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Ayurvedic Healing presents the Ayurvedic treatment of common diseases, covering over eighty different ailments from the common cold to cancer. It provides a full range of treatment methods including diet, herbs, oils, gems, mantra and meditation. The book also shows the appropriate life-style practices and daily health considerations for your unique mind-body type both as.

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Ayurvedic Healing is oriented towards the practical treatment of disease. It is intended to serve as a handbook of Ayurvedic therapy, mainly on an herbal level. But it also explains relevant dietary, life-style and yogic methods to enhance herbal therapy, including the use of oils, aromas, colors, gems and mantras.

Ayurvedic Healing - A Comprehensive Guide

Ayurvedic Healing is a sequel to my previous book on the Ayurvedic usage of herbs, The Yoga of Herbs (coauthored with Dr. Vasant Lad), and is based upon it. The Yoga of Herbs presents the background theory of Ayurvedic herbalism and gives a list of accessible herbs for Ayurvedic usage.

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AYURVEDA - A COMPREHENSIVE GUIDE

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AYURVEDIC HEALING is a complete manual of Ayurvedic health care. It offers the wisdom of this ancient system of mind-body medicine to the modern reader relative to our special health concerns today.

Ayurvedic Healing - American Institute of Vedic Studies

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