drug on the fetus. It also summarizes the known/possible passage of the drug into the human breast milk. A careful and exhaustive summarization of the world literature as it relates to drugs in pregnancy and lactation. Each monograph contains six parts: generic US name, Pharmacologic class, Risk factor, Fetal risk summary, Breast feeding summary, References

Protection in Diagnostic Radiology Benjamin Paul Sonnenblick 1959

The Mindful Mother Naomi Chunilal 2015-11-30 Mindfulness is perfect for new mothers - The Mindful Mother will support, nurture and guide you through pregnancy, labour and early motherhood. Naomi Chunilal shows you how to cultivate a daily practice of mindfulness, to be present through the joys and frustrations of becoming a mother of a newborn child. Using simple and powerful self-development practices based upon Buddhist and Yogic principles, you can steer a clear path through pregnancy and childbirth, into new motherhood. Speaking to the heart with wisdom, insight and humour, The Mindful Mother gives you a practical life and emotional lifeline, helping you to: Cope and thrive through common mothering dilemmas Find balance and equilibrium between work and home Restore and raise energy, vitality and resilience levels Engage your mind to work with you, rather than against you Survive and enjoy daily life with a newborn baby Awaken the heart to greater love, contentment and happiness

A Catholic Mother's Companion to Pregnancy Sarah A. Reinhard 2012 In "A

Catholic Mother's Companion to Pregnancy," popular Catholic blogger and speaker Sarah Reinhard offers the first book to accompany expectant mothers from conception to baptism with weekly reflections and prayers rooted in the mysteries of the Rosary and related to the baby's physical development.

Hamnet Maggie O'Farrell 2020-07-21 NATIONAL BOOK CRITICS CIRCLE AWARD WINNER • NEW YORK TIMES BESTSELLER • "Of all the stories that argue and speculate about Shakespeare's life ... here is a novel ... so gorgeously written that it transports you." —The Boston Globe England, 1580: The Black Death creeps across the land, an ever-present threat, infecting the healthy, the sick, the old and the young alike. The end of days is near, but life always goes on. A young Latin tutor—penniless and bullied by a violent father—falls in love with an extraordinary, eccentric young woman. Agnes is a wild creature who walks her family's land with a falcon on her glove and is known throughout the countryside for her unusual gifts as a healer, understanding plants and potions better than she does people. Once she settles with her husband on Henley Street in Stratford-upon-Avon, she becomes a fiercely protective mother and a steadfast, centrifugal force in the life of her young husband, whose career on the London stage is just taking off when his beloved young son succumbs to sudden fever. Don't miss Maggie O'Farrell's new novel, *The Marriage Portrait*, coming in September!

Epilepsy and Pregnancy Torbjörn Tomson 1997 Epilepsy in pregnancy poses a serious threat to the mother and to her developing child. Even in previously well-controlled epilepsy, physiological changes in the mother during pregnancy and also during labour and delivery can alter the pharmacokinetic drug (AED) therapy causing increased seizure frequency.

Speaking of Child Care Suraj Gupte 2007-12-05 This book, of value to parents, doctors, nurses, midwives, home science students and teachers, offers practical help in child birth and child care. It tells you about changing nappies and birth weight, infant feeding and vaccination, toilet training and accident prevention, and discipline and how to sail through those stormy teenage years. In short, it tells you all you need to know.

The Snow Child Eowyn Ivey 2012-02-01 In this magical debut -- a finalist for the Pulitzer Prize -- a couple's lives are changed forever by the arrival of a little girl, wild and secretive, on their snowy doorstep. Alaska, 1920: a brutal place to homestead, and especially tough for recent arrivals Jack and Mabel. Childless, they are drifting apart--he breaking under the weight of the work of the farm; she crumbling from loneliness and despair. In a moment of levity during the season's first snowfall, they build a child out of snow. The next morning the snow child is gone--but they glimpse a young, blonde-haired girl running through the trees. This little girl, who calls herself Faina, seems to be a child of the woods. She hunts with a red fox at her side, skims lightly across the snow, and somehow survives alone in the Alaskan wilderness. As Jack and Mabel struggle to understand this child who could have stepped from the pages of a fairy tale, they come to love her as their own daughter. But in this beautiful, violent place things are rarely as they appear, and what they eventually learn about Faina will transform all of them.

The Heart of Mid-Lothian Walter Scott 1858

Mayo Clinic Guide to a Healthy Pregnancy

Mayo Clinic 2009-03-17 Book description to come.

Midnight's Children Salman Rushdie 2010-12-31 Winner of the Booker prize and twice winner of the Booker of Bookers, *Midnight's Children* is "one of the most important books to come out of the English-speaking world in this generation" (New York Review of Books). Reissued for the 40th anniversary of the original publication--with a new introduction from the author--Salman Rushdie's widely acclaimed novel is a masterpiece in literature. Saleem Sinai is born at the stroke of midnight on August 15, 1947, the very moment of India's independence. Greeted by fireworks displays, cheering crowds, and Prime Minister Nehru himself, Saleem grows up to learn the ominous consequences of this coincidence. His every act is mirrored and magnified in events that sway the course of national affairs; his health and well-being are inextricably bound to those of his nation; his life is inseparable, at times indistinguishable, from the history of his country. Perhaps most

remarkable are the telepathic powers linking him with India's 1,000 other "midnight's children," all born in that initial hour and endowed with magical gifts. This novel is at once a fascinating family saga and an astonishing evocation of a vast land and its people--a brilliant incarnation of the universal human comedy. *Midnight's Children* stands apart as both an epochal work of fiction and a brilliant performance by one of the great literary voices of our time.

Counselling for Maternal and Newborn Health Care World Health Organization. Department of Making Pregnancy Safer 2010 The main aim of this practical Handbook is to strengthen counselling and communication skills of skilled attendants (SAs) and other health providers, helping them to effectively discuss with women, families and communities the key issues surrounding pregnancy, childbirth, postpartum, postnatal and post-abortion care. The MNH Counselling Handbook is chiefly designed to be used by groups of SAs with the help of a facilitator. It can also be used by individual SAs who can get together with colleagues for discussions and activities where needed. It relies on a self-directed learning approach, allowing SAs to work at their own pace, drawing on their past counselling experience. The way it is used will be determined by each country's context, and the SAs preference. The MNH Counselling Handbook is divided into three main sections. Part 1 is an introduction which describes the aims and objectives and the general layout of the Handbook. Part 2 describes the counselling process and outlines the six key steps to effective counselling. It explores the counselling context and factors that influence this context including the socio-economic, gender, and cultural environment. A series of guiding principles is introduced and specific counselling skills are outlined. Part 3 focuses on different maternal and newborn health topics, including general care in the home during pregnancy; birth and emergency planning; danger signs in pregnancy; post-abortion care; support during labour; postnatal care of the mother and newborn; family planning counselling; breastfeeding; women with HIV/AIDS; death and bereavement; women and violence; linking with the community. Each Session contains specific

aims and objectives, clearly outlining the skills that will be developed and corresponding learning outcomes. Practical activities have been designed to encourage reflection, provoke discussions, build skills and ensure the local relevance of information. There is a review at the end of each session to ensure the SAs have understood the key points before they progress to subsequent sessions.

Pregnancy Day By Day Maggie Blott 2009-08-17 The complete guide to pregnancy, day-by-day No other pregnancy book provides this level of detail, allied with such extraordinary photographs, 3D scans and illustrations which reveal in unprecedented clarity exactly what is happening to you and your baby every single day. From early fetal development to how your hormones prepare you for birth, learn from world-class experts. Plus, obstetricians, midwives and parents advise on your baby's development, medical matters, your changing body, diet, fitness and much more. A special hour-by-hour rundown of what to expect during and immediately after birth, plus further reassurance for the first two weeks of your baby's life, will give a helping hand through the culmination of your pregnancy, from pain relief to those first intimate and unique moments between you and your child.

National Library of Medicine Current Catalog National Library of Medicine (U.S.) 1988

Circle of Friends Maeve Binchy 2007-09-04 "[An] irresistible invitation to share the lives of people who believe in enduring values."—Detroit Free Press It began with Benny Hogan and Eve Malone, growing up, inseparable, in the village of Knockglén. Benny—the only child, yearning to break free from her adoring parents. . . . Eve—the orphaned offspring of a convent handyman and a rebellious blueblood, abandoned by her mother's wealthy family to be raised by nuns. Eve and Benny—they knew the sins and secrets behind every villager's lace curtains . . . except their own. It widened at Dublin, at the university where Benny and Eve met beautiful Nan Mahlon and Jack Foley, a doctor's handsome son. But heartbreak and betrayal would bring the worlds of Knockglén and Dublin into explosive collision. Long-hidden lies would emerge to test the meaning of love

and the strength of ties held within the fragile gold bands of a . . . Circle Of Friends. Praise for Circle of Friends "A rare pleasure . . . at terrific tale, told by a master storyteller."—Susan Isaacs, *The New York Times Book Review* "Circle of Friends welcomes you in."—*The Washington Post*

Weight Gain During Pregnancy National Research Council 2010-01-14 As women of childbearing age have become heavier, the trade-off between maternal and child health created by variation in gestational weight gain has become more difficult to reconcile. *Weight Gain During Pregnancy* responds to the need for a reexamination of the 1990 Institute of Medicine guidelines for weight gain during pregnancy. It builds on the conceptual framework that underscored the 1990 weight gain guidelines and addresses the need to update them through a comprehensive review of the literature and independent analyses of existing databases. The book explores relationships between weight gain during pregnancy and a variety of factors (e.g., the mother's weight and height before pregnancy) and places this in the context of the health of the infant and the mother, presenting specific, updated target ranges for weight gain during pregnancy and guidelines for proper measurement. New features of this book include a specific range of recommended gain for obese women. *Weight Gain During Pregnancy* is intended to assist practitioners who care for women of childbearing age, policy makers, educators, researchers, and the pregnant women themselves to understand the role of gestational weight gain and to provide them with the tools needed to promote optimal pregnancy outcomes.

A Thousand Splendid Suns Khaled Hosseini 2008-09-18 A riveting and powerful story of an unforgiving time, an unlikely friendship and an indestructible love

Safe Abortion Organizació Mundial de la Salut 2003-05-13 At a UN General Assembly Special Session in 1999, governments recognised unsafe abortion as a major public health concern, and pledged their commitment to reduce the need for abortion through expanded and improved family planning services, as well as ensure abortion services should be safe and accessible.

This technical and policy guidance provides a comprehensive overview of the many actions that can be taken in health systems to ensure that women have access to good quality abortion services as allowed by law.

Buddhism for Mothers Sarah Naphthali

2010-06 Become a calmer and happier mother with Buddhism for Mothers. 'This is an excellent, practical guide to everyday Buddhism not just for mothers, but for everyone who has ever had a mother.' Vicki Mackenzie, author of the bestselling *Why Buddhism Parenthood* can be a time of great inner turmoil for a woman yet parenting books invariably focus on nurturing children rather than the mothers who struggle to raise them. This book is different. It is a book for mothers. Buddhism for Mothers explores the potential to be with your children in the all-important present moment; to gain the most joy out of being with them. How can this be done calmly and with a minimum of anger, worry and negative thinking? How can mothers negotiate the changed conditions of their relationships with partners, family and even with friends? Using Buddhist practices, Sarah Naphthali offers ways of coping with the day-to-day challenges of motherhood. Ways that also allow space for the deeper reflections about who we are and what makes us happy. By acknowledging the sorrows as well as the joys of mothering Buddhism for Mothers can help you shift your perspective so that your mind actually helps you through your day rather than dragging you down. This is Buddhism at its most accessible, applied to the daily realities of ordinary parents. Even if exploring Buddhism at this busy stage of your life is not where you thought you'd be, it's well worthwhile reading this book. It can make a difference.

Willings Press Guide 2007-02

The History of Tom Jones Henry Fielding
1836

Giving Birth with Confidence Judith Lothian
2017-03-28 For a Safe and Healthy Birth... Your Way! Giving Birth with Confidence will help take the mystery out of having a baby and help you better understand how your body works during pregnancy and childbirth, giving you the confidence to make decisions that best ensure the safety and health of you and your baby. Giving Birth with Confidence is the first and only

pregnancy and childbirth guide written by Lamaze International, the leading childbirth education organization in North America. Written with a respectful, positive tone, the full version of this book presents:

- Information to help you choose your maternity care provider and place of birth
- Practical strategies to help you work effectively with your care provider
- Information on how pregnancy and birth progress naturally
- Steps you can take to alleviate fear and manage pain during labor
- The best available medical evidence to help you make informed decisions

Previously titled *The Official Lamaze Guide*, this 3rd edition has updated information on:

- How vaginal birth, keeping mother and baby together, and breastfeeding help to build the baby's microbiome.
- How hormones naturally start and regulate labor and release endorphins to help alleviate pain.
- Maternity-care practices that can disrupt the body's normal functioning.
- The latest recommendations on lifestyle issues like alcohol, vitamins, and caffeine.
- Room sharing and cosleeping: the controversy, recommendations, and safety guidelines.
- Out-of-hospital births are on the rise: New research and advice on planned home birth, including ACOG's revised guidelines, which support women's choices and promote seamless transfer to hospital, if needed.
- The importance of avoiding unnecessary caesareans for mother and child. Includes the new ACOG guidelines on inductions and active labor.
- The research in support of the Lamaze International's "Six Healthy Birth Practices," which are:

- Let labor begin on its own.
- Walk, move around, and change positions throughout labor.
- Bring a loved one, friend, or doula for continuous support.
- Avoid interventions that aren't medically necessary.
- Avoid giving birth on your back and follow your body's urges to push.
- Keep mother and baby together—it's best for mother, baby, and breastfeeding.

The Immortals of Meluha Amish Tripathi
2014-05-13 Amish Tripathi devoted years to the research of Hindu mythological stories and history, and discussions with his family about the destiny of the human body, mind and soul to create this sweeping and fascinating adaptation of ancient Hindu mythology for modern fantasy readers. 1900 BC in what modern Indians call

the Indus Valley Civilization and the inhabitants called the land of Meluha: a near-perfect empire created many centuries earlier by Lord Ram--one of the greatest monarchs that ever lived--faces peril as its primary river, the Saraswati, is slowly drying to extinction. The Suryavanshi rulers are challenged with devastating terrorist attacks from the east, the land of the Chandravanshis. To make matters worse, the Chandravanshis appear to have allied with the Nagas, an

ostracized and sinister race of deformed humans with astonishing martial skills. The only hope for the Suryavanshis is an ancient legend: When evil reaches epic proportions, when all seems lost, a hero will emerge. Is the unexpected, rough-hewn Tibetan immigrant Shiva that hero? Drawn suddenly to his destiny, duty, and by love, Shiva will attempt to move mountains and lead the Suryavanshi to destroy evil.