

Ayurveda



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This comprehensive guide to Ayurveda, the oldest complete medical system in the world, addresses the balancing of the three vital doshas in the body - Vata, Pitta and Kapha - in a holistic approach to diet and lifestyle. It covers the history and philosophy behind this well-regarded practice and also describes Ayurvedic treatments, which consist of four basic forms: panchakarma (detoxification), medicine or drug therapy, dietary regime and the regulation of lifestyle. Throughout, special emphasis is placed on the preventive aspect of Indian medicine, with the inclusion of allied therapies such as yoga, meditation, gem therapy and rejuvenation and virilation therapy. The book provides an in-depth analysis of body/mind types and Ayurvedic cures for common diseases.

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