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Singh announced his government's decision to implement the 85th Amendment to the Constitution that paves the way for faster promotions for Scheduled Caste government employees. (With agency inputs ...

Dr. Svoboda's original work on the constitutional types in Ayurveda has been considered a classic for many years. His new revision and expansion of the subject comes after much further research and practical experience. Dr. Vasant Lad points out: "The healing science of Ayurveda is based totally upon the knowledge of "prakriti," the individual constitution. If every individual knows his own constitution, then one can understand, for instance, what is a good diet and style of life for oneself. One man's food is another man's poison. Therefore, to make one's life healthy, happy and balanced, the knowledge of constitution is absolutely necessary."

Ayurved, The Universal Healing Art. More Than A Medical System. Developed From The Vedas, India'sAncient Books Of Wisdom, Ayurveda Combines Physical, Psychological And Spiritual Therapies In An Approach To Health That Is As Relevant To The Modern World As It Was To The Ancient World When It First Became Part Of India'sCollective Consciousness. Here Is A Definitive Handbook Of A Health Care Both Sensible And Sublime, That Is Still Alive And Well Itself!The Author Is The First Westerner To Graduate From An Indian Ayurvedic College. Utilizing Herbs And Minerals, Proper Nutrition And Purification And, Above All, Affirmative Ways Of Living, Ayurveda Treats Not Just The Ailment. But The Whole Person And Emphasizes Prevention Of Disease To Avoid The Need For Cure. Its Ancient Message Has Helped Spread The New Holistic Thinking In The West, Encouraging Us To Become "Stewards Of Life"; In Order, Now, To Give Civilization Itself A Chance To Heal.

Previously published by David & Charles Publishers of the UK in 1999.

An excellent introduction and overview of the profound, ancient Indian healing system known as Ayurveda.

Arguably the oldest form of health care, Ayurveda is often referred to as the "Mother of All Healing." Although there has been considerable scientific research done in this area during the last 50 years, the results of that research have not been adequately disseminated. Meeting the need for an authoritative, evidence-based reference, Scientific Ba

The areas of Ayurveda known as Panchakarma is a comprehensive system of knowledge and practices to purify the body of toxins and restore it to balance with natural law. This book reflects the way the original text of Ayurveda, the Charak Samhita, first presented this knowledge. The first section explores in detail the principles which define Ayurveda as a science of life and health. The second section delves more deeply into the Ayurvedic understanding and how to treat it. This section begins with an elaboration of six stages of disease formation and then systematically unfolds the knowledge of Panchakarma, the science of rejuvenation.

Ayurveda, the ancient healing art of India, teaches that food plays an essential part in one's health and sense of well-being. Here is an authentic guide of the Ayurvedic approach to food and tasty vegetarian cooking. The recipes are formulated using herbs and spices to help balance constitution of each person. The effects of the foods on individual constitution are included with every recipe together with the medicinal properties of many of the foods. This is a cookbook and much more. The Chapters included in this book are on the principles of Ayurveda and individual constitution; maintaining one's health, digestion and constitutional balance; the importance of proper food combining for optimal well-being; setting up an Ayurvedic kitchen and planning menus inclusive of every member of your family; and more than 100 recipes of delicious Ayurvedic cuisine. Three more important sections are included-nearly three hundred simple remedies for everything from the common cold and skin problems to stabilizing blood sugar in diabetics, all using familiar household herbs, fruits and vegetables; a chart for determining your individual constitution; comprehensive food guide lines; and a listing of the qualities of foods and their effects on the doshas.

Tao and Dharma: Chinese Medicine and Ayurveda explores the enduring features of humanity's longest and continually practiced systems of medicine. These two indigenous healing arts arising independently in China and India communed and exchanged experience, techniques, and therapeutic substances over the epochs of their development. This book's interesting and valuable comparison provides a pioneer effort in examining side by side two great systems of medicine, studying closely the historical, theoretical and practical relationships.

FOR SALE IN SOUTH ASIA ONLY

For the first time a book is available which clearly explains the principles and practical applications of Ayurveda, the oldest healing system in the world. This beautifully illustrated text thoroughly explains history & philosophy, basic principles, diagnostic techniques, treatment, diet, medicinal usage of kitchen herbs & spices, first aid, food aid, food antidotes and much more.

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