

# Gautama

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*Designed by Type Sailor*



Gautama Buddha (c.563 BCE/480 BCE–c. 483 BCE/400 BCE), also known as Siddhārtha Gautama, Shakyamuni Buddha or simply the Buddha, after the title of Buddha, was an ascetic and sage, on whose teachings Buddhism was founded. He is believed to have lived and taught mostly in the eastern part of ancient India sometime between the sixth and fourth centuries BCE.

Gautama taught a Middle Way between sensual indulgence and the severe asceticism found in the śramāna movement common in his region. He later taught throughout other regions of eastern India such as Magadha and Kosala.

Regular

Gautama is the primary figure in Buddhism. He is recognized by Buddhists as an enlightened teacher who attained full Buddhahood, and shared his insights to help sentient beings end rebirth and suffering. Accounts of his life, discourses, and monastic rules are believed by Buddhists to have been summarized after his death and memorized by his followers. Various collections of teachings attributed to him were passed down by oral tradition and first committed to writing about 400 years later.

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*Italic*

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# Doubts over insect-bite treatment

People should consider using a cold, wet cloth to treat insect bites instead of turning to over-the-counter remedies, experts say. Prof Michael Siva-Jothy, from Sheffield University's Department of Animal and Plant Sciences, recruited 29 brave volunteers to test the theory further, watching the bedbugs as they found a place to feed and removing them only as they were about to bite.

An investigation has concluded that there is little evidence that creams, painkillers and anti-inflammatories often used for bites actually work. In any case, said Drug and Therapeutics Bulletin researchers, the reactions got better by themselves in most cases. Midges, mosquitoes, flies, fleas

and bed-bugs account for most bites. A variety of remedies are sold over the counter in pharmacies to relieve the itching, pain and swelling. Other scientists have suggested that swapping thicker fur for clothes was a way of making insect bites and parasitic infestations less likely. Prof Mark

Pagel, an evolutionary biologist at the University of Reading, said that biting parasites remain a major cause of disease and death worldwide, making them a potentially enormous evolutionary pressure on early man.

Möltííníngúál

Διρνήάβзτίκαα

Āβēṭš *High*

*Quality*

*Ряэβίηḡ*

*affliction*

*Thames*

*stupidify*

*affittare*

confianza

aflautada

Kafka

Neftalí

Lovely ligatures