13960 15 34.5 -24 07

5801

75603

-11.13 -23.11

5.40 0.75

-7054

-7084

9414 -5160 | 0256

-8566 | 0024

-3572

+2.0

5.70 75 22.65

```
   R.A.  :    15.600
   DEC.  :   -26.100
1. R.A.  :     0.000
1. DEC.  :     0.000
STANCE   :     0.000
IODULUS  :    10
1. VEL.  :     0.000

q1 (U)   :    -0.459
q2 (U)   :     0.106
q3 (U)   :    -0.882
     dU  :     0.000
      U  :     0.000

q1 (V)   :     0.663
q2 (V)   :     0.702
q3 (V)   :    -0.260
     dV  :     0.000
      V  :     0.000

q1 (W)   :    -0.591
q2 (W)   :     0.705
q3 (W)   :     0.392
     dW  :     0.000
      W  :     0.000
```

7?388 15 44.6 -38 02 Ak II

140958

-15.62 30.63

806

7.33 1.08

113 197 8547819

028

1.285

2.22 1.22 6.86

5.74

1.1

5832 -4584 0344

-8888 0002

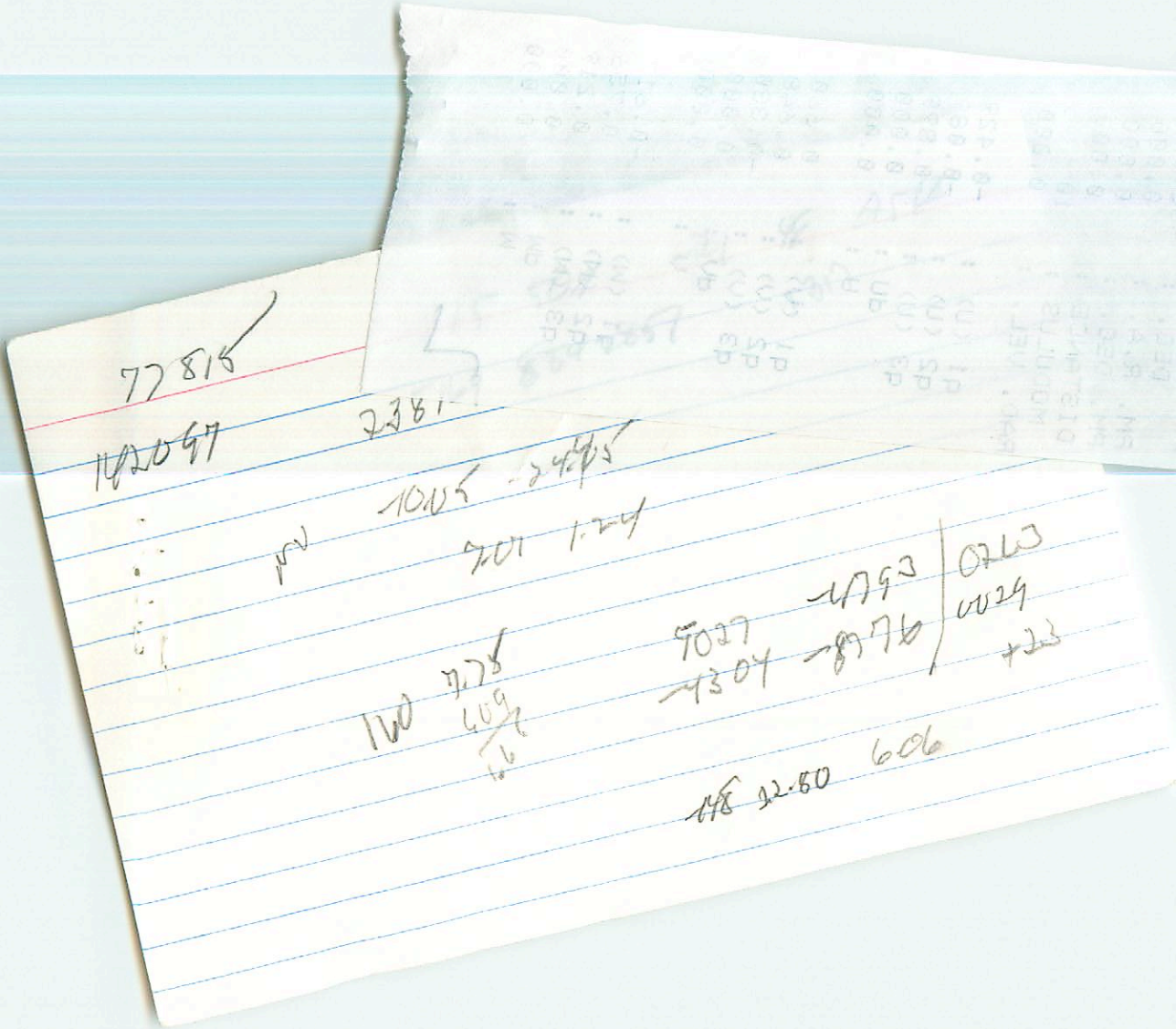
-1824

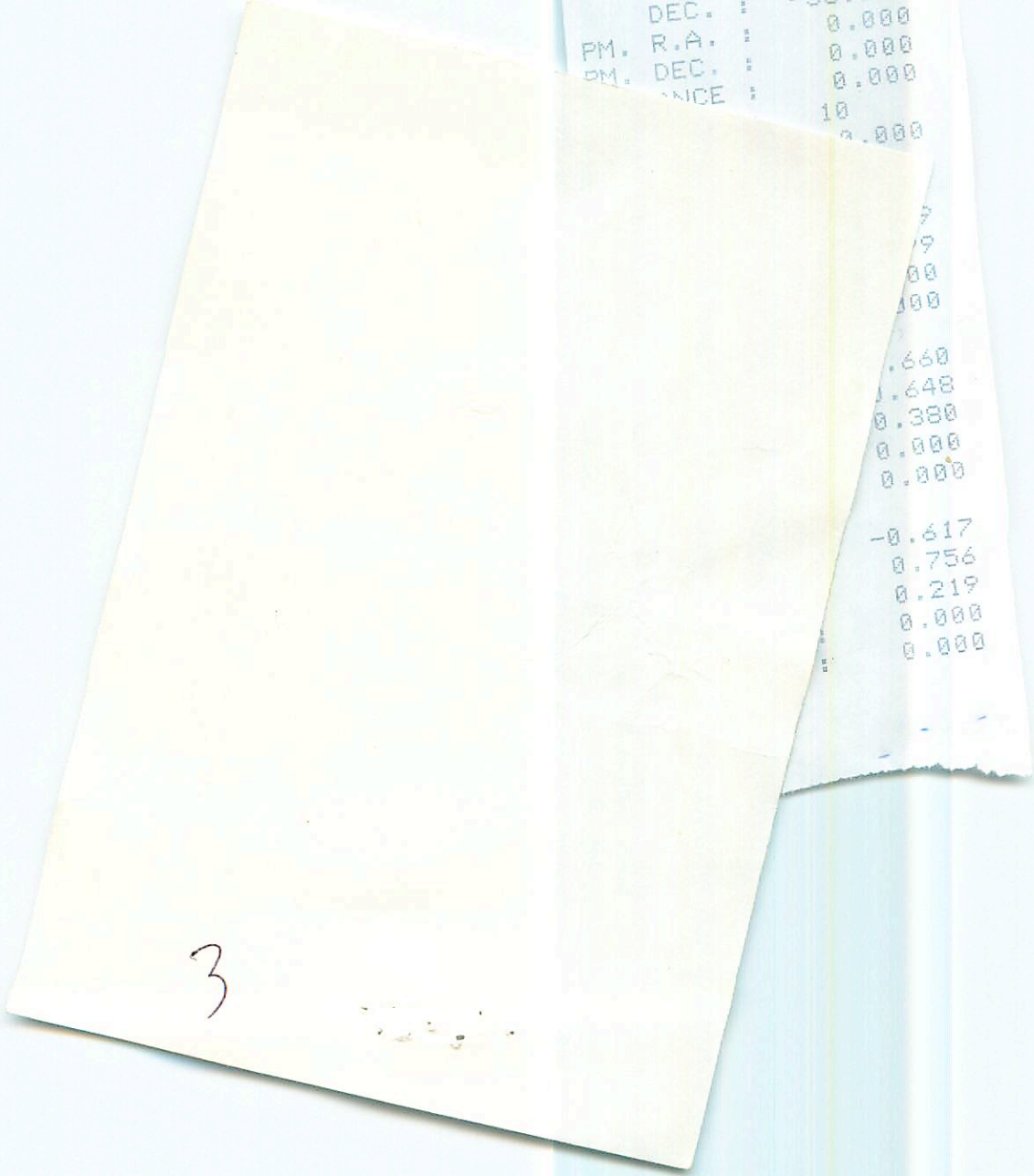
E(6-2) 1.45

√0 7.44

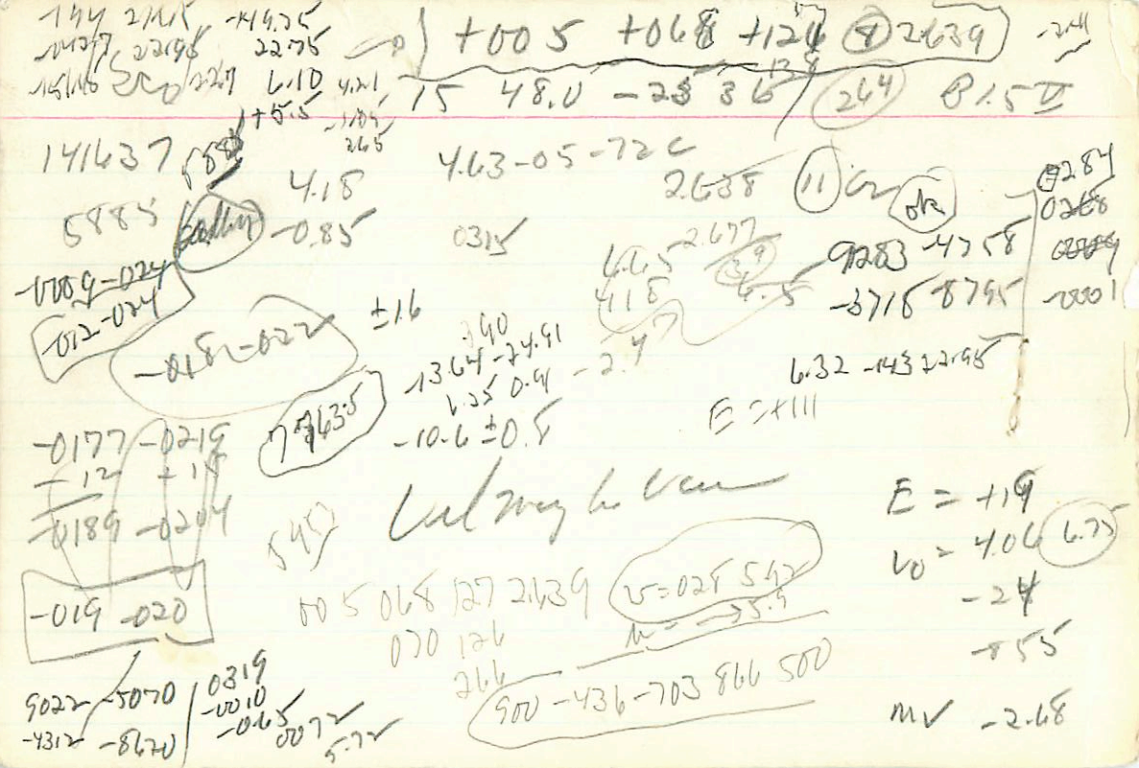
-127 2335 7.11 690

2




DEC. :
0.000
PM. R.A. :
0.000
PM. DEC. :
0.000
10
0.000
.660
.648
0.380
0.000
0.000
-0.617
0.756
0.219
0.000
0.000
3


DEC. : 15.850
PM. R.A. : -21.800
PM. DEC. : 0.000
DISTANCE : 0.000
MODULUS : 0.000
RAD. VEL. : 10
0.000
q1 (U) : -0.409
q2 (U) : 0.162
q3 (U) : -0.898
dU : 0.000
U : 0.000
q1 (V) : 0.657
q2 (V) : 0.735
q3 (V) : -0.167
dV : 0.000
V : 0.000
q1 (W) : -0.633
q2 (W) : 0.658
q3 (W) : 0.407
dW : 0.000
W : 0.000



0.000*

15.000*
48.000*
-25.000*
-36.000*
-0.018*
-0.022*
6.6 6.500*
199.526
-10.600

0.025
-0.902

+15 14.531

-0.131
-0.223

-25 -23.799

-0.018
0.370

-8 -7.583

0.000*

15.000*
48.000*
-35.000*
-36.000*
-0.019*
-0.020*
6.500*
199.526
-10.600

0.028
-0.902

15.125

-0.127
-0.223

-23.063

-0.009
0.379

-5.692

5406 15 50.4 -24 23

142/16

77886

$V_0 = 500$

504
505

021 047 502 1.748

0808-023 Cooling

-12
-23
5.50
-6

E = 040

6.6 -41

-011-022

-048

136

-41

2n-D 704

9141 -4708 0285 0288 0288

-3540 -8823 0211 0211

6.46 -4D330

-54

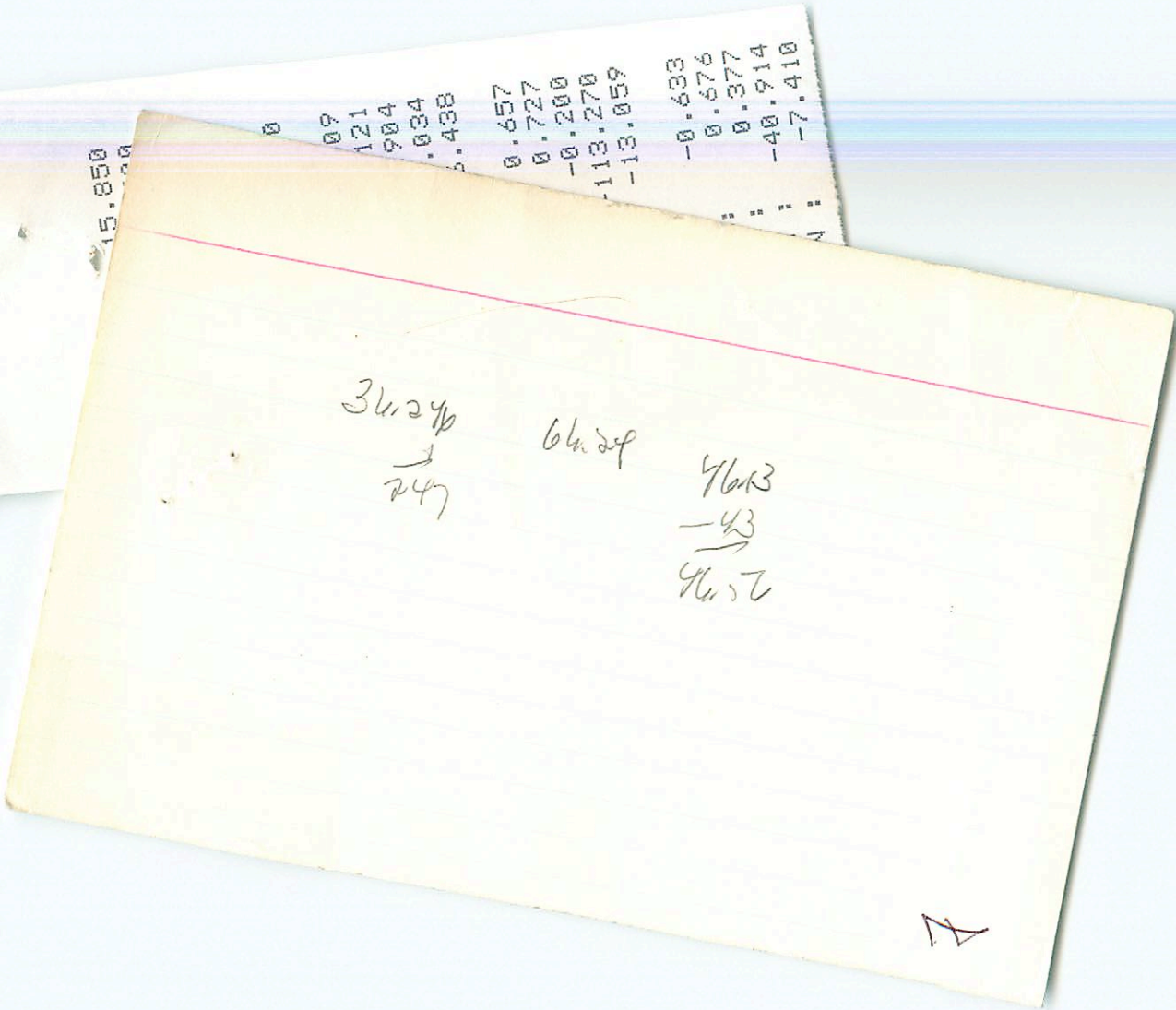
E(1+) 088

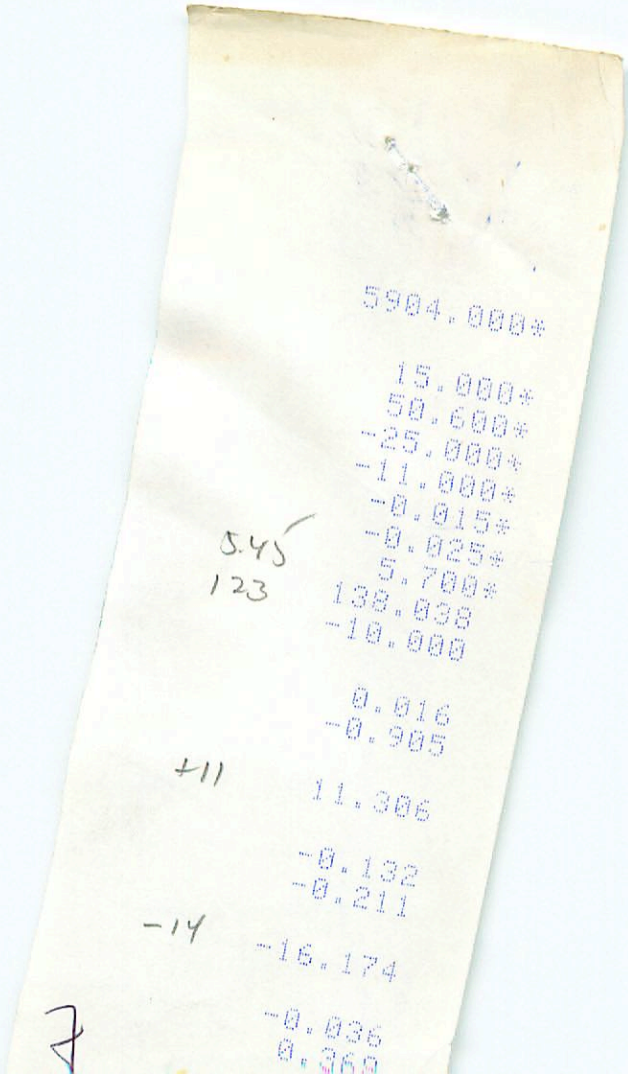
V0 5.00

-155.1 2216

-14475 2219 -155.5 2216 618 +7.4

-15/155 22.51




5904.000+
15.000+
50.600+
-25.000+
-11.000+
-0.015+
-0.025+
5.700+
138.038
-10.000
0.016
-0.905
11.306
-0.132
-0.211
-16.174
-0.036
0.369
5.45
123
+11
-14
7

5906 15 50.5 -24 23 RCE

(+14) 5.38 -02 -41

021 057 502 2.741D

104 459

-17 208

-24 707

n_r = -0.11

V_0 5.00

5.248

vanish

(9)

8916 ~~5023~~ ~~0284~~

-4524 ~~8647~~ ~~0018~~

1.3

0061 5.5

-0019 ± 27 -032 ± 29

54345 1.3 -0010 -030
~~54.397~~ -0010 8.86 0.6 -028
~~54.448~~ -0013 1.58 -03
.43 7 9.3 !

8

54365 (70.42) (70.92) 9.07
3 -35
364 9.42

54370 (66.86) 8.75
-4 -42
366 9.18

-0012 -030

-0086 -0262

0271 54397 (40.42) 8.32
-12 -27 -0131
385 9.59 -0137 -0239

5907 15 51.0 -23 50 -1.02

172184

4.92 5.42 018 081 0.263 2.46

+lon fed 4.00 886 2.16

β = +110 β = +112

011 -009

v0 = 4.95 882 -471 -705 -474 487 419

-1.82

5.50

1008 -026 (Crosby) M 5.46

-13 -26

-012 -024

6.5

OR -9.0 6 1 3 -146 22.85

9158 -4725 0886 6272

-4019 -8813 1027 Oov

-1412 2295 -1403 23.0

-1804 22.0 -14 011 23.10 5.95

-13 4.15 23.15

R.A.	:	15.850
DEC.	:	-23.850
PM. R.A.	:	-13.000
PM. DEC.	:	-26.000
DISTANCE	:	6.500
MODULUS	:	200
RAD. VEL.	:	-9.000

q1 (U)	:	-0.409
q2 (U)	:	0.129
q3 (U)	:	-0.903
dU	:	7.114
U	:	9.549

q1 (V)	:	0.657
q2 (V)	:	0.729
q3 (V)	:	-0.193
dV	:	-126.833
V	:	-23.568

q1 (W)	:	-0.633
q2 (W)	:	0.673
q3 (W)	:	0.383
dW	:	-47.193
W	:	-12.864

9

B2.5
B2

5507 15 51.0 -23 50

142184

21341

5.40 -04 -60 Cape

77859

+020 +079 +253 0½ 2.464 (3)

158

5.16 250 2.665

±3.0

-011 -079

E = +17

V_0 4.9 -21

(6.8) -72

B/(B+1) = 0.108

V_0 4.96

-1.09

4.32

M_V 1.86 -1.9

8811 5045 0088

-4.62 -8.34 -0.13 -1.28 0066

5.91

56

-00 1323.3 -0342.3.1 -030

56.978 37 -0006 50.75 2.4 -030
60 -0014 1.62 -32
5703.8 -0020 49.16

56.974 70.50 50.87 -0014 -0315
3 -35
977 -00126 -0077
56.956 66.741 50.58 22
-4 -43
952 57.01 -0173

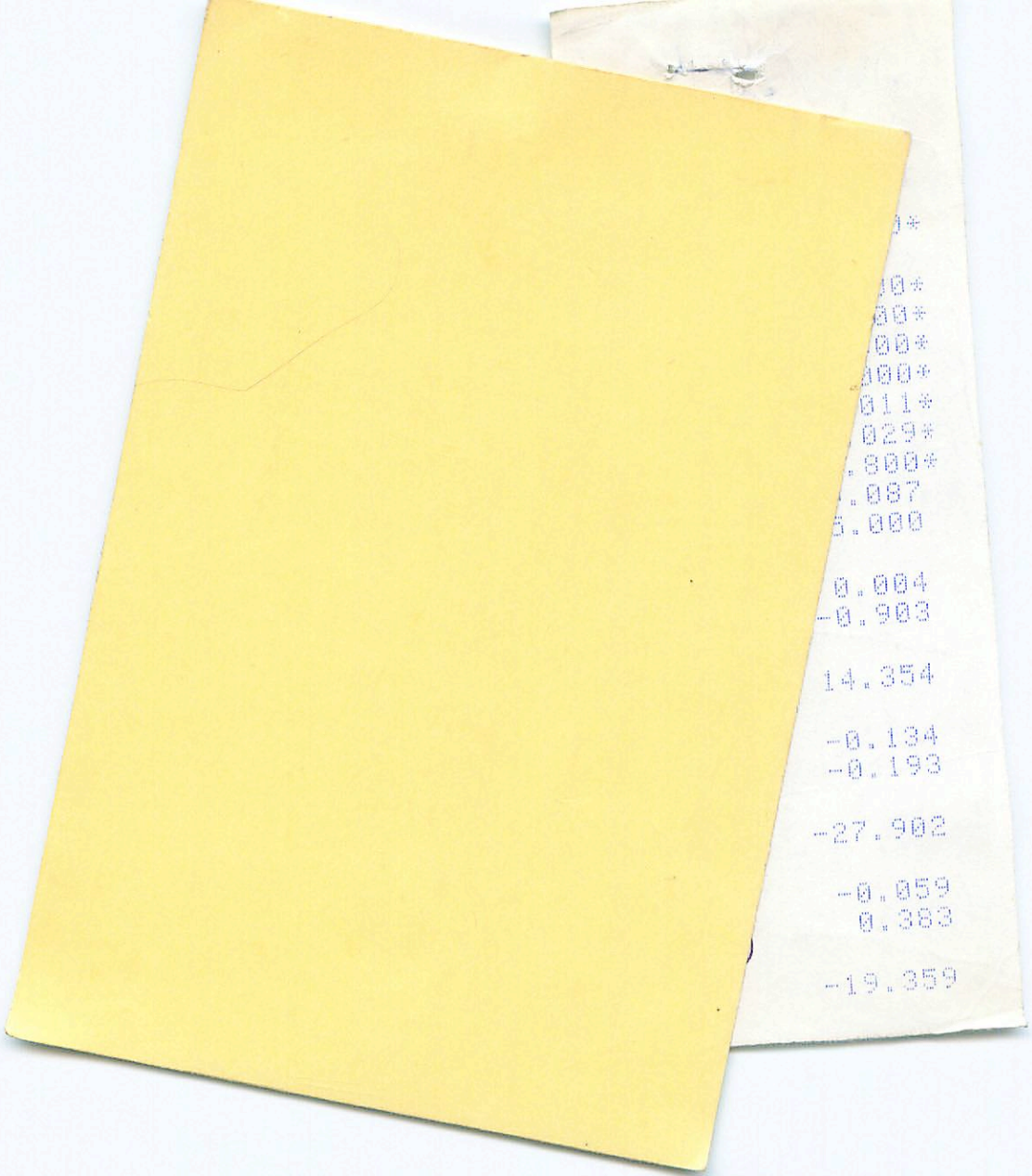
-0172 -0243

56.545 70.22 50.19
-72 -27
863 50.36

0

Leather

Speech



-0.19 ± 6.4 -0.31 ± 5.1

27.057 1.1 30.54 58.2

5910.000*

15.000*
51.500*
-27.000*
-12.000*
-0.011*
-0.032*
6.050*
162.181
4.700

0.010
-0.910

-2.701

-0.143
-0.234

-24.288

-0.072
0.342

-10.078

142301 15 51.6 -25 06

55.2

77404

-12.26 -25.41

7.10 1.20

-0.5 104 301 21643

9236 -4486/0280

-3640 -8834/0206

E(16m).072

V0 5.54

4.01/.04

[n-E] 5.3

-1.26

6.28 +0.4 -144 27.9

12

```
000.0      : M
000.0      : MP
898.0      :  (M)
189.0      :  (M)
339.0-     :  (M)

000.0      : A
000.0      : AP
```

77 911 15 57.7 -22 87 B 9 E

14231F

6.86 +05

-14.51 -22.09

6.52 1.03

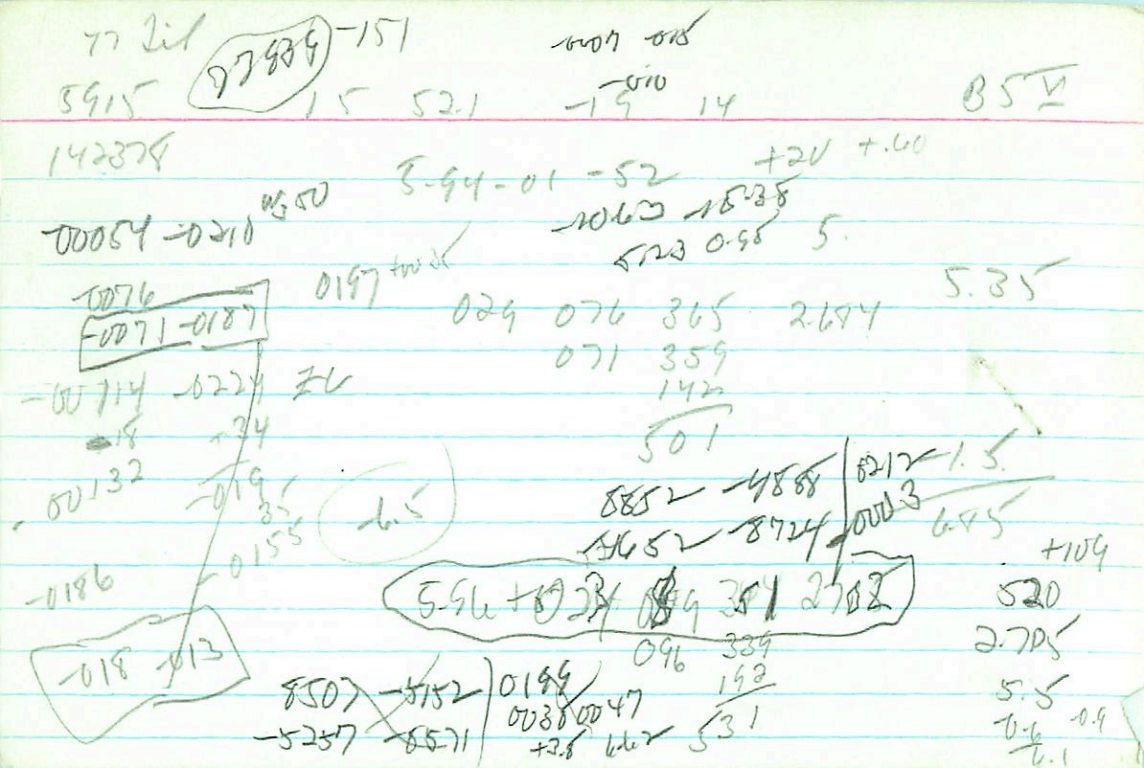
047 10 4746 2822

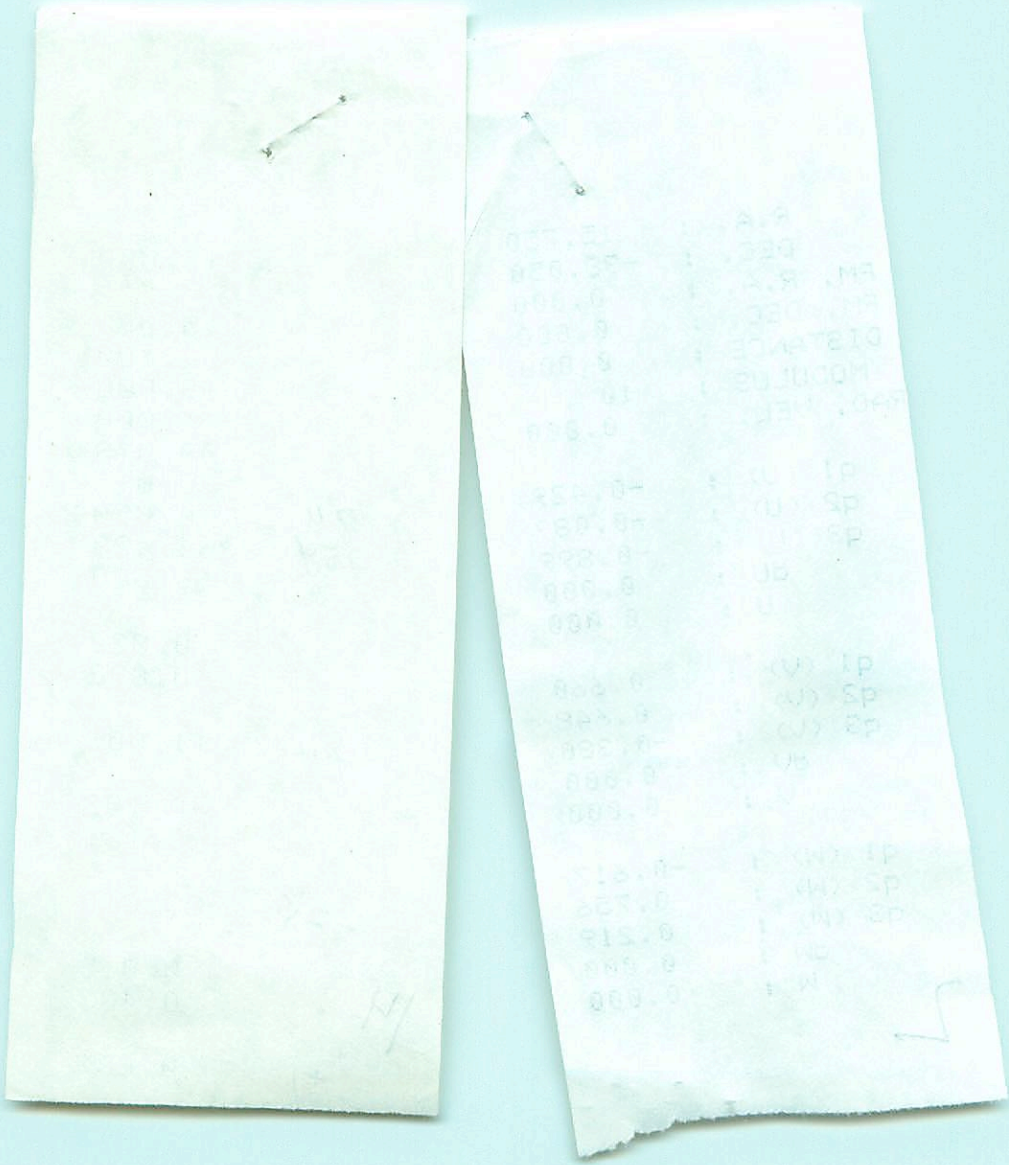
9074	-4766	0463
-4193	-8791	0016 2022

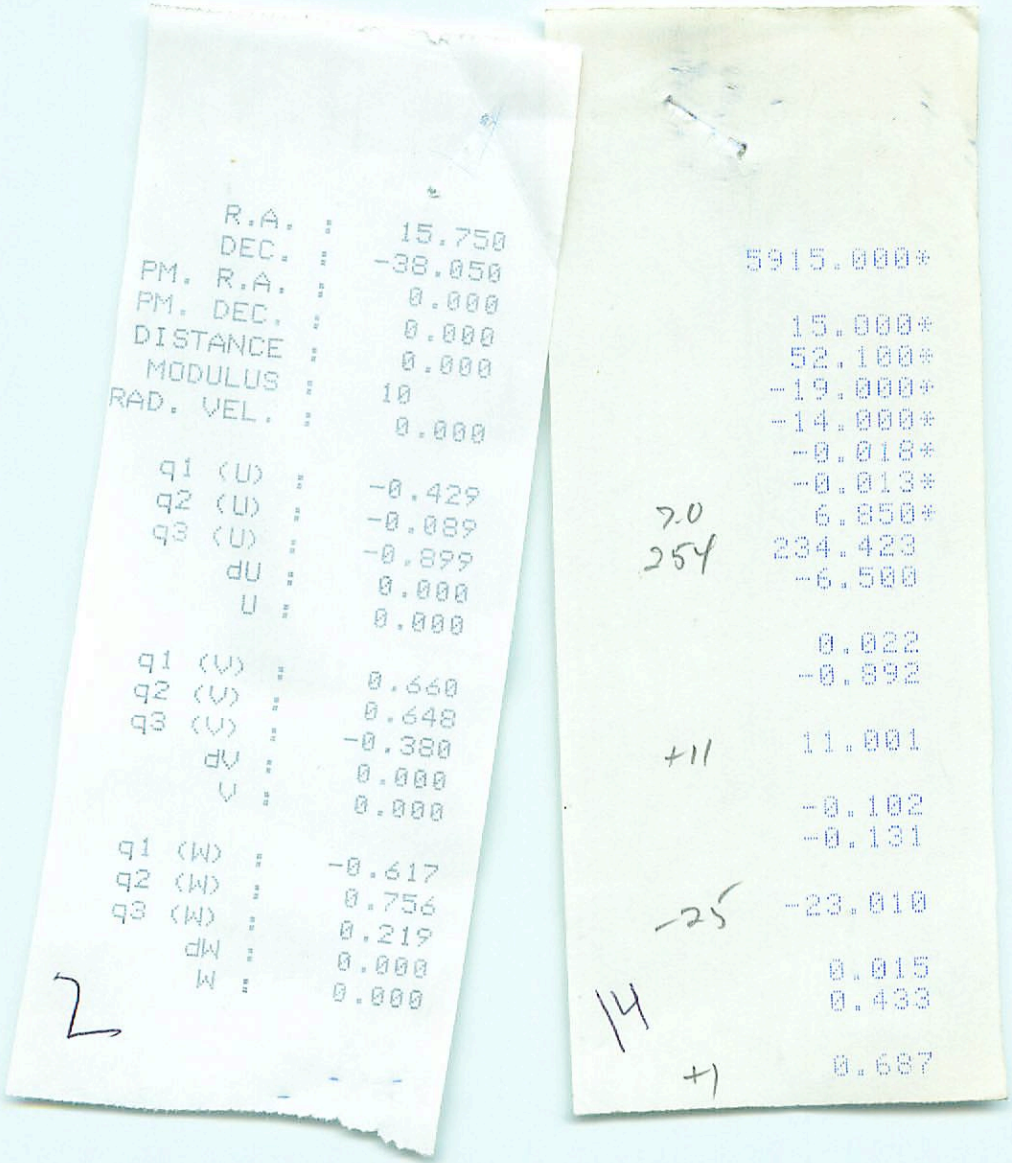
```
R.A.  :
DEC.  :
R.A.  :    15.850
DEC.  :   -22.600
TANCE :     0.000
OULUS :     0.000
VEL.  :     0.000
          10
           0.000

1 (U) :
2 (U) :
3 (U) :    -0.409
dU    :     0.149
U     :    -0.900
           0.000
           0.000

11 (V) :
12 (V) :
13 (V) :    0.657
dV     :    0.733
V      :   -0.177
           0.000
11 (W)
12
```







R.A. : 15.750
DEC. : -38.050
PM. R.A. : 0.000
PM. DEC. : 0.000
DISTANCE : 0.000
MODULUS : 10
RAD. VEL. : 0.000

q1 (U) : -0.429
q2 (U) : -0.089
q3 (U) : -0.899
dU : 0.000
U : 0.000

q1 (V) : 0.660
q2 (V) : 0.648
q3 (V) : -0.380
dV : 0.000
V : 0.000

q1 (W) : -0.617
q2 (W) : 0.756
q3 (W) : 0.219
dW : 0.000
W : 0.000

2

5915.000*

15.000*
52.100*
-19.000*
-14.000*
-0.018*
-0.013*
7.0 6.850*
254 234.423
-6.500

0.022
-0.892

+11 11.001

-0.102
-0.131

-25 -23.010

0.015
14 0.433

+1 0.687

77 815 15 504 -21 48 ASE

1420 47 238 169 $84 2857 1.317

PV -10.05 -24.95

201 1.24

100 7.78 409 1.6 5027 -4793 | 0243 0024 +23

-1304 -8976

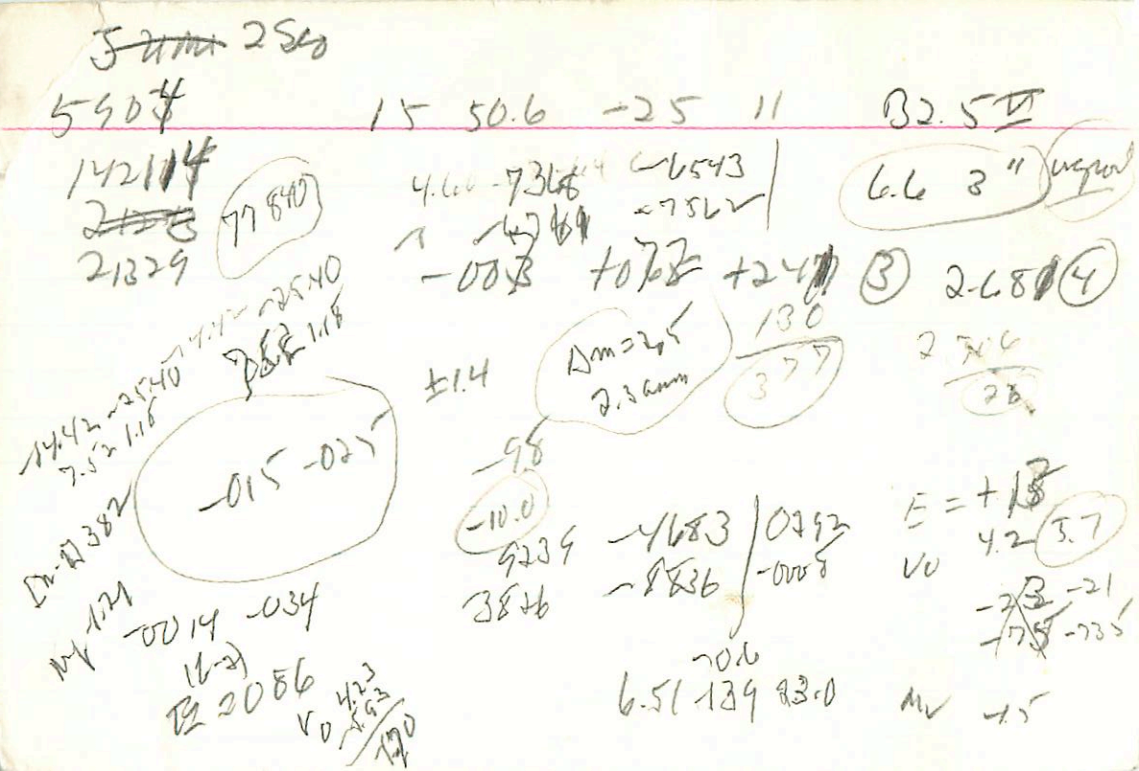
48 12.80 606

R.A. :	15.850
DEC. :	-24.400
PM. R.A. :	-12.000
PM. DEC. :	-23.000
DISTANCE :	5.500
MODULUS :	126
RAD. VEL. :	-6.000

q1 (U) :	-0.409
q2 (U) :	0.121
q3 (U) :	-0.904
dU :	8.034
U :	6.438

q1 (V) :	0.657
q2 (V) :	0.727
q3 (V) :	-0.200
dV :	-113.270
V :	-13.059

q1 (W) :	-0.633
q2 (W) :	0.676
q3 (W) :	0.377
dW :	-40.914
W :	-7.410



$34.24 \rightarrow 47$

64.24

$476.13 - 43 \rightarrow 476.57$

15.850
-24.400
R.A. :
-17.800
DEC. :
-24.000
R.A. :
5.500

R.A. : 15.850
DEC. : -24.400
R.A. : -17.000
-24.000
5.900

5906 15 504 -24 23 5.3 86

M2185

5.39 020 095 501 2.234

Fig + fem 101 497

-13 -24 tech 699

886 -463 -706 -575 484

(M8658)

13.51 2.5.84 M 5.95

M 5.95

M 13.51 M 102

5907.000*

15.000*
51.000*
-23.000*
-50.000*
-0.011*
-0.029*
6.800*
229.087
-15.000

0.004
-0.903

14.354

-0.134
-0.193

-27.902

-0.059
0.383

-19.359

10

Ayurveda

Ayurveda is a holistic system of medicine that originated in India over 3,000 years ago. It is based on the belief that health and well-being depend on a delicate balance between the mind, body, and spirit. Ayurvedic practitioners use a variety of methods to restore balance, including herbal medicine, diet, yoga, meditation, and massage.

Ayurvedic herbs are used to treat a wide range of conditions, from common colds to chronic diseases. Some of the most popular Ayurvedic herbs include turmeric, ginger, and ashwagandha. These herbs are believed to have anti-inflammatory, antioxidant, and immune-boosting properties.

Ayurvedic diet is also an important part of Ayurvedic medicine. Ayurvedic practitioners recommend eating a diet that is appropriate for your dosha, or body type. For example, people with a Vata dosha should eat warm, moist foods, while people with a Pitta dosha should eat cool, dry foods.

Yoga and meditation are also important practices in Ayurveda. These practices help to reduce stress, improve flexibility, and promote relaxation. Massage is another common Ayurvedic therapy. It can help to relieve pain, improve circulation, and promote relaxation.

Ayurveda is a complex system of medicine, but it can be a powerful tool for improving health and well-being. If you are interested in learning more about Ayurveda, there are many resources available online and in libraries.