

# Ayurveda



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Translated roughly as Science of Life,” Ayurveda deals with the techniques of healthy living, along with therapeutic measures that enhance physical, mental, social, and spiritual harmony. This practical guide gives readers the keys to understanding Ayurveda and its application to modern medicine. Using language perfect for the layperson, author Reenita Malholtra discusses the concepts of nidana (the diagnostic measures undertaken by an Ayurvedic healthcare provider), ahar (the idea that food is our primary source of preventative medicine), and chikitsa (the Ayurvedic therapies available at home or commercially).

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