

The Science of Upanishads

(There will be a series of articles on Upanishads for the next several weeks)

The Science of Upanishads-Part 1

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Upanishads are treasures of Indian spiritual thoughts of ancient times. The eleven most ancient Upanishads belong to the period of 1500 BC to 600 BC, according to commonly agreed estimations. They are called the Mukhya (Principal) Upanishads and are considered to be the most authentic ones. The Principal Upanishads to be covered include:

Brihadaranyaka Upanishad
Chandogya Upanishad
Ishavasya Upanishad
Katha Upanishad
Kena Upanishad
Mandukya Upanishad
Mundaka Upanishad
Prashna Upanishad
Taittiriya Upanishad
Aitareya Upanishad
Shvetashvatara Upanishad