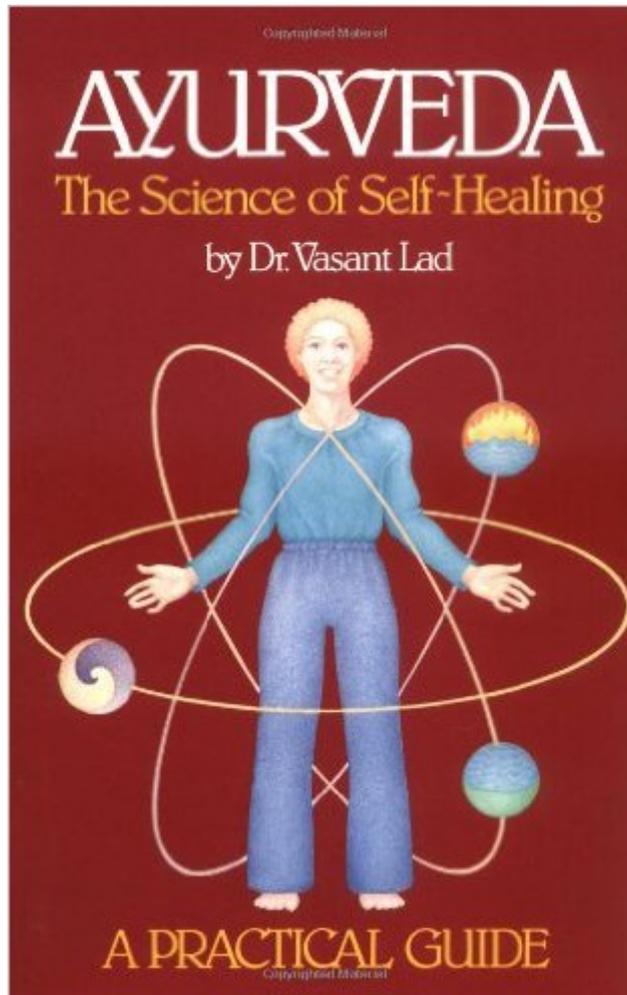


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# Ayurveda: The Science Of Self Healing: A Practical Guide



## Synopsis

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 the following: history & philosophy \* basic principles, \* diagnostic techniques \* treatment \* diet \* medicinal usage of kitchen herbs & spices \* first aid \* first aid \* food antidotes \* and much more More than 50 concise charts, diagrams and tables are included, as well as a glossary and index in order to further clarify the text.

## Book Information

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## Customer Reviews

While this book covers all the basic topics for an introductory book... I feel it doesn't delve into enough detail. Also, the writing style is terse and doesn't flow well. It was published in 1984. I would highly recommend Lad's more recent book (Ayurvedic Remedies) that was published in 1998. It covers everything that is already in this book plus you get remedies for common ailments. That book is relatable and written in a more friendly manner. He addresses some western aspects (for example he touches on how westerners are averse to vaman/vomiting therapy). Its just \$3 more, I would get that.

Keeping it short: this is the only modern intro. to ayurveda that is utterly complete, thorough, concise... well written, top to bottom, thoughtfully organized.... full of very real everyday applications of ayurveda.... it's theory plus application.... confused about ayurveda? want more 'cause you still

don't quite get it? yes, this is the book you need.... as an individual's very first book on ayurveda, it is potentially very dense, depending upon consciousness.... if you've already got the essentials in your head, this book will give you an acceleration of understanding...

I had the privilege of being treated by Dr. Lad as well as going to several classes he gives at the Ayurvedic institute in Albuquerque NM. The book is a wonderful aid in trying to understand and identify health and disease. You have to be able to understand that "western" medicine is not the answer for everything and that in many cases it will eventually make you even sicker. What do you prefer, Prozac or a cup of some herbal tea that will eventually help you with depression?. What do you prefer, a cup of chamomile tea along with jatamansi or Pepto Bismol?. Ayurveda is something very real, helpful and extremely cheap. Hmmm..... just wondering why allopathy wants to destroy alternative methods. Even better, is Ayurveda really an alternative treatment? 3,000 years before Jesus Ayurveda was being practiced...so, just wondering who's really alternative. Give it a try, Vasant Lad is a great humble and loving person.

This book covers the fundamentals of holistic health / Ayurveda. This book helped me to understand the basics of our human body, why we get disease. It gave a positive perspective about health/life. So, Ayurveda not just treating the disease superficially. It's holistic healing with no side-effects (unlike allopathy). Following book by the same author is also recommended:~ The Complete Book of Ayurvedic Home Remedies by Vasant Lad [If you want only one book, this is it! Every home who wants to be happy and naturally healthy should have this and follow it! ]Ayurveda will save your money and health! :) Be healthy and happy!

I would recommend it to people with very little knowledge of Ayurvedic practices, Lad could have elaborated on the concept of Prakruti (basic constitution) and Vikruti (current condition) a bit more. Especially taking into consideration diet and its effect on the combination of the constitutions.

This is a great introduction to Ayurveda. Great information and very easy to understand... I enjoyed the book and my only two complaints were 1. As someone already mentioned there was not as much emphasis on constitutional types and the subject didn't get as in depth as I would have liked. 2. The style of writing was not as engaging as I would've liked.

"Ayurveda: The Science of Self Healing," is a succinct, wonderfully illustrated practical opus-guide

to parts of the body related to the "tridoshas," (the three doshas - body-types we all possess that must be in delicate balance for whole-health." Dr. Lad informs the reader-student of the connections of body-types with the elements of the zodiac, (fire, earth-water, air-ether), which are the ancient foundations of all spiritual traditions. The illustrated body parts of body-types, and the foods relative for whole health and irritation which creates imbalances, is of immense assistance in illustrating to the self-healer, and/or those who simply want to be more greatly informed about natural healing methods. Thank you Dr. Vasant Lad for this greatly information text!!!!!!

I intended to know what ayurveda is. but the book offers more. it's very practical that you can apply it in your daily life. food choices, observation of body types, pulse feeling... i also experiment on some of the pages. it's so much fun. i benefit a lot from this book. the content, language, knowlege are all at high standard. a great book, thorough and easy to understand.

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